



Thursdays at “The Office”

Daily Morning Prayer and Daily Evening Prayer are the established rites (offices) by which, both corporately and individually, God’s people annually encounter the whole of the Holy Scriptures, daily confess their sins and praise Almighty God, and offer timely thanksgivings, petitions, and intercessions. The Prayer Book tradition has historically expected clergy to pray the Daily Office morning and evening each day.
(“Concerning the Divine Service of the Church,” *Book of Common Prayer* 2019)

Praying the Daily Office welcomes us into an ancient rhythm of reorienting to God throughout the day. Israel’s daily sacrifices in the temple would occur at the first, second, and third “hours of prayer” (9am, Noon, and 3pm). The psalms sing of praying to the Lord evening, noon, and morning, and praising God seven times a day. Joining this rhythm, the early church and the monastics established seven hours of prayer called the “Liturgy of the Hours” or the “Divine Office.” Anglicans drew on this rich heritage in the formation of the Book of Common Prayer, commending the “Daily Office” along the lines of what is quoted above in the ACNA’s 2019 revision of the BCP.

I invite you to join me in this ancient practice. Every Thursday through December I will be offering Morning Prayer, Midday Prayer, and Compline through Zoom. Have in hand your Bible and your *Book of Common Prayer* 2019. (You can buy a hardcopy from us by sending an email to Tyra at office@iachurch.org, or download a [free digital copy](#).) You are also welcome simply to be present as we pray together.

Here are the links and times:

[Morning Prayer](#), Thursdays at 8am.

[Midday Prayer](#), Thursdays at Noon.

[Compline](#), Thursdays at 8pm.

We will begin promptly on the hour. Morning Prayer and Compline last than 30 minutes. Midday prayer lasts less than 10 minutes.

I look forward to praying together, stepping into the rhythm of prayer that has formed God’s people for centuries.

Your Pastor in Christ,

Travis+