

## Holding the Silence

### The Daily Office Ordinary Time 2024

Join the Holding the Silence live stream  
Wednesday-Friday at 12noon, or watch the  
videos on our [YouTube](#) channel at any time.

Be silent.	God knows,
Be still.	Understands,
Alone,	Loves you with
Empty	An enormous love.
Before your God	God only wants to
Say nothing.	Look upon you
Ask nothing.	With love.
Be silent.	Quiet.
Be still.	Still.
Let your God	Be.
Look upon you.	Let your God -
That is all.	Love you.

*A candle may be lit at the start of the prayer.*

#### PREPARATION

O Lord, open our lips  
and our mouths shall proclaim your praise.

Reveal among us the light of your presence  
You who are common to us all.

#### *Morning:*

O God, Creator of Light;  
at the rising of your sun this morning,  
let the greatest of all light, your love,  
rise like the sun within our hearts  
and set your blessing upon us  
as we begin this day together,  
united in prayer and thanksgiving.  
Amen.

#### *Noon:*

God in the midst, come close to us,  
and help us to come close to you,  
as, for a fraction of time,  
we step back from the activities and  
demands of the day.  
So if, as this day goes on, we forget  
you, do not forget us, O God.  
Amen.

#### *Evening:*

Holy One, You have brought us  
through this day to a time of reflection.  
Make us wise in our understanding,  
open in our listening,  
generous in our giving and  
vulnerable in our sharing.  
Amen.

#### *Night:*

It is night after a long day.  
What has been done is done;  
what has not been done  
has not been done; let it be.  
Let us be still in the presence of God.  
Let the quietness of God's peace  
enfold us and let us look expectantly  
to a new day, new joys and  
new possibilities.  
Amen.

#### CANTICLE

*This or another psalm or canticle is said.*

The people who walked in darkness have  
seen a great light; those who dwelt in a  
land of deep darkness, upon them the light  
has dawned.

You have increased their joy and given  
them great gladness; they rejoiced before  
you as with joy at the harvest. For you have  
shattered the yoke that burdened them;  
the collar that lay heavy on their shoulders.

For to us a child is born and to us a son is  
given, and the government will be upon his  
shoulder. And his name will be called:  
Wonderful Counsellor; the Mighty God;  
the Everlasting Father; the Prince of Peace.

Of the increase of his government and of  
peace there will be no end, upon the  
throne of David and over his kingdom, to  
establish and uphold it with justice and  
righteousness.

From this time forth and for evermore;  
the zeal of the Lord of hosts will do this.

Glory to God, Source of all Being,  
Eternal Word and Holy Spirit:  
As it was in the beginning, is now  
and shall be forever.  
Amen.

## INTRODUCTION TO READINGS

For the mystery of the text,  
and for the history of eyes to see  
and ears to hear the text,  
we give you thanks.

Our eyes are scaled and  
our ears are uncircumcised  
and we are children of another world.  
We pray for the gift of perception.  
We pray for energy and courage,  
that we may not leave the text  
until we wrench your blessing from it.

## READINGS

*(See Daily Readings leaflet)*

## SILENCE

### *Morning:*

Let the cares of the past grow dim  
let the skies and our hearts grow clear  
until the Son of God comes striding  
towards us walking on this earth.  
Amen.

### *Noon:*

Son of the elements,  
Son of the heavens,  
Son of the moon, Son of the sun,  
Son of God, first-born of all creation,  
dwell with us today.  
Amen.

### *Evening:*

When all things in silence lay,  
and the night was in the midst of her  
course, your Word leapt down from  
heaven to dwell in our midst.  
So we rejoice and give you praise,  
that your Word may dwell with us  
and in us, and lead us in the way of joy  
and peace.  
Amen.

### *Night:*

Jesus, Son of God, now that we have  
heard the angels sing, may we not lose  
our sense of the joy of heaven;  
now that we have been with the  
shepherds to Bethlehem, make us  
witnesses of the wonder of the love we  
have seen. Fill us this night, with the  
quiet joy of Mary, so that we too,  
may keep all these things and ponder  
them in our hearts.  
Amen.

## PRAYERS

As the community of St James's Piccadilly,  
apart and part of the whole, in isolation and in  
communion, near and far, together we pray . . .

## COLLECT

*(See Daily Readings leaflet)*

## THE 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.

## THE CONCLUSION

May God who has called us out of darkness  
into marvellous light, bless us and fill us with  
peace.  
Amen.

Let us bless the Lord.

**Thanks be to God.**

*Material from: Angela Ashwin, Common Worship,  
The Iona Community, Jim Cotter, Edwina Gateley,  
Peter Millar, Ann Lewin, Janet Morley, Joy Mead,  
Jan Sutch Pickard, John Pritchard, Dorothy McRae-  
McMahon, The New Zealand Prayer Book, The St  
Hilda Community, Ray Simpson*

[www.sjp.org.uk](http://www.sjp.org.uk)

[Our YouTube channel](#)