

Sunday Nones

Opening Prayer

In the Name of the Father, Son and Holy Spirit.

Blessed be the one holy and living God.

We worship you O Christ, here and at all your churches which are in all the world.

**We bless you, for, by your holy cross you have redeemed the world.
Amen**

Our Vocational Prayer (required)

Most High Glorious God, enlighten the darkness in our hearts.

Create in us, genuine faith, certain hope and flawless love,

Lord, grant us wisdom and understanding, so that in all things, we may fulfil your holy and perfect will. Amen

Praises said at all hours (required)

Holy, Holy, Holy, Lord God Almighty, who is and who was and who is to come.

Worthy art Thou, O Lord, our God, to receive praise, glory and honour and benediction.

Let us praise and exalt Him above all forever.

The Lamb that was slain is worthy to receive power and divinity and wisdom and strength and honour and benediction.

Let us bless the Father and the Son with the Holy Spirit.

Let us praise and exalt Him above all forever.

All ye works of the Lord, bless ye the Lord.

Give praise to God all ye His servants and you that fear Him, little and great.

Let us praise and exalt Him above all forever.

Let the heavens and the earth praise Him, the Glorious, and let every creature which is in heaven and on earth and under the earth, in the seas and all that are in them praise and exalt Him.

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

Let us praise and exalt Him above all forever.

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

Let us praise and exalt Him above all forever.

Short period of silence

Francis' Psalm according to the hours. (required)

<i>Season</i>	<i>Psalm</i>
Advent to Nativity	12
Nativity to Epiphany (Christmas Season)	15
Epiphany to Lent	12
Lent	12
Easter Day	9
Easter to Pentecost	12
Pentecost to Advent	12

Biblical Psalms:

Psalm 83

- 1 Hold not thy tongue, O God, keep not still silence * refrain not thyself, O God.
- 2 For lo, thine enemies make a murmuring * and they that hate thee have lift up their head.
- 3 They have imagined craftily against thy people * and taken counsel against thy secret ones.
- 4 They have said, Come, and let us root them out, that they be no more a people * and that the name of Israel may be no more in remembrance.
- 5 For they have cast their heads together with one consent * and are confederate against thee;
- 6 The tabernacles of the Edomites, and the Ismaelites * the Moabites and Hagarenes;
- 7 Gebal, and Ammon, and Amalek * the Philistines, with them that dwell at Tyre.
- 8 Assur also is joined with them * and have helped the children of Lot.
- 9 But do thou to them as unto the Madianites * unto Sisera, and unto Jabin at the brook of Kison;
- 10 Who perished at Endor * and became as the dung of the earth.
- 11 Make them and their princes like Oreb and Zeb * yea, make all their princes like as Zeba and Salmana;
- 12 Who say, Let us take to ourselves * the houses of God in possession.
- 13 O my God, make them like unto a wheel * and as the stubble before the wind;

- 14 Like as the fire that burneth up the wood * and as the flame that consumeth the mountains.
- 15 Persecute them even so with thy tempest * and make them afraid with thy storm.
- 16 Make their faces ashamed, O Lord * that they may seek thy Name.
- 17 Let them be confounded and vexed ever more and more * let them be put to shame, and perish.
- 18 And they shall know that thou, whose Name is Jehovah * art only the most Highest over all the earth.

Psalm 84

- 1 O how amiable are thy dwellings * thou Lord of hosts!
- 2 My soul hath a desire and longing to enter into the courts of the Lord * my heart and my flesh rejoice in the living God.
- 3 Yea, the sparrow hath found her an house, and the swallow a nest where she may lay her young * even thy altars, O Lord of hosts, my King and my God.
- 4 Blessed are they that dwell in thy house * they will be always praising thee.
- 5 Blessed is the man whose strength is in thee * in whose heart are thy ways.
- 6 Who going through the vale of misery use it for a well * and the pools are filled with water.
- 7 They will go from strength to strength * and unto the God of gods appeareth every one of them in Sion.
- 8 O Lord God of hosts, hear my prayer * hearken, O God of Jacob.
- 9 Behold, O God our defender * and look upon the face of thine Anointed.
- 10 For one day in thy courts * is better than a thousand.
- 11 I had rather be a door-keeper in the house of my God * than to dwell in the tents of ungodliness.
- 12 For the Lord God is a light and defence * the Lord will give grace and worship, and no good thing shall he withhold from them that live a godly life.
- 13 O Lord God of hosts * blessed is the man that putteth his trust in thee.

Psalm 85

- 1 Lord, thou art become gracious unto thy land * thou hast turned away the captivity of Jacob.

- 2 Thou hast forgiven the offence of thy people * and covered all their sins.
- 3 Thou hast taken away all thy displeasure * and turned thyself from thy wrathful indignation.
- 4 Turn us then, O God our Saviour * and let thine anger cease from us.
- 5 Wilt thou be displeased at us for ever * and wilt thou stretch out thy wrath from one generation to another?
- 6 Wilt thou not turn again, and quicken us * that thy people may rejoice in thee?
- 7 Shew us thy mercy, O Lord * and grant us thy salvation.
- 8 I will hearken what the Lord God will say concerning me * for he shall speak peace unto his people, and to his saints, that they turn not again.
- 9 For his salvation is nigh them that fear him * that glory may dwell in our land.
- 10 Mercy and truth are met together * righteousness and peace have kissed each other.
- 11 Truth shall flourish out of the earth * and righteousness hath looked down from heaven.
- 12 Yea, the Lord shall shew loving-kindness * and our land shall give her increase.
- 13 Righteousness shall go before him * and he shall direct his going in the way.

At the conclusion of the Psalms say:

Glory to God, Creator, Redeemer, Consoler and Our Saviour.

As it was in the beginning, is now and shall be forevermore. Amen.

Intercessions (required)

Praises of God

Thou art holy, Lord God, who alone workest wonders.

Thou art strong. Thou art great.

Thou art most high. Thou art the Almighty King, Thou, holy Father, King of heaven and earth. Thou art the Lord God Triune and One; all good. Thou art good, all good, highest good, Lord God living and true.

Thou art charity, love. Thou art wisdom. Thou art humility. Thou art patience. Thou art security. Thou art quietude. Thou art joy and gladness. Thou art justice and temperance. Thou art all riches to sufficiency.

Thou art beauty. Thou art meekness. Thou art protector. Thou art guardian and defender. Thou art strength. Thou art refreshment. Thou art our hope. Thou art our faith. Thou art our great sweetness.
Thou art our eternal life, great and admirable Lord, God Almighty, merciful Saviour.

The Our Father (required)

Our Father, who is in heaven, holy is your name; your kingdom come, your will be done on earth as it is in heaven.

Give us this day our daily bread, and forgive us our sins, as we forgive those who sin against us.

Save us when we are tempted and deliver us from evil.

For the kingdom, the power and the glory are yours, now and forever.

Amen

Prayer at end of office (required)

Let us bless the Lord God, living and true; let us always return unto Him praise, glory, honour, blessing and all good things.

Amen. **Amen.**

Let it be. **Let it be.**