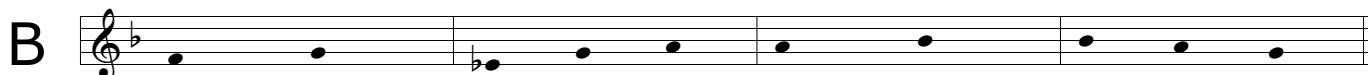


## Sunday between 23 October and 29 October (Proper 30)

*Psalm 90: 1-6, 13-16*



A Lord, you have **been** our **refuge**  
from one generation **to an-other**.  
Before the mountains were brought forth, or the **land** and the earth were **born**,  
from age to age **you are God**.

B You turn us back to the dust and **say**,  
"Go back, O **child** of **earth**."  
For a thousand years in your sight are like yesterday when it is **past**  
and like a watch **in the night**.

A You sweep us away **like a dream**;  
we fade away suddenly **like the grass**.  
In the morning it is **green** and **flourishes**;  
in the evening it is **dried up and withered**.

B Return, O Lord; how long will you **tarry**?  
be gracious **to your servants**.  
Satisfy us by your loving-kindness in the **morning**;  
so shall we rejoice and be glad all the **days** of our **life**.

A Make us glad by the measure of the **days** that you af-flicted us  
and the years in which we **suffered ad-versity**.  
Show your servants **your works**  
and your **splendour to their children**.