

THE SOCIETY OF GUARDIANS

THE LITTLE OFFICE



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Opening Prayer:

Blessed art Thou, God Most High. Your Limitless Light shines through the whole universe. Your Word brings on the evening twilight and the morning dawn; you established the moon and the sun, you fixed the boundaries of the earth; you made both summer and winter (Psalm 74:15,16). Through your Power all things were made, through your Wisdom all things are governed. Through your Love all things are sustained. Open my eyes to behold your works; that, rejoicing in your creation, I may learn to serve you with gladness and praise and bless you in all things.

The Blessing of the Shema:

Blessed art Thou, God Most High
Blessed be the Lord and blessed be his Name forever
Hear, all you peoples - The Lord our God, The Lord is One.
Shema Goyim, Adonai, Elohenu, Adonai Achud.

Lighting Candle or Altar Lamp:

Eternal Limitless Light, shining always, whose Sacred Spark lies within every being of this world. Pour forth Thy Love into the chalice of my heart. Set me ablaze with Thy Divine Fire that I may humbly partake in thy service.

Offering of Incense:

Put resin incense on coals in censor, or light an incense stick or incense cone
Creator God, you have filled the world with beauty. Open my eyes to behold your gracious hand in all your works; that, rejoicing in all of creation, I may learn to serve you with gladness. In every place incense is offered to Thy name. For your name is great among the nations. From the rising of the Sun, even to the going down of the Sun.

The Canticle of the Creature (St Francis)

Lord, all praise is yours, all glory, all honour and all blessings. To you alone, Most High, do they belong, and no mortal lips are worthy to pronounce Your Name. 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.

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...

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 Blessing of the Masters of Knowledge

In Sicily, Rabbi Abraham Abulafia said of the Franciscan Guardians: I saw that they rank among the pious of the nations of Earth and that the words of the ignorant of whatever religion need not be heeded, for the Law of the Lord has been handed to the Masters of Knowledge.

The Intention of the Guardians of Grace

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.

✠ Sign of the Cross ✠

Ba Shem El Elyon, Horethenu Elohim, Ben Elomin, Ruach Elohim. Amen.

In the name of the Most High: God the Parent, Son, and Holy Spirit. 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.*

At its end, the bell is struck five times

The Prayer of Rabbi Yehoshuwah (Adapted from the Aramaic Prayer)

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, and through you I live, and move and have my being. For the Kingdom, the Power and the Glory are yours, unto the ages of ages. Amen.

MEDITATION

(20 Minute Silent Meditation or Contemplative Prayer)

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. (St Francis).

The Blessing of Aaron (The Blessing of St Francis to Brother Leo)

The Lord bless me and keep us; 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. May the Peace of the Lord be with me...

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 Israel: Glory be to the One Most High - As it was in the beginning is now, and ever shall be. World without end. Amen.