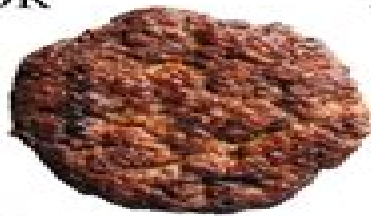


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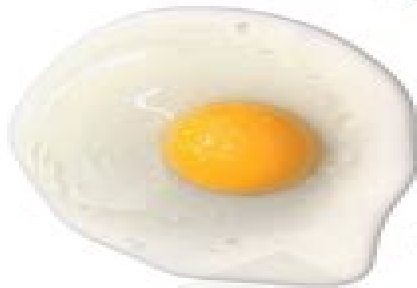
SAUSAGE OR
GROUND
MEAT



PROTEIN POWDER
*(in smoothie or
oatmeal)*



EGGS



OVERNIGHT
QUINOA

BEANS &
LENTILS



QUALITY
DAIRY



LEFTOVER
MEAT OR FISH



NUT BUTTER



NUTS & SEEDS



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web there are various musical items in a choral evensong service these are typically introit sometimes preces psalm magnificat nunc dimittis responses anthem hymn s organ voluntary

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web view order of service monday 11th september 2023 5 00pm evensong quire sung by the choristers plainsong lucis creator optime plainsong responses moore second service haydn benedictus missa brevis sancti joannis de deo view order of service tuesday 12th september 2023 5 00pm

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web preces the cantor and choir sing the introductory verse lord open thou our lips and our mouth shall shew forth thy praise
god make speed to save us lord make haste to help us 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 praise ye the lord

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eucharist this traditional service of evening prayer dates back to the 16th century and is based on the service from the book
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