



## The Box River Benefice

*Boxford, Edwardstone, Groton,  
Little Waldingfield and Newton*



## Simple Morning Prayer

Welcome to this service of morning prayer and meditation.

Our endeavour during this service is to move deeper into God. A few long embedded church principles will help us along the way.

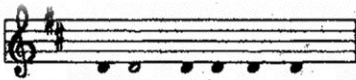
**Psalms and Canticles** have red diamonds at the end of the first half of each verse. These are as they appear in common Church of England authorized prayer material (and other ordered church traditions). They are there to encourage a pregnant pause (of about 3 seconds).

**The Bible reading** will end, without announcement, in silence.

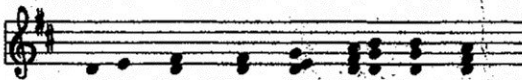
**The Benedictus and other parts** may be sung to a simple plain chant melody. This becomes easier the more we hear it. Plain song has the ability to lift and enlighten the soul.

**Open Intercessions** are offered to hand over to God all those things which are on our hearts and minds. God knows what we need before we ask, but it is helpful for us to tell him anyway, as it unburdens us. Once spoken, we must trust that God will take care of our concerns. Handing them over frees us to meet God without distraction in our meditation.

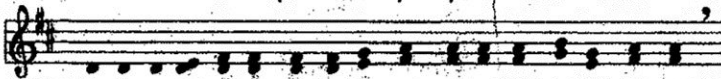
## **PREPARATION – ACCLIMATION OF CHRIST AT THE DAWNING OF THE DAY**



O Lord, o-pen our lips;



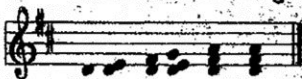
And our mouth shall pro - claim your praise.



Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spi - rit;



as it was in the be-gin-ning, is now and shall be for e-ver. A-men.



Ai - le - lu - ia.

*(Omitted in Lent)*

## **VENITE – PSALM 95**

**All**      **Antiphon**

Come let us sing to the Lord; let us shout for joy to the Rock of our salvation. Let us come before his presence with thanksgiving and raise a loud shout to him with Psalms.

**All**      **Antiphon**

For the Lord is a great God and a Great King above all gods. In his hand are the caverns of the earth and the heights of the hills are his also. The sea is his, for he made it, and his hands have moulded the dry land.

**All**      **Antiphon**

Come, let us bow down, and bend the knee and kneel before the Lord our maker. For he is our God and we are the people of his pasture and the sheep of his hand.

**All**      **Antiphon**

Oh, that today you would hearken to his voice! Harden not your hearts as you forebears did in the wilderness, at Meribah, and on that day at Massah, when they tempted me. They put me to the test, though they had seen my works.

**All**      **Antiphon**

Forty years long I detested that generation and said, “This people are wayward in their hearts; they do not know my ways.” So I swore in my wrath “They shall not enter into my rest.”

**All**      **Antiphon**

**All**

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

## **VENITE ANTIPHONS**

*(Use whichever of these is relevant as the antiphon for the Psalm above).*

*Monday*

Come let us sing to the Lord: let us come before his presence with thanksgiving

*Tuesday*

God rules over all the earth: come let us adore him.

*Wednesday*

Come, let us worship our Lord and Saviour.

*Thursday*

The Lord is our light and our life: come let us adore him.

*Friday*

Harden not your hearts today: listen to the voice of the Lord.

*Saturday*

At the name of Jesus let every tongue proclaim: He is Lord.

*BVM on Saturdays*

Hail Mary, full of grace, the Lord is with you: come let us adore him.

*Apostles*

Christ makes the Apostles the bedrock of the Church. Come let us adore him.  
(Alleluia)

*Martyrs*

Come let us worship the Lord: He is the king of Martyrs. (Alleluia)

*Bishops and Pastors*

Christ is the good shepherd: come let us adore him. (Alleluia)

*Doctors of the Church*

Christ is the true wisdom: come let us adore him. (Alleluia)

*Saints (excl. Apostles and Martyrs)*

The Lord is glorious in his saints: come let us adore him. (Alleluia)

*Advent 'til 17<sup>th</sup> Dec*

Let us worship the one who is to come, our Lord and King.

*17<sup>th</sup> to 23<sup>rd</sup> Dec*

The Lord is at hand: come let us adore him.

*Ash Wednesday 'til Lent 5*

Christ the Lord was tempted and suffered for us; come let us adore him.

*Lent 5 'til Easter Day*

Come let us worship the Lord: he became obedient unto death.

*Easter Day to Ascension*

The Lord is risen indeed, Alleluia.

*Ascension to Pentecost*

Christ has promised us the Holy Spirit: Come let us adore him.

*This opening prayer is said*

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

*Silence is kept.*

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you;  
now and for ever.

All

**Amen.**

## **PSALM**

*The designated Psalm for the day is said.*

## **OLD TESTAMENT READING**

*Silence will signify the end of the reading.*

## **GOSPEL CANTICLE – BENEDICTUS**

*The following is said or sung.*

**Shine on us, O God, who dwell in darkness,  
and guide us into the way of peace.**

- 1 Blessed be the Lord the God of Israel, ♦  
who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour, ♦  
born of the house of his servant David.
- 3 Through his holy prophets God promised of old ♦  
to save us from our enemies,  
from the hands of all that hate us,
- 4 To show mercy to our ancestors, ♦  
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham: ♦  
to set us free from the hands of our enemies,
- 6 Free to worship him without fear, ♦  
holy and righteous in his sight  
all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High, ♦  
for you will go before the Lord to prepare his way,

- 8 To give his people knowledge of salvation ♦  
by the forgiveness of all their sins.
- 9 In the tender compassion of our God ♦  
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of death, ♦  
and to guide our feet into the way of peace. *Luke 1.68-79*

**All** **Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

**All** **Shine on us, O God, who dwell in darkness,  
and guide us into the way of peace.**

### **INTERCESSIONS**

*Here we offer open prayers for the troubles of the world and anything  
that is on our minds.*

*There then follows a period of 5-10 minutes for silent prayer.*

### **COLLECT FOR THE DAY**

*is said, and then...*

Almighty and Ever-living God,

Eternal friend and source of love,

Help us to see you day by day and to respond to your call.

Keep us in the power of the Resurrection and the unity of the Holy Spirit,

Grant the richness of your blessing upon our fellowship in the Box  
River Benefice and our Diocese,

Bless all Bishops, Priests, Deacons, Ministers and all for whom we  
ought to pray, that our life may be hallowed,

our way directed, and our work made fruitful,

For the good of your Church and the glory of your Holy Name.

**Amen**

*The Lord's Prayer is said*

As our Saviour taught us, so we pray:

**All** **Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.**

Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.

## THE CONCLUSION

**All** The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit,  
be with us all evermore.  
Amen.

Let us bless the Lord.

**All** Thanks be to God.

---

## Benedictus Antiphons

### Ordinary Time

- Sunday** You have raised up for us a mighty Saviour, born of the house of your servant David.
- Monday** You have set us free to worship you without fear, holy and righteous in your sight.
- Tuesday** In your tender compassion, O God, the dawn from on high shall break upon us.
- Wednesday** You show mercy to our ancestors, and remember your holy covenant.
- Thursday** You promised, O God, to save us from our enemies, from the hands of all that hate us.
- Friday** Give your people knowledge of salvation, O God, by the forgiveness of all their sins.
- Saturday** Shine on us, O God, who dwell in darkness, and guide us into the way of peace.

### Seasonal

**Advent to 16<sup>th</sup> Dec** Look Towards the east, O Jerusalem, and see the glory that is coming from God.

**Advent 17<sup>th</sup> to 24<sup>th</sup> Dec**

*See Advent Antiphons on separate sheet*

**Christmas** To us born a Saviour, who is Christ the Lord, and all the heavenly hosts now sing, Glory to God in the highest.

**Epiphany** This is the Christ, the Chosen of God, the one who will bring healing to the nations.

**Lent** Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

**Passiontide** The word of the cross is folly to those who are perishing, but to those who are being saved it is the power of God.

**Easter** The Lord is risen from the tomb who for our sakes hung upon the tree. Alleluia.

**Ascension** I am ascending to my Father and to your Father; to my God and your God. Alleluia.

**The day after Ascension to Pentecost**

Christ has gone up on high and led captivity captive. Alleluia.

**All Saints' to Advent**

You will guide us with your counsel, O God, and afterwards receive us with glory.

**Saints and Holy Days**

**BVM** In the womb of Mary, you found a dwelling place on earth, O Christ; remain for ever in our hearts. [Alleluia]

**Martyrs** Blessed are those who are persecuted for the cause of right, for theirs is the kingdom of heaven. [Alleluia]

**Teachers of the Faith** Those who are wise will shine as brightly as the heavens, and those who have instructed many in virtue will shine like stars for all eternity. [Alleluia]

**Bishops and Pastors** I will give you shepherds after my own heart who will feed you with knowledge and understanding [Alleluia]

**Members of Religious Communities** They who wait upon the Lord shall renew their strength; they shall mount up with wings as an eagle. [Alleluia].

**Missionaries** Christ gave them as a light to the nations that his salvation might reach the ends of the earth. [Alleluia]

**Any Saint** They were faithful unto death and God has given them the crown of life. [Alleluia]

Copyright acknowledgement (where not already indicated above):

Some material included in this service is copyright: © 1989 National Council of the Churches of Christ, USA



