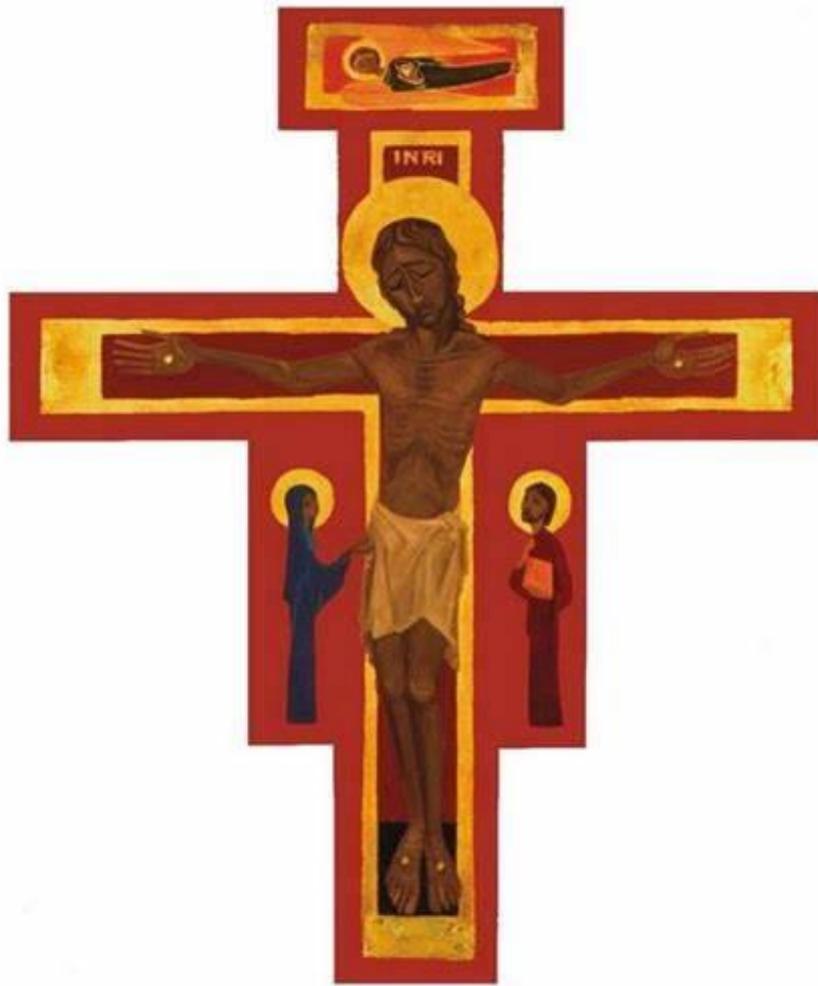




# Taizé Prayer



In the season of Lent

## Welcome to Canterbury Cathedral for this Service

In this service we use songs from the Taizé Community\* following their communal pattern of prayer shaped by singing and silence. Each short song repeats many times. This is a shared act of worship not a performance so please add your voice as you pick up the simple melodies. Sometimes there will be verses sung over the top of our chanting by singers from the Cathedral.

Where songs are in more than one language we will use both, please use whichever you prefer.

The Psalms and Readings for each week can be found in the middle pages. One person will say the words in light type, and you are invited to say the words in **bold**.

The **Silence** that we keep is an invitation to be still and to seek to be present to God and one another. You may find your thoughts wander to all sorts of mundane tasks, this is perfectly fine and normal! When this happens acknowledge what is on your heart and then come back to the stillness. You might find it helpful to close your eyes or to focus on the cross or candles or perhaps to reread the scripture reading for the day. You can remain seated, stand or kneel as you wish.

At the end of the service please leave quietly when you are ready, allowing those who wish to continue in silent prayer.

\*The Taizé community is an ecumenical monastic order with a strong devotion to peace and justice through prayer and meditation. The 100-strong community of Roman Catholic and Protestant monks is drawn from 30 countries across the world. It was founded in 1940 by Roger Louis Schutz-Marsauche (known as 'Brother Roger'). Today Taizé is one of the world's most important sites of Christian pilgrimage. Each year tens of thousands of young pilgrims flock to the small village of Taizé in central France to share in the community's way of life. Prayer and silence are at the heart of the Taizé experience. Young people from every corner of the globe are encouraged to live out the Christian gospel in a spirit of joy, simplicity and reconciliation. Ecumenism (a movement promoting Christian unity among Churches) is the key to Taizé's appeal, making it a magnet for people of many different cultures and traditions.

We sing this chant in Latin praying Holy Spirit come to us as we begin this time of prayer.

Ve - ni San - cte Spi - ri - tus.

A word of welcome is given and then these words of praise from St Anselm are read:

Jesus, like a mother you gather your people to you;  
 You are gentle with us as a mother with her children.  
 Despair turns to hope through your sweet goodness;  
 Through your gentleness we find comfort in fear.  
 Your warmth gives life to the dead, Your touch makes sinners  
 righteous.  
 Lord Jesus, in your mercy heal us; In your love and tenderness  
 remake us. In your compassion bring grace and forgiveness,  
 For the beauty of heaven may your love prepare us.

Sing to the Lord, all my being, let und  
 Lo - be den Herrn, mei - ne See - le,

ev - 'ry - thing in me pro - claim God's sal - va - tion. Sing to the Lord, all my  
 al - les in mir sei - nen hei - li - gen Na - men! Lo - be den Herrn, mei - ne

be - ing, and re - mem - ber all of God's mar - vel - ous deeds!  
 See - le, und ver - giß nicht, was er dir Gu - tes ge - tan!

# Psalms and Readings for each week of Lent

## Week 1

Psalm 3

Lord, how many are my adversaries;  
many are they who rise up against me.

**Many are they who say to my soul,  
'There is no help for you in your God.'**

But you, Lord, are a shield about me;  
you are my glory, and the lifter up of my head.

**When I cry aloud to the Lord,  
he will answer me from his holy hill;**

I lie down and sleep and rise again,  
because the Lord sustains me.

**I will not be afraid of hordes of the peoples  
that have set themselves against me all around.**

Rise up, O Lord, and deliver me, O my God,  
for you strike all my enemies on the cheek  
and break the teeth of the wicked.

**Salvation belongs to the Lord:  
may your blessing be upon your people.**

Yet even now, says the Lord,  
return to me with all your heart,  
with fasting, with weeping, and with mourning;  
rend your hearts and not your clothing.  
Return to the Lord, your God,  
for he is gracious and merciful,  
slow to anger, and abounding in steadfast love,  
and relents from punishing.  
Who knows whether he will not turn and relent,  
and leave a blessing behind him,  
a grain-offering and a drink-offering  
for the Lord, your God?

Joel 2.12-14

*The service continues on page 9*

## Week 2

Psalm 6

O Lord, rebuke me not in your wrath;  
neither chasten me in your fierce anger.

**Have mercy on me, Lord, for I am weak;  
Lord, heal me, for my bones are racked.**

My soul also shakes with terror; how long, O Lord, how long?

**Turn again, O Lord, and deliver my soul;  
save me for your loving mercy's sake.**

For in death no one remembers you;  
and who can give you thanks in the grave?

**I am weary with my groaning;  
every night I drench my pillow and flood my bed with my tears.**

My eyes are wasted with grief  
and worn away because of all my enemies.

**Depart from me, all you that do evil,  
for the Lord has heard the voice of my weeping.**

The Lord has heard my supplication;  
the Lord will receive my prayer.

**All my enemies shall be put to shame and confusion;  
they shall suddenly turn back in their shame.**

Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable garland, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

1 Corinthians 9.24-end

*The service continues on page 9*

### **Week 3**

Psalm 11

In the Lord have I taken refuge;  
how then can you say to me, 'Flee like a bird to the hills,

**'For see how the wicked bend the bow  
and fit their arrows to the string,  
to shoot from the shadows at the true of heart.**

'When the foundations are destroyed,  
what can the righteous do?'

**The Lord is in his holy temple;  
the Lord's throne is in heaven.**

His eyes behold,  
his eyelids try every mortal being.

**The Lord tries the righteous as well as the wicked,  
but those who delight in violence his soul abhors.**

Upon the wicked he shall rain coals of fire and burning sulphur;  
scorching wind shall be their portion to drink.

**For the Lord is righteous; he loves righteous deeds,  
and those who are upright shall behold his face.**

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

Romans 7.21-25a

*The service continues on page 9*

## **Week 4**

### Psalm 12

Help me, Lord, for no one godly is left;  
the faithful have vanished from the whole human race.

**They all speak falsely with their neighbour;  
they flatter with their lips, but speak from a double heart.**

O that the Lord would cut off all flattering lips  
and the tongue that speaks proud boasts!

**Those who say, 'With our tongue will we prevail;  
our lips we will use; who is lord over us?'**

'Because of the oppression of the needy,  
and the groaning of the poor,  
I will rise up now,' says the Lord,  
'and set them in the safety that they long for.'

**The words of the Lord are pure words,  
like silver refined in the furnace  
and purified seven times in the fire.**

You, O Lord, will watch over us  
and guard us from this generation for ever.

**The wicked strut on every side,  
when what is vile is exalted by the whole human race.**

Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the thongs of the yoke,  
to let the oppressed go free,  
and to break every yoke?

Is it not to share your bread with the hungry,  
and bring the homeless poor into your house;  
when you see the naked, to cover them,  
and not to hide yourself from your own kin?

Then your light shall break forth like the dawn,  
and your healing shall spring up quickly;  
your vindicator shall go before you,  
the glory of the Lord shall be your rearguard.

Then you shall call, and the Lord will answer;  
you shall cry for help, and he will say, Here I am.

Isaiah 58.6-9a

*The service continues on page 9*

## **Week 5**

Psalm 32

Happy the one whose transgression is forgiven,  
and whose sin is covered.

**Happy the one to whom the Lord imputes no guilt,  
and in whose spirit there is no guile.**

For I held my tongue;

my bones wasted away through my groaning all the day long.

**Your hand was heavy upon me day and night;  
my moisture was dried up like the drought in summer.**

Then I acknowledged my sin to you and my iniquity I did not hide.

**I said, 'I will confess my transgressions to the Lord,'  
and you forgave the guilt of my sin.**

Therefore let all the faithful make their prayers to you in time of  
trouble; in the great water flood, it shall not reach them.

**You are a place for me to hide in; you preserve me from  
trouble; you surround me with songs of deliverance.**

'I will instruct you and teach you in the way that you should go;  
I will guide you with my eye.

**'Be not like horse and mule which have no understanding;  
whose mouths must be held with bit and bridle,  
or else they will not stay near you.'**

Great tribulations remain for the wicked,  
but mercy embraces those who trust in the Lord.

**Be glad, you righteous, and rejoice in the Lord;  
shout for joy, all who are true of heart.**

Jesus said to the disciples, 'Beware of practising your piety before  
others in order to be seen by them; for then you have no reward from  
your Father in heaven.' So whenever you give alms, do not sound a  
trumpet before you, as the hypocrites do in the synagogues and in the  
streets, so that they may be praised by others. Truly I tell you, they  
have received their reward. But when you give alms, do not let your  
left hand know what your right hand is doing, so that your alms may  
be done in secret; and your Father who sees in secret will reward you.

Mathew 6.1-4

*The service continues on page 9*

## Week 6

### Psalm 61

Hear my crying, O God, and listen to my prayer.

**From the end of the earth I call to you with fainting heart;  
O set me on the rock that is higher than I.**

For you are my refuge, a strong tower against the enemy.

**Let me dwell in your tent for ever  
and take refuge under the cover of your wings.**

For you, O God, will hear my vows;

you will grant the request of those who fear your name.

**You will add length of days to the life of the king,  
that his years may endure throughout all generations.**

May he sit enthroned before God for ever;

may steadfast love and truth watch over him.

**So will I always sing praise to your name,  
and day by day fulfil my vows.**

Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

Luke 10.38-end

Your word, O Lord, is a light. My God, en - light - en my  
 C'est toi ma lam - pe, Sei - gneur. Mon Dieu é - clai - re ma té -

dark - ness. O Lord, my God, en light - en my dark - ness. O  
 nè - bre. Sei - gneur, mon Dieu, é - clai - re ma té - nè - bre. Sei -

Lord, my God, en - light - en my dark - ness. Your  
 gneur, mon Dieu, é - clai - re ma té - nè - bre. C'est

*We enter in to a prayerful silence, aware of the noises of the Cathedral around us, yet seeking to be present to God and one another in the stillness. The silence will last up to 10 minutes and will be followed by the spoken prayers on the following page.*

We continue in prayer using our voice:

For your holy people, that they may triumph over evil and grow in grace, we pray to you, O Lord: **Lord have mercy.**

For candidates for Baptism and confirmation, that they may live by every word that proceeds from your mouth, we pray to you, O Lord: **Lord have mercy.**

For the leaders of nations, that you will guide them in the ways of mercy and truth, we pray to you, O Lord: **Lord have mercy.**

For the needy, that they may not be forgotten, nor the hope of the poor be taken away, we pray to you, O Lord: **Lord have mercy.**

For the sick in body, mind and spirit, that they may know your power to heal, we pray to you, O Lord: **Lord have mercy.**

For the poor in spirit, that they may inherit the kingdom of heaven and see you face to face, we pray to you, O Lord: **Lord have mercy.**

Trusting in the compassion of God we join our silent and spoken prayers together as we say each in our own language:

**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.**

*Notre Père...*

*Vater Unser...*

*Onze Vader...*

*Padre Nuestro...*

*Ojcze Nasz...*

*Baba Yetu...*

*E to matou Matua...*

*Ein Tad...*

In the Lord I'll be ev - er thank - ful, in the Lord I will re -

joice! Look to God, do not be a - fraid. Lift up your voi - ces, the Lord is

near; lift up your voi - ces, the Lord is near. In the

*This song follows on:*

Bless the Lord, my soul, and bless God's ho - ly name.

Bless the Lord, my soul, who leads me in - to life.

*We say together a prayer by Ignatius of Loyola*

**Teach us, good Lord, to serve you as you deserve;  
To give and not to count the cost;  
To fight and not to heed to the wounds;  
To toil and not to seek for rest;  
To labour and not to seek for any reward,  
Save that of knowing that we do your will.  
Amen**

May God bless us and show us compassion and mercy  
**Amen**

*Please leave quietly when you are ready to allow others who wish to continue in silent prayer.*

If you wish to leave a donation today to support the work of this Cathedral you can do so in the collecting plate as you leave or make use of the electronic pay point by the Cathedral door. Anything you give is gratefully received and helps us maintain this sacred space for all who wish to come.