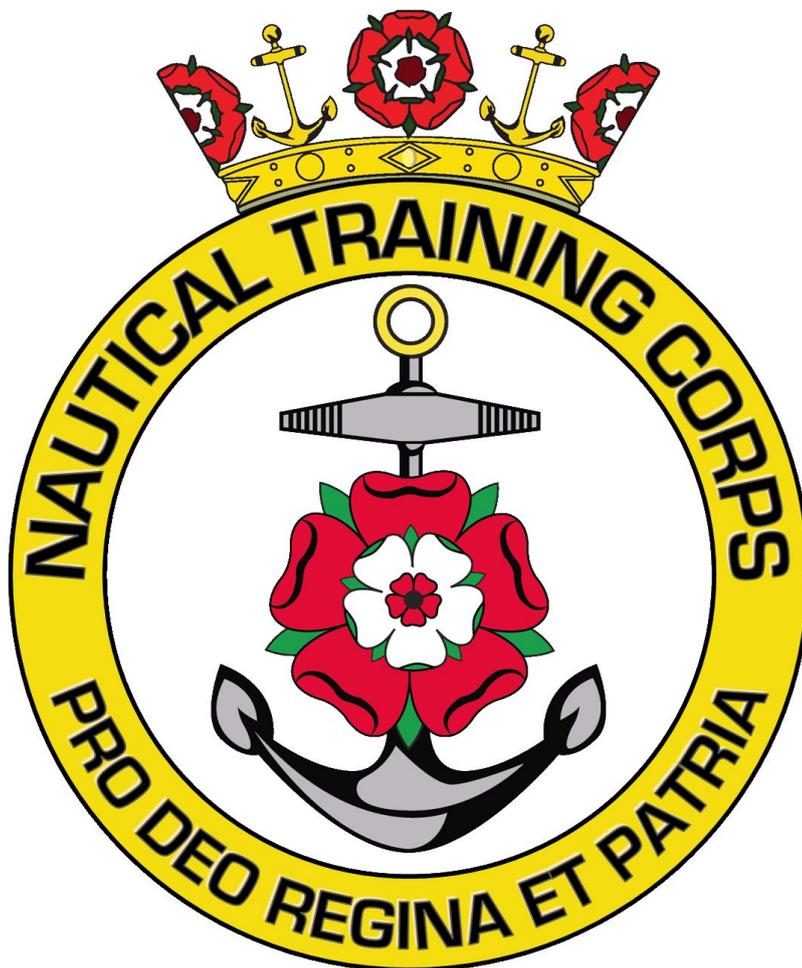


Nautical Training Corps



CORPS REGULATIONS CR-11

Chaplain's Handbook and Prayer Book

Document control	
Document Reference:	CR11
Revision:	01.01
Date of Publication:	01/01/2017
Review date:	01/01/2018
Issued by:	Reverend Phil Hiscock Chaplain General
Distribution:	NHQ Staff Officers Departmental Staff Officers Regional Staff Officers Divisional Commanding Officers Divisional Management Chairperson



CORPS REGULATIONS

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FOREWORD

I would like to commend this book to all members of the Nautical Training Corps. Duty to God is a vital part of the Corps' work and the prayers set out here can only aid in a greater understanding of what that commitment means for all of us. I hope you will be encouraged to use it often and may be inspired to add your own contribution when the command "off caps" is given

Phil Hiscock
Corps Chaplain General

INTRODUCTION

A Short History of the N.T.C.

The N.T.C was founded by Frank Froest-Carr (1888-1975) in May 1944.

The son of a famous Scotland Yard Superintendent, Froest-Carr joined the Royal Navy in 1903 and served in various parts of the world until he retired from the RN in 1926. He joined the RNVR and rose to the rank of Lieutenant Commander. He then began a career in Youth Work, for three years as Welfare Officer to Merchant Navy Apprentices and from 1927 serving with Brighton Education committee. He founded the Brighton Sea Scouts and became Sussex County Commissioner.

He was Founder-Commodore of the N.T.C from 1944 until his death in 1975, being awarded the OBE for his service to youth.

The original concern, and still the basic principle, is the character training of boys and girls in the ideals of good citizenship. Froest-Carr had seen a lack of effort in this direction after the First World War and was determined to do something to correct this after World War Two. The NTC is a voluntary uniformed national youth organisation, which offers also an interest in the Sea Services and watermanship of all kinds. The discipline of ship routine is used by the divisions to build character following a comprehensive syllabus graded from ages 8-18. The Duke of Edinburgh Award Scheme is used and close relationships with the Area Youth Office encouraged. **An essential part of this syllabus is its emphasis on the core values**

As members of the Nautical Training Corps we hold dear the core values that underpin our life and work together. These values of Respect, Equality, Honesty and Integrity, Loyalty, Self Discipline and Courage; all exist within the spirit of love and courage

No Corps member receives any salary.

Limited funds are held centrally. Each ship is responsible to the National Council and Trustees for the monies raised on ship.

A FEW NAVAL TERMS IN CORPS USE

As far as possible the Corps uses naval terms to create the atmosphere for its work.

Region A Group of Units within a geographical County area.

Division A single unit or ship.

Corps Commodore Ceremonial Head of the Corps.

Corps Flag Officers Commodore, Vice Commodores & the Chaplain General.

Chief of Staff Senior National Headquarters Staff member

Regional Commander Senior Chief Officer commanding a Region

First Officer Usually the Commanding Officer.

Second, Third & Fourth Officers, Chief Petty Officer, Regional Instructor and Civilian Instructor

Leadership ranks

Petty Officers Those aged 16-17

Deck Night Main Evening Meeting of the week.

Sunset Closing Assembly on Deck Night.

Caps All Head Gear.

Wardroom Officers and other Adults Meeting Room.

Parade Formal assembly of the Ship's Company.

Colour Flag.

National Colour Union Flag.

Mess Canteen.

Heads Toilets.

Duty Watch Cadets on duty on quarter deck.

Ship's Log Record of Attendance kept by Watch on Deck Night.

Management Committee Usually Parents and Officers. Joint Committee with oversight of the ship.

THE CHAPLAIN

The Role of the Chaplain in the NTC is that of **A friend to all:**

The Chaplain is in a unique position in the Corps.

As in the Royal Navy, He has no rank, but assumes the same rank as the person to whom he is speaking. So he is ideally suited to develop all kinds of relationships in his division. Further, since he is unlikely to be involved in the day-to-day running of the ship, he can try to become aware of the crosscurrents of the relationships within his ship, and has the advantage of being the best person to cope with the difficulties in relationships which are bound to arise.

The Chaplain's friendship and interest can do much to contribute to a happy and united ship's company.

Motto and Code of Honour – notes on

Services: Bearing in mind the non-denominational status of the Corps, the Chaplain will wish to take advantage of opportunities to conduct services and to lead prayers. When he is on board he is expected to lead Prayers (his cue is the command to "off caps"). The NTC Prayer, a special prayer (e.g. for someone sick) and the Lord's Prayer are sufficient.

A regular Parade Service should be the Chaplain's responsibility. Usually xxx

Wherever possible the whole division should attend and be accommodated in the church. Custom will vary a lot here – but joint services with other uniformed organisations work well as long as no one organisation dominates the proceedings.

A short service, with the presentation of colours at the beginning and their retrieval at the end, is suitable, bearing in mind that most people present are not practising worshippers. Conducting Parade Services at a regular Holy Communion Service is not always the best approach, as few will be communicant members of the Church. These matters should be discussed with the divisional Commanding Officer and if other organisations are involved, an occasional meeting of all youth leaders can be a profitable event.

Occasional Special Services can be arranged such as Remembrance Sunday, or Trafalgar Day, and the Corps will respond to these services. On such occasions, special orders of service will no doubt be used, but formality is not expected at all times and the introduction of informal and relaxed worship is appreciated.

THE DUTIES OF A CHAPLAIN IN THE NTC

Dress : Official uniform for an NTC chaplain is his normal clerical wear. For special occasions a cassock is ideal.

Rank: The Chaplain has no rank as such. He will be treated as an Officer, though like Naval Chaplains he is superior to no one, but equal to whoever he is speaking to. The Chaplain does not give orders to anyone. He signs in the log on deck nights as an Officer.

Parade: The Chaplain is not expected to be proficient at drill. When on parade he should come to attention, stand at ease, etc, so that the cadets see that he joins in, but the Chaplain salutes nobody, though he will usually be saluted by all officers and cadets. When on parade, the Chaplain's position is at the end of the line of officers. He should watch them and follow their lead when dismissing, etc.

Attendance: This is at the Chaplain's discretion, but since he is part of the Ship's company, he should not be absent from the Annual Inspection of the Division.

Availability: The Chaplain should be available to cadets and officers and make it clear that he can be visited by any who wish to consult him.

Worship: The Chaplain is responsible for the conduct of prayers when he is present on board ship and he should encourage regular church parades in consultation with the Commanding officer.

Ship's Management Committee: Chaplain's are ex-officio members and should receive minutes, but attendance is not expected in view of the Chaplain's other commitments.

The Chaplain-General and Regional Chaplains

There is one Chaplain-General and a Regional Chaplain in several areas. These are local ministers who are acting for the Corps on occasions when large numbers of ship's companies come together for a formal parade.

They are also available to help Ship's Chaplains and to encourage them in their relationship with the Corps.

Their names, addresses and phone numbers are printed in the Corps Handbook, of which the Commanding Officer will have a copy. They will be pleased to hear of any comments or suggestions.

NTC Code of Honour.

On The Flag of my country –
I promise to do my duty to God and the Queen,
To endeavour to be a worthy and useful citizen
A courageous seaman
And a loyal member of the Corps.

PRAYERS

- A. Prayers for general use – at sunset and other times.
- B. Suggestions for prayers on special occasions.
- C. Special Services.

The Prayers are based on those in use in the Royal Navy. They have been slightly amended to suit Corps needs. In the absence of the Chaplain, these are suitable for use on Deck Nights by the CO or Officer of the Watch, omitting the Blessing and using the Grace instead. Prayers and Services should be REAL events. If they do not reflect what is really intended then alterations should be struck between Naval practice and the realities of the situation.

We live in a Multifaith context and we need to be sensitive and respect their traditions.

PRAYERS FOR GENERAL USE – AT SUNSET AND OTHER TIMES

The Lord's Prayer (Traditional)

Our Father, who art in heaven,
Hallowed be thy name,
Thy kingdom come, thy will be done,
On earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil,
For thine is the Kingdom, the power and the glory,
for ever and ever . Amen

The Lord's Prayer (Modern)

Our Father in heaven,
Hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.
Give us this day our daily bread,
Forgive us our sins
As we forgive those who sin against us.
Do not bring us to the time of trial,
But deliver us from evil.
For the kingdom, the power and the glory are yours,
Now and forever. Amen.

Queen and Parliament

Almighty God, the fountain of all goodness,
we humbly pray you to bless our Sovereign Lady, Queen Elizabeth,
the Parliaments in all our dominions
and all who are set in authority under her;
that they may order all things in wisdom, righteousness and peace
to the honour of your Holy Name and the good of all people;
through Jesus Christ our Lord. Amen.

The NTC Prayer

O God our Father

We pray thee to bless us and all who belong to the NTC.

Help us to share one another's burdens, to live not for ourselves but for others as members of one family in Jesus Christ our Lord. Amen.

Prayer for the NTC

Heavenly Father,

we pray for the Nautical Training Corps,
for the Commodore, Officers, Cadets and Helpers;

may we all be loyal, courageous, loving and true,
not asking what we can get, but rather what we can give.

May we grow and learn to reflect your love,
and to take our place in the family of mankind.

Through Jesus Christ our Lord. Amen.

A Prayer for the Corps

Eternal Father,

we thank you for all that the Nautical Training Corps means to us.

We thank you for the life and example of our Founder Commodore, Frank Froest-Carr, and we pray that you will guide all present members of the Corps, especially our Commodore.

We remember before you all Corps members who have died
and all who are sick or in trouble at this time.

We pray for ourselves and for your blessing on all our endeavours in the name of Jesus Christ our Lord. Amen.

The Grace

The grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with us always. Amen.

The Naval Collect

Direct us, O Lord, in all our doings, with thy most gracious favour and further us with thy continual help that in all our works begun and continued and ended in thee, we may glorify thy Holy Name and finally, by thy mercy, obtain everlasting life; through Jesus Christ our Lord. Amen.

The Naval Prayer

O Eternal Lord God,

who alone spreadest out the heavens and rulest the raging of the sea;

who hast compassed the waters with bounds until day and night come to an end;

Be pleased to receive into thy almighty and most gracious protection the persons of us thy servants and the Fleet in which we serve.

Preserve us from the dangers of the sea and of the air and from the violence of the enemy;

that we may be a safeguard unto our most gracious Sovereign, Queen Elizabeth, and her dominions, and a security for such as pass on the seas on their lawful occasions;

that the inhabitants of our Island and Commonwealth may in peace and quietness serve thee our

God; and that we may return in safety to enjoy the blessings of the land, with the fruits of our labours and with a thankful remembrance of thy mercies to praise and glorify thy Holy name;

through Jesus Christ our Lord. Amen.

For all Seafarers

O Eternal Lord God, creator of the earth and sky and sea, be pleased to receive you're your protection all who go down to the sea in ships and occupy their business in great waters. Preserve them in body and soul; prosper their labours with good success; in all time of danger be their defence and bring them to the haven where they would be; through Jesus Christ our Lord. Amen.

On a member's death

Remember for good O Lord, our friend/colleague(name)..... that he/she may go from strength to strength in a life of perfect service in your eternal kingdom, through Jesus Christ our Lord. Amen.

For a sick member

Almighty God
we pray for(name)..... who is in sickness at this time;
grant to him/her encouragement in his/her suffering and a speedy restoration to full health, through Jesus Christ our Lord. Amen.

Living and Learning

Almighty God, who has made us to live in company with one another,
grant us the guidance of your that together we may learn kindness, self-control, loyalty and courage. Help us to overcome our faults and grow in all that is good and true,
so that we spend our lives in the service of others and follow all our days in the footsteps of Jesus Christ our Lord. Amen.

Masters of ourselves

O God help us to be the masters of ourselves,
that we may be the servants of others,
through Jesus Christ our Lord. Amen.

The Ship in which we serve

Almighty Father,
look we pray you, upon this ship and grant that all who (live and) serve in her may be firm and loyal followers of Christ our master.
Take from us all selfishness and jealousy which may prevent unity and fellowship.
May we seek neither to provoke irritation in others nor be easily provoked ourselves, and keep the door of our lips that we may not repeat idle gossip to the harm of others.
This we ask for Christ's sake. Amen.

Evening Prayer -

Lighten our darkness we ask you, O Lord,
and by your great mercy defend us from all the perils and dangers of this night; for the love of your Son, our Saviour Jesus Christ. Amen.

The prayer of Sir Jacob Astley

O Lord, you know how busy we must be this day;
if we forget you, do not you forget us;
for Christ's sake. Amen.

Prayer of St. Richard of Chichester

Thanks be to you, our Lord Jesus Christ:
for all the benefits which you has given us;
for all the pains and insults you hast born for us.
O most merciful Redeemer, friend and brother;
may we know you more clearly,
Love you more dearly and follow you more nearly.
Day by day. Amen.

Prayer of Ignatius Loyola

Teach us, good Lord, to serve you as you deserve;
To give and not to count the cost;
To fight and not to heed the wounds;
To toil and not to ask for any reward;
Save that of knowing that we do your will. Amen.

A Prayer on some words of Francis Drake

O Lord, when thou givest to thy servants to endeavour any great matter, grant us also to know that it is not the beginning but the continuing of the same until it be thoroughly finished that yieldeth the true glory; through Him who for the finishing of thy work laid down his life, Jesus Christ our Lord. Amen.

A Prayer of St. Francis

Merciful God to you we commend ourselves
And all who need your help.
Where there is hatred, give love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Through Jesus Christ our Lord. Amen

SUGGESTIONS FOR PRAYER AND SERVICES ON SPECIAL OCCASIONS

Please note that these are only suggestions.

SUNSET at the close of each deck night **SEE BACK COVER**

ST GEORGE'S DAY

Themes: Citizenship, Courage, The Fight Against Evil, Service of Others.

Hymns: The National Anthem.

Prayers: The NTC Prayer.
Prayer of Ignatius Loyola.

Reading: David and Goliath.

Prayers: Prayer for St. George's Day

O Lord who did give grace to your servant St George to lay aside the fear of man and confess You even unto death; grant that we and all our countrymen may think lightly of earthly honour and seek rather to please Him who is the captain of our salvation, Jesus Christ our Lord. Amen.

TRAFALGAR DAY (OCTOBER 21st)

Themes Courage, Loyalty, Duty, Fellowship, Endurance.

Hymn Eternal Father Strong to Save.

Prayers Nelson's Prayer.
The Naval Prayer or NTC Prayer.

Other Last Post and Reveille.

Chaplain: We are come together here today for the anniversary of the Battle of Trafalgar and the death in action of Horatio Nelson, to worship Almighty God and to remember before him the life and example of the great sailor and servant of our country. Encouraged by his example and inspired by his devotion to service, let us rededicate our lives to the great God whom he worshipped and confess before Him our past sins and failures.

All: Almighty God, we confess to you our wrong doing , speaking and thinking; the good we have left undone and the harm we have done to others. Against you have we sinned and of you we ask forgiveness, through Jesus Christ our Lord. Amen.

Chaplain: Grant we beseech you, merciful Lord, to your faithful people, pardon and peace; that We may be cleansed from all our sins and serve you with a quiet mind, through Jesus Christ our Lord. Amen

Nelson's Prayer

(Written on the morning of 21st October 1805 in sight of the French and Spanish Fleets)

May the great God, whom I worship, grant to my country and for the benefit of Europe in general, a great and glorious victory and may no misconduct in anyone tarnish it; and may humanity after victory be the predominant feature of the British Fleet.

For myself individually, I commit my life to Him who made me and may his blessing light upon all my endeavours for serving my country faithfully. To Him, I resign myself and the just cause which is entrusted to me to defend. Amen. Amen. Amen.

REMEMBRANCE DAY (11TH NOVEMBER)

Hymn

Readings: John 15. verse 9-14; Revelation 7. verses 9 –17.

Prayers: Remembrance of the departed

O God, the Creator and Father of both our mortal and immortal life; we give You high praise and humble thanks for all your sons and daughters who laid down their lives for their friends; beseeching You to grant them life and peace in thy heavenly kingdom, through Jesus Christ our Lord. Amen.

Before the Silence

We remember before thee, O Lord, and entrust to Thy keeping, those who have died in the defence of justice and freedom.

They shall not grow old
As we that are left grow old:
Age shall not weary them
nor the years condemn:
At the going down of the sun
And in the morning
We will remember them.

All reply

We will remember them.

Silence

Last Post and Reveille

Hymn

Prayers including the Lord's Prayer.

Blessing : God grant to the living, grace; to the departed, rest; to the Church, the Queen, the Commonwealth and all mankind, peace and concord; and to us and all his servants, life eternal. Amen.

National Anthem

FOUNDERS DAY PARADE AND SERVICE

MARCH ON OF THE NAUTICAL TRAINING CORPS

MARCH ON THE DIVISIONAL COLOURS

MARCH ON THE NATIONAL COLOUR

FANFARE FOR THE COMMODORE

PRESENTATION OF THE NATIONAL COLOUR

WELCOME ADDRESS BY THE CORPS CHAPLAIN

ADDRESS BY THE CORPS CHAIRPERSON

PRESENTATION OF AWARDS

THE SERVICE

HYMN

Prayer for the Nautical Training Corps

Let us remember –

We remember with gratitude to God the NN years of the life and work of the Nautical Training Corps since its founding.

We remember before Almighty God, all who have died and whose lives have been connected so closely with the Nautical Training Corps.

We remember and thank you for the lives and work of our Founder and all officers, instructors and cadets over the years that the Corps has existed, especially those who have died recently.

Roll Of Honour
Last Post
Silence
Reveille

We pray that we may have the courage and tenacity to follow their good example of service to the Corps, each other and your world, through Jesus Christ Our Lord, Amen.

Let us remind ourselves of our Core Values:

As members of the Nautical Training Corps we hold dear the core values that underpin our life and work together. These values of Respect, Equality, Honesty and Integrity, Loyalty, Self Discipline and Courage; all exist within the spirit of love and courage.

So let us rededicate ourselves to our life of service...

Act of Rededication

Almighty Father, we re-dedicate ourselves to service
in the Nautical Training Corps,
Make us we pray, loyal, courageous and true
in the tasks we have before us and
the friendships we enjoy.
Help us to work wholeheartedly demonstrating our
Respect, Equality, Honesty and Integrity, Loyalty, Self Discipline and Courage,
Through Jesus Christ our lord, Amen.

Reading – John 15:12-14

My command is this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends. You are my friends if you do what I command you.

Prayer for Her Majesty Queen Elizabeth

Almighty God, the fountain of all goodness,
We pray for Her Majesty Queen Elizabeth
and all who are set in authority under her;
That all things be ordered in wisdom, righteousness and peace,
To the honour of your holy name, and the good of all people,
Through Jesus Christ our Lord, Amen.

Prayer for the NTC Family

O God our Father
We pray that you will bless us and all who belong to the NTC.
Help us to truly care for each other,
to share one another's burdens,
to live not for ourselves but for others
as members of one family in Jesus Christ our Lord, Amen.

Prayer for Ourselves

Lord, be with us and guide us with your gracious favour,
give us your continuing help,
that all we do may be to the glory of your name
and the advancement of your Kingdom,
and help to bring justice and peace for all,
Through Jesus Christ our Lord, Amen.

The Lords Prayer– to be said by the whole Corps

Our Father, who art in Heaven,

Hallowed be thy Name;

Thy kingdom come;

Thy will be done;

On earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,

As we forgive those who trespass against us.

**And lead us not into temptation;
But deliver us from evil.
For thine is the kingdom, the power and the glory,
For ever and ever. Amen**

Hymn – Eternal Father

RETURN OF THE NATIONAL COLOUR

BLESSING

**The NTC Code of Honour– to be said by the whole Corps
On the flag of my country, I promise,
to do my duty to God and the Queen.
To endeavour to be a useful and worthy citizen
A courageous seaman,
And a loyal member of the Corps**

NATIONAL ANTHEM

MARCH OFF THE NATIONAL COLOUR MARCH OFF THE DIVISIONAL COLOURS

MARCH OFF AND MARCH PAST OF THE NAUTICAL TRAINING CORPS

Order of Service for the Commissioning of a new Ship.

This Order of Service assumes that no Ship's Colour has yet been dedicated)

The new Ship's Company musters on parade.

CO inspection takes place.

Alert is sounded and the Commodore is received and piped aboard.

Commodore meets Officers and Civilian Committee.

Commodore is invited to inspect Ship's Company

The Commodore (or the Regional Commander on his behalf) reads the Commissioning Warrant issued by the National Council setting up the ship.

The Service commences by singing the hymn 'Eternal Father'

CO: In the course of our duty, we are set in the midst of experiences, good and bad, and that we cannot be faithful to the high trust placed in us without the help of Almighty God, let us unite our prayers in seeking his blessing upon this ship and all who serve in her.

(addressing Chaplain)

I call upon you to pray for God's blessing on this Ship

Chaplain: May God the Father bless her.

All: **Bless our ship.**

Chaplain: May Jesus Christ bless her.

All: **Bless our ship.**

Chaplain: May the Holy Spirit bless her.

All: **Bless our ship.**

Chaplain: Our help is in the name of the Lord.

All: **Who has made heaven and earth.**

Reading Mark 4.35-41 or Matthew 22. 15-21 or Psalm 107. 23-31

Chaplain: Let us pray:

O Lord God Almighty, let your blessing be upon this ship, and upon all those who serve and sail in her. May good success and your protection and the guardianship of the holy angels always be with them. In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Chaplain: Let us give thanks to God for all who have inspired us by their example and pray that we may uphold the best traditions of the sea. We give thanks to God for the Nautical Training Corps, its Founder and all who have served and now serve in it.

Almighty and everlasting God, the creator and upholder of all people, who has in every age inspired your servants with courage and skill, we give you thanks for the example of those who have gone before us; for the seafarers of our nation; for all who in great or small ships have braved the perils of the deep; for all who have given their lives for their country. And for all who have served in the Nautical Training Corps.

For ourselves, grant, O Lord, that we may be conscious of your ruling hand. May we be found watchful in our duties. Make us mindful of the needs of others, sharing our joys and bearing their burdens in the work which you have given us to do; and keep us always in your love and peace; through Jesus Christ our Lord. Amen.

Prayer for the Nautical Training Corps

Almighty Father, we pray for the Nautical Training Corps,
Its Officers, Cadets and Helpers.

May we be loyal, courageous, loving and true,
not asking what we can get, but rather what we can give.

May we learn to reflect your love, and to accept our
responsibilities as members of your family.

Through Jesus Christ our Lord. Amen

The Lord's Prayer

Our Father, who art in Heaven,

Hallowed be thy Name ;

Thy kingdom come ;

Thy will be done ;

On earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses ,

As we forgive those who trespass against us.

And lead us not into temptation ;

But deliver us from evil.

For thine is the kingdom, the power and the glory,

for ever and ever. Amen

Hymn:

Chaplain:

Go forth into the world in peace; be of good courage; hold fast that which is good; render to no man evil for evil; strengthen the fainthearted; support the weak; help the afflicted; honour all people; love and serve the Lord, rejoicing in the power of the Holy Spirit .And the blessing of God Almighty, the Father, the Son and the Holy Spirit, be upon you and remain with you always. Amen.

All recite The Code of Honour

On the Flag of my Country

I promise to do my duty to God and the Queen,
to endeavour to be a worthy and useful citizen,
a courageous seaman
and a loyal member of the Corps

National Anthem
Parade is dismissed

ORDER OF SERVICE FOR DEDICATION OF A COLOUR

The unfurled standard is brought forward.

CO: On behalf of T.S_(Name)_
I ask you to bid God's blessing on this colour.

Chaplain: I am glad to do so.
Officers and cadets of T.S_(Name)_ you have come to ask God's blessing upon this colour, which is to represent your Code of Honour, and I call upon you now to recite that Code.

All: **On the Flag of my country –
I promise to do my duty to God and the Queen,
To endeavour to be a worthy and useful citizen
A courageous seaman and a loyal member of the Corps.**

Chaplain: May God prosper T.S_(Name)_, accept your service and keep you in steadfast obedience to his will.

(The colour is unfurled and the Chaplain lays his hand upon it.)

Chaplain: In the Name of Jesus Christ, we dedicate and set apart this colour to be a sign of our duty to our Queen and country in the sight of God. In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Prayers: NTC Prayer
Naval Prayer or other suitable.

The Lord's Prayer.

HYMN Eternal Father

Blessing

ORDER OF SERVICE FOR SUNSET

Lord, be with us and guide us with your gracious favour,
give us your continuing help,
that all we do may be to the glory of your name
and the advancement of your Kingdom,
and help to bring justice and peace for all,
Through Jesus Christ our Lord, Amen.

Evening Prayer -

Lighten and our Darkness
Lighten our darkness we ask you, O Lord,
and by your great mercy defend us from all the perils and dangers of this night;
for the love of your Son, our Saviour Jesus Christ. Amen.

The Lord's Prayer (Traditional)

Our Father, who art in heaven,
Hallowed be thy name,
Thy kingdom come, thy will be done,
On earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil,
For thine is the Kingdom, the power and the glory,
for ever and ever . Amen

We recite the Code of Honour

**On the Flag of my Country
I promise to do my duty to God and the Queen,
to endeavour to be a worthy and useful citizen,
a courageous seamen
and a loyal member of the Corps**