



LAUDS

THE WINTER SUNDAYS OF THE YEAR

THE ANGELUS

✝ The angel of the Lord brought tidings to Mary,
and she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with you.

Blessed are you amongst women

and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners, now, and at the hour of our death.

Behold the handmaid of the Lord.

Be it unto me according to your word.

Hail Mary, full of grace, the Lord is with you.

Blessed are you amongst women

and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners, now, and at the hour of our death.

And the Word was made flesh.

And dwelt among us.

Hail Mary, full of grace, the Lord is with you.

Blessed are you amongst women

and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners, now, and at the hour of our death.

Pray for us, O holy Mother of God.

That we may be made worthy of the promises of Christ.

Pour forth, we beseech you, O Lord, your grace into our hearts,

that as we have known the incarnation of your Son, Jesus Christ,

by the message of an angel, ✝ so by his cross and passion

we may be brought to the glory of his resurrection,

for he is one with you and the Holy Spirit, one God, now and for ever. Amen.

INTRODUCTION

✚ O Lord, open our lips,
and our mouth shall proclaim your praise.

THE SONG OF THE THREE

The Song of the Three 35-37, 60-65

Bless the Lord all you works of the Lord: *
sing his praise and exalt him for ever.

Bless the Lord you heavens: *
sing his praise and exalt him for ever.

Bless the Father, the Son and the Holy Spirit: *
sing his praise and exalt him for ever.

Bless the Lord you angels of the Lord: *
sing his praise and exalt him for ever.

Bless the Lord all people on earth: *
sing his praise and exalt him for ever.

Bless the Father, the Son and the Holy Spirit: *
sing his praise and exalt him for ever.

O people of God bless the Lord: *
sing his praise and exalt him for ever.

Bless the Lord you priests of the Lord: *
sing his praise and exalt him for ever.

Bless the Father, the Son and the Holy Spirit: *
sing his praise and exalt him for ever.

Bless the Lord you servants of the Lord: *
sing his praise and exalt him for ever.

Bless the Lord all you of upright spirit: *
bless the Lord you that are holy and humble in heart.

Bless the Father, the Son and the Holy Spirit: *
sing his praise and exalt him for ever.

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.

We sit for the psalmody and reading.

PSALMODY

First week of the month—p5.

Second week of the month—p6.

Third week of the month—p8.

Fourth week of the month—p10.

Fifth week of the month—p11.

WEEK 1

Psalm 20

We will call on the name of the Lord our God.

We will call on the name of the Lord our God.

May the Lord hear you in the day of trouble, *
the name of the God of Jacob defend you;

Send you help from his sanctuary *
and strengthen you out of Zion;

**Remember all your offerings *
and accept your burnt sacrifice;
Grant you your heart's desire *
and fulfil all your mind.**

May we rejoice in your salvation and triumph in the name of God; *
may the Lord perform all your petitions.

Now I know the Lord will save his anointed; *
he will answer him from his holy heaven,
with the mighty strength of his right hand.

**Some put their trust in chariots and some in horses, *
but we will call only on the name of the Lord our God.
They are brought down and fallen, *
but we are risen and stand upright.**

O Lord, save the king *
and answer us when we call upon you.

We will call on the name of the Lord our God.

Merciful God,
purify our hearts in the flame of your Spirit
and transform our toil into an offering of praise,
that we may reject the proud rule of might and trust in Christ alone,
for he is Lord for ever and ever.

Amen.

Go to page 13 for the Canticle.

WEEK 2

Psalm 34

O taste and see that the Lord is gracious.

O taste and see that the Lord is gracious.

I will bless the Lord at all times; *

his praise shall ever be in my mouth.

My soul shall glory in the Lord *

let the humble hear and be glad.

O magnify the Lord with me; *

let us exalt his name together.

I sought the Lord and he answered me *

and delivered me from all my fears.

Look upon him and be radiant *

and your faces shall not be ashamed.

This poor soul cried, and the Lord heard me *

and saved me from all my troubles.

The angel of the Lord encamps around those who fear him *

and delivers them.

O taste and see that the Lord is gracious; *

blessed is the one who trusts in him.

Fear the Lord, all you his holy ones; *

for those who fear him lack nothing.

Lions may lack and suffer hunger, *

but those who seek the Lord lack nothing good.

Come, my children, and listen to me; *

I will teach you the fear of the Lord.

Who is there who delights in life *

and longs for days to enjoy good things.

Keep your tongue from evil *

and your lips from lying words.

Turn from evil and do good; *

seek peace and pursue it.

**The eyes of the Lord are upon the righteous *
and his ears are open to their cry.**

**The face of the Lord is against those who do evil, *
to root out the remembrance of them from the earth.**

The righteous cry and the Lord hears them *
and delivers them out of all their troubles.

The Lord is near to the broken-hearted *
and will save those who are crushed in spirit.

**May are the troubles of the righteous; *
from them all will the Lord deliver them.**

**He keeps all their bones, *
so that not one of them is broken.**

But evil shall slay the wicked *
and those who hate the righteous will be condemned.

The Lord ransoms the life of his servants *
and will condemn none who seek refuge in him.

O taste and see that the Lord is gracious.

Send your holy angels
to watch over us, O God,
that on our lips will be found your truth
and in our hearts your love;
so we may ever taste your goodness
in the land of the living;
through Jesus Christ our Lord.

Amen.

Go to page 13 for the Canticle.

WEEK 3

Psalm 115

The Lord has been mindful of us and he will bless us.

The Lord has been mindful of us and he will bless us.

Not to us, Lord, not to us, but to your name give the glory; *
for the sake of your loving mercy and truth.

Why should the nations say, *
'Where is now their God?'

**As for our God, he is in heaven; *
he does whatever he pleases.**

**Their idols are silver and gold, *
the work of human hands.**

They have mouths, but cannot speak; *
eyes have they, but cannot see;
They have ears but cannot hear; *
noses have they, but cannot smell;

**They have hands, but cannot feel; feet have they, but cannot walk; *
not a whisper do they make from their throats.**

**Those who make them shall become like them *
and so will all who put their trust in them.**

But you, Israel, put your trust in the Lord; *
he is their help and their shield.

House of Aaron, trust in the Lord; *
he is their help and their shield.

**You that fear the Lord, trust in the Lord; *
he is their help and their shield.**

**The Lord has been mindful of us and he will bless us; *
may he bless the house of Israel; may he bless the house of Aaron.**

May he bless those who fear the Lord, *
both small and great together.

May the Lord increase you more and more, *

you and your children after you.

May you be blest by the Lord, *
the maker of heaven and earth.

The heavens are the heavens of the Lord, *
but the earth he has entrusted to his children.

The dead do not praise the Lord, *
nor those gone down into silence;
But we will bless the Lord, *
from this time forth for evermore. Alleluia.

The Lord has been mindful of us and he will bless us.

Living God,
defend us from the idols which our hearts enthrone,
that we may not go down into silence
but be raised to our heaven of heavens
in Jesus Christ our Lord.

Amen.

Go to page 13 for the Canticle.

WEEK 4

Psalm 116

Gracious is the Lord and righteous.

Gracious is the Lord and righteous.

I love the Lord, for he has heard the voice of my supplication; *

because he inclined his ear to me on the day I called to him.

The snares of death encompassed me; the pains of hell took hold of me *
by grief and sorrow was I held.

Then I called upon the name of the Lord: *

'O Lord, I beg you, deliver my soul.'

Gracious is the Lord and righteous; *

our God is full of compassion.

The Lord watches over the simple; *

I was brought very low and he saved me.

Turn again to your rest, O my soul, *

for the Lord has been gracious to you.

For you have delivered my soul from death, *

my eyes from tears and my feet from falling.

I will walk before the Lord *

in the land of the living.

I believed that I should perish for I was sorely troubled; *

and I said in my alarm, 'Everyone is a liar.'

How shall I repay the Lord *

for all the benefits he has given to me?

I will lift up the cup of salvation *

and call upon the name of the Lord.

I will fulfil my vows to the Lord *

in the presence of all his people.

Precious in the sight of the Lord *

is the death of his faithful servants.

O Lord, I am your servant, *

your servant, the child of your handmaid; you have freed me from my bonds.

**I will offer you a sacrifice of thanksgiving *
and call upon the name of the Lord.**

**I will fulfil my vows to the Lord *
in the presence of all his people.**

In the courts of the house of the Lord, *
in the midst of you, O Jerusalem. Alleluia.

Gracious is the Lord and righteous.

As we walk through the valley of the shadow of death,
may we call upon our name,
raise the cup of salvation,
and so proclaim your death, O Lord,
until you come in glory.

Amen.

Go to page 13 for the Canticle.

WEEK 5

Psalm 19

The commandment of the Lord is pure and gives light to the eyes.
The commandment of the Lord is pure and gives light to the eyes.

The heavens are telling the glory of God *
and the firmament proclaims his handiwork.
One day pours out its song to another *
and one night unfolds knowledge to another.

**They have neither speech nor language *
and their voices are not heard.
Yet their sound has gone out into all lands *
and their words to the ends of the world.**

In them has he set a tabernacle for the sun, *
that comes forth as a bridegroom out of his chamber
and rejoices as a champion to run his course.
It goes forth from the end of the heavens and runs to very end again, *
and there is nothing hidden from its heat.

**The law of the Lord is perfect, reviving the soul; *
the testimony of the Lord is sure and gives wisdom to the simple.
The statutes of the Lord are right and rejoice the heart; *
the commandment of the Lord is pure and gives light to the eyes.**

The fear of the Lord is clean and endures for ever; *
the judgements of the Lord are true and righteous altogether.
More to be desired are they than gold, more than much fine gold, *
sweeter also than honey, dripping from the honeycomb.

**By them also is your servant taught *
and in keeping them there is great reward.
Who can tell how often they offend? *
O cleanse me from my secret faults!**

Keep your servant also from presumptuous sins
lest they get dominion over me; *

so shall I be undefiled, and innocent of great offence.
Let the words of my mouth and the meditation of my heart
be acceptable in your sight, *
O Lord, my strength and my redeemer.

The commandment of the Lord is pure and gives light to the eyes.

Christ, the sun of righteousness,
rise in our hearts this day,
enfold us in the brightness of your love
and bear us at the last to heaven's horizon;
for your love's sake.

Amen.

Continue with the Canticle

CANTICLE

1 Chronicles 29:10b-13, 14b

Splendour and majesty are yours, O God; you are exalted as head over all.
Splendour and majesty are yours, O God; you are exalted as head over all.

Blessed are you, God of Israel, for ever and ever; *
for yours is the greatness, the power, the glory, the splendour and the majesty.
Everything in heaven and on earth is yours; *
yours is the kingdom, O Lord, and you are exalted as head over all.

**Riches and honour come from you *
and you rule over all.
In your hand are power and might; *
yours it is to give power and strength to all.**

And now we give you thanks, our God, *
and praise your glorious name.
For all things come from you, *
and of your own have we given you.

**Glory be to the Father, and to the Son, * and to the Holy Spirit.
As it was in the beginning, is now, and ever shall be, * world without end.
Amen.**

Splendour and majesty are yours, O God; you are exalted as head over all.

SCRIPTURE READING

The Responsory follows after the reading appointed for the week.

WEEK ONE

In the beginning when God
created the heavens and the earth,
the earth was a formless void
and darkness covered the face of the deep,
while a wind from God swept over the face of the waters.
Then God said, 'Let there be light'; and there was light.
And God saw that the light was good;
and God separated the light from the darkness.
God called the light Day,
and the darkness he called Night.
And there was evening and there was morning, the first day.

Genesis 1:1-5

WEEK TWO

If anyone is in Christ, there is a new creation:
everything old has passed away;
see, everything has become new!
All this is from God, who reconciled us to himself through Christ,
and has given us the ministry of reconciliation;
that is in Christ God was reconciling the world to himself.

2 Corinthians 5:17-19a

WEEK THREE

The man went away
and told the Jews that it was Jesus who had made him well.
Therefore the Jews started persecuting Jesus,
because he was doing such things on the Sabbath.
But Jesus answered them, 'My Father is still working, and I also am working.'
For this reason the Jews were seeking all the more to kill him,
because he was not only breaking the Sabbath;
but was also calling God his own Father;
thereby making himself equal to God.

John 5:15-18

WEEK FOUR

I, John, saw a new heaven and a new earth;
for the first heaven and the first earth had passed away,
and the sea was no more.

And I saw the holy city, the new Jerusalem,
coming down out of heaven from God,
prepared as a bride adorned for her husband.

And I heard a loud voice from the throne saying,
'See, the home of God is among mortals.

He will dwell with them; they will be his people,
and God himself will be with them;
he will wipe every tear from their eyes.

Death will be no more; mourning and crying and pain will be no more,
for the first things have passed away.'

Revelation 21:1-4

WEEK FIVE

Wisdom says,

'I was beside him, like a master worker;
and I was daily his delight; rejoicing before him always,
rejoicing in his inhabited world and delighting in the human race.'

Proverbs 8:30, 31

RESPONSORY

Awake, O sleeper, and arise from the dead.

And Christ shall give you light.

You have died and your life is hid with Christ in God.

Awake, O sleeper, and arise from the dead.

Set your minds on things that are above, not on things that are on the earth.

And Christ shall give you light.

When Christ our life appears you will appear with him in glory.

**Awake, O sleeper, and arise from the dead,
and Christ shall give you light.**

from Colossians 3

The Benedictus follows. We stand for the Benedictus

BENEDICTUS

You have raised up for us a mighty Saviour,
born of the house of your servant David.

✝ **Blessed be the Lord, the God of Israel:
who has come to his people and set them free.**

**The Lord has raised up for us a mighty Saviour:
born of the house of his servant David.**

**Through the holy prophets, God promised of old:
to save us from our enemies, from the hands of all who hate us.**

**To show mercy to our forebears:
and to remember his holy covenant.**

**This was the oath God swore to our father Abraham:
to set us free from the hands of our enemies,**

**Free to worship him without fear:
holy and righteous before him, all the days of our life.**

**And you, child, shall be called the prophet of God, the Most High:
for you will go before the Lord to prepare his ways.**

**To give his people knowledge of salvation:
by the forgiveness of their sins.**

**In the tender compassion of our God:
the dawn from on high shall break upon us,**

**To shine on those who dwell in darkness and the shadow of death:
and to guide our feet into the way of peace.**

Glory be to the Father, and to the Son, and to the Holy Spirit.

**As it was in the beginning, is now and ever shall be, world without end.
Amen.**

**You have raised up for us a mighty Saviour,
born of the house of your servant David.**

Go to pages 17 and 18 for the intercessions.

INTERCESSIONS—WEEKS 1, 3 AND 5

From the rising of the sun to its setting, let us pray to the Lord:

That this day may be holy, good and joyful:

we pray to you, O Lord.

That we may offer to you our worship and our work:

we pray to you, O Lord.

That we may strive for the well-being of all creation:

we pray to you, O Lord.

That in the pleasures and pains of life,
we may know the love of Christ and be thankful:

we pray to you, O Lord.

That we may be bound together by your Holy Spirit,
in communion with Mary, Mother of God, Mark our patron
and with all your saints, entrusting to one another and all our life to Christ:

we pray to you, O Lord.

Let us commend ourselves, and all for whom we pray,
to the mercy and protection of God.

God, our redeemer,

you have delivered us from the power of darkness
and brought us into the kingdom of your Son:

grant, that as by his death he has recalled us to life,
so by his continual presence in us he may raise us to eternal joy;
through Jesus Christ our Lord.

Amen.

The concluding prayers are on p.19.

INTERCESSIONS—WEEKS 2 AND 4

In the power of the Spirit and in union with Christ, let us pray to the Lord:

That this and all our days may be full of your praise:

we pray to you, O Lord.

That you will keep us this day without sin:

we pray to you, O Lord.

That we may walk before you in the paths of righteousness and peace:

we pray to you, O Lord.

That you will bless your people and lift them up for ever:

we pray to you, O Lord.

That you will guide and protect us by your Holy Spirit
and bring us with your saints to glory everlasting:

we pray to you, O Lord.

Let us commend ourselves, and all for whom we pray,
to the mercy and protection of God.

God of glory,

as by the raising of your Son

you have broken the chains of death and hell:

fill your Church with faith and hope;

for a new day has dawned

and the way to life stands open

in our Saviour Jesus Christ.

Amen.

The concluding prayers are on p.19.

CONCLUSION

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.

Amen.

Gracious God,
give skill, sympathy and resilience
to all who are caring for the sick,
and your wisdom to those searching for a cure.
Strengthen them with your Spirit,
that through their work many will be restored to health;
through Jesus Christ our Lord.

Amen.

As our Saviour taught us, so we pray:

**Our Father in heaven, hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.**

Give us today our daily bread.

Forgive us our sins, as we forgive those who sin against us.

Save us from the time of trial, and deliver us from evil.

**For the kingdom, the power and the glory are yours,
now and for ever. Amen.**

The Lord be with you,
and also with you.

The Lord bless us, ✚
and keep us from all evil, and bring us to everlasting life.

Amen.

Let us stay here in the peace of Christ,
thanks be to God.



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