



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.

VENITE ANTIPHONS

(Use whichever of these is relevant as the Venite antiphon for the day).

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 17th Dec

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

17th to 23rd 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.

MORNING PRAYER

PREPARATION – ACCLIMATION OF CHRIST AT THE DAWNING OF THE DAY



O Lord, o-pen our lips;



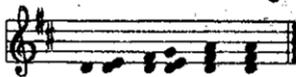
And our mouth shall pro - claim your praise.



Glo-ry to the Father, 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.



Al - le - lu - ia.

(Omitted in Lent)

The Venite or another prayer of thanksgiving will be said.

VENITE – PSALM 95

All **Antiphon (p.2-3)**

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.**

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. **Amen.**

PSALM

The designated Psalm for the day is said.

OLD TESTAMENT READING

Silence will signify the end of the reading.

OLD TESTAMENT CANTICLE

A seasonal Old Testament Canticle from Common Worship: Daily Prayer, may be used here.

NEW TESTAMENT READING

Silence will signify the end of the reading.

GOSPEL CANTICLE – BENEDICTUS

The following is said or sung.

All

Antiphon (p.7-8)

- 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 **Antiphon**

INTERCESSIONS

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

There may follow a period of 5-10 minutes of silent prayer/meditation.

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

All As our Saviour taught us, so we pray:
**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

(Use whichever of these is relevant as the Venite antiphon for the day).

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 16th Dec

Look Towards the east, O Jerusalem, and see the glory that is coming from God.

Advent 17th to 24th Dec

Like the sun in the morning sky, the Saviour of the world will dawn: like the rain upon the meadows, the Christ will come down upon us.

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]

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