

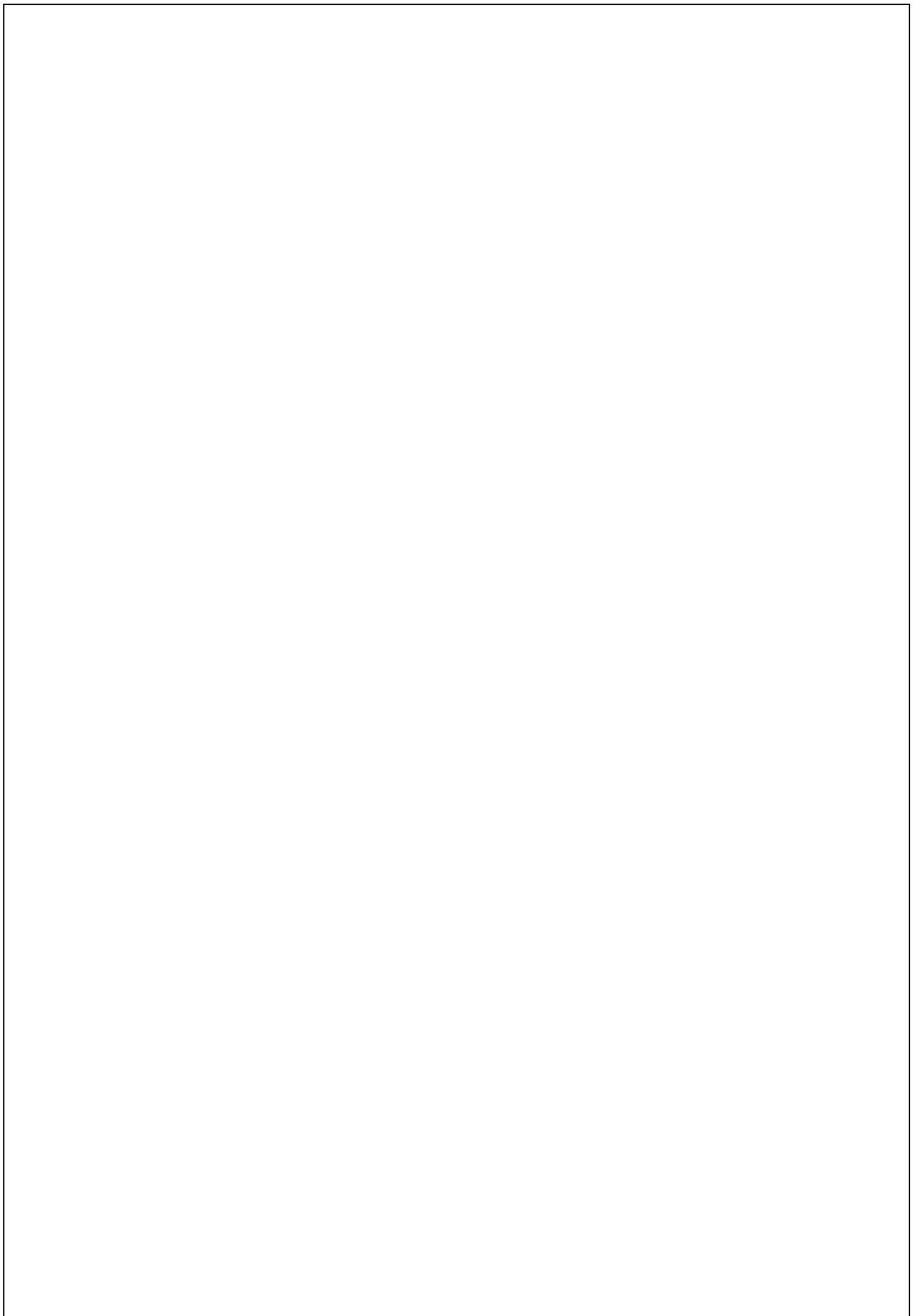
THE SOCIETY OF GUARDIANS

THE LITTLE OFFICE



*A personal devotional practice in the
Mystical Christian and Franciscan Traditions*

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1970-2025



INVOCATION

Blessed is the Kingdom of the Father and of the Son and of the Holy Spirit. Now and forever. Unto the ages of ages. Amen ✠

The Intention of the Guardians

It is my intention that I should link myself with those spiritual forces and forms that are constructive in the universe, so that I might become a part of evolving Life; in Communion with all Life; with Compassion for all Life; and in Co-operation with all Life.

The Canticle of the Creatures (St Francis)

Praised be you my God with all your creatures, especially Brother Sun, through whom you give us light. He is beautiful and radiant with great splendour and bears the likeness of you. Praised be you, my God, through Sister Moon and the stars. In the heavens you have made them bright, and on earth they rule the tides and the fates on men and women. Praised be you through Brothers Wind and Air, through Sister Water, and through Brother Fire. Praised be you my God through our Mother Earth who sustains and governs us.

Lighting Candle or Altar Lamp:

O Thou who art the Sun of Righteousness and the Light Eternal. Be Thou a bright flame before me, a guiding star above me, and a smooth path beneath me. Kindle in my heart the flame of love that never ceases, set on fire by your eternal light which puts to flight the darkness of this world (St Columba).

Blessing with water:

May the Lord purify me that I may undertake this devotional service (*✠ on forehead and centre of chest with water*) I shall be cleansed of all uncleanness and a new heart will be given unto me, and my spirit shall be renewed.

Offering of Incense:

(*Put resin incense on coals in censor, or light an incense stick or incense cone*)
O Divine Creator, kindle within me the fire of thy Love, the strength of your Power, and the blessing of your Holy Wisdom. For thy name is great among the nations. In every place incense is offered to thy name. From the rising of the Sun, even to the going down of the Sun. For thy name is great amongst the nations.

Invocation of the Mighty Archangels

EAST: Mighty Archangel Raphael, ruler of the element of Air who brings healing and compassion from the East. Carry my prayers on the wind and bring me inspiration and wisdom...

NORTH: Mighty Archangel Michael, ruler of the element of Fire who brings strength and justice from the North. Protect me from all evil, strengthen me, and Light my path through the wilderness of Ignorance...

WEST: Mighty Archangel Gabriel, ruler of the element of Water who brings wisdom and understanding from the West. Let compassion overflow from the Grail of my heart to all beings...

SOUTH: Mighty Archangel Uriel, ruler of the element of Earth who brings insight and cooperation from the South, and toils for the Lord in the fields beneath the Spiritual Sun. Through you we may see God made manifest in Nature and receive the bounty of the harvest...

Centre: Mighty Archangel Metatron Yahuel, who stands before the chariot-throne. Pour out the Holy Spirit upon my work this day, that I might know the indwelling Presence of the Holy Spirit...

THE ARAMAIC PRAYER OF JESUS

Divine Creator, Father and Mother of the Universe. Holy is Your Name. Focus your Light within me, make it useful. Create your reign of unity now on Earth below as above in the heavens. Grant me what sustenance I need each day, for my soul and for my body. Loose the cords of mistakes that bind me. Do not let surface things delude me but free me from the times of trial. From you is born all that is, through you I live, and move and have my being. For the Kingdom, the Power and the Glory are yours, now and forever. Amen.

THE BLESSING OF THE LIMITLESS LIGHT

Hail glorious Light! Hail limitless light!
Light in brilliance now descending! Holy Spirit all-enfolding!
Hail thou Earth, God-indwelling! From One Spirit flow Three Forces;
One in Three and Three from One. In One Earth dwell Three Forms;
One from Three and Three in One.

MEDITATION

(10-15 minutes, Ring bell 3 x at start and end)

I weave a silence onto my lips; I weave a silence in my minds... I weave a silence within my heart, I close our ears to distractions, I close our eyes to attractions, I close our heart to temptation. Calm me as You stilled the storm, still me O Lord and keep us from harm. Enfold me, Divine Beloved, in your peace
(Fr. David Adam, Lindisfarne)

Prayers for Healing & Peace

Bring to mind family, friends, colleagues, and people in your community who are in need, sickness, or distress. Also, those countries where there are current crises, suffering, famine, or war. Ask for strength, healing and blessings to be sent forth.

The Prayer of St Francis

Lord, make me an instrument of your peace, where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy; Grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love.

The Blessing of St Francis to Brother Leo

The Lord bless me and keep me; the Lord make His face to shine upon me and be gracious unto us; the Lord lift up the light of His countenance upon me and grant me peace. The peace of Christ be with me (allow a minute's silence)...

THE PRAYER OF THE GUARDIANS

Blessed art thou, Source of all existence, who has granted knowledge of thy mysteries to us, the Guardians of Thy Grace and Blessing. Crown our endeavours with thy love. Grant us Wisdom and Understanding. Be merciful to our shortcomings and judge our weaknesses with Compassion, as we show compassion to all beings. Enliven our feelings and sharpen our discernment; enrich our vision and strengthen our hands, that Thy Holy Spirit may dwell among Thy faithful throughout the heavens and upon the earth.

THE DISMISSAL

(Extinguish Lamp or candle)

In the name of God, Eternal Spirit, my Maker; Jesus the Christ bearer of my humanity; and the Holy Spirit, font of wisdom and inspiration. in the faith of the apostles, in the joyful praise of the angels, in the holiness of the saints, and in the Wisdom of the Mystics. I go forth carrying the Hidden Light into the world.

CLOSING HYMN: Nunc Dimittis

Lord now lettest thou Thy servant depart in peace, according to Thy word:
For I have beheld Thy Sacred Mysteries, which Thou hast prepared,
for the Blessing of Thy people: To be a light amongst the Gentiles,
and to be the glory, of Thy people of the world:
Glory be to the Creator, the Word, and the Holy Wisdom -
As it was in the beginning is now, and ever shall be.
World without end. Amen.

If an evening service, say:

Through the dark hours of the night protect and surround me.
Father, Son and Spirit three. Amen ☩