



THE COMMUNITY OF THE  
**TREE OF LIFE**

# Daily Office

*September 2020*

The Community of the Tree of Life

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# Morning Prayer

## Gathering and Preparation

*On the Cathedral chime the leader lights the candle.*

Welcome

*Sitting or kneeling*

At Morning Prayer we come to open and orientate  
**+ in the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.**

Centring Prayer

As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.

*A minute of silence is held*

Opening

*Standing*

O Lord, open our lips,  
**and our mouths will sing out your praises.**

This is the day that the Lord has made,  
**We will rejoice and be glad in it.**

*Either of the following songs (or a different one)*

**The steadfast love of the Lord never ceases  
His mercies never come to an end,  
They are new every morning, new every morning,  
Great is your faithfulness, O Lord,  
Great is your faithfulness.**

*or:*

**Bless the Lord O my soul, O my soul  
Worship his holy name,  
Sing like never before, O my soul,  
I'll worship his holy name.**

**The sun comes up, it's a new day dawning  
Its time to sing your song again  
Whatever may pass and whatever lies before me  
Let me be singing when the evening comes.**

**Bless the Lord ...**

**You're rich in love and you're slow to anger  
Your name is great and your heart is kind;  
For all your goodness I will keep on singing,  
Ten thousand reasons for my heart to find.**

**Bless the Lord ...**

**And on that day when my strength is fading  
The end draws near and my time has come  
Still my soul will sing your praise unending,  
Ten thousand years and then for evermore.**

**Bless the Lord ...**

# The Word of God

## Psalm

### *Sitting*

*The leader announces the Psalm and how it will be read.*

### OT or NT Reading

*The reader announces the reading from the lectern.*

*At the end of the reading, the reader says:*

This is the word of the Lord.

**Thanks be to God.**

*Silent reflection on the readings*

# Prayer for God's World

## Intercessions

*Sitting, kneeling or standing*

*The leader introduces the intercessions and how they will be offered.*

*We pray for:*

- the World, the UK, and its needs
- the Church and her life
- the day and its tasks

## Lord's Prayer

*Each prays in their own preferred language and version*

**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.  
Lead us not into temptation,  
but deliver us from evil.  
For the kingdom, the power and the glory  
are yours,  
now and for ever.  
Amen.**

### *Standing*

### Rule of Life

Jesus says, 'You did not choose me,  
but I chose you and appointed you to go and bear fruit',  
He sends us to go and make disciples,  
giving, serving and joyfully blessing the world in his name.

**Lord, you have given us this day;  
let our living of it be marked by  
justice, work and blessing,  
that we may be fruitful for You.**

**I choose to stand up, speak out and act justly.  
I choose to 'show up' and play my God-given role.  
I choose to share blessing as I have been blessed.**

**My sisters and brothers,  
I will pray for you,  
encourage you,  
and walk with you,  
as we seek to be fruitful in Christ.**

## Song

*This song (or another) is sung*

**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  
Lowly and meek, yet all powerful.**

**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.**

*Prayer of St. Patrick - John Michael Talbot*

## Dismissal

We go,  
+ in the name of the **Father**,  
and of the **Son**,  
and of the **Holy Spirit**.  
**Amen.**

*The leader extinguishes the candle.*

*We leave the Chapel in silence.*

# Lunchtime Prayers

## Gathering and Preparation

*On the Cathedral chime the leader lights the candle.*

Welcome

*Sitting or kneeling*

At Lunchtime Prayers we come to pause and punctuate,

**+ in the name of the Father,**

**and of the Son,**

**and of the Holy Spirit.**

**Amen.**

Centring Prayer

As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.

*A minute of silence is held*

## Opening Sentences

*Standing*

**From once upon a time to Kingdom come,  
God never changes.**

**Whether a thousand years or a day,  
God is the same.**

**Teach us to live wisely and well;  
interrupt our day with your love.**

**May the beauty of the Lord, rest on us,  
confirming the work of our hands.**

**Affirm the work of our hands!**

*cf. Psalm 90*

## Dedication

### Rule of Life

Jesus says, 'Love one another as I have loved you'.  
He calls us to a joyful life of belonging, forgiving,  
and celebrating with one another.

**Lord, you have given us the gift of one another;  
today we choose to shape our community  
with worship, reconciliation and Sabbath,  
that we may flourish together in Christ.**

**I choose to respond to 'Who God is'  
with 'all I am and have'.**

**I choose to listen first and speak life.**

**I choose to eat well, play well and rest well.**

**My sisters and brothers,  
I will pray for you,  
encourage you,  
and walk with you  
as we seek to flourish together in Community.**

## Short Scripture Reading

*Sitting*

*Place Your Life Before God - Romans 12 (MSG)*

**Monday**

So here's what I want you to do, God helping you: Take your everyday, ordinary life – your sleeping, eating, going-to-work, and walking-around life – and place it before God as an offering. Embracing what God does for you is the best thing you can do for him.

Tuesday

Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

Wednesday

We are like the various parts of a human body. Each part gets its meaning from the body as a whole, not the other way around. The body we're talking about is Christ's body of chosen people. Each of us finds our meaning and function as a part of his body. But as a chopped-off finger or cut-off toe we wouldn't amount to much, would we? So since we find ourselves fashioned into all these excellently formed and marvellously functioning parts in Christ's body, let's just go ahead and be what we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren't.

Thursday I

If you preach, just preach God's Message, nothing else; if you help, just help, don't take over; if you teach, stick to your teaching; if you give encouraging guidance, be careful that you don't get bossy; if you're put in charge, don't manipulate; if you're called to give aid to people in distress, keep your eyes open and be quick to respond; if you work with the disadvantaged, don't let yourself get irritated with them or depressed by them. Keep a smile on your face.

## Thursday 2

Love from the centre of who you are; don't fake it. Run for dear life from evil; hold on for dear life to good. Be good friends who love deeply; practice playing second fiddle. Don't burn out; keep yourselves fuelled and aflame. Be alert servants of the Master, cheerfully expectant. Don't quit in hard times; pray all the harder. Help needy Christians; be inventive in hospitality.

## Friday 1

Bless your enemies; no cursing under your breath. Laugh with your happy friends when they're happy; share tears when they're down. Get along with each other; don't be stuck-up. Make friends with nobodies; don't be the great somebody.

Don't hit back; discover beauty in everyone. If you've got it in you, get along with everybody. Don't insist on getting even; that's not for you to do. "I'll do the judging," says God. "I'll take care of it."

## Friday 2

Our Scriptures tell us that if you see your enemy hungry, go buy that person lunch, or if he's thirsty, get him a drink. Your generosity will surprise him with goodness. Don't let evil get the best of you; get the best of evil by doing good.

## Prayer

### Intercessions

*The leader introduces the intercessions with these words:  
(Ambient music may be played)*

They will be called oaks of righteousness,  
the planting of the Lord, to display his glory.

They shall build up the ancient ruins,  
they shall raise up the former devastations;  
they shall repair the ruined cities,  
the devastations of many generations.

*Isaiah 61:3b-4 (NRSV)*

*Each in turn offers a line of this prayer until all have spoken*

- \* O Lord, rebuild the ancient walls, your houses of prayer.
- \* O Lord, raise up a new generation who will seek your face.
- \* O Lord, revive your Church.
- \* O Lord, re-wire our human cultures.
- \* O Lord, restore the beauty of your Creation.

*We may pray for:*

- our Community
- other Communities,
- our neighbours and the city
- prayer requests from the Cathedral

*Ending with:*

O Lord, hear our cry:

**Rebuild, Raise up, Revive, Rewire, Restore,  
in the name of Christ.**

**Amen.**

*Each prays in their own preferred language and version*

*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.  
Lead us not into temptation, but deliver us from evil.  
For the kingdom, the power and the glory are yours,  
now and for ever.  
Amen.*

*(An alternative form from a New Zealand Prayer Book)*

*Eternal Spirit, Earth-maker, Pain bearer, Life-giver,  
Source of all that is and that shall be,  
Father and Mother of us all,  
Loving God, in whom is heaven:  
The hallowing of your name echo through the universe;  
The way of your justice be followed by the peoples of the world;  
Your heavenly will be done by all created beings;  
Your commonwealth of peace and freedom  
sustain our hope and come on earth.  
With the bread we need for today, feed us.  
In the hurts we absorb from one another, forgive us.  
In times of temptation and test, strengthen us.  
From trial too great to endure, spare us.  
From the grip of all that is evil, free us.  
For you reign in the glory of the power that is love  
now and forever.  
Amen.*

## Declaration of Faith

### *Standing*

**We believe and trust in God the Father Almighty.**

**We believe and trust in Jesus Christ His Son.**

**We believe and trust in the Holy Spirit.**

**We believe and trust in the Three in One.**

### **Blessing**

**Let nothing disturb you,  
nothing frighten you;  
all things are passing,  
God never changes.**

**Patience attains all things;  
whoever has God lacks nothing;  
God alone suffices.**

*St. Teresa of Avila*

### **Dismissal**

We go

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

*The leader extinguishes the candle.*

*We leave the Chapel in silence.*

# Compline

## Gathering and Preparation

*On the Cathedral chime the leader lights the candle.*

## Welcome

*Sitting or kneeling*

At Compline we come to look back and let go

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

**Amen.**

## Centring Prayer

As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.

*A minute of silence is held*

## **Dedication**

### **Rule of Life**

Jesus says, *'Abide in me as I abide in you'*,  
He invites us to come back home,  
to stay, rest, obey and be with him in his joy.

**Lord, the day you gave us is over,  
and now we come to rest,  
grounding ourselves once more in  
prayer, Scripture and solitude,  
that we may be rooted in Christ and know his joy.**

**I choose to abide in Christ; present to  
God's presence.**

**I choose to dive deep into God's Word.**

**I choose to make space to be alone with Jesus.**

**My sisters and brothers,  
I will pray for you,  
encourage you,  
and walk with you,  
as we seek to abide in Christ.**

## The Examen

*Sitting or kneeling*

*(We allow 5 minutes for the Examen)*

In our Examen, we take a long loving look back over our day with God.

We notice and name God's presence.

We linger and let go.

*In your imagination go hour by hour through your day, revisit each significant moment.*

*Thank God for the gifts and graces both big and small.*

*Lean into the difficult moments,  
notice and name the missed opportunities.*

*Linger and let go ...*

*Look forward ... who does God call you to be tomorrow?*

## Confession

Let us confess our sins and seek the tender mercy of Christ.

### *Kneeling*

Lord, have mercy.

**Lord, have mercy.**

Christ have mercy,

**Christ, have mercy.**

Lord have mercy.

**Lord, have mercy.**

Kyrie eleison, kyrie eleison,

Kyrie e-l-e-i--son.

Christe eleison, Christe eleison,

Christe e-l-e-i--son,

Kyrie eleison, kyrie eleison,

Kyrie e-l-e-i--son

**I confess to almighty God  
and to you my sisters and brothers,  
that I have sinned through my own fault,  
in my thoughts and in my words,  
in what I have done,  
and what I have failed to do;  
and I ask you my sisters and brothers,  
to pray for me to the Lord our God.**

### *Silence*

### *Rising*

Create in me a clean heart, O God,  
**and renew a right spirit within me.**

Give us again the joy of your saving help,  
**and with your generous Spirit, sustain us.**

*Psalm 51:10, 12*

*The leader reads a psalm*

*Psalm 4*

- 1 Answer me when I call, O God of my righteousness; ♦  
you set me at liberty when I was in trouble;  
have mercy on me and hear my prayer.
- 2 How long will you nobles dishonour my glory; ♦  
how long will you love vain things and seek after  
falsehood?
- 3 But know that the Lord has shown me his marvellous  
kindness; ♦  
when I call upon the Lord, he will hear me.
- 4 Stand in awe, and sin not; ♦  
commune with your own heart upon your bed, and be  
still.
- 5 Offer the sacrifices of righteousness ♦  
and put your trust in the Lord.
- 6 There are many that say, 'Who will show us any good?' ♦  
Lord, lift up the light of your countenance upon us.
- 7 You have put gladness in my heart, ♦  
more than when their corn and wine and oil increase.
- 8 In peace I will lie down and sleep, ♦  
for it is you Lord, only, who make me dwell in safety.

## *Psalm 16*

- 1 Preserve me, O God, for in you have I taken refuge; ♦  
I have said to the Lord, 'You are my lord,  
all my good depends on you.'
- 2 All my delight is upon the godly that are in the land, ♦  
upon those who are noble in heart.
- 3 Though the idols are legion that many run after, ♦  
their drink offerings of blood I will not offer,  
neither make mention of their names upon my lips.
- 4 The Lord himself is my portion and my cup; ♦  
in your hands alone is my fortune.
- 5 My share has fallen in a fair land; ♦  
indeed, I have a goodly heritage.
- 6 I will bless the Lord who has given me counsel, ♦  
and in the night watches he instructs my heart.
- 7 I have set the Lord always before me; ♦  
he is at my right hand; I shall not fall.
- 8 Wherefore my heart is glad and my spirit rejoices; ♦  
my flesh also shall rest secure.
- 9 For you will not abandon my soul to Death, ♦  
nor suffer your faithful one to see the Pit.
- 10 You will show me the path of life;  
in your presence is the fullness of joy ♦  
and in your right hand are pleasures for evermore.

*Psalm 31 :1-5, 19-end*

- 1 In you, O Lord, have I taken refuge;  
let me never be put to shame; ♦  
deliver me in your righteousness.
- 2 Incline your ear to me; ♦  
make haste to deliver me.
- 3 Be my strong rock, a fortress to save me,  
for you are my rock and my stronghold; ♦  
guide me, and lead me for your name's sake.
- 4 Take me out of the net  
that they have laid secretly for me, ♦  
for you are my strength.
- 5 Into your hands I commend my spirit, ♦  
for you have redeemed me, O Lord God of truth.
  
- 19 How abundant is your goodness, O Lord,  
which you have laid up for those who fear you; ♦  
which you have prepared in the sight of all  
for those who put their trust in you.
- 20 You hide them in the shelter of your presence  
from those who slander them; ♦  
you keep them safe in your refuge from the strife of  
tongues.
- 21 Blessed be the Lord! ♦  
For he has shown me his steadfast love  
when I was as a city besieged.

- 22 I had said in my alarm,  
‘I have been cut off from the sight of your eyes.’ ♦  
Nevertheless, you heard the voice of my prayer  
when I cried out to you.
- 23 Love the Lord, all you his servants; ♦  
for the Lord protects the faithful,  
but repays to the full the proud.
- 24 Be strong and let your heart take courage, ♦  
all you who wait in hope for the Lord.

### *Psalm 91*

- 1 Whoever dwells in the shelter of the Most High ♦  
and abides under the shadow of the Almighty,
- 2 Shall say to the Lord, ‘My refuge and my stronghold, ♦  
my God, in whom I put my trust.’
- 3 For he shall deliver you from the snare of the fowler ♦  
and from the deadly pestilence.
- 4 He shall cover you with his wings  
and you shall be safe under his feathers; ♦  
his faithfulness shall be your shield and buckler.
- 5 You shall not be afraid of any terror by night, ♦  
nor of the arrow that flies by day;
- 6 Of the pestilence that stalks in darkness, ♦  
nor of the sickness that destroys at noonday.
- 7 Though a thousand fall at your side  
and ten thousand at your right hand, ♦  
yet it shall not come near you.

- 8 Your eyes have only to behold ♦  
to see the reward of the wicked.
- 9 Because you have made the Lord your refuge ♦  
and the Most High your stronghold,
- 10 There shall no evil happen to you, ♦  
neither shall any plague come near your tent.
- 11 For he shall give his angels charge over you, ♦  
to keep you in all your ways.
- 12 They shall bear you in their hands, ♦  
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; ♦  
the young lion and the serpent you shall trample  
underfoot.
- 14 Because they have set their love upon me,  
therefore will I deliver them; ♦  
I will lift them up, because they know my name.
- 15 They will call upon me and I will answer them; ♦  
I am with them in trouble,  
I will deliver them and bring them to honour.
- 16 With long life will I satisfy them ♦  
and show them my salvation.

## *Psalm 121*

- 1 I lift up my eyes to the hills; ♦  
from where is my help to come?
- 2 My help comes from the Lord, ♦  
the maker of heaven and earth.
- 3 He will not suffer your foot to stumble; ♦  
he who watches over you will not sleep.
- 4 Behold, he who keeps watch over Israel ♦  
shall neither slumber nor sleep.
- 5 The Lord himself watches over you; ♦  
the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day, ♦  
neither the moon by night.
- 7 The Lord shall keep you from all evil; ♦  
it is he who shall keep your soul.
- 8 The Lord shall keep watch over your going out  
and your coming in, ♦  
from this time forth for evermore.

## *Psalm 134*

- 1 Come, bless the Lord, all you servants of the Lord, ♦  
you that by night stand in the house of the Lord.
- 2 Lift up your hands towards the sanctuary ♦  
and bless the Lord.
- 3 The Lord who made heaven and earth ♦  
give you blessing out of Zion.

## Short Scripture Reading

Monday

All of you must clothe yourselves with humility in your dealings with one another, for

“God opposes the proud,  
but gives grace to the humble.”

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time.

*1 Peter 5: 5-6*

Tuesday

Cast all your anxiety on him, because he cares for you.

Discipline yourselves, keep alert.

*1 Peter 5:7-8*

Wednesday

Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering.

*1 Peter 5:8-9*

Thursday

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

*Philippians 4:6-7*

## Friday

I pray that, according to the riches of his glory, the Father may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

*Ephesians 3:16-19*

## Saturday

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

*Philippians 4:8-9*

## Sunday

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near.

*Philippians 4:4-5*

*A short silence to reflect on the reading.*

*The following responsory may be said:*

Into your hands, O Lord, I commend my spirit.

**Into your hands, O Lord, I commend my spirit.**

For you have redeemed me, Lord God of truth.

**I commend my spirit.**

Into your hands, O Lord, I commend my spirit.

**Into your hands, O Lord, I commend my spirit.**

Keep me as the apple of your eye.

**Hide me under the shadow of your wings.**

## **Prayers**

### Intercessions

*Personal intercessions and thanksgivings are offered here in silence.*

*Each person says the following in turn:*

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

*We say together:*

**Our dear ones, O Lord, Companions and friends,  
bless and keep,  
in every place where they are.**

*A Collect is chosen*

Visit this place, O Lord, we pray,  
and drive far from it the snares of the enemy;  
may your holy angels dwell with us and guard us in peace,  
and may your blessing be always upon us;  
through Jesus Christ our Lord.

**Amen.**

*or*

Be present, O merciful God,  
and protect us through the silent hours of this night,  
so that we who are wearied  
by the changes and chances of this fleeting world,  
may rest upon your eternal changelessness;  
through Jesus Christ our Lord.

**Amen.**

*or*

Keep watch, dear Lord,  
with those who wake, or watch, or weep this night,  
and give your angels charge over those who sleep.  
Tend the sick,  
give rest to the weary,  
sustain the dying,  
calm the suffering,  
and pity the distressed;  
all for your love's sake, O Christ our Redeemer.

**Amen.**

## The Conclusion

In peace we will lie down and sleep;  
**for you alone, Lord, make us dwell in safety.**

Abide with us, Lord Jesus,  
**for the night is at hand and the day is now past.**

As the night watch looks for the morning,  
**so do we look for you, O Christ.**

The Lord bless us and watch over us;  
the Lord make his face shine upon us and be gracious to us;  
the Lord look kindly on us and give us peace.

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

*Those who wish may continue in silent prayer.*

*The last person to leave extinguishes the remaining candles.*

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