



THE COMMUNITY OF THE
TREE OF LIFE

Daily Office

Lent

February 2021

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Morning Prayer

Page 3

Lunchtime Prayer

Page 8

Night Prayer (Compline)

Page 18

Morning Prayer

Gathering and Preparation

On the Cathedral chime the leader lights the central candle.

Sitting or kneeling

Welcome

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.

Song

This or another song is sung

**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.**

Edith McNeill © 1974, 1975 Celebration

The Word of God

Sitting

Psalm

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

Collect

Almighty God,
As we stand at the foot of the cross of your Son
help us to see and know your love for us,
so that in humility, love and joy
we may place at his feet
all that we have and all that we are:
through Jesus Christ our Saviour.

Amen

Lord's Prayer

**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.

Dedication

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

One of the following songs, or another song, 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.**

John Michael Talbot (Prayer of St. Patrick)
1990 Birdwing Music (Admin. by Capitol CMG Publishing)

**Christ be beside me, Christ be before me
Christ be behind me, King of my heart.
Christ be within me, Christ be below me,
Christ be above me, never to part.**

**Christ on my right hand, Christ on my left hand,
Christ all around me, shield in the strife.
Christ in my sleeping, Christ in my sitting,
Christ in my rising, light of my life.**

**Christ be in all hearts thinking about me,
Christ be in all tongues, telling of me.
Christ be the vision in eyes that see me,
In ears that hear me, Christ ever be.**

Adapted from St Patrick's Breastplate by James Quinn © 1969 Geoffrey Chapman

May God strengthen us
to take up our cross
and walk in the path of our suffering Saviour,
Jesus Christ.

Amen.

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

*The leader extinguishes the candles
We leave the Chapel in silence.*

Lunchtime Prayers

Gathering and Preparation

On the Cathedral chime the leader lights the central candle.

Sitting or kneeling

Welcome

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

Philippians (The Message)

Monday (1:9-11)

So this is my prayer: that your love will flourish and that you will not only love much but well. Learn to love appropriately. You need to use your head and test your feelings so that your love is sincere and intelligent, not sentimental gush. Live a lover's life, circumspect and exemplary, a life Jesus will be proud of: bountiful in fruits from the soul, making Jesus Christ attractive to all, getting everyone involved in the glory and praise of God.

Tuesday (2:1-4)

If you've gotten anything at all out of following Christ, if his love has made any difference in your life, if being in a community of the Spirit means anything to you, if you have a heart, if you *care* – then do me a favour: Agree with each other, love each other, be deep-spirited friends. Don't push your way to the front; don't sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.

Wednesday (5-11)

Think of yourselves the way Christ Jesus thought of himself. He had equal status with God but didn't think so much of himself that he had to cling to the advantages of that status no matter what. Not at all. When the time came, he set aside the privileges of deity and took on the status of a slave, became human! Having become human, he stayed human. It was an incredibly humbling process. He didn't claim special privileges. Instead, he lived a selfless, obedient life and then died a selfless, obedient death – and the worst kind of death at that – a crucifixion. Because of that obedience, God lifted him high and honoured him far beyond anyone or anything, ever, so that all created beings in heaven and on earth – even those long ago dead and buried – will bow in worship before this Jesus Christ, and call out in praise that he is the Master of all, to the glorious honour of God the Father.

Thursday (4:4-7)

Celebrate God all day, every day. I mean, *revel* in him! Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute! Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the centre of your life.

Friday (4:8-9)

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious – the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.

Prayer

Intercessions

The leader introduces the intercessions with these words:

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 and other Communities,*
- *our neighbours, and local community*
- *the needs God has placed on our hearts today*

Ending with:

O Lord, hear our cry:

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

Amen.

Lord's Prayer

Each prays in their own preferred language or 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.**

or

**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.

A New Zealand Prayer Book

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

We go

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

Amen.

The leader extinguishes the candles

Compline

Gathering and Preparation

On the Cathedral chime the leader lights the central candle.

Sitting or kneeling

Welcome

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.

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 movements of your heart.

Linger and let go to God

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 27 (NIV)

- 1 The LORD is my light and my salvation
– whom shall I fear? ♦
The LORD is the stronghold of my life
– of whom shall I be afraid?
- 2 When the wicked advance against me to devour me,
when my enemies and my foes attack me ♦
they will stumble and fall.
- 3 Though an army besiege me, my heart will not fear; ♦
though war break out against me,
even then I will be confident.
- 4 One thing I ask 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 gaze on the beauty of the LORD
and to seek him in his temple.
- 5 For in the day of trouble
he will keep me safe in his dwelling; ♦
he will hide me in the shelter of his tabernacle
and set me high upon a rock.
- 6 Then my head will be exalted above the enemies who
surround me; at his tabernacle will I sacrifice with shouts
of joy; I will sing and make music to the LORD.
- 7 Hear my voice when I call, O LORD; ♦
be merciful to me and answer me.
- 8 My heart says of you, ‘Seek his face!’ ♦
Your face, LORD, I will seek.

- 9 Do not hide your face from me,
do not turn your servant away in anger;
you have been my helper. ♦
Do not reject me or forsake me,
O God my Saviour.
- 10 Though my father and mother forsake me, ♦
the LORD will receive me.
- 11 Teach me your way, O LORD; ♦
lead me in a straight path because of my oppressors.
- 12 Do not hand me over to the desire of my foes, ♦
or false witnesses rise up against me,
breathing out violence
- 13 I am still confident of this: ♦
I will see the goodness of the LORD
in the land of the living.
- 14 Wait for the LORD; ♦
be strong and take heart and wait 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 130 (NIV)

- 1 Out of the depths ♦
I cry to you, O LORD;
- 2 O Lord, hear my voice. ♦
Let your ears be attentive to my cry for mercy.
- 3 If you, O LORD, kept a record of sins, ♦
O Lord, who could stand?
- 4 But with you there is forgiveness, ♦
so that we can, with reverence, serve you.
- 5 I wait for the LORD, my whole being waits, ♦
and in his word I put my hope.

- 6 I wait for the Lord
more than watchmen wait for the morning, ♦
more than watchmen wait for the morning.
- 7 O Israel, put your hope in the LORD, ♦
for with the LORD is unfailing love
and with him is full redemption.
- 8 He himself will redeem Israel ♦
from all their sins.

Psalm 131 (NIV)

- 1 My heart is not proud, O LORD,
my eyes are not haughty; ♦
I do not concern myself with great matters
or things too wonderful for me.
- 2 But I have calmed and quietened myself,
like a weaned child with its mother; ♦
like a weaned child is my soul within me
- 3 O Israel, put your hope in the LORD ♦
both now and 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.

Psalm 139 (NIV)

- 1 O Lord, you have searched me, ♦
and you know me.
- 2 You know when I sit and when I rise; ♦
you perceive my thoughts from afar.
- 3 You discern my going out and my lying down; ♦
you are familiar with all my ways.
- 4 Before a word is on my tongue ♦
you know it completely O Lord.
- 5 You hem me in behind and before, ♦
you have laid your hand upon me.
- 6 Such knowledge is too wonderful for me, ♦
too lofty for me to attain.
- 7 Where can I go from your Spirit? ♦
Where can I flee from your presence?
- 8 If I go up to the heavens, you are there; ♦
if I make my bed in the depths, you are there.
- 9 If I rise on the wings of the dawn, ♦
if I settle on the far side of the sea,
- 10 even there your hand will guide me, ♦
your right hand will hold me fast.

- 11 If I say, “Surely the darkness will hide me ♦
and the light become night around me,”
- 12 even the darkness will not be dark to you; ♦
the night will shine like the day,
for darkness is as light to you.
- 13 For you created my inmost being; ♦
you knit me together in my mother’s womb.
- 14 I praise you because I am fearfully and wonderfully made; ♦
your works are wonderful, I know that full well.
- 15 My frame was not hidden from you
when I was made in the secret place, ♦
when I was woven together in the depths of the earth.
- 16 Your eyes saw my unformed body; ♦
all the days ordained for me were written in your book
before one of them came to be.
- 17 How precious to me are your thoughts, God! ♦
How vast is the sum of them!
- 18 Were I to count them, they would outnumber the grains
of sand ♦
– when I awake, I am still with you.
- 23 Search me, God, and know my heart; ♦
test me and know my anxious thoughts.
- 24 See if there is any offensive way in me, ♦
and lead me in the way everlasting.

Short Scripture Reading

Monday

Trust in the LORD with all your heart
and lean not on your own understanding;
in all your ways acknowledge him,
and he will make your paths straight

Proverbs 3:5-6

Tuesday

For thus said the Lord GOD, the Holy One of Israel:
In returning and rest you shall be saved;
in quietness and in trust shall be your strength.

Isaiah 30:15

Wednesday

But he said to me, “My grace is sufficient for you, for my
power is made perfect in weakness.”

2 Corinthians 12:9

Thursday

You, O Lord, are in the midst of us, and we are called by your
name; leave us not O Lord our God.

Jeremiah 14:9

Friday

For this reason, I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, for God gave us a spirit not of fear but of power and love and self-control.

2 Timothy 1:7

Sunday

There is no fear in love. But perfect love drives out fear.

1 John 4:18

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.**

Collect

A Collect is chosen

Almighty God,
As we kneel at the foot of the cross of your Son
help us to see and know your love for us,
so that in humility, love and joy
we may place at his feet
all that we have and all that we are;
through Jesus Christ our Saviour.

Amen.

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.

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.

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.**

The chapel lights are switched off by the leader.

Silent prayer until each is ready to depart to sleep.

The last person to leave extinguishes the candles.

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