

Holding the Silence

The Daily Office Ordinary Time 2026

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*

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