

*A sequence of Prayers to be said in the evening,  
this pattern has been largely drawn from the prayers  
for None in the devotional remains of  
John Cosin, Bishop of Durham 1661-1671*

**Nones** ([/ˈnoʊnz/](#)), also known as **None** (Latin: *Nona*, "Ninth"), the **Ninth Hour**, is a fixed time of prayer of the Divine Office of almost all the traditional Christian liturgies. Acknowledging the psalms, it was originally said about the ninth hour after dawn, in those days, around 3 pm. According to an Ancient Greek and Roman custom, the day was, like the night, divided into four parts, each consisting of three hours. Among the ancients the hour of Nones was regarded as the close of the day's business and the time for the baths and supper. Today, given modern daylight hours, electric light, and the introduction of the twenty-four hour clock, the service is placed earlier in the evening before Vespers and Compline, but timing is optional and it may be said whenever convenient.

Spring 2020

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## An Adaptation of the Service of Nones



## Monday

*I rejoiced with those who said to me,*

*'Let us go to the house of the Lord'*

(Psalm 122 v 1)

**Our Father, who art in heaven, Hallowed be thy Name, Thy kingdom come, Thy will be done, in earth as it is in heaven. Give us this day our daily bread; And forgive us our trespasses, as we forgive them that trespass against us; And lead us not into temptation, But deliver us from evil. For thine is the kingdom, the power, and the glory, For ever and ever. Amen.**

O God, make speed to save us.

**O Lord, make haste to help us.**

Glory be to the Father, and to the Son, and to the Holy Spirit,  
**As it was in the beginning, is now, and ever shall be, world without end, Amen**

Alleluia; Praise the Lord.

**The Lord's Name be praised.**

We say the hymn together:

**God be in my head, and in my understanding;  
God be in mine eyes, and in my looking;  
God be in my mouth, and in my speaking;  
God be in my heart, and in my thinking;  
God be at mine end, and at my departing.**

## *Meditations to dwell on before, during or afterwards.....*

The Church is Catholic, universal, so are all her actions; all that she does, belongs to all. When she baptises a child, that action concerns me; for that child is thereby connected to the Head which is my Head too and engrafted into that body whereof I am a member. And when she buries a man, that action concerns me; all mankind is of one Author, and is of one volume; when one man dies, one Chapter is not torn out of the book, but translated into a better language; and every Chapter must be so translated; God employs several translators; some pieces are translated by age, some by sickness, some by war, some by justice; but God's hand is in every translation; and his hand shall bind up all our scattered leaves again, for the Library where every book shall lie open to one another: as therefore the Bell that rings to a sermon, calls not upon the Preacher only, but upon the Congregation to come; so this Bell calls us all...

No man is an island, entire of itself; every man is a piece of the Continent, a part of the main; if a clod be washed away by the sea, Europe is the less, as well as if a promontory were, as well as if a manor of thy friends, or of thine own were; any man's death diminishes me because I am involved in Mankind; and therefore never send to know for whom the bell tolls; it tolls for thee.

(John Donne – *"Devotions upon Emergent Occasions"*, published 1624)

### **When the candles be lit, pray thus**

Most thick and dark clouds do cover our mind,  
except thy light, O Lord, do drive them away.

Thy sun, O most wise Worker, is as it were a firebrand to this world:  
thy wisdom, whereby light cometh both to soul and body,  
is a firebrand to the spiritual world.

After day when the night cometh,  
thou hast given for the remedy of darkness a candle.

After sin, for the remedy of ignorance,  
thou hath given thy doctrine which thy dear Son hath brought unto us.

O thou that art the Author and Master of all truth, and art the true Light,  
make us to see by both the lights,  
so that the dimness of our minds may be driven clean away.

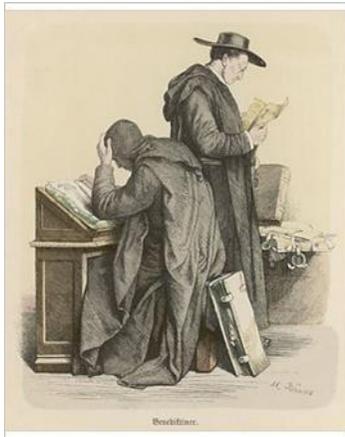
Lift thou up the light of thy countenance upon us, and send joy and gladness into our hearts.

(A meditation on a verse from Psalm 119: *Thy word is a lantern to my feet, and a light unto my paths...*) (from *"Christian Prayers and Holy Meditations"*, H Bull, published 1570)

Our Father, we are mindful as we come to you in this evening hour of the needs of our families and friends, the needs of the world, and our own needs. We pray for the sick, the sorrowing, the lonely, the anxious and perplexed; have in your keeping those who face danger this night, and all whom we love; for the sake of Jesus Christ, our Lord, Amen.

**May the Grace of our Lord Jesus Christ, and the love of God and the fellowship of the Holy Spirit be with us all, evermore, Amen.**

(2 Corinthians 13 v 14)



***Before sleeping, ponder on Psalm 111 v 10, and Psalm 4 v 8***

***The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.***

***I will lie down and sleep in peace, for you alone, O Lord, make me dwell In safety.***

And now, Lord, what is our hope?

**Truly, Lord, our hope is in you.**

**Teach me, O Lord, to follow your decrees;  
then I will keep them to the end.**

**Give me understanding, and I will keep your law  
and obey it with all my heart.**

**Direct me in the path of your commands,  
for there I find delight.**

**Turn my heart towards your statutes  
and not towards selfish gain.**

**Turn my eyes away from worthless things;  
renew my life according to your word.**

(Psalm 119 v 33 – 37)

Jesus says:

**“Blessed are those who hunger and thirst for righteousness;  
for they will be filled.”**

Reading: Genesis 1 v 3 - 5

A pause for reflection.....

The Lord is loving to every one;  
**And his mercy is over all his works.**

Prayers:

Grant to us your servants, Great God, the spirit of courage.  
Let no shadow oppress our spirit, lest our gloom should  
darken the light by which others have to live. Remove from

our inmost souls all fear and distrust, and fill us daily more completely with your love and power; through Jesus Christ, Our Lord, Amen

Lord God, you have made the earth so fair, and written your glory in the heavens; help us inwardly to respond to all that is outwardly true and beautiful, so that as we pass through things temporal we may never lose the vision of things eternal; for the sake of Christ, Our Lord, Amen.

**To God the Father, who has made us and all the world;  
To God the Son, who has redeemed us and all mankind;  
To God the Holy Spirit, who sanctifies us and all the people of God;  
To the one living and true God be all glory for ever and ever,  
Amen.**



***Before sleeping, ponder on Psalm 8 v 9***

***'O Lord, our Lord,  
how majestic is your name in all the earth!'***

And now, Lord, what is our hope?  
**Truly, Lord, our hope is in you.**

**Praise the Lord.  
Praise God in his sanctuary;  
Praise him in his mighty heavens.  
Praise him for his acts of power;  
Praise him for his surpassing greatness.  
Let everything that has breath praise the Lord.  
Praise the Lord. (From Psalm 150)**

Jesus says:  
"Blessed are the meek,  
**for they will inherit the earth."**

Reading: Habakkuk 3 v 17 – 19

A pause for reflection....

The Lord is loving to every one;  
**And his mercy is over all his works.**

Prayers:

Almighty and ever-living God,  
Before whose presence the angels bow in ceaseless adoration, receive our prayers for the worship to be offered tomorrow in this and every land. Give your grace to all who shall speak or read or sing or serve, and to all who listen and all who pray; that with one heart and mind we may offer the sacrifice of our praise and thanksgiving, to the glory of your name; through Jesus Christ our Lord, Amen.

## Saturday

*If I say, 'Surely the darkness will hide me and the light become night around me,' even the darkness will not be dark to you; and night will shine like the day, for darkness is as light to you.*

(Psalm 139 v 11,12)

**Our Father, who art in heaven....**

O God, make speed to save us.

**O Lord, make haste to help us.**

Glory be to the Father, and to the Son, and to the Holy Spirit,  
**As it was in the beginning, is now, and ever shall be,  
world without end, Amen**

Alleluia; Praise the Lord.

**The Lord's Name be praised.**

We say the hymn together:

**God, that madest earth and heaven, darkness and light;  
Who the day for toil hast given, for rest the night;  
May thine angel-guards defend us,  
slumber sweet thy mercy send us,  
holy dreams and hopes attend us, this livelong night.**

**Guard us waking, guard us sleeping, and, when we die,  
May we in thy mighty keeping all peaceful lie:  
When the last dread call shall wake us,  
do not thou our God forsake us,  
but to reign in glory take us with thee on high.**

## Tuesday

*Peter and John went up together into the temple at the ninth hour.* (Acts 3 v 1)

**Our Father, who art in heaven....**

O God, make speed to save us.

**O Lord, make haste to help us.**

Glory be to the Father, and to the Son, and to the Holy Spirit,  
**As it was in the beginning, is now, and ever shall be,  
world without end, Amen**

Alleluia; Praise the Lord.

**The Lord's Name be praised.**

We say the hymn together:

**Hail, gladdening Light, of his pure glory poured  
Who is the immortal Father, heavenly, blessed,  
Holiest of holies, Jesus Christ our Lord.**

**Now we have come to the sun's hour of rest;  
The lights of evening round us shine;  
We hymn the Father, Son, and Holy Spirit divine.**

**Worthiest are you at all times to be sung with undefiled tongue,  
Son of our God, giver of life alone:  
Therefore in all the world we make your glories known.**

And now, Lord, what is our hope?  
**Truly, Lord, our hope is in you.**

**Praise the Lord, all you nations;  
Extol him, all you peoples.  
For great is his love towards us  
And the faithfulness of the Lord endures for ever.  
Praise the Lord.** (Psalm 117)

Jesus says:  
“Blessed are the merciful;  
**for they shall obtain mercy.”**

Reading: Ephesians 5 v 1,2

A pause for reflection.....

The Lord is loving to every one;  
**And his mercy is over all his works.**

Prayers:  
Good Lord, be gracious to us, and give us hearts to worship  
you and to do your will; open our hearts to your law and  
send us your peace; now and ever, Amen

Lord God, author of the world’s joy, bearer of the world’s pain;  
at the heart of all our trouble and sorrow let unconquerable  
gladness dwell; through our Lord and Saviour, Jesus Christ, Amen.

**Now to the King eternal, immortal, invisible, the only God, be  
all honour and glory, for ever and ever, Amen**

-----O-----

***Before sleeping, ponder on John ch. 13 v 15  
“I have set you an example that you should do as I have done for you.”***

Lord, it is night.  
The night is for stillness.  
Let us be still in the presence of God.  
It is night after a long day.  
What has been done has been done;  
What has not been done has not been done; let it be.  
The night is dark.  
Let our fears of the darkness of the world and of our own lives rest in you.  
The night is quiet.  
Let the quietness of your peace enfold us,  
All dear to us,  
And all who have no peace.  
The night heralds the dawn.  
Let us look expectantly to a new day, new joys, new possibilities.  
In your name we pray.  
Amen.

**The Lord bless us, and keep us; the Lord make his face shine upon us and  
be gracious to us; the Lord turn his face towards us and give us peace,  
now and for evermore, Amen.** (Numbers 6 v 24 – 26)

-----O-----

***Before sleeping, ponder on Hosea ch. 6 v 1-3***

***Come, let us return to the Lord, He has torn us to pieces but he will heal us;  
he has injured us but he will bind up our wounds. After two days he will  
revive us; on the third day he will restore us, that we may live in his pres-  
ence. Let us acknowledge the Lord; let us press on to acknowledge him.  
As surely as the sun rises, he will appear; he will come to us like the winter  
rains, like the spring rains that water the earth.***

And now, Lord, what is our hope?

**Truly, Lord, our hope is in you.**

**You who fear the Lord, praise him!**

**All you descendants of Jacob, honour him!**

**Revere him, all you descendants of Israel!**

**For he has not despised or disdained the suffering  
of the afflicted one;**

**He has not hidden his face from him**

**But has listened to his cry for help.**

(Psalm 22 v 22, 23 and 24)

Jesus says:

**“Blessed are those who are persecuted because of righteousness,  
for theirs is the kingdom of heaven.”**

Reading: First Letter of Peter 1 v 13 – 16

A pause for reflection....

The Lord is loving to every one;

**And his mercy is over all his works.**

Prayers:

Lord Jesus Christ, who was laid in the tomb, and thereby sanctified the grave to be a bed of hope for all your people, make us so to abound in sorrow for our sins, which were the cause of your passion that, when our bodies lie in the dust, our souls may live with you, for your name's sake, Amen.

**Wednesday**

*“Cornelius ... gave alms to the people, and prayed to God always. He saw in a vision openly, as it were about the ninth hour of the day, an angel of God coming in to him....”*

(Acts 10 v 3)

**Our Father, who art in heaven....**

O God, make speed to save us.

**O Lord, make haste to help us.**

Glory be to the Father, and to the Son, and to the Holy Spirit,  
**As it was in the beginning, is now, and ever shall be,  
world without end, Amen**

Alleluia; Praise the Lord.

**The Lord's Name be praised.**

We say the hymn together:

**This day God gives me strength of high heaven,  
Sun and moon shining, flame in my hearth;  
Your eyes are watchful, your ears are listening,  
Your lips are speaking, friend at my side.**

**God's way is my way, God's shield is round me,  
God's host defends me, saving from ill;  
Angels of heaven drive from me always  
All that would harm me, stand by me still.**

**Forever I thank you, mighty and strong One,  
King of creation, giver of joy,  
firmly confessing threeness of Persons,  
oneness of Godhead, Trinity blest.**

## Friday

And now, Lord, what is our hope?

**Truly, Lord, our hope is in you.**

**Praise the Lord,**

**All you servants of the Lord**

**Who minister in the house of the Lord.**

**Lift up your hands in the sanctuary and praise the Lord.**

**May the Lord, the Maker of heaven and earth,**

**Bless you from Zion.** (after Psalm 134)

Jesus says:

“Blessed are the pure in heart;

**for they shall see God.”**

Reading: Hebrews 12 v 1 - 3

A pause for reflection.....

The Lord is loving to every one;

**And his mercy is over all his works.**

Prayers:

Lord God, we ask you to put into our mouths speech that is true and well pleasing, that we may give delight in all our words, in our bearing, and in all we do; and we pray for those who watch and hear: that they may discover grace in all our speech and prayer, for Jesus' sake, Amen.

Almighty Father, you bring life to creation and to people; help us to work with you where we live so that your kingdom grows; we pray for our homes, our churches and

*Darkness came over the whole land until the ninth hour, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, 'Father, into your hands I commit my spirit'. When he had said this he breathed his last.*

(Luke 23 v 44,45)

**Our Father, who art in heaven....**

O God, make speed to save us.

**O Lord, make haste to help us.**

Glory be to the Father, and to the Son, and to the Holy Spirit,

**As it was in the beginning, is now, and ever shall be,**

**world without end, Amen**

Alleluia; Praise the Lord.

**The Lord's Name be praised.**

We say the hymn together:

**As now the sun's declining rays at eventide descend,  
So life's brief day is sinking down to its appointed end**

**Lord, on the cross thine arms were stretched to draw  
thy people nigh:**

**O grant us then that cross to love, and in those arms to lie.**

**All glory to the Father be, all glory to the Son,**

**All glory, Holy Ghost, to thee, while endless ages run.**

Almighty Father, we thank you for the beauty of this world. We thank you for living things and this turbulent planet. Help us to value our surroundings as part of your creativity, and as a token of the richness and delight of your being, as revealed in Jesus Christ, Amen.

**To him who is able to keep us from falling and to present us before his glorious presence without fault and with great joy; to the only God our Saviour be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and for evermore! Amen.**

(Jude v 24,25)



***Before sleeping, ponder on Philippians ch. 4 v 8, 9***

***Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.***

congregations, our families, friends and colleagues, that you would send such flourishing as may build our confidence in all that you plan for our future, through Jesus Christ, Our Lord, Amen.

**May God himself, the God of peace, sanctify us through and through; may we be kept blameless at the coming of the Lord Jesus Christ. Amen**

(1 Thessalonians 5 v 23)



***Before sleeping, ponder on Ephesians 4 v 1b – 4a***

***I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit....***

## Thursday

*“Seven times a day I praise you for your righteous laws.*

*Great peace have they who love your law...”*

(Psalm 119 v 164,165)

**Our Father, who art in heaven....**

O God, make speed to save us.

**O Lord, make haste to help us.**

Glory be to the Father, and to the Son, and to the Holy Spirit,

**As it was in the beginning, is now, and ever shall be,**

**world without end, Amen**

Alleluia; Praise the Lord.

**The Lord’s Name be praised.**

We say the hymn together:

**Christ be with me, Christ within me,**

**Christ behind me, Christ before me,**

**Christ beside me, Christ to win me,**

**Christ to comfort and restore me.**

**Christ beneath me, Christ above me,**

**Christ in quiet, Christ in danger,**

**Christ in hearts of all who love me,**

**Christ in mouth of friend and stranger.**

And now, Lord, what is our hope?

**Truly, Lord, our hope is in you.**

**The Lord reigns, he is robed in majesty;**

**The Lord is robed in majesty**

**And is armed with strength.**

**The world is firmly established;**

**It cannot be moved.**

**Your throne was established long ago;**

**You are from all eternity.**

(Psalm 93 v 1,2)

Jesus says:

“Blessed are the peacemakers;

**for they shall be called children of God.”**

Reading: Philippians 4 v 4 – 7

A pause for reflection....

The Lord is loving to every one;

**And his mercy is over all his works.**

Prayers:

Lord God, we pray for the prayer life of your church throughout the world, that your visionaries and your dreamers may draw close to you, and that all may have the assurance that you can use their prayers for the furtherance of your Kingdom, through Jesus Christ, Our Lord, Amen.