



# WE DARE TO HOPE

A resource for faith-sharing groups  
on the theme of Christian Hope

# WE DARE TO HOPE

Nihil Obstat: **The Reverend David Howell, Censor**  
Imprimatur: **The Reverend Deacon Michael Kennedy, Chancellor,  
Archdiocese of Southwark**  
Date: **22 January 2025**

The Nihil obstat and Imprimatur are a declaration that a publication is considered to be free from doctrinal or moral error. It is not implied that those who have granted the Nihil obstat and Imprimatur agree with the contents, opinions or statements expressed.

Written by **The Dominican Sisters of the New Forest**  
Edited and typeset by **Mark Nash (Archdiocese of Southwark)**

Scripture quotations are from The ESV Catholic Edition with Deuterocanonical Books, copyright © 2017 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

The Abbey Psalms and Canticles, prepared by the monks of Conception Abbey © 2010, 2018 United States Conference of Catholic Bishops, Washington, DC

The majority of images contained in this booklet have been taken from those freely available at the Wikimedia Commons and Unsplash websites. For all others the copyright has either been obtained or sought. With thanks to the artists involved.

Copyright © 2024, **The Bishops' Conference of England and Wales**  
39 Eccleston Square, London, SW1X 1AA. All rights reserved.

Cover image: Anchor on the rocks on the Amalfi coast (2019) by Tanja Cotoaga  
*'We have this hope as an anchor for the soul, firm and secure' (Hebrews 6:19)*

## The Song of Zechariah (Benedictus)

Blessed be the Lord, the God of Israel!  
He has visited his people and redeemed  
them.

He has raised up for us a mighty saviour  
in the house of David his servant,  
as he promised by the lips of holy men,  
those who were his prophets from of old.

A saviour who would free us from our foes,  
from the hands of all who hate us.  
So his love for our fathers is fulfilled  
and his holy covenant remembered.

He swore to Abraham our father to grant us,  
that free from fear, and saved from the  
hands of our foes,  
we might serve him in holiness and justice  
all the days of our life in his presence.

As for you, little child,  
you shall be called a prophet of God,  
the Most High.

You shall go ahead of the Lord  
to prepare his ways before him.

To make known to his people their salvation  
through forgiveness of all their sins,  
the loving-kindness of the heart of our God  
who visits us like the dawn from on high.

He will give light to those in darkness,  
those who dwell in the shadow of death,  
and guide us into the way of peace.

## The Song of Mary (Magnificat)

My soul glorifies the Lord,  
my spirit rejoices in God my Saviour.  
He looks on his servant in her lowliness;  
henceforth all generations will call me blessed.

The Almighty works marvels for me.  
Holy his name!  
His mercy is from age to age,  
on those who fear him.

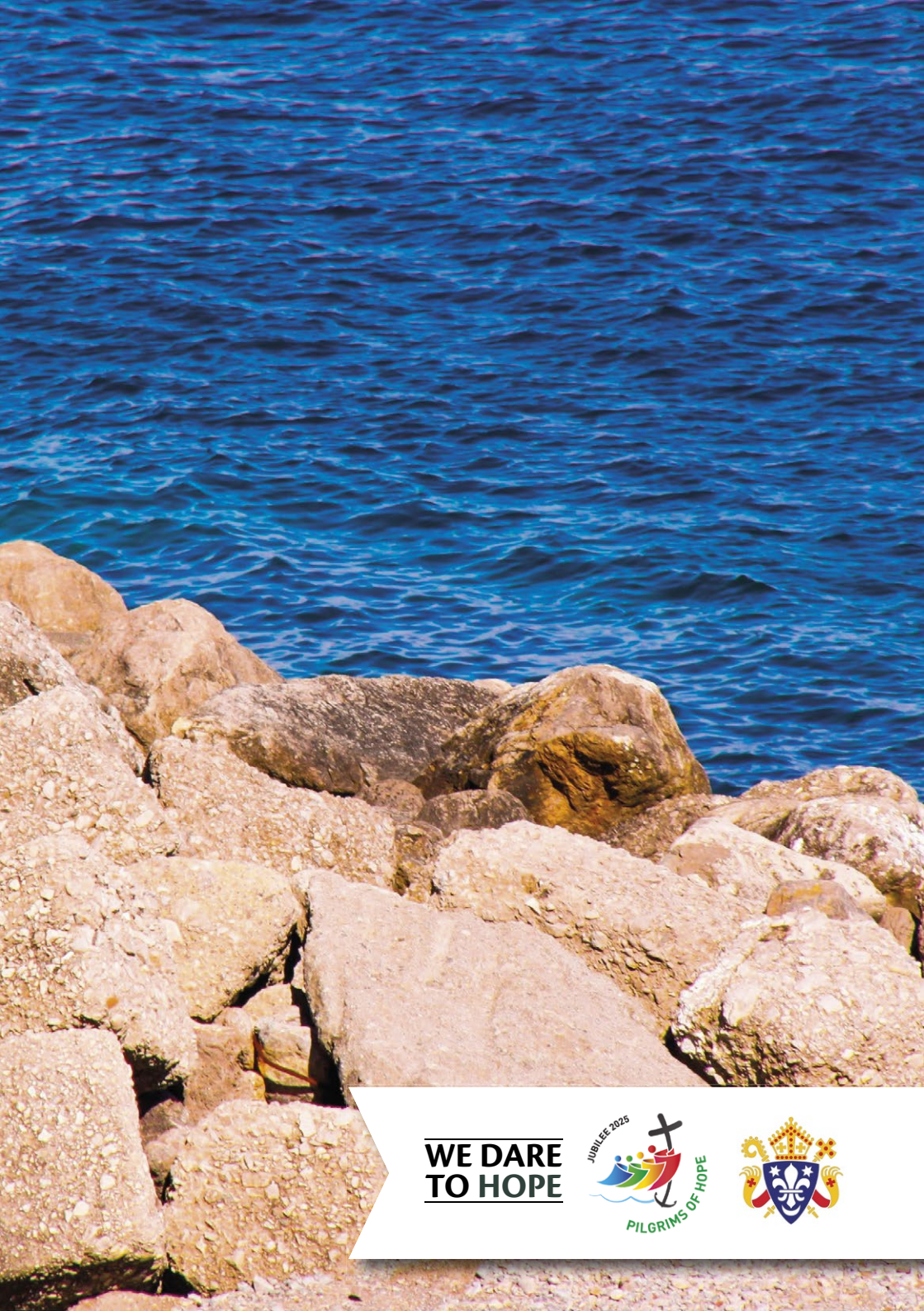
He puts forth his arm in strength  
and scatters the proud hearted.  
He casts the mighty from their thrones  
and raises the lowly.

He fills the starving with good things,  
sends the rich away empty.

He protects Israel, his servant,  
remembering his mercy,  
the mercy promised to our fathers,  
to Abraham and his sons for ever.

The Benedictus can be found in the first chapter of Luke's gospel (Luke 1:68-79). It is sung daily at Morning Prayer. You can also find the Magnificat in Luke's account, earlier in chapter one (Luke 1:46-55). It is sung daily at Evening Prayer.





**WE DARE  
TO HOPE**

