

THE GATHERING RITE

*Our help is in the name of the eternal God,
Who is making the heavens and the earth.*

Praise to the holy and undivided Trinity, one God: *
as it was in the beginning, is now,
and will be forever. Amen.

The Leader invites all present into a silent reflection on the day that is past.

THE PSALM

The Psalm for the day is chanted together. Please use the psalms attached to this leaflet.

THE SCRIPTURE READING

A short sentence of scripture is read, followed by silence.

THE ANTHEM / SONG / CANTICLE

A hymn for the evening is sung, following the direction of the leader.

THE PRAYERS

*Into your hands, O God, I commend my spirit,
For you have redeemed me,
O God of truth and love.*

*Keep us, O God, as the apple of your eye.
Hide us under the shadow of your wings.*

*Lord, have mercy.
Christ, have mercy.*

Lord, have mercy.

The leader prays the Collect for the evening, then invites the People's prayer. Then all pray the Lord's Prayer together, in whichever form or language is most familiar.

**Our Father in heaven, hallowed be your name.
Your kingdom come, your will be done,
on earth as in heaven. Gives us today our daily bread,
and 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.**

THE CONCLUDING RITE

*Follow the directions of the cantor to sing the
Nunc dimittis*

Antiphon:

Guide us waking, O God, and guard us sleeping;
that awake we may watch with Christ,
and asleep we may rest in peace.

O God, you now have set your servant free
to go in peace as you have promised;

For these eyes of mine have seen the Savior,
whom you have prepared for all the world to see:

A Light to enlighten the nations,
and the glory of your people Israel.

Praise to the holy and undivided Trinity, one God:
as it was in the beginning, is now,
and will be forever. Amen. *Repeat the antiphon*

The leader concludes with a final blessing and dismissal:

*Christ be within us to keep us, beside us to guard,
before us to lead, behind us to protect, beneath us to
support, above us to bless. Amen.*

*The divine Spirit dwells with us.
And with those absent from us.*

*God almighty grant us a peaceful night and a perfect
end. Amen.*

*All present and online are welcome to remain in prayer for
another five minutes, or leave quietly.*



The Psalms

PSALM 4

- A Answer me when I call, O God, defender of my cause; *
you set me free when I am hard-pressed;
have mercy on me and hear my prayer.
- B “You mortals, how long will you dishonor my glory; *
how long will you worship dumb idols
and run after false gods?”
- A Know that God does wonders for the faithful; *
when I call, God will hear me.
- B Tremble, then, and do not sin; *
speak to your heart in silence upon your bed.
- A Offer the appointed sacrifices *
and put your trust in the Most High.
- B Many are saying, “Oh, that we might see better times!” *
Lift up the light of your countenance upon us,
O God.
- A You have put gladness in my heart, *
more than when grain and wine and
oil increase.
- B I lie down in peace; at once I fall asleep; *
for only you, God, make me dwell in safety

Praise to the holy and undivided Trinity, one God: *
as it was in the beginning, is now,
and will be forever. Amen.

PSALM 16

- A Protect me, O God, for I take refuge in you; *
I have said to the Holy One, “You are my
Lord, my good above all other.”
- B O God, you are my portion and my cup; *
it is you who uphold my lot.
- A My boundaries enclose a pleasant land; *
indeed, I have a goodly heritage.
- B I will bless you, O God who gives me counsel; *
my heart teaches me, night after night.
- A I have set you always before me; *
because you are at my right hand I shall
not fall.
- B My heart, therefore, is glad, and my spirit
rejoices; *
my body also shall rest in hope.
- A For you will not abandon me to the grave, *
nor let your holy one see the Pit.
- B You will show me the path of life; *
in your presence there is fullness of joy,
and in your right hand are pleasures for
evermore.

Praise to the holy and undivided Trinity, one God: *
as it was in the beginning, is now,
and will be forever. Amen.

PSALM 30

- A I will exalt you, O God, because you have lifted me up *
and have not let my enemies triumph over me.
- B O my God, I cried out to you, *
and you restored me to health.
- A You brought me up, O God, from the dead; *
you restored my life as I was going down to the grave.
- B Sing to God, you servants of God; *
give thanks for the remembrance of God's holiness.
- A For the dark night endures but the twinkling of an eye, *
divine favor for a lifetime.
- B Weeping may spend the night, *
but joy comes in the morning.
- A You have turned my wailing into dancing; *
you have put off my sack-cloth and clothed me with joy.
- B Therefore my heart sings to you without ceasing; *
O my God, I will give you thanks for ever.

Praise to the holy and undivided Trinity, one God: *
as it was in the beginning, is now,
and will be forever. Amen.

PSALM 31

- A In you, O God, have I taken refuge; let me never be put to shame; *
deliver me in your righteousness.
- B Incline your ear to me; *
make haste to deliver me.
- A Be my strong rock, a castle to keep me safe, for you are my crag and my stronghold; *
for the sake of your Name, lead me and guide me.
- B Take me out of the net that they have secretly set for me, *
for you are my tower of strength.
- A Into your hands I commend my spirit, *
for you have redeemed me, O God of truth.
- B My times are in your hand; *
rescue me from the hand of my enemies, and from those who persecute me.
- A Make your face to shine upon your servant, *
and in your loving-kindness save me."
- B Be strong and let your heart take courage, *
all you who wait for God.

Praise to the holy and undivided Trinity, one God: *
as it was in the beginning, is now,
and will be forever. Amen.

PSALM 42

- A As the deer longs for the water-brooks, *
so longs my soul for you, O God.
- B My soul is athirst for God, athirst for the
living God; *
when shall I come to appear before the
presence of God?
- A I pour out my soul when I think in these things: *
how I went with the multitude
and led them into the house of God,
- B With the voice of praise and thanksgiving, *
among those who keep holy-day.
- A One deep calls to another in the noise of
your cataracts; *
all your rapids and floods have gone over me.
- B You grant me your loving-kindness in the daytime; *
in the night season your song is with me,
a prayer to the God of my life.
- A Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?
- B Put your trust in God; *
for I will yet give thanks to the Holy One,
who is the help of my countenance, and
my God.

Praise to the holy and undivided Trinity, one God: *
as it was in the beginning, is now,
and will be forever. Amen.

PSALM 46

- A God is our refuge and strength, *
a very present help in trouble.
- B Therefore we will not fear, though the earth
be moved, *
and though the mountains be toppled into
the depths of the sea;
- A Though its waters rage and foam, *
and though the mountains tremble at
its tumult.
- B The God of hosts is with us; *
the God of Jacob is our stronghold.
- A Come now and look upon the works of the
Most High, *
who does awesome things on the earth.
- B It is God who makes war to cease in all
the world; *
who breaks the bow, and shatters the spear,
and burns the shields with fire.
- A “Be still, then, and know that I am God; *
I will be exalted among the nations;
I will be exalted in the earth.”
- B The God of hosts is with us; *
the God of Jacob is our stronghold.

Praise to the holy and undivided Trinity, one God: *
as it was in the beginning, is now,
and will be forever. Amen.

PSALM 65

- A You are to be praised, O God, in Zion; *
to you shall vows be performed in Jerusalem.
- B Happy are they whom you choose
and draw to your courts to dwell there! *
they will be satisfied by the beauty of your
house, by the holiness of your temple.
- A Awesome things will you show us in your
righteousness, O God of our salvation, *
O Hope of all the ends of the earth
and of the seas that are far away.
- B You make fast the mountains by your power; *
they are girded about with might.
- A You still the roaring of the seas, *
the roaring of their waves,
and the clamor of the peoples.
- B Those who dwell at the ends of the earth will
tremble at your marvelous signs; *
you make the dawn and the dusk to sing
for joy.
- A You visit the earth and water it abundantly;
you make it very plenteous; *
the river of God is full of water.
- B You crown the year with your goodness, *
and your paths overflow with plenty.
- Praise to the holy and undivided Trinity, one God: *
as it was in the beginning, is now,
and will be forever. Amen.

PSALM 84

- A How dear to me is your dwelling, O God
of hosts! *
My soul has a desire and longing for your
courts; my heart and my flesh rejoice in
the living God.
- B The sparrow has found her a house and the
swallow a nest where she may lay her young; *
by the side of your altars, O God of hosts,
my Ruler and my God.
- A Happy are they who dwell in your house! *
they will always be praising you.
- B Happy are the people whose strength is in you! *
whose hearts are set on the pilgrims' way.
- A Those who go through the desolate valley
will find it a place of springs, *
for the early rains have covered it with pools
of water.
- B They will climb from height to height, *
and the God of gods will be revealed in Zion.
- A No good thing will God withhold *
from those who walk with integrity.
- B O God of hosts, *
happy are they who put their trust in you!
- Praise to the holy and undivided Trinity, one God: *
as it was in the beginning, is now,
and will be forever. Amen.

PSALM 90

- A O God, you have been our refuge *
from one generation to another.
- B Before the mountains were brought forth,
or the land and the earth were born, *
from age to age you are God.
- A You turn us back to the dust and say, *
“Go back, O child of earth.”
- B For a thousand years in your sight are like
yesterday when it is past *
and like a watch in the night.
- A You sweep us away like a dream; *
we fade away suddenly like the grass.
- B In the morning it is green and flourishes; *
in the evening it is dried up and withered.
- A So teach us to number our days, *
that we may apply our hearts to wisdom.
- B May the graciousness of our God be upon us; *
prosper the work of our hands; prosper our
handiwork.

Praise to the holy and undivided Trinity, one God: *
as it was in the beginning, is now,
and will be forever. Amen.

PSALM 91

- A They who dwells in the shelter of the Most High, *
abide under the shadow of the Almighty.
- B They shall say to God,
“You are my refuge and my stronghold, *
my God in whom I put my trust.”
- A For God shall deliver you from the snare of
the hunter *
and from the deadly pestilence.
- B God’s pinions shall cover you,
and under God’s wings you shall find refuge; *
God’s faithfulness shall be a shield
and buckler.
- A You shall not be afraid of any terror by night, *
nor of the arrow that flies by day;
- B Of the plague that stalks in the darkness, *
nor of the sickness that lays waste at mid-day.
- A For God shall give the angels charge over you, *
to keep you in all your ways.
- B They shall bear you in their hands, *
lest you dash your foot against a stone.
- A You shall call upon me, and I will answer you; *
I am with you in trouble;
I will rescue you and bring you to honor.
- B With long life will I satisfy you, *
and show you my salvation.

Praise to the holy and undivided Trinity, one God: *
as it was in the beginning, is now,
and will be forever. Amen.

PSALM 121

- A I lift up my eyes to the hills; *
from where is my help to come?
- B My help comes from God, *
the maker of heaven and earth.
- A God will not let your foot be moved *
and One who watches over you will not
fall asleep.
- B Behold, the One who keeps watch over Israel *
shall neither slumber nor sleep;
- A The Holy One watches over you; *
and is your shade at your right hand,
- B So that the sun shall not strike you by day, *
nor the moon by night.
- A God shall preserve you from all evil, *
and is the One who shall keep you safe.
- B God shall watch over your going out and your
coming in, *
from this time forth for evermore.

Praise to the holy and undivided Trinity, one God: *
as it was in the beginning, is now,
and will be forever. Amen.