

Carthusian Diurnal

Volume I

CARTHUSIAN DIURNAL

Volume I

Little Hours of the Canonical Office
Office of the Blessed Virgin
Penitential Psalms
and Litany of the Saints
Office of the Dead

Grande Chartreuse
1985

**We approve this English edition of the
CARTHUSIAN DIURNAL (Volume I).
La Grande Chartreuse, in the Feast of the
Transfiguration 1985.**

Fr. Andre Prior of
Chartreuse

Introduction

INTRODUCTION

Why this Office?

The Second Vatican Council expresses itself on the subject of the Office in these words:

Jesus Christ, High Priest of the New and Eternal Covenant, taking human nature, introduced into this earthly exile that hymn which is sung throughout all ages in the halls of heaven. He attaches to himself the entire community of mankind and has them join him in singing his divine song of praise. ■

The Divine Office, in keeping with ancient Christian tradition, is so devised that the whole course of the day and night is made holy by the praise of God. Therefore, when this wonderful song of praise is correctly celebrated by priests and others deputed to it by the Church, or by the faithful praying together with a priest in the approved form, then it is truly the voice of the Bride herself addressed to her Bridegroom. It is the very prayer which Christ himself together with his Body addresses to the Father.

Hence all who take part in the Divine Office are not only performing a duty for the Church, they are also sharing in what is the greatest honor for Christ's Bride; for by offering these praises to God they are standing before God's throne in the name of the Church, their Mother.

(Constitution on the Liturgy, IV.83-85)

Structure of the Canonical Hours

The Canonical Hours contained in this first volume of the English Carthusian Breviary are Prime, Terce, Sext, None, and Compline, often called the Little Hours. It is basically a translation of the Latin Office which is the Office sung in choir.

Biblical texts have been taken almost exclusively from the New American Bible (NAB). Texts from the Gospels, however, have been taken from the Revised Standard Version (RSV) and the Psalms are the Grail version.

Introduction to the Office. The Office is always preceded by a time of silent prayer, about the length of time it takes to recite an Our Father and a Hail Mary. This is represented in the text by: (Our Father, Hail Mary) Similar times of silent prayer occur also at other places in the Office.

Then we make the sign of the Cross and say the Introductory verse. The object of this Introduction is to place us in the presence of

God; we ask God to help us to pray.

Hymn. This helps to put us into the liturgical setting of the particular Hour or the particular season or feast that is being celebrated.

In the text of the Office two translations are given of the traditional Latin hymn, but those who desire may use any other translation which has been approved for liturgical use.

There are also alternative hymns at the end of the Breviary which can be substituted for those in the text.

Antiphon. This serves to introduce the psalm or canticle and helps to bring out its character. Often it serves as a short commentary on the psalm and its relationship with the feast that is being celebrated.

The antiphon said before a psalm or canticle is repeated at the end.

When the antiphon consists of the first words of the psalm or canticle, these words are omitted and the psalm or canticle is taken up at the sign t. If, however, the antiphon terminates with *Alleluia* the psalm or canticle is said from the beginning.

Psalmody. The prayer of the Church is in large measure in the words of those great hymns composed under the inspiration of the Holy Spirit by sacred writers of the Old Testament. (From *General Instruction on the Liturgy of the Hours* - LH, 100).

The person who prays the psalms in the Liturgy of the Hours prays not so much in his own person as in the name of the Church, and, in fact, in the person of Christ himself. If one bears this in mind difficulties disappear when one notices in prayer that the feelings of the heart in prayer are different from the emotions expressed in the psalm. In the Divine Office the public cycle of the psalms is gone through, not as a private exercise but in the name of the Church, even by someone saying an Hour by himself. The person who prays the psalms in the name of the Church can always find a reason for joy or sadness, for the saying of the Apostle applies in this case also: *Rejoice with the joyful and weep with those who weep* (Rom. 12:15. from LH 108)

The psalms are, however, only a foreshadowing of the fullness of time that came to be in Christ the Lord, from which the prayer of the Church derives its power. (LH 101)

The person who prays the psalms in the name of the Church should be aware of their total meaning, especially their messianic meaning, which was the reason for the Church's introduction of the psalter into its prayer. This messianic meaning was fully revealed in

the New Testament, and following this line of thought, the Fathers of the Church saw the whole psalter as a prophecy of Christ and the Church and explained it in this sense. On feast days especially, the choice of psalms is often based on their Christological meaning, and antiphons taken from these psalms are frequently used to throw light on this meaning. (LH 109)

In this Breviary a title is added at the head of each psalm to explain its meaning. These titles are intended only as an aid to prayer. (LH 111)

The psalms have been numbered according to the Latin Vulgate. At the end of each psalm or canticle we say:

**Glory to the Father, and to the Son, and
to the Holy Spirit.
As it was in the beginning, is now and
will be forever. Amen.**

This gives to the Old Testament prayer a quality of praise linked to a Christological and trinitarian interpretation. (LH 123)

Reading. Prayer should accompany the reading of Sacred Scripture so that there may be a conversation between God and man: "We talk with God when we pray, we listen to him when we read God's words" (St. Ambrose, LH 56)

In accordance with tradition the gospels have been excluded from these short readings or *chapters* (*capitula*). They are chosen to give brief and precise expression to a reflection or exhortation. (LH 156)

They are terminated by: "Thanks be to God".

In private, on days when there are not 12 lessons at Matins and on days outside of Octaves, the Readings of all the Hours can be taken anywhere in the Bible.

Response. This is a *response* to the reading of the Word. It ought to transform the Reading into a prayer. Most often the Response is condensed in a short verse and may be for us a short acclamation which will occasion the deeper penetration of the Word into our hearts.

Prayers of Intercession (or **Preces**) The Church has always felt the need to conclude her prayer with concrete intercession for people and their needs, thus prolonging Christ's own role as Mediator. Our own heart, united with Christ and the Church, opens to embrace all humanity. The Prayers of Intercession are always preceded by a silence.

Prayer. This concludes the series of Prayers of Intercession, and is a final invocation which closes the Hour, often summing up the theme of the Hour. It is normally preceded by: "Let us pray", followed by a short silence.

On ferial days, in private, in addition to the choice of prayers given for each Hour, one can choose freely at any Hour, any prayer in the Breviary which is of the same liturgical season.

On feasts of saints of 3 lessons the prayer at Matins is that of Sext.

In private, on feasts of saints, one can say the proper prayer of Terce at any Hour. One can also say, at any Hour, any of the prayers of an appropriate Common On Memorials the proper prayer, which is said at Lauds and Vespers, can also be said in private at Terce, Sext and None. When in the proper of the saints, one prayer only appears for any saint, this is to be understood to be the prayer of Terce spoken of above.

The prayer is normally concluded thus:

This we ask through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. If Christ is mentioned towards the end it is concluded thus:

Who lives and reigns with you and the Holy Spirit, one God, for ever and ever. If it is directed to the Son it is concluded thus:

You live and reign with the Father and the Holy Spirit, one God, for ever and ever.

If, however, another Hour of the Canonical Office is to be said immediately a short ending is used:

This we ask through Christ our Lord. Who lives and reigns for ever and ever. You live and reign for ever and ever.

Simplifications

Certain adaptations are allowed so as to make the Office more conformed to solitary recitation, e.g.

When there are several *Alleluias* it is permitted to say only one.

At the beginning of the Prayers of Intercession the invocations: **Lord, have mercy; Christ, have mercy; Lord, have mercy;** may be said only once.

When, for some legitimate reason, two Little Hours are recited in succession in private, it is allowed, as an exceptional case, to say at the first of these Hours the hymn which is most in keeping with the

time of day; and when one has completed the Reading for that Hour with its Response, to begin immediately the antiphon and psalms of the second Hour, which is then continued in the usual way. But one can choose the prayer which best fits the time of day.

Ceremonies of the Office in private

Our heads remain always uncovered except when we are reciting the psalms, but we cover only after the first verse of the first psalm.

We kneel for the silent prayer and **Glory to the Father** of the Introduction, and the Prayers of Intercession, on ferial days, Memorials and feasts of 3 lessons, outside of Christmastide and Eastertide. We rise for the sign of the cross etc. On the other days and for the rest of the Office we stand.

The Carthusian Nuns

In order to celebrate the Office more fruitfully in private, it is permitted:

At the Little Hours to choose other psalms. At the end of the Prayers of Intercession to say another psalm instead of Ps. 50. To choose other psalms in place of the Penitential Psalms. At Prime, to say the Profession of Faith of St. Bruno, instead of the others suggested.

For all other rubrics refer to Stat. Books 5-8.

THE OFFICE OF THE CONVERSE AND DONATE BROTHERS AND SISTERS

In conformity with the Stat. 4310, for each Hour of the Office, the Brother or Sister always enjoys freedom of choice between:

- an Office composed of Our Father's & Hail Mary's;
- an Office composed of psalms.

On the other hand, when the Brother or Sister is present in church during an Office, besides the above two possibilities, one can chant in the choir, or one can unite oneself freely in silent prayer with the Office which is being sung.

But, whatever the form of prayer adopted, this liturgical prayer is an Office of the Church.

THE OFFICE OF OUR FATHER'S AND HAIL MARY'S

Signs in use:

- ± = sign of the cross, standing with hoods down and bowing slightly at Amen
- I = standing with hoods down
- i = standing with hoods up
- - bowing with hoods up z = kneeling with hoods down z
- = kneeling with hoods up SI = seated with hoods up z or ? = kneeling or bowing following the liturgical day or season, according to the rules in Stat. 47.8 OF
- Our Father H M = Hail Mary

The ceremonies indicated below are those in use when the Office is recited in private; in church one conforms to the movements of the choir

We take *veniam* at the beginning and end of the Office, according to the rules in Stat. 4717a.

THE OFFICE FOR DONATES,
DONATE NOVICES AND POSTULANTS

Matins:

±

10 OF and HM, T

Prime, Terce, Sext, None, Vespers, Compline:

±

3 Of and HM, T

THE OFFICE FOR CONVERSE BROTHERS
AND SISTERS AND CONVERSE NOVICES

The corresponding Hour of the Office of the Blessed Virgin precedes each Hour of the Office of the day, except at Compline when the day Hour precedes the Office of the Blessed Virgin.

Matins and Lauds of the Blessed Virgin:

1 OF and HM by way of preparation, | 1
-Our help is in the name of the Lord; | I z
Who made heaven and earth. | I
t |

10 OF and HM, ?

1 Glory to the Father, t, with veniam at the end.

1 OF and HM as collect, z or ?

Matins and Lauds of the Day:

1 OF and HM by way of preparation, | Our help
is in the name of the Lord | J

12 lesson Days

Other Days

3 OF and HM,	3 OF and HM,
1 Glory, z, veniam	1 Glory, 2, veniam
10 OF and HM,	10 OF and HM,
1 Glory, 2, veniam	1 Glory, z, veniam
3 OF and HM,	
1 Glory, z, veniam	
10 OF and HM,	
1 Glory, z, veniam	
10 OF and HM,	1 OF and HM as collect, I

Prime of the

1 OF and HM by way of preparation
- Our help is in the name of the Lord

t

3 OF and HM, T

1 Glory, **z**, veniam

1 OF and HM as collect, z or ?

Blessed Virgin:**Prime of the Day:**

1 OF and HM by way of preparation
help **is** in the **name** of the **Lord** I

t

3 OF and HM, I

1 Glory, **z**, veniam

1 OF and HM as collect I

Creed, I confess to God. J **z****Terce, Sext, None of the Blessed Virgin:**

as for Prime of the Blessed Virgin

Terce, Sext, None of the Day:

as for Prime of the Day,

except the Creed, and the **I** I confess to God **z**.**Vespers of the**

1 OF and HM by way of preparation,
Our help is in the name of the Lord

t

4 OF and HM, i

1 Glory, z, veniam

1 OF and HM as collect, z or ?

Blessed Virgin:**Vespers of the Day:**

1 OF and HM by way of preparation,
- Our help **is** in the name of the Lord I

t

4 OF and HM i

1 Glory, z, veniam

1 OF and HM as collect, I

Compline of the Day:

as for Prime of the Day.

Compline of the Blessed Virgin:

as for Prime of the Blessed Virgin.

NB: For the Office of the Easter Vigil, one should conform to the Office of Matins on a 3 lesson day.

THE DIVINE OFFICE IN PSALMS

1) The Complete Office

The Office can be discharged by following integrally the rubrics indicated in the Breviary.

2) The Simplified Office

The Office can be discharged by introducing the following simplifications, in whole or in part:

at all the Hours, the litany of intercession, as well as psalm 50, can be omitted. The Prayers of Intercession could be comprised only of:

Lord have mercy, Christ have mercy, Lord have mercy.

a silent pause

the prayer (and the verses which follow)

At Lauds and Vespers, however, one should always say the Our Father before the prayer. **At Prime**, the "I confess to God" is always said (and the verse which

precedes it). **At Compline**, the "I confess to God" is said at the beginning of the Office.

At Vespers, 2 psalms may be said, choosing from the 4 psalms of the day.

At Lauds, 2 psalms may be said (or one psalm and the canticle), choosing from those assigned for the day; in all cases these are followed by psalms 148-150. (The canticle on Saturday counts as 2 psalms.)

At Matins, for each of the first *two* nocturns, 3 psalms may be said (with an antiphon chosen from those of the nocturn). For the third nocturn, (when there is one), a single canticle may be said. At each nocturn, one may always say a single lesson without a Response. When there is a reading from the Bible, the text will be taken from the book of the Bible in accordance with Stat. 45.7. When

there is a patristic reading, the text will be taken from the appropriate lectionary.

THE OFFICE OF THE BLESSED VIRGIN IN PSALMS

The Brother or Sister may discharge the Office of the Blessed Virgin by following integrally the rubrics in the Breviary.

It may also be discharged by introducing the following simplifications, in whole or in part:

At Matins:

a single psalm may be said each day (with the corresponding antiphon);

one lesson may be chosen from among the three, and the Response may be omitted; the *Te Deum* may always be omitted.

At Lauds:

one may say either 2 psalms chosen from psalms 92, 99, 62, 66, or one of these psalms and the *Benedicite*, or psalms 148-150.

The *Salve Regina* may be omitted.

At the Little Hours:

a single psalm may be said (or one strophe of Ps. 118). Merely as a suggestion, one could begin Ps. 118 at Prime on Sunday, and then continue it by taking one strophe for each Little Hour until Terce on Friday; then one could say Ps. 119-124 until None on Saturday

At Vespers:

2 psalms may be said at one's choice.

At Compline:

2 psalms may be said at one's choice; the *Salve Regina* may be omitted.

OFFICE OF THE DEAD AND SUFFRAGES

Anniversary

For the anniversaries, the converse and donates may recite an Office of Our Father's and Hail Mary's, or an Office of psalms.

1) The Office of Our Father's and Hail Mary's:

The converse (including the novices) each day say 3 OF and HM; The donates say 10 OF and HM each week.

2) **The Office of psalms:**

An Office of the Dead each week, which can be discharged integrally as indicated in the Breviary, or by introducing the following simplifications, in whole or in part:

At Vespers:

2 psalms may be said choosing from the 5; Ps. 145 which precedes the prayer may be omitted.

At Matins:

one may say just one of the 3 nocturns; Ps. 119 which precedes the prayer may be omitted.

At Lauds:

one may say either 2 psalms chosen from Ps. 50, 64 | 62 | 56; or one of these psalms and the canticle; or psalms 148-150. Ps. 129 which precedes the prayer may be omitted.

The General Prayer:

The converse and donates say either 3 OF and HM or Vespers of the Blessed Virgin or Vespers of the Dead.

The Special Prayer:

The converse and donates say either 3 OF and HM or Vespers of the Dead.

Obituary:

When a monk or nun dies in the house where the converse or donate is staying, one says in private: either 30 OF and HM, as follows: 10 OF and HM 1 Glory, with veniam; and repeated three times; or an Office of the Dead in psalms.

The converse, donates and novices belonging to the house of which the deceased is a professed monk, donate or novice, are bound by the same obligations.

For the other suffrages, see Statutes ch. 60.

The Office of the
Blessed Virgin Mary

The Office of the Blessed Virgin Mary

RUBRICS

Except for the omission of the **Alleluia** during Lent this Office does not change at all with the liturgical seasons.

We kneel always for the silent prayer of introduction and for the **Salve Regina**. The other ceremonies are as for the Canonical Office. We sit for the lessons and Responses at Matins, and may also sit for the psalms if there is sufficient reason.

When an Hour of the Office of the Blessed Virgin is said immediately before an Hour of the Office of the Day, as normally happens when the Little Hours are said in private, or vice versa as at Compline, the prayer of the first Hour has a short conclusion (p. 8). After praying in silence one then says the introductory verse of the following Hour without making the sign of the cross.

It is permitted to change the psalms given in the Breviary for any others of one's choice.

The Prior or Prioress can commute this Office, either in whole or in part, to another form of prayer according to the needs of each one.

For the simplifications permitted for the converse and donates see p. 14.

For all other rubrics refer in the Statutes of the monks to 43.12; 48.4-5: in the Statutes of the nuns to 38.15; 43.9-11.

MATINS

INTRODUCTION

Silent prayer (about the time of 3 *Hail Mary's*)
Sign of the cross.

O Lord, open my lips.
 And my mouth shall proclaim your praise.
 Glory to the Father, and to the Son, and to the
 Holy Spirit.

As it was in the beginning, is now and will be for
 ever. Amen.

Alleluia. In Lent: Praise to you, Lord, King of eternal
 glory.

INVITATORY

Psalm 94 A call to praise God

Hail Mary, full of grace: the Lord is with you. (Lk 1,28)
 Here we take *veniam*; those who wish may say the psalm
 without interruption and simply repeat: Hail Mary... at
 the end.

Come, ring out our joy to the Lord; hail the
 rock who saves us. Let us come before him,
 giving thanks, with songs let us hail the
 Lord.

Hail Mary, full of grace: the Lord is with you.

A mighty God is the Lord,
 a great king above all gods.
 In his hand are the depths of the earth;
 the heights of the mountains are his.
 To him belongs the sea, for he made it
 and the dry land shaped by his hands.

The Lord is with you.

Come in; let us bow and bend low;
 let us kneel before the God who made us
 for he is our God and we
 the people who belong to his pasture,
 the flock that is led by his hand.

Hail Mary, full of grace: the Lord is with you.

**O that to-day you would listen to his voice!
Harden not your hearts as at Meriba,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work.**

The Lord is with you.

**For forty years I was wearied of these people and
I said: Their hearts are astray, these people do
not know my ways. Then I took an oath in my
anger: Never shall they enter my rest.**

Hail Mary, full of grace: the Lord is with you.

**Glory to the Father, and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now and will be for ever. Amen.**

The Lord is with you.

Hail Mary, full of grace: the Lord is with you.

HYMN

**The mystery of the Church we tell in this
hymn to Christ: Father's eternal Word
born a maiden's child.**

**Of all women throughout time you
alone were chosen and merited to
bear your Lord within your womb.**

**The prophets of ancient time
foretold what came to pass: A virgin
would conceive and bear the
Emmanuel.**

**A great and awesome mystery this: That
Mary should behold the God who made
all things**

come forth a man from her.

**Glory be to you, Lord God,
glory to your only Son, glory to
the Holy Spirit, till the end of
time. Amen.**

Alternative version:

**We sing the mystery of the Church as
now our hymn to Christ we raise: He, the
Father's timeless Word, born on earth the
Virgin's babe.**

**She alone of womankind was
chosen from the human race, worthy
in her sacred womb to bear the Lord
of time and space.**

**The holy prophets long ago foretold
what now has come to pass: a virgin
would conceive and bear Emmanuel - our
God with us.**

**Great mystery surpassing all: that
Mary is allowed to see the God by whom
all things were made proceed from her
virginity.**

**All glory be to you, O Lord, and to your
sole-begotten Son, who with the Spirit e'er
abide through endless ages wholly One. Amen.**

Or one can say any other hymn of the Office of the
B.V. Mary, or an appropriate hymn from pages 482-489.

* * *

PSALMODY

SUNDAY, MONDAY, THURSDAY

**Ant. Blessed are you among women, and blessed is
the fruit of your womb. Lk 1,42**

**Psalm 8 The majesty of the
Lord and man's dignity**

**How great is your name, O Lord our God,
through all the earth!**

**Your majesty is praised above the heavens;
on the lips of children and of babes**

**You have found praise to foil your enemy,
to silence the foe and the rebel.**

**When I see the heavens, the work of your hands,
the moon and the stars which you arranged,
What is man that you should keep him in mind,
mortal man that you care for him?**

**Yet you have made him little less than a god; with
glory and honor you crowned him, Gave him
power over the works of your hand, put all things
under his feet.**

**All of them, sheep and cattle,
yes, even the savage beasts,
Birds of the air, and fish
that make their way through the waters.**

**How great is your name, O Lord our God,
through all the earth!**

**Glory to the Father, and to the Son,
and to the Holy Spirit.**

**As it was in the beginning,
is now and will be for ever. Amen.**

This doxology **Glory to the Father** is said at the end of all psalms and canticles unless otherwise indicated.

Psalm 18

**Praise of God, Creator of all, who gave us
the law of love The heavens proclaim the
glory of God**

and the firmament shows forth the work of his hands.
Day unto day takes up the story
and night unto night makes known the message.

No speech, no word, no voice is heard
yet their span extends through all the earth,
their words to the utmost bounds of the world.

There he has placed a tent for the sun;
it comes forth like a bridegroom coming from his tent,
rejoices like a champion to run its course.

At the end of the sky is the rising of the sun; to the
furthest end of the sky is its course. There is nothing
concealed from its burning heat.

The law of the Lord is perfect, it revives
the soul. The rule of the Lord is to be
trusted, it gives wisdom to the simple.

The precepts of the Lord are right,
they gladden the heart. The
command of the Lord is clear, it gives
light to the eyes.

The fear of the Lord is holy,
abiding forever.

The decrees of the Lord are truth and
all of them just.

They are more to be desired than gold,
than the purest of gold And sweeter are
they than honey, than honey from the
comb.

So in them your servant finds instruction;
great reward is in their keeping. But who can
detect all his errors? From hidden faults
acquit me.

From presumption restrain your servant and
let it not rule me.

**Then shall I be blameless,
clean from grave sin.**

**May the spoken words of my mouth, the
thoughts of my heart, Win favor in your
sight, O Lord, my rescuer, my rock!**

**Psalm 23 The Lord's
entry into his temple**

**The Lord's is the earth and its fullness, the
world and all its peoples. It is he who set it on
the seas; on the waters he made it firm.**

**Who shall climb the mountain of the Lord?
Who shall stand in his holy place?
The man with clean hands and pure heart,
who desires not worthless things,
who has not sworn so as to deceive his neighbor.**

**He shall receive blessings from the Lord and
reward from the God who saves him. Such are
the men who seek him, seek the face of the
God of Jacob.**

**O gates, lift high your heads; grow
higher, ancient doors. Let him enter,
the king of glory!**

**Who is the king of glory?
The Lord, the mighty, the valiant,
the Lord, the valiant in war.**

**O gates, lift high your heads; grow
higher, ancient doors. Let him enter,
the king of glory!**

**Who is he, the king of glory? He,
the Lord of armies, he is the king
of glory.**

Ant. Blessed are you among women, and blessed is the fruit of your womb. Lk 1,42

V. Grace is poured out upon your lips.

R. Thus God has blessed you forever. Ps 44,3.

For the rest turn to page 32.

TUESDAY AND FRIDAY

Ant. A man was born of her, and he who established her is the Most High Lord. Ps. 86,5

Psalm 44 The marriage of the king

My heart overflows with noble words.

**To the king I must speak the song I have made;
my tongue as nimble as the pen of a scribe.**

**You are the fairest of the children of men and
graciousness is poured upon your lips:
because God has blessed you forevermore.**

**O mighty one, gird your sword upon your thigh:
in splendor and state, ride on in triumph
for the cause of truth and goodness and right.**

**Take aim with your bow in your dread right hand.
Your arrows are sharp: peoples fall beneath you. The
foes of the king fall down and lose heart.**

**Your throne, O God, shall endure forever.
A sceptre of justice is the sceptre of your kingdom.
Your love is for justice; your hatred for evil.**

**Therefore God, your God, has anointed you with
the oil of gladness above other kings: your robes
are fragrant with aloes and myrrh.**

**From the ivory palace you are greeted with music.
The daughters of kings are among your loved ones.
On your right stands the queen in gold of Ophir.**

Listen, O daughter, give ear to my words: forget your own people and your father's house. So will the king desire your beauty: He is your lord, pay homage to him.

And the people of Tyre shall come with gifts, the richest of the people shall seek your favor. The daughter of the king is clothed with splendor, her robes embroidered with pearls set in gold.

She is led to the king with her maiden companions. They are escorted amid gladness and joy; they pass within the palace of the king.

Sons shall be yours in place of your fathers: you will make them princes over all the earth. May this song make your name forever remembered. May the peoples praise you from age to age.

Psalm 45 God our refuge and strength

**God is for us a refuge and strength,
a helper close at hand, in time of distress:
So we shall not fear though the earth should rock,
though the mountains fall into the depths of the sea,
Even though its waters rage and foam,
even though the mountains be shaken by its waves.**

**The Lord of hosts is with us:
the God of Jacob is our stronghold.**

**The waters of a river give joy to God's city, the
holy place where the Most High dwells. God is
within, it cannot be shaken; God will help it at the
dawning of the day. Nations are in tumult,
kingdoms are shaken: he lifts his voice, the earth
shrinks away.**

**The Lord of hosts is with us:
the God of Jacob is our stronghold.**

**Come, consider the works of the Lord
the redoubtable deeds he has done on the earth.
He puts an end to wars over all the earth;
the bow he breaks, the spear he snaps.
He burns the shields with fire.**

**"Be still and know that I am God,
supreme among the nations, supreme on the earth!"**

**The Lord of hosts is with us:
the God of Jacob is our stronghold.**

**Psalm 86 Jerusalem is
mother of us all**

**On the holy mountain is his city
cherished by the Lord.
The Lord prefers the gates of Zion
to all Jacob's dwellings.
Of you are told glorious things,
O city of God!**

**¶ Babylon and Egypt I count among
those who know me; Philistia, Tyre,
Ethiopia, these will be her children.
And Zion shall be called Mother for all
shall be her children. ¶**

**It is he, the Lord Most High,
who gives each his place.
In his register of peoples he writes:
"These are her children"
and while they dance they will sing:
"In you all find their home."**

**Ant. A man was born of her, and he who
established her is the Most High Lord. Ps. 86,5.**

**¶. In your splendor and your majesty, ¶
Ride on triumphant. Ps. 44,4-5.**

For the rest turn to page 32.

WEDNESDAY AND SATURDAY

Ant. His left hand is under my head and his right arm embraces me. Cant. 2,8; 8,3.

**Psalm 95 The Lord, king
and judge of the world**

**O sing a new song to the Lord,
sing to the Lord all the earth.
O sing to the Lord, bless his name.**

**Proclaim his help day by day,
tell among the nations his glory
and his wonders among all the peoples.**

**The Lord is great and worthy of praise,
to be feared above all gods;
the gods of the heathens are naught.**

**It was the Lord who made the heavens, his
are majesty and state and power and
splendor in his holy place.**

**Give the Lord, you families of peoples,
give the Lord glory and power, give the
Lord the glory of his name.**

**Bring an offering and enter his courts,
worship the Lord in his temple. O earth,
tremble before him.**

**Proclaim to the nations: "God is king." The
world he made firm in its place; he will judge
the peoples in fairness.**

**Let the heavens rejoice and earth be glad, let
the sea and all within it thunder praise, Let
the land and all it bears rejoice, all the trees
of the wood shout for joy**

**At the presence of the Lord, for he comes,
he comes to rule the earth.
With justice he will rule the world,
he will judge the peoples with his truth.**

**Psalm 96 The glory of the Lord
in his decrees for the world**

**The Lord is king, let earth rejoice, let
all the coastlands be glad. Cloud and
darkness are his raiment; his throne,
justice and right.**

**A fire prepares his path; it burns up his
foes on every side. His lightnings light
up the world, the earth trembles at the
sight.**

**The mountains melt like wax
before the Lord of all the earth.
The skies proclaim his justice; all
peoples see his glory.**

**Let those who serve idols be ashamed, those
who boast of their worthless gods. All you
spirits, worship him. Zion hears and is glad;
the people of Judah rejoice because of your
judgments O Lord.**

**For you indeed are the Lord most
high above all the earth exalted far
above all spirits.**

**The Lord loves those who hate evil: he
guards the souls of his saints; he sets
them free from the wicked.**

**Light shines forth for the just and
joy for the upright of heart.
Rejoice, you just, in the Lord; give
glory to his holy name.**

**Psalm 97 The Lord
triumphs in his judgment**

Sing a new song to the Lord, for he has worked wonders. His right hand and his holy arm have brought salvation.

The Lord has made known his salvation; has shown his justice to the nations. He has remembered his truth and love for the house of Israel.

All the ends of the earth have seen the salvation of our God. Shout to the Lord, all the earth, ring out your joy.

Sing psalms to the Lord with the harp, with the sound of music. With trumpets and the sound of the horn acclaim the King, the Lord.

Let the sea and all within it, thunder; the world, and all its peoples. Let the rivers clap their hands and the hills ring out their joy

At the presence of the Lord: for he comes, he comes to rule the earth. He will rule the world with justice and the peoples with fairness.

Ant. His left hand is under my head and his right arm embraces me. Cant. 2,6; 8,3

V. In embroidered apparel she is borne in to the king.

W. Behind her the virgins of her train are brought to you. Ps. 44,14-15.

*



Silent prayer (Our Father Hail Mary).

LESSONS

The 3 lessons which follow may be read one after the other, in which case any one of the Responses is said at the end, with Glory to the Father...

LESSON 1

Lk. 1,26-33

In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And he came to her and said, "Hail, full of grace, the Lord is with you!"

But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. And the angel said to her, "Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great, and will be called the Son of the Most High; and the Lord God will give to him the throne of his father David, and he will reign over the house of Jacob for ever; and of his kingdom there will be no end." Thanks be to God.

RESPONSE

Cant. 2,13-14; 3,6; 5,12; 4,11; 2,1; Eccles. 50,8

I saw a beautiful one like a dove ascending beside the running waters, whose garments sent forth an incomparable fragrance. ± As in the springtime, she was surrounded by roses in bloom and lilies of the valley.

¶ The daughters of Zion saw her and declared her fortunate; the queens, and they sang her praises. Cant. 6,8.

Repeat ¶. from ± As in the springtime...

LESSON 2

Lk 1,34-38

And Mary said to the angel, "How can this be, since I have no husband?" And the angel said to her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy, the Son of God. And behold, your kinswoman Elizabeth in her old age has also conceived a son; and this is the sixth month with her who was called barren. For with God nothing will be impossible.■

And Mary said, "Behold, I am the handmaid of the Lord; let it be to me according to your word."

And the angel departed from her.

■ Thanks be to God.

RESPONSE

Cant. 3,6

Who is this coming up from the desert, like a column of smoke, laden with myrrh, with frankincense, and with the perfume of every exotic dust?

■ Sweetmeats and milk are under your tongue; and the fragrance of your garments is the fragrance of Lebanon. Cant. 4,11. Repeat from ±.

LESSON 3

Lk. 1|39-45

Mary arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zechariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her from the Lord."

R. Thanks be to God.

RESPONSE

Lk. 1,48-49

All generations will call me blessed; t for he who is mighty has done great things for me **I** * and holy is his name.

I My soul magnifies the Lord, and my spirit rejoices in God my Savior. Lk-**I**,46-47. Repeat from ±.

Glory to the Father ... Repeat from *, and holy is his name.

TE DEUM Only on

days when it is sung in choir.

You are God: we praise you;

You are the Lord; we acclaim you;

You are the eternal Father:

All creation worships you.

To you all angels, all the powers of heaven,

Cherubim and Seraphim, sing in endless praise: Holy, holy, holy, Lord, God of power and might, heaven and earth are full of your glory.

The glorious company of apostles praise you.

The noble fellowship of prophets praise you.

The white-robed army of martyrs praise you.

Throughout the world the **Iholy Church acclaim you:**

Father, of majesty unbounded, your true and only

Son, worthy of all worship, and the Holy Spirit, advocate and guide.

You, Christ, are the king of glory, the eternal Son of the Father.

When you became man to set us free you did not spurn the Virgin **Is womb.**

You overcame the sting of death,

and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory.

We believe that you will come, and be our judge.

Come then, Lord, and help your people,
bought with the price of your own blood,
and bring us with your saints
to glory everlasting.
Save your people, Lord, and bless your inheritance.
Govern and uphold them now and always.
Day by day we bless you.
We praise your name for ever.
Keep us today, Lord, from all sin.
Have mercy on us, Lord, have mercy;
Lord, show us your love and mercy;
for we put our trust in you.
In you, Lord, is our hope:
and we shall never hope in vain.

* * *

V. God will help her by his presence.

R. God is within her, she cannot be shaken. Ps. 45,6

PRAYER

Lord, fill our hearts with your love, and as you
revealed to us by an angel the coming of your
Son as man, so lead us through his suffering and
death to the glory of his resurrection, who lives and
reigns..

V. O Lord, hear my prayer. **R.** And
let my cry come to you. **V.** Let us
praise the Lord. **R.** And give him
thanks.

LAUDS

INTRODUCTION

Silent prayer (about the time of a Hail Mary) Sign
of the cross. God, come to my assistance.
Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and will be for ever. Amen.
Alleluia. In Lent: Praise to you, Lord, King of eternal glory.

HYMN

**Truly you are full of grace, you
are glorious.
From you was born for us the Christ
who made all things.**

**When the shepherds heard of this they
sang God's praise. They went in haste to
Bethlehem to see the Lord.**

**The Magi from the East have come, led
by a star;
first of all the Gentile tribes to
bring him gifts.**

**All peoples of the earth must pray
God's virgin Mother and ask her to
obtain for us peace and pardon.**

**Glory be to you, Lord God, and
to your Son, with the Spirit
Paraclete, for ever. Amen.**

Alternative version:

**Truly you are full of grace and
for ever glorious:**

the Christ by whom all things are made from your womb was born for us.

Shepherds, when they heard the news, glorified God with one accord; they went in haste to Bethlehem to contemplate their newborn Lord.

Wise men came from eastern lands - a guiding star lit up their way - Gentiles' representatives the first adoring homage pay.

Let us pray most fervently God's virgin Mother pure, that her pleas on our behalf peace and pardon may secure.

All glory be to you, O Lord, and to your sole-begotten Son, who with the Spirit e'er abide through endless ages wholly One. Amen.

PSALMODY

Ant. Ah, you are beautiful, my beloved, ah, you are beautiful; your eyes are doves! Cant. 4,1

Psalm 92 Splendor of God the Creator

The Lord is king, with majesty enrobed; the Lord has robed himself with might, he has girded himself with power.

The world you made firm, not to be moved; your throne has stood firm from of old. From all eternity, O Lord, you are.

The waters have lifted up, O Lord, the waters have lifted up their voice, the waters have lifted up their thunder.

**Greater than the roar of mighty waters, more
glorious than the surgings of the sea, the Lord
is glorious on high.**

**Truly your decrees are to be trusted.
Holiness is fitting to your house, O Lord,
until the end of time.**

**Psalm 99 The joyful song of
those entering God's temple**

**Cry out with joy to the Lord, all the earth.
Serve the Lord with gladness. Come before
him, singing for joy.**

**Know that he, the Lord, is God.
He made us, we belong to him,
we are his people, the sheep of his flock.**

**Go within his gates, giving thanks. Enter his
courts with songs of praise. Give thanks to
him and bless his name.**

**Indeed, how good is the Lord,
eternal his merciful love. He is
faithful from age to age.**

**Psalm 62 A soul
thirsting for God**

**O God, you are my God, for you I long;
for you my soul is thirsting.**

**My body pines for you
like a dry, weary land without water.**

**So I gaze on you in the sanctuary
to see your strength and your glory.**

**For your love is better than life, my lips
will speak your praise. So I will bless you
all my life, in your name I will lift up my
hands.**

**My soul shall be filled as with a banquet, my
mouth shall praise you with joy.**

On my bed I remember you.

**On, you I muse through the night
For you have been my help;
in the shadow of your wings I rejoice.**

**My soul clings to you;
your right hand holds me fast.**

**Those who seek to destroy my life
shall go down to the depths of the earth.
They shall be put into the power of the sword
and left as the prey of the jackals.
But the king shall rejoice in God;
all that swear by him shall be blessed,
for the mouth of liars shall be silenced.**

Glory to the Father is not said here.

**Psalm 66 People of all nations
will worship the Lord**

**O God, be gracious and bless us and let your
face shed its light upon us. So will your ways
be known upon earth and all nations learn
your saving help.**

**Let the peoples praise you, O God; let all
the peoples praise you.**

**Let the nations be glad and exult for you
rule the world with justice. With fairness
you rule the peoples, you guide the
nations on earth.**

Let the peoples praise you, O God; let all
the peoples praise you.

**The earth has yielded its fruit for
God, our God, has blessed us.**

**May God still give us his blessing till the
ends of the earth revere him.**

**Let the peoples praise you, O God; let all
the peoples praise you.**

Canticle "Benedicite"

Dan. 3,57-88.56

Let all creatures praise the Lord

**Bless the Lord, all you works of the Lord,
praise and exalt him above all forever.**

Angels of the Lord,

bless the Lord;

You heavens,

**bless the Lord. All you waters above
the heavens,**

bless the Lord; All you

hosts of the Lord,

bless the Lord.

Sun and moon,

bless the Lord;

Stars of heaven,

bless the Lord. Every

shower and dew,

bless the Lord;

All you winds,

bless the Lord.

Fire and heat,

bless the Lord;

Cold and chill,

bless the Lord.

Dew and rain,

bless the Lord;

Frost and chill,

bless the Lord.

Ice and snow,

bless the Lord;

Let us praise and exalt God forever. Blessed are you in the firmament of heaven, praiseworthy and glorious forever.

Glory to the Father is not said here.

Psalm 148 Praise to the
Lord, the Creator

**Praise the Lord from the heavens,
praise him in the heights. Praise
him, all his angels, praise him, all his
host.**

**Praise him, sun and moon, praise him,
shining stars. Praise him, highest
heavens and the waters above the
heavens.**

**Let them praise the name of the Lord. He
commanded: they were made. He fixed
them forever, gave a law which shall not
pass away.**

**Praise the Lord from the earth, sea
creatures and all oceans, Fire and
hail, snow and mist, stormy winds
that obey his word;**

**All mountains and hills, all fruit
trees and cedars, Beasts, wild and
tame, reptiles and birds on the wing;**

**All earth's kings and peoples,
earth's princes and rulers; Young
men and maidens, old men together
with children.**

**Let them praise the name of the Lord for
he alone is exalted. The splendor of his
name**

reaches beyond heaven and earth.

He exalts the strength of his people. He is the
praise of all his saints. Of the sons of Israel, of
the people to whom he comes close.

Glory to the Father is not said here.

Psalm 149 The joy of
God's holy people

Sing a new song to the Lord,
his praise in the assembly of the faithful.
Let Israel rejoice in its Maker,
let Zion's sons exult in their king.
Let them praise his name with dancing
and make music with timbrel and harp.

For the Lord takes delight in his people. He
crowns the poor with salvation. Let the
faithful rejoice in their glory, shout for joy
and take their rest. Let the praise of God be
on their lips and a two-edged sword in their
hand,

To deal out vengeance to the nations and
punishment on all the peoples; To bind their
kings in chains and their nobles in fetters of
iron; To carry out the sentence pre-ordained:
this honor is for all his faithful.

Glory to the Father is not said here.

Psalm 150 Praise
the Lord

Praise God in his holy place, praise
him in his mighty heavens.

Praise him for his powerful deeds, praise
his surpassing greatness.

O praise him with sound of trumpet,
praise him with lute and harp. Praise
him with timbrel and dance, praise him
with strings and pipes.

O praise him with resounding cymbals, praise
him with clashing of cymbals. Let everything
that lives and that breathes give praise to the
Lord.

Ant. Ah, you are beautiful, my beloved, ah, you are
beautiful; your eyes are doves! Cant. 4,1

READING

Sir. 24,17

I bud forth delights like the vine, my blossoms become
fruit fair and rich. R. Thanks be to God. V. Blessed
are you among women, R. And blessed is the fruit of
your womb. Lk. 1,42

GOSPEL CANTICLE

Ant. You are an enclosed garden, my sister, an
enclosed garden, a fountain sealed. Cant. 4,12

Benedictus

Lk. 1,68-79

The Messiah and his forerunner

Blessed be the Lord God of Israel, for he has
visited and redeemed his people, and has raised
up a horn of salvation for us in the house of his
servant David, as he spoke by the mouth
of his holy prophets from of old,
that we should be saved from our enemies, and from
the hand of all who hate us;

to perform the mercy promised to our fathers,
 and to remember his holy covenant,
 the oath which he swore to our father Abraham,
 to grant us
 that we, being delivered from the hand
 of our enemies,
 might serve him without fear, in holiness and
 righteousness before him
 all the days of our life.

And you, child, will be called
 the prophet of the Most High;
 for you will go before the Lord to prepare his ways, to
 give knowledge of salvation to his people in the
 forgiveness of their sins, through the tender mercy of
 our God, when the day shall dawn upon us from on
 high to give light to those who sit in darkness
 and in the shadow of death, to
 guide our feet into the way of peace.

Ant. You are an enclosed garden, my sister, an
 enclosed garden, a fountain sealed. Cant. 4,12

PRAYER

Let us pray.

Father, you gave the human race eternal salvation
 through the motherhood of the Virgin Mary. May
 we experience the help of her prayers in our lives, for
 through her we received the very source of life, your
 Son, our Lord Jesus Christ, who lives and reigns...

V. O Lord, hear my prayer,

R. And let my cry come to you.

V. Let us praise the Lord,

R. And give him thanks.

V. May the souls of all the faithful departed
 through the mercy of God rest in peace.

R. Amen.

ANTHEM **SALVE REGINA**

Hail, Queen of mercy, (Here we take veniam.) the sweetness of our life and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show merciful to us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

The preceding Antiphon, **Salve Regina**, with the **V.** is always said after Lauds (or after the Office of the Mass if this is said immediately after Lauds) and also after Compline. Those who wish may say it also after the other Hours of the Office of the Blessed Virgin.

OFFICE OF **T**HE MASS OF THE BLESSED VIRGIN

IN ADVENT

ENTRANCE ANT.

Is 45,8

Let the clouds rain down the Just One, and the Earth bring forth a Savior.

Ps. 18,2: The heavens declare the glory of God, and the firmament proclaims his handiwork. Glory to the Father... Let the clouds...

Lord, have mercy (3). Christ, have mercy (3). Lord, have mercy (3)

One does not say the Gloria.

PRAYER

Let us pray.

All-powerful Father, you sent your Word to dwell in Mary when, as your handmaid, she had given her consent. Gently dispose our hearts so that in us also Christ may deign to be born and grow, for he lives and reigns...

READING

Is. 7,10-14

A reading from the book of the prophet Isaiah.

The Lord spoke to Ahaz: **A**sk for a sign from the Lord, your God; let it be deep as the nether world, or high as the sky!"

But Ahaz answered: **I** will not ask! I will not tempt the Lord!" Then he said: "Listen, O house of David! Is it not enough for you to weary men, must you also weary my God? Therefore the **L**ord himself will give you this sign: the virgin shall be with child, and bear a son, and shall name him Emmanuel."

RESPONSE

Ps. 144,18,21

The Lord is close to all who call him, who call on him from their hearts.

V. Let me speak the praise of the Lord, let all mankind bless his holy name.

ALLELUIA

Ps 79,3

Alleluia. V. Rouse your power, O Lord, and come to save us. Alleluia.

GOSPEL

Lk. 1,26-38

t A reading from the holy gospel according to Luke. R.

Glory to you, Lord.

In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And he came to her and said, "Hail, full of grace, the Lord is with you!"

But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. And the angel said to her, "Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great, and will be called the Son of the Most High; and the Lord God will give to him the throne of his father David, and he will reign over the house of Jacob for ever; and of his kingdom there will be no end."

And Mary said to the angel, "How can this be, since I have no husband?" And the angel said to her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy, the Son of God."

And behold, your kinswoman Elizabeth in her old age has also conceived a son; and this is the sixth month with her who was called barren. For with God nothing will be impossible.

And Mary said, **B.** Behold, **I** am the handmaid of the Lord; let it be to me according to your word."

And the angel departed from her.

COMMUNION ANT.

Is. 7,14

The virgin is with child and shall bear a son, and she will call him Emmanuel.

PRAYER

Let us pray.

Lord, fill our hearts with your love, and as you revealed to us by an angel the coming of your Son as man, so lead us through his suffering and death to the glory of his resurrection, who lives and reigns for ever and ever. **V.** O Lord, hear my prayer, **R/** And let my cry come to you. **V.** Let us praise the Lord, **R/** And give him thanks.

GOSPEL

Jn. 1,1-14

t Beginning of the holy gospel according to John. **R/** Glory to you, Lord.

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God; all things were made through him, and without him was not anything made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it.

There was a man sent from God, whose name was John. He came for **t**estimon**y** to bear witness to the light, that all might believe through him. He was **n**ot

the light, but came to bear witness to the light.

The true light that enlightens every man was coming into the world. He was in the world, and the world was made through him, yet the world knew him not. He came to his own home, and his own people received him not. But to all who received him, who believed in his name, he gave power to become children of God; who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.

And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father.

V. Amen.

ANT.

Cf. Ps. 64,1

You are worthy of praise, you are worthy of hymns. To you, O God, Father, Son and Holy Spirit, be glory for ever and ever. Amen.

PRAYER

(Any one of the following may be said.)

All-powerful God, renew us by the incarnation of your Son and free us from our slavery to sin. This we ask...

God, light of all nations, give us the joy of lasting peace. Just as once you enlightened the minds of the Magi, so fill our hearts with your radiant light, Jesus Christ our Lord, who lives and reigns...

God our Father and protector, without you nothing is holy, nothing has value. Guide us to everlasting life by helping us to use wisely the blessings you have given to the world. This we ask...

V. O Lord, hear my prayer, **R.** And let my cry come to you. **V.** Let us praise the Lord, **R.** And give him thanks.

V. May the souls of all the faithful departed through the mercy of God rest in peace. **R.** Amen.

ANTHEM **SALVE REGINA**

Hail, Queen of mercy, (Here we take veniam.) the sweetness of our life and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show merciful to us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

OFFICE OF THE MASS OF
THE BLESSED VIRGIN
OUTSIDE OF ADVENT

ENTRANCE ANT.

Sedulius

Hail, holy Mother! The child to whom you gave birth is the King of heaven and earth for ever. Ps. 44:1: The King shall desire your beauty, for he is your Lord, and you must worship him. Glory to the Father... Hail, holy Mother..

Lord, have mercy (3). Christ, have mercy (3). Lord, have mercy (3).

GLORIA (This is omitted in Lent.)

Glory to God in the highest, and peace to his people on earth. Lord God, heavenly King almighty God and Father we worship you, we give you thanks we praise you for your glory. Lord Jesus Christ, only Son of the Father Lord God, Lamb of God you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer. For you alone are the Holy One you alone are the Lord you alone are the Most High Jesus Christ with the Holy Spirit in the glory of God the Father. Amen.

PRAYER

Let us pray.

God our Father, you give joy to the world by the Incarnation of your Son. May we welcome Jesus into our hearts with that same love with which Mary loved him, for he lives and reigns...

READING

Sir. 24.1,3-4.8-12.18-20

A reading from the book of **S**irach.

Wisdom sings her own praises, before her own people she proclaims her glory: "From the mouth of the Most High I came forth, and mistlike covered the earth. In the highest heavens did I dwell, my throne on a pillar of cloud. Then **t**he Creator of all gave me his command, and he who formed me chose the spot for my tent, saying, **I**n Jacob make your dwelling, in Israel your inheritance."

Before all ages, in the beginning, he created me, and through all ages I shall not cease to be. In the holy tent I ministered before him, and in **Z**ion I fixed my abode. Thus in the chosen city he has given me rest, in Jerusalem is my domain. I have struck root among the glorious people, in the portion of the Lord, his heritage.

Come to **m**e, all **y**ou that yearn for **m**e, and **b**e filled with my fruits; you will remember me as sweeter than honey, better to have than the honeycomb.

He who eats of me will hunger still, he who drinks of me will thirst for more."

RESPONSE

Blessed are you, Virgin Mary, for without any violation of your purity you became the Mother of our Savior.

V. Virgin Mother of God, the universe cannot hold him and yet, becoming man, he confined himself in your womb.

ALLELUIA.

Alleluia. **V.** After giving birth to your child you remain for ever a virgin. Mother of God, pray for us. Alleluia.

This is said in Lent in place of the ALLELUIA:

TRACT

Lk. 1,28.42.31; Is. 7,14; Lk. 1,34-35

Hail Mary, full of grace, the Lord is with you!

V. Blessed are you among women, and blessed is the fruit of your womb!

V. You will conceive in your womb and bear a son, and you shall call his name Emmanuel.

V. "How can this be, since I have no husband?" And the angel said to her:

V. "The Holy Spirit will come upon you, and the power of the Most High will overshadow you.

V. Therefore the child to be born will be called holy, the Son of God."

From Easter until the Ascension the Response is omitted and a second ALLELUIA is said:

ALLELUIA

Ps. 105,1

Alleluia. **V.** Give thanks to the Lord for he is good, his love is everlasting. Alleluia.

After the Ascension the 2nd. ALLELUIA is:

ALLELUIA

Jn. 14,18.28; 16,22

Alleluia. V. The Lord said: I will not leave you orphans. I am going away, but I will come back to you, and your hearts will rejoice. Alleluia.

On the Sunday and Monday of Pentecost the 2nd. ALLELUIA is:

ALLELUIA

Alleluia, **V.** Come, Holy Spirit, fill the hearts of your faithful, and kindle in them the fire of your love. Alleluia.

GOSPEL

Lk. 11,27-28

± A reading from the holy gospel according to Luke. **R.**
Glory to you, Lord.

As Jesus was speaking, a woman in the crowd raised her voice and said to him, "Blessed is the womb that bore you, and the breasts that you sucked!"

But he said, **B**lessed rather are those who hear the word of God and keep it!

COMMUNION ANT.

Blessed is the womb of the Virgin Mary: she carried the Son of the eternal Father.

PRAYER

Let us pray.

Lord, fill our hearts with your love, and as you revealed to us by an angel the coming of your Son as man, so lead us through his suffering and death to the glory of his resurrection, who lives and reigns for ever and ever. **V.** O Lord, hear my prayer, **R.** And let my cry come to you. **V.** Let us praise the Lord, **R.** And give him thanks.

GOSPEL

Jn. 1|1|14

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the

beginning with God; all things were made through him, and without him was not anything made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it.

There was a man sent from God, whose name was John. He came for testimony, to bear witness to the light, that all might believe through him. He was not the light, but came to bear witness to the light.

The true light that enlightens every man was coming into the world. He was in the world, and the world was made through him, yet the world knew him not. He came to his own home, and his own people received him not. But to all who received him, who believed in his name, he gave power to become children of God; who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.

And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father.

R Amen.

ANT.

Cf. Ps. 64,1

You are worthy of praise, you are worthy of hymns. To you, O God, Father, Son and Holy Spirit, be glory for ever and ever. Amen.

PRAYER

(Any one of the following may be said.)

All-powerful God, renew us by the incarnation of your Son and free us from our slavery to sin. This we ask...

God, light of all nations, give us the joy of lasting peace. Just as once you enlightened the minds of the Magi, so fill our hearts with your radiant light, Jesus Christ our Lord, who lives and reigns...

God our Father and protector, without you nothing is holy, nothing has value. Guide us to everlasting life by helping us to use wisely the blessings you have given to the world. This we ask...

V. O Lord, hear my prayer, **R.** And let my cry come to you. **V.** Let us praise the Lord, **R.** And give him thanks.

V. May the souls of all the faithful departed through the mercy of God rest in peace. **R.** Amen.

ANTHEM **SALVE REGINA**

Hail, Queen of mercy, (Here we take veniam.) the sweetness of our life and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show merciful to us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

PRIME

INTRODUCTION

Silent prayer (about the time of a Hail Mary)

Sign of the cross.

O God, come to my assistance.

Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now and will be for ever. Amen.

Alleluia. In Lent: Praise to you, Lord, King of eternal glory.

HYMN

**Remember, Lord our Savior, that for us you
once were born as man from the Virgin's womb.**

**O Mary, Mother of Grace and Steadfast Love,
protect us from the foe and at death's hour.**

**O Mary, Mother of Christ, the Father's Son, give
help to all who have recourse to you.**

**O Virgin blest, with Father, Son and Spirit, be
present and grant comfort when we die.**

**Lord Jesus, Virgin-born, we give you praise,
with Father and Holy Spirit eternally. Amen.**

Alternative version

**Remember, O Creator Lord, that in the
Virgin's sacred womb you were
conceived, and of her flesh did our
mortality assume.**

**Mother of grace, O Mary blest,
merciful Mother, hear our cry:
Preserve us from the devil's power
support us when we come to die.**

**Mary, Mother of our Lord, the
Eternal Father's only Son, bring
us timely help and grace when in
prayer to you we run.**

**O Virgin, with your Son divine, with
Father and with Spirit too, be present
when we breathe our last to strengthen
those who trust in you. • All glory be to
you, O Lord, born on earth the Virgin's
Son; to Father and to Paraclete while
endless ages run. Amen.**

PSALMODY

**Ant. Arise, my beloved; for see, the winter is past,
the rains are over and gone; the flowers appear on
the earth. Cant. 2,10-12**

EVERYDAY

**Psalm 53 Plea
for help**

**O God, save me by your name; by
your power, uphold my cause.**

**God, hear my prayer;
listen to the words of my mouth.**

**For proud men have risen against me,
ruthless men seek my life. They have no
regard for God.**

**But I have God for my help. The Lord
upholds my life. Let the evil recoil upon
my foes: you who are faithful, destroy
them.**

**I will sacrifice to you with willing heart
and praise your name for it is good:
For you have rescued me from all my distress
and my eyes have seen the downfall of my foes.**

* * *

SUNDAY, MONDAY, WEDNESDAY AND FRIDAY

Psalm 118,1-8:1 (Aleph)

Meditation on God's law

**They are happy whose life is blameless,
who follow God's law!**

**They are happy who do his will,
seeking him with all their hearts,**

**Who never do anything evil
but walk in his ways.**

**You have laid down your precepts
to be obeyed with care.**

**May my footsteps be firm
to obey your statutes.**

**Then I shall not be put to shame
as I heed your commands.**

**I will thank you with an upright heart
as I learn your decrees.**

**I will obey your statutes:
do not forsake me.**

Psalm 118,9-16: II (Beth)

How shall the young remain sinless?

By obeying your word.

**I have sought you with all my heart:
let me not stray from your commands.**

**I treasure your promise in my heart
lest I sin against you.**

**Blessed are you, O Lord;
teach me your statutes.**

**With my tongue I have recounted
the decrees of your lips.**

**I rejoiced to do your will
as though all riches were mine.**

**I will ponder all your precepts
and consider your paths.**

**I take delight in your statutes; I will
not forget your word.**

TUESDAY, THURSDAY AND SATURDAY

Psalm 118,89-96: XII (Lamed)

**Your word, O Lord, forever
stands firm in the heavens:
Your truth lasts from age to age,
like the earth you created.
By your decree it endures to this day;
for all things serve you.
Had your law not been my delight
I would have died in my affliction.
I will never forget your precepts
for with them you give me life.
Save me, for I am yours
since I seek your precepts.
Though the wicked lie in wait to destroy me
yet I ponder on your will.
I have seen that all perfection has an end
but your command is boundless.**

Psalm 118,97-104: XIII (Mem)

**Lord, how I love your law!
It is ever in my mind.
Your command makes me wiser than my foes;
for it is mine forever.
I have more insight than all who teach me
for I ponder your will.
I have more understanding than the old
for I keep your precepts.
I turn my feet from evil paths
to obey your word.
I have not turned away from your decrees;
you yourself have taught me.**

**Your promise is sweeter to my taste than
honey in the mouth. I gain understanding
from your precepts and so I hate false ways.**

* * *

EVERYDAY

**Ant. Arise, my beloved; for see, the winter is past,
the rains are over and gone; the flowers appear on
the earth. Cant. 2,10-12**

READING

Sir. 24,24-25 Vg

I am the mother of fair love and fear and devout
hope. In me is every grace for walking h the way of
truth; in me all hope of life and virtue. **R.** Thanks be to
God. **V.** Blessed are you among women, **R.** And blessed
is the fruit of your womb. **Lk.** 1,42

PRAYER

Let us pray.

Lord, let the sun of justice, Jesus Christ, rise in our
hearts, whose mother was the dawn of hope and
salvation for the world. This we ask..

If it has not already been said, the Office of the Mass of
the Blessed Virgin may be said now, p. 47.

TERCE

INTRODUCTION

Silent prayer (about the time of a Hail Mary)

Sign of the cross.

O God, come to my assistance.

Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now and will be for ever. Amen.

Alleluia. In Lent: Praise to you, Lord, King of eternal glory.

HYMN

**Remember, Lord our Savior, that for us you once were
born as man from the Virgin's womb.**

**O Mary, Mother of Grace and Steadfast Love,
protect us from the foe and at death's hour.**

**O Mary, Mother of Christ, the Father's Son,
give help to all who have recourse to you.**

**O Virgin blest, with Father, Son and Spirit, be
present and grant comfort when we die.**

**Lord Jesus, Virgin-born, we give you praise, with
Father and Holy Spirit eternally. Amen. Alternative
version**

**Remember, O Creator Lord, that in
the Virgin's sacred womb you were
conceived, and of her flesh did our
mortality assume.**

**Mother of grace, O Mary blest,
merciful Mother, hear our cry: Preserve
us from the devil's power support us
when we come to die.**

**Mary, Mother of our Lord, the
Eternal Father's only Son, bring us
timely help and grace when in
prayer to you we run.**

**O Virgin, with your Son divine, with
Father and with Spirit too, be present
when we breathe our last to strengthen
those who trust in you.**

**All glory be to you, O Lord, born
on earth the Virgin's Son; to Father
and to Paraclete while endless ages
run. Amen.**

PSALMODY

Ant. The Holy Spirit will come upon you and the power of the Most High will overshadow you. Lk. 1,35

SUNDAY

**Psalm 119 Longing
for peace**

To the Lord in the hour of my distress I call and he answers me. "O Lord, save my soul from lying lips, from the tongue of the deceitful."

**What shall he pay you in return,
O treacherous tongue?
The warrior's arrows sharpened
and coals, red-hot, blazing.**

**Alas, that I abide a stranger in Meshech,
dwell among the tents of Kedar!**

**Long enough have I been dwelling with
those who hate peace.
I am for peace, but when I speak,
they are for fighting.**

**Psalm 120
Guardian of his people**

**I lift my eyes to the mountains: from
where shall come my help? My help
shall come from the Lord who made
heaven and earth.**

**May he never allow you to stumble! Let
him sleep not, your guard. No, he sleep
not nor slumbers, Israel's guard.**

**The Lord is your guard and your shade; ay
your right side he stands. By day the sun
shall not smite you nor the moon in the night.**

**The Lord will guard you from evil,
he will guard your soul.**

**The Lord will guard your going and coming
both now and forever.**

Psalm 121 The holy city, Jerusalem

**I rejoiced when I heard them say:
"Let us go to God's house." And
now our feet are standing within
your gates, O Jerusalem.**

**Jerusalem is built as a city strongly
compact. It is there that the tribes go
up, the tribes of the Lord.**

**For Israel's law it is, there to praise the
Lord's name. There were set the thrones of
judgment of the house of David.**

**For the peace of Jerusalem pray:
"Peace be to your homes! May peace
reign in your walls, in your palaces,
peace!"**

**For love of my brethren and friends I say:
"Peace upon you!" For love of the house of
the Lord I will ask for your good.**

For the rest turn to p. 69.

MONDAY, WEDNESDAY AND FRIDAY

Psalm 118,17-24: III (Gime)

Meditation on God's law

**Bless your servant and I shall live
and obey your word.
Open my eyes that I may consider
the wonders of your law.
I am a pilgrim on the earth;
show me your commands.
My soul is ever consumed
in longing for your decrees.
You threaten the proud, the accursed,
who turn from your commands.
Relieve me from scorn and contempt
for I do your will.
Though princes sit plotting against me
I ponder on your statutes.
Your will is my delight;
your statutes are my counsellors.**

Psalm 118,25-32: IV (Daleth)

**My soul lies in the dust;
by your word revive me.
I declared my ways and you answered:
teach me your statutes.
Make me grasp the way of your precepts
and I will muse on your wonders.
My soul pines away with grief;
by your word raise me up.
Keep me from the way of error
and teach me your law.
I have chosen the way of truth
with your decrees before me.
I bind myself to do your will;
Lord, do not disappoint me.**

I will run the way of your commands; you give freedom to my heart.

Psalm 118,33-40: |V|(He)

Teach me the demands of your statutes and I will keep them to the end. Train me to observe your law, to keep it with my heart. Guide me in the path of your commands; |for there is my delight. Bend my heart to your will and not to love of gain. Keep my eyes from what is false: by your word, give me life. Keep the promise you have made to the servant who fears you. Keep me from the scorn I dread, for your decrees are good. See, I long for your precepts: then in your justice, give me life. For the rest turn to p. 69.

TUESDAY, THURSDAY AND SATURDAY

Psalm 118,105-112: XIV (Nun)

**Your word is a lamp for my steps
and a light for my path.
I have sworn and have determined
to obey your decrees.
Lord, I am deeply afflicted:
by your word give me life.
Accept, Lord, the homage of my lips
and teach me your |decrees.
Though I carry my life in my hands,
I remember your law.**

Though the wicked try to ensnare me I do not stray from your precepts. Your will is my heritage forever, the joy of my heart. I set myself to carry out your statutes in fullness, forever.

Psalm 118,113-120: XV (Samech)

**I have no love for half-hearted men;
my love is for your law.
You are my shelter, my shield;
I hope in your word.
Leave me, you who do evil;
I will keep God's command.
If you uphold me by your promise I shall live;
let my hopes not be in vain.
Sustain me and I shall be saved
and ever observe your statutes.
You spurn all who swerve from your statutes;
their cunning is in vain.
You throw away the wicked like dross:
so I love your will.
I tremble before you in terror;
I fear your decrees.**

Psalm 118,121-128: XVI (Ayin)

**I have done what is right and just:
let me not be oppressed.
Vouch for the welfare of your servant
lest the proud oppress me.
My eyes yearn for your saving help
and the promise of your justice.
Treat your servant with love
and teach me your statutes.
I am your servant, make me understand;
then I shall know your will.**

**It is time for the Lord to act
for your law has been broken.
That is why I love your commands
more than finest gold.
That is why I rule my life by your precepts:
I hate false ways.**

* * *

EVERYDAY

**Ant. The Holy Spirit will come upon you and the
power of the Most High will overshadow you. Lk 1,36**

READING

Gal. 4,4-5

When the designated time had come, God sent forth his Son, born of a woman, born under the law, to deliver from the law those who were subjected to it, so that we might receive our status as adopted sons.

R. Thanks be to God. **V.** Grace is poured out upon your lips; **R.** Thus God has blessed you forever. Ps. 44,3

PRAYER

Let us pray.

Lord God, give to your people the joy of continual health in mind and body. With the prayers of the Virgin Mary to help us, guide us through the sorrows of this life to eternal happiness in the life to come. This we ask through Christ our Lord.

The Office of Terce of the Day follows immediately. If, by exception, it does not, then the Prayer terminates with the long ending and the following verses:

v. O Lord, hear my prayer,
v. And let my cry come to you.
v. Let us praise the Lord,
ftl And give him thanks.

S E X T

INTRODUCTION

Silent prayer (about the time of a Hail Mary)

Sign of the cross.

O God, come to my assistance.

Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now and will be for ever. Amen.

Alleluia. In Lent: Praise to you, Lord, King of eternal glory.

HYMN

**Remember, Lord our Savior, that for us you once were
born as man from the Virgin's womb.**

**O Mary, Mother of Grace and Steadfast Love, protect
us from the foe and at death's hour.**

**O Mary, Mother of Christ, the Father's Son, give
help to all who have recourse to you.**

**O Virgin blest, with Father, Son and Spirit, be
present and grant comfort when we die.**

**Lord Jesus, Virgin-born, we give you praise, with
Father and Holy Spirit eternally. Amen.**

Alternative version

**Remember, O Creator Lord, that in the
Virgin's sacred womb you were
conceived, and of her flesh did but
mortality assume.**

**Mother of grace, O Mary blest, merciful
Mother, hear our cry: Preserve us from
the devil's power support us when we
come to die.**

**Mary, Mother of our Lord, the
Eternal Father's only Son, bring us
timely help and grace when in
prayer to you we run.**

**O Virgin, with your Son divine, with
Father and with Spirit too, be present
when we breathe our last to strengthen
those who trust in you.**

**All glory be to you, O Lord, born
on earth the Virgin's Son; to Father
and to Paraclete while endless ages
run. Amen.**

PSALMODY

Ant. Mary treasured all these things and reflected on them in her heart. Lk. 2,19

SUNDAY

**Psalm 122 The Lord,
unfailing hope of his people**

**To you have I lifted up my eyes, you
who dwell in the heavens: My eyes,
like the eyes of slaves on the hands
of their lords.**

**Like the eyes of a servant
on the hand of her mistress,
So our eyes are on the Lord our God
till he show us his mercy.**

**Have mercy on us, Lord, have mercy. We
are filled with contempt. Indeed all too
full is our soul with the scorn of the rich,
with the proud man's disdain.**

**Psalm 123 Our help is in the
name of the Lord**

**"If the Lord had not been on our side,"
this is Israel's song.**

**"If the Lord had not been on our side
when men rose against us,
Then would they have swallowed us alive
when their anger was kindled.**

**Then would the waters have engulfed us, the
torrent gone over us;**

**Over our head would have swept the
raging waters."**

**Blessed be the Lord who did not give us a
prey to their teeth! Our life, like a bird, has
escaped from the snare of the fowler.**

**Indeed the snare has been broken and
we have escaped. Our help is in the name
of the Lord, who made heaven and earth.**

**Psalm 124 The Lord, the
guardian of his people**

**Those who put their trust in the Lord
are like Mount Zion, that cannot be shaken,
that stands forever.**

**Jerusalem! The mountains surround her, so the
Lord surrounds his people both now and forever.**

**For the sceptre of the wicked shall not rest over
the land of the just For fear that the hands of the
just should turn to evil.**

**Do good, Lord, to those who are good,
to the upright of heart;
But the crooked and those who do evil,
drive them away!
On Israel, peace!**

For the rest turn to p. 76.

MONDAY, WEDNESDAY AND FRIDAY

Psalm 118,41-48: VI (Vau)

Meditation on God's law

Lord, let your love come upon me,

the saving help of your promise.
And I shall answer those who taunt me
for I trust **h** your word.
Do not take the word of truth from my mouth
for I trust **h** your decrees.
I shall always keep your law
forever and ever.
I shall walk in the path of freedom
for I seek your precepts.
I will speak of your will before kings
and not be abashed.
Your commands have been my delight;
these I have loved.
I will worship your commands and love them
and ponder your statutes.

Psalm 118,49-56: VII (Zay**n**)

Remember your word to your servant
by which you gave me hope.
This is my comfort in sorrow
that your promise gives me life.
Though the proud may utterly deride me
I keep to your law.
I remember your decrees of old
and these **L**ord, console me.
I am seized with indignation at the wicked
who forsake your law.
Your statutes have become my song
in the land of exile.
I think of your name in the night-time
and I keep your law.
This has been my blessing,
the keeping of your precepts.

Psalm 118,57-64: VIII (Heth)

My part, I have resolved, O Lord, is to
obey your word.

**With all my heart I implore your favor;
show the mercy of your promise.
I have pondered over my ways
and returned to your will.
I made haste and did not delay
to obey your commands.
Though the nets of the wicked ensnared me
I remembered your law.
At midnight I will rise and thank you
for your just decrees.
I am a friend of all who revere you,
who obey your precepts.
Lord, your love fills the earth.
Teach me your statutes.**

For the rest turn to p. 76.

TUESDAY, THURSDAY AND SATURDAY

Psalm 118,129-136: XVII (Pe)

**Your will is wonderful indeed;
therefore I obey it.
The unfolding of your word gives light
and teaches the simple.
I open my mouth and I sigh
as I yearn for your commands.
Turn and show me your mercy;
show justice to your friends.
Let my steps be guided by your promise;
let no evil rule me.
Redeem me from man's oppression
and I will keep your precepts.
Let your face shine on your servant
and teach me your decrees.
Tears stream from my eyes
because your law is disobeyed.**

Psalm 118,137-144: XVIII (Sade)

**Lord, you are just indeed;
your decrees are right.
You have imposed your will with justice
and with absolute truth.
I am carried away by anger
for my foes forget your word.
Your promise is tried hi the fire,
the delight of your servant.
Although I am weak and despised
I remember your precepts.
Your justice is eternal justice
and your law is truth.
Though anguish and distress have seized me,
I delight in your commands.
The justice of your will is eternal:
if you teach me, I shall live.**

Psalm 118|145-152: XIX (Koph)

**I call with all my heart; Lord, hear me,
I will keep your statutes.
I call upon you, save me
and I will do your will.
I rise before dawn and cry for help,
I hope in your word.
My eyes watch through the night
to ponder your promise.
In your love hear my voice, O Lord;
give me life by your decrees.
Those who harm me unjustly draw near:
they are far from your law.
But you, O Lord, are close:
your commands are truth.
Long have I known that your will
is established forever.**

EVERY DAY

Ant. Mary treasured all these things and reflected on them in her heart. Lk. 2,19

READING

Acts 1,14a

ogether they devoted themselves to constant prayer in the company of some women and Mary the mother of Jesus.

IC. Thanks be to God.

V. In your splendor and your majesty

RC Ride on triumphant.

PRAYER

Let us pray.

God of mercy, give us strength. May we who honor the memory of the Mother of God rise above our sins and failings with the help of her prayers. This we ask through Christ our Lord.

The Office of Sex of the Day follows immediately. If by exception, it does not, then the Prayer terminates with the long ending and the following verses:

V. O Lord, hear my prayer,

iy. And let my cry come to you.

y. Let us praise the Lord,

IV. And give him thanks.

NONE

INTRODUCTION

Silent prayer (about the time of a Hail Mary)

Sign of the cross.

O God, come to my assistance.

Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now and will be for ever. Amen.

Alleluia. In Lent: Praise to you, Lord, King of eternal glory.

HYMN

**Remember, Lord our Savior, that for us you once were
born as man from the Virgin's womb.**

**O Mary, Mother of Grace and Steadfast Love,
protect us from the foe and at death's hour.**

**O Mary, Mother of Christ, the Father's Son, give
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**O Virgin blest, with Father, Son and Spirit, be
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**Lord Jesus, Virgin-born, we give you praise, with
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**Remember, O Creator Lord, that in
the Virgin's sacred womb you were
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**Mother of grace, O Mary blest,
merciful Mother, hear our cry: Preserve
us from the devil's power support us
when we come to die.**

**Mary Mother of our Lord, the
Eternal Father's only Son, bring us
timely help and grace when in
prayer to you we run.**

**O Virgin, with your Son divine, with
Father and with Spirit too, be present
when we breathe our last to strengthen
those who trust in you.**

**All glory be to you, O Lord, born
on earth the Virgin's Son; to Father
and to Paraclete while endless ages
run. Amen.**

PSALMODY

Ant. Jesus said to his mother: "Woman, there is your son." In turn he said to the disciple: "There is your mother." Jn. 19,26-27

SUNDAY

**Psalm 125 Joyful
hope in God**

When the Lord delivered Zion from bondage, It seemed like a dream. Then was our mouth filled with laughter, on our lips there were songs.

The heathens themselves said: "What marvels the Lord worked for them!" What marvels the Lord worked for us! Indeed we were glad.

Deliver us, O Lord, from our bondage as streams in dry land. Those who are sowing in tears will sing when they reap.

They go out, they go out, full of tears, carrying seed for the sowing: They come back, they come back, full of song, carrying their sheaves.

**Psalm 126 Apart from God our
labors are worthless**

If the Lord does not build the house, in vain do its builders labor; If the Lord does not watch over the city, in vain does the watchman keep vigil.

**In vain is your earlier rising,
your going later to rest,
you who toil for the bread you eat:
when he pours gifts on his beloved while they
slumber.**

**Truly sons are a gift from the Lord, a
blessing, the fruit of the womb. Indeed the
sons of youth are like arrows in the hand of a
warrior.**

**O the happiness of the man
who has filled his quiver with these arrows!
He will have no cause for shame
when he disputes with his foes in the gateways.**

**Psalm 127 Happiness of
family life rooted in God**

**O blessed are those who fear the Lord
and walk in his ways!**

**By the labor of your hands you shall eat.
You will be happy and prosper;
Your wife like a fruitful vine
in the heart of your house;
Your children like shoots of the olive,
around your table.**

**Indeed thus shall be blessed
the man who fears the Lord.
May the Lord bless you from Zion
all the days of your life!
May you see your children's children
in a happy Jerusalem!
On Israel, peace!**

MONDAY, WEDNESDAY AND FRIDAY

Psalm 118,65-72: IX (Teth)

Meditation on God's law

**Lord, you have been good to your servant
according to your word.
Teach me discernment and knowledge
for I trust in your commands.
Before I was afflicted I went astray
but now I keep your word.
You are good and your deeds are good;
teach me your statutes.
Though proud men smear me with lies
yet I keep your precepts.
Their minds are closed to good
but your law is my delight.
It was good for me to be afflicted,
to learn your statutes.
The law from your mouth means more to me
than silver and gold.**

Psalm 118,73-80: X (Yod)

**It was your hands that made me and shaped me:
help me to learn your commands.
Your faithful will see me and rejoice
for I trust in your word.
Lord, I know that your decrees are right,
that you afflicted me justly.
Let your love be ready to console me
by your promise to your servant.
Let your love come to me and I shall live
for your law is my delight.
Shame the proud who harm me with lies
while I ponder your precepts.
Let your faithful turn to me,
those who know your will.**

**Let my heart be blameless in your statutes
lest I be ashamed.**

Psalm 118,81-88: XI (Caph)

**I yearn for your saving help;
I hope in your word.
My eyes yearn to see your promise.
When will you console me?
Though parched and exhausted with waiting
I remember your statutes.
How long must your servant suffer?
When will you sentence my oppressors?
For me the proud have dug pitfalls,
against your law.
Your commands are all true; then help me
when lies oppress me.
They almost made an end of me on earth
but I kept your precepts.
Because of your love give me life
and I will do your will.**

For the rest turn to p. 83.

TUESDAY, THURSDAY AND SATURDAY

Psalm 118,153-160: XX (Resh)

**See my affliction and save me
for I remember your law.
Uphold my cause and defend me;
by your promise, give me life.
Salvation is far from the wicked
who are heedless of your statutes.
Numberless, Lord, are your mercies;
with your decrees give me life.
Though my foes and oppressors are countless
I have not swerved from your will.**

**I look at the faithless with disgust;
they ignore your promise. See how I
love your precepts; in your mercy
give me life. Your word is founded on
truth: your decrees are eternal.**

Psalm 118,161-168: XXI (Shin)

**Though princes oppress me without cause I
stand in awe of your word. I take delight in
your promise like one who finds a treasure.
Lies I hate and detest but your law is my love.
Seven times a day I praise you for your just
decrees. The lovers of your law have great
peace; they never stumble. I await your
saving help, O Lord, I fulfil your commands.
My soul obeys your will and loves it dearly. I
obey your precepts and your will; all that I
do is before you.**

Psalm 118,169-176: XXII (Tau)

**Lord, let my cry come before you: teach me
by your word. Let my pleading come before
you; save me by your promise. Let my lips
proclaim your praise because you teach me
your statutes. Let my tongue sing your
promise for your commands are just. Let
your hand be ready to help me, since I have
chosen your precepts.**

**Lord, I long for your saving help
and your law is my delight.
Give life to my soul that I may praise you.
Let your decrees give me help.
I am lost like a sheep; seek your servant
for I remember your commands.**

* * *

EVERYDAY

Ant. Jesus said to his mother: "Woman, there is your son." In turn he said to the disciple: "There is your mother." Jn. 19,26-27

READING

Rev 12,2

The woman was with child, and she wailed aloud in pain as she labored to give birth. R/ Thanks be to God.

V/. In embroidered apparel she is borne in to the king.

R/ Behind her the virgins of her train are brought to you. Cf. Ps. 44,15

PRAYER

Let us pray.

A ll-powerful God, preserve us, your children from all dangers by the power of your might, and through the intercession of blessed Mary ever-virgin, let us enjoy both present and future well-being. This we ask through Christ our Lord.

The Office of None of the Day follows immediately. If, by exception, it does not, then the Prayer terminates with the long ending and the following verses:

**y. O Lord, hear my prayer,
If. And let my cry come to you.
V/. Let us praise the Lord!
II. And give him thanks.**

VESPERS

INTRODUCTION

Silent prayer (about the time of a Hail Mary)

Sign of the cross.

O God, come to my assistance.

Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now and will be for ever. Amen.

Alleluia. In Lent: Praise to you, Lord, King of eternal glory.

HYMN

**Hail, Virgin Mary, Star of
the sea, God's holy Mother
and heaven's fair gate.**

**Through Gabriel's Ave you
are the new Eve who restores
what had fallen and brings
lasting peace.**

**Free us from bondage, give
light to the blind; save us
from evil, and pray for our
good.**

**Through you may your Son
receive our prayers; from you he
was born: Be a mother to us.**

**Incomparable Virgin,
meekest of all, make us pure
and gentle and free from our
sins.**

**Make our life holy, our
pilgrimage safe, until we
see Jesus in joy without
end.**

**Let one praise be given to
God the Father,**

**to Christ in his glory
and their Holy Spirit. Amen.**

Alternative version:

**Hail, O star of ocean,
Portal of the sky, Ever-
virgin Mother of the Lord
most high.**

**O by Gabriel's Ave,
uttered long ago, Eva's
name reversing, establish
peace below.**

**Break the captive's fetters,
light on blindness pour, all our
ills expelling, every bliss implore.**

**Show yourself a Mother, offer
him our prayer, who, for us
incarnate, deigned your flesh to
share.**

**Virgin of all virgins, meekest of
the mild, free from guilt preserve
us, meek and undefiled.**

**Still as on we journey help
our weak endeavor, till with
you and Jesus we rejoice for
ever.**

**Through the highest heaven to
the almighty Three, Father, Son
and Spirit, one same glory be.
Amen.**

PSALMODY

**Ant. As a lily among thorns, so is my beloved
among women. Cant. 2,2**

Psalm 109 The
Messiah king and priest

The Lord's revelation to my Master:
"Sit on my right:
your foes I will put beneath your feet."

The Lord will wield from Zion
your sceptre of power:
rule in the midst of all your foes.

A prince from the day of your birth
on the holy mountains;
from the womb before the dawn I begot you.

The Lord has sworn an oath he will not change.
"You are a priest forever,
a priest like Melchizedek of old."

The Master standing at your right hand will
shatter kings in the day of his wrath.

He, the Judge of the nations,
will heap high the bodies;
heads shall be shattered far and wide.

He shall drink from the stream by the wayside
and therefore he shall lift up his head.

Psalm 112 Praise the
name of the Lord

Praise, O servants of the Lord,
praise the name of the Lord!
May the name of the Lord be blessed
both now and forevermore!
From the rising of the sun to its setting
praised be the name of the Lord!

High above all nations is the Lord,
above the heavens his glory.

**Who is like the Lord, our God, who has risen
on high to his throne Yet stoops from the
heights to look down, to look down upon
heaven and earth?**

**From the dust he lifts up the lowly, from the
dungheap he raises the poor To set him in the
company of princes, yes, with the princes of
his people. To the childless wife he gives a
home and gladdens her heart with children.**

**Psalm 121 The holy
city, Jerusalem**

**I rejoiced when I heard them say: "Let
us go to God's house." And now our feet
are standing within your gates, O
Jerusalem.**

**Jerusalem is built as a city
strongly compact. It is there that
the tribes go up, the tribes of the
Lord.**

**For Israel's law it is, there to praise the
Lord's name. There were set the thrones of
judgment of the house of David.**

**For the peace of Jerusalem pray:
"Peace be to your homes! May peace
reign in your walls, in your palaces,
peace!"**

**For love of my brethren and Mends I say:
"Peace upon you!" For love of the house of
the Lord I will ask for your good.**

**Psalm 126 Apart from God our
labors are worthless**

**If the Lord does not build the house, in vain
do its builders labor; if the Lord does not
watch over the city, in vain does the
watchman keep vigil.**

**In vain is your earlier rising,
your going later to rest,
You who toil for the bread you eat:
when he pours gifts on his beloved while they
slumber.**

**Truly sons are a gift from the Lord, a
blessing, the fruit of the womb. Indeed the
sons of youth are like arrows in the hand of
a warrior.**

**O the happiness of the man
who has filled his quiver with these arrows!
He will have no cause for shame
when he disputes with his foes in the gateways.**

**Psalm 147 The
restoration of Jerusalem**

**O praise the Lord, Jerusalem!
Zion, praise your God!**

**He has strengthened the bars of your gates, he has
blessed the children within you. He established peace
on your borders, he feeds you with finest wheat.**

**He sends out his word to the earth and
swiftly runs his command. He showers
down snow white as wool, he scatters hoar-
frost like ashes.**

He hurls down hailstones like crumbs. The waters are frozen at his touch; He sends forth his word and it melts them: at the breath of his mouth the waters flow.

He makes his word known to Jacob, to Israel his laws and decrees. He has not dealt thus with other nations; he has not taught them his decrees.

Ant. As a lily among thorns, so is my beloved among women. Cant. 2,2

READING

Sir. 24,13-14

Like a cedar on Lebanon I am raised aloft, like a cypress on Mount Hermon, like a palm tree in Engedi, like a rosebush in Jericho. **R** Thanks be to God. **V** Hail Mary, full of grace, **R** The Lord is with you. **Lk.** 1,28

GOSPEL **C**ANTICLE

Ant. You are all-beautiful, my beloved, and there is no blemish in you. Cant. 4,7

Magnificat

Lk. 1,46-55

**My soul magnifies the Lord,
and my spirit rejoices in God my Savior,
for he has regarded the low estate**

of his handmaiden.

For behold, henceforth all generations

will call me blessed;

for he who is mighty has done great things for me, and holy is his name. And his mercy is on those who fear him from generation to generation.

He has shown strength with his arm,
 he has scattered the proud in the imagination
 of their hearts,
 he has put down the mighty from their thrones, and
 exalted those of low degree; he has filled the hungry
 with good things, and the rich he has sent empty
 away. He has helped his servant Israel, in
 remembrance of his mercy, as he spoke to our fathers,
 to Abraham and to his posterity for ever.

Ant You are all-beautiful, my beloved, and there is
 no blemish in you. Cant. 4,7

PRAYER

Let us pray.

Father, you gave the human race eternal salvation
 through the motherhood of the Virgin Mary. May
 we experience the help of her prayers in our lives, for
 through her we received the very source of life, your
 Son, our Lord Jesus Christ, who lives and reigns with
 you and the Holy Spirit, one God, for ever and ever.

R Amen.

V. O Lord, hear my prayer,

R And let my cry come to you.

V Let us praise the Lord,

R And give him thanks.

COMPLINE OF THE DAY

This Office precedes Compline of the B. Virgin.

INTRODUCTION

Silent prayer. Examination of conscience.

I confess to God that I have sinned exceedingly by my fault through pride, in my thoughts and in my words, in what I have done and in what I have failed to do; I ask blessed Mary and all the saints to pray for me.

May almighty God have mercy on me through the intercession of blessed Mary and all the saints. May he forgive me all my sins and lead me to everlasting life.

Sign of the cross.

Restore us, O God our savior,

And abandon your displeasure against us. Ps. 84,5

Glory to the Father, and to the Son, and to the Holy Spirit.

**As it was in the beginning, is now and will be for ever.
Amen.**

Alleluia. In Lent: Praise to you, Lord, King of eternal glory.

HYMN

**O Christ, you are true day, who
scatter the dark of night; Light from
Light, you lead us to light that has no
end.**

**We ask you, Lord, defend us and be
yourself our rest, and may the night
approaching be one of calm and
peace.**

**Lest troubled sleep disturb us, or
demon catch off guard, and passion
yield to prompting and we be charged
with guilt:**

While eyes are closed in sleep let hearts keep constant watch. May your protection keep us, who serve you, Lord, with love.

Stand by us, our defender! Ward off all attacks. Guide us, your faithful servants, purchased with your blood.

Remember us, O Lord! The body weighs us down. Keep our souls in safety and never leave us, Lord.

Glory to God the Father and to his only Son, as to the Holy Spirit, both now and evermore. Amen.

THE DOXOLOGY FOR THE DIFFERENT LITURGICAL SEASONS

From Christmas Day until Epiphany exclusive:

Glory to you, Lord, Born of a virgin, To the Father and the Spirit, Through endless ages. Amen.

From the Epiphany until the Baptism of our Lord inclusive:

Glory to you, Lord, who showed yourself today; to the Father and the Spirit, through endless ages. Amen.

From Easter Sunday until the Ascension exclusive:

Glory to you, Lord, risen from the dead, to the Father and the Spirit, through endless ages. Amen.

From the Ascension until Pentecost exclusive:

Glory to you, Lord, who ascended above the stars; to the Father and the Spirit, through endless ages. Amen.

Pentecost Sunday and Monday:

Praise be to the Father, to the Son, and also to the Holy Counselor;

may the Son send us
the gifts of the Holy Spirit. Amen.

Alternative version:

**O Christ, true Light, eternal Day, you
chase night's darkness far away; O
splendor of the Father's light, you show
his glories to our sight.**

**O holy Lord, hear our request: Defend
us through the nightly hours. O may it be
upon your breast that peaceful sleep and
rest be ours.**

**Drive far the heavy sleep of sin lest
the untiring foe steal in, and with his
foul and deadly guile the weak
consenting flesh defile.**

**Grant while our eyes are closed in sleep our
hearts may watch continually, and let your
arm securely keep each one of this your
family.**

**O Christ our Savior, you behold our enemy
both sly and bold; defend and guide your
servants whom your Precious Blood redeemed
from doom.**

**Forget us not, O blessed Lord, weighed
down with body, flesh and sin. O Jesus, of
our souls the guard, preserve our hearts
and dwell therein.**

**All glory to the Father be, to Son be glory
equally, whom with the Spirit we adore, one
God both now and evermore. Amen.**

THE DOXOLOGY FOR THE DIFFERENT LITURGICAL SEASONS

From Christmas until Epiphany exclusive:

**We praise you, Christ, of David's stem, of
Virgin born in Bethlehem, who with the
Father reign above, in the one Spirit, One in
Love. Amen.**

From the Epiphany until the Baptism of our Lord inclusive:

We praise you, Christ, Eternal Light, whose glory now transforms our night, who with the Father reign above, in the one Spirit, One in Love. Amen.

From Easter Sunday until the Ascension exclusive:

O Lion of Judah, praise to you! who shatter death, and life renew! who with the Father reign above, in the one Spirit, One in Love. Amen.

From the Ascension until Pentecost exclusive:

We praise you, Christ, whose battle scars have raised mankind above the stars! who with the Father reign above, in the one Spirit, One in Love. Amen.

Pentecost Sunday and Monday:

May Jesus, who for us has died and risen, at the Father's side now send the Spirit to make us free! All praise to you, O Trinity. Amen.

PSALMODY

Ant. **Alleluia.**

Ant. in Lent: **Into your hands, O Lord, I commend my spirit. Ps. 30,6**

Psalm 4 Thanksgiving

**When I call, answer me, O God of justice;
from anguish you released me,
have mercy and hear me!**

**O men, how long will your hearts be closed,
will you love what is futile and seek what is false?**

**It is the Lord who grants favors
to those whom he loves;
the Lord hears me whenever I call him.**

**Fear him; do not sin: ponder on your bed and be still.
Make justice your sacrifice and trust in the Lord.**

"What can bring us happiness?" many say.

Lift up the light of your face on us, O Lord.

**You have put into my heart a greater joy than
they have from abundance**

of corn and new wine.

**I will lie down in peace and sleep comes at once for
you alone, Lord, make me dwell in safety.**

**Psalm 90 Safe in God's
sheltering care**

**He who dwells in the shelter of the Most High and
abides in the shade of the Almighty Says to the Lord:
"My refuge, my stronghold, my God in whom I trust!"**

**It is he who will free you from the snare of
the fowler who seeks to destroy you; He will
conceal you with his pinions and under his
wings you will find refuge.**

**You will not fear the terror of the night nor
the arrow that flies by day, Nor the plague
that prowls in the darkness nor the scourge
that lays waste at noon.**

**A thousand may fall at your side, ten
thousand fall at your right, You, it will
never approach; his faithfulness is
buckler and shield.**

**Your eyes have only to look
to see how the wicked are repaid,
You who have said: "Lord, my refuge!"
and have made the Most High your dwelling.**

**Upon you no evil shall fall, no plague
approach where you dwell. For you has
he commanded his angels, to keep you in
all your ways.**

They shall bear you upon their hands lest you strike your foot against a stone. On the lion and the viper you will tread and trample the young lion and the dragon.

**Since he clings to me in love, I will free him; protect him for he knows my name.
When he calls I shall answer: "I am with you."
I will save him in distress and give him glory.
With length of life I will content him;
I shall let him see my saving power.**

**Psalm 133 Evening
prayer in the Temple**

**O come, bless the Lord,
all you who serve the Lord,
Who stand in the house of the Lord,
in the courts of the house of our God.
Lift up your hands to the holy place
and bless the Lord through the night.**

**May the Lord bless you from Zion, he
who made both heaven and earth.**

Ant. Alleluia.

**Ant. in Lent: Into your hands, O Lord, I commend my
spirit. Ps. 30,6**

READING

Jer. 14,9

**You are in our midst, O Lord, your name we bear; do
not forsake us, O Lord, our God. R. Thanks be to
God.**

**V. Keep us, O Lord, as the apple of your eye, R. Hide
us in the shadow of your wings. (Alleluia, alleluia.) Ps.
16,8**

PROFESSION OF FAITH

The Apostles' Creed

We believe in God, the Father almighty, creator of heaven and earth.

We believe in Jesus Christ, his only Son, Our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. We believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

PRAYERS OF INTERCESSION

Lord, have mercy (3). Christ, have mercy (3). Lord, have mercy (3).

Silent prayer (Our Father, Hail Mary).

Blessed are you, O Lord, the God of our fathers, And praiseworthy, and glorious, and exalted above all for ever. Dan. 3, 52

Let us bless the Father and the Son with the Holy Spirit; Let us praise and exalt him above all for ever.

Blessed are you, O Lord, in the firmament of heaven;

**And praiseworthy, and glorious, and exalted above all
for ever. Dan. 3,56**

May the all-powerful God bless us. Amen.

**Keep us this night, Lord,
From all sin.**

**Lord, show us your love and mercy, For
we put our trust in you. Ps. 32,22**

**Let your priests be clothed with holiness; Let
your faithful ring out their joy. Ps. 131,9**

Lord, assist those who govern;

Answer us when we call upon you. Cf. Ps. 19,10

**Save your people, Lord, bless your heritage; Ps. 27,9 Be
their shepherd and carry them for ever.**

**Grant us to live in peace under your protection; Keep
our hearts free from care. Cf. Ps. 121,7**

**Be mindful of the faithful who have died. Grant them
eternal rest, O Lord, and may your light shine on them
for ever.**

**Lord, remember our brothers who are absent. Take
care of them for they put their trust in you.**

**Lord, be generous to our benefactors. Grant them
everlasting life for the sake of your holy name.**

**Have compassion on those who suffer or are held in
captivity.**

**Deliver them, O God of Israel, from all their
tribulations. Cf. Ps. 24,22**

Draw us back to yourself, O Lord, our God.

Show us your face and we shall be saved. Cf. Ps. 79,4

On days when we kneel for the Prayers of Intercession,

unless it be a feast of 3 lessons, Ps. 50 is said. The Converse and Donates are not obliged to. The nuns may say another psalm of their choice.

**Psalm 50 O God, have mercy
on me (Miserere)**

Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin.

My offences truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done.

That you may be justified when you give sentence and be without reproach when you judge. O see, in guilt I was born, a sinner was I conceived.

Indeed you love truth in the heart; then in the secret of my heart teach me wisdom. O purify me, then I shall be clean; O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness, that the bones you have crushed may thrill. From my sins turn away your face and blot out all my guilt.

A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit.

Give me again the joy of your help; with a spirit of fervor sustain me, That I may teach transgressors your ways, and sinners may return to you.

O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

For in sacrifice you take no delight, burnt
offering from me you would refuse. My sacrifice,
a contrite spirit. A humbled, contrite heart you
will not spurn.

In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
burnt offerings wholly consumed,
then you will be offered young bulls on your altar.

PRAYER

Let us pray.

The recitation of the prayers on the days indicated is not obligatory.

Sunday:

Lord, we beg you to visit this house and banish
from it all the deadly power of the enemy. May
your holy angels dwell here to keep us in peace, and
may your blessing be upon us always. This we ask...

On feasts of 12 lessons in Octaves, and on the Vigil of
Christmas

Father, may we be attentive to your Holy Spirit who
dwells within us. May he be present in our silence
and watch over us as we sleep. This we ask...

Monday, Wednesday, Friday:

Stay with us, Lord, during this night. May we
eagerly await the first light of day to spend it in
praising you. This we ask...

Tuesday, Thursday, Saturday

Father, we are tired after the day's work. Send peaceful sleep to refresh us so that, in Christ we may rise from sleep in the vigor of your Spirit. This we ask...

COMPLINE OF THE BLESSED VIRGIN

INTRODUCTION

Silent prayer (about the time of a Hail Mary).

**Restore us, O God our savior,
And abandon your displeasure against us. Ps. 84,5 Glory to the
Father, and to the Son, and to the Holy Spirit. As it was in the
beginning, is now, and will be forever. Amen. Alleluia. In Lent:
Praise to you, Lord, King of eternal glory.**

HYMN

**Remember, Lord our Savior, that for us you once were
born as man from the Virgin's womb.**

**O Mary, Mother of Grace and Steadfast Love,
protect us from the foe and at death's hour.**

**O Mary, Mother of Christ, the Father's Son, give
help to all who have recourse to you.**

**O Virgin blest, with Father, Son and Spirit, be
present and grant comfort when we die.**

**Lord Jesus, Virgin-born, we give you praise, with
Father and Holy Spirit eternally. Amen. Alternative
version**

**Remember, O Creator Lord, that in the
Virgin's sacred womb you were
conceived, and of her flesh did our
mortality assume.**

**Mother of grace, O Mary blest, merciful
Mother, hear our cry: Preserve us from
the devil's power support us when we
come to die.**

**Mary, Mother of our Lord, the
Eternal Father's only Son, bring us
timely help and grace when in prayer
to you we run.**

**O Virgin, with your Son divine, with
Father and with Spirit too, be present
when we breathe our last to strengthen
those who trust in you.**

**All glory be to you, O Lord, born on
earth the Virgin's Son; to Father and
to Paraclete while endless ages run.
Amen.**

PSALMODY

Ant. I will put enmity between you and the woman; she will crush your head. Gen. 3,15

**Psalm 4
Thanksgiving**

**When I call, answer me, O God of justice; from anguish you released me,
have mercy and hear me!**

**O men, how long will your hearts be closed,
will you love what is futile and seek what is false?**

**It is the Lord who grants favors
to those whom he loves;
the Lord hears me whenever I call him.**

**Fear him; do not sin: ponder on your bed and be still.
Make justice your sacrifice and trust in the Lord.**

**"What can bring us happiness?" many say.
Lift up the light of your face on us, O Lord.**

**You have put into my heart a greater joy than
they have from abundance**

of corn and new wine.

**I will lie down in peace and sleep comes at once
for you alone, Lord, make me dwell in safety.**

**Psalm 30,2-6 Trustful
prayer in adversity**

**In you, O Lord, I take refuge. Let me
never be put to shame. In your
justice, set me free, hear me and
speedily rescue me.**

**Be a rock of refuge for me,
a mighty stronghold to save me,
For you are my rock, my stronghold.
For your name's sake, lead me and guide me.**

**Release me from the snares they have hidden
for you are my refuge, Lord.
Into your hands I commend my spirit.
It is you who will redeem me, Lord.**

Psalm 133 Evening prayer in the Temple

**O come, bless the Lord,
all you who serve the Lord,
Who stand in the house of the Lord,
in the courts of the house of our God.
Lift up your hands to the holy place
and bless the Lord through the night.**

**May the Lord bless you from Zion, he
who made both heaven and earth.**

**Ant. I will put enmity between you and the
woman; she will crush your head. Gen. 3,15**

READING

Rev. 12,1

**A great sign appeared in the sky, a woman
clothed with the sun, with the moon under her feet,
and on her head a crown of twelve stars. R Thanks be
to God. V God will help her by his presence R God is
within her, she cannot be shaken. Ps. 45,6**

GOSPEL CANTICLE

**Ant. The queen takes her place at your right hand in
gold of Ophir. Ps. 44,10**

Nunc dimittis

Lk. 2,29-32

Lord, now you let your servant go in peace; your word has been fulfilled: my own eyes have seen the salvation which you have prepared in the sight

**of every people:
a light to reveal you to the nations and the glory of your people Israel.**

Ant. The queen takes her place at your right hand in gold of Oper**. Ps. 44,10**

PRAYER

Let us pray.

Lord, take away the sins of your people. May the prayers of Mary the mother of your Son **help** us, for alone and unaided we cannot hope to please you. This we ask...

* * *

One may say here the short ending and the devotional antiphon and prayer which follow, with the gospel reading; or one may say the long ending and pass directly to the concluding verses and the Salve Regina below.

Ant. Holy Mary, you are the help of the unfortunate and the strength of the weak. Console the afflicted, pray for all people, intercede for men and women consecrated to God. Let all those who remember you with devotion experience your help. **V Accept my praise, O holy Virgin, **R** Give me strength against your enemies.**

PRAYER

Let us pray.

Lord God, give to **y**our people the **j**oy of continual health in mind and body. With the prayers of

the Virgin Mary to help us, guide us through the sorrows of this life to eternal happiness in the life to come. This we ask...

Silent prayer (about the time of 3 Our Fathers and 3 Hail Marys.

GOSPEL

Jn. 1,1-14

± Beginning of the holy gospel according to John. **R/**

Glory to you, Lord.

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God; all things were made through him, and without him was not anything made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it.

There was a man sent from God, whose name was John. He came for testimony, to bear witness to the light, that all might believe through him. He was not the light, but came to bear witness to the light.

The true light that enlightens every man was coming into the world. He was in the world, and the world was made through him, yet the world knew him not. He came to his own home, and his own people received him not. But to all who received him, who believed in his name, he gave power to become children of God; who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.

And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father.

R/ Amen.

ANT.

Cf. Ps. 64,1

You are worthy of praise, you are worthy of hymns. To you, O God, Father, Son and Holy Spirit, be glory for ever and ever. Amen.

PRAYER (Any one of the following may be said.)

All-powerful God, renew us by the incarnation of your Son and free us from our slavery to sin. This we ask...

God, light of all nations, give us the joy of lasting peace. Just as once you enlightened the minds of the Magi, so fill our hearts with your radiant light, Jesus Christ our Lord, who lives and reigns...

God our Father and protector, without you nothing is holy, nothing has value. Guide us to everlasting life by helping us to use wisely the blessings you have given to the world. This we ask...

*

CONCLUSION

V. O Lord, hear my prayer, R. And let my cry come to you. V. Let us praise the Lord, R. And give him thanks.

V. May the souls of all the faithful departed through the mercy of God rest in peace. R. Amen.

ANTHEM **SALVE REGINA**

Hail, Queen of mercy, (Here we take veniam.) the sweetness of our life and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs,

mourning and weeping in this vale of tears.
 Turn then, most gracious advocate,
 your eyes of mercy toward us,
 and after this exile
 Show merciful to us the blessed fruit of your womb,
 Jesus.
 O clement, O loving, O sweet Virgin Mary.

Those who wish may add the **V.** and one of the prayers
 which follow:

y. Hail Mary, full of grace, **IV.**
 The Lord is with you

PRAYER

Let us pray.

Lord, take away the sins of your people. May the
 prayers of Mary the mother of your Son help us,
 for alone and unaided we cannot hope to please
 you.
 This we ask...

1.

Lord, receive the prayers of your Church so that it
 may serve you in freedom, safe from all
 adversity and error. This we ask...

2.

In your love for us, Lord, show us your mercy. Deliver
 us from our sins and from the punishment we
 deserve. Grant us peace in our time and preserve us
 from all adversity. This we ask...

3.

The Office of the Day

PRIME

INTRODUCTION

Silent prayer (Our Father, Hail Mary)

Sign of the cross. (If no other Office precedes this.)

O God, come to my assistance.

Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now and will be for ever. Amen.

Alleluia. In Lent: Praise to you, Lord, King of eternal glory.

HYMN

**Now the sun has risen let us
ask our God in all we do
today to keep us safe from
harm.**

**May he guard our every word that
discord not arise, and also shield our
eyes from seeing what is vain.**

**Keep pure our inmost heart, sin's folly
far away, while temperance in food and
drink restrains unchecked desire.**

**So that as day declines and
night again draws near, made
clean through self-denial we may
sing your praise.**

**Glory to God the Father and to his
only Son, as to the Holy Spirit, both
now and evermore. Amen.**

THE DOXOLOGY FOR THE DIFFERENT LITURGICAL SEASONS

From Christmas Day until Epiphany exclusive:

**Glory to you, Lord, Born of a
virgin, To the Father and the
Spirit, Through endless ages.
Amen.**

From the Epiphany until the Baptism of our Lord inclusive:

**Glory to you, Lord, who showed
yourself today; to the Father and
the Spirit, through endless ages.
Amen.**

From Easter Sunday until the Ascension exclusive:

**Glory to you, Lord, risen from
the dead, to the Father and the
Spirit, through endless ages.
Amen.**

From the Ascension until Pentecost exclusive:

**Glory to you, Lord, who ascended
above the stars; to the Father and the
Spirit, through endless ages. Amen.**

Pentecost Sunday and Monday:

**Praise be to the Father, to the Son, and also
to the Holy Counselor; may the Son send us
the gifts of the Holy Spirit. Amen.**

Alternative version:

**The star of morn to night succeeds; we
therefore humbly pray: may God, in all
our words and deeds, keep us from harm
this day.**

**May he in love our tongue restrain lest
words of strife our speech should stain, and
wrap around and close our eyes to earth's
absorbing vanities.**

**May every heart be pure from sin and
folly find no place therein; excess of food
and drink denied wear down in us the
body's pride.**

**So when the weary day is o'er and night and
stillness come once more, we, free from cares
the world affords, may chant the praise that is
our Lord's.**

**All praise to God the Father be, to Son and
Spirit equally; three Persons yet in Godhead
One, unchanged while endless ages run.
Amen.**

THE DOXOLOGY FOR THE DIFFERENT LITURGICAL SEASONS

From Christmas until Epiphany exclusive:

**We praise you, Christ, of David's stem, of Virgin
born in Bethlehem, who with the Father reign
above, in the one Spirit, One in Love. Amen.**

From the Epiphany until the Baptism of our Lord inclusive:

**We praise you, Christ, Eternal Light,
whose glory now transforms our night, who
with the Father reign above, in the one
Spirit, One in Love. Amen.**

From Easter Sunday until the Ascension exclusive:

**O Lion of Judah, praise to you! who
shatter death, and life renew! who with the
Father reign above, in the one Spirit, One in
Love. Amen.**

From the Ascension until Pentecost exclusive:

**We praise you, Christ, whose battle scars have
raised mankind above the stars! who with the
Father reign above, in the one Spirit, One in
Love. Amen.**

Pentecost Sunday and Monday:

**May Jesus, who for us has died and risen,
at the Father's side now send the Spirit to
make us free! All praise to you, O Trinity.
Amen.**



PSALMODY

SUNDAY Ant.

Alleluia (4 times).

**Psalm 118,1-8: I (Aleph)
Meditation on God's law**

**They are happy whose life is blameless,
who follow God's law!**

**They are happy who do his will,
seeking him with all their hearts,
Who never do anything evil
but walk in his ways.**

**You have laid down your precepts
to be obeyed with care.**

**May my footsteps be firm
to obey your statutes.**

**Then I shall not be put to shame
as I heed your commands.**

**I will thank you with an upright heart
as I learn your decrees.**

**I will obey your statutes:
do not forsake me.**

Psalm 118,9-16: II (Beth)

How shall the young remain sinless?

By obeying your word.

**I have sought you with all my heart:
let me not stray from your commands.**

**I treasure your promise in my heart
lest I sin against you.**

**Blessed are you, O Lord;
teach me your statutes.**

**With my tongue I have recounted
the decrees of your lips.**

**I rejoiced to do your will
as though all riches were mine.
I will ponder all your precepts
and consider your paths.
I take delight in your statutes;
I will not forget your word.**

Psalm 118,17-24: III (Gimel)

**Bless your servant and I shall live
and obey your word.
Open my eyes that I may consider
the wonders of your law.
I am a pilgrim on the earth;
show me your commands.
My soul is ever consumed
in longing for your decrees.
You threaten the proud, the accursed
who turn from your commands.
Relieve me from scorn and contempt
for I do your will.
Though princes sit plotting against me
I ponder on your statutes.
Your will is my delight;
your statutes are my counsellors.**

Psalm 118,25-32: IV (Daleth)

**My soul lies in the dust;
by your word revive me.
I declared my ways and you answered:
teach me your statutes.
Make me grasp the way of your precepts
and I will muse on your wonders.
My soul pines away with grief;
by your word raise me up.
Keep me from the way of error
and teach me your law.**

**I have chosen the way of truth
with your decrees before me.
I bind myself to do your will;
Lord, do not disappoint me.
I will run the way of your commands;
you give freedom to my heart.**

Ant. Alleluia (4).

For the rest turn to page 134.

MONDAY Ant. Serve

the Lord with awe. Ps. 2, 11

**Psalm 1 There are two
ways a man may take**

**Happy indeed is the man
who follows not the counsel of the wicked;
Nor lingers in the way of sinners
nor sits in the company of scorners,
But whose delight is the law of the Lord
and who ponders his law day and night.**

**He is like a tree that is planted beside the
flowing waters, That yields its fruit in
due season and whose leaves shall never
fade; And all that he does shall prosper.
Not so are the wicked, not so!**

**For they like winnowed chaff
shall be driven away by the wind.
When the wicked are judged they shall not stand,
nor find room among those who are just;
For the Lord guards the way of the just
but the way of the wicked leads to doom.**

**Psalm 2 The Messiah,
king and conqueror**

Why this tumult among nations,
among peoples this useless murmuring?
They arise, the kings of the earth,
princes plot against the Lord and his Anointed.

■ Come, let us break their fetters,
come, let us cast off their yoke. ■

He who sits in the heavens laughs; the
Lord is laughing them to scorn. Then he
will speak in his anger, his rage will
strike them with terror. "It is I who
have set up my king on Zion, my holy
mountain. ■

I will announce the decree of the Lord: The Lord
said to me: "You are my Son. It is I who have
begotten you this day. Ask and I shall bequeath
you the nations, put the ends of the earth in your
possession. With a rod of iron you will break
them, shatter them like a potter's jar."

Now, O kings, understand,
take warning, rulers of the earth;
Serve the Lord with awe
and trembling, pay him your homage
Lest he be angry and you perish;
for suddenly his anger will blaze.
Blessed are they who put their trust in God.

**Psalm 6 A suffering man
cries to God for mercy**

Lord, do not reprove me in your anger;
punish me not, in your rage.
Have mercy on me, Lord, I have no strength;

Lord, heal me, my body is racked; my soul is racked with pain.

**But you, O Lord... how long?
Return, Lord, rescue my soul.
Save me in your merciful love;
for in death no one remembers you;
from the grave, who can give you praise?**

**I am exhausted with my groaning;
every night I drench my pillow with tears;
I bedew my bed with weeping.
My eye wastes away with grief;
I have grown old surrounded by my foes.**

Leave me, all you who do evil; for the Lord has heard my weeping. The Lord has heard my plea; The Lord will accept my prayer. All my foes will retire in confusion, foiled and suddenly confounded.

Ant. Serve the Lord with awe. Ps. 2, 11 For
the rest turn to page 134.

TUESDAY Ant. Lord God, I

take refuge in you. Ps. 7, 1 t

**Psalm 7
Prayer of a God-fearing man who
is being calumniated**

**Lord God, I take refuge in you. t
From my pursuer save me and rescue me,
Lest he tear me to pieces like a lion
and drag me off with no one to rescue me.**

Lord God, if my hands have done wrong, if I have paid back evil for good, I who saved my unjust oppressor: Then let my foe pursue me and seize me, let him trample my life to the ground and lay my soul in the dust.

**Lord, rise up in your anger,
rise against the fury of my foes;
my God, awake! You will give judgment.
Let the company of nations gather round you,
taking your seat above them on high.
The Lord is judge of the peoples.**

**Give judgment for me, Lord; I am just
and innocent of heart.
Put an end to the evil of the wicked!
Make the just stand firm,
you who test mind and heart,
O just God!**

**God is the shield that protects me,
who saves the upright of heart.
God is a just judge
slow to anger;
But he threatens the wicked every day,
men who will not repent.**

**God will sharpen his sword;
he has braced his bow and taken aim.
For them he has prepared deadly weapons;
he bars his arrows with fire.
Here is one who is pregnant with malice,
conceives evil and brings forth lies.**

**He digs a pitfall, digs it deep;
and in the trap he has made he will fall.
His malice will recoil on himself;
on his own head his violence will fall.**

**I will thank the Lord for his justice: I will
sing to the Lord, the Most High.**

**Psalm 8 The majesty of the
Lord and man's dignity**

**How great is your name, O Lord our God,
through all the earth!**

**Your majesty is praised above the heavens; on the
lips of children and of babes you have found
praise to foil your enemy, to silence the foe and
the rebel.**

**When I see the heavens, the work of your hands, The
moon and the stars which you arranged, What is man
that you should keep him in mind, mortal man that
you care for him?**

**Yet you have made him little less than a god; with
glory and honor you crowned him, Gave him power
over the works of your hand, put all things under his
feet.**

**All of them, sheep and cattle,
yes, even the savage beasts,
Birds of the air, and fish
that make their way through the waters.**

**How great is your name, O Lord our God,
through all the earth!**

**Psalm 9 | A
Thanksgiving for victory**

**I will praise you, Lord, with all my heart;
I will recount all your wonders.
I will rejoice in you and be glad,
and sing psalms to your name, O Most High.**

**See how my enemies turn back,
how they stumble and perish before you.**

You upheld the justice of my cause; you sat enthroned, judging with justice.

You have checked the nations, destroyed the wicked; you have wiped out their name forever and ever. The foe is destroyed, eternally ruined. You uprooted their cities; their memory has perished.

But the Lord sits enthroned forever. He has set up his throne for judgment; He will judge the world with justice, he will judge the peoples with his truth.

For the oppressed let the Lord be a stronghold, a stronghold in times of distress. Those who know your name will trust you: you will never forsake those who seek you.

Sing psalms to the Lord who dwells in Zion. Proclaim his mighty works among the peoples; For the Avenger of blood has remembered them, has not forgotten the cry of the poor.

Have pity on me, Lord, see my sufferings, you who save me from the gates of death; That I may recount all your praise at the gates of the city of Zion and rejoice in your saving help.

The nations have fallen in the pit which they made, their feet caught in the snare they laid. The Lord has revealed himself, and given judgment. The wicked are snared

in the work of their own hands.

Let the wicked go down among the dead, all the nations forgetful of God. For the needy shall not always be forgotten nor the hopes of the poor be in vain.

Ant. Lord God, I take refuge in you. Ps. 7,1

For the rest turn to page 134.

WEDNESDAY

Ant. Arise, Lord, let men not prevail. Ps. 9,20 ±

Psalm 9 B Thanksgiving

Arise, Lord, let men not prevail! t Let the nations be judged before you. Lord, strike them with terror, let the nations know they are but men.

Lord, why do you stand afar off and hide yourself in tunes of distress? The poor man is devoured by the pride of the wicked: he is caught in the schemes that others have made.

For the wicked man boasts of his heart's desires; the covetous blasphemes and spurns the Lord. In his pride the wicked says: "He will not punish. There is no God. ■ Such are his thoughts.

His path is ever untroubled; your judgment is far from his mind. His enemies he regards with contempt. He thinks: ■ Never shall I falter: misfortune shall never be my lot."

His mouth is full of cursing, guile, oppression, mischief and deceit under his tongue. He lies in wait among the reeds; the innocent he murders in secret.

His eyes are on the watch for the helpless man. He lurks in hiding like a lion in his lair; He lurks in hiding to seize the poor; he seizes the poor man and drags him away.

He crouches, preparing to spring, and the helpless fall beneath his strength.

He thinks in his heart: "God forgets, he hides his face, he does not see."

Arise then, Lord, lift up your hand!

O God, do not forget the poor!

Why should the wicked spurn the Lord and think in his heart: "He will not punish?"

But you have seen the trouble and sorrow, you note it, you take it in hand. The helpless trusts himself to you; for you are the helper of the orphan.

Break the power of the wicked and the sinner! Punish his wickedness till nothing remains! The Lord is king forever and ever. The heathen shall perish from the land he rules.

Lord, you hear the prayer of the poor; you strengthen their hearts; you turn your ear To protect the rights of the orphan and oppressed: so that mortal man may strike terror no more.

Psalm 10 God is the unfailing support of the just

In the Lord I have taken my refuge. How can you say to my soul: "Fly like a bird to its mountain.

See the wicked bracing their bow; they are fixing their arrows on the string To shoot upright men in the dark.

Foundations once destroyed, what can the just do?"

The Lord is in his holy temple, the Lord, whose throne is in heaven. His eyes look down on the world; his gaze tests mortal men.

The Lord tests the just and the wicked: the lover of violence he hates.

He sends fire and brimstone on the wicked; he sends a scorching wind as their lot.

The Lord is just and loves justice: the upright shall see his face.

Psalm 11 Arise for God's help against powerful oppressors

Help, O Lord, for good men have vanished: truth has gone from the sons of men.

Falsehood they speak one to another, with lying lips, with a false heart.

May the Lord destroy all lying lips, the tongue that speaks high-sounding words, Those who say: "Our tongue is our strength; our lips are our own, who is our master?"

For the poor who are oppressed and the needy who groan I myself will arise, says the Lord. "I will grant them the salvation for which they thirst." The words of the Lord are words without alloy, silver from the furnace, seven times refined.

It is you, O Lord, who will take us in your care and protect us forever from this generation. See how the wicked prowl on every side, while the worthless are prized highly

by the sons of men.

Ant. Arise, Lord, let men not prevail. Ps. 9,20 For the rest turn to page 134.

THURSDAY Ant. Let me sing to the Lord for his goodness to

me. Ps. 12,7

Psalm 12

The lament of the just man who
does not lose hope in God

How long, O Lord, will you forget me? How long will you hide your face? How long must I bear grief in my soul, this sorrow in my heart day and night? How long shall my enemy prevail?

Look at me, answer me, Lord my God! Give light to my eyes lest I fall asleep in death, Lest my enemy say: "I have overcome him"; lest my foes rejoice to see my fall.

As for me, I trust in your merciful love. Let my heart rejoice in your saving help: Let me sing to the Lord for his goodness to me, singing psalms to the name of the Lord,

the Most High.

Psalm 13 The foolishness of sinners

The fool has said in his heart: "There is no God above." Their deeds are corrupt, depraved; not a good man is left.

From heaven the Lord looks down on the sons of men To see if any are wise, if any seek God.

All have left the right path, depraved, every one: There is not a good man left, no, not even one.

**Will the evil-doers not understand? They
eat up my people As though they were
eating bread: they never pray to the
Lord.**

**See how they tremble with fear
without cause for fear:
for God is with the just.
You may mock the poor man's hope,
but his refuge is the Lord.**

**O that Israel's salvation might come from Zion! When
the Lord delivers his people from bondage, then Jacob
will be glad and Israel rejoice.**

**Psalm 14 Who is worthy to
stand in God's presence?**

**Lord, who shall be admitted to your tent and
dwell on your holy mountain?**

**He who walks without fault; he who acts with
justice And speaks the truth from his heart;
he who does not slander with his tongue; He
who does no wrong to his brother, who casts
no slur on his neighbor, Who holds the
godless in disdain, but honors those who fear
the Lord;**

**He who keeps his pledge, come what may; who
takes no interest on a loan And accepts no bribes
against the innocent. Such a man will stand firm
forever.**

**Ant. Let me sing to the Lord for his goodness to
me. Ps. 12,7**

For the rest turn to page 134.

FRIDAY Ant. Preserve me, God, I

take refuge in you. Ps. 15,1 ±

Psalm 15 The Lord himself is my heritage

Preserve me, God, I take refuge in you. ± I say
to the Lord: "You are my God. My happiness
lies in you alone."

He has put into my heart a marvelous love for the
faithful ones who dwell in his land. Those who choose
other gods increase their sorrows. Never will I offer
their offerings of blood. Never will I take their name
upon my lips.

Lord, it is you who are my portion and cup;
it is you yourself who are my prize.
The lot marked out for me is my delight: welcome
indeed the heritage that falls to me!

I will bless the Lord who gives me counsel,
who even at night directs my heart.
I keep the Lord ever in my sight:
since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad; even my
body shall rest in safety. For you will not leave my
soul among the dead, nor let your beloved know
decay.

You will show me the path of life, the
fullness of joy in your presence, at your
right hand happiness forever.

Psalm 16

Save me, Lord, from those who hate you
Lord, hear a cause that is just,

pay heed to my cry.

Turn your ear to my prayer:

no deceit is on my lips.

From you may my judgment come forth.

Your eyes discern the truth.

You search my heart, you visit me by night. You test me and you find in me no wrong. My words are not sinful as are men's words.

I kept from violence because of your word, I kept my feet firmly in your paths; there was no faltering in my steps.

I am here and I call, you will hear me, O God. Turn your ear to me; hear my words. Display your great love, you whose right hand saves your friends from those who rebel against them.

Guard me as the apple of your eye. Hide me in the shadow of your wings from the violent attack of the wicked.

My foes encircle me with deadly intent.

Their hearts tight shut, their mouths speak proudly.

They advance against me, and now they surround me.

Their eyes are watching to strike me to the ground as though they were lions ready to claw or like some young lion crouched in hiding.

Lord, arise, confront them, strike them down! Let your sword rescue my soul from the wicked; Let your hand, O Lord, rescue me from men, from men whose reward is in this present life.

You give them their fill of your treasures; they rejoice in abundance of offspring and leave their wealth to their children.

As for me, in my justice I shall see your face and be filled, when I awake,

with the sight of your glory.

Psalm 17,2-25

Thanksgiving for salvation and victory I love you, Lord, my strength, my rock, my fortress, my savior. My God is the rock where I take refuge; my shield, my mighty help, my stronghold. The Lord is worthy of all praise: when I call I am saved from my foes.

The waves of death rose about me; the torrents of destruction assailed me; The snares of the grave entangled me; the traps of death confronted me.

In my anguish I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came to his ears.

Then the earth reeled and rocked; the mountains were shaken to their base: they reeled at his terrible anger. Smoke came forth from his nostrils and scorching fire from his mouth: coals were set ablaze by its heat.

He lowered the heavens and came down, a black cloud under his feet. He came enthroned on the cherubim, he flew on the wings of the wind.

He made the darkness his covering, the dark waters of the clouds, his tent. A brightness shone out before him with hailstones and flashes of fire.

The Lord thundered in the heavens; the Most High let his voice be heard. He shot his arrows, scattered the foe, flashed his lightnings, and put them to flight.

The bed of the ocean was revealed; the foundations of the world were laid bare At the thunder of your threat, O Lord, at the blast of the breath of your anger.

From on high he reached down and seized me; he drew me forth from the mighty waters. He snatched me from my powerful foe, from my enemies whose strength I could not match.

They assailed me in the day of my misfortune, but the Lord was my support. He brought me forth into freedom, he saved me because he loved me.

He rewarded me because I was just, repaid me, for my hands were clean, For I have kept the way of the Lord and have not fallen away from my God.

For his judgments are all before me: I have never neglected his commands. I have always been upright before him; I have kept myself from guilt. He repaid me because I was just and my hands were clean in his eyes.

Ant. Preserve me, God, I take refuge in you. Ps. 15,1 For the rest turn to page 134.

SATURDAY

Ant. Long life to the Lord! Praised be the God who saves me. Ps. 17,47

Psalm 17,26-51 Hymn
of thanksgiving

You are loving with those who love you:

you show yourself perfect with the perfect.

With the sincere you show yourself sincere, but the cunning you outdo in cunning. For you save a humble people but humble the eyes that are proud.

You, O Lord, are my lamp, my God who lightens my darkness. With you I can break through any barrier, with my God I can scale any wall.

As for God, his ways are perfect; the word of the Lord, purest gold. He indeed is the shield of all who make him their refuge.

For who is God but the Lord? Who is a rock but our God? The God who girds me with strength and makes the path safe before me.

My feet you made swift as the deer's; you have made me stand firm on the heights. You have trained my hands for battle and my arms to bend the heavy bow.

You gave me your saving shield; you upheld me, trained me with care. You gave me freedom for my steps; my feet have never slipped.

I pursued and overtook my foes, never turning back till they were slain. I smote them so they could not rise; they fell beneath my feet.

You girded me with strength for battle; you made my enemies fall beneath me, You made my foes take flight; those who hated me I destroyed.

**They cried, but there was no one to save them;
they cried to the Lord, but in vain. I crushed them
fine as dust before the wind; trod them down like
dirt in the streets.**

**You saved me from the feuds of the people and put
me at the head of the nations. People unknown to
me served me: when they heard of me they obeyed
me.**

**Foreign nations came to me cringing:
foreign nations faded away.
They came trembling out of their strongholds.**

**Long life to the Lord, my rock!
Praised be the God who saves me,
The God who gives me redress and
subdues people under me.**

**You saved me from my furious foes.
You set me above my assailants.
You saved me from violent men,
So I will praise you, Lord, among the nations:
I will sing a psalm to your name.**

**He has given great victories to his king and
shown his love for his anointed, for David
and his sons forever.**

Psalm 18

**Praise of the Lord, Creator of all, who
gave us the law of love**

**The heavens proclaim the glory of God
and the firmament shows forth the work of his hands.
Day unto day takes up the story
and night unto night makes known the message.**

**No speech, no word, no voice is heard
yet their span extends through all the earth,
their words to the utmost bounds of the world.**

**There he has placed a tent for the sun;
it comes forth like a bridegroom coming from his tent,
rejoices like a champion to run its course.**

**At the end of the sky is the rising of the sun; to the
furthest end of the sky is its course. There is nothing
concealed from its burning heat.**

**The law of the Lord is perfect, it revives
the soul. The rule of the Lord is to be
trusted, it gives wisdom to the simple.**

**The precepts of the Lord are right,
they gladden the heart. The command
of the Lord is clear, it gives light to the
eyes.**

**The fear of the Lord is holy,
abiding forever.**

**The decrees of the Lord are truth and
all of them just.**

**They are more to be desired than gold,
than the purest of gold and sweeter are
they than honey, than honey from the
comb.**

**So in them your servant finds instruction;
great reward is in their keeping. But who can
detect all his errors? From hidden faults
acquit me.**

**From presumption restrain your servant and
let it not rule me. Then shall I be blameless,
clean from grave sin.**

**May the spoken words of my mouth, the
thoughts of my heart, Win favor in your
sight, O Lord, my rescuer, my rock!**

Psalm 19 A prayer for the
king's victory

May the Lord answer in time of trial; may the name of Jacob's God protect you.

May he send you help from his shrine and give you support from Zion. May he remember all your offerings and receive your sacrifice with favor.

May he give you your heart's desire and fulfil every one of your plans. May we ring out our joy at your victory and rejoice in the name of our God. May the Lord grant all your prayers.

I am sure now that the Lord will give victory to his anointed, Will reply from his holy heaven with the mighty victory of his hand.

Some trust in chariots or horses, but we in the name of the Lord. They will collapse and fall, but we shall hold and stand firm.

Give victory to the king, O Lord, give answer on the day we call.

Ant. Long life to the Lord! Praised be the God who saves me. Ps. 17,47

* * *

On Sundays, days of 12 lessons, in the Octaves of Christmas and Easter, and on the Monday of Pentecost:

READING

I Tim. 1,17

To the king of ages, the immortal, the invisible, the only God, be honor and glory forever!

neuing Ut

On Sundays and days of 12 lessons in Advent and Lent,
and on the Vigil of Christmas:

READING

Is. 33,2

O Lord, have pity on us, for you we wait. Be our strength every morning, our salvation in time of trouble.

On all other days:

READING

Zec. 1

L 8,19

Love faithfulness and peace, says the Lord of Hosts.

R Thanks be to God. **V**. Arise, O Lord, and help us. **R** Deliver us for your name's sake. (Alleluia, alleluia.) Ps. 43,26-27

PROFESSION OF FAITH

Any one of the three Creeds which follow:

The Apostles' Creed

We believe in God, the Father almighty,
creator of heaven and earth.

We believe in Jesus Christ, his only Son, Our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. We believe in the Holy Spirit, the holy catholic Church,

the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

The Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through him all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was born of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate; he suffered, died, and was buried. On the third day he rose again in fulfillment of the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets.

We believe in one, holy, catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the body, and the life of the world to come. Amen.

W

Creed attributed to St Athanasius

whoever holds the Catholic faith and wishes to be saved must preserve this faith whole and

untarnished.

Now the Catholic faith is this: that we worship one God in Trinity, and Trinity in Unity.

Neither confounding the persons, nor dividing the nature.

For the person of the Father is distinct, the person of the Son is distinct, and the person of the Holy Spirit is distinct.

But the Godhead of the Father, of the Son and of the Holy Spirit is one, the glory equal, the majesty co-eternal.

Such as the Father is, such is the Son, and such is the Holy Spirit:

The Father uncreated, the Son uncreated, the Holy Spirit uncreated; the Father infinite, the Son infinite, the Holy Spirit infinite; the Father eternal, the Son eternal, the Holy Spirit eternal.

And yet there are not three eternals, but one Eternal, as also there are not three uncreateds, nor three infinities, but one Uncreated and one Infinite.

So likewise the Father is almighty, the Son is almighty, the Holy Spirit is almighty,

And yet there are not three almighties, but one Almighty.

So also the Father is God, the Son is God, and the Holy Spirit is God,

And yet there are not three Gods, but one God.

So too the Father is Lord, the Son is Lord, and the Holy Spirit is Lord,

And yet there are not three Lords, but one Lord.

For just as we are compelled by Christian truth to profess that each Person is individually God and Lord, so are we also forbidden by the Catholic religion to hold that there are three Gods or three Lords.

The Father was made by no one, being neither created nor begotten.

The **Son** is from the Father alone, not made, nor created, but begotten.

The Holy Spirit is **from the Father and the Son**, not made, nor created, nor begotten, but proceeding.

So there is one Father, not three Fathers, there is one Son, not three Sons, there is one Holy Spirit, not three Holy Spirits.

And in this Trinity there is no before or after, there is no greater or lesser, but all three Persons are co-eternal and co-equal, so that in every respect the Unity in Trinity and Trinity in Unity is worshipped.

That is what we must believe about the Trinity if we want to arrive at salvation.

We must also believe rightly in the Incarnation of our Lord Jesus Christ.

The true faith is that we believe and confess that our Lord Jesus Christ, the Son of God, is God and man:

God, begotten of the Father before the world began;

Man, born in the world of a human mother:

Perfect God and perfect man, composed of a rational soul and a human body.

Equal to the Father as God, **less than the Father as man**.

And, although he is God and Man, still he is only one Christ, not two:

One, however, not by changing of the Godhead into flesh, but by taking of the manhood into God;

One only, not by confusion of natures, but by the unity of his Person.

For, just as the rational soul and the body form one man, so God and man form one Christ.

He suffered for our salvation, he descended to the dead,

On the third day he rose again.

He ascended into heaven, and sits at the right hand of God the Father almighty.

He will come to judge the living and the dead.

At his coming all people shall rise with their bodies and shall give account for their deeds.

Those who have done good shall go into eternal life but those who have done evil into eternal fire.

This is the Catholic faith.

Whoever believes it fully and firmly is on the way of eternal salvation.

Glory to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now and will be for ever. Amen.

Choice of this Creed is reserved to the nuns.

The Creed of St. Bruno

I firmly believe in the Father, the Son, and the Holy Spirit: the unbegotten Father, the only-begotten Son, and the Holy Spirit who proceeds from them both. I believe these three Persons are one God.

I believe further that this Son of God was conceived by the Holy Spirit and born of the Virgin Mary, a Virgin most pure not only before giving birth, but also in the act, and forever thereafter. I believe that the Son of God was conceived as a man among men, yet without sin; that he was arrested and treated with contempt: unjustly bound, spat upon, and scourged; that he died, was buried, and descended to the nether world to deliver the faithful who were captive there. He descended to set us free, then rose, and ascended into heaven, and from there he will come to judge the living and the dead.

I believe in the sacraments, according to the faith and devotion of the Catholic Church; in particular, that what is consecrated on the altar is the true Body of Our Lord Jesus Christ, his real Flesh and Blood, which we receive for the forgiveness of our sins, and in hope of eternal salvation. I believe in the resurrection of the body and life eternal. Amen.

I believe and confess that the holy and ineffable Trinity, Father, Son and Holy Spirit, is one only God, of one substance and nature, one dignity and power. We believe, moreover, that the Father is neither born nor created, but is unbegotten; that, whereas the Son is born from him, and the Spirit proceeds from him, he draws his origin from no one. He is therefore the source and origin of the entire Divinity. Ineffable in his essence, ineffable also is the manner in which he begot the Son from his own substance, not as something different from himself, but as God from God, Light from Light. From him, then, comes all Paternity, in heaven and on earth. Amen.

PRAYERS OF INTERCESSION

Lord, have mercy (3). Christ, have mercy (3). Lord, have mercy (3).

Silent prayer (Our Father, Hail Mary).

Lord, from my sins turn away your face, And blot out my guilt. p. 50,11

I confess to God that I have sinned exceedingly by my fault through pride, in my thoughts and in my words, in what I have done and in what I have failed to do; I ask blessed Mary and all the saints to pray for me.

May almighty God have mercy on me through the intercession of blessed Mary and all the saints. May he forgive me all my sins and lead me to everlasting life. Amen.

Deliver me, O Lord, from evil men, Preserve me from violent men. Ps. 139,2

Rescue me from my enemies, O my God, From my adversaries defend me. Ps. 58,2

Rescue me from evildoers,

From bloodthirsty men save me. Ps. 58,3

A clean heart create for me, O God,

And a steadfast spirit renew within me. Ps. 50,12

Cast me not out from your presence,

And your holy spirit take not from me. Ps. 50,13

Give me back the joy of your salvation, And a willing spirit sustain in me. Ps. 50,14

My mouth shall be filled with your praise, With your glory day by day. Ps. 70,8

So I will sing the praises of your name forever, Fulfilling my vows day by day. Ps. 60,9

Hear us, O God our savior, the hope of all the ends Of the earth and of the distant seas. Ps. 64,6

O holy God, O holy strong One, O holy immortal One, Have mercy on us.

Bless the Lord, O my soul,

And all my being, bless his holy name. Ps. 102,1

Bless the Lord, O my soul,

And forget not all his benefits. Ps. 102,2

He pardons all your iniquities, He heals all your ills. Ps. 102,3

He redeems your life from destruction, p. 102,4 He crowns you with kindness and compassion.

He fills your lifetime with good,

Your youth is renewed like the eagle's. Ps. 102,5

Show forth your work to your servants, Lord, Let your glory shine on their children. Ps. 89,16

Let the favor of the Lord be upon us:

Give success to the work of our hands. Ps. 89,17

May holy Mary and all the saints intercede for us to the Lord, our God, that we may obtain grace and salvation from him who lives and reigns in perfect Trinity, one God, for ever and ever.

Amen.

PRAYER

Let us pray.

The recitation of the prayers on the days indicated is not obligatory.

Sunday:

All-powerful, eternal God, you have given your children the true faith: they adore you in the glory of your Trinity and in the Oneness of your power and majesty. May the firmness of this belief strengthen us in the face of life's difficulties. This we ask through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

On feasts of 12 lessons, in Octaves, and on the Vigil of Christmas:

Lord, as we begin this day (or: feast day in honor of ...) fill us with your grace, so that as we rejoice throughout the day we may find our delight in praising you. This we ask...

Monday, Wednesday, Friday:

Almighty Father, you have brought us to the beginning of a new day: keep us safe the whole

day through and preserve us from every sinful inclination. In everything we do inspire us to aim at pleasing you. This we ask...

Tuesday, Thursday, Saturday:

Father, all-powerful and ever-living God, direct our minds and bodies throughout this day, and make us holy. Keep us faithful to your law in thought, word and deed. Be our helper now and always, free us from sin, and bring us to salvation in your kingdom. This we ask...

V. O Lord, hear my prayer,

R. And let my cry come to you.

V. Let us praise the Lord,

R. And give him thanks.

TERCE

INTRODUCTION

Silent prayer (Our Father, Hail Mary) Sign of the cross. O God, come to my assistance.

Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and will be for ever. Amen. Alleluia. In Lent: Praise to you, Lord, King of eternal glory.

HYMN

Come, Spirit of love, with Son and Father, One; come, dwell within our hearts and breathe in them your love.

Let all our being praise you, lips, hands, heart, mind, strength. Let your love blaze forth in ours and kindle other hearts.

Grant this, loving Father, through your only Son, who with the Holy Spirit reign eternally. Amen.

THE DOXOLOGY FOR THE DIFFERENT LITURGICAL SEASONS

From Christmas Day until Epiphany exclusive:

Glory to you, Lord, Born of a virgin, To the Father and the Spirit, Through endless ages. Amen.

From the Epiphany until the Baptism of our Lord inclusive:

Glory to you, Lord, who showed yourself today; to the Father and the Spirit, through endless ages. Amen.

From Easter Sunday until the Ascension exclusive:

Glory to you, Lord, risen from the dead,

**to the Father and the Spirit,
through endless ages. Amen.**

From the Ascension until Pentecost exclusive:

**Glory to you, Lord, who ascended
above the stars; to the Father and the
Spirit, through endless ages. Amen.**

Pentecost Sunday and Monday:

**Praise be to the Father, to the Son, and
also to the Holy Counselor; may the Son
send us the gifts of the Holy Spirit. Amen.**

Alternative version:

**Come, Holy Spirit, ever One with
the Father and with the Son. It is the
hour, our souls possess with your full
flood of holiness.**

**Let hands and heart and lips and mind
sound forth our witness to mankind; and
love light up our mortal frame till others
catch the living flame.**

**Grant this, O Father, ever One with
Christ, your sole-begotten Son; whom, with
the Spirit, we adore, one God, both now and
evermore. Amen.**

THE DOXOLOGY FOR THE DIFFERENT LITURGICAL SEASONS

From Christmas until Epiphany exclusive:

**We praise you, Christ, of David's stem, of
Virgin born in Bethlehem, who with the
Father reign above, h the one Spirit, One in
Love. Amen.**

From the Epiphany until the Baptism of our Lord inclusive:

**We praise you, Christ, Eternal Light, whose
glory now transforms our night, who with the
Father reign above, in the one Spirit, One in
Love. Amen.**

From Easter Sunday until the Ascension exclusive:

**O Lion of Judah, praise to you! who
shatter death, and life renew!**

**who with the Father reign above, in the
one Spirit, One in Love. Amen.**

From the Ascension until Pentecost exclusive:

**We praise you, Christ, whose battle scars have
raised mankind above the stars! who with the
Father reign above, in the one Spirit, One in
Love. Amen.**

Pentecost Sunday and Monday:

**May Jesus, who for us has died and
risen, at the Father's side now send the
Spirit to make us free! All praise to you,
O Trinity. Amen.**

PSALMODY

SUNDAY Ant.

Alleluia (4 times).

Psalm 118,33-40: V (He)

**Teach me the demands of your statutes
and I will keep them to the end.
Train me to observe your law,
to keep it with my heart.
Guide me in the path of your commands;
for there is my delight.
Bend my heart to your will
and not to love of gain.
Keep my eyes from what is false:
by your word, give me life.
Keep the promise you have made
to the servant who fears you.
Keep me from the scorn I dread,
for your decrees are good.
See, I long for your precepts:
then in your justice, give me life.**

Psalm 118,41-48: VI (Vau)

**Lord, let your love come upon me,
the saving help of your promise.
Arid I shall answer those who taunt me
for I trust in your word.
Do not take the word of truth from my mouth
for I trust in your decrees.
I shall always keep your law
forever and ever.
I shall walk in the path of freedom
for I seek your precepts.
I will speak of your will before kings
and not be abashed.
Your commands have been my delight;
these I have loved.
I will worship your commands and love them
and ponder your statutes.**

Psalm 118,49-56: VII (Zayin)

**Remember your word to your servant
by which you gave me hope.
This is my comfort in sorrow
that your promise gives me life.
Though the proud may utterly deride me
I keep to your law.
I remember your decrees of old
and these, Lord, console me.
I am seized with indignation at the wicked
who forsake your law.
Your statutes have become my song
in the land of exile.
I think of your name in the night-time
and I keep your law.
This has been my blessing,
the keeping of your precepts.**

Ant. **Alleluia** (4).

READING

Un.4,16b

God is love, and he who abides in love abides in God, and God in him. **y.** Thanks be to God. **y.** I will go in to the altar of God, **B.** The God of my gladness and joy. **p.** 42,4

PRAYERS OF INTERCESSION: p. 387.

In private one ends with the Prayer of the Mass, which is also that of Matins, Lauds and Vespers.

MONDAY

Ant. Sustain me, Lord, and I shall be saved.

Ps. 118,117

Psalm 118,105-112: XIV (Nun)

Meditation on God's law

Your word is a lamp for my steps
and a light for my path.
I have sworn and have determined
to obey your decrees.
Lord, I am deeply afflicted:
by your word give me life.
Accept, Lord, the homage of my lips
and teach me your decrees.
Though I carry my life in my hands,
I remember your law.
Though the wicked try to ensnare me
I do not stray from your precepts.
Your will is my heritage forever,
the joy of my heart.
I set myself to carry out your statutes
in fullness, for ever.

Psalm 118,113-120: XV (Samech)

**I have no love for half-hearted men;
my love is for your law.
You are my shelter, my shield;
I hope in your word.
Leave me, you who do evil;
I will keep God's command.
If you uphold me by your promise I shall live;
let my hopes not be in vain.
Sustain me and I shall be saved
and ever observe your statutes.
You spurn all who swerve from your statutes;
their cunning is in vain.
You throw away the wicked like dross:
so I love your will.
I tremble before you in terror;
I fear your decrees.**

Psalm 118,121-128: XVI (Ayin)

**I have done what is right and just:
let me not be oppressed.
Vouch for the welfare of your servant
lest the proud oppress me.
My eyes yearn for your saving help
and the promise of your justice.
Treat your servant with love
and teach me your statutes.
I am your servant, make me understand;
then I shall know your will.
It is time for the Lord to act
for your law has been broken.
That is why I love your commands
more than finest gold,
That is why I rule my life by your precepts:
I hate false ways.**

Ant. **Sustain me, Lord, and I shall be saved.**

Ps. 118,117

For the rest turn to page 152.

TUESDAY TO SATURDAY

ANTIPHON

Tuesday & Friday: **I call and he answers me. Ps. 119,1**
 Wednesday & Saturday: **From where shall come my help? Ps. 120,1** Thursday: **With joy we will go up to the house of the Lord. Ps. 121,1**

Psalm 119 Longing for peace

To the Lord in the hour of my distress I call
and he answers me. **O** Lord, save my soul
from lying lips, from the tongue of the
deceitful.

What shall he pay you in return,

O treacherous tongue?

The warrior's arrows sharpened
and coals, red-hot, blazing.

Alas, that I abide a stranger in Meshech,
dwell among the tents of Kedar!

Long enough have I been dwelling with
those who hate peace.

I am for peace, but when I speak,
they are for fighting.

Psalm 120 Guardian of his people

I lift my eyes to the mountains: from
where shall come my help?

**My help shall come from the Lord
who made heaven and earth.**

May he never allow you to stumble!

Let him sleep not, your guard.

No, he sleeps not nor slumbers,

Israel's guard.

The Lord is your guard and your shade;

at your right side he stands.

By day the sun shall not smite you

nor the moon in the night.

The Lord will guard you from evil,

he will guard your soul.

The Lord will guard your going and coming

both now and forever.

Psalm 121

**The holy city, Jerusalem I
rejoiced when I heard them say: "Let us go to
God's house." And now our feet are standing
within your gates, O Jerusalem.**

**Jerusalem is built as a city
strongly compact. It is there that
the tribes go up, the tribes of the
Lord.**

**For Israel's law it is, there to praise the
Lord's name. There were set the thrones of
judgment of the house of David.**

**For the peace of Jerusalem pray:
"Peace be to your homes! May peace
reign in your walls, in your palaces,
peace!"**

For love of my brethren and friends

I say: "Peace upon you!"
For love of the house of the Lord
I will ask for your good.

ANTIPHON

Tuesday & Friday: I call and he answers me. Ps. 119,1
Wednesday & Saturday: From where shall come my
help? p. 120,1 Thursday: With joy we will go up to the
house of the
Lord. p. 121,1

READING

Monday and Thursday: I Jn. 4,9

God's love was revealed in our midst in this way: he
sent his only Son to the world that we might have
life through him. IV. Thanks be to God. y. With the
Lord is kindness, IV. And with him is plenteous
redemption. Ps. 129,7

Tuesday and Friday: Jer. 17,14

Heal me, Lord, that I may be healed; save me, that
I may be saved, for it is you whom I praise. IV.
Thanks be to God.
y. You are my helper, Lord: cast me not off. IV.
Forsake me not, O God my Savior. Ps. 26,9

Wednesday and Saturday: Mic. 6,8

You have been told, O man, what is good, and
what the Lord requires of you: Only to do the
right and to love goodness, and to walk humbly with
your God.

IV. Thanks be to God.

V. Blessed are the poor h spirit,

IV. The reign of God is theirs. Mt. 5,3

PRAYERS OF INTERCESSION: turn to page 387.

PRAYER

Let us pray.

The choice is completely free:

Monday and Thursday:

Lord, by the sacraments of your Church you conform us to the likeness of Christ and make us sharers in the divine life. Let the light of your face shine upon us. This we ask through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

2.

Lord, you have signed us with Christ's cross and anointed us with the Holy Spirit. May the grace of our baptism reach its full development by a life lived in fidelity to our engagement. This we ask...

3.

Father, you have drawn us by your Spirit and led us into solitude to make us one with you in ultimate love. Make your divine love burn always in our hearts as we listen in the silence for your Word, who lives and reigns..

4.

God of mercy, you give understanding to simple hearts. Guide us always by your Wisdom, and let your Holy Spirit teach us to do your will today. This we ask..

5.

All-powerful Father, your Son abides with you, clothed now with our human nature. By the gift of the Holy Spirit inspire in all your children a longing to be with him close to you, where he lives and reigns..

Tuesday and Friday:

6.

O God, awaken in us the desire to see you face to face, and make this longing for the fulfilment of our hope so ardent as to efface the sufferings of this life. This we ask through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

7.

Father, pur heart longs for your Spirit but knows itself unworthy of such a guest. Let him come himself to prepare h us his dwelling place. This we ask..

8.

Lord our God, every being recognizes you as its Creator. Touch our hearts with compunction in your presence so that we may turn each day more towards you. This we ask..

9.

Lord, we know that without you we would not even exist. Inspire us to think and to do always what is right so that we may live according to your will. This we ask..

10.

Father, you shed your light in our mind and heart when we turn to you. Accept our lives as a sacrifice of praise so that, faithful to our engagement, we may advance joyfully on the way of salvation. This we ask..

Wednesday and Saturday: 11.

Increase for us your mercy, Lord, so that in silent seclusion we may acquire that placid glance that

wounds your heart, and that love which through its purity allows you to be seen. This we ask..

12.

Eternal Word, you taught your mother to choose the better part. Grant that in imitating her we may seek the food which endures to eternal life, you who live and reign..

13.

Lord God, fill us with that holy fear which is the beginning of wisdom. May our efforts to penetrate the secrets of your law lead us to a fuller understanding of who you are. This we ask..

14.

Lord God, neither space nor time can separate you from those whom you love. By obedience to your will may we also abide always and everywhere close to you. This we ask..

15.

Lord Jesus, you are the wellspring of our salvation. From the dawn of this new day may we be eager to do good, and arrive at contemplating you through the mystery of your resurrection, for you live and reign..

* * *

EVERY DAY

V. O Lord, hear my prayer, **R.** And let my cry come to you. **V.** Let us praise the Lord, **R.** And give him thanks.

SEXT

INTRODUCTION

Silent prayer (Our Father, Hail Mary) Sign of the cross. O God, come to my assistance.

Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and will be for ever. Amen.

Alleluia. In Lent: Praise to you, Lord, King of eternal glory.

HYMN

**God of truth and power, time's
passing you control; the rays which
clothe the morning bring now the
noonday heat.**

**Douse the fires of passion and
calm the heat of words. Grant us
health of body and lasting peace
of mind.**

**Grant this, loving Father,
through your only Son, who
with the Holy Spirit reign
eternally. Amen.**

THE DOXOLOGY FOR THE DIFFERENT LITURGICAL SEASONS

From Christmas Day until Epiphany exclusive:

**Glory to you, Lord, Born of a
virgin, To the Father and the
Spirit, Through endless ages.
Amen.**

From the Epiphany until the Baptism of our Lord inclusive:

**Glory to you, Lord, who showed
yourself today; to the Father and
the Spirit, through endless ages.
Amen.**

From Easter Sunday until the Ascension exclusive:

**Glory to you, Lord,
risen from the dead,**

**to the Father and the Spirit,
through endless ages. Amen.**

From the Ascension until Pentecost exclusive:

**Glory to you, Lord, who ascended
above the stars; to the Father and the
Spirit through endless ages. Amen.**

Pentecost Sunday and Monday:

**Praise be to the Father, to the Son,
and also to the Holy Counselor; may the
Son send us the gifts of the Holy Spirit.
Amen.**

Alternative version:

**O God of truth, O Lord of might, who
orders time and change aright, who
sends the early morning ray and lights
the glow of perfect day.**

**Put out in us each sinful fire, and
banish every ill desire; and while you
keep the body whole, shed forth true
peace upon the soul.**

**Grant this, O Father, ever One with
Christ, your sole-begotten Son; whom,
with the Spirit, we adore, one God, both
now and evermore. Amen.**

THE DOXOLOGY FOR THE DIFFERENT LITURGICAL SEASONS

From Christmas until Epiphany exclusive:

**We praise you, Christ, of David's stem, of
Virgin born in Bethlehem, who with the
Father reign above, in the one Spirit, One in
Love. Amen.**

From the Epiphany until the Baptism of our Lord inclusive:

**We praise you, Christ, Eternal Light, whose
glory now transforms our night, who with
the Father reign above, in the one Spirit,
One in Love. Amen.**

From Easter Sunday until the Ascension exclusive:

**O Lion of Judah, praise to you! who
shatter death, and life renew!**

who with the Father reign above, in the one Spirit! One in Love. Amen.

From the Ascension until Pentecost exclusive:

We praise you, Christ, whose battle scars have raised mankind above the stars! who with the Father reign above, in the one Spirit, One in Love. Amen.

Pentecost Sunday and Monday:

May Jesus, who for us has died and risen, at the Father's side now send the Spirit to make us free! All praise to you, O Trinity. Amen.

PSALMODY

SUNDAY Ant.

Alleluia (6 times).

Psalm 118,57-64: VIII (Heth)

**My part, I have resolved, O Lord,
is to obey your word.
With all my heart I implore your favor;
show the mercy of your promise.
I have pondered over my ways
and returned to your will.
I made haste and did not delay
to obey your commands.
Though the nets of the wicked ensnared me
I remembered your law.
At midnight I will rise and thank you
for your just decrees.
I am a friend of all who revere you,
who obey your precepts.
Lord, your love fills the earth.
Teach me your statutes.**

Psalm 118,65-72: IX (Teth)

**Lord, you have been good to your servant
according to your word.
Teach me discernment and knowledge
for I trust in your commands.
Before I was afflicted I went astray
but now I keep your word.
You are good and your deeds are good;
teach me your statutes.
Though proud men smear me with lies
yet I keep your precepts.
Their minds are closed to good
but your law is my delight.
It was good for me to be afflicted,
to learn your statutes.
The law from your mouth means more to me
than silver and gold.**

Psalm 118,73-80: X (Yod)

**It was your hands that made me and shaped me:
help me to learn your commands.
Your faithful will see me and rejoice
for I trust in your word.
Lord, I know that your decrees are right,
that you afflicted me justly.
Let your love be ready to console me
by your promise to your servant.
Let your love come to me and I shall live
for your law is my delight.
Shame the proud who harm me with lies
while I ponder your precepts.
Let your faithful turn to me,
those who know your will.
Let my heart be blameless in your statutes
lest I be ashamed.**

Ant. Alleluia (6).

READING

I Cor. 12,12

Just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. **R** Thanks be to God. **V**. Holy Father, keep us in your name, **R** That our unity may be complete. Cf. Jn. 17,**11**

PRAYERS OF INTERCESSION: turn to page 387.

PRAYER

Let us pray.

At all other times refer to the Proper.

Ordinary Time, Sundays 1-10 inclusive:

Lord, you have created us to praise your glory. Let your Spirit of love dwell h**i** our hearts that we may be filled with joy. This we ask through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Ordinary Time, Sundays **11**-20 inclusive:

Father, all-powerful, you have sent the Spirit of your Son to pray in our hearts. Make us docile to his inspirations that we may be your heirs, and coheirs with Christ, who lives and reigns**..**

Ordinary Time, Sundays 21-30 inclusive:

Lord Jesus, by shedding your blood you conferred on us a royal priesthood. United thus more intimately with you may we give unending praise to the Father in the Spirit, for you live and reign**..**

MONDAY

Ant. Turn, Lord, and show me your mercy.

Ps. 118,132

Psalm 118,129-136: XVII (Pe)

Meditation on God's law

**Your will is wonderful indeed;
therefore I obey it.
The unfolding of your word gives light
and teaches the simple.
I open my mouth and I sigh
as I yearn for your commands.
Turn and show me your mercy;
show justice to your friends.
Let my steps be guided by your promise;
let no evil rule me.
Redeem me from man's oppression
and I will keep your precepts.
Let your face shine on your servant
and teach me your decrees.
Tears stream from my eyes
because your law is disobeyed.**

Psalm 118,137-144: XVIII (Sade)

**Lord, you are just indeed;
your decrees are right.
You have imposed your will with justice
and with absolute truth.
I am carried away by anger
for my foes forget your word.
Your promise is tried in the fire,
the delight of your servant.
Although I am weak and despised
I remember your precepts.
Your justice is eternal justice
and your law is truth.**

Though anguish and distress have seized me, I delight in your commands. The justice of your will is eternal: if you teach me, I shall live.

Psalm 118,145-152: XIX (Koph)

**I call with all my heart; Lord, hear me,
I will keep your statutes.
I call upon you, save me
and I will do your will.
I rise before dawn and cry for help,
I hope in your word.
My eyes watch through the night
to ponder your promise.
In your love hear my voice, O Lord;
give me life by your decrees.
Those who harm me unjustly draw near:
they are far from your law.
But you, O Lord, are close:
your commands are truth.
Long have I known that your will
is established forever.**

Ant. Turn, Lord, and show me your mercy.

Ps. 118,132

For the rest turn to page 164.

TUESDAY TO SATURDAY

ANTIPHON

Tuesday & Friday: You who dwell in the heavens, have mercy on us. Ps. 122,1,4

Wednesday & Saturday: Our help is in the name of the Lord. Ps. 123,8

Thursday: Do good, Lord, to those who are good, to the upright of heart. Ps. 124,4

**Psalm 122 The Lord,
unfailing hope of his people**

**To you have I lifted up my eyes,
you who dwell in the heavens: My
eyes, like the eyes of slaves on the
hand of their lords.**

**Like the eyes of a servant
on the hand of her mistress,
So our eyes are on the Lord our God
till he show us his mercy.**

**Have mercy on us, Lord, have mercy. We are
filled with contempt. Indeed all too full is our
soul with the scorn of the rich, with the
proud man's disdain.**

**Psalm 123 Our help is in
the name of the Lord**

**"If the Lord had not been on our side,
this is Israel's song.**

**"If the Lord had not been on our side
when men rose against us,
Then would they have swallowed us alive
when their anger was kindled.**

**Then would the waters have engulfed us,
the torrent gone over us;
Over our head would have swept
the raging waters."**

**Blessed be the Lord who did not give us a
prey to their teeth! Our life, like a bird, has
escaped from the snare of the fowler.**

**Indeed the snare has been broken and
we have escaped.**

**Our help is in the name of the Lord, who
made heaven and earth.**

**Psalm 124 The Lord,
guardian of his people**

**Those who put their trust in the Lord
are like Mount Zion, that cannot be shaken,
that stands forever.**

**Jerusalem! The mountains surround her, so
the Lord surrounds his people both now and
forever.**

**For the sceptre of the wicked shall not rest
over the land of the just For fear that the
hands of the just should turn to evil.**

**Do good, Lord, to those who are good,
to the upright of heart;
But the crooked and those who do evil,
drive them away!
On Israel, peace!**

ANTIPHON

**Tuesday & Friday: You who dwell in the heavens,
have mercy on us. Ps. 122,1.4**

**Wednesday & Saturday: Our help is in the name of
the Lord. Ps. 123,8**

**Thursday: Do good, Lord, to those who are good, to
the upright of heart. Ps. 124,4**

READING

Monday and Thursday

II Cor. 1,21-22

It is God who firmly establishes us in Christ; it is he
who anointed us; he has put his seal upon us,
thereby depositing the first payment, the Spirit, in

our hearts. **R** Thanks be
to God.

V. O Lord, my allotted portion and my cup, **R**
You it is who hold fast my lot. Ps. 15,5

Tuesday and Friday:

Gal. 6,2

Help carry one another's burdens; in that way you
will fulfill the law of Christ. **R** Thanks be to God.

V The Lord is my shepherd; I shall not want. **R** In
verdant pastures he gives me repose. Ps. 22,1

Wednesday and Saturday:

Lam. 2,18-19

Day and night let there be no respite for you:
pour out your heart like water in the presence of
the Lord; lift up your hands to him for the lives of your
little ones. **R** Thanks be to God. **V** Blessed are they
who show mercy, **R** Mercy shall be theirs. Mt. 5,7

PRAYERS OF INTERCESSION: Turn to page 387.

PRAYER

Let us pray.

The choice is completely free.

Monday and Thursday:

16.

Holy Father, faithful God, you sent your promised
Spirit to reunite men scattered by sin. Help us to
strive for peace and unity in the world. This we ask
through our Lord Jesus Christ, your Son, who lives
and reigns with you and the Holy Spirit, one God,
for ever and ever.

17.

Lord, bring to perfection the work you have
begun in us, for of ourselves we can do nothing.

Let us become poor like Christ so as to be enriched by his poverty, who lives and reigns..

18.

Lord God, in the marvelous ways of your wisdom the Church is tried by adversity and consoled by prosperity. Grant us to turn to you in all our troubles and give you thanks in all our joys, through Jesus Christ our Lord, who lives and reigns..

19.

Lord Jesus, you became poor and needy for our sake. Come quickly to help your Church in its trials and bring to your Bride the riches of your heavenly gifts, for you live and reign..

20.

O God, you know the secrets of hearts and never fail to hear our unspoken prayers. Help us to make our silence bear witness to your transcendent majesty. This we ask..

Tuesday and Friday:

21.

Lord, may our soul be like a fruitful olive tree in your house, that through its fervor nourishes the Church throughout the world. This we ask..

22.

Holy Lord, Father all-powerful, let justice spring up on the earth and your people dwell in the beauty of peace. This we ask..

23.

Lord, may the fear of offending you purify our hearts so that, ever confident in your love, we may adore you in spirit and in truth. This we ask..

24.

God of mercy, help us to forget what we have left for your sake. In simplicity of heart and purity of mind may we fix our thoughts and affections continually in you. This we ask..

25.

Heavenly Father, the immensity of your divine goodness abides in everything you have created. Enable us to see your image in all people and to serve you in them. This we ask..

Wednesday and Saturday:

26.

Lord, fill us with the light of your Holy Spirit. Help us to follow Mary's example by treasuring everything that comes from you and meditating it in our heart. This we ask..

27.

God our Creator, in you we live and move and have our being. Be present in our work so that it may play its part in bringing to perfection your work of creation. This we ask..

28.

Holy Father, send your Spirit to us who know not how to pray as we ought. May he help us in our frailty, and ask for us those gifts which will make us pleasing to you. This we ask..

29.

Father of all that is good, keep us faithful in serving you, for to serve you is our lasting joy. This we ask..

God of wisdom and love, source of all good, send your Spirit to teach us your truth and guide our actions. This we ask through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

EVERY DAY

V. O Lord, hear my prayer, **RC** And let my cry come to you. **V.** Let us praise the Lord, **IV.** And give him thanks.

NONE

INTRODUCTION

Silent prayer (Our Father, Hail Mary) Sign of the cross. O God, come to my assistance.

Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and will be for ever. Amen.

Alleluia. In Lent: Praise to you, Lord, King of eternal glory.

HYMN

**All-powerful, unchanging God,
sustaining strength of all that is. As
day unfolds you guide it, from
dawn's first light till dusk.**

**Let life's evening still be radiant and
never know decay. When death's night
has fallen let endless glory dawn.**

**Grant this, loving Father,
through your only Son, who with
the Holy Spirit reign eternally.**

Amen.

THE DOXOLOGY FOR THE DIFFERENT LITURGICAL SEASONS

From Christmas Day until Epiphany exclusive:

**Glory to you, Lord, Born of a
virgin, To the Father and the
Spirit, Through endless ages.
Amen.**

From the Epiphany until the Baptism of our Lord inclusive:

**Glory to you, Lord, who showed
yourself today; to the Father and
the Spirit through endless ages.
Amen.**

From Easter Sunday until the Ascension exclusive:

**Glory to you, Lord,
risen from the dead,**

**to the Father and the Spirit,
through endless ages. Amen.**

From the Ascension until Pentecost exclusive:

**Glory to you, Lord, who
ascended above the stars; to the
Father and the Spirit, through
endless ages. Amen.**

Pentecost Sunday and Monday:

**Praise be to the Father, to the Son, and
also to the Holy Counselor; may the Son
send us the gifts of the Holy Spirit. Amen.**

Alternative version:

**O Power upholding all that is, O
God who e'er unmoved subsists, by
hourly progress of the sun you make
our days in order run.**

**When life's day to eve declines never
cease in us your Light to shine, but dying
holily we may from night pass to eternal
day.**

**Grant this, O Father, ever One with Christ,
your sole-begotten Son; whom, with the
Spirit, we adore, one God, both now and
evermore. Amen.**

THE DOXOLOGY FOR THE DIFFERENT LITURGICAL SEASONS

From Christmas until Epiphany exclusive:

**We praise you, Christ, of David's stem, of
Virgin born in Bethlehem, who with the
Father reign above, in the one Spirit, One in
Love. Amen.**

From the Epiphany until the Baptism of our Lord inclusive:

**We praise you, Christ, Eternal Light,
whose glory now transforms our night,
who with the Father reign above, in the
one Spirit, One in Love. Amen.**

From Easter Sunday until the Ascension exclusive:

**O Lion of Judah, praise to you! who
shatter death, and life renew!**

**who with the Father reign above, in the
one Spirit, One in Love. Amen.**

From the Ascension until Pentecost exclusive:

**We praise you, Christ, whose battle scars • have
raised mankind above the stars! who with the
Father reign above, in the one Spirit, One in Love.
Amen.**

Pentecost Sunday and Monday:

**May Jesus, who for us has died and
risen, at the Father's side now send the
Spirit to make us free! All praise to you,
O Trinity. Amen.**

PSALMODY

SUNDAY

Ant. Alleluia (7 times).

Psalm 118,81-88: XI (Caph)

**I yearn for your saving help;
I hope in your word.
My eyes yearn to see your promise.
When will you console me?
Though parched and exhausted with waiting
I remember your statutes.
How long must your servant suffer?
When will you sentence my oppressors?
For me the proud have dug pitfalls,
against your law.
Your commands are all true; then help me
when lies oppress me.
They almost made an end of me on earth
but I kept your precepts.
Because of your love give me life
and I will do your will.**

Psalm 118,89-96: XII (Lamed)

**Your word, O Lord, forever
 stands firm in the heavens:
 Your truth lasts from age to age,
 like the earth you created.
 By your decree it endures to this day;
 for all things serve you.
 Had your law not been my delight
 I would have died in my affliction.
 I will never forget your precepts
 for with them you give me life.
 Save me, for I am yours
 since I seek your precepts.
 Though the wicked lie in wait to destroy me
 yet I ponder on your will.
 I have seen that all perfection has an end
 but your command is boundless.**

Psalm 118,97-104: XIII (Mem)

**Lord, how I love your law!
 It is ever in my mind.
 Your command makes me wiser than my foes;
 for it is mine forever.
 I have more insight than all who teach me
 for I ponder your will.
 I have more understanding than the old
 for I keep your precepts.
 I turn my feet from evil paths
 to obey your word.
 I have not turned away from your decrees;
 you yourself have taught me.
 Your promise is sweeter to my taste
 than honey in the mouth.
 I gain understanding from your precepts
 and so I hate false ways.**

Ant. Alleluia (7).

READING

Col. 3,17

Whatever you do, whether in speech or in action, do it in the name of the Lord Jesus. Give thanks to God the Father through him. **V.** Thanks be to God. **R.** Bless the Lord, all you works of the Lord. **R.** Praise and exalt him above all forever. Dan. 3,57

PRAYERS OF INTERCESSION: Turn to page 387.

PRAYER

Let us pray.

At all other times refer to the Proper.

Ordinary Time, Sundays 1-10 inclusive:

Most Holy Trinity, purify our hearts that we may live always so as to please you and share in your interior life of love which is our unfailing hope. This we ask through our Lord Jesus Christ, your **S**on, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Ordinary Time, Sundays 11-20 inclusive:

Most gentle Father, you have implanted in us a desire for the eternal and our hearts are restless until they rest in you. Help us to cling to you alone. This we ask..

Ordinary Time, Sundays 21-30 inclusive:

God our Father, we have built our foundations on you who are eternal. Let us not be swept away with the world of time, but let it rather be our boast to be crucified with Christ, for he lives and reigns..

MONDAY

Ant. Let your hand be ready to help me, Lord, since I have chosen your precepts. Ps. 118,173

Psalm 118,153-160: XX (Resh)

**See my affliction and save me
for I remember your law.
Uphold my cause and defend me;
by your promise, give me life.
Salvation is far from the wicked
who are heedless of your statutes.
Numberless, Lord, are your mercies;
with your decrees give me life.
Though my foes and oppressors are countless
I have not swerved from your will.
I look at the faithless with disgust;
they ignore your promise.
See how I love your precepts;
in your mercy give me life.
Your word is founded on truth:
your decrees are eternal.**

Psalm 118,161-168: XXI (Shin)

**Though princes oppress me without cause
I stand in awe of your word.
I take delight in your promise
like one who finds a treasure.
Lies I hate and detest
but your law is my love.
Seven times a day I praise you
for your just decrees.
The lovers of your law have great peace;
they never stumble.
I await your saving help, O Lord,
I fulfil your commands.**

**My soul obeys your will
and loves it dearly.
I obey your precepts and your will;
all that I do is before you.**

Psalm 118,169-176: XXII (Tau)

**Lord, let my cry come before you:
teach me by your word.
Let my pleading come before you;
save me by your promise.
Let my lips proclaim your praise
because you teach me your statutes.
Let my tongue sing your promise
for your commands are just.
Let your hand be ready to help me,
since I have chosen your precepts.
Lord, I long for your saving help
and your law is my delight.
Give life to my soul that I may praise you.
Let your decrees give me help.
I am lost like a sheep; seek your servant
for I remember your commands.**

**Ant. Let your hand be ready to help me, Lord,
since I have chosen your precepts. Ps. 118,173**

For the rest turn to p. 178.

TUESDAY TO SATURDAY

ANTIPHON

Tuesday & Friday: We were like men dreaming.

Ps. 125,1

Wednesday & Saturday: He will have no cause for
shame when he disputes with his foes in the
gateways. Ps. 126,5

Thursday: Blessed are those who fear the Lord.

Ps. 127,1

**Psalm 125 Joyful
hope in God**

When the Lord delivered Zion from bondage, It seemed like a dream. Then was our mouth filled with laughter, on our lips there were songs.

The heathens themselves said: "What marvels the Lord worked for them!" What marvels the Lord worked for us! Indeed we were glad.

Deliver us, O Lord, from our bondage as streams in dry land. Those who are sowing in tears will sing when they reap.

They go out, they go out, full of tears, carrying seed for the sowing: They come back, they come back, full of song, carrying their sheaves.

**Psalm 126 Apart from God our
labors are worthless**

If the Lord does not build the house, in vain do its builders labor; If the Lord does not watch over the city, in vain does the watchman keep vigil.

**In vain is your earlier rising,
your going later to rest,
you who toil for the bread you eat:
when he pours gifts on his beloved while they
slumber.**

Truly sons are a gift from the Lord, a blessing, the fruit of the womb. Indeed the sons of youth are like arrows in the hand of a warrior.

**O the happiness of the man
who has filled his quiver with these arrows!
He will have no cause for shame
when he disputes with his foes in the gateways.**

**Psalm 127 Happpines of family
life rooted in God**

**O blessed are those who fear the Lord and
walk in his ways!**

**By the labor of your hands you shall eat.
You will be happy and prosper;
Your wife like a fruitful vine
in the heart of your house;
Your children like shoots of the olive,
around your table.**

**Indeed thus shall be blessed
the man who fears the Lord.
May the Lord bless you from Zion
all the days of your life!
May you see your children's children
in a happy Jerusalem!
On Israel, peace!**

ANTIPHON

Tuesday & Friday: **We were like men dreaming.**

Ps. 125,1

Wednesday & Saturday: **He will have no cause for
shame when he disputes with his foes in the
gateways. Ps. 126,5**

Thursday: **Blessed are those who fear the Lord. Ps.
127,1**

READING

Monday and Thursday:

Rom. 8,26

n The Spirit helps us in our weakness, for we do not know how to pray as we ought; but the Spirit himself makes intercession for us with groanings that cannot be expressed in speech.

R. Thanks be to God.

V. I have a prayer to my living God:

R. I will say to God: You take care of me. Ps. 41,9-10

Tuesday and Friday:

ICor. 6,20

You have been purchased, and at a price. So glorify God in your body. **R.** Thanks be to God.

V. Cleanse me from my unknown faults, Lord. **R.** And from wanton sin restrain your servant.

Ps. 18,13-14

Wednesday and Saturday:

ICor. 16,13-14

Be on your guard, stand firm in the faith and act like men. In a word, be strong. Do everything with love.

R. Thanks be to God. y. Blessed are the pure of heart, **R.** For they shall see God. **Vt.** 5,8

PRAYERS OF INTERCESSION: p. 387.

PRAYER

Let us pray.

The choice is completely free.

Monday and Thursday:

31.

Father, under the faithful protection of the angels, who stand for ever in your presence, let us always seek your face. This we ask through our Lord Jesus Christ, your Son, who lives and reigns

with you and the Holy Spirit, one God, for ever and ever.

32.

Lord God, through no merit on our part you have called us to the repose of solitude and silence. Help us to live our vocation faithfully and thus play our part in bringing the fruit of redemption to the Church and the world. This we ask..

33.

Lord, when we seek you perseveringly in prayer, reward our humble efforts and grant us the joyful certitude of having found you. This we ask..

34.

Lord God, you are the author of all life. Make us obedient to your commands, so that you may turn everything to our good. This we ask..

35.

Lord, let us rejoice to do your will as though all riches were ours. Since we know you are near let us have no fear to be in need. This we ask..

Tuesday and Friday:

36.

O God of infinite goodness, you let us taste even now your divine wisdom when you give us the Holy Spirit. Keep always before our eyes how beautiful it is to abide under his guidance. This we ask..

37.

Lord, help us show by our life what we believe and love. Through an eager and responsible obedience lead us to the fullness of liberty and love. This we ask..

38.

Lord, give us your Spirit to be our strength so that, with our exterior conduct formed by monastic discipline, we may seek you the more ardently in the depths of our souls. This we ask..

39.

Lord our God, you command us to speak the truth and to judge with uprightness. Help us show by our sincere words the purity of our love for others. This we ask..

40.

Lord God, pour forth your love into the hearts of those who seek you, so that, with those who have left all to follow you, we may find you in all things. This we ask..

Wednesday and Saturday:

41.

God our Father, may we love you in all things and above all things, and reach the joy you have prepared for us beyond all our imagining. This we ask..

42.

Lord, make us one with all the angels in silent prayer as we joyfully adore your majesty. This we ask..

43.

O God, you are our supreme peace that a soul in conflict cannot grasp. Help us restore peace by forgetting all injuries, and hold fast to the good will that brings harmony. This we ask..

44.

Lord, the gift of your Spirit is the perfection of our salvation. May his anointing teach us all things. This we ask..

45.

Lord Jesus, you were born of the Immaculate Virgin and you called blessed the pure of heart. Grant that like a tranquil lake we may reflect only your image, who live and reign..

* * *

EVERY DAY

V. O Lord, hear my prayer, **R.** And let my cry come to you. **V.** Let us praise the Lord, **R.** And give him thanks.

SEASON OF ADVENT

PRIME

ANTIPHON

1st Sunday: On that day sweet wine will flow from the mountains, milk and honey from the hills, alleluia. Joel 4,18

2nd Sunday: The Lord will come on the clouds of heaven with great power and might, alleluia. Mt. 24,30

3rd Sunday: The Lord is coming without delay. He will reveal things kept hidden and show himself to all mankind, alleluia. I Cor. 4,5

4th Sunday: Sound the trumpet in Zion, the day of the Lord is near; he comes to save us, alleluia. Joel 2,1

Note that the Reading is Is. 33,2, p. 135. On weekdays: all is from the Ordinary.

TERCE

ANTIPHON

1st Sunday: Come to the waters, all you who thirst, seek the Lord while he can be found, alleluia. Is. 55,1.6

2nd Sunday: I will look to the Lord, I will put my trust in God my savior, alleluia. Mic. 7,7

3rd Sunday: Let us live in holiness and love as we patiently await our blessed hope, the coming of our Savior. Tit. 2,12-13

4th Sunday: Come, let us climb the Lord's mountain, for the law will go forth from Zion, the word of the Lord from Jerusalem. Is. 2,3

On weekdays: the antiphon is from the Ordinary.

READING

Sundays: Jer. 23,5

Behold, the days are coming, says the Lord, when I will raise up a righteous shoot to David; as king he shall reign and govern wisely, he shall do what is just and right in the land. **V.** Thanks be to God.

Weekdays: Is. 45,8

Let justice descend, O heavens, like dew from above, like gentle rain let the skies drop it down. Let the earth open and a savior bud forth; let justice also spring up! I, the Lord, have created this. **V.** Thanks be to God.

y Turn back to us, O Lord, our God;

U. Show us your face and we shall be saved. Ps. 79,4

PRAYERS OF INTERCESSION:

Those said at Lauds and Vespers may also be said in private at Terce, Sext and None. Turn to p. 389.

PRAYER

On Sundays, if the Office is said in private, the prayer of the Mass is said, which is also the prayer of Lauds.

Let us pray.

1st Sunday:

All-powerful God, increase our strength of will for doing good that Christ may find an eager welcome at his coming and call us to his side in the kingdom of heaven, where he lives and reigns. **V.**

2nd Sunday:

God of power and mercy, open our hearts in welcome. Remove the things that hinder us from

receiving Christ with joy, so that we may share his wisdom and become one with him when he comes in glory, for he lives and reigns...

3rd Sunday:

Almighty Father, give us the joy of your love to prepare the way for Christ our Lord. May his coming help us to serve you with hearts that are pure. This we ask...

4th Sunday:

God of love and mercy, help us to follow the example of Mary, always ready to do your will. At the message of an angel she welcomed your eternal Son and, filled with the light of your Spirit, she became the temple of your Word, who lives and reigns...

✠ * *

Monday and Thursday:

Come, Lord Jesus, be with your Church as you have promised, until the end of time, for you live and reign...

Tuesday and Friday:

Come, Lord Jesus, we long to be one with you. Bring light to our minds that we may breathe in your Spirit. You live and reign ...

Wednesday and Saturday:

Lord, let your glory dawn to take away our darkness. May we be revealed as the children of light at the coming of your Son, who lives and reigns...

SEXT

ANTIPHON

1st Sunday: Upon you, Jerusalem, the Lord shall shine, and over you shall appear his glory. Is. 60,2

2nd Sunday: Zion is our mighty citadel, our saving Lord its wall and its defense; throw open the gates, for our God is here among us, alleluia. Is. 26,1-2

3rd Sunday: The Lord will set up his standard h the sight of all the nations, and gather to himself the dispersed of Israel. Is. 11,12

4th Sunday: Behold our God to whom we looked to save us, alleluia. Is. 25,9

On weekdays: the antiphon is from the Ordinary.

READING

Sundays:

Jer. 23,6

In those days Judah shall be saved, Israel shall dwell in security. This is the name they give him: "The Lord our justice." **R** Thanks be to God.

Weekdays:

Is. 11,1-3

A shoot shall sprout from the stump of Jesse, and from his roots a bud shall blossom. The spirit of the Lord shall rest upon him: a spirit of wisdom and of understanding, a spirit of counsel and of strength, a spirit of knowledge and of fear of the Lord, and his delight shall be the fear of the Lord. **R** Thanks be to God.

V. The nations will revere your name, O Lord. **R**
And the great ones of the earth will acknowledge your glory. Ps. 101,16

PRAYERS OF INTERCESSION: p. 387.

PRAYER

Let us pray.

Sunday:

Father, you decreed that when the designated time had come your Son should be born of the Virgin Mary. May he who took our weakness upon himself, bestow on us his merciful love. This we ask.

Monday et Thursday:

Lord, draw close to all who truly wait for you. Let everything we do be pleasing to you so that when Christ comes we may be ready to welcome him, who lives and reigns..

Tuesday and Friday:

Come, Lord Jesus, increase in your people the faith which you yourself first inspired in their hearts; who live and reign..

Wednesday and Saturday:

Lord God, hear the cry of those who seek you. We can see you now only in obscurity. Grant us one day to see you face to face. This we ask..

NONE

ANTIPHON

1st Sunday: Behold, the Lord shall come, and all his saints with him; and there shall be a great light on that day, alleluia. **Zec.** 14,5

2nd Sunday: The Lord will come; he is true to his word. If he seems to delay, keep watch for him, for he will surely come, alleluia. **Hab.** 2,3

3rd Sunday: I shall enfold Zion with my salvation

and shed my glory around Jerusalem, alleluia. Is. 46,3 4^t
 Sunday: He comes, the desire of all human hearts;
 his dwelling place shall be resplendent with glory,
 alleluia. Hg. 2,7

On weekdays: the antiphon is from the Ordinary.

READING

Sunday:

Is. 7,14-15

Behold, the virgin shall be with child, and bear a son, and shall name him Emmanuel. He shall be living on curds and honey by the time he learns to reject the bad and choose the good. R Thanks be to God.

Weekdays:

Is. 2,2

In the days to come the mountain of the Lord's house shall be established as the highest mountain and raised above the hills. All nations shall stream toward it. R Thanks be to God.

V. Remember us, O Lord, as you favor your people;

R. Visit us with your saving help. Ps. 105,4

PRAYERS OF INTERCESSION: p. 387.

PRAYER

Let us pray.

Sunday:

Father of love, you made a new creation through Jesus Christ your Son. May his coming free us from sin and renew his life within us, for he lives and reigns..

Monday and Thursday:

Lord, hear the prayers of your people. May we who celebrate the birth of your Son as man

rejoice in the gift of eternal life when he comes in glory, for he lives and reigns ...

Tuesday and Friday:

God our Father, you sent your Son to free mankind from the power of death. May we who celebrate the coming of Christ as man share more fully in his divine life, for he lives and reigns..

Wednesday and Saturday:

Lord God, the Virgin Mary provided a dwelling for your Son in her heart as well as in her body. Grant us the grace of perfect purity, that when Christ comes, we also may be worthy to receive him, who lives and reigns..

CHRISTMAS EVE, December 24

From this day until the feast of Christ's Baptism inclusive (Jan. 13) we do not kneel at the Office.

PRIME

Ant. **O Judah and Jerusalem, do not fear; tomorrow you shall go out and the Lord will be with you. II Chron. 20,17b**

TERCE

Ant. **Today you will know the Lord is coming, and in the morning you will see his glory. Ex. 16,6-7**

READING

Rom. 1,1-3

Paul, a servant of Christ Jesus, called to be an apostle and set apart to proclaim the gospel of God which he promised long ago through his prophets, as the holy Scriptures record - the gospel

concerning his Son, who was descended from David according to the flesh.

R Thanks be to God.

V Keep up your courage;

R You will see how the Lord will deliver you.

II Chon. 20,17

PRAYER

Let us pray.

God our Father, every year we rejoice as we look forward to this feast of salvation. May we welcome Christ as our redeemer and meet him with confidence when he comes to be our judge, who lives and reigns..

SEXT

Ant. Tomorrow salvation shall be yours, says the Lord God of hosts. Cf. I Sam. 11,9

READING

Is. 62,1

For Zion's sake I will not be silent; for Jerusalem's sake I will not be quiet, until her Just One shines forth like the dawn and her Savior like a burning torch. **R** Thanks be to God.

V Today you will know the Lord is coming, **R** And in the morning you will see his glory.

Ex. 16,6-7

PRAYER

Let us pray.

Lord, let your glory dawn to take away our darkness. May we be revealed as the children of light at the coming of your Son, who lives and reigns..

NONE

Ant. His name shall be called Emmanuel, which means, God with us. Mt. 1,23

READING

Is. 62,2

Nations shall behold your Just One, and all kings your Glorious One. You shall be called by a new name pronounced by the mouth of the Lord.

R. Thanks be to God. **V.** Tomorrow salvation shall be yours, **R.** Says the Lord God of hosts. I Sam. 11,9

PRAYER

Let us pray.

Father, we contemplate the birth of your Son. He was born of the Virgin Mary and came to live among us. May we receive forgiveness and mercy through our Lord Jesus Christ, your Son, who lives and reigns..

CHRISTMAS

The Office of Christmas is said on Christmas Day, and on the 3 free days in the Octave, Dec. 29, 30, 31, unless one of them be a Sunday, in which case the Office is of the Feast of the Holy Family, p. 205.

The Office of Christmas is also said on Jan. 5, unless this be a Sunday.

For the feasts during the Octave turn to p. 199 etc.

PRIME

Ant. To you is born this day in the city of David a Savior, who is Christ the Lord. Lk. 2,11

TERCE

Ant. The angel said to the shepherds: I proclaim to you a great joy; today the Savior of the world is born for you, alleluia. Lk. 2,10-11

READING

Christmas Day:

Is.9

The people who walked in darkness have seen a great light; upon those who dwelt in the land of gloom a light has shone. R. Thanks be to God.

Other days:

Tit.2,11-13

The grace of God has appeared, offering salvation to all men. It trains us to reject godless ways and worldly desires, and live temperately, justly, and devoutly in this age as we await our blessed hope, the appearing of the glory of the Great God and of our Savior Christ Jesus.

R. Thanks be to God.

V. He has pitched a tent for the sun, **R.** Which comes forth like the groom from his bridal chamber. Ps. 18,5-6

PRAYERS OF INTERCESSION: p. 385.

Those said at Lauds and Vespers may also be said in private at Terce, Sext and None. Turn to p. 390.

PRAYER

Let us pray.

On Christmas Day, if the Office is said in private, the prayer of the 3rd Mass is said, which is also the prayer of Matins and of Lauds.

Christmas Day:

Lord God, we praise you for creating man, and still more for restoring him in Christ. Your Son shared our weakness: may we share his glory, for he lives and reigns..

1st free day in Octave:

Father, you make known the salvation of mankind at the birth of your Son. Make us strong in faith and bring us to the glory you promise. This we ask..

2nd. free day in Octave:

Ever-living God, in the birth of your Son our religion has its origin and its perfect fulfilment. Help us to share in the life of Christ for he is the salvation of mankind, who lives and reigns ...

3rd free day in Octave:

All-powerful and ever-living God, you give us a new vision of your glory in the coming of Christ your Son. He was born of the Virgin Mary and came to share our life. May we come to share his

eternal life in the glory of your kingdom, where he lives and reigns..

Jan. 5:

All-powerful Father, you sent your Son Jesus Christ to bring the new light of salvation to the world. May he enlighten us with his radiance, who lives and reigns..

SEXT

Ant. Suddenly there was with the angel a great company of the heavenly hosts, praising God and singing: Glory to God in the highest and peace to his people on earth, alleluia, alleluia. Lk. 2,13-14

READING

Christmas Day:

Is. 9,5

A child is born to us, a son is given us; upon his shoulder dominion rests. **R** Thanks be to God.

Other days:

Tit. 3,4-5

When the kindness and love of God our savior appeared, he saved us; not because of any righteous deeds we had done, but because of his mercy. **R** Thanks be to God.

V. The Lord has made his salvation known; **R** In the sight of the nations he has revealed his justice. Ps. 97,2

PRAYER

Let us pray.

Christmas Day:

God our Father, before the dawn of time you begot your Son, and with him you created the

splendor of the universe. Let him come now to illumine us with his brilliance, who lives and reigns..

1st free day in Octave:

All-powerful Father, you sent your Son Jesus Christ to bring the new light of salvation to the world. May he enlighten us with his radiance, who lives and reigns..

2nd. free day in Octave:

Lord God, we celebrate with joy the birth of the world's Savior, whose humanity restores our fallen nature. May his divinity make us sharers for ever in his supernatural gifts, for he lives and reigns..

3rd free day in Octave and Jan. 5th

Lord, keep us true in the faith, proclaiming that your Word was born in time of a virgin mother. Lead us to the joy of eternal life. This we ask..

NONE

Ant. The shepherds went in haste and found Mary and Joseph, with the Child cradled in a manger, alleluia. Lk. 2, 16

READING

Christmas Day:

Is. 9,6

His dominion is from David's throne, and over his kingdom, which he confirms and sustains by judgment and justice, both now and for ever. **R.**
Thanks be to God.

Other days:

Heb. 1,1-2

In times past, God spoke in fragmentary and varied ways to our fathers through the prophets; in

this, the final age, he has spoken to us through his Son, whom he has made heir of all things and through whom he first created the universe. **V.**
Thanks be to God.

V. In the beginning was the Word, **R/** And the Word was with God, and the Word was God. **Jn. 1,1**

PRAYER

Let us pray.

Christmas Day:

Lord God, increase our faith, hope and love, as we celebrate the birth of your Son. Help us to pass serenely through the trials of this life and bring us to the eternal possession of the mysteries we celebrate in time. This we ask..

1st free day in Octave:

All-powerful and ever-living God, your people celebrate with joy the incarnation of your Son and his birth from the Virgin Mary. Give us confidence through our sharing in this mystery which has redeemed us and made us your children. This we ask..

2nd free day in Octave:

Lord Jesus, you came forth from the Father before the creation of the world, and you were born in time to save the world. By that Spirit which joined you in the Virgin's womb to our human condition, help us to praise you, who live and reign..

3rd free day in Octave and Jan. 5th:

God our Father, your Son came to seek those who were lost and to bring light to those walking in darkness. Even as we have known our Savior in his lowliness, so may we experience his

mercy when he comes in judgment. This we ask..

FEASTS DURING THE OCTAVE OF CHRISTMAS

December 26

ST. STEPHEN, FIRST MARTYR
Solemnity

PRIME

Ant. Stephen, full of grace and power, was working great signs and wonders among the people.
Acts 6,8

TERCE

Ant. Behold I see the heavens open, and Jesus standing at the right hand of the almighty God.

Acts 7,56

READING

Acts 6,56

Stephen, full of grace and power, was working great signs and wonders among the people. **R**
Thanks be to God.

V. You have crowned him with glory and honor,
Lord,

R And you have given him rule over the works of your hands. Ps. 8,6-7

PRAYER (WHEN SAID IN PRIVATE)

Let US pray.

Lord, today we celebrate the entrance of St. Stephen into eternal glory. He died praying for those who killed him. Help us to imitate his goodness and to love our enemies. This we ask..

SEXT

Ant. They rushed at him as one man, dragged him out of the city, and began to stone him, as he cried out, "Lord Jesus, receive my spirit." Acts 7,57,59

READING

Acts 7,55-56

Stephen, filled with the Holy Spirit, looked to the sky above and saw the glory of God, and Jesus standing at God's right hand. Behold, he exclaimed, "I see the heavens opened, and Jesus standing at the right hand of God." **V.** Thanks be to God.

y. You have granted him his heart's desire, Lord, **B.** And you refused not the wish of his lips. Ps. 20,3

PRAYER

Let us pray.

Lord God, your first martyr Saint Stephen, who served the tables of the poor, was found worthy of the eternal banquet. Through his intercession may we also be admitted to the wedding-feast of the Lamb, who lives and reigns..

NONE

Ant. Devout men buried Stephen, bewailing him loudly as they did so. Acts 8,2

READING

Acts 7,60

He fell to his knees and cried out in a loud voice, "Lord, do not hold this sin against them." And with that he died. **V.** Thanks be to God.

y. The just man is glad in the Lord and takes refuge in him; **V.** In him glory all the upright of heart. Ps. 63,11

PRAYER

Let us pray.

All-powerful God, the blood of the deacon Stephen consecrated the first of the long line of your martyrs. May he intercede for us just as he prayed for those who were killing him to our Lord Jesus Christ, your Son, who lives and reigns.

December 27
ST. JOHN, APOSTLE
12 lessons

PRIME

Ant. This is the disciple whom Jesus loved, who reclined at his side at the last supper. Cf. Jn. 21,20b

TERCE

Ant. If it is my will that he remain until I come, what is that to you? Follow me! Jn. 21,22

READING

Sir. 15,2-3

Motherlike, Wisdom will meet him, like a young bride she will embrace him, nourish him with the bread of understanding, and give him the water of learning to drink. **RC** Thanks be to God.

V. You have made them princes over all the earth; **RC**
They declared your fame, O Lord. ps. 44,17

PRAYER

Let us pray.

God our Father, you have revealed the mysteries of your Word through Saint John the Apostle. By prayer and reflection may we come to understand the wisdom he taught. This we ask.

SEXT

Ant. The saying had spread among the brothers that this disciple was not going to die; yet Jesus did not say to him that he was not to die, but: If it is my will that he remain until I come, what is that to you? **J.** 21,23

READING

Sir. 15,4-5

He will lean upon Wisdom and not fall, he will trust in her and not be put to shame. In the midst of the Church she will make him eloquent. **R.** Thanks be to God. **V.** The heavens proclaim his justice. **R.** And all peoples see his glory. Ps. 96,6

PRAYER

Let us pray.

Lord, look with love on your Church. Grant that in the light of the teaching of the Apostle John it may zealously work for the perfect unity of all Christians. This we ask..

NONE

Ant. To sit at my right hand and at my left is not mine to grant; it is for those for whom it has been prepared by my Father. Mt. 21,23

READING

Sir. 15,6

Joy and gladness he will find; an everlasting name he will inherit from the Lord our God. **R.** Thanks be to God.
V. O God, you have greatly honored your friends; **R.** Their authority is fully established. Ps. 138,17 Vg.

PRAYER

Let us pray.

Lord Jesus, as you hung on the cross you gave your beloved disciple John as a son to your own

mother. Help us, who by grace are also Mary's children, to imitate his tender love for her. You live and reign ...

December 28
HOLY INNOCENTS, MARTYRS 12
lessons

PRIME

Ant. Herod, in a furious rage, ordered the massacre of many children hⁱ Bethlehem and the neighboring regions. Mt. 2,16

TERCE

Ant. Let the children come to me, for to such belongs the kingdom of heaven. Mt. 19,14

READING

Rev. 14,1

I saw the Lamb standing on Mount Zion, and with him were the hundred and forty-four thousand who had his name and the name of his Father written on their foreheads. **B.** Thanks be to God.

V. Be glad in the Lord and rejoice, you just; **R.**
Exult, all you upright of heart. Ps. 31,11

PRAYER

Let us pray.

Father, the Holy Innocents offered you praise by the death they suffered for Christ. May our lives bear witness to the faith we profess with our lips. This we ask^k..

SEXT Ant. These shall walk
with me in white because

they are worthy. I will never erase their name from the book of the living. Rev. 3,4-5

READING

Rev. 7,14

These are the ones who have survived the great period of trial; they have washed their robes and made them white in the blood of the Lamb. **V.** Thanks be to God. **V.** The just exult before God, **R.** They are glad and rejoice. Ps. 67,4

PRAYER

Let us pray.

Lord God, your power is magnificent in the great works of creation, yet you work more glorious wonders in the small. May we celebrate joyously the feast of those who, even without uttering words, gave testimony to your Son, our Lord Jesus Christ, who lives and reigns..

NONE

Ant. A voice was heard in Rama, wailing and loud lamentation, Rachel weeping for her children.

Mt. 2,18

READING

Rev. 14,4-5

They have been ransomed as the first fruits of mankind for God and the Lamb. On their lips no deceit has been found; they are without flaw. **R.** Thanks be to God. **V.** God is wonderful in his saints. **R.** The God of Israel, he gives power and strength to his people. Ps. 67,36

PRAYER

Let us pray.

OLord, your Son began his life by sanctifying infancy with martyrdom. Let us imitate the sim-

plicity of little children whose angels ever gaze upon your face. This we ask..

DECEMBER 29, 30, 31

Office of Christmastide 194.

Sunday in Octave of Christmas

HOLY FAMILY

12 lessons

PRIME

Ant. To you is born this day in the city of David a Savior, who is Christ the Lord. Lk. 2,11

TERCE

Ant. The shepherds went in haste and found Mary and Joseph, with the Child cradled in a manger, alleluia. Lk. 2,16

READING

II Cor. 8,9

You are well acquainted with the favor shown you by our Lord Jesus Christ: how for your sake he made himself poor though he was rich, so that you might become rich by his poverty. **IV.** Thanks be to God. **V.** To those who believed in his name **IV.** He gave power to become children of God.

Jn. 1,12

PRAYER (WHEN SAID IN PRIVATE)

Let US pray.

Father, help us to live as the Holy Family, united in respect and love. Bring us to the joy and peace of your eternal home. This we ask..

SEXT

Ant. Blessed is the womb that bore you, O Christ, and the breasts that you sucked! Lk. 11,27

READING

Col. 3,14-15

Over all these virtues, put on love, which binds the rest together and makes them perfect. Christ's peace must reign in your hearts, since as members of the one body, you have been called to that peace. Dedicate yourselves to thankfulness. **R** Thanks be to God. **V**- If God has loved us so

R We must have the same love for one another.

Un. 4.11

PRAYER

Let us pray.

Lord, as we celebrate this feast help us to live in your house like the Holy Family, in a communion of love which cannot be broken. This we ask..

NONE

Ant. A woman in the crowd raised her voice and said: Blessed is the womb that bore you and the breasts that you sucked! But Jesus said to her: Blessed rather are those who hear the word of God and keep it! **Lk-H** 27-28

READING

Rom. 8,15.17

You have received a spirit of adoption, through which we cry out, "Abba!" (that is, "Father"). But if we are children, we are heirs as well: heirs of God, heirs with Christ. **R** Thanks be to God.

v* He came and announced the good news of peace to you.

R. Through him we have access in one Spirit to the Father. **Eph. 2,17-18**

PRAYER

Let us pray.

All-loving Father, help us to live as Jesus, Mary and Joseph, as brothers united in peace and concord in the image of the eternal and undivided Trinity. This we ask..

The Solemnity of the MOTHER OF GOD appears in the Sanctoral.

SUNDAY BETWEEN JAN. 1 AND EPIPHANY

PRIME

Ant. The Word became flesh and dwelt among us; and we have seen his glory, glory as of the only Son from the Father, full of grace and truth, alleluia, alleluia. **Jn. 1,14**

TERCE

Ant. Suddenly there was with the angel a great company of the heavenly hosts, praising God and singing: Glory to God in the highest and peace to his people on earth, alleluia, alleluia. **Lk. 2,13-14**

READING**Is. 9,1**

The people who walked in darkness have seen a great light; upon those who dwelt in the land of gloom a light has shone. **R.** Thanks be to God. **V.** He has pitched a tent for the sun, **R.** Which comes forth like the groom from his bri-

da| chamber. Ps. 18,5-6

PRAYER (WHEN SAID IN PRIVATE)

Let us pray.

All-powerful Father, you sent your Son Jesus Christ to bring the new light of salvation to the world. May he enlighten us with his radiance, who lives and reigns..

SEXT

Ant. The shepherds said to one another: Let us make our way to Bethlehem and see for ourselves this thing which the Lord has revealed to us, alleluia. Lk. 2,15

REA|DING

Is. 9,5

A child is born to us, a son is given us; upon his shoulder dominion rests. **R.** Thanks be to God. **y.** The Lord has made his salvation known; **R/** In the sight of the nations he has revealed his justice. Ps. 97,2

PRAYER

Let us pray.

Lord, keep us true in the faith, proclaiming that your Word was born in time of a virgin mother. Lead us to the joy of eternal life. This we ask..

NONE

Ant. The shepherds went|in haste and found Mary and Joseph, with the Child cradled in a manger, alleluia. Lk. 2,16

READING

Is. 9,6

His kingdom is from David's throne, and over his kingdom, which he confirms and sustains

by judgment and justice, both now and forever.

R. Thanks be to God.

V. In the beginning was the Word,

R. And the Word was with God, and the Word was God. Jn. 1,1

PRAYER

Let us pray.

God our Father, your Son came to seek those who were lost and to bring light to those walking in darkness. Even as we have known our Savior in his lowliness, so may we experience his mercy when he comes in judgment. This we ask..

JANUARY 5

Office of **C**hristmastide, p. 194.

January 6
EPIPHANY
Solemnity

The Office of the Epiphany is said also on ferial days until the feast of Christ's Baptism, and on the Sunday if there be one. (1st Sunday in Ordinary Time.)

PRIME

Ant. Jerusalem, your light has come; the glory of the Lord dawns upon you. Men of every race shall walk in the splendor of your sunrise. Is. 60,1.3

TERCE

Ant. The people of Saba shall come bringing gold and frankincense, alleluia, alleluia. Is. 60,6

READING

Is. 60,4-5

our sons come from afar, and your daughters in the arms of their nurses. Then you shall be radiant at what you see, your heart shall throb and overflow, for the riches of the sea shall be emptied out before you, the wealth of the nations shall be brought to you.

R/ Thanks be to God.

y. May all on earth worship and sing praise to you,

IV. Sing praise to your name, O Lord. Ps. 65,4

PRAYER

Let us pray.

Jan. 6 (when said in private):

Father, on this day you revealed your Son to the world by the guidance of a star. We know you now by faith. Lead us on to the contemplation of your glory in heaven, where your Son Jesus Christ lives and reigns..

Sunday (when said in private):

Lord our God, it is with a father's love that you forgive us after judging us according to our misdeeds. Even though we do not deserve it, allow us with heartfelt affection to say to you: Our Father. This we ask..

Other days:

All-powerful Father, you have made known the birth of the Savior by the light of a star. May he continue to guide us with his light, for he lives and reigns..

SEXT Ant. Going into the house they saw the Child with

Mary his mother; and they fell down and worshiped him, alleluia. Mt. 2,11

READING

Is. 60,6

Caravans of camels shall fill you, dromedaries from Midian and Ephah; all from Saba shall come bearing gold and frankincense, and proclaiming the praises of the Lord. **R** Thanks be to God. **V**. All the people, whom you have made, **R** Will come and worship before you, Lord. Ps. 135,9

PRAYER

Let us pray.

Jan. 6th:

God, light of all nations, give us the joy of lasting peace. Just as once you enlightened the minds of the Magi, so fill our hearts with your radiant light, Jesus Christ our Lord, who lives and reigns..

Sunday:

Lord, you have created us to praise your glory. Let your Spirit of love dwell in our hearts that we may be filled with joy. This we ask ...

Other days:

Lord, your Holy Spirit appeared like a dove at Jesus' baptism, and at Cana changed water into wine at his command. By the gift of that same Spirit help us to understand your divine law. This we ask ...

NONE

Ant. Opening their treasures, the Magi offered the Lord gold, frankincense and myrrh, alleluia.Mt.2,11

READING

Is. 55,5

You shall summon a nation you knew not, and nations that knew you not shall run to you, because of the Lord, your God, the Holy One of Israel, who has glorified you. **I**t Thanks be to God. **V**. We have seen his star in the East, **R**. And have come to worship the Lord. **M**t. 2,2

PRAYER

Let us pray.

Jan. 6th:

All-powerful and ever-living God, you are the light of those who believe. You sanctified this day by calling the first believers from the pagan nations. Fill the whole world with your glory and in the radiance of your light reveal yourself to all peoples. This we ask..

Sunday:

Most Holy Trinity, purify our hearts that we may live always so as to please you and share in your interior life of love which is our unfailing hope. This we ask..

Other days:

Lord, you revealed your glory to the Magi in the light of a new star. Dispel the sadness of our hearts as we journey towards you, and grant us the joy of beholding you for ever. This we ask..

January 13
BAPTISM OF THE LORD 12
lessons

PRIME

Ant. Jerusalem, your light has come; the glory of the Lord dawns upon you. Men of every race shall walk in the splendor of your sunrise. Is. 60,1,3

TERCE

Ant. The heavens opened, and a voice from heaven said: This is my beloved Son in whom I am well pleased. Mt. 3,16-17

READING

Is. 61,1-2

The Spirit of the Lord God is upon me, because the Lord has anointed me; he has sent me to bring glad tidings to the lowly, to heal the brokenhearted, to proclaim liberty to the captives and release to the prisoners; to announce a year of favor from the Lord.

R. Thanks be to God.

V. May all on earth worship and sing praise to you,

R. Sing praise to your name, O Lord. Ps. 65,4

PRAYER

Let us pray.

Father, on this day your Son was baptized in the Jordan and anointed with the Holy Spirit. May we who are born again from the living water be transformed into the likeness of Christ, who lives and reigns..

SEXT

Ant. A voice from heaven was heard to say: You are my Son. On you my favor rests, alleluia. Mk. 1,11

READING

Is. 49,6

I will make you a light to the nations, that my salvation may reach to the ends of the earth. **R/**
Thanks be to God. **y.** All the people, whom you have made, **R/** Will come and worship before you, Lord. **Ps. 85,9**

PRAYER

Let us pray.

Father, at the Jordan you inaugurated with wondrous signs the new rite of baptism. Teach us to listen to your beloved Son so as to be your children in both name and reality. This we ask..

NONE

Ant. I baptized you with water, but he will baptize you with the Holy Spirit, alleluia. Mk. 1,8

READING

Is. 42,1

Here is my servant whom I uphold, my chosen one with whom I am pleased, upon whom I have put my spirit; he shall bring forth justice to the nations. **R/** Thanks be to God. **y.** We have seen his star in the East, **R/** And have come to worship the Lord. **Mt. 2,2**

PRAYER

Let us pray.

Father, by the power of the Holy Spirit you anointed your only Son Messiah and Lord of creation; you have given us a share in his consecra-

tion to priestly service in your Church. Help us to be faithful witnesses in the world to the salvation Christ won for all mankind. This we ask..

ORDINARY TIME

From Jan. 14 until Lent the Office is taken from the Ordinary, unless a feast occurs.

For the prayer at Terce on Sunday until Septuagesima, when the Office is said in private, turn to page 267.

From Septuagesima Sunday, however, the prayers at Terce, Sext and None are as follows. In private the possibility of choosing among the prayers of Ordinary Time remains.

FROM SEPTUAGESIMA UNTIL ASH WEDNESDAY

TERCE

PRAYER

Let us pray.

Monday and Thursday:

Lord, deliver us from all our sins and grant us joy
in your peace. This we ask..

Tuesday and Friday:

Lord, give us back the innocence you love by
drawing our hearts to yourself. Let the fervor of
your Spirit be reborn there to strengthen our faith
and make us generous in doing good. This we ask..

Wednesday and Saturday:

In your mercy, Lord, listen to our prayers. You
want to give us all that we desire: help us desire
only what pleases you. This we ask..

Sunday (when said in private):

Septuagesima:

Father, guide and protector of your people,
grant us an unfailing respect for your name, and
keep us always in your love. This we ask..

Sexagesima:

Lord God, your word of life gives us a new birth.
May we receive it with open hearts, live it with
joy, and express it in love. This we ask..

Quinquagesima:

God our Father, your light of truth guides us to the
way of Christ. May all who follow him reject
what is contrary to the gospel. This we ask..

SEXT

PRAYER

Let us pray.

Monday and Thursday:

Deliver us, Lord, from the attachments that still
hold us enslaved to sin, and in your kindness
spare us the punishments our sins have deserved.
This we ask..

Tuesday and Friday:

Lord, grant health of soul and body to your people.
Enabled thus to strive wholeheartedly for what is
good, may we know always the power of your
grace. This we ask..

Wednesday and Saturday:

Lord, you are the founder of your people and
their guide; drive away from them the evil by
which they are assailed, that they may always
please you and live in peace under your protection.

This we ask..

Sunday:

Lord, you see that of ourselves we have no strength. Protect us from bodily and spiritual dangers so that no misfortune may crush us and our hearts may remain pure. This we ask..

NONE

PRAYER

Let us pray.

Monday and Thursday:

Lord, keep your Church from all harm and let our prayer rise up to you. This we ask..

Tuesday and Friday:

Lord, grant us the grace to persevere in obeying your will. Let us see the people who serve you increase in number and in holiness in our own time. This we ask..

Wednesday and Saturday:

Lord, be moved by our prayers and heal the diseases of our souls. Forgive us our sins that we may ever rejoice in your blessing. This we ask..

Sunday:

Lord, grant us as we pray an abundance of your grace, so that we may follow your commandments and have joy in this life and in the next. This we ask..

THE SEASON OF LENT

From Matins of Ash Wednesday until Easter Sunday all **Alleluias** are suppressed or replaced.

FROM ASH WEDNESDAY UNTIL THE SATURDAY BEFORE PASSION SUNDAY

PRIME

ANTIPHON

1st Sunday: **Jesus fasted forty days and forty nights, and afterward he was hungry. Mt. 4,2**

2nd Sunday: **Suddenly, Moses and Elijah appeared to them, talking with Jesus. Mt. 17,3**

3rd Sunday: **If it is by the finger of God that I cast out demons, then the kingdom of God has come upon you. Mt. 12,28**

4th Sunday: **Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated. Jn. 6,11**

Note that the reading is **Is. 33,2**, p. 135. On weekdays: all is from the Ordinary.

TERCE

ANTIPHON

1st Sunday: **Man shall not live by bread alone, but by every word that proceeds from the mouth of God.**

Mt. 4,4

2nd Sunday: **The law was given through Moses; grace and truth came through Jesus Christ. Jn. 1,17**

3rd Sunday: **He who is not with me is against me;**

and he who does not gather with me scatters, says the Lord. **M** 12,30

4th Sunday: As I live, says the Lord, I take no pleasure in the death of the wicked man, but rather in his **I** conversion, that he may live. Ez. 33, **I**

On weekdays: the antiphon is from the Ordinary.

READING

Sunday:

II Cor. 6,1-2

We beg you not to receive the grace of God in vain. For he says, "In an acceptable time I have heard you; on a day of salvation I have helped you." Now is the acceptable time! Now is the day of salvation! **R** Thanks be to God.

. Weekdays:

JL 2,12-13

Turn to me with your whole heart, with fasting, weeping and mourning; rend your hearts, not your garments, for I am gracious and merciful, says the Lord almighty. **R** Thanks be to God.

V. Say to the Lord: My refuge and my fortress. **R** My God, in whom I trust. Ps. 90,2

PRAYERS OF INTERCESSION:

Those said at Lauds and Vespers may also be said in private at Terce, Sext and None. Turn to p. 390.

PRAYER

Let us pray.

On Sundays, if the Office is said in private, the prayer of the Mass is said, which is also the prayer of Lauds. **I**

Sunday:

Father, through our observance of Lent, help us to understand the meaning of your Son's death

and resurrection, and teach us to reflect it in our lives. This we ask..

2nd Sunday:

God our Father, help us to hear your Son. Enlighten us with your word, that we may find the way to your glory. This we ask..

3rd Sunday:

Father of goodness, you have taught us to correct our lives by prayer and fasting. Help us to come closer to you by prayer, and by self-denial to overcome our evil inclinations. This we ask..

4th Sunday:

Father of peace, we are joyful in your Word, your Son Jesus Christ who reconciles us to you. Let us hasten toward Easter with the eagerness of faith and love. This we ask..

Monday and Thursday:

Father, your Son by prayer and penance defeated our adversary in the desert. Help us to conquer temptation with the light of faith and so attain purity of heart. This we ask..

Tuesday and Friday:

Lord, you let Moses savor your teaching as he talked familiarly with you while fasting on the mountain. May we also experience the sober intoxication of your Word as we live hidden in the secret of your presence. This we ask..

Wednesday and Saturday:

Lord God, you have written your law of love in our hearts, but we, by our disobedience, have

turned away. Teach us to return to you by listening to the Spirit. This we ask..

SEXT

ANTIPHON

1st Sunday: Begone Satan! You shall not tempt the Lord your God. Mt. 4,10.7

2nd Sunday: **I will make you a light to the nations, that my salvation may reach to the ends of the earth. Is. 49,6**

3rd Sunday: When the unclean spirit has gone out of a man, he passes through waterless places seeking rest; and he finds none. Mt. 12,43

4th Sunday: Who knows? Perhaps God will again relent and leave behind him a blessing. II. 2,14

On weekdays: the antiphon is from the Ordinary.

READING

Sunday:

Rom. 12,1

Brothers, I beg you through the mercy of God to offer your bodies as a living sacrifice, holy and acceptable to God, your spiritual worship. **R.** Thanks be to God.

Weekdays:

Is. 58,7

Share your bread with the hungry; shelter the oppressed and the homeless; clothe the naked when you see them; and turn not your back on your own. **R.** Thanks be to God.

V. He will rescue me from the snare of the fowler, **R.** From the destroying pestilence. Ps. 90,3

PRAYERS OF INTERCESSION: p. 387, or 390.

PRAYER

Let us pray.

Sunday:

Lord God, you are the bread of the angels and the strength of those who fast. Fill us with the bread of your Word, and let our nourishment be the love of justice and of the things which are eternal. This we ask..

Monday and Thursday:

All-powerful Father, through our total dedication to prayer and silence may the Holy Spirit draw us into the inner recesses of our hearts. This we ask..

Tuesday and Friday:

Lord, make us come before you always with humble hearts to ask forgiveness, so that we may joyfully offer a perfect sacrifice to you in prayer. This we ask..

Wednesday and Saturday:

God of mercy, join all people together in humble repentance and in your praise. In perfect communion may your Church advance joyfully towards the eternal kingdom. This we ask..

NONE

ANTIPHON

1st Sunday: You shall worship the Lord your God, and him alone shall you serve. Mt. 4,10

2nd Sunday: This is my servant whom I have chosen; I have put my Spirit upon him. Mt. 12,18

3rd Sunday: Blessed are those who hear the word of God and keep it. Lk. 11,28

4th Sunday: All the people, when they saw it, gave praise to God. Lk. 18,43

On weekdays: the antiphon is from the Ordinary.

READING

Sunday: Rom. 12,2

Do not conform yourselves to this age but be transformed by the renewal of your mind, so that you may judge what is God's will, what is good, pleasing and perfect. **R.** Thanks be to God.

Weekdays: Is. 30,15

Thus said the Lord God, the Holy One of Israel: By repenting and by calm you shall be saved, in silence and in trust your strength shall be. **R.** Thanks be to God.

V. With his pinions he will cover you,
R. And under his wings you shall take refuge.

Ps. 90,4

PRAYERS OF INTERCESSION: p. 387 or 390.

PRAYER

Let us pray.

Sunday:

Lord, pour a new spirit into the hearts of all your children. Let those who are to be reborn in baptism open their eyes to the light from on high, and lead all the baptized ever closer to your glory. This we ask..

Monday and Thursday:

Lord, you came close to the repentant sinner who dared not approach you. Effect in us a real conversion of heart and fill us with the joy and

peace of the Spirit. This we ask...

Tuesday and Friday:

Lord Jesus, the Church is your loving bride,
deprived of your presence. As we fast, may we
watch in prayer for your return, who live and reign.

Wednesday and Saturday:

Lord, be merciful to your people. Fill us with
your gifts and make us always eager to serve you
in faith, hope, and love. This we ask...

PASSIONTIDE

FROM PASSION SUNDAY TO THE
WEDNESDAY OF HOLY WEEK

PRIME

ANTIPHON

Passion Sunday: **Look, O Lord, upon my misery, for the enemy has triumphed. Lam. 1⁹**

Palm Sunday: **The Lord God is my help, therefore I am not disgraced. Is. 50,7**

Note that the reading is *Is. 33,2*, p. 135. On weekdays: all is from the Ordinary.

TERCE

ANTIPHON

Passion Sunday: **Must good be repaid with evil that they should dig a pit to take my life? Jer. 18,20**

Palm Sunday: **To you have I entrusted my cause, O Lord, protector of my life; O Lord, my God. Jer. 11,20**

On weekdays: the antiphon is from the Ordinary.

READING

Sunday:

I Pet 2,21

Christ suffered for you and left you an example, to have you follow in his footsteps. **R** Thanks be to God.

Weekdays:

Is. 53,2-3

He grew up like a sapling, like a shoot from the parched earth. There was in him no stately bearing to make us look at him, nor appearance that would attract us to him. He was spurned and avoided by men, a man of suffering, accustomed to infirmity, one of those from whom men hide their faces; spurned, and we held him in no esteem. **R** Thanks be to God.

V. O God, rescue my soul from the sword, **R** My life from the grip of these dogs. Ps. 21,21

PRAYERS OF INTERCESSION: as in Lent, p. 390, or 387.

PRAYER

Let us pray.

On Sundays, if the Office is said in private, the prayer of the Mass is said, which is also the prayer of Lauds.

Passion Sunday:

Father, help us to be like Christ your Son, who loved the world and died for our salvation. Inspire us by his love, guide us by his example, who lives and reigns..

Palm Sunday:

Almighty, ever-living God, you have given the human race Jesus Christ our Savior as a model of humility. He fulfilled your will by becoming man

and giving his life on the cross. Help us to bear witness to you by following his example of suffering and make us worthy to share in his resurrection. This we ask..

Weekdays:

God our Father, by the sacrifice of Christ you freed your Church from sin and made it holy. May we, who are one with Christ, the head of the Church, be one with his offering; may we be united in serving you with all our hearts. This we ask..

SEXT

ANTIPHON

Passion Sunday: **Lord, you defended me in mortal danger, you redeemed my life. Lam. 3,58**

Palm Sunday: **Do not be my ruin, you, my refuge in the day of misfortune. Jer. 17,17**

On weekdays: the antiphon is from the Ordinary.

READING

Sunday:

I Pet. 2,24

In his own body Christ brought your sins to the cross, so that all of us, dead to sin, could live in accord with God's will. By his wounds you were healed. **R.** Thanks be to God.

Weekdays:

Is. 53,4-5

Indeed, it was our infirmities that he bore, our sufferings that he endured: while we thought of him as stricken, as one smitten by God and afflicted. But he was pierced for our offenses, crushed for our sins; upon him was the chastisement that makes us

whole, by his stripes we were healed. **R**

Thanks be to God.

V. Save me from the lion's mouth, O Lord; **R/V**. And from the horns of the wild bulls, my wretched life. Ps. 21,22

PRAYERS OF INTERCESSION: as in Lent p. 390, or 387.

PRAYER

Let us pray.

Sunday:

Lord Jesus, it was not by your majestic power that you won the victory over the devil, but by humbling yourself. Sin once made us his slaves. May your death freely accepted regain for us our liberty, for you live and reign..

Weekdays:

Father, on the cross your Son dispelled the darkness of this world. Grant that in the splendor of his light we may hasten to the joys of your eternity. This we ask..

NONE

ANTIPHON

Passion Sunday: O my people, what have I done to you, or how have I wearied you? Answer me! Mi. 6,3

Palm Sunday: Let my persecutors, not me, be confounded, O Lord, my God. Jer. 17,18

On weekdays: the antiphon is from the Ordinary.

READING

Sunday:

I Pet. 3,18

Christ died for our sins once for all, the just man for the sake of the unjust, that he might lead

you to God. He was put to death in the flesh but made alive in the spirit. **R Thanks be to God.**

Weekdays:

Is. 53,6-7

We had all gone astray like sheep, each following his own way; but the Lord laid upon him the guilt of us all. Though he was harshly treated, he submitted and opened not his mouth. Like a lamb led to the slaughter or a sheep before the shearers he was silent and opened not his mouth. **IV**. Thanks be to God.

v. Gather not my soul with those of sinners, **R.
Nor with men of blood my life. Ps. 25,9**

PRAYERS OF INTERCESSION: as in Lent, p. 390, or 387.

PRAYER

Let us pray.

Sunday:

Lord Jesus, grant us ever to meditate the ineffable mystery of the Cross, by which you emptied death of its power and became radiant with the light of the resurrection. You live and reign..

Weekdays:

O Lord Jesus Christ, from your side flowed blood and water to hallow your bride the Church. Through the grace of the Holy Spirit may we ever draw avidly from these sources of our salvation. You live and reign..

READING

II|Tim. 2,10

I bear with all of this for the sake of those whom God has chosen, in order that they may obtain the salvation to be found in Christ Jesus and with it eternal glory.

R/ Thanks be to God.

V/ Woman, there is your son.

R/ There is your mother. In. 19,26-27

PRAYER

Let us pray.

Lord God, you reconciled the world to yourself through the mystery of the Cross. As we commemorate the Compassion of the Virgin Mary grant us through her intercession the salvation won by your Son, who lives and reigns ...

NONE

Ant. **I** have been crucified with Christ, and the life I live now is not my own; Christ is living in me. I still live my human life, but it is a life of faith in the Son of God, who loved me and gave himself for me.

Gal. 2,19-20

READING

Col. 1,24

I find my joy in the suffering I endure for you. In my own flesh I fill up what is lacking in the sufferings of Christ for the sake of his body, the Church. R/ Thanks be to God.

V/ Christ is there as a sign of contradiction; R/ And your own soul shall be pierced as by a sword. Lk. 2,34-35

PRAYER

Let us pray.

Father, we commemorate the Compassion of the Virgin Mary, pierced with sorrow as her Son

offered himself for us on the Cross. May the human love he showed sustain us, for he lives and reigns..

HOLY THURSDAY, GOOD FRIDAY,
HOLY SATURDAY

On these three days the Office is said as follows:

INTRODUCTION

Silent prayer (standing inclined on Holy Thursday; kneeling on Friday and Saturday. At COMPLINE: I confess..)

Sign of the cross.

PSALMODY

At the Little Hours the usual psalms are said but without antiphon or **Glory to the Father..**

At PRIME and COMPLINE the Psalmody is followed by the **PROFESSION OF FAITH.**

Lord, have mercy ...

Usual **PRAYERS OF INTERCESSION.**

Final **PRAYER** not preceded by Let us pray nor followed by the usual ending.

VESPERS

PSALMODY

Ant. L The cup of salvation I will raise; I will call on the Lord's name. Ps. 115,13

Psalm 115

Thanksgiving in the Temple

I trusted, even when I said: "I am sorely afflicted,"

**And when I said in my alarm:
"No man can be trusted."**

**How can I repay the Lord for his
goodness to me? The cup of salvation
I will raise; I will call on the Lord's
name.**

**My vows to the Lord I will fulfil
before all his people.
Precious in the eyes of the Lord
is the death of his faithful.**

**Your servant, Lord, your servant am I; you
have loosened my bonds. A thanksgiving
sacrifice I make:
I will call on the Lord's name.**

**My vows to the Lord I will fulfil before all his
people, In the courts of the house of the Lord,
in your midst, O Jerusalem.**

Glory to the Father is not said here.

**Ant. The cup of salvation I will raise; I will call on the
Lord's name. Ps. 115,13**

**Ant. 2. I am for peace, but when I speak, they are
for fighting. Ps. 119,7**

Psalm 119 Longing for peace

**To the Lord in the hour of my distress I
call and he answers me. "O Lord, save
my soul from lying lips, from the tongue
of the deceitful."**

**What shall he pay you in return, O
treacherous tongue?**

**The warrior's arrows sharpened and
coals, red-hot, blazing.**

Alas, that I abide a stranger in Meshech,
dwell among the tents of Kedar!

Long enough have I been dwelling
with those who hate peace. I am for
peace, but when I speak, they are for
fighting.

Glory to the Father is not said here.

Ant. I am for peace, but when I speak, they are for
fighting. Ps. 119,7

Ant. 3. Deliver me, Lord, from violent men. t
Ps. 139,1

**Psalm 139 Lord,
you are my refuge**

**Rescue me, Lord, from evil men; ±
from the violent keep me safe,
From those who plan evil in their hearts
and stir up strife every day;
Who sharpen their tongue like an adder's,
with the poison of viper on their lips.**

**Lord, guard me from the hands of the wicked;
from the violent keep me safe;
they plan to make me stumble.**

The proud have hidden a trap,
have spread out lines in a net,
set snares across my path.

I have said to the Lord: "You are my God."
Lord, hear the cry of my appeal! Lord my
God, my mighty help, you shield my head in
the battle. Do not grant the wicked their
desire nor let their plots succeed.

**Those surrounding me lift up their heads.
Let the malice of their speech overwhelm them.**

Let coals of fire rain upon them. Let them be flung in the abyss, no more to rise. Let the slanderer not endure upon the earth. Let evil hunt the violent man to death!

I know the Lord will avenge the poor, that he will do justice for the needy. Yes, the just will praise your name: the upright shall live in your presence.

Glory to the Father is not said here.

Ant. Deliver me, Lord, from violent men. Ps. 139,1

Ant. 4. From the trap they have laid for me keep me safe: keep me from the snares of those who do evil. Ps. 140,9

Psalm 140 A prayer when in danger

I have called to you, Lord; hasten to help me! Hear my voice when I cry to you. Let my prayer arise before you like incense, the raising of my hands like an evening oblation.

Set, O Lord, a guard over my mouth; keep watch, O Lord, at the door of my lips! Do not turn my heart to things that are wrong, to evil deeds with men who are sinners.

Never allow me to share in their feasting. If a good man strikes or reproves me it is kindness; But let the oil of the wicked not anoint my head. Let my prayer be ever against the* malice.

Their princes were thrown down by the side of the rock: then they understood that my words were kind. As a millstone is shattered to pieces on the ground, so their bones were strewn at the mouth of the grave.

To you, Lord God, my eyes are turned:
in you I take refuge; spare my soul!
From the trap they have laid for me keep me safe:
keep me from the snares of those who do evil.

Let the wicked fall into the traps they have set
whilst I pursue my way unharmed.

Glory to the Father is not said here.

Ant. From the trap they have laid for me keep me safe: keep me from the snares of those who do evil. Ps. 140,9

Ant. 5. I look on my right and see: there is not one who takes my part. Ps. 141,5

**Psalm 141 You, Lord,
are my refuge**

With all my voice I cry to the Lord, with
all my voice I entreat the Lord. I pour out
my trouble before him; I tell him all my
distress While my spirit faints within me.
But you, O Lord, know my path.

On the way where I shall walk
they have hidden a snare to entrap me.
Look on my right and see:
there is no one who takes my part.
I have no means of escape,
not one who cares for my soul.

I cry to you, O Lord.
I have said: "You are my refuge,
all I have in the land of the living."
Listen, then, to my cry,
for I am in the depths of distress.

Rescue me from those who pursue me for
they are stronger than I.

Bring my soul out of this prison and
then I shall praise your name.
Around me the just will assemble
because of your goodness to me.

Glory to the Father is not said here.

Ant. I look on my right and see: there is not one
who takes my part. Ps. 141,5

There is no **READING. CANTICLE OF**
MARY (Magnificat) ANTI-PHON (Before
and after)

Holy Thursday: As they were eating, Jesus took
bread, and blessed, and broke it, and gave it to the
disciples. Mt. 26,26

Good Friday: When Jesus had received the vinegar, he
said, "It is finished"; and he bowed his head and gave
up his spirit. Jn. 19,30

Holy Saturday: The Jews went and made the
sepulchre secure by sealing the stone and setting a
guard. Mt. 27,66

Magnificat

My soul magnifies the Lord,
and my spirit rejoices in God my Savior,
for he has regarded the low estate

of his handmaiden.

For behold, henceforth all generations

will call me blessed;

for he who is mighty has done great things for me, and
holy is his name. And his mercy is on those who fear
him from generation to generation. He has shown
strength with his arm, he has scattered the proud in
the imagination

of their hearts,

he has put down the mighty from their thrones,
and exalted those of low degree;
he has filled the hungry with good things,
and the rich he has sent empty away.
He has helped his servant Israel,
in remembrance of his mercy,
as he spoke to our fathers,
to Abraham and to his posterity for ever.
Glory to the Father is not said here.

ANTIPHON

Holy Thursday: As they were eating, Jesus took bread, and blessed, and broke it, and gave it to the disciples. Mt. 26,26

Good Friday: When Jesus had received the vinegar, he said, "It is finished"; and he bowed his head and gave up his spirit. Jn. 19,30

Holy Saturday: The Jews went and made the sepulchre secure by sealing the stone and setting a guard. Mt. 27,66

At PRIME and COMPLINE the Profession of Faith as usual.

PRAYERS OF INTERCESSION (AT ALL THE HOURS):

As in Lent, p. 390; standing and without Ps. 50 on Holy Thursday; kneeling with Ps. 50 on Friday and Saturday.

PRAYER (AT ALL THE HOURS)

Every day:

Father, look with love upon your people, the love which our Lord Jesus Christ showed us when he delivered himself to evil men and suffered the

agony of the cross, for he lives and reigns..

OR

Holy Thursday:

Lord, during the Last Supper you gave us an example of humility, and loving us up to the end you instituted the sacrament of your love. Cleanse us by your word so that we may approach your table with pure and humble hearts. You live and reign..

Good Friday:

Merciful Father, your Son, obedient unto death, breathed his Spirit on us from the cross. Grant us pure hearts worthy to offer him to you, for he lives and reigns..

Holy Saturday:

Lord, we watch by Jesus' tomb and remember his going down among the dead. Fill our hearts with a profound peace as we wait to celebrate his victory and bathe us in the new light of his glory, for he lives and reigns ...

EASTER

EASTER SUNDAY
Solemnity

PRIME

Ant. An angel of the Lord descended from heaven and came and rolled back the stone and sat upon it, alleluia, alleluia. Mt. 28,2

TERCE

Ant. His appearance was like lightning and his raiment white as snow, alleluia, alleluia. Mt. 28,3

READING

I Cor. 5,7-8

Get rid of the old yeast to make of yourselves fresh dough, unleavened loaves: Christ our Passover has been sacrificed. Let us celebrate the feast not with the old yeast, that of corruption and wickedness, but with the unleavened bread of sincerity and truth. **R** Thanks be to God. **V**. This is the day the Lord has made; **R** Let us be glad and rejoice in it, alleluia, alleluia.

Ps. 117,24

PRAYERS OF INTERCESSION

Those said at Lauds and Vespers may also be said in private at Terce, Sext and None. Turn to p. 391.

PRAYER (WHEN SAID IN PRIVATE)

Let US pray.

God our Father, by raising Christ your Son you conquered the power of death and opened for

us the way to eternal life. Let our celebration today raise us up and renew our lives by the Spirit that is within us. This we ask..

SEXT

Ant. For fear of him the guards trembled and became like dead men, alleluia. Mt. 28,4

READING

II Cor. 5,14-15

The love of Christ impels us who have reached the conviction that since one died for all, all died. He died for all so that those who live might live no longer for themselves, but for him who for their sakes died and was raised up. **R** Thanks be to God. **V**. This is the day the Lord has made; **R** Let us be glad and rejoice in it, alleluia, alleluia. **P**s. 117,24

PRAYER

Let us pray.

Lord Jesus Christ, you made the world's first day radiant with light, and by your resurrection you consecrated the first day of a new era. Make the splendor of your life-giving light shine h our hearts, for you are the undying source of our resurrection, who live and reign..

NONE

Ant. You seek Jesus who was crucified, alleluia; he is not here, for he has risen as he said, alleluia, alleluia. **Mt.** 28,5-6

READING

Acts

4,33

With great power the apostles gave their testimony to the resurrection of the Lord Jesus,

and great grace was upon them all.

R. Thanks be to God.

V. This is the day the Lord has made;

R. Let us be glad and rejoice in it, alleluia, alleluia.
Ps. 117,24

PRAYER

Let us pray.

Lord, as we celebrate this unique day, more glorious than any other and which shall never see decline, grant us to share in Christ's victory and enjoy the consoling light of eternity. This we ask..

EASTER WEEK

PRIME

Ant. Alleluia (5).

TERCE

Ant. Alleluia (5).

READING

Rom. 6,9-10

Christ, once raised from the dead, will never die again; death has no more power over him. His death was death to sin, once for all; his life is life for God.

R. Thanks be to God. **V.** This is the day the Lord has made; **R.** Let us be glad and rejoice in it, alleluia, alleluia. Ps. 117,24

PRAYER

Let us pray.

Monday (if said in private):

God our Father, may we look forward with hope to our resurrection, for you have made us your

children, and restored the joy of our youth. This we ask..

Tuesday:

Father, you give your Church constant growth by adding new members to your family. Help us put into action in our lives the baptism we have received with faith. This we ask..

Wednesday:

Father, in glorifying Christ and sending us your Spirit, you open the way to eternal life. May our sharing in this gift increase our love and make our faith grow stronger. This we ask..

Thursday:

Father, you gather the nations to praise your name. May all who are reborn in baptism be one in faith and love. This we ask..

Friday:

Eternal Father, you gave us the Easter mystery as our covenant of reconciliation. May the new birth we celebrate show its effects in the way we live. This we ask..

Saturday:

Father of love, by the outpouring of your grace you increase the number of those who believe in you. Watch over your chosen family. Give undying life to all who have been born again in baptism. This we ask..

SEXT

Ant. Alleluia (5).

READING •

I Cor. 15,20-22

Christ is now raised from the dead, the first fruits of those who have fallen asleep. Death came through a man; hence the resurrection of the dead comes through a man also. Just as in Adam all die, so in Christ all will come to life again. **R** Thanks be to God. **V**. This is the day the Lord has made; **R** Let us be glad and rejoice in it, alleluia, alleluia. Ps. 117,24

PRAYER

Let us pray.

Monday:

Lord, as we walk the paths of life, may you never find us slow to believe. May we hold our hearts ready for you and recognize you as our God in the breaking of the bread, who live and reign..

Tuesday:

Lord, let your grace produce in our hearts a real renewal, so that our love may be purified of what is earthly and our faith of anything false. This we ask..

Wednesday:

Father, you open the kingdom of heaven to those born again of water and the Spirit. Increase your gifts of grace in us so that nothing may turn us aside from the way of salvation that we have entered. This we ask..

Thursday:

Father, in your love you have brought us from evil to good and from misery to happiness. Through your blessings give the courage of perse-

verance to those you have called and justified by faith. This we ask..

Friday:

God of unchanging goodness, even before creating the human race you determined to redeem it. Having given us a new life, bring us to the joy which lasts for ever. This we ask..

Saturday:

Father, look kindly on all who follow Jesus your Son. We are all consecrated to you by our common baptism. Make us one in the fullness of faith, and keep us one in the fellowship of love. This we ask..

NONE

Ant. Alleluia (5).

READING

Col. 3|1-2

Since you have been raised up in company with Christ, set your heart on what pertains to higher realms where Christ is seated at God's right hand. Be intent on things above rather than on things of earth. **R** Thanks be to God. **V**. This is the day the Lord has made; **R** Let us be glad and rejoice in it, alleluia, alleluia. Ps. 117,24

PRAYER

Let us pray.

Monday:

Lord, increase our desire for you for we are your children by adoption. Help us contemplate you with the eyes of faith as we patiently await that light

which is to see you face to face. This we ask..

Tuesday:

Lord our God, your love and your fidelity are manifest in everything that you do. Let your grace continue its work in us so that in the purity of our hearts and the integrity of our faith we may radiate your light contemplated in the Easter mystery. This we ask..

Wednesday:

Lord Jesus, by dying you have robbed death of its power and by rising from the dead you have given the hope of a like resurrection to sinners. Help us to be dead to sin by avoiding evil, and by doing good to share in your resurrection, for you live and reign..

Thursday:

Father, by faith we are already risen with Christ in baptism. By living holy lives under his protection may we be united with him in your kingdom, where he lives and reigns..

Friday:

God of mercy, each year we relive the Easter mystery in faith and in hope. Grant us to find its fulfilment in love's abiding joy. This we ask..

Saturday:

Lord, hear our prayer that your gospel may reach all people and bring them salvation through your Word, who lives and reigns..

FROM THE 2nd SUNDAY OF EASTER
UNTIL THE ASCENSION

PRIME Ant. Alleluia

(Sundays, 5; weekdays, 3).

TERCE Ant. Alleluia

(Sundays, 5; weekdays, 3).

READING

Sundays:

I Cor. 5,7-8

Get rid of the old yeast to make of yourselves fresh dough, unleavened loaves: Christ our Passover has been sacrificed. Let us celebrate the feast not with the old yeast, that of corruption and wickedness, but with the unleavened bread of sincerity and truth. **R** Thanks be to God.

Weekdays:

Rom. 6,9-10

Christ, once raised from the dead, will never die again; death has no more power over him. His death was death to sin, once for all; his life is life for God. **R** Thanks be to God.

V. The Lord is risen,

R He has appeared to Simon, alleluia, alleluia.

Lk 24,34

PRAYER

Let us pray.

On Sundays, if the Office is said in private, the prayer of the Mass is said, which is also the prayer of Lauds.

2nd Sunday:

God our Father, look upon us with love. You redeem us and make us your children in Christ. Give us true freedom and bring us to the inheritance you promised. This we ask..

3rd Sunday:

Almighty and ever-living God, give us new strength from the courage of Christ our shepherd, and lead us to join the saints in heaven, where he lives and reigns..

4th Sunday:

Father, through the obedience of your Son you raised a fallen world. Bring those whom you have freed from death to the joy that lasts for ever. This we ask..

5th Sunday:

Father, let your Spirit come upon us with power to fill us with his gifts. May he make our hearts pleasing to you, and ready to do your will. This we ask..

6th Sunday:

Almighty and ever-living God, your Spirit made us your children, confident to call you Father. Increase your Spirit of love within us and bring us to our promised inheritance. This we ask..

Monday and Thursday:

O Lord Jesus Christ, as an evening sacrifice you offered yourself to the Father; and brought us the dawn of new life by rising from the dead. Make us so acceptable to you that we may attain to the day that knows no nightfall, you who live and reign..

Tuesday and Friday:

Lord, give your grace to all who have been reborn
in water and the Holy Spirit so that they may
grow up to their full stature in Christ, who lives and
reigns..

Wednesday and Saturday:

Lord, your Spirit raised Jesus from the dead.
Grant that Christ may be our life and that
nothing may separate us from his love. This we ask...

SEXT

Ant. Alleluia (Sundays, 5; weekdays, 3).

READING

Sunday:

II Cor. 5,14-15

The love of Christ impels us who have reached the
conviction that since one died for all, all died.
He died for all so that those who live might live no
longer for themselves, but for him who for their sakes
died and was raised up. **R** Thanks be to God.

Weekdays:

I Cor. 15,20-22

Christ is now raised from the dead, the first fruits of
those who have fallen asleep. Death came
through a man; hence the resurrection of the dead
comes through a man also. Just as in Adam all die, so
in Christ all will come to life again. **R** Thanks be to
God.

V. The disciples rejoiced,

R When they saw the risen Lord, alleluia, alleluia.
Jl. 20,20

PRAYER

Let us pray.

Sunday:

Nourish with the Holy Spirit those reborn in your Church and bring them to the* full stature in Christ, who lives and reigns..

Monday and Thursday:

Lord, destroy for ever the sentence of death written under the old law of sin, which the Easter mystery has made void for us through the resurrection of your Son, who lives and reigns..

Tuesday and Friday:

All-powerful God, help us lay aside our old way of life and live henceforth a new life united with Christ in the Easter mystery, for he lives and reigns..

Wednesday and Saturday:

Lord, you have anointed the members of Christ with the chism of salvation and given them a royal and priestly dignity. Help us spread everywhere the fragrance of a pure and holy life. This we ask..

NONE

Ant. Alleluia (Sundays, 5; weekdays, 3).

READING

Sunday:

Acts 4,33

With great power the apostles gave their testimony to the resurrection of the Lord Jesus, and great grace was upon them all. **R** Thanks be to God.

Weekdays:

Col. 3,1-2

Since you have been raised up in company with Christ, set your heart on what pertains to higher realms where Christ is seated at God's right hand. Be intent on things above rather than on things of earth.

R. Thanks be to God.

V. Christ risen from the dead will never die again, **R.** Death no longer has power over him, alleluia, alleluia. Rom. 6,9

PRAYER

Let us pray.

Sunday:

God our Father, through the grace of baptism you have sealed our Easter faith. Help us cast off the earthly man in us and by a holy life put on Christ, who lives and reigns..

Monday and Thursday:

O God, you have made all who are reborn in Christ a royal and priestly people. Give us both the desire and the power to do your will, so that this people you have called to eternal life may be one in faith and love. This we ask..

Tuesday and Friday:

O God, in Christ's resurrection you have given us eternal life. Fulfill the ineffable mystery of your love, so that when our Savior comes in glory he may give undying life to all who have been born again in baptism. This we ask..

Wednesday and Saturday:

Lord God, on the seventh day you brought the labor of creation to an end. Be the repose of our souls and help us so to celebrate your Son's Pass-

ver that we may rise again with him to the perfect contemplation of the eighth day, where he lives and reigns..

ASCENSION Solemnity

PRIME

Ant. As they watched, he was lifted up, and a cloud took him from their sight, alleluia. Acts 1,9

TERCE

Ant. They were still gazing up into the heavens when two men dressed in white stood beside them, alleluia. Acts 1,10

READING

Acts 1,1-2

In my first account, Theophylus, I dealt with all that Jesus did and taught until the day he was taken up to heaven, having first instructed the apostles he had chosen through the Holy Spirit. **R.** Thanks be to God. **V.** God, your majesty is praised **R.** High above the heavens, alleluia, alleluia. Ps. 8,2

PRAYERS OF INTERCESSION: p. 387, or p. 391.

PRAYER (WHEN SAID IN PRIVATE)

Let US pray.

God our Father, make us joyful in the ascension of your Son Jesus Christ. May we follow him into the new creation, for his ascension is our glory and our hope. This we ask..

SEXT

Ant. Men of Galilee, why are you looking up into the sky? *This Jesus who has been taken up into heaven will return in the same way, alleluia.* Acts 1,11

READING

Acts 1,4-5

While eating with the apostles Jesus told them not to leave Jerusalem, but to wait for the promise of the Father, which, he said, "you have heard from me, for John baptized with water, but within a few days you will be baptized with the Holy Spirit." **R**/ Thanks be to God.

V. From the heights of heaven he goes forth, **R**/ And to those heights he returns, alleluia, alleluia. Ps. 18,7

PRAYER

Let us pray.

All-powerful Father, in this feast of your Son's ascension as a man into heaven, inspire in all your children a longing to be there with him, where he lives and reigns..

NONE

Ant. Just as you saw him go up into the heavens, he will come, alleluia. Acts 1,11

READING

Acts 1,6-7

While the apostles were with Jesus they asked: Lord, are you going to restore the rule to Israel now? His answer was, "The exact time is not yours to know. The Father has reserved that to himself."

R/ Thanks be to God. **V**/ O Lord, arise in your strength; **R**/ We shall sing and praise your power, alleluia,

alleluia. Ps. 20,14

PRAYER

Let us pray.

Father, we believe that Christ our Savior lives with you in glory. Help us keep in mind that he really remains with us as he promised, until the end of time. This we ask..

FROM ASCENSION UNTIL PENTECOST

PRIME Ant.

Alleluia (Sunday, 5; weekdays, 3).

TERCE Ant.

Alleluia (Sunday, 5; weekdays, 3).

READING

Rom. 8 | 22 | 23

We know that all creation groans and is in agony even until now. Not only that, but we ourselves, although we have the Spirit as first fruits, groan inwardly while we await the redemption of our bodies. **R.** Thanks be to God. **V.** O God, your majesty is praised **R.** High above the heavens, alleluia, alleluia. Ps. 8 | 2

PRAYER

Let us pray.

Sunday (when said in private):

All-powerful and merciful Father, let your Holy Spirit come to dwell in us and make us the temple of his glory. This we ask..

Weekdays:

Lord, let your Holy Spirit come into our hearts that you may dwell there and hear with love our lowly prayer. This we ask..

SEXT Ant. Alleluia

(Sunday, 5; weekdays, 3).

READING

Rom. 8,24|25

In hope we were saved. But hope is not hope if its object is seen; how is it possible for one to hope for what he sees? And hoping for what we cannot see means awaiting it with patient endurance. **R** Thanks be to God.

V. From the heights of heaven he goes forth, **R** And to those heights he returns, alleluia, alleluia. Ps. 18,7

PRAYER

Let us pray.

Sunday:

Lord Jesus Christ, before bringing your human nature to glory you gave your disciples the new commandment of love. Now that you have brought us also into your Father's kingdom, fix our attention so that we may adhere to you alone, who live and reign..

Weekdays:

Lord Jesus, you ascended into heaven to offer to the Father the first fruits of the Resurrection. Give us the pledge of the Holy Spirit so that we may climb step by step toward the things above, where you live and reign..

NONE Ant. Alleluia

(Sunday, 5; weekdays, 3).

READING

Rev. 21,5-6

The One who sat on the throne said to me: "See, I make all things new!" He went on to say: **T**hese words are already fulfilled! I am the Alpha and the Omega, the Beginning and the End. To anyone who thirsts I will give to drink without cost from the spring of life-giving water."

R. Thanks be to God.

V. O Lord, arise in your strength;

R. We shall sing and praise your power, alleluia, alleluia. Ps. 20,14

PRAYER

Let us pray.

Sunday:

Lord, grant us already the gifts of your grace so that we may persevere in prayer and love as we await the full outpouring of your Spirit. This we ask.

Weekdays:

Father, your Son led captive our captivity when he ascended with power to the heights of heaven. **M**ake us sharers in the gifts he bestows on all who belong to him, who lives and reigns..

PENTECOST

SUNDAY AND MONDAY

Solemnities

PRIME

Ant. On the day of Pentecost the disciples had all gathered together in one place, alleluia. Acts 2,1

TERCE

Ant. The words that I have spoken to you are spirit and life, alleluia. Jn. 6,64

READING

1 Cor. 12,13

It was in one Spirit that all of us, whether Jew or Greek, slave or free, were baptized into one Body. All of us have been given to drink of the one Spirit.

R. Thanks be to God. **V**. Suddenly from in the sky there came a noise,

R. Like a strong, driving wind, alleluia, alleluia.

Acts 2,2

PRAYERS OF INTERCESSION: p. 387, or p.391.

PRAYER (WHEN SAID IN PRIVATE)

Let US pray.

Sunday:

Almighty God, you are the fountain of all holiness. You filled the new-born Church with the Holy Spirit to begin the teaching of the gospel. May he continue his work now through the hearts of all who believe. This we ask..

Here

6

Monday:

Lord our God, you are the author of our faith, who sent the Holy Spirit to the apostles and brought them peace. Fill us with the same Spirit and the same peace. This we ask..

SEXT

Ant. All were filled with the Holy Spirit, and began to express themselves in foreign tongues, alleluia.

Acts 2,4

READING

I Cor. 3,16-17

Are you not aware that you are the temple of God, and that the Spirit of God dwells in you? If anyone destroys God's temple, God will destroy him. For the temple of God is holy, and you are that temple.

R. Thanks be to God.

V. Send forth your Spirit, and they shall be created,

R. And you shall renew the face of the earth, alleluia, alleluia. Ps. 103,30

PRAYER

Let us pray.

Sunday:

Almighty Father, on this day of Pentecost the Holy Spirit like a living flame took possession of Christ's disciples. Make us one with you and your Son by the power of this same Spirit. This we ask..

Monday:

Lord, let the Holy Spirit be an indelible seal on our hearts. Never let us betray his love nor sadden so gracious a Friend. This we ask..

NONE

Ant. The Spirit of the Lord fills the whole world,
alleluia. **W's 17**

READING

Gal. 5,22-23,25

The fruit of the Spirit is love, joy, peace, patient
endurance, kindness, generosity, faith, mildness
and chastity. Since we live by the Spirit, let us follow
the Spirit's lead. **B.** Thanks be to God.

V. The apostles preached in different tongues, **B/** And
proclaimed the great works of God, alleluia, alleluia.
Cf. Acts 2,11

PRAYER

Let us pray.

Sunday:

All-powerful God, as we celebrate your gift to us of
the Holy Spirit, kindle in us the desire for
heaven and make us thirst for the source of life, our
Lord Jesus Christ, who lives and reigns..

Monday:

Lord, strengthen us by the power of your Holy
Spirit, that we may remain faithful and do your will
h**i** our daily lives. This we ask..

TRINITY SUNDAY Solemnity

PRIME

Ant. Glory to you, O Trinity, one God in three equal Persons, before all ages, now and for ever.

TERCE

Ant. Praise and lasting glory be to God the Father and to the Son and to the Holy Paraclete, for ever and ever.

READING

Rom. 11,33

How deep are the riches and the wisdom and the knowledge of God! How inscrutable his judgments, how unsearchable his ways! **R** Thanks be to God.

V. Let us bless the Father, and the Son and the Holy Spirit.

R Let us praise and exalt God above all for ever.

Cf. Dan. 3,88

PRAYER (WHEN SAID IN PRIVATE)

Let us pray.

Father, you sent your Word to bring us truth and your Spirit to make us holy. Through them we come to know the mystery of your life. Help us to worship you, one God in three Persons, by proclaiming and living our faith in you. This we ask ...

SEXT

Ant. Let the glory of praise resound from every voice to the Father and to his begotten Son, and to the Holy Spirit.

READING

II Cor. 13,13

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all. **R** Thanks be to God.

V. By the word of the Lord the heavens were made. **R** By the breath of his mouth all their host. *Ps.* 32,6

PRAYER

Let us pray.

God of mercy, when we use the names of Father and Son, we proclaim the truth of the divine generation. Help us to recognize in the Holy Spirit the Person who completes the mystery of your Trinity. This we ask..

NONE

Ant. All things are from him, through him, and in him; to him be glory for ever. *Rom.* 11,36

READING

Jude20b-21

Through prayer in the Holy Spirit, persevere in God's love, and welcome the mercy of our Lord Jesus Christ which leads to life eternal. **R** Thanks be to God.

V Praise and thanks to you, Lord, in the heights of heaven.

R You are all glorious and worthy of praise for ever. *Dan.* 3,56

PRAYER

Let us pray.

Almighty Father, through your Son and in the power of your Holy Spirit, bless and protect all who recognize your sovereignty. Secure from all harm, may we find unending joy in praising you. This we ask..

CORPUS CHRISTI

Solemnity

PRIME

Ant. Wisdom has built her house, mixed her wine and spread her table, alleluia. **Prv.** 9,1-2

TERCE

Ant. You fed your people with the food of angels; you gave them bread from heaven, alleluia. Wis. 16,20

READING

I Cor. 11,23-24

Our Lord Jesus Christ, on the night in which he was betrayed, took bread, and after he had given thanks, broke it and said, "This is my body which is for you. Do this in remembrance of me." **R/** Thanks be to God. **V/** He gave them bread from heaven. **R/** Man has eaten the bread of angels. Ps. 77,24-25

PRAYER (WHEN SAID IN PRIVATE)

Let us pray.

Lord Jesus Christ, you gave us the eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of your kingdom where you live and reign..

SEXT

Ant. The bread of Christ is rich, a dish fit for kings, alleluia. Gn. 49,20

READING

I Cor. 11,27

Whoever eats the bread or drinks the cup of the Lord unworthily sins against the body and

blood of the Lord. **R** Thanks be to God. **V**. He fed them with the best of wheat **R** And with honey from the rock he filled them.

Ps. 80,16

PRAYER

Let us pray.

Father, look upon your Son Jesus Christ, who is both priest and sacrifice. May we who share his priesthood always be a spiritual offering pleasing to you. This we ask..

NONE

Ant. I will give to the one who is victorious the hidden bread and a new name, alleluia. **Rev.** 2,17

READING

I Cor. 10,16-17

Is not the bread we break a sharing in the body of Christ? Because the loaf of bread is one, we, many though we are, are one body, for we all partake of the one loaf. **R** Thanks be to God. **V** You bring forth bread from the earth **R** And wine which gives warmth to men's hearts.

Ps. 103,15

PRAYER

Let us pray.

God our Father, you comfort and encourage your Church in this sacrament; keep us faithful to Christ, that our work on earth may build your eternal kingdom of love. This we ask..

SACRED HEART Solemnity

PRIME

Ant. In the written scroll it is prescribed for me to do your will; O my God, it is my delight, and your law is within my heart. Ps. 39,8-9

TERCE

Ant. What a wonderful work of the Most High! Who can bear its fiery heat? It is like a blazing furnace of solid metal. Sir. 43,2-3

READING

Eph. 3,19

May the Father grant you to experience this love of Christ which surpasses all knowledge, so that you may attain to the fullness of God himself. R. Thanks be to God. V. With age-old love I have loved you, R. So I have kept my mercy toward you. Jer. 31,3

PRAYER (WHEN SAID IN PRIVATE)

Let us pray.

Lord God, give us the strength and love of the heart of your Son that, by becoming one with him, we may have eternal salvation. This we ask..

SEXT

Ant. In him the fullness of deity resides in bodily form, and yours is a share of this fullness. Col. 2,9-10

READING

Sir. 24,18-19

Come to me, all you that yearn for me, and be filled with my fruits; you will remember me as

sweeter than honey, better than the honeycomb. **R/**
 Thanks be to God. **V/*** They repaid me evil for good
R/ And hatred for my love. Ps. 108**5**

PRAYER

Let us pray.

Lord, in your beloved Son you have hidden all
 treasures of wisdom and knowledge. Fill us
 with the riches of goodness which overflow from **h**is
 heart, for he lives and reign**s..**

NONE

Ant. Through him we have access in one Spirit to
 the Father. **Eph. 2,18**

READING

Eph. 5,1-2

Be imitators of God as his dear children. Follow the
 way of love, even as Christ loved you. He gave
 himself for us as an offering to God, a gift of
 pleasing fragrance. **R/** Thanks be to God. **V/*** I came to
 cast fire upon the earth **R/** How I long to see the flame
 leap up. **Lk-12,49**

PRAYER

Let us pray.

Strengthen us inwardly, Lord, so that, deeply
 rooted in love, we may grow to the full maturity of
 its source, Jesus Christ your Son, who lives and
 reign**s..**

CHRIST THE KING Solemnity

PRIME

Ant. Exalt the King of kings and sing a hymn to God, alleluia.

TERCE

Ant. Behold I see the heavens open, and Jesus standing at the right hand of the almighty God.

Acts 7,56

READING

Rev. 1,5-6

Jesus Christ is the faithful witness, the first-born from the dead and ruler of the kings on earth; to him be glory and power for ever and ever! Amen. Thanks be to God.

V. Nations and peoples of every language serve him.

R. His dominion is an everlasting dominion that shall not be taken away. Dan. 7,14

PRAYER (WHEN SAID IN PRIVATE)

Let us pray.

Almighty and merciful God, you break the power of evil and make all things new in your Son Jesus Christ, the King of the universe. May all in heaven and earth acclaim your glory and never cease to praise you. This we ask..

SEXT

Ant. All things are from him, through him, and in him; to him be glory for ever. Rom. 11,36

READING

Col. 1,16-18

All things were created through him and for him. He is before all else that is. In him everything continues in being. It is he who is head of the Body, the Church; he who is the beginning, the first-born of the dead, so that primacy may be his in everything.

IK Thanks be to God. **V**. Say among the nations: **R** The Lord is King on the cross. **Ps.** 95,10

PRAYER

Let us pray.

Lord Jesus Christ, by transforming the cross and making it your throne you brought us out of darkness into your kingdom of light. Make our lives holy so that we may give you glory, King of the universe, who live and reign..

NONE

Ant. All authority in heaven and on earth has been given to me, alleluia. **Mt.** 28,18

READING

Rev. 3,21

I will give the victor the right to sit with me on my throne, as I myself won the victory and took my seat beside my Father on his throne. **R** Thanks be to God.

V Let us rejoice and be glad, and give him glory! **R** For this is the wedding day of the Lamb, his bride has prepared herself for the wedding. **Rev.** 19,7

PRAYER

Let us pray.

Lord Jesus Christ, your kingdom knows no boundaries and will last through endless time. Let the gifts of your grace bear fruit in us and make

us cling in every circumstance to you alone, who live and reign...

ORDINARY TIME

From the Tuesday after Pentecost until Advent the Office is taken from the Ordinary, unless a feast occurs.

At TERCE on Sundays, when the Office is said in private, the **PRAYER** is the one which is also used at Lauds, Vespers and Matins, as follows.

PRAYER

Let Us pray.

1st Sunday:

Lord our God, it is with a father's love that you forgive us after judging us according to our misdeeds. Even though we do not deserve it, allow us with heartfelt affection to say to you: Our Father. This we ask...

2nd Sunday:

Almighty God, every good thing comes from you. Fill our hearts with love for you, increase our faith, and by your constant care protect the good you have given us. This we ask ...

3rd Sunday:

Lord our God, you are our refuge and our strength. Hear the fervent prayers of your Church and grant us what we ask for with faith, through our Lord Jesus Christ, your Son, who lives and reigns...

4th Sunday:

Lord, guide the course of world events and give your Church the joy and peace of serving you in

freedom. This we ask..

5th Sunday:

Father, it is for the lowly and the humble that you have prepared your kingdom. Help us to persevere in the way of simplicity so that the hidden mysteries of your glory may be revealed. This we ask..

6th Sunday:

Father, you call your children to walk in the light of Christ. Free us from darkness, and keep us in the radiance of your truth. This we ask..

7th Sunday:

Lord, help us to worship you with the reverence which is due to you, so that our whole life be one continuous prayer, rapt in your love. This we ask..

8th Sunday:

Father, your Son revealed your preference for the poor. Help us to follow him in a spirit of poverty so as to arrive at contemplating you in the kingdom of heaven. This we ask..

9th Sunday:

Lord Jesus, so great is your love that at the conversion of one sinner you fill heaven with joy. We are lost sheep gone astray. Carry us on your shoulders into paradise, where you live and reign..

10th Sunday:

Lord, our help and guide, make your love the foundation of our lives. May our love for you express itself in our eagerness to do good for others. This we ask..

11th Sunday:

God of power and mercy, only with your help can we offer you fitting service and praise. May we live the faith we profess and trust your promise of eternal life. This we ask..

12th Sunday:

Almighty and ever-living God, strengthen our faith, hope, and love. May we do with loving hearts what you ask of us and come to share the life you promise. This we ask ...

13th Sunday:

Lord, watch over your Church, and guide it with your unfailing love. Protect us from what could harm us and lead us to what will save us. Help us always, for without you we are bound to fail. This we ask..

14th Sunday:

Lord, by meditating continually your words may we bring forth fruit from the seed you have sown in us. This we ask..

15th Sunday:

God our Father and protector, without you nothing is holy, nothing has value. Guide us to everlasting life by helping us to use wisely the blessings you have given to the world. This we ask..

16th Sunday:

God our Father, you have promised to remain for ever with those who do what is just and right. Help us to live in your presence. This we ask..

17th Sunday:

Your **o**mnipotent **G**od, our hope and our strength, without you we falter. Help us to follow Christ and to live according to your will. This we ask..

18th Sunday:

Separated from you, Lord, and without the help of your grace, we cannot give you pleasure by the way we live. Come yourself to dwell in our hearts and guide us. This we ask..

19th Sunday:

Lord our God, help us to love you with all our heart and to love all men as you love them. This we ask..

20th Sunday:

God and Father, you are the source of all good things. Teach us to acknowledge always the many gifts your infinite love has given us and help us to love you with all our heart. This we ask..

21st Sunday:

Wather, your love never fails. Hear our call. Keep us from danger and provide for all our needs. This we ask..

22nd Sunday:

Lord God, you are the glory of believers and the life of the just. Your Son redeemed us by dying and rising to life again. We believe in the mystery of our own resurrection. Give us the joys and blessings of the life to come. This we ask.. 23rd Sunday:

Lord, in your love for us you have called us to live hidden from the world. Help us to renounce all

vanity and joyfully take the lowest place. This we ask..

24th Sunday:

Father, you have decreed that the whole of your law consists in love of you and love of our neighbor. By keeping your commandment of love may we come to perfection in the eternal life prepared for us. This we ask..

25th Sunday:

Father, you show your almighty power in your mercy and forgiveness. Continue to fill us with your gifts of love. Speed us toward the eternal life you promise and bring us to share in the joys of your kingdom. This we ask..

26th Sunday:

Lord our God, grant us to persevere in faith and in hope. When Christ, our King, comes, may he open the way for us and make us enter joyfully with him into the kingdom, where he lives and reigns ...

27th Sunday:

Lord God, you are the loving Father who gathers in the spiritual harvest. Make our hearts a fertile soil which will produce acts motivated by love. This we ask..

28th Sunday:

Father, your love for us surpasses all our hopes and desires. Forgive our failings, keep us in your peace and lead us in the way of salvation. This we ask..

29th Sunday:

Father of heaven and earth, hear our prayers, and show us the way to peace in the world. This

we ask..

30th Sunday:

Father, watch over your family and keep us safe in your care, for all our hope is in you. This we ask..

31st week (on ferial days at Vespers and Lauds):

Lord, it is the wisdom of your Spirit that created us and it is his providence that takes care of us. Pour forth into our hearts this Spirit of wisdom and love. This we ask..

Whatever is not indicated here is to be taken from the Ordinary of the Office.

JANUARY

January 1

MARY, MOTHER OF GOD

Solemnity

PRIME

Ant. The angel Gabriel was sent to Mary, a virgin betrothed to Joseph. Lk. 1,26-27

TERCE

Ant. Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive and bear a son. Lk. 1,30-31

READING

Gal. 4,4-5

When the designated time had come, God sent forth his Son born of a woman, born under the law, to deliver from the law those who were subjected to it, so that we might receive our status as adopted sons.

R. Thanks be to God.

V. He has made a home in the sky for the sun **R.** Which comes forth like a groom his bridal chamber. Ps. 18,6

PRAYER (WHEN SAID IN PRIVATE)

Let US pray.

Father, you gave the human race eternal salvation through the Motherhood of the Virgin Mary. May we experience the help of her prayers in our lives, for through her we received the very source of life, your Son, our Lord Jesus Christ, who lives and reigns...

SEXT

Ant. Behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great, and will be called the Son of the Most High.

Lk. 1,31-32

READING

Ez. 44,2-3

This gate is to remain closed; it is not to be opened for anyone to enter by it; since the Lord, the God of Israel, has entered by it, it shall remain closed. Only the prince may sit down in it. **V.** Thanks be to God. **V.** That which is conceived in her **R.** Is of the Holy Spirit. Mt. 1,20

PRAYER

Let us pray.

All-powerful and ever-living God, your people celebrate with joy the Incarnation of your Son and his birth from the Virgin Mary. Give us confidence through our sharing in this mystery which has redeemed us and made us your children. This we ask..

NONE

Ant. Behold, I am the handmaid of the Lord; let it be to me according to your word. Lk. 1,38

READING

Acts 1,14

Together they devoted themselves to constant prayer. There were some women in their company, and Mary the Mother of Jesus, and his brothers.

R. Thanks be to God. **V.** Blessed is she who trusted **R.** That the Lord's words to her would be fulfilled.

Lk. 1,45

PRAYER

Let us pray.

God our Father, when your Son was born of the Virgin Mary he became like us in all things but sin. May we who have been reborn in him be free from our sinful ways. This we ask..

January 2
SS. BASIL THE GREAT,
GREGORY OF NAZIANZE
AND GREGORY OF NYSSA,
DOCTORS AND PASTORS
12 lessons

All is from the Common of Doctors, page 371, or of Pastors, page 375, except:

PRAYER

Let us pray.

God our Father, you inspired the Church with the example and teaching of your saints. In humility may we come to know your truth and put it into action with faith and love. This we ask..

January 3
BL. AYRALD, MONK AND PASTOR 3
lessons

All is from the Common of Monks, page 373, or of Pastors, page 375, except:

PRAYER

Let us pray.

Lord God, you called Blessed Ayrald to the monastic life and have given us in him an example of your love. Help us to reach the heavenly kingdom by rejecting the world's temptations. This we ask..

January 4
 THE HOLY NAME OF JESUS 12
 lessons

PRIME

Ant. Your name spoken is a spreading perfume - that is why the maidens love you. **Sng.** 1,3

TERCE

Ant. God highly exalted Jesus, and bestowed on him the name above every other name. **Phil.** 2,9

READING

Acts 4,12

There is no salvation for us, except in the name of Jesus, for there is no other name in the whole world given to men by which we are to be saved. **R.** Thanks be to God.

V. May the name of Jesus be blessed forever. **R.** As long as the sun his name shall remain.

Ps. 71,17

PRAYER (WHEN SAID IN PRIVATE)

Let us pray.

Lord, may we who honor the holy name of Jesus enjoy his friendship in this life, and be filled with eternal joy in his kingdom. This we ask ...

SEXT

Ant. At Jesus's name every knee must bend in the heavens, on the earth, and under the earth; alleluia, alleluia, alleluia. **Phil.** 2,10

READING

I Cor

Nobody who speaks in the Spirit of God ever says "Cursed be Jesus". And no one can say

"Jesus is Lord" except in the Holy Spirit.

R. Thanks be to God.

V. In the name of Jesus all the peoples of the earth shall be blessed.

R. All the nations shall proclaim his happiness.

Ps. 71,17

PRAYER

Let us pray.

Father, you have made the name of Jesus dear to the faithful and to be feared by your enemies. May those who venerate this name be filled with spiritual joy. This we ask..

NONE

Ant. Let every tongue proclaim to the glory of God the Father: Jesus Christ is Lord! Phil. 2,11

READING

I Cor 16,22

If anyone does not love the name of Lord Jesus, let a curse be upon him! Come, Lord Jesus! **R.** Thanks be to God.

V. Blessed forever be the glorious name of Jesus. **R.** May the whole earth be filled with his glory, Amen, Amen. Ps. 71,9

PRAYER

Let us pray.

All-powerful, ever-living God, guide us according to your good pleasure in all that we do. Make us abound in good works done in the name of Jesus, your beloved Son, who lives and reigns..

January 5
In the United States
ST. ELIZABETH ANN SETON,
HOLY WOMAN
Memorial

PRAYER

Let us pray.

Lord God, you blessed Elizabeth Seton with gifts of grace as wife and mother, educator and foundress, so that she might spend her life in service to your people. Through her example and prayers may we learn to express our love for you in love for our fellow men and women. This we ask ...

January 10
ST. PAUL, FIRST HERMIT, MONK 3
lessons

All is from the Common of Monks, page 373, except:

PRAYER

Let us pray.

Only God, it was you who drew Saint Paul into solitude. Grant that through his intercession our whole purpose be directed there where the fulness of your unfailing glory abides. This we ask ...

January 14
BL. ODO, MONK
3 lessons

All is from the Common of Monks, page 373, except:

January 14

281

PRAYER

Let us pray.

Lord, as we celebrate the feast of Blessed Odo, grant us to contemplate your glory. By persevering faithfully on our way through life may we be rewarded by beholding you in the heavenly homeland. This we ask..

January 17
ST. ANTHONY, ABBOT, MONK 12
lessons

All is from the Common of Monks, page 373, except:

PRAYER

Let us pray.

Father, you called Saint Anthony to renounce the world and serve you in the solitude of the desert. By his prayers and example, may we learn to deny ourselves and to love you above all things. This we ask ...

January 21
ST AGNES, VIRGIN AND MARTYR
12 lessons

All is from the Common of Virgins, page 377, except:

PRAYER

Let us pray.

Almighty, eternal God, you choose what the world considers weak to put the worldly power to shame. May we who celebrate the birth of Saint Agnes into eternal joy be loyal to the faith she professed. This we ask..

January 22 ST.
VINCENT, MARTYR

12 lessons All is from the Common
of one Martyr, p. 369, except:

PRAYER

Let us pray.

Eternal Father, you gave Saint Vincent the courage
to endure torture and death for the gospel; fill us
with your Spirit and strengthen us in your love.
This we ask..

January 24
ST. FRANCIS DE SALES,
DOCTOR AND PASTOR
3 lessons

All is from the Common of Doctors, p. 371, or of Pastors, p.
375, except:

PRAYER

Let us pray.

Father, you gave Francis de Sales the spirit of
compassion to befriend all men on the way to
salvation. Guided by his teaching may we be filled
with the gentleness of your love and attain eternal
joy. This we ask..

January 25
THE CONVERSION OF ST. PAUL,
APOSTLE 12 lessons

PRIME Ant. I planted the seed
and Apollos watered it, but

God made it grow. Alleluia. (In Lent the **Alleluia** is omitted.) I Cor. 3,6

TERCE

Ant. Three times I was beaten with rods; I was stoned once, shipwrecked three times. II Cor. 11,25

READING

ITim. 1,14-15a

The grace of our Lord has been granted me in overflowing measure, along with the faith and love which are in Christ Jesus, who came into the world to save sinners, of whom I myself am the worst.

R. Thanks be to God.

V. You have made them princes over all the earth. **R.** They declared your fame, O Lord. Ps. 44,17

PRAYER

Let us pray.

God our Father, you taught the gospel to all the world through the preaching of Paul your apostle. May we who celebrate his conversion to the faith follow him in bearing witness to your truth. This we ask ...

SEXT

Ant. In Damascus the ethnarch of King Aretas wanted to arrest me, but I was lowered in a basket through a window in the wall and escaped his hands. II Cor. **I**,32-33

READING

IITim. 1,12

I know him in whom I have believed, and I am confident that he is able to guard what has been entrusted to me until that Day. **R.** Thanks be to God.

V. The heavens proclaim his justice. **R/** All the peoples see his glory. Ps. 96,6

PRAYER

Let us pray.

Lord God, make us faithful, in joy and in simplicity of heart, to the apostles' teaching, united in the breaking of bread and in prayer. This we ask **k**..

NONE

Ant. I willingly boast of my weaknesses that the power of Christ may rest upon me. **II Cor.** 12,9

READING

II Tim 4,7-8

I have fought the good fight, I have finished the race, I have kept the faith. From now on a merited crown awaits me; on that Day the Lord, the just judge that he is, will award it to me. **R** Thanks be to God.

V O God, you have greatly honored your friends;
R Their authority is fully established. Ps. 138,17 **Vg.**

PRAYER

Let us pray.

With Saint Paul in mind we pray to you, Lord. It is by the teaching of the prophets and apostles that you formed us: may the knowledge of these truths be our light. This we ask ...

January 26 SS. TIMOTHY AND TITUS, PASTORS Memorial

PRAYER

Let us pray.

God our Father, you gave your Saints Timothy and Titus the courage and wisdom of the apos-

Prayers: may their prayers help us to live holy lives and lead us to heaven, our true home. This we ask ...

January 28
ST. THOMAS AQUINAS,
DOCTOR AND PASTOR
3 lessons

All is from the Common of Doctors, p. 371 or of Pastors, p. 375, except:

PRAYER

Let us pray.

God our Father, by your providence the wonderful erudition of Saint Thomas continues to enlighten your Church, and his sanctity continues to enrich her. Help us to grow in wisdom by his teaching, and in holiness by imitating his life. This we ask...

January 31
ST. JOHN BOSCO, PASTOR
Memorial

PRAYER

Let us pray.

Lord, you called John Bosco to be a teacher and father to the young. Fill us with love like his: may we give ourselves completely to your service and to the salvation of mankind. This we ask...

FEBRUARY

February 2

THE PRESENTATION OF OUR LORD Solemnity

PRIME

Ant. When the time came for the purification of Mary according to the law of Moses, they brought Jesus up to Jerusalem to present him to the Lord.

Lk. 2,22

TERCE

Ant. Simeon, a righteous and devout man, was looking for the consolation of Israel, and the Holy Spirit was upon him. Lk. 2,25

READING

Ma. 3,1

Lo, I am sending my messenger to prepare the way before me; and suddenly there will come to the temple the Lord whom you seek, and the messenger of the covenant whom you desire. **R** Thanks be to God. **V**. They brought Jesus up to Jerusalem **R** To present him to the Lord. Lk. 2,22

PRAYER (WHEN SAID IN PRIVATE)

Let us pray.

All-powerful Father, Christ your Son became man for us and was presented in the temple. May he free our hearts from sin and bring us into your presence. This we ask..

SEXT

Ant. It had been revealed to him by the Holy Spirit that he should not see death before he had seen the Lord's Christ. **Lk.** 2,26

READING

Is. 9,5

A child is born to us, a son is given to us; upon his shoulder dominion rests. **R** Thanks be to God. **V.** A revealing light to the gentiles **R** The glory of your people Israel. **Lk.** 2,32

PRAYER

Let us pray.

Lord, it was by your Spirit that Simeon recognized the child Jesus as the Messiah. May the same Holy Spirit lead us to the contemplation of your Word, who lives and reigns ...

NONE

Ant. Joseph and Mary, the mother of Jesus, marveled at what was said about him. **Lk.** 2,33

READING

Is. 9,6

His dominion is from David's throne, and over his kingdom, which he confirms and sustains by judgment and justice, both now and forever. **R** Thanks be to God. **V.** Behold, this child is set for the fall **R** And the rising of many in Israel. **Lk.** 2,34

PRAYER

Let us pray.

Lord, you fulfilled the hope of Simeon, who did not die until he had been privileged to welcome the Messiah. Perfect your grace in us and bring us also into everlasting life. This we ask..

February 5 ST. AGATHA,
VIRGIN AND MARTYR
3 lessons

All is from the Common of Virgins, p. 377, except:

PRAYER

Let us pray.

Father, among the wonders of your grace you have enabled both men and women to carry off the palm of martyrdom. **M**ay we who celebrate the feast of Saint Agatha arrive at union with you by imitating her sanctity. This we ask..

February 6
ST. PAUL **M**IKI AND HIS COMPANIONS,
MARTYRS
Memorial

PRAYER

Let us pray.

God our Father, source of strength for all your saints, you led Paul Miki and his companions through the suffering of the cross to the joy of eternal life. May their prayers give us the courage to be loyal until death in professing our faith. This we ask..

February 10
ST. SCHOLASTICA, VIRGIN AND NUN
Memorial

PRAYER

Let us pray.

Lord, as we recall the memory of Saint Scholastica, we ask that by her example we may serve

you with love and obtain perfect joy. This we ask ...

February 14
SS. CYRIL, MONK,
AND METHODIUS, PASTOR
Memorial

PRAYER

Let us pray.

Father, you brought the light of the Gospel to the Slavic nations through Saint Cyril and his brother Saint Methodius. Open our hearts to understand your teaching and help us to become one in faith and praise. This we ask..

February 22
THE CHAIR OF SAINT PETER, APOSTLE 3
lessons

PRIME

Ant. Simon, son of John, do you love me more than these? You know, Lord, that I love you. Jn. 21,15

TERCE

Ant. Blessed are you, Simon BarJona! For flesh and blood has not revealed this to you, but my Father, who is in heaven. Mt. 16,17

READING

Acts 12,5

Peter was detained in prison, while the Church prayed fervently to God on his behalf. **R**. Thanks be to God.

V. You have made them princes over all the earth. **R**. They declared your fame, O Lord. Ps. 44,17

PRAYER

Let us pray.

Lord God, you have commanded that we live together in the unity of your Church. Founded on the one rock of Saint Peter, give us the spirit of peace and fraternal concord so that we may be wholeheartedly devoted to your service. This we ask..

SEXT

Ant. **You are Peter, the rock on which I will build my Church.** Mt. 16,18

READING

I Pet. 5,1-2

To the elders among you I, a fellow elder, a witness of Christ's sufferings and a sharer in the glory that is to be revealed, make this appeal: God's flock is in your midst; give it a shepherd's care. **R/** Thanks be to God. **V/** The heavens proclaim his justice **R/** All the peoples see his glory. Ps. 96,6

PRAYER

Let us pray.

Lord God, make us faithful, in joy and in simplicity of heart, to the apostles' teaching, united in the breaking of bread and in prayer. This we ask ...

NONE

Ant. The Lord showed Peter by what death he was to glorify God. **J/** 21,19

READING

Acts 15,7-9

God selected me from your number to be the one from whose lips the Gentiles would hear the message of the Gospel and believe. God, who reads the hearts of men, showed his approval by granting the Holy Spirit to them just as he did to us. He made no distinction between them and us, but purified

their hearts by means of faith also. **R/**

Thanks be to God.

V/ O God, you have greatly honored your friends; **R/**
Their authority is fully established. Ps. 138,17 Vg.

PRAYER

Let us pray.

With Saint Peter in mind we pray to you, Lord. It is by the teaching of the prophets and apostles that you formed us: may the knowledge of these truths be our light. This we ask..

February 23

ST. POLYCARP, MARTYR AND PASTOR 3
lessons

All is from the Common of One Martyr, p. 369, or of Pastors, p. 375, except:

PRAYER

Let us pray.

God of all creation, you gave your bishop Poly-carp the privilege of being counted among the saints who gave their lives in faithful witness to the Gospel. May his prayers give us the courage to share with him the cup of suffering and to rise to eternal glory. This we ask..

MARCH

March 7

SS. PERPETUA AND FELICITY, MARTYRS
Memorial

PRAYER

Let us pray.

Father, your love gave the Saints Perpetua and Felicity courage to suffer a cruel martyrdom. By their prayers, help us to grow in love of you. This we ask..

March 19
SAINT JOSEPH, HUSBAND OF
THE BLESSED VIRGIN MARY

Solemnity

PRIME

Ant. The Lord led this holy man along a sure path; he showed him the kingdom of God. Wis. 10,10

TERCE

Ant. Good and faithful servant, enter into the joy of your Lord. Mt. 25,21

READING

Wis. 10,10

The Lord guided the just man in direct ways, showed him the kingdom of God, and gave him knowledge of holy things. **R.** Thanks be to God.

V. The just man shall flourish like the palm tree, **R.**
 Like a cedar of Lebanon shall he grow. Ps. 91,13

PRAYER (WHEN SAID IN PRIVATE)

Let us pray.

Father, you entrusted our Savior to the care of **S**aint Joseph. By the help of his prayers may your Church continue to serve its Lord, Jesus Christ, who lives and reigns ...

SEXT

Ant. Blest is that servant whom the master finds awake when he comes. Lk. 12,36-37

READING

Sir. 39,9

Many will praise his understanding; his fame can never be effaced; unfading will be his memory; through all generations his **n**ame will live.

U. Thanks be to God.

V. The just man shall blossom like the lily,

W. He shall strike root like the Lebanon cedar.

Hos. 14,6

PRAYER

Let us pray.

Father, just as Saint Joseph cared for your Son with unselfish love, so may our lives manifest your love burning in our hearts. This we ask ...

NONE

Ant. Behold, an Israelite indeed, in whom there is no guile! **Jn.** 1,47

READING

Sir. 39,6

The just man's care is to seek the Lord, his Maker, to petition the Most High, to open his lips in prayer.

V. Thanks be to God.

y. Many will praise his understanding,

B. And his fame can never be effaced! **sir.** 39,9

PRAYER

Let us pray.

God our Father, creator and ruler of the universe, in every age you call man to develop and use his gifts for the good of others. With Saint Joseph as our example and guide, help us to do the work you have asked and come to the rewards you have promised. This we ask...

March 25

THE ANNUNCIATION OF OUR LORD

Solemnity

PRIME

Ant. The angel Gabriel was sent to the Virgin

Mary, who was betrothed to Joseph. (Alleluia.)

Lk. 1,26-27

TERCE

Ant. Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive and bear a son. (Alleluia.) Lk. 1,30-31

READING

Is. 7,14-15

Behold, the virgin shall be with child, and bear a son, and shall name him Emmanuel. He shall be living on curds and honey by the time he learns to reject the bad and choose the good. **R** Thanks be to God. **V**. From Zion, perfect in beauty **R** Our God shines forth. (Alleluia, alleluia.) Ps. 49,2

PRAYER (WHEN SAID IN PRIVATE)

Let US pray.

God our Father, your Word became man at the message of the announcing angel, and was born of the Virgin Mary. May we become more like Jesus Christ, whom we acknowledge as our redeemer, God and Man, who lives and reigns ...

SEXT

Ant. Behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great, and will be called the Son of the Most High. (Alleluia.) Lk. 1,31-32

READING

Is. 45,8

Let justice descend, O heavens, like dew from above, like gentle rain let the skies drop it down. Let the earth open and a Savior bud forth; let justice also spring up! I, the Lord, have created this. **R** Thanks be to God. **V** A shoot shall sprout from the stump of Jesse

R/ And from his roots a flower shall blossom.
(Alleluia, alleluia.) Is. 11,1

PRAYER

Let us pray.

Lord, fill our hearts with your love, and as you revealed to us by an angel the coming of your Son as man, so lead us through his suffering and death to the glory of his resurrection, who lives and reigns..

NONE

Ant. Behold, I am the handmaid of the Lord; let it be to me according to your word. (Alleluia.) **R/**k. 1,38

READING

Is. 11|1-3

A shoot shall sprout from the stump of Jesse, and from his roots a bud shall blossom. The spirit of the Lord shall rest upon him: a spirit of wisdom and of understanding, a spirit of counsel and of strength, a spirit of knowledge and of fear of the Lord, and his delight shall be the fear of the Lord. **R/** Thanks be to God.

V/ Send forth the Lamb, the Ruler of the land **R/** From Sela to the mount of the daughter of Zion. (Alleluia, alleluia.) Is. 16,1

PRAYER

Let us pray.

God of love and mercy, help us to follow the example of Mary always ready to do your will. At the message of an angel she welcomed your eternal Son and, filled with the light of your Spirit, she became the temple of your Word, who lives and reigns..

APRIL

April 7

ST. JOHN BAPTIST DE LA SALLE, PASTOR
Memorial

PRAYER

Let us pray.

Father, you chose Saint John Baptist de la Salle to give young people a Christian education. Give your Church teachers who will devote themselves to helping your children grow as Christian men and women. This we ask..

April 11 BL.

LANUIN, MONK

12 lessons

All is from the Common of Monks, p. 373, except:

PRAYER

Let us pray.

Lord God, you called Lanuin to be one of Saint Bruno's companions in solitude. Through the merits of these our first fathers may we also reach the eternal glory of heaven. This we ask..

April 17 (if transferred, June 22)

In the United States BL.

KATERI TEKAKWITHA, VIRGIN

3 lessons

All is from the Common of Virgins, p. 377, except:

PRAYER

Let us pray.

Lord God, you called the virgin, blessed Kateri Tekakwitha, to shine among the Indian people as an example of innocence of life. Through her

April 17

297

intercession, may all peoples of every tribe, tongue, and nation, having been gathered into your Church, proclaim your greatness in one song of praise. This we ask..

April 22 ST. HUGH OF
GRENOBLE, PASTOR

12 lessons All is from the Common
of Pastors, p. 375, except:

PRAYER

Let us pray.

Father, through Saint Hugh you manifested the Church's pastoral care for our first founders. Through his intercession may our Order continue to flourish. This we ask ...

April 25 ST. MARK,
EVANGELIST AND APOSTLE

12 lessons All is from the Common
of Apostles, p. 365, except:

PRAYER

Let us pray.

Father, you gave Saint Mark the privilege of proclaiming your Gospel. May we profit by his wisdom and follow Christ more faithfully. This we ask.

April 29
ST. CATHERINE OF SIENA,
DOCTOR AND VIRGIN

12 lessons

All is from the Common of Doctors, p. 371, or of Virgins, p. 377, except:

PRAYER

Let us

Father, pray.

I **a**ther, in meditating on the suffering of your Son and in serving your Church, Saint Catherine was filled with the fervor of your love. By her prayers, may we share in the mystery of Christ's death and rejoice in the revelation of his glory, for he lives and reigns..

MAY

May 2

ST. ATHANASIUS, DOCTOR AND PASTOR 3
lessons

All is from the Common of Doctors, p. 371, or of Pastors, p. 375, except:

PRAYER

Let us pray.

Father, you raised up Saint Athanasius to be an outstanding defender of the truth of Christ's divinity. By his teaching and protection may we grow in your knowledge and love. This we ask..

May 3

SS. PHILIP AND JAMES, APOSTLES
12 lessons

PRIME

Ant. If you had known me, you would have known my Father also; henceforth you know him and have seen him; alleluia, alleluia, alleluia. Jn. 14,7

TERCE

Ant. Lord, show us the Father, and we shall be satisfied, alleluia. Jn. 14,8

READING

Rom. 8,28

We know that God makes all things work together for the good of those who have been called according to his decree. **R.** Thanks be to God.

V. You have made them princes over all the earth. **##**
They declared your fame, O Lord, alleluia, alleluia. Ps. 44,17

PRAYER

Let us pray.

God our Father, every year you give us joy on the festival of the apostles Philip and James. By the help of their prayers may we share in the suffering, death, and resurrection of your only Son and come to the eternal vision of your glory. This we ask.

SEXT

Ant. Philip, he who has seen me has seen the Father, alleluia. Jn. 14,9

READING

Acts 1,8

You shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in Jerusalem and in all Judea and Samaria and to the end of the earth. **W.** Thanks be to God. **V.** The heavens proclaim his justice, **V.** All the peoples see his glory, alleluia, alleluia.

Ps. 96,6

PRAYER

Let us pray.

Lord God, make us faithful, in joy and in simplicity of heart, to the apostles' teaching, united in the breaking of bread and in prayer. This we ask. **K..**

NONE Ant. If you abide in me,
and my words abide in

you, ask whatever you will, and it shall be done for you; alleluia, alleluia, alleluia. Jn. 15,7

READING

Eph. 2,19-20

You are strangers and aliens no longer. No, you are fellow citizens of the saints and members of the household of God. You form a building which rises on the foundation of the apostles and prophets, with Christ Jesus himself as the capstone. **R**. Thanks be to God.

V. O God, you have greatly honored your friends; **R**. Their authority is fully established, alleluia, alleluia. Ps. 138,17 Vg.

PRAYER

Let us pray.

With Saint Philip and Saint James in mind we pray to you, Lord. It is by the teaching of the prophets and apostles that you formed us; may the knowledge of these truths be our light. This we ask.

May 4 SS. JOHN,
AUGUSTINE, ROBERT
AND COMPANIONS,
MARTYRS AND MONKS

12 lessons; solemnity in England

All is from the Common of Several Martyrs, p. 367, or of Monks, p. 373, except:

PRAYER

Let us pray.

All-powerful God, you sanctified by martyrdom John and his companions because of their fidelity to the Pope. Following the example of their unshakeable attachment to the unity of the See of Peter, may we be able thus to serve you in peace. This we ask..

May 9
BL. NICHOLAS ALBERGATI,
MONK AND PASTOR
12 lessons

All is from the Common of Monks, p. 373, or of Pastors, p. 375, except:

PRAYER

Let us pray.

Lord, give us that simplicity of life by which Blessed Nicholas was able to persevere in the carthusian ideal even in the midst of so many external cares. This we ask..

May 14 ST.
MATTHIAS, APOSTLE

12 lessons All is from the Common of Apostles, p. 365, except:

PRAYER

Let us pray.

Father, you called Saint Matthias to share in the mission of the Apostles. By the help of his prayers may we receive with joy the love you share with us and be counted among those you have chosen. This we ask..

May 26
ST. PHILIP NERI, PASTOR
Memorial

PRAYER

Let us pray.

Father, you continually raise up your faithful to the glory of holiness. In your love kindle in us

the fire of the Holy Spirit who so filled the heart of Philip Neri. This we ask..

May 31
THE VISITATION
"OF THE BLESSED VIRGIN MARY
 12 lessons

All is from the Common of the Blessed Virgin, p. 363
 except the following prayers:

TERCE

PRAYER

Let us pray.

Eternal Father, you inspired the Virgin Mary, mother of your Son, to visit Elizabeth and assist her in her need. Keep us open to the working of your Spirit, and with Mary may we praise you for ever.
 This we ask ...

SEXT

PRAYER

Let us pray.

Father, make our lives, which we have dedicated to you, acceptable and holy, as you accepted the love of Mary, the mother of your Son, Jesus Christ, who lives and reigns ...

NONE

PRAYER

Let us pray.

Lord Jesus, hidden in Mary you sanctified Saint John in his mother's womb. Come now to your Church and never cease to purify the children it bears within it, for you live and reign ..

JUNE

June 1

ST. JUSTIN, MARTYR Memorial

PRAYER

Let us pray.

Father, through the folly of the cross you taught Saint Justin the sublime wisdom of Jesus Christ. May we too reject falsehood and remain loyal to the faith. This we ask.

June 3

SS. CHARLES LWANGA AND COMPANIONS, MARTYRS Memorial

PRAYER

Let us pray.

Father, you have made the blood of the martyrs the seed of Christians. May the witness of Saint Charles and his companions and their loyalty to Christ in the face of torture inspire countless men and women to live the Christian faith. This we ask ...

June 5

ST. BONIFACE, MARTYR AND PASTOR Memorial

PRAYER

Let us pray.

Lord, your martyr Boniface spread the faith by his teaching and witnessed to it with his blood.

By the help of his prayers keep us loyal to our faith and give us the courage to profess it in our lives. This we ask..

June 11 **ST.**
BARNABAS, APOSTLE

3 lessons All is from the Common
of Apostles, p. 365, except:

PRAYER

Let us pray.

God our Father, you filled Saint Barnabas with faith and the Holy Spirit, and sent him to convert the nations. May the Gospel which he preached so vigorously be proclaimed faithfully by word and deed today. This we ask..

June 13
ST. ANTHONY OF PADUA,
DOCTOR AND PASTOR
Memorial

PRAYER

Let us pray.

Almighty God, you have given Saint Anthony to your people as an outstanding preacher and a ready helper in time of need. With his assistance may we follow the Gospel of Christ and know the help of your grace in every difficulty. This we ask ...

June 19 **ST. ROMUALD,**
ABBOT, MONK

3 lessons All is from the Common
of Monks, p. 373, except:

June 19

305

PRAYER

Let us pray.

Father, through Saint Romuald you renewed the life of solitude and prayer in your Church. By our self-denial as we follow Christ bring us the joy of heaven. This we ask ...

June 21

ST. ALOYSIUS GONZAGA, HOLYMAN
Memorial

PRAYER

Let us pray.

Father of love, giver of all good things, in Saint Aloysius you combined remarkable innocence with the spirit of penance. By the help of his prayers may we who have not followed his innocence follow his example of penance. This we ask ...

June 24 THE
BIRTH
OF ST. JOHN THE BAPTIST
Solemnity

PRIME

Ant. His name shall be called John, and many will rejoice at his birth. Lk. 1,13-14

TERCE

Ant. He will be great before the Lord; he shall drink no wine nor strong drink, and will be filled with the Holy Spirit. Lk. 1,15

READING**Is. 49¹**

Hear me, O coastlands; listen, O distant peoples. The Lord called me from birth, gave me my name from my mother's womb. **R** Thanks be to God.

V. Before I formed you in the womb I knew you **R**
And before you were born I dedicated you.

Jer. 1,5

PRAYER (WHEN SAID IN PRIVATE)**Let us pray.**

God our Father, you raised up John the Baptist to prepare a perfect people for Christ the Lord. Give your Church joy in spirit and guide those who believe in you into the way of salvation and peace. This we ask ...

SEXT

Ant. He will go before the Lord in the spirit and power of Elijah to make ready for him a people prepared. **c.** 1,17

READING**Is. 49,2**

The Lord made of me a sharp-edged sword, and concealed me in the shadow of his arm; he made me a polished arrow. **R** Thanks be to God. **V** See, I place my words in your mouth. **R** This day I set you over nations and over kingdoms. Jer. 1,9-10

PRAYER**Let us pray.**

By his preaching, his baptizing Christ and his martyrdom, the Precursor bore witness to the spotless Lamb. Grant us, O Lord, to emulate his humility. This we ask..

NONE

Ant. They made signs to his father, inquiring what he would have him called. And he wrote, "His name is **J**ohn". Lk. 1,62-63

READING

Is. 49,7

When kings see you, they shall stand up, and princes shall prostrate themselves because of the Lord who is faithful, the Holy One of Israel who has chosen you. **R** Thanks be to God. **V**. The Lord made of me a sharp-edged sword.

R He concealed me in the shadow of his arm.

Is. 49,2

PRAYER

Let us pray.

All-powerful and ever-living God, help us follow Saint John, the voice crying out in the desert, and prepare a straight path in our hearts for Christ's coming, who lives and reigns..

June 25

BL. JOHN OF SPAIN, MONK 12

lessons

All is from the Common of Monks, p. 373, except:

PRAYER

Let us pray.

God our Father, you called on Blessed John to help draw up a rule for our nuns. May we who have eagerly embraced the monastic life arrive also at the perfection of charity. This we as **k**..

June 26
ST ANTHELM, MONK AND PASTOR 12
lessons

All is from the Common of Monks, p. 373, or of Pastors, p. 375, except:

PRAYER

Let us pray.

Lord our God, you love peace and unity. By the prayers of Saint Anthelm may we seek always your kingdom and praise you as one man with hearts and voices, through our Lord Jesus Christ your Son, who lives and reigns ...

June 27
ST. IRENAEUS, MARTYR AND PASTOR
Memorial

PRAYER

Let us pray.

Father, you called Saint Irenaeus to uphold your truth and bring peace to your Church. By his prayers renew us in faith and love, that we may always be intent on fostering unity and peace. This we ask...

June 29
SS. PETER AND PAUL, APOSTLES
Solemnity

PRIME Ant. Simon, son of John,
do you love me more than

these? You know, Lord, that I love you. Jn. 21,15

TERCE

Ant. You are Peter, the rock on which I will build my Church. Mt. 16,18

READING

Gal. 2,8

He who worked through Peter as his apostle among the Jews worked through Paul for the Gentiles.

R. Thanks be to God.

V. You have made them princes over all the earth. **R.** They declared your fame, O Lord. Ps. 44,17

PRAYER (WHEN SAID IN PRIVATE)

Let US pray.

God our Father, today you give us the joy of celebrating the feast of the Apostles Peter and Paul. Through them your Church first received the faith. Keep us true to their teaching. This we ask...

SEXT

Ant. The Lord showed Peter by what death he was to glorify God. Jn. 21,19

READING

Gal. 2,9

Recognizing the favor bestowed on me, those who were the acknowledged pillars, James, Cephas and John, gave Barnabas and me the handclasp of fellowship. **R.** Thanks be to God. **V.** The heavens proclaim his justice **R.** All the peoples see his glory. **p.** 95,6

PRAYER

Let us pray.

God our Father, you have given us the Church as Mother and Teacher. As we honor the Apostles



Peter and Paul, may we recognize your voice in its doctrine and precepts. This we ask..

NONE

Ant. I planted the seed and Apollos watered it, but God made it grow; alleluia. I Cor. 3,6

READING

I Cor. 15,3-5.8

I handed on to you first of all what I myself received, that Christ died for our sins in accordance with the Scriptures; that he was buried, and, in accordance with the Scriptures, rose on the third day; that he was seen by Cephas, then by the twelve. Last of all he was seen by me. R/ Thanks be to God.

V/. O God, you have greatly honored your friends; R/ Their authority is fully established. Ps. 138,17 Vg.

PRAYER

Let us pray.

Father, your Apostles heard the words of life from Truth in person. May what they faithfully handed on to us be always the light which guides your Church and the rampart which protects it. This we ask..

JULY

July 3

ST THOMAS, APOSTLE 12

lessons

All is from the Common of Apostles, p. 365, except:

PRAYER

Let us pray.

Mighty Father, as we honor Thomas the Apostle, let us always experience the help of his

prayers. May we have eternal life by believing in Jesus, whom Thomas acknowledged as Lord, who lives and reigns..

July 11

ST. BENEDICT, ABBOT, MONK 12
lessons

All is from the Common of Monks, p. 373, except:

PRAYER

Let us pray.

God our Father, you made Saint Benedict an outstanding guide to teach men how to live in your service. Grant that by preferring your love to everything else, we may run joyfully to do your will. This we ask..

July 14

BL. BONIFACE, MONK AND PASTOR 3
lessons

All is from the Common of Monks, p. 373, or of Pastors, p. 375] except:

PRAYER

Let us pray.

Lord, you saw fit to make Boniface an example of pastoral zeal and love. With his help, may we in our solitude contribute towards the salvation of souls. This we ask..

July 15
 ST. BONAVENTURE,
 DOCTOR AND PASTOR
 3 lessons

All is from the Common of Doctors, p. 371, or of Pastors, p. 375, except:

PRAYER

Let us pray.

All-powerful Father, may we who celebrate the feast of Saint Bonaventure always benefit from his wisdom and follow the example of his love. This we ask..

July 22
 ST. MARY MAGDALENE, HOLY WOMAN 12
 lessons

PRIME

Ant. Mary stood weeping outside the tomb; and she saw two angels in white, sitting where the body of Jesus had lain, alleluia. Jn. 20,11-12

TERCE

Ant. They have taken away my Lord, and I do not know where they have laid him; if you have carried him away, tell me, alleluia, and I will take him away, alleluia. Jn. 20,13.15

READING

Jn. 4,10

Love consists in this: not that we have loved God, but that he has loved us and has sent his Son as an offering for our sins.

R/ Thanks be to God.

V/ Those whom God foreknew

R/ He predestined to share the image of his **Son**.

Rom. 8,29

PRAYER

Let us pray.

Most loving Father, just as Mary Magdalene obtained pardon for her sins by loving our Lord Jesus Christ above all else, so may she obtain everlasting happiness for us. This we ask..

SEXT

Ant. After Jesus had risen from the dead early on the first day of the week, he appeared first to Mary Magdalene, from whom he had cast out seven demons, alleluia. Mk. 16,9

READING

Sg. 8,6

Set me as a seal on your heart, as a seal on your arm; for stern as death is love, relentless as the nether world is devotion; its flames are a blazing fire.

R/ Thanks be to God.

V/ She reaches out her hands to the poor

R/ And extends her arms to the needy. Prv. 31,20

PRAYER

Let us pray.

Lord God, you draw towards their eternal homeland those who live in exile on this earth. Help us, like Saint Mary Magdalene, to witness to the truth through our love and so become sharers in your heavenly kingdom. This we ask..

NONE

Ant. Go and tell my brothers to set out for Galilee; there they will see me, alleluia. Mt. 28,10

READING

Sng | 2,8.10.11.16.17

Hark! my lover speaks; he says to me: Arise, my beloved, my beautiful one, and come! For see, the winter is past. My lover belongs to me and I to him. Until the day breathes cool and the shadows lengthen, roam, my lover. **R** Thanks be to God.

V. My son, reject not your mother's teaching **R**
It will be a graceful diadem for your head.

Prv. 1,8-9

PRAYER

Let us pray.

Father, your Son first entrusted to Mary Magdalene the joyful news of his resurrection. By her prayers and example may we proclaim Christ as our living Lord and one day see him in glory, for he lives and reigns..

**July 23 ST. JOHN
CASSIAN, MONK**

3 lessons All is from the

Common of Monks, p. 373, except:

PRAYER

Let us pray.

Lord, in Saint John Cassian you give an example of the Gospel lived to perfection. Help us to follow him by keeping before us the things of heaven amid all the changes of this world. This we ask ...

**July 25 ST.
JAMES, APOSTLE**

12 lessons All is from the Common
of Apostles, p. 365, except:

July 25

315

PRAYER

Let us pray.

Almighty Father, by the martyrdom of Saint James you blessed the work of the early Church. May his profession of faith give us courage and his prayers bring us strength. This we ask..

July 26

SS. JOACHIM AND ANN,
PARENTS OF THE BLESSED VIRGIN MARY
Memorial

PRAYER

Let us pray.

God of our fathers, you gave Saints Joachim and Ann the privilege of being the parents of Mary, the mother of your incarnate Son. May their prayers help us to attain the salvation you have promised to your people. This we ask..

July 29

ST. MARTHA, HOLY WOMAN
Memorial

PRAYER

Let us pray.

Father, your Son honored Saint Martha by coming to her home as a guest. By her prayers may we serve Christ in our brothers and sisters, and be welcomed by you into heaven, our true home. This we ask..

July 31 ST. IGNATIUS OF
LOYOLA, PASTOR

3 lessons All is from the

Common of Pastors, p. 375, except:

PRAYER

Let us pray.

Father, you gave Saint Ignatius of Loyola to your Church to bring greater glory to your name. May we follow his example on earth and share the crown of life in heaven. This we ask..

AUGUST

August 1

ST. ALPHONSUS DE LIGUORI,
DOCTOR AND PASTOR
Memorial

PRAYER

Let us pray.

Father, you constantly build up your Church by the lives of your saints. Give us grace to follow Saint Alphonsus in his loving concern for the salvation of men, and so come to share his reward in heaven. This we ask..

August 4

ST JOHN VIANNEY, PASTOR
Memorial

PRAYER

Let us pray.

Father of mercy, you made Saint John Vianney outstanding in his priestly zeal and concern for your people. By his example and prayers, enable us to win our brothers and sisters to the love of Christ and come with them to eternal glory. This we ask..

August 5
BL. WILLIAM HORN, MARTYR AND MONK 3
lessons

All is from the Common of One Martyr, p. 369, or of Monks, p. 373, except:

PRAYER

Let us pray.

All-powerful, ever-living God, you gave Blessed William Horn the courage to witness to the Gospel of Christ even to the point of giving his life for it. By his prayers help us to endure all suffering for love of you and to seek you with all our hearts, for you alone are the source of life. This we ask..

August 6 THE
TRANSFIGURATION OF OUR LORD
12 lessons Solemnity in the
House of the Transfiguration

PRIME

Ant. Jesus took with him Peter, and James and John his brother, and led them up a high mountain apart; and he was transfigured before them. Mt. 17,1-2

TERCE

Ant. His face shone like the sun, and his garments became white as light, alleluia. Mt. 17,2

READING

Phil. 3,20-21

We await the coming of our Savior, the Lord Jesus Christ, who will give a new form to this lowly body of ours and remake it according to the

pattern of his glorified body.

R Thanks be to God.

V You have appeared glorious in the presence of the Lord

R Therefore he clothed you with beauty.

PRAYER (WHEN SAID IN PRIVATE) Let us pray.

God our Father, in the transfigured glory of Christ your Son, you strengthen our faith by confirming the witness of your prophets, and show us the splendor of your adopted children. As we listen to the voice of your Son, help us to become heirs to eternal life with him who lives and reigns ...

SEXT

Ant. Suddenly, Moses and Elijah appeared to them, talking with Jesus. Mt. 17,3

READING

IICor.3,18

All of us, gazing on the Lord's glory with unveiled faces, are being transformed from glory to glory into his very image by the Lord who is the Spirit.

R Thanks be to God.

V You have crowned him with glory and honor, Lord

R And you have given him rule over the works of your hands. Ps. 8,6

PRAYER

Let us pray.

Father, you have told us that your Son is infinitely pleasing to you, and on this day you revealed him, wondrously transfigured, to the prophets of both Covenants. By doing good may we also live in a manner pleasing to you and attain to contemplating Christ's glory for ever, for he lives and reigns..

NONE

Ant. Peter was still speaking when suddenly a bright cloud overshadowed them. Mt. 17,5

READING

Rev. 21,10-11.23

He carried me away in spirit to the top of a very high mountain and showed me the holy city Jerusalem coming down out of heaven from God. It gleamed with the splendor of God, and its lamp was the Lamb.

R. Thanks be to God. **V.** Great is his glory in your victory. **R.** Majesty and splendor you have conferred upon him. Ps. 20,6

PRAYER

Let us pray.

All-powerful Father, you revealed the glory of your Son when he was transfigured on the mountain. Let your glory dawn in our hearts and transform us into his image, who lives and reigns..

August 8

ST. DOMINIC, PASTOR 3
lessons

All is from the Common of Pastors, p. 375, except:

PRAYER

Let us pray.

Lord, let the holiness and teaching of **S**aint Dominic come to the aid of your Church. May he help us now with his prayers as he once inspired people by his preaching. This we ask..

August 10
ST. LAWRENCE, MARTYR 12
lessons

PRIME

Ant. If anyone declares himself for me before men, I will declare myself for him before my Father.

Mt. 10,32

TERCE

Ant. He who loses his life for my sake will find it, says the Lord. Lk. 9,24

READING

Sir. 51,1-2

I give you thanks, O God of my father; I praise you, O God my Savior! I will make known your Name, for you have been my helper against my adversaries, and kept back my body from the pit. **R** Thanks be to God.

V. You have crowned him with glory and honor, Lord

R And you have given him rule over the works of your hands. Ps. 8,6

PRAYER

Let us pray.

Lord, you gave Saint Lawrence the strength to triumph over the flames by which he was tortured. Give us the grace to quench the fires of our evil passions. This we ask..

SEXT

Ant. Whoever follows me does not walk in the dark; he will have the light of life, says the Lord.

Jn. 8,12

Sext

cizi

READING

Sir. 51,8

I will ever praise your name, O Lord; for you save those who take refuge in you, and rescue them from every evil, O Lord, our God. **R/** Thanks be to God.
V/ You have granted him his heart's desire, Lord. **R/**
And you refused not the wish of his lips. Ps. 20,3

PRAYER

Let us pray.

Lord, through the prayer of Saint Lawrence give us the strength to bear for love of you all of life's difficulties, and to press on with all our might towards you who alone are our life. This we ask..

NONE

Ant. Whoever serves me will be honored by my Father in heaven, says the Lord. Jn. 12,26

READING

II Cor. 9,6

He who sows sparingly will reap sparingly, and he who sows bountifully will reap bountifully. **R/**
Thanks be to God.

V/ The just man is glad in the Lord and takes refuge in him.

R/ In him glory all the upright of heart. Ps. 63,11

PRAYER

Let us pray.

Lord God, your martyr Saint Lawrence triumphed over bodily pain because he kept Christ present in his heart. May we also, with Christ's help, come forth victors from life's combat. This we ask..

August 11
 ST. CLARE, VIRGIN AND NUN
 Memorial

PRAYER

Let us pray.

God of mercy, you inspired Saint Clare with the love of poverty. By the help of her prayers may we follow Christ in poverty of spirit and come to the joyful vision of your glory in the kingdom of heaven. This we ask ...

August 15
 THE ASSUMPTION
 OF THE BLESSED VIRGIN MARY
 Solemnity

PRIME

Ant. Your name spoken is a spreading perfume; that is why the maidens love you. Sng. 1,3

TERCE

Ant. Ah, you are beautiful, my beloved. Ah, you are beautiful. Your eyes are doves. Sng. 4,1

READING

Rev. 12,1

A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. **R.** Thanks be to God.

V. Who is this that comes forth like the dawn, **R.** As beautiful as the moon, as resplendent as the

sun? Sng. 6,10

PRAYER (WHEN SAID IN PRIVATE)

Let us pray.

All-powerful and ever-living God, you raised the sinless Virgin Mary, mother of your Son, body and soul to the glory of heaven. May we see heaven as our final goal and come to share her glory. This we ask..

SEXT

Ant. You are all-beautiful, my beloved, and there is no blemish in you. Sng. 4,7

READING

Is. 60,15b.19b

The Lord will make you the pride of the ages, a joy to generation after generation. He shall be your light forever, your God shall be your glory. R Thanks be to God. V. Who is this, coming up from the desert R Leaning upon her lover? Sng. 8,5

PRAYER

Let us pray.

Lord our God, while on earth Mary loved to call herself your handmaid; now she reigns, glorious, in the kingdom of heaven. As we celebrate her Assumption, bestow on us also your loving mercy. This we ask ...

NONE

Ant. How beautiful are your feet in sandals, O daughter of the Prince! Sng. 7,2

READING

Phil. 3,20-21

We have our citizenship in heaven; it is from there that we eagerly await the coming of our

Savior, the Lord Jesus Christ. He will give a new form to this lowly body of ours and remake it according to the pattern of his glorified body. **R/V**
 Thanks be to God. **V**. Arise, my beloved, my beautiful one, **R/V** For see, the winter is past. **S**g. 2,10-11

PRAYER

Let us pray.

Lord, you have made the Blessed Virgin Mary the perfect image of what the Church is to become. As we celebrate her Assumption into heaven, grant us also to share in her glory. This we ask.

August 20

ST. BERNARD, DOCTOR AND MONK 12
 lessons

All is from the Common of Doctors, p. 371, or of Monks, p. 373, except:

PRAYER

Let us pray.

Heavenly Father, Saint Bernard was filled with zeal for your house and was a radiant light in your Church. By his prayers may we be filled with this spirit of zeal and walk always as children of light. This we ask.

August 21

ST. PIUS X, POPE
 Memorial

PRAYER

Let us pray.

Father, to defend the Catholic faith and to make all things new in Christ, you filled Saint Pius X

with heavenly wisdom and apostolic courage. May his example and teaching lead us to the reward of eternal life. This we ask..

August 22
 THE QUEENSHIP OF MARY
 Memorial

PRAYER

Let us pray.

Father, you have given us the Mother of your Son to be our Queen and Mother, With the support of her prayers may we come to share the glory of your children in the kingdom of heaven. This we ask..

August 24 ST.
 BARTHOLOMEW, APOSTLE

12 lessons All is from the Common of Apostles, p. 365, except:

PRAYER

Let us pray.

Lord, sustain within us the faith which made Saint Bartholomew ever loyal to Christ. Let your Church be the sign of salvation for all the nations of the world. This we ask..

August 27
 ST. MONICA, HOLY WOMAN
 Memorial

PRAYER

Let us pray.

God of mercy, comfort of those in sorrow, the tears of Saint Monica moved you to convert

her son Saint Augustine to the faith of Christ. By their prayers, help us to turn from our sins and to find your loving forgiveness. This we ask..

August 28

ST. AUGUSTINE, DOCTOR AND PASTOR 12
lessons

All is from the Common of Doctors, p. 371 or of Pastors, p. 375, except:

PRAYER

Let us pray.

Lord, renew in your Church the spirit you gave Saint Augustine. Filled with this spirit, may we thirst for you alone as the fountain of wisdom and seek you as the source of eternal love. This we ask..

August 29 THE

BEHEADING

OF ST. JOHN THE BAPTIST, MARTYR 3
lessons

PRIME

Ant. Herod had seized John and bound him up and put him in prison for the sake of Herodias.

Mk. 6,17

TERCE

Ant. John said to Herod, "It is not lawful for you to have your brother's wife." Mk. 6,18

READING

Jas. 1,12

Happy the man who holds out to the end through trial! Once he has been proved he will receive

the crown of life the Lord has promised to those who love him.

R Thanks be to God.

V You have crowned him with glory and honor, Lord;

R And you have given him rule over the works of your hands. Ps. 8,6

PRAYER

Let us pray.

God our Father, you called John the Baptist to be the herald of your Son's birth and death. As he gave his life in witness to truth and justice, so may we strive to profess our faith in your Gospel. This we ask ...

SEXT

Ant. Herod feared John, knowing that he was a righteous and holy man, and kept him safe. **Mk.** 6.20

READING

Col. 1,24

I find my joy in the suffering I endure for you. In my own flesh I fill up what is lacking in the sufferings of Christ for the sake of his body, the Church. **R** Thanks be to God.

V You have granted him his heart's desire, Lord; **R** And you refused not the wish of his lips. Ps. 20,3

PRAYER

Let us pray.

Lord, through the prayer of Saint John the Baptist give us the strength to bear for love of you all of life's difficulties, and to press on with all our might towards you who alone are our life. This we ask ..

NONE

Ant. I want you to give me at once the head of John the Baptist on a platter; and the king was exceedingly sorry.
Mk. 6,25-26

READING

Rev. 3,21

I will give the victor the right to sit with me on my throne, as I myself won the victory and took my seat beside my Father on his throne. **R.** Thanks be to God.

V. The just man is glad in the Lord and takes refuge in him.

R. In him glory all the upright of heart. Ps. 63, **11**

PRAYER

Let us pray.

Lord God, your Martyr Saint John triumphed over bodily pain because he kept Christ present in his heart. May we also, with Christ's help, come forth victors from life's combat. This we ask..

SEPTEMBER

September 3
ST. GREGORY THE GREAT,
DOCTOR AND POPE
12 lessons

All is from the Common of Doctors, p. 371, or of Pastors, p. 375, except:

PRAYER

Let us pray.

Father, you guide your people with kindness and govern us with love. Give the spirit of wisdom to those you have called to lead your Church. May the

September 3

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growth of your people in holiness be the eternal joy of our shepherds. This we ask..

September 7

ST. STEPHEN, MONK AND PASTOR 3
lessons

All is from the Common of Monks, p. 373, or of Pastors, p. 375, except:

PRAYER

Let us pray.

All-powerful God, it is not our frail body but our ardent spirit which can reach your eternal glory. Make us, like Saint Stephen, strive always for those heavenly realms. This we ask ...

September 8

THE BIRTH OF MARY
Solemnity

PRIME

Ant. Your name spoken is a spreading perfume; that is why the maidens love you. Sng. 1,3

TERCE

Ant. Ah, you are beautiful, my beloved. Ah, you are beautiful. Your eyes are doves. Sng. 4,1

READING

Prv. 8,22-24a

The Lord begot me, the firstborn of his ways, the forerunner of his prodigies of long ago. From of old I was brought forth, at the first, before the earth and its depths were made.

W. Thanks be to God.

y. Grace is poured out upon your lips

R. Thus God has blessed you forever. Ps. 44,3

PRAYER (WHEN SAID IN PRIVATE)

Let US pray.

Father of mercy, give your people help and strength from heaven. The birth of the Virgin Mary's Son was the dawn of our salvation. May this celebration of her birthday bring us closer to lasting peace. This we ask..

SEXT

Ant. You are all-beautiful, my beloved, and there is no blemish in you. Sng. 4,7

READING

Rev. 21,3b

This is God's dwelling among men. He shall dwell with them and they shall be his people and he shall be their God who is always with them. **R.** Thanks be to God. **V.** In your splendor and your majesty **R.** Ride on triumphant. Ps. 44,5

PRAYER

Let us pray.

Lord, let your Church proclaim your greatness at the birth of the Virgin Mary, who brought the dawn of hope and salvation to the world. This we ask..

NONE

Ant. How beautiful are your feet in sandals, O daughter of the Prince! Sng. 7,2

READING

Sir.

H

24,20-21

Who eats of me will hunger still, he who drinks of me will thirst for more; he who obeys

me will not be put to shame, and he who serves me will never fail.

R. Thanks be to God.

V. In embroidered apparel she is borne in to the king.

R. Behind her, the virgins of her train are brought to you. Ps. 44,14-15

PRAYER

Let us pray.

Merciful God, we rejoice as we honor the birthday of the Virgin Mary. May her faith and love inspire us to serve you more faithfully in the work of salvation. This we ask..

September 13
ST. JOHN CHRYSOSTOM,
DOCTOR AND PASTOR
3 lessons

All is from the Common of Doctors, p. 371, or of Pastors, p. 375, except:

PRAYER

Let us pray.

Father, the strength of all who trust in you, you made John Chrysostom renowned for his eloquence and heroic in his sufferings. May we learn from his teaching and gain courage from his patient endurance. This we ask..

September 14
THE TRIUMPH OF THE HOLY CROSS 12
lessons

PRIME Ant. May I never boast
of anything but the Cross

of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. Gal. 6,14

TERCE

Ant. He gave himself for us as an offering to God, a gift of pleasing fragrance. Eph. 5,2

READING

Gal. 6,14

May I never boast of anything but the Cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. **R** Thanks be to God. **V** Say among the nations **R** The Lord reigned from a tree. Ps. 95,10

PRAYER

Let us pray.

Father, by the blood of your Son, our Lord Jesus Christ, you have redeemed the human race. Free from the trammels of their sins all who come to adore the life-giving Cross. This we ask..

SEXT

Ant. He who does not take his cross and follow me is not worthy of me, says the Lord. Mt. 10,38

READING

Phil. 2,8

Christ humbled himself for us, obediently accepting death, even death on a cross. **B** Thanks be to God. **V** The Lord has trodden in the wine press **B** O virgin daughter Judah. Lam. 1,15

PRAYER

Let us pray.

Mather, you sanctified the standard of the Cross with the precious blood of your Son and you

made it for us the source of life. Tasting the tree of evil exiled us from paradise. May the price paid on this tree bring us back to our true homeland. This we ask..

NONE

Ant. The Lord shall raise a signal to the nations and gather the outcasts of Israel. Is. 11,12

READING

I|Cor.|1,18

The word of the cross is complete absurdity to those who are headed for ruin, but to us who are experiencing salvation it is the power of God. **R** Thanks be to God.

V. You will give them a shield for the heart, O Lord.

R Through the suffering you bore on the Cross.

Cf.|Lam.|3,65|Vg.

PRAYER

Let us pray.

Lord, let your Church, born from the side of Christ crucified, continue to grow in holiness through the sacrifice which gave it life. This we ask.

September 16

SS. CORNELIUS, POPE, AND CYPRIAN,
MARTYRS AND PASTORS

12 lessons

All is|from the Common of Several Martyrs, p. 367| or of Pastors, p. 375, except:

PRAYER

Let us pray.

God our Father, in Saints Cornelius and Cyprian you have given your people an inspiring example of dedication to the pastoral ministry and con-

stant witness to Christ in their suffering. May their prayers and faith give us courage to work for the unity of your Church. This we ask..

September 21
ST. MATTHEW,
APOSTLE AND EVANGELIST
12 lessons

All is from the Common of Apostles, p. 365, except:

PRAYER

Let us pray.

God of mercy, you chose a tax collector, Saint Matthew, to share the dignity of the apostles. By his example and prayers help us to follow Christ and remain faithful in your service. This we ask..

September 26
SS. COSMAS AND DAMIAN, MARTYRS 3
lessons

All is from the Common of Several Martyrs, p. 367, except:

PRAYER

Let us pray.

Lord, we honor the memory of Saints Cosmas and Damian. Accept our grateful praise for raising them to eternal glory and for giving us your fatherly care. This we ask..

September 27
ST. VINCENT DE PAUL, PASTOR
Memorial

PRAYER

Let us pray.

God our Father, you gave Vincent de Paul the courage and holiness of an apostle for the well-being of the poor and the formation of the clergy. Make us fervent to love as he did and to do what he taught. This we ask..

September 29
ST. MICHAEL AND ALL THE ANGELS
Solemnity

PRIME

Ant. An angel stood before the altar of the temple, having a golden censer in his hand. Rev. 8,3

TERCE

Ant. From the angel's hand the smoke of the incense went up before God. Rev. 8,4

READING

Rev. 12,7-8

War broke out in heaven; Michael and his angels battled against the dragon; although the dragon and his angels fought back, they were overpowered and lost their place in heaven. **R** Thanks be to God. **V**. Give thanks to the Lord, all his angels **R** Mighty in power, who fulfill his word. Ps. 102,20

PRAYER (WHEN SAID IN PRIVATE)

Let US pray.

God our Father, in a wonderful way you guide the work of angels and men. May those who serve you constantly in heaven keep our lives safe from all harm on earth. This we ask..

SEXT

Ant. All the angels who were standing around the throne fell down before the throne to worship God.

Rev. 7,11

READING

Rev. 1,1-2

God revealed what must happen very soon by sending his angel to his servant John who bears witness to the word of God and the testimony of Jesus Christ. **R.** Thanks be to God.

V. An angel stood before the altar of the temple **R.** Having a golden censer in his hand. Rev. 8,3

PRAYER

Let us pray.

Lord God, receive us in company with the angels who contemplate unceasingly your glory, and let our lowly prayer be joined to their sublime hymn of praise. This we ask..

NONE

Ant. In heaven their angels always behold the face of my Father. Mt. 18,10

READING

Rev. 7,11-12

All the angels who were standing around the throne and the elders and the four living creatures fell down before the throne to worship God. They said: Amen!

R. Thanks be to God.
V. The smoke of the incense went up
R. From the angel's hand before the Lord. Rev. 8,14

PRAYER

Let us pray.

Lord, may our prayer be pleasing to you as we honor the angels, for by your grace they kept the splendor that was theirs in creation. While they unceasingly adore your glory, may they also remain close to us. This we ask..

September 30

ST. JEROME, DOCTOR AND MONK 12
lessons

All is from the Common of Doctors, p. 371, or of Monks, p. 373, except:

PRAYER

Let us pray.

Father, you gave Saint Jerome delight in his study of Holy Scripture. May your people find in your word the food of salvation and the fountain of life. This we ask..

OCTOBER

October 1

ST. THERESA OF THE CHILD JESUS,
VIRGIN AND NUN
3 lessons

All is from the Common of Virgins, p. 377, or of Monks, p. 373, except:

PRAYER

Let us pray.

God our Father, you have promised your kingdom to those who are willing to become like little children. Help us to follow the way of Saint Theresa with confidence so that by her prayers we may come to know your eternal glory. This we ask ...

October 4 ST. FRANCIS OF
ASSISI, HOLY MAN

3 lessons All is from the Common
of Holy Men, page 380, except:

PRAYER

Let us pray.

Father, you helped Saint Francis to reflect the image of Christ through a life of poverty and humility. May we follow your Son by walking in the footsteps of Francis of Assisi, and by imitating his joyful love. This we ask..

October 6
OUR FATHER SAINT BRUNO, MONK
Solemnity

All is from the Common of Monks, p. 373, except:

TERCE

PRAYER (WHEN SAID IN PRIVATE)

Let us pray.

All-powerful, eternal God, you prepare dwelling places in heaven for those who renounce the world. Through the intercession of our founder, Saint Bruno, may we faithfully fulfill the vows of our profession, and safely attain those things you have

October 339

promised to all who persevere in your friendship.
This we ask..

SEXT

PRAYER

Let us pray.

Father, you called Saint Bruno to serve you in solitude. In answer to his prayers, help us amid the changes of this world to rest always in you. This we ask..

NONE

PRAYER

Let us pray.

Father, in Saint Bruno you showed us the way we must follow to reach the fullness of our vocation. May we follow Christ on the path of obedience even as we promised to the Holy Spirit. This we ask.

October 7

OUR LADY OF THE ROSARY
Memorial

PRAYER

Let us pray.

Lord, fill our hearts with your love, and as you revealed to us by an angel the coming of your Son as man, so lead us through his suffering and death to the glory of his resurrection, who lives and reigns..

October 8 ST. ARTOLD,
MONK AND PASTOR

3 lessons All is from the Common
of Monks, p. 373, or of Pastors,

p. 375, except:

PRAYER

Let us pray.

All-powerful God, with the help of Saint Artold's prayers may we so distinguish ourselves in this life's laborious struggle that we may obtain eternal rest. This we ask.

October 15

ST. TERESA OF JESUS,
DOCTOR, VIRGIN AND NUN

12 lessons

All is from the Common of Doctors, p. 371, or of Virgins, p. 377, or of Monks, p. 373, except:

PRAYER

Let us pray.

God our Savior, hear our prayer as we rejoice on the feast of Saint Teresa. Nourish us with her celestial doctrine and make us grow in love for you. This we ask.

October 17

ST. IGNATIUS OF ANTIOCH,
MARTYR AND PASTOR

3 lessons

All is from the Common of One Martyr, p. 369, or of Pastors, p. 371, except:

PRAYER

Let us pray.

All-powerful and ever-living God, you enoble your Church with the heroic witness of all who give their lives for Christ. Grant that the victory of Saint Ignatius of Antioch may bring us your con-

October 17

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stant help as it brought him eternal glory. This we ask..

October 18 ST. LUKE,
EVANGELIST AND APOSTLE

12 lessons All is from the Common
of Apostles, p. 365, except:

PRAYER

Let us pray.

Father, it is in Saint Luke's gospel that you reveal the
mystery of your love for the poor. Help us to keep
your new commandment of love and become living
signs of your goodness in the midst of men. This we
ask..

October 19
In the United States
ST. ISAAC JOGUES
AND HIS COMPANIONS,
MARTYRS

3 lessons

All is from the Common of Several Martyrs, p. 367,
except:

PRAYER

Let us pray.

Lord, you gave your martyrs the privilege of
shedding their blood for boldly proclaiming the
death and resurrection of your Son. May this
celebration of their victory give them honor among
your people. This we ask..

October 20
ST. ROSALINE, VIRGIN AND NUN 12
lessons

All is from the Common of Virgins, p. 377, or of Monks, p. 373, except:

PRAYER

Let us pray.

Lord God, for love of you Saint Rosaline trampled underfoot the flattering allurements of the world, that she might adhere only to you. Help us to follow her example and, turning away from things of earth, find our joy in sharing your heavenly gifts. This we ask..

October 21 ST. HILARION
HERMIT AND MONK

3 lessons All is from the Common of Monks, p. 373, except:

PRAYER

Let us pray.

Our Lord and our God, you called Saint Hilarion to find refuge in you by leaving the world. Through his prayers may we with pure hearts follow you alone, our Lord Jesus Christ, who live and reign..

October 28 SS. SIMON AND
JUDE, APOSTLES

12 lessons All is from the Common of Apostles, p. 365, except:

PRAYER

Let us pray.

Lord, you revealed yourself to us through the preaching of your Apostles Simon and Jude. May we celebrate their everlasting glory by advancing more and more towards the good, and may this celebration itself increase our progress. This we ask..

NOVEMBER

November 1
ALL SAINTS
Solemnity

PRIME

Ant. The souls of the just are in the hands of God, and no torment shall touch them. Wis. 311

TERCE

Ant. The bodies of the saints are peacefully laid away, but their name lives on and on. Sir. 44,14

READING

Rev. 7,2-3

In John, saw an angel come from the east holding the seal of the living God. He cried out at the top of his voice to the four angels who were given power to ravage the land and the sea: "Do no harm to the land or the sea or the trees until we imprint this seal on the foreheads of the servants of our God." R Thanks be to God.

V. Be glad in the Lord and rejoice, you just. R
Exult, all you upright of heart. p. 31,11

PRAYER (WHEN SAID IN PRIVATE)

Let us pray.

Lord God, the saints are worthy to praise you because of their holiness. May we radiate faith here on earth as they shine in heaven before the vision of your glory. This we ask..

SEXT

Ant. By faith the saints conquered kingdoms, did what was right, obtained the promises. Heb. 11,33

READING

Rev. 7,4

I heard the number of those who were so marked: one hundred and forty-four thousand from every tribe of Israel. **R.** Thanks be to God. **V.** The just exult before God. **R.** They are glad and rejoice. Ps. 67,4

PRAYER

Let us pray.

A ll-powerful and ever-living God, you give us joy as we celebrate a feast in honor of all your saints. As in this life we are happy to remember them, so may we rejoice forever to see them in your kingdom. This we ask..

NONE

Ant. The just shall shine, and shall dart about as sparks through stubble; they shall judge nations and rule over peoples. Wis. 3,7-8

READING

Rev. 7,9

I saw a huge crowd which no one could count from every nation and race, people and tongue. They stood before the throne and the Lamb, dressed in long white robes and holding palm branches in

their hands.

R/ Thanks be to God.

V. God is wonderful in his saints,

R/ The God of Israel: he gives power and strength to his people. Ps. 67,36 Vg.

PRAYER

Let us pray.

Lord, purify our hearts by your presence. When Jesus comes in glory with all his saints, may he find us ready to receive him, who lives and reigns..

November 2 ALL
SOULS DAY

The Canonical Office is ferial.

November 4
ST. CHARLES BORROMEO, PASTOR
Memorial

PRAYER

Let us pray.

Father, keep in your people the spirit which filled Charles Borromeo. Let your Church be continually renewed and show the image of Christ to the world by being conformed to his likeness, who lives and reigns..

November 9
THE DEDICATION OF ST. JOHN LATERAN 12
lessons

All is from the Common of the Dedication of a Church, p. 361, except:

PRAYER

Let us pray.

God our Father, from living stones, your chosen people, you build an eternal temple to your glory. Increase the spiritual gifts you have given to your Church, so that your faithful people may continue to grow into the new and eternal Jerusalem. This we ask..

November 10

ST. LEO THE GREAT, DOCTOR AND POPE 3
lessons

All is from the Common of Doctors, p. 371 or of Pastors, p. 375, except:

PRAYER

Let us pray.

God our Father, you will never allow the power of hell to prevail against your Church, founded on the rock of the Apostle Peter. Let the prayers of Pope Leo the Great keep us faithful to your truth and secure in your peace. This we ask..

November 11

ST. MARTIN OF TOURS,
MONK AND PASTOR
12 lessons

All is from the Common of Monks, p. 373, or of Pastors, p. 375, except:

PRAYER

Let us pray.

Father, by his life and death Martin of Tours offered you worship and praise. Renew in our hearts the power of your love, so that neither death nor life may separate us from you. This we ask..

November 12
ST. JOSAPHAT, MARTYR AND BISHOP
Memorial

PRAYER

Let us pray.

Lord, fill your Church with the Spirit that gave Saint Josaphat courage to lay down his life for his people. By his prayers may your Spirit make us strong and willing to offer our lives for our brothers and sisters. This we ask..

November 13
THE DEPARTED MEMBERS OF
OUR ORDER

The Canonical Office is ferial.

November 17 ST.
HUGH OF LINCOLN,
MONK AND PASTOR 12
lessons; solemnity in England

All is from the Common of Monks, p. 373, or of Pastors, p. 375, except:

PRAYER (WHEN SAID IN PRIVATE)

Let us pray.

Lord, you adorned Saint Hugh with outstanding virtues and the gift of working miracles. May we learn to imitate his virtues and be encouraged by his example. This we ask..

November 21
 THE PRESENTATION OF MARY 12
 lessons

PRIME

Ant. Your name spoken is a spreading perfume -
 that is why the maidens love you. Sng. 1,3

TERCE

Ant. Ah, you are beautiful, my beloved. Ah, you
 are beautiful. Your eyes are doves. Sng. 4,1

READING

Sir. 24,10-11a

In the holy tent I ministered before him, and in
 Zion I fixed my abode. Thus in the chosen city he has
 given me rest. **V.** Thanks be to God. y. Grace is
 poured out upon your lips, **V.** Thus God has blessed
 you forever. p. 44,3

PRAYER

Let us pray.

God our Father, you made the blessed and ever-
 virgin Mary to be perfect in her likeness to
 your Son. By imitating her virtues may we also
 become like Christ, who lives and reigns ...

SEXT

Ant. You are all-beautiful, my beloved, and there is
 no blemish in you. Sng. 4,7

READING

Sng. 6,1

Where has your lover gone, O most beautiful
 among women? Where has your lover gone, that
 we may seek him with you?

R. Thanks be to God.
V. In your splendor and your majesty
R. Ride on triumphant. Ps. 44,5

PRAYER

Let us pray.

God our Father, help us to imitate the humility of the Virgin Mary, who showed herself to be your servant not only by her words but by her whole life, for she had consecrated herself wholly to you before conceiving your Son, Jesus Christ our Lord, who lives and reigns..

NONE

Ant. How beautiful are your feet in sandals, O daughter of the Prince! **Sng.** 7,2

READING

Sir. 24,18-19

Come to me, all you that yearn for me, and be filled with my fruits; you will remember me as sweeter than honey, better to have than the honeycomb.

R. Thanks be to God.

V. In embroidered apparel she is borne in to the king.

R. Behind her the virgins of her train are brought to you. Ps. 44,14-15

PRAYER

Let us pray.

Lord, fill us with the light of your Holy Spirit. Help us to follow Mary's example by treasuring everything that comes from you and meditating it in our heart. This we ask..

November 22 ST. CECILIA,
VIRGIN AND MARTYR

3 lessons All is from the Common
of Virgins, p. 377, except:

PRAYER

Let us pray.

Father, Saint Cecilia pleased you by the strength she showed in her martyrdom and in preserving the beauty of her virginity. By following her example may we conquer our invisible foes and hold fast to your Son, who lives and reigns ...

November 25
BL. BEATRICE, VIRGIN AND NUN 12
lessons

All is from the Common of Virgins, p. 377, or of Monks, p. 373, except:

PRAYER

Let us pray.

Father, Blessed Beatrice was a virgin consumed by love in imitating the passion of our Lord Jesus Christ. With the help of her prayers and example may we arrive at eternal glory by sharing on earth in the sufferings of your Son, who lives and reigns ..

November 30
ST. ANDREW, APOSTLE
12 lessons

PRIME Ant. My commandment
is this: love one another as

I have loved you. Jn. 15,12

TERCE

Ant. There is no greater love than to lay down your life for your friends. Jn. 15,13

READING

Phil. 3,8b

I have accounted all else rubbish so that Christ may be my wealth. I wish to know Christ and the power flowing from his resurrection; likewise to know how to share in his sufferings by being formed into the pattern of his death. **R** Thanks be to God.

V. You have made them princes over all the earth. **R** They declared your fame, O Lord. Ps. 44,17-18

PRAYER

Let us pray.

Lord, in your kindness hear our petitions. You called Andrew the Apostle to preach the Gospel and guide your Church in faith. May he always be our friend in your presence to help us with his prayers. This we ask..

SEXT

Ant. You are my friends, says the Lord, if you do what I command you. Jn. 15,14

READING

Eph. 4,4-6

There is but one body and one Spirit, just as there is but one hope given all of you by your call. There is one Lord, one faith, one baptism, one God and Father of all, who is over all, and works through all, and is in all. **R** Thanks be to God. **V** The heavens proclaim his justice **R** All the peoples see his glory. Ps. 96,6

PRAYER**Let us pray.**

Lord God, make us faithful, in joy and in simplicity of heart, to the Apostles' teaching, united in the breaking of bread and in prayer. This we ask..

NONE

Ant. By your trusting acceptance of trials, you will gain true life. Lk. 21,19

READING**Rom. 10,8b-9**

The word is near you, on your lips and in your heart: that is, the word of faith which we preach. For if you confess with your lips that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved. **R.** Thanks be to God.

V. O God, you have greatly honored your friends; **R.** Their authority is fully established. Ps. 138,17 Vg.

PRAYER**Let us pray.**

With Saint Andrew in mind we pray to you Lord. It is by the teaching of the prophets and apostles that you formed us: may the knowledge of these truths be our light. This we ask..

DECEMBER

December 3

ST. FRANCIS XAVIER, PASTOR
Memorial

PRAYER

Let us pray.

God our Father, by the preaching of Francis Xavier you brought many nations to yourself. Give this zeal for the faith to all who believe in you, that your Church may rejoice in continued growth throughout the world. This we ask..

December 6 ST.

NICHOLAS, PASTOR

3 lessons All is from the Common
of Pastors, p. 375, except:

PRAYER

Let us pray.

Father, hear our prayers for mercy, and by the help of Saint Nicholas keep us safe from all danger, and guide us on the way of salvation. This we ask..

December 7

ST. AMBROSE, DOCTOR AND PASTOR 3
lessons

All is from the Common of Doctors, p. 371, or of Pastors, p. 375, except:

PRAYER

Let us pray.

Lord, you made Saint Ambrose an outstanding teacher of the Catholic faith and gave him the **cdttragfe** of an apostle. Raise up in your Church more leaders after your own heart, to guide us with courage and wisdom. This we ask..

December 8

THE IMMACULATE CONCEPTION OF
MARY

Solemnity

PRIME

Ant. You are beautiful, O Mary; in you there is no trace of original sin. Cf. **Sng.** 4,7

TERCE

Ant. The robe you wear is white as spotless snow; your face is radiant like the sun. Cf. Mt. 17,2

READING

Gn. 3,14a.15

The Lord God said to the serpent: I will put enmity between you and the woman, and between your offspring and hers; he will strike at your head, while you strike at his heel. **R.** Thanks be to God. **V.** That you love me I know by this, **R.** That my enemy does not triumph over me.

Ps. 40,12

PRAYER (WHEN SAID IN PRIVATE)

Let us pray.

Father, you prepared the Virgin Mary to be the worthy mother of your Son. You let her share

beforehand in the salvation Christ would bring by his death, and kept her sinless from the first moment of her conception. Help us by her prayers to live in your presence without sin. This we ask ...

SEXT

Ant. You are the glory of Jerusalem, you are the joy of Israel, you are the fairest honor of your race.

Jdt. 15,9

READING

Is. 61,10

I rejoice heartily in the Lord, in my God is the joy of my soul; for he has clothed me with a robe of salvation, and wrapped me in a mantle of justice, like a bride bedecked with her jewels. **R.** Thanks be to God.

V. The Almighty has girded me with strength, **R.** He kept my way unerring. *Pa.* 17,33 *Vg.*

PRAYER

Let us pray.

Lord, may we who celebrate the Immaculate Conception of the Virgin Mary rejoice in the abundance of your grace, and experience your unfailing help. This we ask..

NONE

Ant. Sinless Virgin, let us follow joyfully in your footsteps; draw us after you **h** the fragrance of your holiness. *Cf. Sng.* 1,3 *Vg.*

READING

Eph. 5,25-27

Christ loved the Church and gave himself up for her to make her holy, that he might present the Church to himself in splendor, without spot or wrinkle or any such thing, holy and immaculate. **R.** Thanks be to God.

V. Your Immaculate Conception, O Virgin Mother of God, **R.** Has heralded joy to all the world.

PRAYER

Let us pray.

Lord, we celebrate the Immaculate Conception of the Mother of God, in whom we joyfully contemplate, as in a faultless image, the most excellent fruit of Redemption. By your grace, bring your Church to that same perfection. This we ask..

December 13
ST. LUCY, VIRGIN AND MARTYR
Memorial

PRAYER

Let us pray.

Lord, give us courage through the prayers of Saint Lucy. As we celebrate her entrance into eternal glory, may we also share her happiness in the life to come. This we ask..

December 14
ST. JOHN OF THE CROSS,
DOCTOR AND PASTOR
3 lessons

All is from the Common of Doctors, p. 371, or of Pastors, p. 375, except:

PRAYER

Let us pray.

Father, you endowed John of the Cross with a spirit of self-denial and a love of the cross. By following his example, may we come to the eternal vision of your glory. This we ask..

December 16 BL. WILLIAM OF
FENOL, MONK

12 lessons All is from the Common
of Monks, page 373, except:

PRAYER

Let us pray.

Lord God, you are the nobility of the truly humble,
and to serve you is to reign. May we imitate the
simplicity of our brother Blessed William, and thus
attain the kingdom which you have promised to the
lowly. This we ask..

COMMON OF THE DEDICATION OF A CHURCH

PRIME

Ant. Jacob set up a memorial stone, and poured oil on top of it. (Alleluia.) Gn. 28,18

TERCE

Ant. The Lord shall be my God, and this stone shall be God's abode. (Alleluia.) Gn. 28,21-22

READING

Rev. 21,2

I saw a new Jerusalem, the holy city, coming down out of heaven from God, beautiful as a bride prepared to meet her husband. **R.** Thanks be to God. **V.** I will enter your house, O Lord **R.** And worship at your holy temple. Ps. 5,8

PRAYER (WHEN SAID IN PRIVATE)

Let us pray.

Father, each year we recall the dedication of this church to your service, and how you have enabled us to celebrate your mysteries here in peace. May all who come here to pray have the joy of knowing that their prayers have been heard. This we ask..

SEXT

Ant. The glory of the Lord rose from its place. (Alleluia.) Ez. 3,12

READING

Rev. 21,3

I heard a loud voice from the throne cry out: "This is God's dwelling among men. He shall dwell with

them and they shall be his people and he shall be their God who is always with them."

R Thanks be to God.

V Happy they who dwell in your house, O Lord!

RC Continually they praise you. **Ps.** 83,5

PRAYER

Let us pray.

A ll-powerful and ever-living God, it is in you that the faithful find rest while at the same time you dwell in their hearts. May the Lamb illumine our souls with his presence even as his glory makes bright the city on high, where he lives and reigns..

NONE

Ant. My house shall be called a house of prayer.
(Alleluia.) **Mt.** 21,13

READING

I **Cor.** 3,10-11

Everyone must be careful how he builds. No one can lay a foundation other than the one that has been laid, namely Jesus Christ. **R** Thanks be to God. **V**. Holiness befits your house, O Lord **R** For length of days. **Ps.** 92,5

PRAYER

Let us pray.

Lord Jesus Christ, you call the Church your bride. As we gather together in your name, may we love and honor you, and follow you to eternal life in the kingdom you promise, where you live and reign.

COMMON OF THE BLESSED VIRGIN

PRIME

Ant. Your name spoken is a spreading perfume - that is why the maidens love you. (Alleluia.) Sng. 1,3

TERCE

Ant. Ah, you are beautiful, my beloved. Ah, you are beautiful. Your eyes are doves. (Alleluia.) Sng. 4,1

READING

Gal. 4,4-5

When the designated time had come, God sent forth his Son, born of a woman, born under the law, to deliver from the law those who were subjected to it, so that we might receive our status as adopted sons. **R.** Thanks be to God. **V.** Grace is poured out upon your lips. **R.** Thus God has blessed you forever. (Alleluia, alleluia.) Ps. 44,3

PRAYER

Let us pray.

Lord God, you bestowed the Holy Spirit on your Apostles while they were at prayer with Mary the Mother of Jesus: grant that by her prayer we may give you faithful service and spread abroad the glory of your name by word and example. This we ask..

SEXT

Ant. You are all-beautiful, my beloved, and there is no blemish in you. (Alleluia.) Sng. 4,7

READING

Is. 61,10

I rejoice heartily in the Lord, in my God is the joy of my soul; for he has clothed me with a robe of salvation, and wrapped me in a mantle of justice, like a bride bedecked with her jewels. **R/** Thanks be to God. **y.** In your splendor and your majesty **IV.** Ride on triumphant. (Alleluia, alleluia.) Ps. 44,5

PRAYER

Let us pray.

^A God our Father, you give joy to the world by the **Jf** incarnation of your Son. May we welcome Jesus into our hearts with that same love with which Mary loved him, for he lives and reigns...

NONE

Ant. How beautiful are your feet in sandals, O daughter of the Prince! (Alleluia.) Sng. 7,2

READING

Jdt. 13,18

Blest are you, daughter, by the Most High God, above all the women on earth; and blest be the Lord God, the creator of heaven and earth. **R/** Thanks be to God.

y. In embroidered apparel she is borne in to the king;

IV. Behind her the virgins of her train are brought to you. (Alleluia, alleluia.) Ps. 44,15

PRAYER

Let us pray.

By the Son of the Virgin Mary you consecrate to yourself the multitude of nations. Father, may we have as our Patron on earth her whom we honor as Queen in heaven. This we as**k**..

COMMON OF FEASTS OF SAINTS

In paschal Time, the antiphon for the psalms is always: Alleluia (6); and a double alleluia is added to the second part of the versicles.

COMMON OF THE APOSTLES

PRIME

Ant. My commandment is this: love one another as I have loved you. Jn. 15,12

TERCE

Ant. There is no greater love than to lay down your life for your friends. Jn. 15,12

READING

Rom. 8,28

We know that God makes all things work together for the good of those who have been called according to his decree. **R.** Thanks be to God. **V.** You have made them princes over all the earth. **R.** They declared your fame, O Lord. Ps. 44,17-18

PRAYER

Let us pray.

Lord God, your Son chose fishermen to make of them fishers of men. May he guide us through the churning waters of this life to the haven of eternal bliss. This we ask..

SEXT

Ant. You are my friends, says the Lord, if you do what I command you. Jn. 15,14

READING

Acts 1,8

You shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in Jerusalem and in all Judea and Samaria and to the end of the earth. **I**. Thanks be to God. **V**. The heavens proclaim his justice. **I**. All the peoples see his glory. **Ps.** 96,6

PRAYER

Let us pray.

Lord God, make us faithful, in joy and in simplicity of heart, to the apostles' teaching, united in the breaking of bread and in prayer. This we ask...

NONE

Ant. By your trusting acceptance of trials, you will gain true life. **Lk.** 21,19

READING

Eph. 2,19-20

You are strangers and aliens no longer. No, you are fellow citizens of the saints and members of the household of God. You form a building which rises on the foundation of the apostles and prophets, with Christ Jesus himself as the capstone. **R**. Thanks be to God.

V. O God, you have greatly honored your friends; **R**. Their authority is fully established. **Ps.** 138,17 **Vg.**

PRAYER

Let us pray.

With Saint... in mind we pray to you, Lord. It is by the teaching of the prophets and apostles that you formed us: may the knowledge of these truths be our light. This we ask...

COMMON OF SEVERAL MARTYRS

PRIME

Ant. The souls of the just are in the hand of God, and no torment shall touch them. Wis. 3,1

TERCE

Ant. God gave his holy ones the recompense of their labors, and conducted them by a wondrous road. Wis. 10,17

READING

Wis. 3,1-3

The souls of the just are in the hand of God, and no torment shall touch them. They seemed, in the view of the foolish, to be dead; but they are in peace.

R. Thanks be to God.

V. Be glad in the Lord and rejoice, you just;

R. Exult, all you upright of heart. Ps. 31,11

PRAYER

Let us pray.

Lord God, you adorned **S**aints ... with the crown of martyrdom. By their labors they tilled the Church's field and by their blood they made it fruitful. May she be helped now by their prayers. This we ask..

SEXT

Ant. The bodies of the saints are peacefully laid away, but their names live on and on. Sir. 44,14

READING

Wis. 5,15

The just live for. ever, and in the Lord is their recompense, and the thought of them is with the

Most High. **B.** Thanks be to God. **V.** The
just exult before God; **B.** They are glad
and rejoice. **Ps. 67,4**

PRAYER

Let us pray.

Amid the ever-changing fortunes of this world
grant us, Lord, to cleave with all our strength to
the heavenly realities. By firmly adhering to the
Cross may we arrive at the eternal light. This we
ask..

NONE

Ant. They have washed their robes and made
them white in the blood of the Lamb. **Rev. 7,14**

READING

Heb. 12,1-2

Let us run with perseverance the race that is set
before us, looking to Jesus the pioneer and per-
fector of our faith, who for the joy that was set
before him endured the Cross, despising the shame,
and is seated at the right hand of the throne of God. **&**
Thanks be to God. **V.** God is wonderful in his saints.
R. The God of Israel - he gives power and strength to
his people. **Ps. 67,36 Vg.**

PRAYER

Let us pray.

Father, it was your unerring providence which led
Saints ... to the glory of martyrdom. Grant us,
through their prayers, so to traverse life's turbulence as
to arrive safely at the port of eternal salvation. This
we ask..

COMMON OF ONE MARTYR

PRIME

Ant. If anyone declares himself for me before men,
I will declare myself for him before my Father.

Mt. 10,32

TERCE

Ant. He who loses his life for my sake will find it,
says the Lord. Lk. 9,24

READING

Jas. 1,12

Happy the man who holds out to the end through trial!
Once he has been proved, he will receive the crown
of life the Lord has promised to those who love him.

R. Thanks be to God.

V. You have crowned him with glory and honor,
Lord;

R. And you have given him rule over the works of
your hands. Ps. 8,6

PRAYER

Let us pray.

Lord God, you glorify not only the martyr who
sheds his blood, but also the one who is secretly
mortified. May we come to imitate the constancy of
Saint ... by persevering in the observance of our
rule. This we ask.

SEXT

Ant. Whoever follows me does not walk in the
dark; he will have the light of life, says the Lord.

Jh. 8,12

READING

Col. 1,24

I find *my joy* in the suffering I endure for *you*. In *my* own flesh I fill up what is lacking in the sufferings of Christ for the sake of his body, the Church. **R.** Thanks be to God.

V. You have granted him his heart's desire, Lord; **IV.** And you refused not the wish of his lips. Ps. 20,3

PRAYER

Let us pray.

Lord, through the prayer of **Sain**... give us the strength to bear for love of you all of life's difficulties, and to press on with all our might towards you who alone are our life. This we ask ...

NONE

Ant. Whoever serves me will be honored by my Father in heaven, says the Lord. Jn. 12,26

READING

Rev. 3,21

I will give the victor the right to sit with me on my throne, as I myself won the victory and took my seat beside my Father on his throne. **R.** Thanks be to God.

V. The just man is glad in the Lord and takes refuge in him;

IV. In him glory all the upright of heart. Ps. 63,11

PRAYER

Let us pray.

Lord God, your martyr **Sain**... triumphed over bodily pain because he kept Christ present in his heart. May we also, with Christ's help, come forth victors from life's combat. This we as **R.**

COMMON OF DOCTORS

PRIME

Ant. All wisdom comes from the Lord and with him it remains forever. **Wis.** 1,1

TERCE

Ant. Wisdom pervades all things by reason of her purity; nought that is sullied enters into her, for she is the refulgence of eternal light and a spotless mirror. **Wis.** 7,24-26

READING

Wis. 7,27-28

Wisdom, who is one, can do all things, and renews everything while herself perduring; and passing into holy souls from age to age, she produces friends of God and prophets. For there is nought God loves, be it not one who dwells with Wisdom, **R** Thanks be to God. **V**. With you, Lord, is the fountain of life, **R** And in your light we see light. **Ps.** 35,10

PRAYER

Let us pray.

You deigned to reveal yourself, God, to the lowly and the humble. Teach us to unlearn our worldly wisdom and, like Saint ... to learn only Jesus Christ crucified, who lives and reigns with you and the Holy Spirit, God, for ever and ever. Amen.

SEXT

Ant. My teaching is not mine, but his who sent me.

Jn. 7,16

READING

I Cor. 2,7.10

We impart a secret and hidden wisdom of God, which God decreed before the ages for our glorification. God has revealed it to us through the Spirit. For the Spirit searches everything, even the depths of God. **R** Thanks be to God. **V**. We preach Christ crucified: **R** Christ the power of God and the wisdom of God. I Cor. 1,23-24

PRAYER

Let us pray.

By the gift of the Holy Spirit Saint... has given us inspired doctrine. Help us Lord, by the gift of the same Spirit, to grasp the fulness of its meaning. This we ask...

NONE

Ant. The Spirit of the Lord is upon me, to preach good news to the poor. Lk. 4,18

READING

Jn4,7

Let us love one another; for love is of God, and he who loves is born of God and knows God. **R** Thanks be to God.

V The revelation of your words sheds light, **R** Giving understanding to the simple. Ps. 118,130

PRAYER

Let us pray.

Father, you called Saint... to study and teach the sublime truths you have revealed. Let your gift of faith come to the aid of our understanding and open our hearts to your truth. This we ask...

COMMON OF MONKS

PRIME

Ant. Blest are the poor in spirit, for theirs is the kingdom of heaven. Mt. 5,3

TERCE

Ant. Blest are the pure in heart, for they shall see God. Mt. 5,8

READING

Is. 56,7

I will bring them to my holy mountain and make them joyful in my house of prayer. Their holocausts and sacrifices will be acceptable on my altar, for my house shall be called a house of prayer for all peoples.

R/ Thanks be to God.

V/ Athirst is my soul for God, the living God;

R/ When shall I go and behold the face of God?

Ps. 41,3

PRAYER

Let us pray.

Lord, sanctify us as we do honor to our brother, Sain**■**.. Led by the Spirit and held captive by the One, may we lay hold of what is eternal. This we as**■**..

SEXT

Ant. When you pray, go into your room and shut the door and pray to your Father who is in secret.

Mt. 6,6

o

1 [^]uffirtun d/ wiarKa

READING

Dt. 32,10.12

He found them in a desert, he shielded them and cared for them, guarding them as the apple of his eye. The Lord alone was their leader. **R/** Thanks be to God. **V/** You who seek God, **R/** Let your hearts rejoice! Ps. 68,33

PRAYER

Let us pray.

Lord, may we who celebrate this feast of Saint... walk in the light of your countenance. Our hearts firmly attached to you, let nothing distract us from your presence. This we as...

NONE

Ant. Be merciful, says the Lord, even as your Father is merciful. Lk. 6,36

READING

Un. 3,23-24

This is God's commandment, that we should believe in the name of his Son Jesus Christ and love one another. By this we know that he abides in us, by the Spirit which he has given us. **R/** Thanks be to God. **V/** For me, to be near God is my good. **R/** To make the Lord God my refuge. Ps. 72,28

PRAYER

Let us pray.

On fire with your love, may our hearts burn with untiring desire for you, Lord. May this love ever increase and gather our brothers also into the breadth of its embrace. This we as...

COMMON OF PASTORS

PRIME

Ant. Behold a great Priest, who in his days pleased God, and was found just. Sir. 50,1; 44,16.17

TERCE

Ant. This servant proved himself faithful and wise; the Lord entrusted the care of his household to him. Mt. 24,45

READING

Sir. 50,1; 44,16-17

Behold a great Priest, who in his days pleased God, and was found just; and in the time of wrath he became a means of reconciliation. R. Thanks be to God.

Vs. The just man shall flourish like the palm tree, R. Like a cedar of Lebanon shall he grow. Ps. 91,13

PRAYER

Let us pray.

Lord our God, by the light of the Gospel you led Sain. to heavenly glory. Through his prayers may we be clothed with lamb-like docility and so come to the eternal Good Shepherd. This we as.

SEXT

Ant. Blest is that servant whom the master finds awake when he comes. Lk. 12,36-37

READING

Sir. 44,22

The covenant with all his forebears was confirmed with him, and the blessing rested upon his head.

RC Thanks be to God.

V. The just man shall blossom like the lily,

IV. He shall strike root like the Lebanon cedar.

Hos. 14,6

PRAYER

Let us pray.

Father, keep in your people the spirit which filled Saint ... Let your Church be continually renewed and show the image of Christ to the world by being conformed to his likeness, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

NONE

Ant. Behold, an Israelite indeed, in whom there is no guile! Jn. 1,47

READING

Sir. 44,23; 45,1

The Lord acknowledged him in his blessings; he kept his mercy toward him, and he found favor in the eyes of the Lord. **R.** Thanks be to God. **V.** Many will praise his understanding, **R.** And his fame can never be effaced. **Sir.** 39,9

PRAYER

Let us pray.

Lord God, in your mercy you have made us part of a priestly people, sealed with your Spirit. Following the example of Saint .. may we become witnesses to the world of the mystery of Redemption. This we ask ..

COMMON OF VIRGINS

PRIME

Ant. Your name spoken is a spreading perfume - that is why the maidens love you. Sng. 1,3

TERCE

Ant. Your lips drip honey, my bride, and the fragrance of your garments is the fragrance of Lebanon. Sng. 4,11

READING (VIRGIN-MARTYRS)

Sng. 8,6-7

Set me as a seal on your heart, as a seal on your arm; for stern as death is love, relentless as the nether world is devotion. Deep waters cannot quench love, nor floods sweep it away. IV. Thanks be to God. V. With age-old love I have loved you; IV. So I have kept my mercy toward you. Jer. 31,3

READING (VIRGINS)

Hos. 2,16.21.22

I will lead her into the desert and speak to her heart. I will espouse you to me forever, I will espouse you in fidelity, and you shall know the Lord.

IV. Thanks be to God. V. My lover belongs to me, IV. And I to him. Sng. 6,3

PRAYER

Let us pray.

Lord, by imitating the holiness of Saint... may we learn the doctrine of salvation so as to merit to share with her that better part which shall not be taken away. This we ask...

SEXT

Ant. How beautiful are your feet in sandals, O daughter of the Prince! Sng. 7,2

READING (VIRGIN-MARTYRS)

Phil. 3,8-9

I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and count them as refuse, in order that I may gain Christ and be found in him. **R.** Thanks be to God. **V.** It is no longer I who live, **R.** But Christ who lives in me. Gal. 2,20

READING (VIRGINS)

I Cor. 7,32,34

I should like you to be free of all worries. The virgin is concerned with things of the Lord, in pursuit of holiness in body and spirit. **R.** Thanks be to God. **V.** As a bridegroom rejoices in his bride, **R.** So shall your God rejoice in you. Is. 62,5

PRAYER

Let us pray.

All-powerful God, set our souls aflame with your Spirit, so that when your Son shall come he will find us shining like lighted lamps. This we ask..

NONE

Ant. Then all those virgins rose and trimmed their lamps. Mt. 25,7

READING (VIRGIN-MARTYRS)

Rom. 8,38

I am sure that neither death, nor life, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

R. Thanks be to God.

V. Though my flesh and my heart waste away, **R.**
God is the rock of my heart and my portion forever.
Ps. 72,26

READING (VIRGINS)

II Cor. 11,2

I am jealous of you with the jealousy of God himself, since I have given you in marriage to one husband, presenting you as a chaste virgin to Christ.

R. Thanks be to God.

V. Let us rejoice and exult and give glory to God, **R.**
For the marriage of the Lamb has come and his Bride has made herself ready. Rev. 19,7

PRAYER

Let us pray.

Lord our God, may the witness of your faithful virgin bride ... awaken the fire of divine love in our hearts for the eternal glory of your Church. This we ask..

COMMON OF **H**OLY **M**EN

PRIME

Ant. The Lord led this holy man along a sure path; he showed him the kingdom of God. **W**is. 10,10

TERCE

Ant. Good and faithful servant, enter into the joy of your Lord. Mt. 25,21

READING

Wis. 10,10

The Lord guided the just man in direct ways, showed him the kingdom of God, and gave him knowledge of holy things. **R** Thanks be to God.

V. The just man shall flourish like the palm tree, **R**
Like a cedar of Lebanon shall he grow. Ps. 91,3

PRAYER

Let us pray.

As we joyfully celebrate the feast of Sain**H**.. we humbly pray you, Lord, that you may make us one in the bond of your love whom you have given the Church as mother. This we as**H**..

SEXT

Ant. Blest is that servant whom the master finds awake when he comes. **L**k. 12,36-37

READING

Sir. 39,9

Many will praise his understanding; his fame can never be effaced; unfading will be his memory; through all generations his **N**ame will live. **R**
Thanks be to God.

V. The just man shall blossom like the lily, **R.** He shall strike root like the Lebanon cedar.

Hos. 14,6

PRAYER

Let us pray.

Lord, increase our fellowship in the Holy Spirit and our love for our fellow men, following the example of Saint **J.**.. Make that love so ardent that by it we may grow up to the perfect stature of Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

NONE

Ant. Behold, an Israelite indeed, in whom there is no guile! **J.** 1,47

READING

Sir. 39,6

The just man's care is to seek the Lord, his Maker, to petition the Most High, to open his lips in prayer.

R. Thanks be to God. **V.** Many will praise his understanding, **R.** And his fame can never be effaced. Sir. 39,9

PRAYER

Let us pray.

Lord our God, you give us joy on this feast of Saint **J.**.. Grant that we who acknowledge your only Son to be the way and the goal, may advance without stumbling on this way so as to reach him in all his fulness. This we ask **J.**..

COMMON OF **H**OLY WOMEN

PRIME

Ant. For the king's banquet my nard gives forth its fragrance. **Sng.** 1,12

TERCE

Ant. Your name spoken is a spreading perfume - that is why the maidens love you. **Sng.** 1,3

READING

Gl. 1,27

God created man **in** his image; **in** the divine image he created him; male and female he created them. **R.** Thanks be to God. **V.** Those whom God foreknew, **R.** He also predestined to be conformed to the image of his Son. **Rom.** 8,29

PRAYER

Let us pray.

Lord, renew our hearts. With Saint ... may we relish the things that are above and thus merit to appear with Christ in glory **!** who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

SEXT

Ant. Your lips drip honey, my bride, and the fragrance of your garments is the fragrance of Lebanon. **Sng.** 4,11

READING

Prv. 31,10,30

When one finds a worthy wife, her value is far beyond pearls. Charm is deceptive and beau-

ty fleeting; the woman who fears the Lord is to be praised.

R/ Thanks be to God.

V/ She reaches out her hands to the poor

R/ And extends her arms to the needy. Pvr. 31,20

PRAYER

Let us pray.

Father, you draw souls exiled on earth towards their eternal home. Like Sainⁿ.. may we practise the truth in charity and thus merit a place in the kingdom of heaven. This we ask^k..

NONE

Ant. How beautiful are your feet in sandals, O daughter of the Prince! Sng. 7,2

READING

Pvr. 31,25-26

She is clothed with strength and dignity, and she laughs at the days to come. She opens her mouth in wisdom, and on her tongue is kindly counsel.

R/ Thanks be to God.

V/ My son, reject not your mother's teaching: **R/**

A graceful diadem will it be for your head.

Prv. 1,8-9

PRAYER

Let us pray.

Lord, you enabled Sainⁿ.. to follow the example of the holy women whose praises are sung in the Scriptures. Through her intercession may our life add to the Church's holiness and contribute to the progress of humanity. This we ask^k..

Prayers of intercession

RUBRIC

At Terce, Sext and None in private one can say either A or B, or the formula proper to the Liturgical Season as said at Lauds and Vespers, which follow Series B. below. By way of interest, the prayers for Vespers and Lauds of Ordinary Time appear at the end, but are not used at the Little Hours.

The Prayers of Intercession are always preceded by:

Lord, have mercy. Christ, have mercy. Lord, have mercy.

Each invocation may be repeated. Silent prayer (Our Father, Hail Mary).

A. TRADITIONAL SERIES FOR THE LITTLE HOURS,
always used in choir.

Lord, have pity on me.

Heal my soul, for I have sinned against you.

Lord, show us your love and mercy, for we put our trust in you.

Let your priests be clothed with holiness; Let your faithful ring out their joy.

Lord, assist those who govern; Answer us when we call upon you.

Save your people, Lord, bless your heritage; Be their shepherd and carry them for ever.

Grant us to live in peace under your protection; Keep our hearts free from care.

Be mindful of the faithful who have died. Grant them eternal rest, O Lord, and may your light shine on them for ever.

Lord, remember our brothers and sisters who are absent. Take care of them for they put their trust in you.

Lord, be generous to our benefactors. Grant them everlasting life for the sake of your holy name.

Have compassion on those who suffer or are held in captivity.

Deliver them, O God of Israel, from all their tribulations.

**Draw us back to yourself, O Lord, our God.
Show us your face and we shall be saved.**

AT TERCE before
Conventual Mass

In which case the preceding invocation Draw us back to yourself... is omitted.

We pray for all your children.

Gather them together by the blood of your only Son.

Grant us to celebrate this mystery of Christ's love until he comes again, that you may be praised forever.

B ALTERNATE PRAYERS FOR **I**THE LITTLE HOURS

Grant us, Father, a spirit of wisdom and insight, so that we may know the great hope to which we have been called.

Let peace and harmony reign among all those who dwell on earth.

To those who exercise the ministry of authority in the service of their brothers, send a spirit of wisdom and humility.

**May all those consecrated to you
together devote themselves to constant prayer.**

**Grant us, O God, to fill up in our own flesh what is
lacking in the sufferings of Christ for his Church.**

**To our families and benefactors grant
the blessing of everlasting life.**

**Be ever mindful of your mercy:
raise up the lowly; fill the hungry with good things.**

**Both in life and in death, let
us be yours, O Lord.**

**Free the world from its slavery to corruption, to
share in the glorious freedom of the children of God.**

C. ADVENT

**Come and redeem the work of your hands. Come,
Lord Jesus.**

**Come and free us from the power of death. Come,
Lord Jesus.**

**Come and enlighten those sitting in darkness.
Come, Lord Jesus.**

**Only Son, ever at the Father's side,
delay no longer.**

**Brightness of the Eternal Light, delay
no longer.**

**Longed-for King of all peoples,
delay no longer.**

**You for whom Israel was waiting, let
us see you.**

You whose coming was announced to the Virgin

**Mary, let us
see you.**

**You for whom our heart was made, let us
see you.**

D. CHRISTMAS

**The Word was made flesh. O
Jesus, to you be glory.**

He lived among us.

O Jesus, to you be glory.

**We have seen his glory. O
Jesus, to you be glory.**

**Image of the invisible God, grant
peace to all men.**

**First-born of all creation,
grant peace to all men.**

**You who make all things new,
grant peace to all men.**

**Poor and lowly, born of Mary, be
with us, Emmanuel.**

**Grant to your Church a spirit of poverty. Be with
us, Emmanuel.**

**Transform us into your Image by the Spirit. Be
with us, Emmanuel.**

E. LENT

**Father, you so loved the world that you gave your
only Son. May he be the life of all
believers.**

**Spirit, who led Jesus into the desert,
draw us and speak to our heart.**

**Man does not live by bread alone. O God,
grant us to savor your word.**

**Give to all who thirst for you living water, that
they may never thirst again.**

**O Christ, lifted up from the earth,
draw all people to yourself.**

**O Lamb, pierced by the soldier's spear, heal
our wounds.**

**We have sinned, Lord, we have sinned.
Jesus, have mercy.**

**Purify your Church,
that it may be truly a sign of salvation.**

**Father, you delivered Christ over for us. May he
be the first-born of many brothers.**

EASCAL SEASON

**Worthy is the Lamb who was slain to receive power
and glory and blessing.
Amen.**

**By his resurrection Christ has today become the
light of life. O Jesus, to you
be glory.**

**By his victory, the Son of God has set us free. O
Jesus, to you be glory.**

**Through his glorification Christ has hidden our life
in God. O Jesus, to you be
glory.**

**Father, bring about your kingdom on earth. The
Lord has risen indeed.**

**Perfect, O Jesus, the Church as your immaculate
bride. The Lord has risen
indeed.**

May the Son send the promised Comforter to his people from the Father. The Lord has risen indeed.

That We may be received with you into the glory of the Father, come, Lord Jesus.

That with your glory we may be glorified, come, Lord Jesus.

That you may be our joy which no one can take from us, come, Lord Jesus.

G. VESPERS OF ORDINARY TIME

Father, gather to yourself all people, through the Blood of your Son and by the power of your Spirit.

Lord, be ever mindful of your Church, that it may grow in your love.

Good Shepherd, gather to yourself all your sheep, that there may be one flock and one Shepherd.

We pray for those who weep and sorrow: Lord, console them.

We pray for those who hunger and thirst for justice: Lord, let them have their fill.

We pray for those who are ill-treated for the sake of your Name: Lord, let theirs be the kingdom of heaven.

May all people acknowledge you, the only true God, and him whom you sent, Jesus Christ.

Receive into your glory all those we have gone before us, whose faith is known to you alone.

**So that with one heart and voice we may glorify
God,
come, Lord Jesus.**

H. LAUDS OF ORDINARY TIME

**To God the Father, through Christ, in the Holy Spirit,
all honor and glory.**

**You who have called us from darkness into your
marvelous light, make us walk in Christ as
children of light.**

**May the Spirit help us in our weakness, to intercede
for our brothers according to God's will.**

**Grant us this day food for our souls,
that your love in us may be brought to perfection.**

**May whatever is done on earth today
be done in the name of our Lord Jesus Christ.**

**Lord, send workers into your field,
for the harvest is good, but the laborers are few.**

**Make us stand before you,
as holy and acceptable victims.**

**Make us love each other from our hearts as
Christ has loved us.**

* * *

On ferial days and days of simple Memorial, outside of Christmas and Paschaltide, Psalm 50 is added to the Prayers of Intercession at **T**erce, Sext and None. It is never added to those of Lauds; but it is said at Vespers during Lent.

The Converse and Donates are not obliged to. The nuns

may say another psalm of their choice.

**Psalm 50 O God, have
mercy on me (Miserere)**

Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin.

My offences truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done.

That you may be justified when you give sentence and be without reproach when you judge. O see, in guilt I was born, a sinner was I conceived.

**Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.**

Make me hear rejoicing and gladness, that the bones you have crushed may thrill. From my sins turn away your face and blot out all my guilt.

A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit.

Give me again the joy of your help; with a spirit of fervor sustain me, That I may teach transgressors your ways and sinners may return to you.

O rescue me, God, my helper,

and my tongue shall ring out your goodness.

O Lord, open my lips

and my mouth shall declare your praise.

For in sacrifice you take no delight, burnt offering from me you would refuse. My sacrifice, a contrite spirit. A humbled, contrite heart you will not spurn.

**In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.**

**Then you will be pleased with lawful sacrifice,
burnt offerings wholly consumed,
then you will be offered young bulls on your altar.**

**Glory to the Father, and to the Son,
and to the Holy Spirit.**

**As it was in the beginning,
is now and will be for ever. Amen.**

The prayer follows, preceded by Let us pray at Terce, Sext and None.

Penitential Psalms
and Litany of the Saints

PENITENTIAL PSALMS

Ant. Lord, remember not my faults, nor those of my fathers. Punish me not for my sins. Tob. 3,3

Psalm 6 Prayer in time of distress

**Lord, do not reprove me in your anger;
punish me not, in your rage.
Have mercy on me, Lord, I have no strength;
Lord, heal me, my body is racked;
my soul is racked with pain.**

**But you, O Lord... how long?
Return, Lord, rescue my soul.
Save me in your merciful love;
for in death no one remembers you;
from the grave, who can give you praise?**

**I am exhausted with my groaning;
every night I drench my pillow with tears;
I bedew my bed with weeping.
My eye wastes away with grief;
I have grown old surrounded by my foes.**

**Leave me, all you who do evil; for the
Lord has heard my weeping. The Lord
has heard my plea; The Lord will accept
my prayer. All my foes will retire in
confusion, foiled and suddenly
confounded.**

Psalm 31 The joy of being forgiven

Happy the man whose offence is forgiven,

whose sin is remitted.

**Happy the man to whom the Lord
imputes no guilt,
in whose spirit is no guile.**

**I kept it secret and my frame was wasted.
I groaned all day long.
For night and day your hand was
heavy upon me. Indeed, my strength
was dried up as by the summer's
heat.**

**But now I have acknowledged my sins;
my guilt I did not hide. •
I said: "I will confess
my offence to the Lord."
And you, Lord, have forgiven
the guilt of my sin.**

**So let every good man pray to you
in the tune of need.
The floods of water may reach high
but him they shall not reach.
You are my hiding place, O Lord;
you save me from distress.
You surround me with cries of deliverance.**

**I will instruct you and teach you the
way you should go; I will give you
counsel with my eye upon you.**

**Be not like horse and mule, unintelligent,
needing bridle and bit,
else they will not approach you.
Many sorrows has the wicked;
but he who trusts in the Lord,
loving mercy surrounds him.**

**Rejoice, rejoice in the Lord, exult,
you just!**

**O come, ring out your joy, all
you upright of heart.**

**Psalm 37
Acknowledgment of guilt**

D Lord, do not rebuke me in your anger;
do not punish me, Lord, in your rage.
Your arrows have sunk deep in me;
your hand has come down upon me.
Through your anger all my body is sick;
through my sin, there is no health in my limbs.

My guilt towers **h**igher than my head; it is
a weight too heavy to bear. My wounds
are foul and festering, the result of my
own folly.

I am bowed and brought to my knees.
I go mourning all the day long.

All my frame burns with fever; all
my body is sick. Spent and
utterly crushed, I cry aloud in
anguish of heart.

D Lord, you know all my longing:
my groans are not hidden from you.
My heart throbs, my strength is spent;
the very light has gone from my eyes.

My friends avoid me like a leper; those closest
to me stand afar off. Those who plot against
my life lay snares; those who seek my ruin
speak of harm, planning treachery all the day
long.

But I am like the deaf who cannot hear, **l**ike
the dumb unable to speak.

I am like a man who hears nothing
in whose mouth is no defence.

**I count on you, O Lord:
it is you, Lord God, who will answer.
I pray: ■ Do not let them mock me,
those who triumph if my foot should slip. ■**

**For I am on the point of falling and
my pain is always before me. I
confess that I am guilty and my sin
fills me with dismay.**

**My wanton enemies are numberless
and my lying foes are many.
They repay me evil for good
and attack me for seeking what is right.**

**O Lord, do not forsake me! My God,
do not stay afar off! Make haste and
come to my help, O Lord, my God, my
savior!**

**Psalm 50 O God, have
mercy on me (Miserere)**

**Have mercy on me, God, in your kindness. In
your compassion blot out my offence. O wash
me more and more from my guilt and cleanse
me from my sin.**

**My offences truly I know them; my sin is
always before me. Against you, you alone,
have I sinned; what is evil in your sight I
have done.**

**That you may be justified when you give sentence and
be without reproach when you judge. O see, in guilt I
was born, a sinner was I conceived.**

**Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.**

O purify me, then I shall be clean;

O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness, that the bones you have crushed may thrill. From my sins turn away your face and blot out all my guilt.

A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit.

Give me again the joy of your help; with a spirit of fervor sustain me, That I may teach transgressors your ways and sinners may return to you.

**O rescue me, God, my helper,
and my tongue shall ring out your goodness.**

**O Lord, open my lips
and my mouth shall declare your praise.**

For in sacrifice you take no delight, burnt offering from me you would refuse. My sacrifice a contrite spirit. A humbled, contrite heart you will not spurn.

**In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.**

**Then you will be pleased with lawful sacrifice,
burnt offerings wholly consumed,
then you will be offered young bulls on your altar.**

**Psalm 101 Prayer and
yearning of one in exile**

**O Lord, listen to my prayer and let
my cry for help reach you. Do not
hide your face from me in the day of
my distress.**

Turn your ear towards me
and answer me quickly when I call.
For my days are vanishing like smoke;
my bones burn away like a fire.
My heart is withered like the grass.
I forget to eat my bread.
I cry with all my strength
and my skin clings to my bones.
I have become like a pelican in the wilderness,
like an owl in desolate places.
I lie awake and I moan
like some lonely bird on a roof.
All day long my foes revile me;
those who hate me use my name as a curse.
The bread I eat is ashes;
my drink is mingled with tears.
In your anger, Lord, and your fury
you have lifted me up and thrown me down.
My days are like a passing shadow
and I wither away like the grass.
But you, O Lord, will endure forever and
your name from age to age. You will arise and
have mercy on Zion: for this is the time to
have mercy, yes, the time appointed has
come; For your servants love her very stones,
are moved with pity even for her dust.
The nations shall fear the name of the Lord
and all the earth's kings your glory,
When the Lord shall build up Zion again
and appear in all his glory.
Then he will turn to the prayers of the helpless;
he will not despise their prayers.
Let this be written for ages to come,
that a people yet unborn may praise the Lord;

For the Lord leaned down from his sanctuary
on high.

He looked down from heaven to the earth That
he might hear the groans of the prisoners and free
those condemned to die.

The sons of your servants shall dwell untroubled
and their race shall endure before you
That the name of the Lord may be proclaimed in Zion
and his praise in the heart of Jerusalem,
When peoples and kingdoms are gathered together
to pay their homage to the Lord.

He has broken my strength in mid-course; he
has shortened the days of my life. I say to
God: "Do not take me away before my days
are complete, you, whose days last from age
to age.

Long ago you founded the earth
and the heavens are the work of your hands.
They will perish but you will remain.
They will all wear out like a garment.
You will change them like clothes that are changed.
But you neither change, nor have an end."

Psalm 129 Out of the
depths I cry to you

Out of the depths I cry to you, O Lord,
Lord, hear my voice!

Let your ears be attentive
to the voice of my pleading.

If you, O Lord, should mark our guilt,
Lord, who would survive? But with you
is found forgiveness: for this we revere
you.

My soul is waiting for the Lord,
I count on his word.

My soul is longing for the Lord more than watchmen for daybreak. Let the watchmen count on daybreak and Israel on the Lord.

Because with the Lord there is mercy and fullness of redemption, Israel indeed he will redeem from all its iniquity.

Psalm 142 Prayer of a soul in anguish

**Lord, listen to my prayer:
turn your ear to my appeal.
You are faithful, you are just; give answer.
Do not call your servant to judgment
for no one is just in your sight.**

**The enemy pursues my soul;
he has crushed my life to the ground;
He has made me dwell in darkness
like the dead, long forgotten.
Therefore my spirit fails;
my heart is numb within me.**

**I remember the days that are past:
I ponder all your works.
I muse on what your hand has wrought
and to you I stretch out my hands.
Like a parched land my soul thirsts for you.**

**Lord, make haste and answer;
for my spirit fails within me.
Do not hide your face
lest I become like those in the grave.**

**In the morning let me know your love for I
put my trust in you.**

Make me know the way I should walk: to you I lift up my soul.

Rescue me, Lord, from my enemies; I have fled to you for refuge. Teach me to do your will for you, O Lord, are my God. Let your good spirit guide me in ways that are level and smooth.

For your name's sake, Lord, save my life; in your justice save my soul from distress. In your love make an end of my foes; destroy all those who oppress me for I am your servant, O Lord.

Ant. Lord, remember not my faults, nor those of my fathers. Punish me not for my sins. Job. 3,3

LITANY OF THE SAINTS

Other saints can be invoked in addition to those listed below.

INTRODUCTION

One can say either A or B.

A

**Lord, have mercy.
Christ, have mercy.
Lord, have mercy.**

B

God, our Father in heaven, have mercy on us. God the Son, redeemer of the world... God the Holy Spirit... Holy Trinity, one God, ...

INVOCATION OF THE SAINTS THE

VIRGIN MARY

Holy Mary, pray for us. Holy Mother of God... Holy Virgin of virgins...

THE HOLY ANGELS

Saints Michael, Gabriel and Raphael, pray for us. All holy angels... PATRIARCHS AND PROPHETS

Saint Abraham, pray for us.

Saint Moses...

Saint Elijah...

Saint Joseph...

Saint John the Baptist, pray...

All holy Patriarchs and Prophets...

APOSTLES AND DISCIPLES

Saint Peter and Paul, pray for us.

Saint Andrew...

Saints John and James...

Saint Thomas...

Saint Matthew...

All holy Apostles...

Saint Luke...

Saint Mark...

Saint Barnabas...

Saint Mary Magdalene, ...

All holy disciples of our Lord...

MARTYRS

Saint Stephen, pray for us. Saint

Ignatius of Antioch, ... Saint

Polycarp... Saint Justin...

Saint Lawrence... Saint

Cyprian... Saint Boniface...

Saint Thomas Becket...

Saint John Fisher and Saint Thomas More... Saints

John, Augustin, Robert and their companions, ...

Saint Paul Miki...

Saints Isaac Jogues and John de Brebeuf... Saint

Peter Chanel, ... Saint Charles Lwanga... Saints

Perpetua and Felicity... Saint Agnes... Saint

Maria Goretti, ... All holy martyrs...

BISHOPS AND DOCTORS

Saint Leo and Saint Gregory, pray for us.

Saint Ambrose, pray for us.
 Saint Jerome...
 Saint Augustine...
 Saint Athanasius...
 Saints Basil and Gregory Nazianzen...
 Saint John Chrysostom, ...
 Saint Martin...
 Saint Patrick, ...
 Saints Cyril and Methodius...
 Saint Hugh...
 Saint Charles Borromeo, ...
 Saint Francis de Sales...
 Saint Pius X...

PRIESTS AND RELIGIOUS

Saint Anthony, pray for us.
 Saint Benedict, ...
 Our father Saint Bruno...
 Saint Bernard...
 Saints Francis and Dominic...
 Saint Thomas Aquinas...
 Saint Ignatius of Loyola...
 Saint Francis Xavier...
 Saint Vincent de Paul...
 Saint John Vianney...
 Saint John Bosco...
 Saint Rosaline...
 Saint Catherine of Siena...
 Saint Teresa of Jesus...
 Saint Rose of Lima...

LAY PERSONS

Saint Louis, pray for us.
 Saint Monica...
 Saint Elizabeth of Hungary...
 All holy men and women, pray for us.

INVOCATION TO CHRIST

One can say either A or B. A

Lord, be merciful; Lord, save your people.

From all evil, Lord, save your people.

From every sin, Lord, save your people.

From the snares of the devil, Lord, save your people.

From anger, and hatred, and all ill-will,

Lord, save your people.

From everlasting death, Lord, save your people. By your coming as man, Lord, save your people. By your birth, Lord, save your people. By your Baptism and your fast in the desert,

Lord, save your people.

By your Cross and Passion, Lord, save your people. By your death and burial, Lord, save your people. By your glorious resurrection,

Lord, save your people.

By your wonderful Ascension,

Lord, save your people.

By your gift of the Holy Spirit,

Lord, save your people.

By your coming in glory, Lord, save your people.

B

Christ, Son of the living God, have mercy on us. You who came into the world, have mercy on us. You who hung on the Cross, have mercy on us. You who were willing to die for us,

have mercy on us.

You who were laid in the tomb, have mercy on us. You who rose from the dead, have mercy on us. You who ascended into heaven, have mercy on us. You who sent the Holy Spirit to the Apostles,

have mercy on us.

PRAYER

Any one of the following may be said, or in Lent the prayer of Terce or of Vespers.

1.

Father of mercy, in your loving kindness break the bonds of sin which hold us. This we ask through Christ our Lord. Amen.

2.

Lord our God, you are our refuge and our strength. Hear the fervent prayers of your Church and grant what we ask for with faith, through Christ our Lord.

3.

Lord God, you see how weak we are. Let the example of your Saints rekindle our love for you. This we ask..

4.

Merciful Father, purify our hearts and make us fully your children by grace, so that we may look forward with joy to the paschal mysteries. This we ask..

Office of the Dead

OFFICE OF THE DEAD

RUBRICS

For the recitation of the Office of the Dead in private, we may sit for the lessons and Responses at Matins, and we stand (leaning on the misericord normally) for the psalms, although we may sit if there is sufficient reason. We have our hoods up only during the recitation of the psalms. From the silent prayer which precedes the final psalm of each Hour to the end of that Hour we remain inclined on the misericord or kneeling according to the rubrics of the day, always with our hoods down. When an Hour of this Office is immediately followed by another Hour of the Office of the Dead, after the antiphon which follows the canticle or for Matins, after the verse and response **I heard a voice from heaven...** at the end of the last lesson and Response, we pause in silence for a short while, and then begin the next Hour from the antiphon of the first psalm.

It is permitted to change the psalms given in the breviary for others of one's choice.

VESPERS

PSALMODY

Ant. **I will walk in the presence of the Lord in the land of the living.** Ps. 114,9

Psalm 114 Thanksgiving

I love the Lord for he has heard the cry of my appeal; For he turned his ear to me in the day when I called him.

They surrounded me, the snares of death, with the anguish of the tomb; they caught me, sorrow and distress. I called on the Lord's name.

O Lord my God, deliver me!

How gracious is the Lord, and just; our God has compassion.

The Lord protects the simple hearts; I was helpless so he saved me.

Turn back, my soul, to your rest for the Lord has been good; He has kept my soul from death, my eyes from tears, and my feet from stumbling.

I will walk in the presence of the Lord in the land of the living.

Grant them eternal rest, O Lord.

And may your light shine on them forever.

This invocation Grant them eternal rest... is to be said at the end of all psalms and canticles unless otherwise indicated.

Psalm 119 Longing for peace

To the Lord in the hour of my distress I call and he answers me. "O Lord, save my soul from lying lips, from the tongue of the deceitful."

What shall he pay you his return, O treacherous tongue? The warrior's arrows sharpened and coals, red-hot, blazing.

Alas, that I abide a stranger in Meshech, dwell among the tents of Kedar!

**Long enough have I been dwelling
with those who hate peace. I am for
peace, but when I speak, they are for
fighting.**

**Psalm 120 Guardian of
his people**

**I lift up my eyes to the mountains:
from where shall come my help? My
help shall come from the Lord who
made heaven and earth.**

**May he never allow you to stumble! Let
him sleep not, your guard. No, he sleeps
not nor slumbers, Israel's guard.**

**The Lord is your guard and your shade; at
your right side he stands. By day the sun shall
not smite you nor the moon in the night.**

**The Lord will guard you from evil,
he will guard your soul.**

**The Lord will guard your going and coming
both now and forever.**

**Psalm 129 Out of the
depths I cry to you**

**Out of the depths I cry to you, O Lord,
Lord, hear my voice!**

**O let your ears be attentive
to the voice of my pleading.**

**If you, O Lord, should mark our guilt, Lord,
who would survive? But with you is found
forgiveness: for this we revere you.**

My soul is waiting for the Lord, I count on his word. My soul is longing for the Lord more than watchmen for daybreak. Let the watchmen count on daybreak and Israel on the Lord.

Because with the Lord there is mercy and fullness of redemption, Israel indeed he will redeem from all its iniquity.

**Psalm 137 Song of
thanksgiving**

I thank you, Lord, with all my heart, you have heard the words of my mouth. In the presence of the angels I will bless you. I will adore before your holy temple.

I thank you for your faithfulness and love which excel all we ever knew of you. On the day I called, you answered; you increased the strength of my soul.

All earth's kings shall thank you when they hear the words of your mouth. They shall sing of the Lord's ways: "How great is the glory of the Lord!"

The Lord is high yet he looks on the lowly and the haughty he knows from afar. Though I walk in the midst of affliction you give me life and frustrate my foes.

You stretch out your hand and save me, your hand will do all things for me. Your love, O Lord, is eternal, discard not the work of your hands.

Ant. I will walk in the presence of the Lord in the

land of the living. Ps. 114,9

V. Give not to the wild beast the life of your dove. **R.**
Forget not the life of your poor ones for ever.

Ps. 73,19

GOSPEL CANTICLE (MAGNIFICAT)

Ant. I heard a voice from heaven saying: happy
now are the dead who die in the Lord. Rev. 14,19

Magnificat

My soul magnifies the Lord,
and my spirit rejoices in God my Savior,
for he has regarded the low estate

of his handmaiden.

For behold, henceforth all generations

will call me blessed;

for he who is mighty has done great things for me, and
holy is his name. And his mercy is on those who fear
him from generation to generation. He has shown
strength with his arm, he has scattered the proud in
the imagination

of their hearts,

he has put down the mighty from their thrones,
and exalted those of low degree; he has filled the
hungry with good things, and the rich he has sent
empty away. He has helped his servant Israel, in
remembrance of his mercy, as he spoke to our
fathers, to Abraham and to his posterity for ever.

Ant. I heard a voice from heaven saying: happy
now are the dead who die in the Lord. Rev. 14,19

Silent prayer. (Our Father, Hail Mary.)

**Psalm 145 Praise
of God's fidelity**

**My soul, give praise to the Lord; I will
praise the Lord all my days, make music
to my God while I live.**

**Put no trust in princes, in mortal men in whom
there is no help. Take their breath, they return to
clay and their plans that day come to nothing.**

**He is happy who is helped by Jacob's God, whose
hope is in the Lord his God, Who alone made
heaven and earth, the seas and all they contain.**

**It is he who keeps faith forever, who is just to
those who are oppressed. It is he who gives bread
to the hungry, the Lord, who sets prisoners free,**

**The Lord who gives sight to the blind, who raises
up those who are bowed down, The Lord, who
protects the stranger and upholds the widow and
orphan.**

**It is the Lord who loves the just but
thwarts the path of the wicked. The
Lord will reign forever, Zion's God, from
age to age.**

V. Grant them eternal rest, O Lord.

R. And may your light shine on them for ever.

PRAYER RUBRICS FOR THE

PRAYERS

The following prayers are designated for determined categories of persons. However, whenever it seems fitting, any prayer can be said for any category other than

the one designated, changing the gender, number and words as necessity indicates. For the conventual Office, however, it is the Prior who chooses the prayer to be used.

PRAYERS

Let us pray.

For Anniversaries, Prayer (A) 1.

God of mercy, give light, happiness and peace to those for whom we pray on the anniversary of their death. This we ask..

For Anniversaries, Prayer (B) 2.

Almighty and merciful God, may our brothers and sisters for whom we pray share the victory of Christ who loved us so much that he died and rose again to bring us new life, who lives and reigns..

For a Trental, Prayer (A) 3.

Lord of mercy, hear our prayer. May our brothers and sisters whom you have called from this world enter the kingdom of peace and light where your saints live in glory. This we ask..

For a Trental, Prayer (B) 4.

Almighty Father, we have been baptized into the mystery of Christ's death and resurrection. Grant that your servants for whom we pray may contemplate you for ever in the joy of the Holy Spirit. This we ask..

For Benefactors, Prayer (A) 5.

All-powerful and ever-living God, never do we pray to you without hope of finding mercy. Welcome into the communion of your saints these your servants who passed from this life confessing your name. This we ask..

For Benefactors, Prayer (B)

6.

Father, almighty God, our deceased benefactors believed that Christ is the risen Lord. Release them from their sins and grant them the freedom of your perfect peace. May they be with you in the glory of your kingdom on the last day. This we ask..

For a Pope

7.

Father, eternal shepherd, hear the prayers of your people for your servant.. who governed the Church with love. In your mercy bring him with the flock entrusted to his care to the reward you have promised your faithful servants. This we ask..

For a Bishop or Priest

8.

All-powerful God, out of love for Christ and his Church.. gave himself faithfully to his episcopal (priestly) ministry. May he rejoice at the coming of your glory and enjoy eternal happiness with his brothers in your kingdom. This we ask..

For any Person

9.

God of tenderness, you know the secrets of our hearts. In your wisdom you set a term to our lives on earth and thus open for us the gates of eternity. Your servant.. was united with us by faith in this life; let him/her now be one with you in the fulness of your love. This we ask..

For a Monk or Nun

10.

Lord, make the day which has no end dawn for our brother/sister ... He/she cleaved to you faithfully in the mystery of your hidden presence. Bring him/her now to gaze eternally on your glory with unveiled face. This we ask..

For the Departed Members of our Order

11.

Father, source of forgiveness and salvation for all mankind, hear our prayer. By the prayers of the ever-virgin Mary, may our brothers and sisters in the Order who have gone from this world come to share eternal happiness with all the saints. This we ask..

For those buried in our cemetery

12.

Lord our God, it is in your mercy that the souls of the faithful find rest. Forgive all those who have fallen asleep in Christ, especially our brothers/sisters who are buried here. Freed from all their sins may they find their joy in being with you forever. This we ask..

For Parents

13.

Almighty God, you command us to honor our father and mother. In your mercy forgive the sins of my (our) parents and let me one day be with them again in the radiance of eternal joy. This we ask..

For all the Dead

14.

God, our maker and redeemer, in your mercy hear our prayer. Grant forgiveness and peace to all our brothers and sisters who longed for your mercy. This we ask ...

For the Living and the Dead

15.

All-powerful and ever-living God, Lord of the living and the dead, you have mercy on all those whose faith and goodness are known to you since the beginning of the world. In your all-embracing love forgive those for whom we pray. This we ask..

V. May they rest in peace. **R**. Amen.

MATINS FIRST
NOCTURN

PSALMODY

Ant. O Lord, my God, make clear your way before me. Ps. 5,9

**Psalm 5 Access to
God's house**

To my words give ear, O Lord, give heed to my groaning. Attend to the sound of my cries, my King and my God.

It is you whom I invoke, O Lord. In the morning you hear me; In the morning I offer you my prayer, watching and waiting.

**You are no God who loves evil;
no sinner is your guest.
The boastful shall not stand their ground
before your face.**

**You hate all who do evil:
you destroy all who lie.
The deceitful and bloodthirsty man
the Lord detests.**

**But I through the greatness of your love have
access to your house.**

**I bow before your holy temple, filled
with awe.**

**Lead me, Lord, h your justice,
because of those who lie in wait;
make clear your way before me.**

**No truth can be found in their mouths,
their heart is all mischief, Their throat a
wide-open grave, all honey their speech.**

**Declare them guilty, O God.
Let them fail h their designs.
Drive them out for their many offences;
for they have defied you.**

**All those you protect shall be glad and
ring out their joy. You shelter them; in you
they rejoice, those who love your name.**

**It is you who bless the just man, Lord:
you surround him with favor as with a shield.**

**Psalm 6 Prayer in
time of distress**

**Lord, do not reprove me in your anger;
punish me not, in your rage.
Have mercy on me, Lord, I have no strength;
Lord, heal me, my body is racked;
my soul is racked with pain.**

**But you, O Lord... how long?
Return, Lord, rescue my soul.
Save me in your merciful love;
for in death no one remembers you;
from the grave, who can give you praise?**

**I am exhausted with my groaning;
every night I drench my pillow with tears;
I bedew my bed with weeping.
My eye wastes away with grief;
I have grown old surrounded by my foes.
Leave me, all you who do evil;
for the Lord has heard my weeping.**

**The Lord has heard my plea; The
Lord will accept my prayer. All my
foes will retire in confusion, foiled
and suddenly confounded.**

**Psalm 7 Prayer to God who
saves the upright of heart**

**Lord God, I take refuge in you.
From my pursuer save me and rescue me,
Lest he tear me to pieces like a lion
and drag me off with no one to rescue me.**

**Lord God, if my hands have done wrong, if I
have paid back evil for good, I who saved my
unjust oppressor: Then let my foe pursue me
and seize me, let him trample my life to the
ground and lay my soul in the dust.**

**Lord, rise up in your anger,
rise against the fury of my foes;
my God, awake! You will give judgment.
Let the company of nations gather round you,
taking your seat above them on high.
The Lord is judge of the peoples.**

**Give judgment for me, Lord; I am just
and innocent of heart.**

**Put an end to the evil of the wicked!
Make the just stand firm,
you who test mind and heart,
O just God!**

**God is the shield that protects me,
who saves the upright of heart.
God is a just judge
slow to anger;
But he threatens the wicked every day,
men who will not repent.**

1 / ps LXL/LAP /

God will sharpen his sword;
he has braced his bow and taken aim.
For them he has prepared deadly weapons;
he bars his arrows with fire.
Here is one who is pregnant with malice,
conceives evil and brings forth lies.

He digs a pitfall, digs it deep;
and in the trap he has made he will fall.
His malice will recoil on himself;
on his own head his violence will fall.

Ant. O Lord, my God, make clear your way before
me. Ps. 5,9

V. Return, Lord, rescue my soul.

R. Save me in your merciful love. Ps. 6,5

Silent prayer. (Our Father, Hail Mary.) We are free to
choose any one among the three series of lessons which
follow.

LESSONS

First Series

LESSON 1.

Job 7,16b-21

Let me alone, Lord, for my days are but a breath.
What is man, that you make much of him, or pay
him any heed? You observe him with each new day
and try him at every moment! How long will it be
before you look away from me, and let me alone long
enough to swallow my spittle? Though I have sinned,
what can I do to you, O watcher of men? Why do
you not pardon my offense, or take away my guilt?
For soon I shall lie down in the dust; and should you
seek me I shall then be gone.

RESPONSE

Job 19,25-26

I know that my Redeemer lives and on the last

day I shall rise again. In my body I shall look on God, my Savior.

V. I myself shall see him; my own eyes will gaze on him. Job 19:27

In my body I shall look on God, my Savior.

LESSON 2.

Job 10,1-7

I will give myself up to complaint; I will speak from the bitterness of my soul. I will say to God: Do not put me in the wrong! Let me know why you oppose me. Is it a pleasure for you to oppress, to spurn the work of your hands, and smile on the plan of the wicked? Have you eyes of flesh? Do you see as man sees? Are your days as the days of a mortal, and are your years as a man's lifetime, that you seek for guilt in me and search after my sins, even though you know that I am not wicked, and that none can deliver me out of your hand?

RESPONSE

Job 7,5.7

My flesh is clothed with worms and scabs; my skin cracks and festers. ± Remember, Lord, that my life is like the wind.

V. My days are swifter than a weaver's shuttle; they come to an end without hope. Job 7:6

Remember, Lord, that my life is like the wind.

LESSON 3.

Job 10,8-12

our hands, Lord, have formed me and fashioned me; will you then turn and destroy me? Oh, remember that you fashioned me from clay! Will you then bring me down to dust again? Did you not pour me out as milk, and thicken me like cheese? With skin and flesh you clothed me, with bones and sinews knit me together. Grace and favor you granted me, and your providence has preserved my spirit.

RESPONSE

Job 7,7-8

Remember, O God, that my life is like the wind. t
The eye that now sees me shall no more behold me.

V. My skin cracks and festers; I shall not see
happiness again. Job 7,5.7

The eye that now sees me shall no more behold me.

Second Series

LESSON

Eccles. 12,1-8

Remember your Creator in the days of your youth,
before the evil days come and the years approach
of which you will say, "I have no pleasure in them";
before the sun is darkened, and the light, and the
moon, and the stars, while the clouds return after the
rain; when the guardians of the house tremble, and
the strong men are bent, and the grinders are idle
because they are few, and they who look through
the windows grow blind; when the doors to the street
are shut, and the sound of the mill is low; when one
waits for the chirp of a bird, but all the daughters of
song are suppressed; and one fears heights, and perils
in the street; when the almond tree blooms, and the
locust grows sluggish and the caper berry is without
effect, because man goes to his lasting home, and
mourners go about the streets; before the silver cord
is snapped and the golden bowl is broken, and the
pitcher is shattered at the spring, and the broken
pulley falls into the well, and the dust returns to the
earth as it once was, and the life breath returns to
God who gave it. Vanity of vanities, says Qoheleth,
all things are vanity!

RESPONSE

Gen. 3,19

By the sweat of your face shall you get bread to

eat, until you \pm return to the ground, from which you were taken. **V**. For you are dirt, and to dirt you shall return.

Gen. 3,19

Return to the ground, from which you were taken.

Third Series

LESSON

Rom. 8,18-25

Brothers, I consider the sufferings of the present to be as nothing compared with the glory to be revealed in us. Indeed, the whole created world eagerly awaits the revelation of the sons of God. Creation was made subject to futility, not of its own accord but by him who once subjected it; and yet not without hope, because the world itself will be freed from its slavery to corruption and share in the glorious freedom of the children of God. Yes, we know that all creation groans and is in agony even until now. Not only that, but we ourselves, although we have the Spirit as first fruits, groan inwardly while we await the redemption of our bodies. In hope we were saved. But hope is not hope if its object is seen; how is it possible for one to hope for what he sees? And hoping for what we cannot see means awaiting it with patient endurance.

RESPONSE

Rom. 8,10-11

The body is dead indeed because of sin, while the spirit lives because of justice. If the Spirit of him who raised Jesus from the dead dwells in you, then he who raised Christ from the dead will bring your mortal bodies to life.

V Through his Spirit dwelling in you. **Rom. 8,11** He who raised Christ from the dead will bring your mortal bodies to life.

SECOND NOCTURN

PSALMODY

Ant. Fresh and green are the pastures where he gives me repose. Ps. 22,2

Psalm 22 The good shepherd

The Lord is my shepherd; there is nothing I shall want. Fresh and green are the pastures where he gives me repose. Near restful waters he leads me, to revive my drooping spirit.

He guides me along the right path; he is true to his name.

If I should walk in the valley of darkness no evil would I fear.

You are there with your crook and your staff; with these you give me comfort.

You have prepared a banquet for me in the sight of my foes. My head you have anointed with oil; my cup is overflowing.

Surely goodness and kindness shall follow me all the days of my life. In the Lord's own house shall I dwell forever and ever.

Psalm 24 Prayer for forgiveness and protection

**To you, O Lord, I lift up my soul.
I trust you, let me not be disappointed;
do not let my enemies triumph.**

Those who hope in you shall not be disappointed, but only those who wantonly break faith.

**Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth, and teach me:
for you are God my savior.**

**In you I hope all day long
because of your goodness, O Lord.
Remember your mercy, Lord,
and the love you have shown from of old.
Do not remember the sins of my youth.
In your love remember me.**

**The Lord is good and upright. He shows
the path to those who stray, He guides the
humble in the right path; He teaches his
way to the poor.**

**His ways are faithfulness and love for those
who keep his covenant and will. Lord, for the
sake of your name forgive my guilt; for it is
great.**

**If anyone fears the Lord
he will show him the path he should choose.
His soul shall live in happiness
and his children shall possess the land.
The Lord's friendship is for those who revere him;
to them he reveals his covenant.**

**My eyes are always on the Lord; for he
rescues my feet from the snare. Turn to
me and have mercy for I am lonely and
poor.**

**Relieve the anguish of my heart and
set me free from my distress. See my
affliction and my toil and take all my
sins away.**

**See how many are my foes;
how violent their hatred for me.
Preserve my life and rescue me.
Do not disappoint me, you are my refuge.
May innocence and uprightness protect me:
for my hope is in you, O Lord.
Redeem Israel, O God, from all its distress.**

**Psalm 26 Seeking
God's face**

**The Lord is my light and my help; whom
shall I fear?**

**The Lord is the stronghold of my life;
before whom shall I shrink?**

**When evil-doers draw near to
devour my flesh, It is they, my
enemies and foes, who stumble
and fall.**

**Though an army encamp against me my
heart would not fear. Though wa^l break
out against me even then would I trust.**

**There is one thing I ask of the Lord,
for this I long,
To live in the house of the Lord,
all the days of my life,
To savor the sweetness of the Lord,
to behold his temple.**

**For there he keeps me safe in his tent in
the day of evil.
He hides me in the shelter of his tent, on a
rock he sets me safe.**

**And now my head shall be raised
above my foes who surround me,**

And I shall *offer* within his tent
a sacrifice of joy.

I will sing and make music for the Lord.

O Lord, hear my voice when I call;
have mercy and answer. Of you my
heart has spoken: "Seek his face."

It is your face, O Lord, that I seek;
hide not your face. Dismiss not your
servant in anger; you have been my
help.

Do not abandon or forsake me,

D God my help!

Though father and mother forsake me,
the Lord will receive me.

Instruct me, Lord, in your way;
on an even path lead me.

When they lie in ambush protect me
from my enemy's greed.

False witnesses rise against me,
breathing out fury.

I am sure I shall see the Lord's goodness
in the land of the living.

Hope in him, hold firm and take heart.

Hope in the Lord!

Ant. Fresh and green are the pastures where he
gives me repose. Ps. 22,2

V. Preserve my life and rescue me.

R. Do not disappoint me, you are my refuge.

Ps. 24,20

Silent prayer. (Our Father, Hail Mary.)

LESSONS

First Series**LESSON 4.**

Job 13,22b-28

Let me speak, and answer me. What are my faults and my sins? My misdeeds and my sins make known to me! Why do you hide your face and consider me your enemy? Will you harass a wind-driven leaf, or pursue a withered straw? For you draw up bitter indictments against me, and punish in me the faults of my youth. You put my feet in the stocks; you watch all my paths and trace out all my footsteps. I wear out like a leather bottle, like a garment that the moth has consumed.

RESPONSE

Job 10,20-21

The days of my life are few. ± Let me alone, Lord, that I may recover a little, before I go to the land of darkness and of gloom.

V. Your hands have formed me and fashioned me; will you then turn and destroy me? Job 10,8

Let me alone, Lord, that I may recover a little, before I go to the land of darkness and of gloom.

LESSON 5.

Job 14,1-6

Man born of woman is short-lived and full of trouble, like a flower that springs up and fades, swift as a shadow that does not abide. Upon such a one will you cast your eyes so as to bring him into judgment before you? Can a man be found who is clean of defilement? There is none, however short his days. You know the number of his months; you have fixed the limit which he cannot pass. Look away from him and let him be, while like a hireling, he completes his day.

RESPONSE

Job 13,20-21

From your presence, Lord, I need not hide. Withdraw your hand far from me, ± and let not the terror of you frighten me.

V. Let me alone, Lord, for my days are but a breath. Job 7,16

And let not the terror of you frighten me.

LESSON 6.

Job 14,13-16

Oh, that you would hide me in the nether world and keep me sheltered till your wrath is past; would fix a time for me, and then remember me! When a man has died, were he to live again, all the days of my drudgery I would wait, until my relief should come. You would call, and I would answer you; you would esteem the work of your hands. Surely then you would count my steps, and not keep watch for sin in me.

RESPONSE

Job 14,12

Man lies down and rises not again. ± Till the heavens are no more, he shall not awake.

V. When he dies, and all vigor leaves him, when man expires, where then, I ask, is he? Job 14,10

Till the heavens are no more, he shall not awake.

Second Series

LESSON

2Cor. 4,16-5,1.6-10

Brothers, we do not lose heart, because our inner being is renewed each day even though our body is being destroyed at the same time. The present burden of our trial is light enough, and earns for us an eternal weight of glory beyond all comparison. We do not fix our gaze on what is seen but on

what is unseen. What is seen is transitory; what is unseen lasts forever. Indeed, we know that when the earthly tent in which we dwell is destroyed we have a dwelling provided for us by God, a dwelling in the heavens, not made by hands but to last forever. Therefore we continue to be confident. We know that while we dwell in the body we are away from the Lord. We walk by faith, not by sight. I repeat, we are full of confidence and would much rather be away from the body and at home with the Lord. This being so, we make it our aim to please him whether we are with him or away from him. The lives of all of us are to be revealed before the tribunal of Christ so that each one may receive his recompense, good or bad, according to his life in the body.

RESPONSE

Phil. 3,8-10

I have accounted all as rubbish ± so that I may know Christ and the power flowing from his resurrection; likewise to know how to share in his sufferings.

V³ By being formed into the pattern of his death, thus do I hope that I may arrive at resurrection from the dead. Phil. 3,10-11

So that I may know Christ and the power flowing from his resurrection; likewise to know how to share in his sufferings.

Third Series

LESSON

I Cor. 15,3-4.20-28

rothers, I handed on to you first of all what I myself received, that Christ died for our sins in accordance with the Scriptures; that he was buried and, in accordance with the Scriptures, rose on the third day. Christ is now raised from the dead, the

first fruits of those who have fallen asleep. Death came through a man; hence the resurrection of the dead comes through a man also. Just as in Adam all die, so in Christ all will come to life again, but each one in proper order: Christ the first fruits and then, at his coming, all those who belong to him. After that will come the end, when, after having destroyed every sovereignty, authority, and power, he will hand over the kingdom to God the Father. Christ must reign until God has put all enemies under his feet, and the last enemy to be destroyed is death. Scripture reads that God has placed all things under his feet. But when it says that everything has been made subject, it is clear that he who has made everything subject to Christ is excluded. When, finally, all has been subjected to the Son, he will then subject himself to the One who made all things subject to him, so that God may be all in all.

RESPONSE

Col. 3,4

When Christ your life appears, then ± you shall appear with him in glory.

V. You have died! Your life is hidden now with Christ in God. Col. 3,3

You shall appear with him in glory.

THIRD NOCTURN

PSALMODY

Ant. O Lord, come to my rescue, Lord, come to my aid. Ps. 39,14

**Psalm 39
Thanksgiving and plea for help**

**I waited, I waited for the Lord
and he stooped down to me; he
heard my cry.**

**He drew me from the deadly pit, from
the miry clay. He set my feet upon a
rock and made my footsteps firm.**

**He put a new song into my mouth,
praise of our God. Many shall see
and fear and shall trust in the Lord.**

**Happy the man who has placed his trust
in the Lord And has not gone over to the
rebels who follow false gods.**

**How many, O Lord my God,
are the wonders and designs
That you have worked for us;
you have no equal.**

**Should I proclaim and speak of them,
they are more than I can tell!**

**You do not ask for sacrifice and offerings, but
an open ear.**

**You do not ask for holocaust and victim.
Instead, here am I.**

In the scroll of the book it stands written that I should do your will. My God, I delight in your law in the depth of my heart.

Your justice I have proclaimed in the great assembly. My lips I have not sealed; you know it, O Lord.

I have not hidden your justice in my heart but declared your faithful help. I have not hidden your love and your truth from the great assembly.

O Lord, you will not withhold your compassion from me. Your merciful love and your truth will always guard me.

For I am beset with evils too many to be counted. My sins have fallen upon me and my sight fails me. They are more than the hairs of my head and my heart sinks.

O Lord, come to my rescue, Lord, come to my aid. O let there be shame and confusion on those who seek my life.

O let them turn back in confusion, who delight in my harm. Let them be appalled, covered with shame, who jeer at my lot.

O let there be rejoicing and gladness for all who seek you. Let them ever say: "The Lord is great", who love your saving help.

As for me, wretched and poor,
the Lord thinks of me. You are
my rescuer, my help, O God, do
not delay.

Psalm 40 Prayer in distress

Happy the man who considers the poor
and the weak.
The Lord will save him in the day of evil, Will guard
him, give him life, make him happy
in the land
and will not give him up to the will of his foes. The
Lord will help him on his bed of pain, he will bring
him back from sickness to health.

As for me, I said: "Lord, have mercy on me, heal
my soul for I have sinned against you." My foes
are speaking evil against me. "How long before
he dies and his name
be forgotten?"
They come to visit me and speak empty words, their
hearts full of malice, they spread it abroad.

My enemies whisper together against me. They
all weigh up the evil which is on me: "Some
deadly thing has fastened upon him, he will not
rise again from where he lies." Thus even my
friend, in whom I trusted, who ate my bread, has
turned against me.

But you, O Lord, have mercy on me. Let me rise once
more and I will repay them. By this I shall know that
you are my friend, if my foes do not shout in triumph
over me. If you uphold me I shall be unharmed and
set in your presence forevermore.

**Blessed be the Lord, the God of Israel
from age to age. Amen. Amen.**

Psalm 41 Exiled soul's
avid desire for God

**Like the deer that yearns for
running streams, So my soul
is yearning for you my God.**

**My soul is thirsting for God, the
God of my life; When can I enter
and see the face of God?**

**My tears have become my bread, by
night, by day, As I hear it said all the
day long: "Where is your God?"**

**These things will I remember
as I pour out my soul:
How I would lead the rejoicing crowd
into the house of God,
Amid cries of gladness and thanksgiving,
the throng wild with joy.**

**Why are you cast down, my soul, why
groan within me? Hope in God; I will
praise him still, my savior and my
God.**

**My soul is cast down within me
as I think of you,
From the country of Jordan and Mount Hermon,
from the Hill of Mizar.**

**Deep is calling on deep, in
the roar of waters:**

Your torrents and all your waves
swept over me.

By day the Lord will send his
loving kindness; By night I will
sing to him, praise the God of
my life.

I will say to God, my rock: "Why
have you forgotten me? Why do I
go mourning oppressed by the
foe?"

With cries that pierce me to the heart, my
enemies revile me, Saying to me all the
day long: "Where is your God?"

Why are you cast down, my soul, why
groan within me? Hope in God; I will
praise him still, my savior and my God.

Ant. O Lord, come to my rescue, Lord, come to my
aid. Ps. 39,14

y. Do not sweep me away with sinners.

R. Nor my life with bloodthirsty men. Ps. 25,9

Silent prayer. (Our Father, Hail Mary.)

LESSONS

First Series

LESSON 7.

Job 17,1-3.11-15

My spirit is broken, my lamp of life extinguished; my
burial is at hand. I am indeed mocked, and, as
their provocation mounts, my eyes grow dim.
Grant me one to offer you a pledge on my behalf:
who is there that will give surety for me? My

days are passed away, my plans are at an end, the cherished purposes of my heart. Such men change the night into day; where there is darkness they talk of approaching light. If I look for the nether world as my dwelling, if I spread my couch in the darkness, if I must call corruption "my father", and the maggot "my mother" and "my sister", where then is my hope, and my prosperity, who shall see? You are my hope, O Lord my God.

RESPONSE

Job 30,17-19

My frame takes no rest by night; my inward parts seethe and will not be stilled. One with great power lays hold of my clothing; t He has cast me into the mire; I am leveled with the dust and ashes.

My soul ebbs away from me; days of affliction have overtaken me. Job 30,16

He has cast me into the mire; I am leveled with the dust and ashes.

LESSON 8.

Job 19,20-27

My bones cleave to my skin, and I have escaped with my flesh between my teeth. Pity me, pity me, O you my friends, for the hand of God has struck me! Why do you hound me as though you were divine, and insatiably prey upon me? Oh, would that my words were written down! Would that they were inscribed in a record: that with an iron chisel and with lead they were cut in the rock forever! But as for me, I know that my Redeemer lives, and that he will at last stand forth upon the dust; whom I myself shall see: my own eyes, not another's, shall behold him, and from my flesh I shall see God. My inmost being is consumed with longing.

RESPONSE

Job 30,31

My harp is turned to mourning, and my reed pipe

to sounds of weeping. ± Let me alone, Lord, for my days are but a breath.

V. My blackened skin falls away from me; the heat scorches my very frame. Job 30,30

Let me alone, Lord, for my days are but a breath.

LESSON 9.

Job 10,18-22

Why then did you bring me forth from the womb? I should have died and no eye have seen me. I should be as though I had never lived; I should have been taken from the womb to the grave. Are not the days of my life few? Let me alone, that I may recover a little before I go whence I shall not return, to the land of darkness and of gloom, the black, disordered land where darkness is the only light.

RESPONSE

Ps. 142,2.11

Enter not into judgment with your servant, Lord; ± free me from distress.

V. Hasten to answer me, O Lord, for my spirit fails me. Ps. 142,7

Free me from distress.

Second Series

LESSON

Rev. 21,1-7

Isaw new heavens and a new earth. The former heavens and the former earth had passed away, and the sea was no longer. I also saw a new Jerusalem, the holy city, coming down out of heaven from God, beautiful as a bride prepared to meet her husband. I heard a loud voice from the throne cry out: "This is God's dwelling among men. He shall dwell with them and they shall be his people and he shall be their God who is always with them. He shall wipe every tear from their eyes, and there shall be no

more death or mourning, crying out or pain, for the former world has passed away." The One who sat on the throne said to me, "See, I make all things new!" Then he said, "Write these matters down, for the words are trustworthy and true!" He went on to say: "These words are already fulfilled! I am the Alpha and the Omega, the Beginning and the End. To anyone who thirsts I will give to drink without cost from the spring of **l**ifeg**iv**ing water. He who wins the victory shall inherit these gifts; I will be his God and he shall be my son."

RESPONSE

lJn**3,1**

See what love the Father has bestowed on us in letting us be called children of God! Yet that is what we are.

l We know that when he appears we shall be **l**ike him, for we shall see him as he is. **l**Jn. 3,2

See what love the Father has bestowed on us in letting us be called children of God! Yet that is what we are.

Third Series

LESSON

I Cor. 15,42b-50.53-54

Brothers, what is sown in the earth is subject to decay, what rises is incorruptible. What is sown is ignoble, what rises is glorious. Weakness is sown, strength rises up. A natural body is put down and a spiritual body comes up. If there is a natural body, be sure there is also a spiritual body. Scripture has it that Adam, the first man, became a living soul; the last Adam has become a life-giving spirit. Take note, the spiritual was not first; first came the natural and after that the spiritual. The first man was of earth, formed from dust, the second is from heaven. Earthly men are like the man of earth, hea-

venly men are like the man of heaven. Just as we resemble the man from earth, so shall we bear the likeness of the man from heaven. This is what I mean, brothers: flesh and blood cannot inherit the kingdom of God; no more can corruption inherit incorruption. This corruptible body must be clothed with incorruptibility, this mortal body with immortality. When the corruptible frame takes on incorruptibility and the mortal immortality, then will the saying of Scripture be fulfilled: "Death is swallowed up in victory."

RESPONSE

Phil. 3,20-21

We eagerly await the coming of our Savior, the Lord Jesus Christ. ± He will give a new form to this lowly body of ours and remake it according to the pattern of his glorified body.

V. By his power to subject everything to himself.

Phil. 3,21

He will give a new form to this lowly body of ours and remake it according to the pattern of his glorified body.

* * *

V. I heard a voice from heaven saying: **R.** Happy now are the dead who die in the Lord.

Rev. 14,13

Silent prayer. (Our Father, Hail Mary.)

Psalm 119 Longing for peace

To the Lord in the hour of my distress I call and he answers me. **O** Lord, save my soul from lying lips, from the tongue of the deceitful.

What shall he pay you in return,

D treacherous tongue?

**The warrior's arrows sharpened
and coals, red hot, blazing.**

**Alas, that I abide a stranger in Meshech, dwell
among the tents of Kedar!**

**Long enough have I been dwelling with
those who hate peace.**

**I am for peace, but when I speak,
they are for fighting.**

V. Grant them eternal rest, O Lord.

R. And may your light shine on them for ever.

PRAYER: See page 422.

LAUDS

PSALMODY

Ant. The bones that were crushed shall leap for joy before the Lord. Ps. 50,10

**Psalm 50 O God, have
mercy on me (Miserere)**

Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin.

My offences truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done.

That you may be justified when you give sentence and be without reproach when you judge. O see, in guilt I was born, a sinner was I conceived.

**Indeed you love truth h| the heart;
then in the secret of my heart teach me wisdom.**

O purify me, then I shall be clean;

O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness, that the bones you have crushed may thrill. From my sins turn away your face and blot out all my guilt.

A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit.

Give me again the joy of your help; with a spirit of fervor sustain me, That I may teach transgressors your ways and sinners may return to you.

**O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.**

**For in sacrifice you take no delight,
burnt offering from me you would refuse.
My sacrifice, a contrite spirit.
A humbled, contrite heart you will not spurn.**

**In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
burnt offerings wholly consumed,
then you will be offered young bulls on your altar.**

**Psalm 64 Thanksgiving for
God's abundant blessings**

**To you our praise is due in
Zion, O God. To you we pay
our vows, you who hear our
prayer.**

**To you all flesh will come with its
burden of sin. Too heavy for us,
our offences, but you wipe them
away.**

**Blessed is he whom you choose and call to
dwell in your courts.
We are filled with the blessings of your house, of your
holy temple.**

**You keep your pledge with wonders, O
God our savior,**

**The hope of all the earth and
of far distant isles.**

**You uphold the mountains with your strength,
you are girded with power. You still the roaring
of the seas, the roaring of their waves, and the
tumult of the peoples.**

**The ends of the earth stand in awe at
the sight of your wonders. The lands
of sunrise and sunset you fill with
your joy.**

**You care for the earth, give it water, you
fill it with riches. Your river in heaven
brims over to provide its grain.**

**And thus you provide for the earth; you
drench its furrows, You level it, soften it
with showers, you bless its growth.**

**You crown the year with your goodness.
Abundance flows in your steps,
in the pastures of the wilderness it flows.**

**The hills are girded with joy, the
meadows covered with flocks, The
valleys are decked with wheat. They
shout for joy, yes, they sing.**

**Psalm 62 A soul
thirsting for God**

**O God, you are my God, for you I long;
for you my soul is thirsting.**

**My body pines for you
like a dry, weary land without water.**

**So I gaze on you in the sanctuary to see
your strength and your glory.**

**For your love is better than life, my lips
will speak your praise. So I will bless you
all my life, in your name I will lift up my
hands.**

**My soul shall be filled as with a banquet, my
mouth shall praise you with joy.**

**On my bed I remember you.
On you I muse through the night
For you have been my help;
in the shadow of your wings I rejoice.
My soul clings to you;
your right hand holds me fast.**

**Those who seek to destroy my life
shall go down to the depths of the earth.
They shall be put into the power of the sword
and left as the prey of the jackals.
But the king shall rejoice in God;
all that swear by him shall be blessed,
for the mouth of liars shall be silenced.**

Grant them eternal rest is not said here.

**Psalm 66 People of all nations
will worship the Lord**

**O God, be gracious and bless us and let your
face shed its light upon us. So will your ways
be known upon earth and all nations learn
your saving help.**

**Let the peoples praise you, O God; let
all the peoples praise you.**

**Let the nations be glad and exult for
you rule the world with justice.**

**With fairness you rule the peoples,
you guide the nations on earth.**

Let the peoples praise you, O God; let
all the peoples praise you.

**The earth has yielded its fruit for God,
our God, has blessed us. May God still
give us his blessing till the ends of the
earth revere him.**

Let the peoples praise you, O God; let
all the peoples praise you.

Canticle

Is. 38,10-20

**The anguish of dying, the joy of recovery Once
I said,
"In the noontime of life I must depart! To the gates of
the nether world I shall be consigned for the rest of my
years."**

**I said, "I shall see the Lord no more
in the land of the living.
No longer shall I behold my fellow men
among those who dwell in the world."**

**My dwelling, like a shepherd's tent, is struck
down and borne away from me; You have
folded up my life, like a weaver who severs
the last thread.**

**Day and night you give me over to torment;
I cry out until the dawn.**

**Like a lion he breaks all my bones;
day and night you give me over to torment,
Like a swallow I utter shrill cries;
I moan like a dove.**

**My eyes grow weak, gazing heavenward:
O Lord, I am in straits; be my surety!**

What am I to say or tell him?

He has done it!

I shall go on through all my years despite

the bitterness of my soul.

**Those live whom the Lord protects; yours... the life of
my spirit. You have given me health and life; thus is**

**my bitterness transformed into peace. You have
preserved my life from the pit of destruction, When
you cast behind your back all my sins. For it is not the
nether world that gives**

you thanks,

**nor death that praises you; Neither do those
who go down into the pit await your
kindness. The living, the living give you
thanks, as I do today.**

**Fathers declare to their sons, O God,
your faithfulness. The Lord is our savior;
we shall sing to stringed instruments In
the house of the Lord all the days of our
life.**

Psalm 148 Praise to the Lord, the Creator

**Praise the Lord from the heavens, praise
him in the heights. Praise him, all his
angels, praise him, all his host.**

**Praise him, sun and moon, praise him,
shining stars. Praise him, highest
heavens and the waters above the
heavens.**

Let them praise the name of the Lord. He commanded: they were made. He fixed them forever, gave a law which shall not pass away.

Praise the Lord from the earth, sea creatures and all oceans, Fire and hail, snow and mist, stormy winds that obey his word;

All mountains and hills, all fruit trees and cedars, Beasts, wild and tame, reptiles and birds on the wing;

All earth's kings and peoples, earth's princes and rulers; Young men and maidens, old men together with children.

Let them praise the name of the Lord for he alone is exalted. The splendor of his name reaches beyond heaven and earth.

He exalts the strength of his people. He is the praise of all his saints, Of the sons of Israel, of the people to whom he comes close.

Grant them eternal rest is not said here.

Psalm 149 The joy of God's holy people

**Sing a new song to the Lord,
his praise in the assembly of the faithful.
Let Israel rejoice in its Maker,
let Zion's sons exult in their king.
Let them praise his name with dancing
and make music with timbrel and harp.**

For the Lord takes delight in his people. He crowns the poor with salvation. Let the faithful rejoice in their glory, shout for joy and take their rest. Let the praise of God be on their lips and a two-edged sword in their hand!

To deal out vengeance to the nations and punishment on all the peoples; To bind their kings in chains and their nobles in fetters of iron; To carry out the sentence pre-ordained: this honor is for all his faithful.

Grant them eternal rest is not said here.

Psalm 150 Praise the Lord

Praise God in his holy place, praise him in his mighty heavens. Praise him for his powerful deeds, praise his surpassing greatness.

O praise him with sound of trumpet, praise him with lute and harp. Praise him with timbrel and dance, praise him with strings and pipes.

O praise him with resounding cymbals, praise him with clashing of cymbals. Let everything that lives and that breathes give praise to the Lord!

Ant. The bones that were crushed shall leap for joy before the Lord. Ps. 50,10

V. I heard a voice from heaven saying:

R/ Happy now are the dead who die in the Lord.

GOSPEL CANTICLE (BENEDICTUS)

Ant. All that the Father gives to me will come to me, and whoever comes to me I shall not turn away.

Jn. 6:37

Benedictus

Lk. 1,68-79

The Messiah and his forerunner

Blessed be the Lord God of Israel, for he has visited and redeemed his people, and has raised up a horn of salvation for us in the house of his servant David, as he spoke by the mouth

of his holy prophets from of old, that we should be saved from our enemies, and from the hand of all who hate us; to perform the mercy promised to our fathers, and to remember his holy covenant, the oath which he swore to our father Abraham,

to grant us that we, being delivered from the hand of our enemies, might serve him without fear, in holiness and righteousness

before him all the days of our life. And you, child, will be called

the prophet of the Most High; for you will go before the Lord to prepare his ways, to give knowledge of salvation to his people in the forgiveness of their sins, through the tender mercy of our God, when the day shall dawn upon us from on high to give light to those who sit in darkness and in the shadow of death, to guide our feet into the way of peace.

Ant. All that the Father gives to me will come to me, and whoever comes to me I shall not turn away.

Jn 6,37

Silent prayer. (Our Father, Hail Mary.)

**Psalm 129 Out of the
depths I cry to you**

**Out of the depths I cry to you, O Lord,
Lord, hear my voice!**

**Let your ears be attentive
to the voice of my pleading.**

**If you, O Lord, should mark our guilt,
Lord, who would survive? But with you is
found forgiveness: for this we revere you.**

**My soul is waiting for the Lord,
count on his word.**

**My soul is longing for the Lord more than
watchmen for daybreak. Let the
watchmen count on daybreak and Israel
on the Lord.**

**Because with the Lord there is mercy and
fullness of redemption, Israel indeed he
will redeem from all its iniquity.**

v. Grant them eternal rest, O Lord.

U. And may your light shine on them for ever.

PRAYER: See page 422.

***Alternative Hymns
for the Divine Office***

ALTERNATIVE HYMNS

These alternative hymns can be used in the place of any of the regular hymns of the Canonical Office or the Office of the Blessed Virgin. Although the hymns are grouped in appropriate categories, they can be used in ones other than those designated according to the discretion of the person using them.

MORNING

**Lord, God, your light which dims the stars
Awakes ail things,
And all that springs to life in you
Your glory sings.**

**Your peaceful presence, giving strength,
Is everywhere,
And fallen men may rise again
On wings of prayer.**

**You are the God whose mercy rests
On all you made;
You gave us Christ, whose love through death
Our ransom paid.**

**We praise you, Father, with your Son And
Spirit blest,
In whom creation lives and moves, And
finds its rest.**

Stanbrook Abbey

**O God, our help in ages past, our
hope for years to come,**

**Our shelter from the stormy blast, and our
eternal home.**

**Under the shadow of your throne
your saints have dwelt secure:
Sufficient is your arm alone,
and our defence is sure.**

**Before the hills in order stood
or earth received her frame,
From everlasting you are God,
to endless years the same.**

**A thousand years in your sight
are like an evening gone; Short as the
watch that ends the night
before the rising sun.**

**Time, like an ever-rolling stream,
bears all its sons away; They fly
forgotten, as a dream
dies at the opening day.**

**O God, our help in ages past,
our hope for years to come: Be
our guard while life shall last
and our eternal home.**

Isaac Watts

3

**You read my heart. You see the secrets of my life, My
lostness in lust and little things, not harmonised In
loving worship of you alone, my Lord. O let me be
within your loving spotless Son A worshipper in spirit
and in truth. A candle burning brightly for the Lord.
Turn my days into a joyful celebration Of the Mystery
that is my origin and end.**

**Unite me with you, high priest of humanity,
Alpha and Omega, beginning and end,
Firstborn of all creatures.
For you have chosen me
Before the foundation of the world,
You are the vibration of my soul.
Make me a priest of the universe
Blending all creatures inwardly
Into a song of praise and adoration.
Let the radiance of your worship
Shine upon my daily doings.
Change the world before my inner eye
Into a revelation of your splendor,
Shining forth most brightly
The destiny of all that is.**

Adrian van Kaam, C.S.Sp.

**I bind unto myself today The power of
God to hold and lead, His eye to watch,
his might to stay, His ear to hearken to
my need. The wisdom of my God to teach,
His hand to guide, his shield to ward; The
word of God to give me speech, His
heavenly host to be my guard.**

**Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me, Christ
to comfort me and restore me, Christ
beneath me, Christ above me, Christ in
quiet, Christ in danger, Christ in hearts
of all that love me, Christ in mouth of
friend or stranger.**

I bind unto myself the name,

**The strong name of the Trinity; By
 invocation of the same, The Three in
 One, the One in Three, Of whom all
 nature hath creation; Eternal Father,
 Spirit, Word, Praise to the Lord of my
 salvation; Salvation is of Christ the Lord.
 Amen.**

From the translation of Mrs. C.F. Alexander.

**O my God, Trinity, Whom I adore!
 Help me to become utterly forgetful of self,
 that I may bury myself in Thee,
 as changeless and as calm as though my soul
 were already in eternity.**

**May nothing disturb my peace or draw me out
 of Thee,**

**O my Immutable Lord!
 But may I at every moment penetrate more deeply into
 the depths of Thy mystery!**

**O my Christ! I beseech Thee to cloth me
 with Thyself, to identify my soul with all the
 movements
 of Thine Own.**

**Immerse me in Thyself; possess me wholly,
 substitute Thyself for me,
 that my life may be but a radiance of Thine own. Enter
 my soul as Adorer, as Restorer, as Savior!**

**O consuming Fire! Spirit of Love!
 Descend within me
 and reproduce in me, as it were,
 an incarnation of the Word:
 That I may be to Him another humanity
 wherein He renews His mystery!**

And Thou, O Father, bend down toward
Thy poor creature
and overshadow him,
beholding in him none other than Thy beloved Son In
Whom Thou hast set all Thy pleasure.

O my "Three", my All, my Beatitude,
Infinite Solitude, Immensity wherein I lose myself!
Bury Thyself in me that I may be buried in Thee,
Until I depart to contemplate in Thy light
the abyss of thy greatness!

Prayer to the Holy Trinity by Bl. Elizabeth of the Trinity

DURING THE DAY

6

Staying with grace is staying with you, my Lord, The
One who refreshes and makes new my day, Who
lessens my fascination with futile things And awakens
me to what only counts. Keep touching me inwardly
until the light

of insight dawns.

Do not allow the flicker of light to die Before it
becomes a living flame consuming me. Make me
treasure the dawn that grows in me, Make me dwell
on the voice that speaks inaudibly, Make me cherish
the moment of illumination, Attune me to the tender
beginnings

of your inspiration.

Oasis in the wasteland of my life, Still the noise of
daily chatter That I may hear anew the murmur of
living waters Running through the universe. Mellow
me, refine my receptivity That I may surrender
graciously To the blessings you bestow on me.

Let me hear your invitation whispered gently like
 the rains of spring.
 Give me an angel's wing to rise with you,
 Eternal Lord,
 To light the shadows of this dying earth With
 candles of compassion.

Adrian van Kaam, C.S.Sp.

Come, Seraphim, with flaming swords, turn
 All futile thoughts from out my mind, burn
 All vain desires from out my heart! I call
 On thee, My God, to rectify my fall,
 To let my mind a hallowed sanctuary be
 Where thou mayest walk and I mayest worship thee.

What joy to know thee, to know thou madest me,
 What joy to know the Incarnation, to see
 The Cross as truth, to know the love which bore
 This death for me. What joy when we adore!
 O let my mind a hallowed sanctuary be
 Where thou mayest walk and I mayest worship thee.

A silent temple, words all held in peace,
 A breathless awe, a watchful love increase;
 A tranquil confidence that I shall find
 This paradise secure within my mind.
 Oh! May the Seraphim keep this spot free
 Where thou mayest walk and I mayest worship thee.

And will you ever read these words again?
 Or let them wash thy heart like the pounding main
 Washes the shining sand of futile weeds?
 For the pound of eternal waves, how my shore bleeds!
 At least let me one hallowed sanctuary be
 Where thou mayest walk and I mayest worship thee.

**A Paradise of heart is where God dwells
And there his pleasure finds. And when he calls
May I not hide in shame. In confidence
May I approach newborn to innocence.
Oh! make my heart a Paradise for thee,
Where thou mayest walk and mayest worship thee.**

8

**God mastering me;
Giver of breath and bread;
World's strand, sway of the sea;
Lord of living and dead;
Thou hast bound bones and veins in me,
fastened me flesh, And
after
at times almost unmade me with dread, Thy
doing; and dost Thou touch me afresh? Over
again I feel thy finger and find Thee.**

G. M. Hopkins

9

**An empty altar is each soul Whereon the
Eternal Love Would place a quenchless,
living coal From His own heart of Love;
To burn and yearn back whence it came
To union with the Parent Flame.
Christ is the Living, Purging Flame,
And thou the altar art; Forth from the
Love of God He came
And seeks thine empty heart. Receive
this Lord from heaven above, In thee to
live His life of love.**

Hannah Hurnard

10

You are my manna and my drink, You are
my heart's content: Wine for rest and
bread to work, Both joy and nourishment.

DHidden Guest, what bliss you knew
In torments borne for me!
The bliss beyond that moment due: Your
bliss to set me free.

Cling to you with talons strong -
My hope and wretchedness.
You fold my soul within your song -
Abysmal blessedness.

I cry across the starry sky
In anguish and desire
That you would speed the moments by
That feed this hidden fire.

O Everlasting covenant That
Mary first enjoyed, Uniting each
with every heart Till God is
glorified.

You are my mantle and my strength, You
are my meaning sent; My heart, my hope
and my delight: O Eternal Ravishment!

O Trinity encircled sign -
What awful sovereignty -
Yet joy with dread is linked in thine
Who praise thy majesty.

Out-heavenly fair, enangelled Host,
Profoundest mystery -Dwell Father, Son
and Holy Ghost In splendoured ecstasy!

11

**O God of truth, prepare our minds To
hear and heed your holy word; Fill every
heart that longs for you With your
mysterious presence, Lord.**

**Almighty Father, with your Son And
blessed Spirit, hear our prayer: Teach us
to love eternal truth And seek its
freedom everywhere.**

Stanbrook Abbey

EVENING

12

**Let thy holy presence remain with us, O Lord!
Spread over us the tabernacle of thy presence. O
surround us with the pure and holy radiance
of thy glory!**

**Spread over our heads thy splendor As the
eagle over the nest he stirreth up. Thence bid
the stream of life flow**

**in upon thy servant. O
make me worthy to shelter trustingly Beneath the
shadow of thy wings When death shall come to part
me from the world.**

Jewish Liturgy

13

**Day is done, but Love unfailling
Dwells ever here;
Shadows fall, but hope, prevailing,
Calms every fear.
Loving Father, none forsaking,**

Take our hearts, of Love's own making,
 Watch our sleeping, guard our waking, Be
 always near!

Dark descends, but Light unending Shines
 through our night; You are with us, ever
 lending New strength to sight; One in
 love, your truth confessing, One in hope
 of heaven's blessing, May we see, in
 love's possessing, Love's endless light!

James Quinn.

14

Blest are the pure in heart, For
 they shall see our God; The secret
 of the Lord is theirs, Their soul is
 Christ's abode.

The Lord, who left the heavens,
 Our life and peace to bring, To
 dwell in lowliness with men, Their
 pattern and their King:

Still to the lowly soul
 He does himself impart,
 And for his dwelling and his throne
 Chooses the pure in heart.

Lord, we thy presence seek; May
 ours this blessing be; Give us a pure
 and lowly heart, A temple fit for
 thee.

J. Keble.

15 Abide with

me; fast falls the eventide;

**The darkness deepens; Lord, with me abide;
When other helpers fail, and comforts flee, Help
of the helpless, O abide with me.**

**Swift to its close ebbs out life's little day; Earth's
joys grow dim, its glories pass away; Change and
decay in all around I see;**

Thou who changest not, abide with me.

**Hold thou thy Cross before my closing eyes; Shine
through the gloom, and point me to the skies; Heaven's
morning breaks,**

**and earth's vain shadows flee; In
life, in death, O Lord, abide with me.**

H. F. Lyte.

16

**Lead, kindly Light, amid the encircling gloom,
Lead thou me on;**

**The night is dark, and I am far from home,
Lead thou me on.**

**Keep thou my feet; I do not ask to see
The distant scene; one step enough for me.**

**I was not ever thus, nor prayed that thou
Shouldst lead me on;**

**I loved to choose and see my path; but now
Lead thou me on.**

**I loved the garish day, and, spite of fears, Pride
ruled my will: remember not past years.**

**So long thy power hath blest me, sure it still
Will lead me on**

**O'er moor and fen, o'er crag and torrent, till
The night is gone,**

**And with the morn those angel faces smile,
Which I have loved long since, and lost awhile.**

J. H. Newman

17

**Too few the mornings be, Too
scant the nights, No lodging
can be had For the delights
That come to earth to stay, But
no apartment find And ride
away.**

(Followed by some moments of silent recollection)

Emily Dickinson

SEASONS

ADVENT

18

**In the beginning God created the world. Waste and
void. Waste and void. And darkness was upon the
face of the deep.**

**Then came, at a predetermined moment, a moment in
time and of time,**

**A moment not out of time, but in time, in what we
call history: transecting, bisecting the world of
time, a moment in time but not like a moment of
time,**

**A moment in time, but time was made through that
moment: for without the meaning there is no
time, and that moment of time gave the meaning.**

T. S. Eliot

CHRISTMAS

19

Unto us a Child is given,
Christ our Savior brings release;
Counsellor, Eternal Father,
God made man and Prince of Peace.

Born of Mary, gentle Virgin, By the
Spirit of the Lord; From eternal ages
spoken: This, the mighty Father's
Word.

Love and truth in him shall flower, From
his strength their vigor take. Branches
that are bare shall blossom; Joy that
slept begins to wake.

Praise the everlasting Father And
the Word, his only Son; Praise them
with the Holy Spirit, Perfect Trinity
in One.

Stambrook Abbey

20

Let folly praise that fancy loves, I praise
and love that Child Whose heart no thought, whose
tongue no word,
whose hand no deed defiled. I praise him most, I
love him best, all praise
and love is his; While him I love, in him I
live, and cannot
live amiss.

Love's sweetest mark, laud's highest theme, man's
most desired light,

To love him life, to leave him death,
 to live in him delight. He mine
 by gift, I his by debt,
 thus each to other due, First friend he
 was, best friend he is,
 all times will try him true.

Though young, yet wise, though small, yet strong,
 though man, yet God he is; As wise he
 knows, as strong he can,
 as God he loves to bless. His knowledge
 rules, his strength defends,
 his love doth cherish all; His birth
 our joy, his life our light,
 his death our end of thrall.

Alas! He weeps, he sighs, he pants,
 yet do his angels sing; Out of his tears,
 his sighs and throbs,
 doth bud a joyful spring. Almighty
 Babe, whose tender arms
 can force all foes to fly, Correct my
 faults, protect my life,
 direct me when I die.

Robert Southwell

EPIPHANY

21

In the bleak mid-winter
 Frosty wind made moan,
 Earth stood hard as iron,
 Water like a stone; Snow had
 fallen, snow on snow,
 Snow on snow, In the
 bleak mid-winter
 Long ago.

Our God, Heaven cannot hold him,
Nor earth sustain; Heaven and earth
shall flee away
When he comes to reign: •
In the bleak mid-winter
A stable-place sufficed The
Lord God Almighty
Jesus Christ.
Enough for him, whom cherubim
Worship night and day, A
breastful of milk
And a mangerful of hay; Enough for
him, whom angels
Fall down before, The ox and
ass and camel
Which adore.
Angels and archangels
May have gathered there;
Cherubim and Seraphim
Thronged the air;
But only his mother
In her maiden bliss
Worshipped the beloved
With a kiss.
What can I give him,
Poor as I am? If I
were a shepherd
I would bring a lamb, If I
were a Wise Man
I would do my part, Yet what
I can I give Him,
Give my heart.

Christina Rossetti

PASSIONTIDE

22

**When I survey the wondrous cross On
which the Prince of glory died, My
richest gain I count but loss, And pour
contempt on all my pride.**

**Forbid it, Lord, that I should boast, Save
in the death of Christ my God; The vain
delights that charm me most: I sacrifice
them to his blood.**

**See from his head, his hands, his feet What
grief and love flow mingling down; Did e'er
such Love and sorrow meet, Or thorns
compose so rich a crown?**

**Were all the realm of nature mine,
That were a present far too small;
Love so amazing, so divine, Demands
my soul, my life, my all.**

Isaac Watts

23

**Soul of my Savior, Sanctify my breast, Body
of Christ be thou my saving guest, Blood of
my Savior, 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 wicked foe; In death's
dread moments only Thee to know;**

**Call me and bid me to Thy throne draw nigh; That I
may praise Thee with Thy saints on high.**

Amen.

St. Ignatius of Loyola

(Any other approved version can be used.)

24

**O Cross of Christ, immortal tree On
which our Savior died, The world is
sheltered by your arms That bore the
Crucified.**

**From bitter death and barren wood The
tree of life is made; Its branches bear
unfailing fruit And leaves that never
fade.**

**O faithful Cross, you stand unmoved
While ages run their course; Foundation
of the universe, Creation's binding force.**

**Give glory to the risen Christ And to his
Cross give praise, The sign of God's
unfathomed love, The hope of all our
days.**

Stanbrook Abbey

EASTER

25

**Most glorious Lord of life, that on this day Didst make
thy triumph over death and sin; And having
harrowed hell didst bring away Captivity thence
captive, us to win:
This joyous day, dear Lord, with joy begin,**

**And grant that we for whom thou didst die Being
with thy dear blood clean washed from sin, May live
forever in felicity.**

**And that thy love we weighing worthily, May
likewise love thee for the same again; And for
thy sake that all like dear didst buy With love
may one another entertain.**

**So let us love, dear love, like as we ought.
Love is the lesson which the Lord us taught.**

Edward Spenser

26

**Man, who from the first did fail to reach
His goal, in time threw up one perfect Man
Who realized this goal and thus could teach
In life, in death, the quality of man.
God's Son by nature; ours by need: did we
Not cry for Him "Oh drop down dew, sweet sky"?
At last epitomized in Him we see
Ourselves: our birth, our pain, our death; and high
Above the Tree, behold, transfigured through,
Man enters God's domain! Our future lies
In Him; in Him our end. And with our true
Self born anew we walk through parted skies.**

**Lead on, great Son of Man, our human goal: In
life, in death, our resurrected soul!**

De Trinitate

ASCENSION

27

**Christ is the world's redeemer,
The lover of the pure,
The font of heavenly wisdom,**

**Our trust and hope secure, The
armor of his soldiers, The Lord of
earth and sky, Our health while we
are living, Our life when we shall
die.**

**Down in the realm of darkness He
lay a captive bound, But at the
hour appointed He rose a victor
crowned.**

**And now, to heaven ascended, He
sits upon a throne, Whence he had
ne'er departed, His Father's and his
own.**

**All glory to the Father, The
unbegotten One, All honor be to
Jesus, His sole-begotten Son; And
to the Holy Spirit, The perfect
Trinity. Let all the worlds give
answer, Amen - so let it be.**

English Divine Office

PENTECOST

28

**Breathe on me, breath of God, Fill me
with life anew, That I may love the
things you love, And do what you
would do.**

**Breathe on me, breath of God,
Until my heart is pure, Until with
you I have one will, To live and to
endure.**

**Breathe on me, breath of God, My soul
with grace refine, Until this earthly
part of me Glows with your fire divine.**

**Breathe on me, breath of God, So I
shall never die, But live with you the
perfect life In your eternity.**

Edwin Hatch

29

**Come, Holy Ghost, send down those beams, which
sweetly flow in silent streams from Thy bright
throne above.**

**O come, thou Father of the poor; O come,
thou source of all our store; Come, fill our
hearts with love.**

**O Thou, of comforters the best; O
Thou, the soul's delightful guest, The
pilgrim's sweet relief.**

**Rest art Thou in our toil, most sweet
refreshment in the noonday heat, and
solace in our grief.**

**O blessed Light of life Thou art; Fill
with thy light the inmost heart of
those who hope in Thee.**

**Without thy Godhead nothing can
have any price or worth in man,
nothing can harmless be.**

**Lord, wash our sinful stains away,
refresh from heaven our barren clay, our
wounds and bruises heal.**

To Thy sweet yoke our stiff necks bow, warm
with Thy fire our hearts of snow, our
wandering feet recall.

Grant to Thy faithful, dearest Lord,
whose only hope is Thy sure word,
the sevenfold gifts of grace.

Grant us in life Thy grace that we in
peace may die and ever be in joy
before Thy face.

Veni, Sancte Spiritus, trans. of John Austin

COMMON OF THE SAINTS

BLESSED VIRGIN MARY

30

(Can be divided between the various Little Hours.)

Wild air, world-mothering air,
Nestling me everywhere, That
each eyelash or hair Girdles; goes
home betwixt The fleeci-est,
fai-lest-flixed Snow-flake; that's
fairly mixed With, riddles, and is
rife In every least thing's life; This
needful, never spent, And nursing
element; My more than meat and
drink, My meal at every wink;
This air, which, by life's law, My
lung must draw and draw Now
but to breathe its praise, Minds
me in many ways

**Of her who not only Gave God's
infinity Dwindled to infancy
Welcome in womb and breast,
Birth, milk, and all the rest But
mothers each new grace That
does now reach our race — Mary
Immaculate.**

**(Mary Immaculate) Merely a woman,
yet Whose presence, power is Great
as no goddess's Was deemed,
dreamed; who This one work has to
do — Let all God's glory through,
God's glory which would go Through
her and from her flow Off, and no
way but so.**

**I say that we are wound With mercy
round and round As if with air: the
same Is Mary, more by name. She,
wild web, wondrous robe, Mantles
the guilty globe, Since God has let
dispense Her prayers his providence:
Nay, more than almoner, The sweet
aim's self is her And men are meant
to share Her life as life does air.**

**If I have understood,
She holds high motherhood**

Towards all our ghostly good And plays in
grace her part About man's beating heart,
Laying, like air's fine flood, • The
deathdance in his blood; Yet no part but
what will Be Christ our Saviour still. Of
her flesh he took flesh: He does take fresh
and fresh, Though much the mystery how,
Not flesh but spirit now And makes, O
marvellous! New Nazareths in us, Where
she shall yet conceive Him, morning, noon,
and eve; New Bethlems, and he born
There, evening, noon, and morn—
Bethlem or Nazareth, Men here may draw
like breath More Christ and baffle death;
Who, born so, comes to be New self and
nobler me In each one and each one More
makes, when all is done, Both God's and
Mary's Son.

Again, look overhead How air is
azured; O how! nay do but stand
Where you can lift your hand
Skywards: rich, rich it laps Round
the four fingergaps. Yet such a
sapphire-shot, Charged, steeped sky
will not Stain light. Yea, mark you
this: It does no prejudice.

The glass-blue days are those
 When every color glows,
 Each shape and shadow shows.
 Blue be it: this blue heaven
 The seven or seven times seven
 Hued sunbeam will transmit
 Perfect, not alter it.
 Or if there does some soft,
 On things aloof, aloft,
 Bloom breathe, that one breath more
 Earth is the fairer for.
 Whereas did air not make
 This bath of blue and slake
 His fire, the sun would shake,
 A blear and blinding ball
 With blackness bound, and all
 The thick stars round him roll
 Flashing like flecks of coal,
 Quartz-fret, or sparks of salt,
 In grimy vasty vault.

So God was god of old: A mother
 came to mould Those limbs like ours
 which are What must make our
 daystar Much dearer to mankind;
 Whose glory bare would blind Or
 less would win man's mind. Through
 her we may see him Made sweeter,
 not made dim, And her hand leaves
 his light Sifted to suit our sight.

Be thou then, O thou dear
 Mother, my atmosphere; My
 happier world, wherein

To wend and meet no sin; Above me,
round me lie Fronting my froward eye
With sweet and scarless sky; • Stir in
my ears, speak there Of God's love, O
live air, Of patience, penance, prayer:
World-mothering air, air wild, Wound
with thee, in thee isled, Fold home, fast
fold thy child.

G. M. Hopkins

31

I my spirit I saw Mary, in bodily likeness; a simple
maiden and a meek: young of age, little more than a
child — in the same stature as she was when she
conceived.

God also showed me, in part, the wisdom and
the truth of her soul.

Wherein I understood the reverent beholding with
which she beheld her God, who is her Maker;
She marvelled, with great reverence, that he
willed to be born of her that was a simple
creature of his making.

For this was her marvelling — that he who
was her Maker, willed to be born of her who
was made.

And this wisdom and truth — this knowing of the
greatness of her Maker, and the littleness of
herself that is made, made her to say full meekly
to Gabriel: "Lo me here, God's handmaiden!"

Juliana of Norwich

32

Mary, crowned with living light,
 Temple of the Lord, Place of peace
 and holiness, Shelter of the Word.

Mystery of sinless life
 In our fallen race,
 Free from shadow, you reflect
 Plenitude of grace.

Virgin-Mother of our God, Lift us
 when we fall, Who were named upon
 the Cross Mother of us all.

Father, Son and Holy Ghost,
 Heaven sings your praise; Mary
 magnifies your name Through
 eternal days.

Stanbrook Abbey

33

Our Lady and all angels,
 Pray for Me.

I Pray thee, lady, the moder of crist,
 Praieth youre sone me for to spare, With a angels and
 John Baptist, And al youre company that now ys
 thare, Al holichurch, for my welfare. Graunt me of
 youre merites a participacion, And praiethoure lorde
 for my saluacyon.

Anonymous

34

Salvation to all that will is nigh;
That All, which always is All everywhere,
Which cannot sin, and yet all sins must bear,
Which cannot die, yet cannot chose but die,
Lo, faithful Virgin, yields himself to lie
In prison, in thy womb; and though he there
Can take no sin, nor thou give, yet he will wear
Taken from thence, flesh,

which death's force may try.

Ere by the Spheres time was created, thou Wast in his
mind, who is thy Son, and Brother; Whom thou
conceiv'st, conceived; yea thou art now Thy Maker's
maker, and thy Father's mother; Thou hast light in
dark; and shutest in little room, Immensity cloistered
in thy dear womb.

John Donne

35

In that, O Queen of queens, thy birth was free From
guilt, which others doth of grace bereave, When in
their mother's womb they life receive,
God as his sole born daughter loved thee.
To match thee like thy birth's nobility, He thee his
Spirit for thy spouse did leave, Of whom thou
didst his only Son conceive,
And so wast linked to all the Trinity.
Cease then, O queens, who earthly crowns do wear, To
glory in the pomp of worldly things!
If men such high respect unto you bear, Which
daughters, wives and mothers are of kings, What
honour should unto that Queen be done, Who had
your God for father, spouse and son?

Henry Constable

ANY SAINT

36

Lord God, we give you thanks for all your saints Who
sought the trackless footprints of your feet, Who took
into their own a hand unseen And heard a voice
whose silence was complete.

In every word and deed they spoke of Christ, And in
their life gave glory to his name; Their love was
unconsumed, a burning bush Of which the Holy Spirit
was the flame.

Blest Trinity, may yours be endless praise For all who
lived so humbly in your sight; Your holy ones who
walked dark ways in faith Now share the joy of your
unfailing light.

Stanbrook Abbey

37

Read - Sweet - how others - strove -
Till we — are stouter -
What they - renounced -
Till we - are less afraid -
How many times they - bore the faithful witness -
Till we - are helped -
As if a Kingdom - cared!

Read then - of faith - That shone
above the fagot - Clear strains of
Hymn The River could not drown
— Brave names of Men - And
Celestial Women - Passed out -
of Record Into — Renown!

Emily Dickinson

APOSTLES

38

**The Galilean fishers toil
all night, and nothing take; But Jesus conies - a
wondrous spoil
is lifted from the lake! Lord, when our labors are in
vain,
and vain the help of men, When fruitless is our care
and pain
Come, blessed Jesus, then!**

**The night is dark, the surges fill
the bark, the wild winds roar; But Jesus comes,
and all is still -
the ship is at the shore. O Lord, when storms around
us howl
and all is dark and drear, In all the tempests of
the soul:
O blessed Jesus, hear!**

**A frail one, thrice denying thee,
saw mercy in your eyes; The penitent upon
the tree
was borne to Paradise. In hours of sin and deep
distress,
O show us, Lord, your face; In penitential
loneliness,
O give us, Jesus, grace!**

**The faithful few retire in fear to their closed upper
room;
But suddenly, with joyful cheer, they see their
Master come.
Lord, come to us, unloose our bands, and bid our
terrors cease;
Lift over us your blessed hands:**

Speak, holy Jesus, peace!

Christopher Wordsworth

MARTYRS

39

**The martyrs living now with Christ In
suffering were tried, Their anguish
overcome by love, When on his cross they
died.**

**Across the centuries they come,
In constancy unmoved.
Their loving hearts make no complaint;
In silence they are proved.**

**No man has ever measured love, Or weighed
it in his hand, But God who knows the inmost
heart, Gives them the promised land.**

**Praise Father, Son and Spirit blest Who
guide us through the night In ways that
reach beyond the stars To everlasting
light.**

Stanbrook Abbey

DOCTORS AND PASTORS

40

**God hath spoken by his prophets, Spoken
his unchanging word, Each from age to
age proclaiming God the One, the
righteous Lord: Mid the world's despair
and turmoil One firm anchor holdeth fast;**

God is King, his throne eternal, God the first and God the last.

God hath spoken by Christ Jesus, Christ, the everlasting Son, Brightness of the Father's glory With the Father ever one; Spoken by the Word incarnate, God of God, ere time began, Light of Light, to earth descending, Man, revealing God to man.

English Divine Office

MONKS

41

It were my soul's desire To see the face of God; It were my soul's desire To rest in his abode.

Grant, Lord, my soul's desire, Deep waves of cleansing sighs, Grant, Lord, my soul's desire, From earthly cares to rise.

It were my soul's desire To imitate my King, It were my soul's desire His endless praise to sing.

It were my soul's desire, When heaven's gate is won, To find my soul's desire, Clear shining like the sun.

This still my soul's desire, Whatever life afford,

**To gain my soul's desire
And see thy face, O Lord.**

English Divine Office

VIRGINS

42

**You virgin souls, arise,
With all the dead, awake;
Unto salvation wise,
Oil in your vessels take:
Upstarting at the midnight cry:
"Behold the heavenly Bridegroom nigh!"**

**He comes, he comes, to call
The nations to his bar,
And raise to glory all
Who fit for glory are;
Made ready for your full reward,
Go forth with joy to meet your Lord.**

**Go, meet him in the sky,
Your everlasting Friend;
Your Head to glorify,
With all his saints ascend;
You pure in heart, obtain the grace
To see, without a veil, his face!**

**You that have here received
The unction from above,
And in his Spirit lived,
Obedient to his love:
Jesus shall claim you for his bride;
Rejoice with all the sanctified!**

Charles Wesley

Appendix

BLESSING OF MEALS

BEFORE THE MEAL

The eyes of all look hopefully to you, O Lord, and you give them their food in due season. You open your hand and satisfy the desire of every living thing.

Ps. 144,15-16

**Glory to the Father, and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now and will be for ever. Amen.**

**Lord, have mercy.
Christ, have mercy.
Lord, have mercy.**

Silent prayer.

Bless, ± O Lord, these your gifts which we are about to receive from your goodness, through Christ, our Lord. Amen.

A few verses of Scripture of one's choosing are read here.

AFTER THE MEAL

A few verses of Scripture of one's choosing are read here.

Let all your works give you thanks, O Lord, and let your faithful bless you. Ps. 144,10

**Glory to the Father, and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now and will be for ever. Amen.**

We give you thanks, almighty God, for all your blessings, who live and reign for ever and ever. **R.** Amen.

A psalm of one's choosing is recited here.

**Lord, have mercy.
Christ, have mercy.
Lord, Have mercy.**

Silent prayer.

Openhanded, he gives t the poor;
his justice stands forever.
His head will be raised in glory. Ps. 111,9

**I will bless the Lord at all tunes, his praise
always on my lips. Ps. 33,2**

Let my soul glory in the Lord.

The humble shall hear and be glad. Ps. 33,3

Glorify the Lord with me.

Together let us praise his name. Ps. 33,4

**Blessed be the name of the Lord, both
now and for ever.**

**Lord, grant to our benefactors everlasting life for
the sake of your holy name.**

Amen.

**May the souls of all the faithful departed through
the mercy of God rest h** peace.

Amen.

**Let us praise the Lord, and
give him thanks.**

DEVOTIONAL PRAYERS

BEFORE AN OFFICE SAID IN PRIVATE

Come, Holy Spirit, fill the hearts of your faithful, and kindle in them the fire of your love. **V. Send forth your Spirit, **R.** And renew the face of the earth.**

PRAYER

Let us pray.

Father, you taught the hearts of your faithful people by sending them the light of your Holy Spirit. In that Spirit give us right judgment and the joy of his comfort and guidance. This we ask through Christ, our Lord. Amen. **V.** Let us praise the Lord, **R.** And give him thanks.

AFTER AN OFFICE IN PRIVATE

**Psalm 116 Praise to the
all-merciful Lord**

**O praise the Lord, all you nations,
acclaim him all you peoples!**

**Strong is his love for us; he
is faithful for ever.**

**Glory to the Father, and to the Son,
and to the Holy Spirit.**

**As it was in the beginning,
is now and will be for ever. Amen.**

Acept this Office, God of love, through the prayers and merits of the blessed and ever-

virgin Mary and all the saints. Look kindly on anything I might have done well and mercifully overlook my negligences, you who live and reign for ever and ever, One God in perfect Trinity. Amen.

Good Jesus, have pity on us, you who suffered and died for us; bless us with all the faithful, living and dead. Amen.

V. May the divine help remain always with us. **V.**
Amen.

AFTER COMPLINE AND LAUDS OF
THE BLESSED VIRGIN

To the most holy and undivided Trinity, to the humanity of our crucified Lord Jesus Christ, to the fruitful virginity of the most holy and glorious Mary ever-virgin, and to all the saints, be praise, honor, power and glory from all creation, and for us the forgiveness of our sins, for ever and ever. Amen.

V. Blessed is the womb of the Virgin Mary: she carried the Son of the eternal Father.

R. And blessed is the breast that nursed Christ the Lord.

Our Father. Hail Mary.



*

*

ANTIPHON OF THE BLESSED VIRGIN MARY

We fly to your protection, holy Mother of God; hear us as we implore your help in our need, and deliver us always from all dangers, O glorious and blessed Virgin.

Our Lady, our intercessor who pleads for us before your Son, reconcile us with him, commend us to him, now and at the hour of our death. Amen.

V. Make me worthy to praise you, most holy Virgin.

R. Give me strength against your enemies.

PRAYER

Let us pray.

Through the prayers of the Blessed Virgin Mary keep this family from all harm. In the depths of our hearts we prostrate ourselves before you: protect us from the snares of the enemy. This we ask..

ANTIPHONS IN HONOR OF ST. BRUNO

Hail, light and model for all carthusians, fruitful olive tree bursting forth from the cleft in the rock, fragrant lily springing up in solitude, flowering and diffusing a life-giving perfume of sweetness. May we exult for ever in the mercy of him whose glory fills you with joy.

V. The just man shall blossom like the lily,

R. He shall strike root like the Lebanon cedar.

Hos. 14,6

PRAYER

Let us pray.

O God, to depart from you is to die, to walk with you is to live. You led our father Saint Bruno into solitude and raised him up to the heights of

contemplation. Grant us your saving grace as we are moulded by his example, strengthened by his merits and helped by his prayers. Just as your call carried him to glory so may our devotion to him lead us to salvation. This we ask..

This is a saint worthy to be remembered, who has passed to the glory of the angels. While on his earthly pilgrimage his thoughts and desires were turned towards the heavenly homeland. **V.** The Lord led this holy man along a sure path. **V.** He showed him the kingdom of God. Wis. 10,10

PRAYER

Let us pray.

O God, through the merits of Saint Bruno you enriched the beauty of the desert with a numerous family. May his prayers help us to forget what lies behind so that you may lead us to what lies ahead: the fulfilment of your promises. This we ask.

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