

A  
BREVIARY  
OF  
holy  
silence



DEEPLIGHT  
ANCHORHOLD



This breviary is a simplified version of the traditional monastic offices, and the prayers, readings, and canticles are drawn from a variety of sources—Anglican, Roman Catholic and Orthodox.

Their ancient form is designed to support the development of inner silence (*hesychia*), and the *Prayer of the Heart*.

Being easily memorized, these prayers are intended primarily for solitary usage, yet with the awareness that even in solitude and silence, we pray with the whole Communion of Saints.

Susan Creighton+  
Anchorite

DEEPLIGHT ANCHORHOLD  
15 Huckleberry Court  
Bellingham, WA 98229  
360-734-3277  
[anchorite@holydwelling.com](mailto:anchorite@holydwelling.com)  
[www.holydwelling.com](http://www.holydwelling.com)

TABLE OF CONTENTS

**MATINS.....3**

**VESPERS ..... 7**

**COMPLINE.....11**

# MATINS



- V.** O Lord, open thou our lips.  
**R.** And our mouth shall proclaim your praise.  
Glory to the Father, and to the Son,  
and to the Holy Spirit: \*  
as it was in the beginning, is now,  
and ever shall be, unto ages of ages. Amen.

## venite

*Psalm 95:1-7*

Come, let us sing to the Lord; \*  
let us shout for joy to the Rock of our salvation.  
Let us come before his presence with thanksgiving \*  
and raise a loud shout to him with psalms.  
For the Lord is a great God, \*  
and a great King above all gods.  
In his hand are the caverns of the earth, \*  
and the heights of the hills are his also.  
The sea is his, for he made it, \*  
and his hands have molded the dry land.  
Come, let us bow down, and bend the knee, \*  
and kneel before the Lord our Maker.  
For he is our God, and we are the people of his pasture  
and the sheep of his hand. \*  
Oh, that today you would hearken to his voice!

[PSALTER]

[CANTICLE]

## TRISAGION (3x)

Holy God,  
Holy and Mighty,  
Holy Immortal One,  
have mercy upon us.

silence

**PRAYER OF THE HEART** (3x, or more)

Κύριε Ἰησοῦ Χριστέ, Ἰὲ τοῦ Θεοῦ ἐλέησόν ἡμᾶς

*Kyrie Jesu Christe, ie tu theo, eleison imas.*

Lord Jesus Christ, Thou Son of God, have mercy upon us.

or

Lord Jesus Christ, Thou Son of God,  
You take away the sins of the world,  
Have mercy upon us.

or

Lord Jesus Christ, Thou Son of God,  
You heal the wounds of the soul,  
Have mercy upon us.

silence

**SONG OF THE MOST HOLY THEOTOKOS** (3x)

Hail blessed Virgin, hail and rejoice.

Hail, Mary, full of grace, the Lord is with thee;  
blessed art thou among women,  
and blessed is the Fruit of thy womb,  
for thou hast borne the Savior of our souls.

Holy Mary, Mother of God,  
pray for us now, and at the hour of our death.

silence

**A SONG OF ZECHARIAH**

*Benedictus Dominus Deus*

*Luke 1:68-79*

Blessèd be the Lord, the God of Israel; \*  
he has come to his people and set them free.  
He has raised up for us a mighty savior, \*  
born of the house of his servant David.  
Through his holy prophets he promised of old,

that he would save us from our enemies, \*  
from the hands of all who hate us.  
He promised to show mercy to our fathers \*  
and to remember his holy covenant.  
This was the oath he swore to our father Abraham, \*  
to set us free from the hands of our enemies,  
Free to worship him without fear, \*  
holy and righteous in his sight  
all the days of our life.  
You, my child, shall be called  
the prophet of the Most High, \*  
for you will go before the Lord  
to prepare his way,  
To give his people knowledge of salvation \*  
by the forgiveness of their sins.  
In the tender compassion of our God \*  
the dawn from on high shall break upon us,  
To shine on those who dwell in darkness  
and the shadow of death, \*  
and to guide our feet into the way of peace.

Glory to the Father, and to the Son,  
and to the Holy Spirit: \*  
as it was in the beginning, is now,  
and ever shall be, unto ages of ages. Amen.

## silence

### THE PRAYERS

*Then brief prayers are offered  
for our family, our community, our nation;  
for peace, justice, and mercy in the world;  
for Holy Mother Church and her clergy and laity;  
for those who are hungry or homeless,  
alone or frightened, unwell,  
or passing through sorrows.*

O Lord God, you hold all souls in life: By your great mercy, give to your whole Church in paradise and on earth your light and your peace; and grant that we, following the holy witness of all your saints, may at the

last enter with them into your unending joy; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever, unto ages of ages. Amen.

*Kyrie eleison*  
*Christe eleison*  
*Kyrie eleison*

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,  
forever and ever,  
unto ages of ages. Amen.

**V.** Let us bless the Lord.  
**R.** *Thanks be to God.*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore, unto ages of ages. Amen.



# VESPERS



**V.** O God, make speed to save us.

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

Glory to the Father, and to the Son,  
and to the Holy Spirit:\*

as it was in the beginning, is now,  
and ever shall be, unto ages of ages. Amen.

## O GRACIOUS LIGHT

*Phos hilaron*

O gracious Light,  
pure brightness of the everliving Father in heaven,  
O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun,  
and our eyes behold the vesper light,  
we sing your praises, O God:  
Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,  
O Son of God, O Giver of life,  
and to be glorified through all the worlds.

[PSALTER]

[CANTICLE]

## TRISAGION (3x)

Holy God,  
Holy and Mighty,  
Holy Immortal One,  
have mercy upon us.



silence

**PRAYER OF THE HEART** (3x, or more)

Κύριε Ἰησοῦ Χριστέ, Ὑιὲ τοῦ Θεοῦ ἐλέησον ἡμᾶς

*Kyrie Jesu Christe, ie tu theo, eleison imas.*

Lord Jesus Christ, Thou Son of God, have mercy upon us.

or

Lord Jesus Christ, Thou Son of God,  
You take away the sins of the world,  
Have mercy upon us.

or

Lord Jesus Christ, Thou Son of God,  
You heal the wounds of the soul,  
Have mercy upon us.

silence

**SONG OF THE MOST HOLY THEOTOKOS** (3X)

Hail blessed Virgin, hail and rejoice.

Hail, Mary, full of grace, the Lord is with thee;

blessed art thou among women,

and blessed is the Fruit of thy womb,

for thou hast borne the Savior of our souls.

Holy Mary, Mother of God,

pray for us now, and at the hour of our death.

silence

**CANTICLE OF MARY**

*Magnificat anima mea*

*Luke 1:46-55*

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 will call me blessed: \*

the Almighty has done great things for me,

and holy is his Name.  
He has mercy on those who fear 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 good things, \*  
and the rich he has sent away empty.  
He has come to the help of his servant Israel, \*  
for he has remembered his promise of mercy,  
The promise he made to our fathers, \*  
to Abraham and his children for ever.

Glory to the Father, and to the Son,  
and to the Holy Spirit: \*  
as it was in the beginning, is now,  
and ever shall be, unto ages of ages. Amen.

## **The PRAYERS**

*Then brief prayers are offered  
for our family, our community, our nation;  
for peace, justice, and mercy in the world;  
for Holy Mother Church and her clergy and laity;  
for those who are hungry or homeless,  
alone or frightened, unwell,  
or passing through sorrows.*

Keep watch, dear Lord, with those who work, or watch,  
or weep this night, and give your angels charge over  
those who sleep. Tend the sick, Lord Christ; give rest to  
the weary, bless the dying, soothe the suffering, pity the  
afflicted, shield the joyous; and all for the sake of your  
steadfast love. Amen.

*Kyrie eleison  
Christe eleison  
Kyrie eleison*

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,  
forever and ever,  
unto ages of ages. Amen.

**V.** Let us bless the Lord.

**R.** *Thanks be to God.*

The grace of our Lord Jesus Christ, and the love of God,  
and the fellowship of the Holy Spirit, be with us all  
evermore, unto ages of ages. Amen.



# COMPLINE



- V.** May the Lord Almighty grant us a peaceful night, a blessed repose, and a perfect end. Amen
- V.** Our help is in the Name of the Lord;
- R.** The maker of heaven and earth.

## CONFESSIO

I confess to God Almighty, to the Most Holy and blessed Theotokos, and to all the saints, that I have sinned in thought, word, and deed, by what I have done, and what I have left undone. I am truly sorry and I humbly repent, and beg of your great mercy, O Lord, be gracious unto my sins, cleanse me of all iniquities, and visit and heal my infirmities. And all for the sake of your Holy Name, through Christ our Lord. Amen.

- V.** Bless the Lord, who forgives all our sins. +
- R.** His mercy endures forever.

## TRISAGION (3x)

Holy God,  
Holy and Mighty,  
Holy Immortal One,  
have mercy upon us.

## SILENCE

## PRAYER OF THE HEART (3x, or more)

Κύριε Ἰησοῦ Χριστέ, Ἰεὺ τοῦ Θεοῦ ἐλέησόν ἡμᾶς  
*Kyrie Jesu Christe, ie tu theo, eleison imas.*

Lord Jesus Christ, Thou Son of God, have mercy upon us.

or

Lord Jesus Christ, Thou Son of God,  
You take away the sins of the world,  
Have mercy upon us.

or

Lord Jesus Christ, Thou Son of God,  
You heal the wounds of the soul,  
Have mercy upon us.

**silence**

**SONG OF THE MOST HOLY THEOTOKOS (3x)**

Hail blessed Virgin, hail and rejoice.  
Hail, Mary, full of grace, the Lord is with thee;  
blessed art thou among women,  
and blessed is the Fruit of thy womb,  
for thou hast borne the Savior of our souls.  
Holy Mary, Mother of God,  
pray for us now, and at the hour of our death.

**silence**

**THE PRAYERS**

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,  
forever and ever,  
unto ages of ages. Amen.

LIGHTEN our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ. *Amen.*

## The song of simeon

*Nunc dimittis*

*Luke 2:29-32*

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

Lord, 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.

Glory to the Father, and to the Son,  
and to the Holy Spirit: \*  
as it was in the beginning, is now,  
and ever shall be, unto ages of ages. Amen.

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

**silence**

**V.** May the divine help remain with us always.

**R.** And with those who are absent from us.



# ANOINTING OF THE SICK

## THE BLESSING OF OIL

O Lord, holy Father, giver of health and salvation: Send your Holy Spirit to sanctify this oil; that, as your holy apostles anointed many that were sick and healed them, so may those who in faith and repentance receive this holy unction be made whole; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

*The following anthem is said*

Savior of the world, by your cross and precious blood you have redeemed us;

*Save us, and help us, we humbly beseech you, O Lord.*

*The Priest then lays hands upon the sick person, and says one of the following*

*N., I lay my hands upon you in the Name of our Lord and Savior Jesus Christ, beseeching him to uphold you and fill you with his grace, that you may know the healing power of his love. Amen.*

*If the person is to be anointed, the Priest dips a thumb in the holy oil, and makes the sign of the cross on the sick person's forehead, saying*

*N., I anoint you with oil in the Name of the Father, and of the Son, and of the Holy Spirit. Amen.*

*The Priest may add*

O Lord God, you hold all souls in life: Look upon this your servant as *she* approaches death, and in your great mercy, grant to *her* a rich entrance into your kingdom. Be gracious unto *her* sins, cleanse *her* of all iniquity, surround *her* with light and peace, and fill *her* with your unending joy; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever, unto ages of ages. *Amen.*