

DAILY OFFICE

for Patmos Companions



*O God, make clear to us each road.
O God, make safe to us each steep;
When we stumble hold us;
When we fall, lift us up.
We are hard pressed with evil, deliver us
and bring us at last to your glory.*

Suggested ways to use a Daily Office

*If you want to live free, Take your time, go slowly.
Do few things, but do them well. Simple joys are holy!*

The Daily Office - Morning, Midday and Evening Prayer - is at the core of the life of Patmos Companions. A regular cycle of daily prayers constitutes the essential rhythm of life around which other activities can take their proper place. In this respect this follows the rich tradition of monastic communities through the centuries. The Office can be said anywhere, but, for Morning and Evening Prayer, it is recommended that a quiet place, as free from interruptions as possible, is chosen. Our lives are usually too full of noise, so this is the ideal moment of the day to experience real silence.

BEGINNING and CLOSING

Daily Office is best begun and ended with a period of reflective silence; and by affirming that the prayers are said in the name of God: Many (especially those whose church tradition usually scorns such gestures) find that making the sign of the cross at this juncture helps to reinforce the significance of the words.

SOURCES

The words of the Daily Office are drawn from a variety of sources such as St Patrick's Breastplate, Teresa's Bookmark, Columba's Blessing and so on - and from Psalm 27 for Morning Prayer, Psalm 90 for Midday Prayer and Psalm 130 for Evening Prayer.

SCRIPTURE READINGS AND MEDITATIONS

Morning and Evening Prayer include Scripture readings, meditations, and prayers. The series of Daily readings from the *Common Lectionary* (used by Roman Catholics) and *AAPB* (used by many Anglicans and Uniting Churches) can be used to provide a coherent pattern of Scripture readings and commentaries for this use. We suggest using the readings set aside for the celebration of the Eucharist for the day. Most of the selected Scriptures are short, and time

should be allowed after each reading for its meaning to filter down from the head to the heart, and to seek the significance of each for that day. We hope to produce a meditation for the day of the month follows, and repetition of them month by month turns them into familiar friends - they are worth learning by heart. Again, time should be allowed for new insights to develop in the mind and heart before moving on. Some find that the mornings tend to be too rushed for lengthy silences and that this can best wait till Evening Prayer. The important thing is to find a rhythm that works for you. If you are praying on your own, and have formed the habit of keeping a spiritual journal or prayer diary, this may be the right moment of the day to make entries in it.

PRAYER

After the Scripture readings and meditations, there is an opportunity to pray whatever is on your mind and heart, offering to God the concerns of the day, your personal needs and prayers for other people. A 'prayer basket' or 'prayer pot' may be used, from which are selected three names for holding up before God. The basket or prayer pot contains slips of paper on which have been written the names of folk to be remembered in prayer. The selected slips may be placed where they can be seen from time to time during the day, or carried around, as a reminder for continued prayer. When there is no information about the particular needs of the persons, families and situations brought to mind, the following prayer is helpful:

*These dear ones, O Lord, bless Thou and keep
in every place where they are.*

MIDDAY PRAYER

This is specially devised for use in the middle of a busy working day. For this reason it is short, and can be prayed in the time it takes to boil a kettle, especially if committed to memory. Some find it helpful to make a point of saying it whilst moving around (whilst preparing lunch, for instance), as a reminder to pray as we work and work as we pray. Others find it a welcome opportunity to withdraw from the tensions and busyness of the day to spend some time being quiet and alone with God, putting the day's work into a different perspective. While we aim for a

contemporary prayer wording it is good to remember the ancient ways also. Midday Prayer retains the 'Thee' and 'Thou' forms of speech. This may seem unfamiliar to the many who are used only to modern language, but it is a deliberate attempt to highlight the contemporary relevance of the treasure of prayer from long ago.

*Come to me, all you that are weary
and are carrying heavy burdens
and I will give you rest.*

Matthew 11:28

Daily Office: Morning Prayer

*Said or sung all together except for the sentences marked `Call', which are for the Leader only.
+ indicates that you may make the sign of the cross.*

**+ In the name of the Creator,
and of Jesus of Nazareth,
and of the Holy Spirit. Amen.**

Opening sentences

**One thing I have asked of the Lord, this is what I seek:
that I may dwell in the house of the Lord all the days of my life;
to behold the beauty of the Lord and to seek Him in His temple.**

Call: Who is it that you seek?
Response: **We seek the Lord our God.**
Call: Do you seek Him with all your heart?
Response: **Amen. Lord, have mercy.**
Call: Do you seek Him with all your soul?
Response: **Amen. Lord, have mercy.**
Call: Do you seek Him with all your mind?
Response: **Amen. Lord, have mercy.**
Call: Do you seek Him with all your strength?
Response: **Amen. Christ, have mercy.**

Declaration of faith

**To whom shall we go?
You have the words of eternal life,
and we have believed and have come to know
that You are the Holy One of God.
Praise to You, Lord Jesus Christ, King of endless glory.
lowly and meek, yet all-powerful.**

Scripture and reading

**God of the prophets, give us wisdom and understanding.
As we listen to your word, may we know you better, love you more,
and learn to please you in all we do; through Jesus Christ our Lord.**

Romans 13:12

The night is about over, dawn is about to break. Be up and awake to what God is doing!
God is putting the finishing touches on the salvation work begun when we first believed.

Psalm
Hebrew scripture
Christian scripture
Daily reading

Meditation for the day of the month

Prayers for others

Canticle

**Christ, as a light
illumine and guide me.
Christ, as a shield
overshadow me.
Christ under me;
Christ over me;
Christ beside me
on my left and my right.
This day be within and without me,
Be in the heart of each to whom I speak;
in the mouth of each who speaks unto me.
This day be within and without me,
lowly and meek, yet all-powerful.
Christ as a light; Christ as a shield;
Christ beside me
on my left and my right.**

Blessing

**May the peace of the Lord Christ go with you,
wherever He may send you.
May He guide you through the wilderness,
protect you through the storm.
May He bring you home rejoicing
at the wonders He has shown you.
May He bring you home rejoicing once again into our doors.**

**+ In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.**

Midday Prayer

Said or sung all together ... + indicates that you may make the sign of the cross.

**+ In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.**

Opening sentences

**Let the beauty of the Lord our God be upon us.
Establish Thou the work of our hands;
establish Thou the work of our hands.**

The Lord's Prayer

**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, forever and ever. Amen
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 forever.
Amen.**

Declaration of faith

**We believe and trust in God.
We believe and trust in Jesus the prophet.
We believe and trust in the Holy Spirit.
We believe and trust in the Three in One.**

Canticle

**Teach us, dear Lord, to number our days;
that we may apply our hearts unto wisdom.
Oh, satisfy us early with Thy mercy,
that we may rejoice and be glad all of our days.
And let the beauty of the Lord our God be upon us;
and establish Thou the work of our hands.
And let the beauty of the Lord our God be upon us;
and establish Thou the work of our hands, dear Lord.**

Blessing

**Let nothing disturb thee, nothing affright thee;
all things are passing,
God never changeth!
Patient endurance
attaineth to all things;
who God possesseth
in nothing is wanting;
alone God sufficeth.**

**+ In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.**

Evening Prayer

*Said or sung all together except for the sentences marked `Call', which are for the Leader only.
+ indicates that you may make the sign of the cross.*

**+ In the name of the Creator,
and of Jesus of Nazareth,
and of the Holy Spirit. Amen.**

Opening sentences

**My soul waits for the Lord
more than those who watch for the morning,
more than those who watch for the morning.**

Call: Out of the depths I have cried to You.

Response: **O Lord, hear my voice.**

Call: With my whole heart I want to praise You.

Response: **O Lord, hear my voice.**

Call: If you, Lord, should mark iniquities:

Response: **Who could stand? Who could stand?**

I will wait for the Lord. My soul waits, and in His word do I hope.

Expressions of faith

**Lord, You have always given bread for the coming day;
and though I am poor, today I believe.**

**Lord, You have always given strength for the coming day;
and though I am weak, today I believe.**

**Lord, You have always given peace for the coming day;
and though of anxious heart, today I believe.**

**Lord, You have always kept me safe in trials;
and now, tried as I am, today I believe.**

**Lord, You have always marked the road for the coming day;
and though it may be hidden, today I believe.**

**Lord, You have always lightened this darkness of mine;
and though the night is here, today I believe.**

**Lord, You have always spoken when time was ripe;
and though you be silent now, today I believe.**

Scripture and reading

**God of the prophets, give us wisdom and understanding.
As we listen to your word, may we know you better, love you more,
and learn to please you in all we do; through Jesus Christ our Lord.**

Romans 8:26-28

Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. She does our praying in and for us, making prayer out of our wordless sighs, our aching groans. She knows us far better than we know ourselves, knows our pregnant condition, and keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good.

Psalm
Hebrew scripture
Christian scripture
Daily reading

Meditation for the day of the month

Prayers for others

Canticle

**In the shadow of Your wings
I will sing Your praises, O Lord.**

**The Lord is my light, my salvation;
whom shall I fear?**

**The Lord is the refuge of my life;
of whom shall I be afraid?
In the shadow of Your wings
I will sing Your praises, O Lord.**

**One thing I ask of the Lord,
one thing I seek;
to dwell in the presence of my God,
to gaze on Your holy place.**

**In the shadow of Your wings
I will sing Your praises, O Lord.**

**I believe I shall see the goodness
of the Lord in the land of the living.
O wait for the Lord!
Have courage and wait,
wait for the Lord.**

**In the shadow of Your wings
I will sing Your praises, O Lord.**

Blessing

**See that ye be at peace among yourselves,
and love one another.
Follow the example of good prophets of old
and God will comfort you and help you,
both in this world
and in the world which is to come.**

**+ In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.**

COMPLINE

How to use Compline:

'Shall we say Compline tonight?' Compline is an optional extra to the Daily Office, but brings a perfect end to the day. Many use it on a regular basis, usually just before retiring to bed. On retreats it can be used to bring time together to a close as the whole household goes into quiet until next morning. These prayers are not lengthy and can be offered in just a few minutes.

It is recommended that a time of quietness should precede Compline, emptying out all the tensions and concerns of the past day and shifting the focus of our attention back to God. Then the sign of the cross can be made silently before starting the spoken prayers.

If you have young children, Compline can be used as bed-time prayers with them or over them, substituting the child's or children's names in the boxed sections whenever they cannot say the prayer for themselves. For example: 'In peace will *Emma* lie down, for it is You, O Lord, You alone who makes *her* to rest secure.'

There is a different form of Compline for each day of the week. Each is named after an individual from the era of the Celtic saints, serving as another reminder of the example set by 'good ones of old' who inspire us to seek God as they did.

Sunday - the Ita Compline

Ita who died in about 570, was abbess of a women's community at Killeedy, County Limerick in Ireland. She ran a school for boys where she taught:

Faith in God with purity of heart;
simplicity of life
with hope;
generosity; with love.

Among those schooled by Ita was Brendan, who honoured her as his foster-mother and adviser. The Compline that follows is named after her because of its emphasis on examination of the heart, and the prayers of care and protection for each soul who crosses our path.

+ indicates that you may make the sign of the cross.

* indicates a change of reader.

All say together the sections in **bold type**.

The sections in **bold italic type** should be said by each in turn.

+ (silently)

The Sacred Three
to save
to shield
to surround
the hearth
the home
this night and every night.

* Search me, O God, and know my heart.

Test me and know my thoughts.

* See if there is any wicked way in me

and lead me in the way everlasting.

**O divine Life-Giver, Pain-Bearer and Love-Maker,
forgive me my wrongs.
O brothers and sisters that I may have harmed, forgive.
O God who is one,
O God who is true,
O God who is first,
O God who is one substance,
O God only mighty,
in three Persons, truly merciful, forgive.**

- * O God of life, this night,
O darken not to me Thy light.
- * O God of life,, this night,
close not Thy gladness to my sight.
- * Keep Your people, Lord,
in the arms of Your embrace.
Shelter them under Your wings.
- * Be their light in darkness.
Be their hope in distress.
Be their calm in anxiety.
- * Be strength in their weakness.
- * Be their comfort in pain.
- * Be their song in the night.

*In peace will I lie down, for it is You,
O Lord, You alone who makes me to rest secure.*

Luke 2:29-32 (MsgB)

**God, you can now release your servant;
release me in peace as you promised.
With my own eyes I've seen your salvation;
it's now out in the open for everyone to see:
A God-revealing light to the non-Jewish nations,
and of glory for your people Israel.**

***Be it on Your own beloved arm,
O God of grace, that I in peace shall awake.**

Be the peace of the Spirit mine this night.

**Be the peace of the prophet Jesus mine this night.
Be the peace of the Life-Giver mine this night.
The peace of all peace be mine this night
+In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.**

Monday - the Aidan Compline

Aidan came to Lindisfarne from Iona in 635 CE at the request of King Oswald. He was a man of deep prayer who meditated on the words of Scripture, equipping himself in quiet for an active and highly effective apostolate. He remained at Lindisfarne for 16 years. In 651 CE, Aidan was taken ill at Bamburgh and died. Cuthbert, who was at that moment looking after his flock of sheep on the Lammermuir hills, saw a vision of angels taking Aidan's soul to heaven.

+ indicates that you may make the sign of the cross.

* indicates a change of reader.

All say together the sections in bold type.

The sections in bold italic type should be said by each in turn.

+ (silently)

* O Christ, Son of the living God,
may Your holy angels guard our sleep,
may they watch over us as we rest
and hover around our beds.

* Let them reveal to us in our dreams
visions of Your glorious truth,
O High Prince of the universe,
O High Priest of the mysteries.

* May no dreams disturb our rest
and no nightmares darken our dreams.
May no fears or worries delay
our willing, prompt repose.

* May the virtue of our daily work
hallow our nightly prayers.
May our sleep be deep and soft
so our work be fresh and hard.

**I will lie down and sleep in peace
for You alone, Lord,
make me dwell in safety.**

*My dear ones, O God, bless Thou and keep,
in every place where they are.*

* Into Your hands I commit my spirit;
I give it to You with all the love of my heart.

*How precious to me are Your thoughts, O God!
How vast is the sum of them!
Were I to count them,
they would outnumber the grains of sand.
When I awake,
I am still with You.

**I make the cross of Christ
upon my breast,
+ over the tablet of my hard heart,
and I beseech the
Living God of the universe –
may the Light of Lights come
to my dark heart from Thy place;
may the Spirit's wisdom come
to my heart's tablet
from my God.**

*Christ without sin,
Christ of healing strength,
I am placing my soul and my body
under Thy guarding this night,
Christ of the poor,
Christ of tears.
Thy cross be my shielding this night,
O Thou Son of tears, of healing strength, of the life born from the tree.

**I am going now into the sleep:
O be it in Thy dear arm's keep,
O God of grace, that I shall awake.**

* My Christ!
my Christ!
my shield,
my encircler,
each day, each night,
each light,
each dark.

* My Christ!
my Christ!
my shield,
my encircler,
each day, each night,
each light,
each dark.
Be near me,

uphold me,
my treasure,
my triumph.

Circle me, Lord, keep protection near and danger afar.

Luke 2:29-32 (MsgB)

**God, you can now release your servant;
release me in peace as you promised.
With my own eyes I've seen your salvation;
it's now out in the open for everyone to see:
A God-revealing light to the non-Jewish nations,
and of glory for your people Israel.**

* Circle me, Lord, keep light near and darkness afar.

* Circle me, Lord, keep peace within; keep evil out.

**The peace of all peace be mine this night
+ in the name of the Father, and of the Son,
and of the Holy Spirit. Amen.**

Tuesday - the Cuthbert Compline

Cuthbert's angelic vision, which coincided with the death of Aidan, convinced him that he was meant to follow Christ as surely as the beloved founder of Lindisfarne Abbey. Cuthbert became a monk at Melrose Abbey, under the guidance of Boisil, who was then the prior. Cuthbert succeeded him. Later in his life he became bishop at Lindisfarne. He died in 687 CE.

+ indicates that you may make the sign of the cross.

* indicates a change of reader.

All say together the sections in bold type.

The sections in bold italic type should be said by each in turn.

+ (*silently*)

* I will lie down and sleep in peace
for You alone, Lord,
make me dwell in safety.

**O God, and Spirit, and Jesu,
the Three,
from the crown of my head,
O Trinity,
to the soles of my feet
mine offering be.**

**Come I unto Thee, O Jesu, my King –
O Jesu, do Thou be my sheltering.**

*My dear ones, O God, bless Thou and keep,
in every place where they are.*

Luke 2:29-32 (MsgB)

**God, you can now release your servant;
release me in peace as you promised.
With my own eyes I've seen your salvation;
it's now out in the open for everyone to see:
A God-revealing light to the non-Jewish nations,
and of glory for your people Israel.**

- * Whoever has chosen to make the shelter of the Most High
their dwelling place will stay in God's over-shadowing.
- * God alone is my refuge, my place of safety;
The Lord is my God, and I trust.
- * God will rescue you from the traps laid for your feet,
and save you from the destroying curse.
- * God's faithful promises are your armour.
You need no longer be afraid of any terror by night,
or the death-arrow that flies by day.
- * The Lord is your refuge;
you have made the Most High your stronghold.
- * Be my strong rock, a castle to keep me safe,
for You are my crag and my stronghold.
- * How precious to me are Your thoughts, O God!
How vast is the sum of them! Were I to count them,
they would outnumber the grains of sand.
When I awake, I am still with You.

*I will not lie down tonight with sin, nor shall sin
nor sin's shadow lie down with me.*

**O God of life, this night,
O darken not to me Thy light.
O God of life, this night,
close not Thy gladness to my sight.
O God of life, this night,
Thy door to me, O shut not tight,
O God of life, this night.**

- * Be it on Thine own beloved arm, O God of grace,

that I in peace shall waken.

(Hymn for optional use:)

As the bridegroom to his chosen, as the king unto his realm,
as the keep unto the castle, as the pilot to the helm,
so, Lord, art Thou to me.

As the fountain in the garden, as the candle in the dark,
as the treasure in the coffer, as the manna in the ark,
so, Lord, art Thou to me.

As the music at the banquet, as the stamp unto the seal,
as the medicine to the fainting, as the wine-cup at the meal,
so, Lord, art Thou to me.

As the ruby in the setting, as the honey in the comb,
as the light within the lantern, as the father in the home,
so, Lord, art Thou to me.

As the sunshine in the heavens, as the image in the glass,
as the fruit unto the fig-tree, as the dew unto the grass,
so, Lord, art Thou to me.

* Jesu, Son of Mary!

my helper,
my encircler.

Jesu, Son of David!

my strength everlasting.

Jesu, Son of Mary!

my helper,
my encircler.

**The peace of all peace be mine this night
+ in the name of the Father, and of the Son,
and of the Holy Spirit. Amen.**

Wednesday - the Felgild Compline

Felgild lived in the late seventh century. After Cuthbert died Ethilwald took his place as hermit of the Inner Farne. Twelve years later, having never left the island, he also died. Felgild was the next hermit to come there, but the rigours of his life in the cell aggravated a swelling on his face. The condition was suddenly healed, allowing him to continue the life of a solitary.

The Compline that follows is dedicated to him because he represents so many whose names we never hear who faithfully follow the example of good men and women of old, continuing their battle against the powers of evil and their devotion to prayer.

+ indicates that you may make the sign of the cross.

* indicates a change of reader.

*All say together the sections in bold type.
The sections in bold italic type should be said by each in turn.
+ (silently)*

**Calm me, O Lord, as You stilled the storm.
Still me, O Lord, keep me from harm.
Let all the tumult within me cease.
Enfold me, Lord, in Your peace.**

* Gracious God, bless the work that is done
and the work that is to be.

* Compassionate God, bless the servant that I am
and the servant that I will be.

*Thou Lord and God of power,
shield and sustain me this night.*

Luke 2:29-32 (MsgB)

**God, you can now release your servant;
release me in peace as you promised.
With my own eyes I've seen your salvation;
it's now out in the open for everyone to see:
A God-revealing light to the non-Jewish nations,
and of glory for your people Israel.**

**I will lie down this night with God,
and God will lie down with me;
I will lie down this night with Christ,
and Christ will lie down with me;
I will lie down this night with the Spirit,
and the Spirit will lie down with me;
God and Christ and the Spirit,
be lying down with me.**

* The peace of God
 be over me to shelter me,
* under me to uphold me,
* about me to protect me,
* behind me to direct me,
* ever with me to save me.

**The peace of all peace be mine this night
+ in the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Thursday - the Ebba Compline

Ebba died in 683 CE. She was the sister of Oswald and Oswy, who were both kings of Northumbria. She founded and ruled the double monastery at Coldingham, situated on St Abb's Head, which was subsequently named after her. Ebba was consecrated a nun by Aidan. Bede described her as 'a pious woman and a handmaid of Christ'.

+ indicates that you may make the sign of the cross.

* indicates a change of reader.

All say together the sections in bold type.

The sections in bold italic type should be said by each in turn.

+ (silently)

* Find rest, O my soul, in God alone:
my hope comes from God.

**Come I this night to the Father,
come I this night to the Son,
come I to the Holy Spirit powerful:
come I this night to God.
Come I this night with Christ,
come I with the Spirit of kindness.
Come I to Thee, Jesus.
Jesus, shelter me.**

* I will lie down and sleep.
I wake again, because the Lord sustains me.

* By day the Lord directs the heart of love;
at night His song is with me -
a prayer to the God of my life.

* Be strong and take heart,
all you who hope in the Lord.

* This dwelling, O God, by Thee be blest;
and each one who here this night does rest.

* May God be in my sleep;
may Christ be in my dreams.
May the Spirit be in my repose,
in my thoughts, in my heart.
In my soul always
may the Sacred Three dwell.

*May the Father of heaven have care of my soul,
His loving arm about my body, through each slumber and sleep of my life.*

Luke 2:29-32 (MsgB)

**God, you can now release your servant;
release me in peace as you promised.**

**With my own eyes I've seen your salvation;
it's now out in the open for everyone to see:
A God-revealing light to the non-Jewish nations,
and of glory for your people Israel.**

**The God of Jesus be shielding me from harm,
the God of Jesus be shielding me from ill,
the God of Jesus be shielding me with power.
The God of Jesus be shielding me this night.**

* Sleep, O sleep in the calm of each calm.
Sleep, O sleep in the guidance of all guidance.
Sleep, O sleep in the love of all loves.
Sleep, O beloved, in the Lord of life.
Sleep, O beloved, in the God of life.

**The peace of all peace be mine this night
+ in the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Friday - the Boisil Compline

Boisil, Prior of Melrose Abbey, died in 661 CE . Bede described him as `a priest of great virtue and prophetic spirit'. Boisil, on his first meeting with Cuthbert, who was to be his pupil, exclaimed, `Behold, the servant of the Lord!' - recognizing the call of God on the young man's life.

+ indicates that you may make the sign of the cross.

* indicates a change of reader.

All say together the sections in bold type.

The sections in bold italic type should be said by each in turn.

+ (silently)

* O Lord, You will keep us safe and protect us forever.

**I am placing my soul and my body
in Thy safe keeping this night, O God,
in Thy safe keeping, O Jesus Christ,
in Thy safe keeping, O Spirit of perfect truth.
The Three who would defend my cause
be keeping me this night from harm.**

* I call on You, O God, for You will answer me;
give ear to me and hear my prayer.

* Show the wonder of Your great love,
You who save by Your right hand
those who take refuge in You from their foes.

* Keep me as the apple of Your eye;
hide me in the shadow of Your wings.

*Lighten my darkness, Lord.
Let the light of Your presence dispel the shadows of night.*

Luke 2:29-32 (MsgB)

**God, you can now release your servant;
release me in peace as you promised.
With my own eyes I've seen your salvation;
it's now out in the open for everyone to see:
A God-revealing light to the non-Jewish nations,
and of glory for your people Israel.**

* Christ with me sleeping,
Christ with me waking,
Christ with me watching,
each day and each night.

* Save us, Lord, while we are awake,
guard us while we are asleep;
that, awake, we may watch with Christ,
and, asleep, may rest in His peace.

**God with me protecting,
the Lord with me directing,
the Spirit with me strengthening
for ever and for evermore.**

* In the name of the Creator precious,
and of the Spirit of healing balm.
In the name of the Lord Jesus,
I lay me down to rest.

**The peace of all peace be mine this night
+ in the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

From ancient times, Friday became a day to remember the cloud of witnesses who have passed-over into the fullness of God and to join our prayer to theirs in the Communion of All Saints. To those who may find this prayer petition appropriate we may add:

*May the Souls of the Faithful Departed
through the mercy of God
rest in peace: and rise in glory! Amen*

Saturday - the Patrick Compline

Patrick (389-461 CE) was a Briton and a former slave in Ireland. He became the 'Apostle to Ireland', travelling widely, evangelizing tirelessly and organizing churches and monasteries.

He established his Episcopal seat in Armagh, which became the centre of Christianity for the whole of Ireland. Patrick was fearless in pursuit of his aim: to destroy paganism and to exalt the name of God.

+ *indicates that you may make the sign of the cross.*

* *indicates a change of reader.*

All say together the sections in bold type.

The sections in bold italic type should be said by each in turn.

+ *(silently)*

**In the name of the King of life;
in the name of the Christ of love;
in the name of the Holy Spirit:
the Triune of my strength.**

* I love you, O Lord my strength.

The Lord is my rock, my fortress and my deliverer.

My God is my rock in whom I take refuge.

* I will praise the Lord who counsels me;
even at night my heart instructs me.

* I have set the Lord always before me.

Because He is at my right hand,

I shall not be shaken.

*I am placing my soul and my body
under Thy guarding this night, O Christ.
May Thy cross this night be shielding me.*

Luke 2:29-32 (MsgB)

**God, you can now release your servant;
release me in peace as you promised.
With my own eyes I've seen your salvation;
it's now out in the open for everyone to see:
A God-revealing light to the non-Jewish nations,
and of glory for your people Israel.**

* Into Your hands I commit my spirit;
redeem me, O Lord, the God of Truth.

* The God of life with guarding hold you;
the loving Christ with guarding fold you;
the Holy Spirit, guarding, mould you;
each night of life to aid, enfold you;
each day and night of life uphold you.

**May God shield me;
may God fill me;
may God keep me;
may God watch me;
may God bring me this night**

to the nearness of love.

* The peace of the God of joy,
the peace of the Christ of hope,
the peace of the Spirit of grace,
the peace of all peace be mine this night
+ in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

This day from ancient times was a day to remember the role Miriam of Nazareth – Mary- first among the disciples, played in salvation history. To those who may find this prayer petition helpful, feel free to end saying in line with Luke's Gospel:

Hail Mary, full of grace
the Lord is with you.
Blessed are you among women
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God
pray with us sinners now,
and at the hour of our death. Amen

A Litany of Ministry

from a conference with Bede Griffiths of India in Adelaide in 1985

Servant-Christ, help us to follow you in untiring ministry to town and village,
to heal and restore the broken body of humanity,
to cast out the demonic forces of greed,
resentment, communal hatred and self-destructive fears;
Servant-Christ, help us all to follow you.

Help us to follow you on the road to Jerusalem,
to set our faces firmly against friendly suggestions to live a safe, expedient life;
to embrace boldly the way of self-offering, the way of life given for others' gain;
Servant-Christ, help us all to follow you.

Help us to follow you into the temple of your chosen people
to share your meal of bread and cup,
to accept our common place in your one body
broken to create a new humanity.
Servant-Christ, help us all to follow you.



Help us to follow you into the garden, to watch with you,
ever vigilant for signs of the dawning of your day,
to struggle unsparingly,
to understand and to be attentive to your will.
Servant-Christ, help us all to follow you.

Help us to follow you unto the cross,
to recognize the true way of life in your death,
to see our hope in your self-spending love
to die to all within us not born of your love.
Servant-Christ, help us all to follow you.

Help us to follow you out of the dark tomb;
to share daily in your resurrection life,
to be renewed daily in your image of love,
to serve daily as your new body in ministering to the world.
Servant-Christ, help us all to follow you.

Patmos Declaration of Faith

We believe in **God our Creator**

who calls all people into a trusting
relationship with one another.

We can enter these relationships in faith

because they are a gift of the grace of God.

We believe in **God our Redeemer**

who stands with the marginalized
and identifies with the powerless.

Here we pledge our commitment to stand alongside them.

We will value each other with integrity

because we are called to follow the Way of Jesus.

We believe in **God our Sustainer**

who breathes into our bodies
the passion of God's love.
We will speak and will be silent
as the wisdom of your spirit leads us now
and in the time to come.
Amen.



He came into Sychar, a Samaritan village that bordered the field Jacob had given his son Joseph. Jacob's well was still there. Jesus, worn out by the trip, sat down at the well. It was noon.

A woman, a Samaritan, came to draw water. Jesus said, "Would you give me a drink of water?" (His disciples had gone to the village to buy food for lunch.)

The Samaritan woman, taken aback, asked, "How come you, a Jew, are asking me, a Samaritan woman, for a drink?" (Jews in those days wouldn't be caught dead talking to Samaritans.)

Jesus answered, "If you knew the generosity of God and who I am, you would be asking me for a drink, and I would give you fresh, living water."

The woman said, "Sir, you don't even have a bucket to draw with, and this well is deep. So how are you going to get this 'living water'? Are you a better man than our ancestor Jacob, who dug this well and drank from it, he and his sons and livestock, and passed it down to us?"

Jesus said, "Everyone who drinks this water will get thirsty again and again. Anyone who drinks the water I give will never thirst—not ever. The water I give will be an artesian spring within, gushing fountains of endless life."

The woman said, "Sir, give me this water so I won't ever get thirsty, won't ever have to come back to this well again!"

September 2007

*An intentional network of Companions in the
Celtic monastic tradition forming the
Order of St Columba within
The Australian Church of Antioch (ACOA)
Member: Federation of Old Catholic and Orthodox
Independent Churches.*