

LITURGY OF THE HOURS – PRAYER AT NIGHTFALL

Jim Marion, Presider

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 and the power and the glory now and forever. Amen.

THE MAGNIFICAT

My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior, for he has looked with favor on his lowly servant.

From this day all generations shall call me blessed; the Almighty has done great things for me, and holy is his name.

He has mercy on those who hear him in every generation.

He has shown the strength of his arm; he has scattered the proud in their conceit.

He has cast down the mighty from their thrones and has lifted up the lowly.

He has filled the hungry with great things and the rich he has sent away empty.

He has come to the aid of his servant Israel for he has remembered his promise of mercy, the promise he made to our ancestors, to Abraham and his children forever.

ANTIPHON

Alleluia. Salvation, power and glory to God. Alleluia. Sing praise to God, all you his servants.

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PSALM 130

Out of the depths I cry to you, oh Lord; Lord, hear my voice.

O let your ears be attentive to the voice of my pleading.

If you, oh Lord, should mark our guilt, Lord who would survive?

But with you is found forgiveness: for this we revere you.

My soul is waiting for the Lord. I count on his word.

My soul is longing for the Lord more than a watchman waits for daybreak.

Let the watchman count on daybreak and Israel on the Lord.

Because with the Lord there is mercy and fullness of redemption.

Israel indeed he will redeem from all its iniquity.

ANTIPHON

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ANTIPHON

Go out from yourself with all that one is, which is nothing, and pour out that nothingness in gratitude that God is who he is.

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PSALM OF THOMAS MERTON

The Lord plays and diverts himself in the garden of his creation,

If we let go of what we think is the meaning of it all, we might be able to hear his call, and follow him in his mysterious cosmic dance.

For the world and time are the dance of the Lord in emptiness, the silence of the spheres is the music of a wedding feast.

Let us not analyze the phenomena of life into finalities and complex purposes of our own,

Let us not involve ourselves in sadness, absurdity and despair.

But it does not matter because no despair of ours can alter the loving reality of all that is,

Or spoil the joy of the cosmic dance which is always there.

Indeed, we are in the midst of it, and It is in the midst of us,

For it beats in our very blood whether we know it or not.

Let us forget ourselves and cast our solemnness to the winds and join in the great dance.

ANTIPHON

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ANTIPHON

Her love shapes worlds and history in me and around me. Her love gives birth to the City of God.

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PSALM 122

I rejoiced when I heard them say, "Let us go up to the house of the Lord."

And now our feet are standing within your gates, O Jerusalem.

Jerusalem is built as a city strongly compact.

It is there that the tribes go up, the tribes of the Lord.

For Israel's law is to praise the Lord's name.

There are set the thrones of judgment of the house of David.

For the peace of Jerusalem pray, "Peace be to your homes."

May peace reign in your walls. In your palaces, peace."

For love of my brethren and friends I say, "Peace upon you."

For the love of the house of the Lord, I will ask for your good.

ANTIPHON

Her love shapes worlds and history in me and around me. Her love gives birth to the City of God.

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ANTIPHON

The Christ Consciousness is awakening in the depths of my soul in silence and majesty, like a giant who means to run his course.

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LITANY OF THOMAS MERTON

Lord, teach me to go to the country beyond words and beyond names.

Teach me to pray on this side of the frontier, here where these woods are.

I need to be led by you.

I need my heart to be moved by you.

I need my soul to be made clean by prayer.

I need my will to be made strong by you.

I need my world to be saved and changed by you.

I need you for all those who suffer, who are in prison, in danger, in sorrow.

I need you for all those who are mentally or emotionally ill.

I need your healing hand to work always in my life.

I need you to make me, as you made Jesus, a healer, a comforter, a savior.

I need you to help the dying cross the river.

I need you to assist the dead to the light.

I need you for myself whether I live or die. It is necessary. Amen.

ANTIPHON

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ANTIPHON

God continually manifests unconditional love for us. Alleluia.

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PSALM 127

If the Lord does not build the house, in vain do its builders labor;

If the Lord does not watch over the city, in vain does the watchman keep vigil.

In vain is your earlier rising or going later to rest, you who toil for the bread you eat,

For he pours gifts on his beloveds as they slumber.

ANTIPHON

God continually manifests unconditional love for us. Alleluia.

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ANTIPHON

All the ends of the world proclaim the glory of the Lord. Alleluia.

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PSALM 23

The Lord is my shepherd. I shall not want.

In verdant pastures he gives me repose;

Beside restful waters he leads me; he refreshes my soul

He guides me in right paths for his name's sake.

Even though I walk in the valley of death I fear no evil for you are at my side.

With your rod and your staff that give me courage.

You spread the table before me in the sight of my foes.

You anoint my head with oil; my cup overflows.

Only goodness and kindness shall follow me all the days of my life.

And I shall dwell in the house of the Lord forever.

ANTIPHON

All the ends of the world proclaim the glory of the Lord. Alleluia.

All the ends of the world proclaim the glory of the Lord. Alleluia.

ANTIPHON

My eyes are ever toward the Lord for he will free my feet from the snare.

My eyes are ever toward the Lord for he will free my feet from the snare.

Psalm 25

To you I lift up my soul, oh Lord my God

In you I trust; let me not be put to shame; let not my enemies exult over me.

No one who waits for you shall be put to shame; those shall be put to shame who heedlessly break faith.

Your ways, oh Lord, make known to me, teach me your paths.

Guide me in your truth and teach me, for you are God my savior, and for you I will wait all the night.

Remember that your compassion, oh Lord, and your kindness are from of old.

The sins of my youth and my frailties remember not; in your kindness remember me because of your goodness, oh Lord.

Good and upright is the Lord, thus he shows sinners the way.

He guides the humble to justice, he teaches the humble his way.

All the paths of the Lord are kindness and constancy towards those who keep his covenant and his decrees.

For your name's sake, oh Lord, you will pardon my guilt, great as it is.

When one fears the Lord, the Lord shows the way to choose.

The friendship of the Lord is with those who fear him, and his covenant, for their instruction.

My eyes are ever towards the Lord, for he will free my feet from the snare.

Look toward me and have pity on me, for I am alone and afflicted.

Relieve the troubles of my heart, and bring me out of my distress.

Put an end to my affliction and my suffering, and take away all my sins.

Behold, my enemies are many, and they hate me violently.

Preserve my life and rescue me; let me not be put to shame for I take refuge in you.

Let my integrity and my uprightness preserve me, because I wait for you, oh Lord.
Redeem Israel, oh God, from all its distress.

ANTIPHON

My eyes are ever toward the Lord for he will free my feet from the snare.
My eyes are ever toward the Lord for he will free my feet from the snare.

ANTIPHON

Praise the Lord, all the Universe, for God is mighty, wondrous, and surpassing all goodness.
Praise the Lord, all the Universe, for God is mighty, wondrous, and surpassing all goodness.

PSALMS 148 AND 150

Praise the Lord from the heavens, praise him in the heights.
Praise him, all you his angels, praise him all you his hosts.
Praise him, sun and moon, praise him all you shining stars.
Praise him you highest heavens, and you waters above the heavens.
Let them praise the name of the Lord, for he commanded and they were created.
He established them forever and ever; he gave them a duty which shall not pass away.
Praise the Lord from the earth, you sea monsters and all depths.
Fire and hail, snow and mist, storm winds that fulfill his word.
You mountains and all you hills, you fruit trees and all you cedars,
You wild beasts and all tame animals, you creeping things and you winged fowl,

Let the kings of the earth and all peoples, the princes and all the judges of the earth,

Young men too, and maidens, old men and boys, Praise the name of the Lord for his name alone is exalted.

His majesty is above earth and heaven, and he has lifted up the horn of his people.

Be this his praise from all his faithful ones, from the children of Israel, the people close to him.

Praise the Lord in his sanctuary; praise him in the firmament of his strength.

Praise him for his mighty deeds; praise him for his sovereign majesty.

Praise him with the blast of the trumpet; praise him with lyre and harp.

Praise him with timbrel and dance; praise him with strings and pipe.

Praise him with sounding cymbals; praise him with clashing cymbals.

Let everything that has breath praise the Lord. Alleluia.

ANTIPHON

Praise the Lord, all the Universe, for God is mighty, wondrous, and surpassing all goodness.

Praise the Lord, all the Universe, for God is mighty, wondrous, and surpassing all goodness.

ANTIPHON

Because I am empty I lack nothing. The Lord rules me.

Because I am empty I lack nothing. The Lord rules me.

PSALM OF THOMAS MERTON

It is God's love that warms me in the sun, and God's love that sends the cold rain.

It is God's love that feeds me in the bread I eat, and God's love that feeds me by hunger and fasting.

It is God's love that sends the winter days when I am cold and sick, and the hot summer when I labor and my clothes are full of sweat.

It is God who breaths on me with light winds off the river and in the breezes of the wood.

God's love spreads the shade of the sycamore over my head.

God's love that speaks to me in the birds and streams.

God speaks to me in the clamor of the city.

All things are sent to me as seeds from God's will.

If these seeds would take root in my liberty, and if his will would grow from my freedom,

I would become the love that he is, and my harvest would be his glory and my joy.

And I would grow together with thousands and millions of others into one great golden field, praising God, filled with incense, bursting with wheat.

ANTIPHON

Because I am empty I lack nothing. The Lord rules me.

Because I am empty I lack nothing. The Lord rules me.

ANTIPHON

God, come to my aid, O Lord, make haste to help me.

O God, come to my aid, O Lord, make haste to help me.

HYMN

O Now that the daylight dies away,
By all thy grace and love,
Thee, Maker of the world, we pray
To watch our beds from above.

Let dreams depart and phantoms fly,
The offspring of the night,
Keep us, like shrines, beneath thine eye,
Free from the foes of the night.

ANTIPHON

Lord, I trust you: do not hide your face from me.

Lord, I trust you: do not hide your face from me.

PSLAM 142

Lord, listen to my prayer: in your faithfulness turn your ear to my pleading; in your justice, hear me.

Do not judge your servant: nothing that lives can justify itself before you.

The enemy has hounded my spirit; he has crushed my life to the ground,
he has shut me in darkness, like the dead of long ago.

So my spirit trembles within me, my heart turns to stone. I remind myself of the days of old,

I reflect on all your works, I meditate once more on the work of your hands.

I stretch out my arms to you, I stretch out my soul, like a land without water.

Come quickly and hear me, O Lord, for my spirit is weakening.

Do not hide your face from me; do not let me be like the dead, who go down to the underworld.

Show me your mercy at daybreak, because of my trust in you.

Tell me the way I should follow, for I lift up my soul towards you.

Rescue me from my enemies: Lord, I flee to you for refuge.

Teach me to do your will, for you are my God.

Your good spirit will lead me to the land of justice; for your name's sake, Lord, you will give me life.

In your righteousness you will lead my soul away from all tribulation.

ANTIPHON

O God, come to my aid, O Lord, make haste to help me.

O God, come to my aid, O Lord, make haste to help me.

Reading (Presider)

1 Peter 5:8-9

Be calm and keep watch. The Devil, your enemy, is circling you like a roaring lion, seeking someone to devour. Resist him, strong in faith.

ANTIPHON

Into your hands, Lord, I commend my spirit.

Into your hands, Lord, I commend my spirit.

You have redeemed us, Lord, God of faithfulness.

Into your hands, Lord, I commend my spirit.

CANTICLE NUNC DIMITTIS

Keep us safe, Lord, while we are awake, and guard us as we sleep, so that we can keep watch with Christ and rest in peace.

Now, Master, you let your servant go in peace.
You have fulfilled your promise.

My own eyes have seen your salvation,
which you have prepared in the sight of all peoples.

A light to bring the Gentiles from darkness;
the glory of your people Israel.

Keep us safe, Lord, while we are awake, and guard us as we sleep, so that we can keep watch with Christ and rest in peace.

Of your kindness, Lord, dispel the darkness of this night, so that we your servants may go to sleep in peace and wake to the light of the new day, rejoicing in your name. Amen.

HYMN OF INVOCATION OF THE DIVINE FEMININE

(SUNG BY THE PRESIDERS)

Salve Regina (Hail, Queen)

Mater Misericordiae (Mother of Mercies)

Vita, Dulcedo, et Spes Nostra, Salve (Hail, our Life, our Sweetness and our Hope)

Ad te clamamus (to you we cry)

Exsules filii Hevae (exiled children of Eve)

Ad te suspiramus, gementes et flentes in hac lacrimarum valle (to you we lift up our hopes, mourning and weeping in this valley of tears)

Eja, ergo, Advocata nostra (therefore, our advocate)

Illos tuos misericordes oculos ad nos converte (turn your merciful eyes towards us)

Et Iesum, benedictum fructum ventris tui (And Jesus, the fruit of your womb,)

Nobis post hoc exilium ostende (show to us after our exile)

O clemens, O pia, O dulcis, Virgo Maria (oh clement, oh holy, oh sweet virgin Mary)

(REMAIN IN SILENT PRAYER FOR A FEW MINUTES)

(Sections from Thomas Merton adapted from "Thomas Merton, A Book of Hours," ed. Kathleen Deignan, Sorin, Notre Dame, 2007)