

**A LITTLE PRAYER BOOK
FOR PILGRIMS
AND VISITORS**



CHICHESTER CATHEDRAL

Thanks be to thee, my Lord Jesus Christ,
for all the benefits thou hast given me,
for all the pains and insults thou hast borne for me.
O most merciful redeemer, friend and brother,
may I know thee more clearly,
love thee more dearly,
and follow thee more nearly.
Amen.

The Prayer of St Richard

ACKNOWLEDGMENTS

Inspiration for this book comes from the Church of Sweden's excellent *Lilla Pilgrimsboken*, edited by Hans-Erik Lindström (Stockholm: Verbum AB, 2000).

Scripture quotations are from The New Revised Standard Version of the Bible copyright © 1989 by the Division of Christian Education of the National Council of Churches in the USA. Used by permission. All Rights Reserved.

Chichester's own liturgical life remains informed, to some degree, by Arthur Duncan-Jones's *Chichester Customary* (London: SPCK, 1948), from which the Office at the Shrine of St Richard is here included.

The hymns included are out of copyright.

Material is also drawn from the Book of Common Prayer. Copyright material is included from Common Worship: Services and Prayers for the Church of England. © *The Archbishops' Council* 2000.

CONTENTS

Introduction	6
1. A Blessing on those beginning a journey	8
2. Words for the Journey	11
3. Prayer During a Journey	12
4. Prayers when approaching Chichester	15
5. Prayers in St Richard's Porch	17
6. Office at the Shrine of St Richard	18
7. Final Prayers at the Cathedral	22
8. Graces	24
9. Hymns	25

Introduction

For several centuries until the arrival of Thomas Cromwell's men in Chichester in 1538, Chichester was one of the principal shrines and destinations for pilgrims in England. St Richard of Chichester (1197-1253), its bishop from 1245 until his death, had enlarged the cathedral during his tenure and was himself buried in one of the new chapels built to the north of the nave dedicated to St Edmund of Abingdon (his mentor) and St Thomas Becket. During his lifetime Richard had won the love of the people through his holy life, his itinerant and attentive ministry through the Diocese, and the miracles he performed – perhaps most famously the occasion when, weary from his labours, he dropped a chalice and no wine was spilt. The chalice remains a symbol of Richard and can be seen in the vast tapestry at the Shrine by Ursula Benker-Schirmer (1927-2020).

Soon after Richard's death, miracles were also reported by those who sought his prayers and it was but a short time before a new shrine was established behind the High Altar in 1276, with King Edward I present for the translation of his relics. Soon, many were travelling to Chichester to seek Richard's prayers, not least those also making a pilgrimage through the Downs to Canterbury.

Although something of a shrine to St Richard was re-established in Chichester in the 1920s, the revival of pilgrimage as a popular pursuit is a more recent phenomenon in the British Isles – and often encouraged by those outside of the institutional Church, not least thanks to the efforts of the British Pilgrimage Trust.

People undertake pilgrimages for a whole variety of reasons: seeking healing for oneself or a loved one; in thanksgiving for something; as an act of contrition; or merely out of a desire to step out of the ordinary routine and discover a tranquillity and focus that often eludes us in daily life.

Pilgrimage also offers us the opportunity to reconnect with the wider creation, and to detach ourselves from dependence on technology.

If you've never been on pilgrimage before, a key thing to do is to resist the temptation to overload your sense of what needs to be 'dealt with' as you walk or travel to your destination, and to let go of any sense of the 'perfect' walk or journey. Your mind will wander in many directions, and you will encounter tiredness, struggle, bad weather and irritation – all of this is part and parcel of learning how to be more attentive to God, yourself, those you travel with, and the natural world. Let God speak to you through these experiences, through your neighbour and through creation.

Whether you are taking a long or short walk to Chichester, or indeed travelling by coach, car or train; whether you are coming on your own or in company, or just for an informal visit, this little book is designed to be a friend to you along the path, offering encouragement and focus by using select prayers, hymns and psalms, as well as short offices of prayer as you approach your destination and for use at the shrine of St Richard itself.

You will notice that it contains a mixture of traditional prayers and liturgy and prayers and other content in more modern English. It also includes the office for use at the Shrine that was contained in Dean Arthur Duncan-Jones's *Chichester Customary*, a compendium of ritual for the cathedral published in 1948. Finally, the book also takes inspiration from the Church of Sweden's excellent *Lilla Pilgrimsboken* (Verbum).

If you are making a longer pilgrimage, you may want to supplement this booklet with resources from Daily Prayer, such as those available in Common Worship. At the cathedral, Morning and Evening Prayer and the Eucharist are celebrated daily, and further resources are here if you need them (please check in advance).

May God be with you as you make your pilgrimage and may you know Christ as your daily companion and Saviour as you seek to know him, love him and follow him on your own path through life.

The Very Reverend Dr Edward Dowler, Dean of Chichester¹

¹ This manual was devised by Canon Dan Inman, previously Chancellor and Precentor of Chichester Cathedral. It is presented here in a shortened version.

1. A Blessing for those beginning their journey

+ In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.

The Lord be with you.

And also with you.

Let us listen to the Gospel of the Lord:

(Luke 24.13-35)

Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, 'What are you discussing with each other while you walk along?' They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, 'Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?' He asked them, 'What things?' They replied, 'The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him.' Then he said to them, 'Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?'

Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, 'Stay with us, because it is almost evening and the day is now nearly over.' So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, 'Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?' That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, 'The Lord has risen indeed, and he has appeared to Simon!' Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

Silence is kept.

Intercessions

O God, who brought your servant Abraham
out of the land of the Chaldeans,
protecting him in his wandering across the desert,
we ask that you watch over us, your servants,
as we journey in the love of your name to *Chichester [or other destination]*.

Lord, be with us on the way.

Father all-holy, you gave us your Son to be our way, our truth, our
life; by your Spirit, guide us along our path and in our lives that we
may follow Jesus unswervingly.

Lord, be with us on the way.

You guide your pilgrim Church on earth through the Holy Spirit,
our Advocate and our Comforter; we pray for our Diocese, our

Bishop N, and all who seek to serve you. May our journey renew us in love and service to the Good Shepherd, Jesus Christ our Lord.
Lord, be with us on the way.

The Lord's Prayer

The Blessing of the Pilgrims

The priest holds their right hand over those who are about to embark upon their journey, and says:

Loving God, you are our Creator and are never far away from those who seek you. You search out our paths and are acquainted with all our ways. Abide with your servants in their going out and their coming in. Be for them a companion on their walk, a guide at their crossroads, their protection in danger, their shade in the heat, their light in the darkness, their strength in their weakness, and the true rest for their restless hearts.

And the blessing of God almighty, +the Father, the Son, and the Holy Spirit, be upon you and remain with you always. **Amen.**

The priest may then sprinkle the pilgrims with holy water, before all pray together:

**Thanks be to thee, O Lord Jesus Christ
for all the benefits which thou hast given us,
for all the pains and insults which thou hast borne for us:
O most merciful Redeemer, Friend and Brother,
may we know thee more clearly,
love thee more dearly,
and follow thee more nearly.
Amen.**

Go in the peace of Christ.
Thanks be to God.

2. Words for the Journey

These short prayers and scriptural texts can be memorized and used for quiet recitation in the mind as you walk – or in the quiet of rest.

1. Christ, have mercy upon me.
2. Speak Lord, your servant is listening.
3. Come, Holy Spirit.
4. My God and my all!
5. Lord Jesus Christ, Son of God, have mercy upon me.
6. Into your hands, O Lord, I commend my spirit.
7. Keep me as the apple of your eye, hide me under the shadow of your wings.
8. Lord, make me an instrument of your peace.
9. O Lord, do not leave me.
10. O Lord, strengthen my heart.
11. O Lord, sprinkle my heart with the dew of your grace.
12. May the Holy Cross be my light.
13. Lord, let me not live to be useless.
14. Lord God, I am not worthy.
15. Blessed be the name of the Lord!
16. Pray for us, O Holy Mother of God, that we may be worthy of the promises of Christ.
17. The Lord bless us and keep us.
18. Fill me with your stillness, God.
19. Your kingdom come; your will be done.
20. I believe; help my unbelief.
21. My Lord and my God!
22. Come to me, all you who are weary and burdened, and I will give you rest.
23. Take my yoke upon you and learn from me

3. Prayer During a Journey

In the name of +the Father, the Son, and the Holy Spirit.
Amen.

The Lord be with you:
and also with you.

A hymn or song may be sung.

Psalm 23

- 1 The Lord is my shepherd; ♦
therefore can I lack nothing.
- 2 He makes me lie down in green pastures ♦
and leads me beside still waters.
- 3 He shall refresh my soul ♦
and guide me in the paths of righteousness for his name's sake.
- 4 Though I walk through the valley of the shadow of death,
I will fear no evil; ♦
for you are with me;
your rod and your staff, they comfort me.
- 5 You spread a table before me
in the presence of those who trouble me; ♦
you have anointed my head with oil
and my cup shall be full.
- 6 Surely goodness and loving mercy shall follow me
all the days of my life, ♦
and I will dwell in the house of the Lord for ever.

Scripture

(Exodus 13.20-22)

They set out from Succoth, and camped at Etham, on the edge of the wilderness. The Lord went in front of them in a pillar of cloud by day, to lead them along the way, and in a pillar of fire by night, to give them light, so that they might travel by day and by night. Neither the pillar of cloud by day nor the pillar of fire by night left its place in front of the people.

or

(Mark 6.7, 8-10)

He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits.

He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, 'Wherever you enter a house, stay there until you leave the place.'

or

(Luke 24.13-15)

Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them.

A period of silence is kept.

Prayer

Lord Jesus, you found solace and strength in the presence of your Father on the hilltops, beside the sea, and in the wilderness. Thank you for being our fellow traveller as we walk the path before us. Sustain us in our weakness, renew us in love, and in your mercy

draw near to us as we draw near to you. We ask it in your Name.
Amen.

Our Father...

Conclusion

We pray together part of St Patrick's Breastplate

**Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of everyone who
thinks of me,
Christ in the mouth of everyone who
speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.**

Lord, show me the way
and make me ready to follow it. Amen.

4. Prayers when approaching Chichester

This brief office is for the final stretch of a pilgrimage, perhaps as the Cathedral spire comes into sight.

Preparation

O God, make speed to us;

O Lord, make haste to help us.

Psalm 122

I was glad when they said unto me ♦

We will go into the house of the Lord.

Our feet shall stand in thy gates ♦

O Jerusalem.

Jerusalem is built as a city ♦

that is at unity in itself.

For thither the tribes go up, even the tribes of the Lord ♦

to testify unto Israel, to give thanks unto the Name of the Lord.

For there is the seat of judgement ♦

even the seat of the house of David.

O pray for the peace of Jerusalem ♦

they shall prosper that love thee.

Peace be within thy walls ♦

and plenteousness within thy palaces.

For my brethren and companions' sakes ♦

I will wish thee prosperity.

Yea, because of the house of the Lord our God ♦

I will seek to do thee good.

Glory to the Father and to the Son

and to the Holy Ghost;

as it was in the beginning is now

and ever shall be, world without end. Amen.

Prayer

One of these prayers might be said together

Be, Lord,
within me to strengthen me,
without me to preserve me,
over me to shelter me,
beneath me to support me,
before me to divert me,
behind me to bring me back,
round about me to fortify me. (*Lancelot Andrewes*)

To thee, O Jesu, I direct my eyes;
To thee my hands, to thee my humble knees;
To thee my heart shall offer sacrifice;
To thee my thoughts, who my thoughts only sees;
To thee my self; – my self and all I give;
To thee I die; to thee I only live. (*attrib. Sir Walter Raleigh*)

O God, our hearts are restless
until they find their rest in thee.
Bring us to this house built to thy glory,
and as we draw near to thee now,
may you, in your mercy, draw near to us,
and sustain us to our end.
We ask it for your mercy's sake. Amen.

The Lord's Prayer

Conclusion

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

Let us go unto the house of the Lord:
may he fill us with gladness. Amen.

5. Prayers in St Richard's Porch

The pilgrims may gather in, or nearby, St Richard's Porch in the Cathedral Cloisters. Either a member of the Cathedral clergy or the pilgrim leads the following office.

In the name of the +Father, and of the Son, and of the Holy Spirit. **Amen.**

May God, our strength and salvation, be with you all.

And also with you.

The priest sprinkles the pilgrims with holy water.

Let us enter into his gates with thanksgiving.

Let us go into his courts with praise, giving thanks unto him and calling upon his Name.

St Richard's Door is opened.

The Lord is good:

his mercy is everlasting and his faithfulness endures forever.

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

The pilgrims enter the Cathedral and head towards the Shrine.

6. The Pilgrim's Office at the Shrine of St Richard

Having gathered in silence, the Officiant begins by saying the Antiphon:

The Lord shall preserve thy going out, and thy coming in; from this time forth for evermore.

PSALM 121

I lift up mine eyes unto the hills ♦
from whence cometh my help.

**My help cometh even from the Lord ♦
who hath made heaven and earth.**

He will not suffer thy foot to be moved ♦
and he that keepeth thee will not sleep.

**Behold, he that keepeth Israel ♦
shall neither slumber nor sleep.**

The Lord himself is thy keeper ♦
the Lord is thy defence upon thy right hand;
**So that the sun shall not burn thee by day ♦
neither the moon by night.**

The Lord shall preserve thee from all evil ♦
yea, it is even he that shall keep thy soul.

**The Lord shall preserve thy going out, and thy coming in ♦
from this time forth for evermore.**

**Glory be to the Father, and to the Son:
and to the Holy Ghost;
As it was in the beginning, is now,
and ever shall be: world without end. Amen.**

All shall repeat the Antiphon:

**The Lord shall preserve thy going out, and thy coming in:
from this time forth for evermore.**

Then shall be read a short Lesson from the Letter of Paul to the Philippians

I rejoice in the Lord greatly that now at last you have received your concern for me; indeed, you were concerned for me, but had no opportunity to show it. Not that I am referring to being in need; for I have learned to be content with whatever I have. I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. I can do all things through him who strengthens me. *Philippians 4.10-13*

Silence is kept.

Then shall be said the Prayers following

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

O Lord, save thy servants;

Which put their trust in thee.

Send us help, O Lord, from thy sanctuary;

And strengthen us out of Sion.

Be unto us, O Lord, a strong tower;

From the face of the enemy.

Let no evil happen to us;

Nor the son of wickedness approach to hurt us.

Blessed be the Lord daily.

And may the God of our salvation make our journey prosperous.

Show us thy ways, O Lord;
And teach us thy paths.

O that our ways were made so direct;
That we might keep thy statutes.

The crooked ways shall be made straight;
And the rough places plain.

God shall give his angels charge concerning thee;
To keep thee in all thy ways.

O Lord, hear our prayer;
And let our cry come unto thee.

Then shall the Officiant say:

Let us pray for the unity of our Diocese and all Christian people.

Behold how good and joyful a thing it is;
To dwell together in unity.

ALMIGHTY God, who didst strengthen thy Church in holiness through the noble works and doctrine of thy Confessor and Bishop, St Richard of Chichester: Mercifully grant that we, who commemorate his godly life, may follow the example of his constancy and courage, and also with him may come unto the blessed fellowship of thy Saints; through Jesus Christ our Lord. **Amen.**

Let us pray for the world.

O GOD, we beseech thee, grant us a vision of the world, fair as it may be; a world of justice, where none shall prey upon others; a world of plenty, where vice and poverty shall cease to fester; a world of brotherhood, where all success shall be founded on service and honours be given to nobleness alone; a world at peace, where order shall not rest upon force, but on mutual love and understanding. Grant us hearts to

see the vision of a world with thee at one, through Jesus Christ our Lord.
Amen.

Let us remember before God the Faithful Departed.

O GOD of the spirits of all flesh, we praise and magnify thy holy name for all thy servants who have finished their course in thy faith and fear, for the Blessed Virgin Mary, for the holy Patriarchs, Prophets, Apostles and Martyrs, and for all other thy righteous servants, known to us or unknown; and we beseech thee that, encouraged by their examples, and strengthened by their fellowship, we also may be found meet to be partakers of the inheritance of the Saints in light; through the merits of thy Son Jesus Christ our Lord. **Amen.**

Further thanksgivings and intercessions may here be offered before the Prayer of St Richard and the Grace, which are said by all pilgrims together:

**Thanks be to thee, my Lord Jesus Christ,
for all the benefits thou hast given me,
for all the pains and insults thou hast borne for me.
O most merciful redeemer, friend and brother,
may I know thee more clearly,
love thee more dearly,
and follow thee more nearly. Amen.**

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

7. Final Prayers at the Cathedral

This brief office can be used before leaving the cathedral at the end of a visit or pilgrimage. We suggest that it is used in a part of the cathedral that the group has particularly enjoyed visiting (however, especially with larger groups, please do be aware of other visitors).

In the name of +the Father, the Son, and the Holy Spirit.

Amen.

The Lord be with you:

and also with you.

A hymn or song may be sung.

A reading from the letter to the Ephesians

(Ephesians 1.1-14)

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him,

were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance towards redemption as God's own people, to the praise of his glory.

The Song of Simeon (Nunc Dimittis)

Lord, now lettest thou thy servant depart in peace :
according to thy word.

**For mine eyes have seen:
thy salvation;**

which thou hast prepared:
before the face of all people;

**To be a light to lighten the Gentiles:
and to be the glory of thy people Israel.**

Glory be to the Father, and to the Son:
and to the Holy Ghost;

**As it was in the beginning, is now, and ever shall be:
world without end. Amen.**

Prayers of thanksgiving and/ or intercession may be offered at this point.

Final Blessing

The Lord bless you and keep you.

The Lord make his face shine on you, and be gracious to you.

The Lord look kindly on you and give you peace.

And the blessing of God almighty: the Father, the Son and the Holy Spirit be upon you and remain with you always. **Amen**

(If a lay person is doing the blessing, the 'us' form is used.)

8. Graces

These are graces which might be said before a meal:

Give us grateful hearts, our Father, for all thy mercies, and make us mindful of the needs of others; through Jesus Christ our Lord. **Amen.**

Bless, O Lord, these thy gifts to our use and us to thy service; for Christ's sake. **Amen.**

For these and all his mercies, God's holy Name be blessed and praised; through Jesus Christ our Lord. **Amen.**

May this food restore our strength, giving new energy to tired limbs, and new thoughts to weary minds. May this drink restore our souls, giving new vision to dry spirits, and new warmth to cold hearts. And once nourished and refreshed, may we give thanks to him who gives us all and makes us blest. **Amen.**

9. HYMNS

1 Glorious things of thee are spoken,
 Zion, city of our God.
 He whose Word cannot be broken
 formed thee for His own abode.
 On the Rock of Ages founded,
 what can shake thy sure repose?
 With salvation's walls surrounded,
 thou may'st smile at all thy foes.

 See, the streams of living waters,
 springing from eternal love,
 well supply thy sons and daughters
 and all fear of want remove.
 Who can faint while such a river
 ever flows their thirst to assuage?
 Grace, which like the Lord, the Giver,
 never fails from age to age.

 Saviour, if of Zion's city
 I through grace a member am,
 let the world deride or pity,
 I will glory in thy name.
 Fading is the worldling's pleasures,
 all his boasted pomp and show;
 solid joys and lasting treasures
 none but Zion's children know.

John Newton (1725-1807)

2

He who would valiant be 'gainst all disaster,
let him in constancy follow the Master.
There's no discouragement shall make him once relent
his first avowed intent to be a pilgrim.

Who so beset him round with dismal stories
do but themselves confound - his strength the more is.
No foes shall stay his might; though he with giants fight,
he will make good his right to be a pilgrim.

Since, Lord, thou dost defend us with thy Spirit,
we know we at the end, shall life inherit.
Then fancies flee away! I'll fear not what men say,
I'll labour night and day to be a pilgrim.

John Bunyan (1628-88)

3

Guide me, O thou great Redeemer,
Pilgrim through this barren land;
I am weak, but thou art mighty;
Hold me with thy powerful hand:
Bread of heaven, bread of heaven
Feed me till I want no more.
Feed me till I want no more.

Open thou the crystal fountain
Whence the healing stream shall flow;
Let the fiery, cloudy pillar
Lead me all my journey through:
Strong deliverer, strong deliverer
Be thou still my strength and shield.
Be thou still my strength and shield.

When I tread the verge of Jordan,
Bid my anxious fears subside;

Death of death, and hell's destruction,
Land me safe on Canaan's side:
Songs of praises, songs of praises
I will ever give to thee.
I will ever give to thee.

William Williams (1717-91)

4 Amazing grace! How sweet the sound
That saved a wretch like me!
I once was lost, but now am found;
Was blind, but now I see.

'Twas grace that taught my heart to fear,
And grace my fears relieved;
How precious did that grace appear
The hour I first believed.

Through many dangers, toils, and snares
I have already come;
'Tis grace hath brought me safe thus far,
And grace will lead me home.

When we've been there ten thousand years,
Bright shining as the sun,
We've no less days to sing God's praise
Than when we'd first begun.

John Newton (1725-1807)

5 Dear Lord and Father of mankind,
forgive our foolish ways;
re clothe us in our rightful mind,
in purer lives thy service find,
in deeper reverence, praise.

In simple trust like theirs who heard
beside the Syrian sea
the gracious calling of the Lord,

let us, like them, without a word
rise up and follow thee.

O Sabbath rest by Galilee,
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity,
interpreted by love!

Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace.

Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire;
speak through the earthquake, wind, and fire,
O still, small voice of calm!

John Greenleaf Whittier (1807-92)

6

Be Thou my Vision, O Lord of my heart;
be all else but naught to me, save that Thou art;
be Thou my best thought in the day and the night,
both waking and sleeping, Thy presence my light.

Be Thou my Wisdom, be Thou my true Word;
be Thou ever with me and I with Thee, Lord;
be Thou my great Father, and I Thy true son,
be Thou in me dwelling, and I with Thee one.

Be Thou my Breastplate, my Sword for the fight;
be Thou my whole Armor, be Thou my true Might;
be Thou my soul's Shelter, be Thou my strong Tow'r,
O raise Thou me heav'nward, great Pow'r of my pow'r.

Riches I heed not, nor man's empty praise,
be Thou mine inheritance, now and always;
be Thou and Thou only the first in my heart,
O High King of heaven, my 'Treasure' Thou art.

High King of heaven, Thou heaven's bright Sun,
O grant me its joys, after vict'ry is won;
Great Heart of my own heart, whatever befall,
still be Thou my Vision, O Ruler of all.

Old Irish hymn
tr. Mary E. Byrne (1880-1931)

7

Alleluia! Sing to Jesus;
His the scepter, His the throne.
Alleluia! His the triumph,
His the victory alone.
Hark! The songs of peaceful Zion
thunder like a mighty flood:
"Jesus out of every nation
has redeemed us by His blood."

Alleluia! Not as orphans
are we left in sorrow now.
Alleluia! He is near us;
faith believes, nor questions how.
Tho' the cloud from sight received Him
when the forty days were o'er,
shall our hearts forget His promise,
"I am with you evermore"?

Alleluia! Bread of heaven,
here on earth our food, our stay.
Alleluia! Here the sinful
flee to You from day to day.
Intercessor, Friend of sinners,

earth's Redeemer, hear our plea
where the songs of all the sinless
sweep across the crystal sea.

W. Chatterton Dix (1837-98)

8

O food to pilgrims given,
O bread of life from heaven,
O manna from on high!
We hunger; Lord, supply us,
nor thy delights deny us,
whose hearts to thee draw nigh.

O stream of love past telling,
O purest fountain, welling
from out the Saviour's side!
We faint with thirst; revive us,
of thine abundance give us,
and all we need provide.

O Jesus, by thee bidden,
we here adore thee, hidden
in forms of bread and wine.
Grant, when the veil is riven,
we may behold, in heaven,
thy countenance divine.

Latin, 17th century
tr. Athelstan Riley (1858-45)

9

Soul of my Saviour, sanctify my breast;
body of Christ, be thou my saving guest;
blood of my Saviour, bathe me in thy tide;
wash me with water flowing from thy side.

Strength and protection may thy Passion be;
O blessed Jesus, hear and answer me;
deep in thy wounds, Lord, hide and shelter me;
so shall I never, never part from thee.

Guard and defend me from the foe malign,
in death's dread moments make me only thine;
call me and bid me come to thee on high
where I may praise thee with thy saints for ay.

Latin, 14th century



This recent mosaic of St Dominic by James Blackstone reflects the influence of the Dominican order on St Richard of Chichester.

Richard was trained by the order in Orleans, and the cathedral's vision is based on the four Dominican pillars of prayer, study, community and mission.