

Lauds

(Traditional hour: dawn/waking up - the ancient name for this hour, Lauds, means "praise").

Laudate, omnes gentes, laudate Dominum!

<https://www.youtube.com/watch?v=2V32CmOzIEo>

[Sing praises, all people, sing praises to the Lord!]

We greet the new day by praising the Creator

I call on your name, holy Lord.

I love you, O God, because you have heard the voice of my supplication.

O Lord open our lips

And our mouth shall proclaim your praise

God, come to my assistance.

Lord, make haste to help me.

This is the day the Lord has made

Let us rejoice and be glad in it

Psalm 66 Jubilate Deo

Be joyful in God, all you lands *be joyful, all the earth. sing the glory of the divine name; * sing the glory of God's praise.

Say to God, "How awesome are your deeds! * Because of your great strength your enemies cringe before you.

All the earth bows down before you, * sings to you, sings out your name."

Come now and see the works of God, * how wonderful you are, O God, in your doing toward all people.

You turned the sea into dry land, so that they went through the water on foot, * and there we rejoiced in you.

In your might you rule for ever; your eyes keep watch over the nations; * let no rebel rise up against you.

Bless our God, you peoples; *make the voice of God's praise to be heard; who holds our souls in life, * and will not allow our feet to slip.

For you, O God, have proved us; * you have tried us just as silver is tried.

You brought us into the snare; * you laid heavy burdens upon our backs.

You let enemies ride over our heads; we went through fire and water; * but you brought us out into a place of refreshment.

I will enter your house with burnt-offerings * and will pay you my vows, which I promised with my lips * and spoke with my mouth when I was in trouble. I will offer you sacrifices of fat beasts with the smoke of rams; * I will give you oxen and goats. Come and listen, all you who fear God, * and I will tell you what the Lord has done for me, The One to whom I called out with my mouth * and whose praise was on my tongue.

If I had found evil in my heart, * the Lord would not have heard me;
But in truth God has heard me * and has attended to the voice of my prayer.
Blessed be God, who has not rejected my prayer, * nor withheld steadfast love
from me.

Silence

Psalm 50 Deus deorum

The Lord, the God of gods, has spoken * and has called the earth from the
rising of the sun to its setting.

Out of Zion, perfect in its beauty, * God reveals the divine glory.

Our God will come and will not keep silence; * before whom there is a
consuming flame, and round about whom a raging storm.

God calls the heavens and the earth from above *to witness the judgement of
this people.

“Gather before me my loyal followers, *those who have made a covenant with
me and sealed it with sacrifice.”

Let the heavens declare the rightness of the divine cause; *for God, God alone,
is judge.

“Hear, O my people, and I will speak: O Israel, I will bear witness against you; *
for I am God, your God.

I do not accuse you because of your sacrifices; * your offerings are always
before me.

I will take no bull-calf from your stalls, *nor he-goats out of your pens;
For the beasts of the forest are mine, *the herds in their thousands upon the
hills.

I know every bird in the sky, *and the creatures of the fields are in my sight.

If I were hungry, I would not tell you, * for the whole world is mine and all that
is in it.

Do you think I eat the flesh of bulls, *or drink the blood of goats?

Offer to God a sacrifice of thanksgiving *and make good your vows to the Most
High.

Call upon me in the day of trouble; *I will deliver you, and you shall honour
me.”

Prayer - Today, O God, this blue sky lauds you. The delicate green and orange
flowers of the tulip poplar tree praise you. The distant blue hills praise you,
together with the sweet-smelling air that is full of brilliant light. The bickering
flycatchers praise you with the lowing cattle and the quails that whistle over
there. I too, praise you, with all these my siblings, and they give voice to my
own heart and to my own silence. We are all one silence, and a diversity of

voices. You have made us together, you have made us one and many, you have placed me here in the midst as witness, as awareness, and as joy. Here I am. In me the world is present, and you are present.

- Thomas Merton

Silence

For our sake Christ was obedient to death, even death on a cross.

Benedictus

**Blessed are you, Lord, the God of Israel,
for you have come to your people and set them free.**

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

**Through your holy prophets, you 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 your holy covenant.**

**This was the oath you swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship you without fear,
holy and righteous before you,
all the days of our life.**

**And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare the way,
to give God's 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.**

For our sake Christ was obedient to death, even death on a cross.

Silent Prayer

COLLECT

God of our redemption, abundantly bless your people who will recall the death of Christ; grant us forgiveness, renew us, strengthen our faith,

and increase in us the fullness of life; we ask this through Christ our Saviour. Amen.

Our Father...

A blessing for Good Friday

We never
would have wished it
to come to this,
yet we call
these moments holy
as we hold you.
Holy the tending,
holy the winding,
holy the leaving,
as in the living.
Holy the silence,
holy the stillness,
holy the turning
and returning to earth.
Blessed is the One
who came
in the name,

blessed is the One
who laid
himself down,
blessed is the One
emptied for us,
blessed is the One
wearing the shroud.
Holy the waiting,
holy the grieving,
holy the shadows
and gathering night
Holy the darkness,
holy the hours,
holy the hope
turning toward light.
—Jan Richardson

Go in peace to walk the way of the cross.
Let us bless the Lord
Thanks be to God