

**V.** The Angel of the Lord declared unto Mary.

**R. And she conceived of the Holy Spirit.** *Hail Mary ...*

**V.** Behold the handmaid of the Lord.

**R. Be it done unto me according to thy word.** *Hail Mary, etc.*

**V.** And the Word was made Flesh.

**R. And dwelt among us.** *Hail Mary, etc.*

**V.** Pray for us, O holy Mother of God.

**R. That we may be made worthy of the promises of Christ.**

Let us pray.

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that as we have known the Incarnation of Christ Thy Son by the message of an angel, so by His Passion and Cross may we be brought to the glory of His Resurrection. Through the same Christ Our Lord. **Amen.**

### Eastertime

Joy to thee O Queen of Heaven, alleluia.

He whom thou wast meet to bear, alleluia.

As he promised has arisen, alleluia.

Pour for us to God thy prayer, alleluia.

**V.** Rejoice and be glad, O Virgin Mary, alleluia.

**R. For the Lord has risen indeed, alleluia.**

Let us pray.

O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. **Amen.**

### A Prayer Before the Office

*Before the first Hour of the day:*

Lord, God, I offer this Divine Office to you, together with the adoration and praise of the angels and saints, as well as that of all the priests of our Sodality and of all your Church, all holy monks and nuns, all consecrated to lives of prayer and all the devout faithful. I present to you, holy Father, together with the prayers of holy Mary the God-bearer, this chorus of prayer, made holy in the Heart of Jesus and made one with His most holy prayer. May all the words of this prayer be acts of pure love, adoration, thanksgiving, satisfaction, trust and surrender to your holy Will.

Let this prayer be for my weak self a spiritual communion, an act of humility, and of perfect self-denial; and may it be a sacrifice of praise and glory to you, O Blessed Trinity. Amen.

*Before other Hours:*

Eternal Father, through the Heart of Jesus your Son, in union with Mary the Mother of Jesus, Saint Joseph her husband, *N.* and all the saints, I humbly offer this holy Office, with all the priests of our Sodality, as a sign of love and as a means of reparation.

I offer this Office for (*intention*) to the glory of the Holy and Undivided Trinity and for the salvation of the whole world.

### Lent except on Saturdays and Sundays:

O Lord, and Master of my life! Dispel from me the spirit of discouragement and slothfulness, of ambition and vain talk! *Prostration*

Instead give me the spirit of prudence and humility, of patience and charity. *Prostration*

Yes, my king and my Lord, let me look at my own sins and refrain from judging others: For you are blest unto ages of ages, amen. *Prostration*

O God, cleanse me a sinner. *12 times with bows*

*Repeat the prayer with a single prostration at the end.*

## Opening Prayers - used after the Hymn at each Hour



### Vigils

The night is passing and we keep vigil for the dawn from on high that will break upon us, let us pray with one heart and mind.

Lord our God, in the night when darkness is deepest, you spread out the stars and they shine out joyfully. May your Word also be a lamp for us in the darkness until dawn begins to break and the morning star rises in the hearts of we who believe in your Son Jesus, whom you raised from the dead.

### Lauds

The night has passed, and the day lies open before us; let us pray with one heart and mind.

As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you; [now and for ever.]

### Terce

That we may be united in prayer with Mary, our Mother; let us pray with one heart and mind.

Lord Jesus, at this hour when you sent the Holy Spirit on the apostles who were united in prayer with Mary your Mother, we ask you to enlighten our hearts and give us a share in that same gift, of love [which endures for ever and ever.]

### Sext

That the whole of this day may be a perfect offering to the Lord, let us pray with one heart and mind.

God our Father, revive our strength and renew our vision at noontime on this day. Teach us to discern your presence in ourselves, and in all we meet, [through Jesus, the Christ our Lord.]

### None

At this hour when Jesus commended his Spirit to the Father and died, let us pray with one heart and mind.

At the ninth hour, Lord Jesus, you gave yourself into the hands of the Father. May we welcome his will with love, and fulfil it to the end, as you have taught us [for ever and ever.]

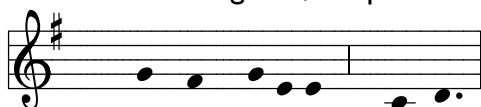
### Vespers

That this evening may be holy, good and peaceful, let us pray with one heart and mind.

As our evening prayer rises before you, O God, so may your mercy come down upon us to cleanse our hearts and set us free to sing your praise [now and for ever.]



For the kingdom, the power and the glory are yours, Father, Son and Holy Spirit,



now and for ever. Amen.

## opening verses

The first Hour of the day:



○ Lord, o-pen our lips. **And we shall praise your name.**

All other Hours:



○ God, come to our aid. **○ Lord, make haste to help us.**



**Praise the Fa-ther, the Son and Ho-ly Spi-rit;**



**the God who is, who was and is to come at the end of the a-ges.**



**Al-le-lu - ia.**

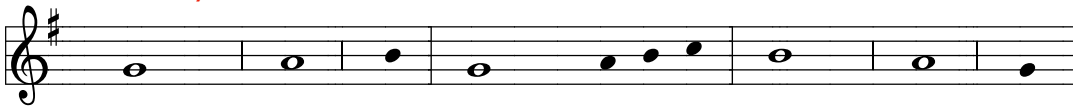
Lent:



**A - men.**

### Alternative Opening Chant

*Lauds on Sundays, Feasts and Solemnities:*



Lord, **open** our **lips**,  
And we shall **praise** your name,  
Worshiping the **holy** and undivided **Trinity**.

*[If the opening verses have been prayed at Vigils:*  
○ God, **come** to our **aid**.  
○ Lord, make haste **to** help us,  
Worshiping the **holy** and undivided **Trinity**.]

Shine on us, **○ Lord**  
Like the sun that lights **up** the day;  
Enlightened then we will sing the **wonder** of your **glory**.

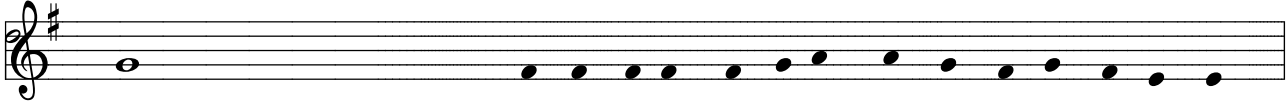
May the morning **awaken us**  
For the praise of **your** Divinity,  
And we will meditate on your **Word** all the day **long**.

With the breaking of **the day**,  
May our thoughts be **enlightened** too,  
Chasing away the **shadow** of **error**.

As the creatures **were enlightened**,  
Enlighten **too** our hearts,  
That we may proclaim to all the **joy** of the **Gospel**.

Just as at **this hour**  
We offer **our** pure incense,  
Receive also the thanks and **praise** which is due to **you**.

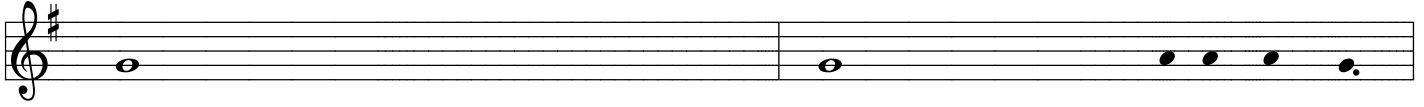
# vigils - Opening Chant A



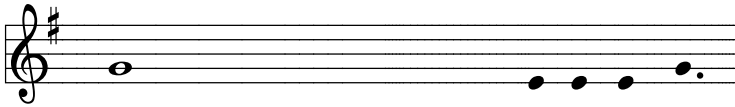
Blessed is the Holy and In - di - vi - si - ble Tri - ni - ty, Fa - ther, Son and Ho - ly Spi - rit.



for e - ver and e - ver. **A - men.**



**Heavenly King, Comforter, Spirit of Truth, everywhere present, filling all things:**



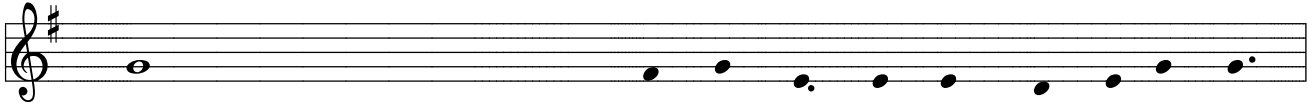
**Treasury of all Good and Giver of Life.**



**Come and dwell in us and cleanse us from sin, and of your goodness heal our souls.**



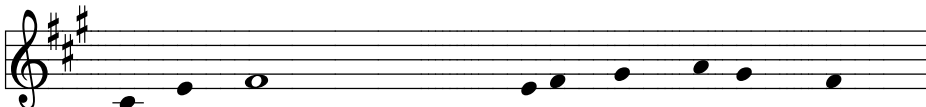
**Come let us worship God, our King, and bow down before him.**



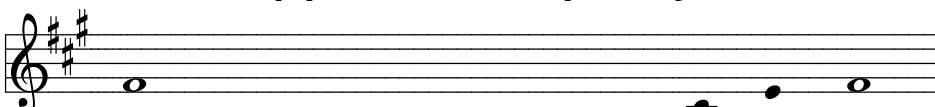
**Come let us worship Christ our God and King and bow down before him.**



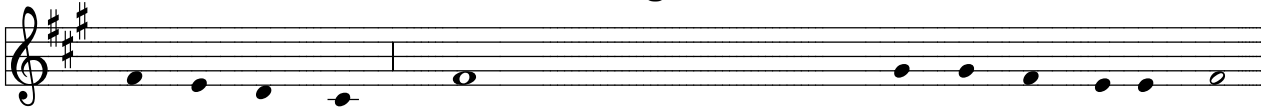
**Come let us worship Christ our King and our God and bow down before him.**



**We worship you, O most holy Lord Jesus Christ,**



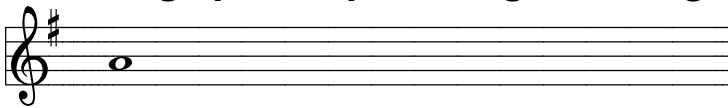
**here and in all the churches throughout the world,**



**and we bless you for having redeemed the world by your holy Cross.**



**Almighty, all holy, most high, all ruling God; all-ruling Goodness,**



**universal Goodness total Goodness,**



**you who only are Good: Grant us to give you all praise, all glory,**



**all thanksgiving, all honour, and all blessing. Grant us always to proclaim**



**that you alone do all things well. Amen.**

## **vigils - Opening Chant B**



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



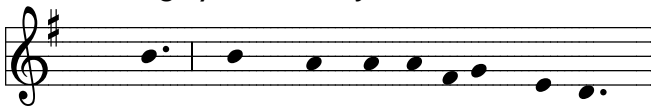
Holy place and bless the Lord through the night. May the Lord bless



you from Si-on, who made both heaven and earth. Give praise to the Father



Almighty; His Son, Jesus Christ Our Lord. To the Spirit who dwells in our



hearts both now and for ever. Amen.

## **Invitatory Antiphons**

**Advent I** From the root of Jesse will spring a shoot; let us adore our coming king.

**Advent II** Now the Lord is close at hand; come, let us adore him.

**December 24th** Today you will know the coming of the Lord, and in the morning you will see his glory.

**Christmas** Christ is born for us; come, let us adore him.

**Holy Family** Let us adore Christ, the Son of God, who made himself obedient to Mary and Joseph.

**December 26th** Come, let us worship the newborn Christ who has given the glorious crown to Saint Stephen.

**December 28th** Come, let us worship the new born Christ; he crowns with joy these children who died for him.

**Naming and Circumcision / Holy Name** At the name of Jesus, every knee shall bow; come, let us worship the Lord.

**Mary, Mother of God** Christ is born of Mary: come, let us worship him.

**Epiphany** Christ is manifested unto us: O come, let us worship.

**Baptism** The beloved Son, with whom the Father is well pleased; come, let us worship.

**Lent** O that today you would listen to God's voice: harden not your hearts.

**Passiontide** Jerusalem, Jerusalem, return to the Lord, your God.

**Good Friday** Come, let us worship Christ, the Son of God: by his blood he has redeemed us.

**Holy Saturday** Come, let us worship Christ who died for us, and was buried.

**Easter** The Lord is truly risen - en, al-le-lu-ia, al-le-lu-ia.

**Ascension** Alleluia, Christ ascending into heaven. Come, let us worship, alleluia.

**Pentecost** Alleluia, Christ, sending the Holy Spirit. Come, let us worship, alleluia.

**Trinity** We celebrate three persons in One God: Come, let us adore.

**Christ the Eternal High Priest** Let us give glory to Christ who has an everlasting Priesthood.

**Corpus Christi** The Bread of Life is Christ the Lord, come, let us adore him.

**Sacred Heart** The heart of Jesus, wounded for love of us; come, let us adore.

**Immaculate Heart** We celebrate the heart of the sinless Virgin Mary: Come, let us worship Christ her Son.

**Christ the King** Jesus Christ, the King of Kings; Come, let us worship him

**February 2** The Lord of creation enters his holy temple; come, let us adore.

**March 19** Celebrating the feast of Saint Joseph; come let us praise Christ the Lord. [Alleluia.]

**March 25** The Word became flesh; come, let us worship the Lord. [Alleluia.]

**May 1** Christ the Lord allowed himself to be considered the son of a carpenter; come, let us adore him. [Alleluia.]

**May 20** At the name of Jesus, every knee shall bow; come, let us worship the Lord.

**May 31** Come, to celebrate the Visitation of the Virgin Mary; let us sing praises to the Lord. [Alleluia.]

**June 24** Christ the Lamb of God proclaimed by John, come let us adore.

**July 1** Come, let us worship Christ, the Son of God: by his blood he has redeemed us.

**July 20** Let us worship the living God, who speaks to us through the prophets.

**August 6** The King of Glory is exalted on high: come, let us adore him.

**August 15** Come, let us worship the king of kings: on this day his Virgin Mother was taken up to heaven.

**August 22** Christ the King crowned his Mother as Queen of Heaven: come, let us adore him.

**August 29** Come, let us adore the Lamb of God; Saint John went before him in his passion.

**September 8** Come, let us celebrate the birth of the Virgin Mary; let us worship her Son, Christ the Lord

**September 14** Christ the king, lifted up for us on the cross, come, let us adore.

**September 15** Let us adore the Saviour, who gave his Mother a share in his Passion.

**September 29** In the presence of the angels, let us adore the Lord.

**October 2** Come, let us adore the Lord; whom the angels serve.

**November 1** The praises of God are sung in the assembly of the saints: come, let us adore.

**November 2** Christ is the resurrection and the life; come, let us adore him

**December 8** We celebrate the feast of the sinless Virgin Mary: Come, let us worship her Son, Christ the Lord.

**Dedication of a Church** Holiness befits the house of God: let us adore Christ, her spouse. [Alleluia.]

**BVM** Christ is the son of Mary: come, let us worship him. [Alleluia.]

**Apostles** The Lord the king of apostles: come, let us worship. [Alleluia.]

**Evangelists** The Lord speaks to us through the Gospel: come, let us worship. [Alleluia.]

**Martyrs** Come, let us worship Christ: the King of martyrs. [Alleluia.]

*Teachers of the Faith/Doctors* Those who attain wisdom are God's friends: come, let us worship. [Alleluia.]

*Pastors* Christ is the chief shepherd of the flock: come, let us worship. [Alleluia.]

*Religious* God is wonderful in his saints: come, let us worship. [Alleluia.]

*Virgins* Virgins follow the Lamb wherever he goes: come, let us worship. [Alleluia.]

*Missionaries* Christ gave them as a light to the nations: come, let us worship. [Alleluia.]

*Any Saint* God is wonderful in his saints: come, let us worship. [Alleluia.]

*Or* Today we honour Christ in the memory of his servant **N**; Come, let us worship.

*Dead* Christ is the resurrection and the life; come, let us adore him

*All Saints to Advent* The Lord, the King of kings, come, let us worship.

*Sunday* We are the people of the Lord, the flock that is led by his hand: Come, let us adore him.

*Monday* God orders all things well: come, let us worship.

*Tuesday* God fills the earth with goodness: come, let us worship.

*Wednesday* God comes to set us free: come, let us worship.

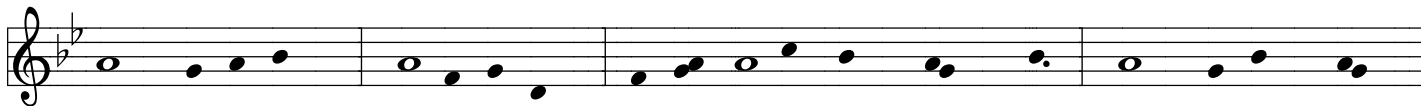
*Thursday* God calls us to love one another: come, let us worship.

*Friday* God has redeemed the world: come, let us worship.

*Saturday* Our life is hid with Christ in God: come, let us worship.

*Antiphon*

*Tone*



*Antiphon* Come, ring out our joy to the Lord;

hail the God who saves us.

Let us come before him, giving thanks,

with songs let us hail the Lord. *Antiphon*

A might-y God is the Lord, / a great king above all gods.

In his hands 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. *Antiphon*

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. *Antiphon*

O that today you would lis-ten to his voice!

"Harden not your hearts as at Meribah,

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. *Antiphon*

For for-ty 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.'" *Antiphon*

Glory be to the Father, and to the Son,

and to the Holy Spirit.

As it was in the beginning, is now and ever shall be,

world without end. Amen. *Antiphon*



Sunday

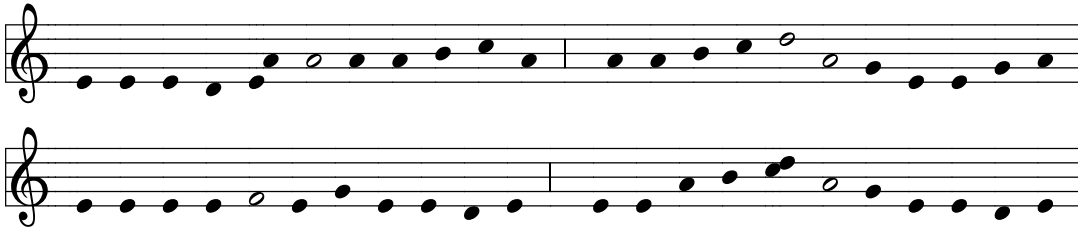
Hymne  
8.  
V



Eni Cre-á-tor Spí-ri-tus, Méntes tu-órum ví-si-ta :  
Imple su-pérna grá-ti-a Quae tu cre-ásti pécto-ra. 2. Qui  
dí-ce-ris Pa-rácli-tus, dónum Dei altíssimi, Fons vívus,  
ígnis, cá-ri-tas, Et spi-ri-tá-lis úncti-o. 3. Tu septi-fórmis  
múne-re, dextrae De-i tu dí-gi-tus, Tu ri-te promíssum  
Pátris, Sermóne dí-tans gúttura. 4. Accénde lúmen sénsi-  
bus, Infúnde amó-rem córdibus, Infírma nóstri córpo-  
ris Virtú-te fírmanz pérpe-ti. 5. Hóstem repéllas lóngi-us,  
Pacémque dónes pró-tinus : Ductó-re sic te praévi-o, Vi-  
témus ómne nóxi-um. 6. Per te sci-ámus da Pátrem, No-  
scámus atque Fí-li-um, Te utri-úsque Spí-ri-tum Cre-  
dámus ómni témpore. Amen.



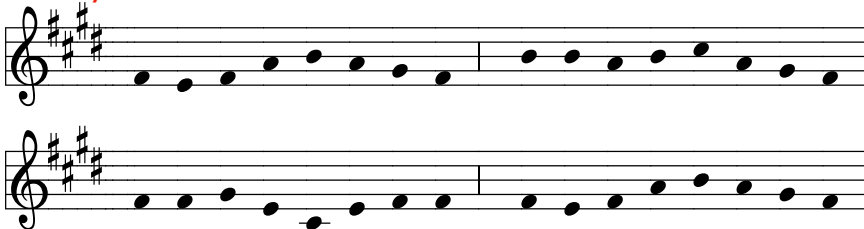
## Monday



From the heart of silence leaps the living Word  
Like the dayspring rising where the dark is stirred  
By our hope turned eastward toward the promised light,  
Though the eye sees nothing but the depth of night.

From the soundless stillness as at God's own birth  
Springs the Word among us like the seed from earth  
Where the grain in quiet labours to be born,  
Hidden in the darkness till the chosen morn.

## Tuesday



Light of our darkness, Word of God,  
Sent to illumine earthly night,  
You we salute with singing hearts,  
Bathed in the splendour of your light.

Vessel of God's abundant life,  
Bearer of truth that sets us free,  
Breaking the deadly grasp of sin,  
Work in our hearts your mystery.

Sword that can pierce the inmost soul,  
Stripping whatever thoughts are there,  
Cut to the marrow of our minds;  
Enter our hearts and lay them bare.

Word that has overcome the world,  
Seed of immortal destiny,  
Grow in our hearts, that we may live  
Sharing your deathless victory.

## Wednesday



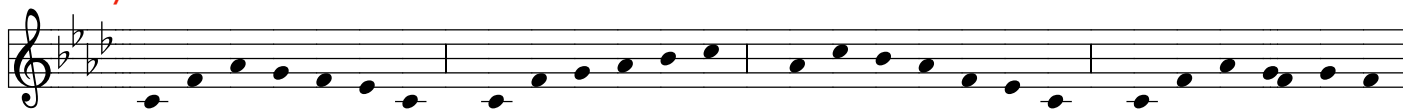
Lord in the silence of the night  
We know your presence here;  
Your voice resounds within our hearts,  
In prayer, for you we wait.

O Saviour, light of all the world,  
Be with us at this hour.

Great Word of God, in darkest night  
You came, like falling dew.

Lord, in the stillness of the night  
Your Spirit moves and breathes;  
Strength of all being and all life,  
Enfold us in your love.

## Thursday



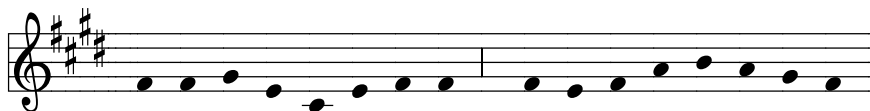
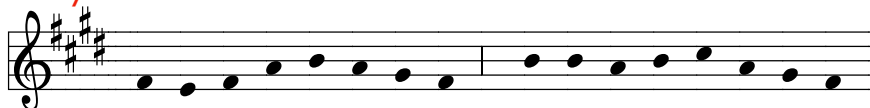
When walls of fear entomb us,  
When doubt has barred the door,  
When anxious thoughts consume us,  
Stand in our midst once more.

Instill in us fresh passion  
To spread the gospel word  
Of mercy and compassion  
To all the waiting world.

Breathe out your Spirit on us,  
rekindle what has died,  
let new life burst upon us  
And fling locked doors aside.

Your presence, Christ, sustains us,  
Your Spirit gives us strength,  
Your love in joy maintains us,  
through all life's breadth and length.

## Friday



With limbs refreshed by rest again,  
We rise to thee, and sleep disdain:  
Vouchsafe, O Father, graciously,  
To look on us who sing to thee.

As now the dark to light gives way,  
And night gives place to dawn of day;  
So may the errors of the night  
be shattered by the gift of light.

Our tongues' first sound doth thee proclaim;  
Our minds to thee first kindle flame:  
Ensuing thence, O Holy One,  
Be all our acts in thee begun.

Almighty Father, hear our cry  
Through Jesus Christ, our Lord Most High,  
Whom with the Spirit we adore  
For ever and for evermore.

## Saturday - melody as for Friday

Thou Trinity in Unity  
Who rulest all things mightily,  
Bow down to hear the songs of praise  
Which we, thy wakeful servants raise.

And if by night in Satan's snare  
We may have stumbled unaware,  
Still let thy glorious power and might  
Destroy our ill, thy heaven-sent light.

We leave our beds to flock to thee,  
While night's dark hours flow silently,  
And stand before thee to implore:  
thy healing grace upon us pour.

Almighty Father, hear our cry  
Through Jesus Christ, our Lord Most High,  
Whom with the Spirit we adore  
For ever and for evermore.

*Additional Hymns before dawn:*

**A** - melody as for Friday at Vigils

A voice announces the good news,  
This is the hour when all will see  
the bridegroom comes in royal state  
to wrap us in his charity.

The holy bridesmaids run to greet  
their coming Lord with lamps alight.  
And joy fills all who kept from sleep  
and watched for him in dead of night.

Their foolish sisters walking late,  
their lamps burnt out, in vain implore  
that he will open up the gate  
which now stands fast for evermore.

Let faith give light to darkened minds  
that we may watch and wait for him,  
that we may greet the coming Lord  
to whom we raise our vigil hymn.

O make us worthy blessed king,  
to share the glory of your throne  
that we may sing our song to you  
who come to claim us as your own.

**B** - Especially in Lent:

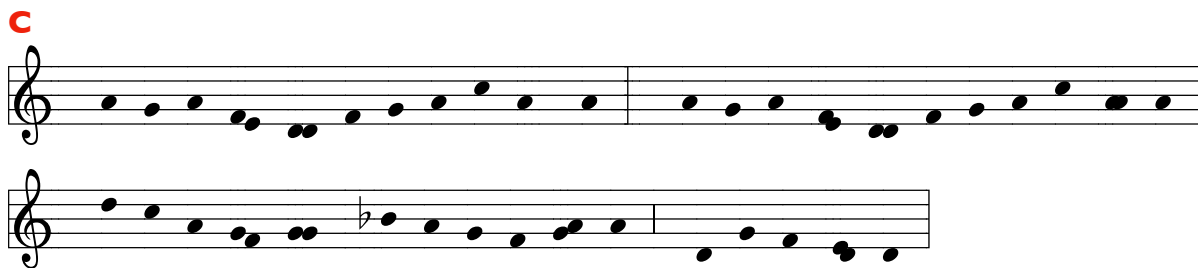
O oneness of the threefold God,  
we break the silence of the night  
by singing psalms of praise to you  
who rule the world with sovereign might.

We rise from sleep and leave our beds  
to sing our psalms of praise to you.  
Come heal the wounds that sin has caused  
that we may be made whole by you.

Your glory's strength shall drive away  
the wily foe and purge our sin  
lest guilt destroy our eagerness  
and cause our sluggishness to win.

Lest sin turn cold our warring hearts  
and crimes contagion make us weak  
we trust your grace will fill with light  
your children seeking pardon now.

Let no wrong action mar this day  
that we may sing our heartfelt praise  
to you, the blessed three in one  
throughout the length of endless days.



Rising in darkness, let us all be wakeful!  
Hear how the church with prayerful psalms is ringing!  
With all your spirit, heart and voice now praise him,  
gracefully singing.

May we be worthy to attain that mansion  
Where our great king, so merciful and loving,  
dwells with the blessed. Let us join their singing,  
endlessly living.

O holy Father, Son and equal Sprit,  
grant us our prayer that we may live for ever,  
praising their glory, filling all creation  
now and for ever.

**Office of Readings** - celebrated during the day

**Sunday**



Breathe on me, Breath of God,  
Fill me with life anew,  
That I may love what thou dost love,  
And do what thou wouldst do.

Breathe on me, Breath of God,  
Till I am wholly thine,  
Until this earthly part of me  
Glow with thy fire divine.

Breathe on me, Breath of God,  
Until my heart is pure:  
Until with thee I have one will  
To do and to endure.

Breathe on me, Breath of God,  
So shall I never die,  
But live with thee the perfect life  
Of thine eternity.

**Monday - melody as for Friday at Vigils**

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.

**Tuesday - melody as for Friday at Vigils**

The word of God for ever stands,  
is carved upon eternal stone;  
His mouth has uttered it for us  
Who cannot live by bread alone.

To Father, Son and Spirit blest  
unending praise and glory give;  
their silent voice no ear has heard  
Yet by their every word we live.

**Wednesday**



Bright as fire in darkness  
Sharper than a sword,  
Lives throughout the ages,  
God's eternal word.

Father, Son and Spirit,  
Trinity of might,  
Compassed in your glory,  
Give the world your light.

**Thursday - melody as for Friday at Vigils**

Eternal Father, through your Word  
You gave new life to Adam's race,  
And call us now to live in light,  
New creatures by your saving grace.

To you who stooped to all who sin  
We render homage and give praise:  
To Father, Son and Spirit blest  
Whose loving gift is endless days.

## Friday



Christ your eyes of mercy  
See our sins revealed;  
Speak the word that saves us,  
That we may be healed.

Father, Son and Spirit,  
Look and you will see  
In your fallen children  
What they strive to be.

## Saturday - *melody as for Friday at Vigils*

In ancient times God spoke to us  
Through prophets and in varied ways,  
But now he speaks through Christ his Son,  
His radiance through eternal days.

To God the Father of the world,  
His Son through whom he made all things,  
And Holy Spirit, bond of love,  
All glad creation glory sings.

## **Working Day**

*Psalm 118 at the Little Hours]*

### **Nocturn 1**

Psalmody of Office of Readings, and Daytime Prayer (omitting sections of Psalm 118)

Scriptural Reading - Responsory

### **Nocturn 2**

Psalmody of Vespers, except on Sundays, Feasts and Solemnities when the Canticles for an extended vigil in the Divine Office are used

Non-Scriptural reading - Responsory

### **Nocturn 3**

Psalmody of Lauds (omitting the Cantic except Benedicite on Sundays, Feasts and Solemnities)  
or, if Lauds is prayed separately:

Psalm 77 or Psalm 105 in Ordinary Time, Psalm 135 in Advent-Christmas and Lent-Easter

## **Non-working Days**

*Either the Office as set out in the Breviary, or if it desired to extend the Office of Readings as a Vigil:*

*Psalms of Ascent at the Little Hours*

### **Nocturn 1**

Psalmody of Office of Readings

Scriptural Reading - Responsory

### **Nocturn 2**

Psalmody of Daytime Prayer, omitting Psalm 118, or psalmody of the Office of Readings alternate week  
or, Psalm 77 or Psalm 105 in Ordinary Time, Psalm 135 in Advent-Christmas and Lent-Easter

Non-Scriptural reading - Responsory

## **Psalm Tones**

### **Ordinary**

*Nocturn 1 mode i*

*Nocturn 2 mode v*

## **Feasts and Solemnities, Christmas Day to the Baptism of the Lord**

*Nocturn 1 mode ii*

*Nocturn 2 mode viii*

On Sundays, Feasts and Solemnities:

**Greeting the Gospel**



Al-le-lu-ia, al le- lu - ia, al - le - lu ia.

*In Lent:*



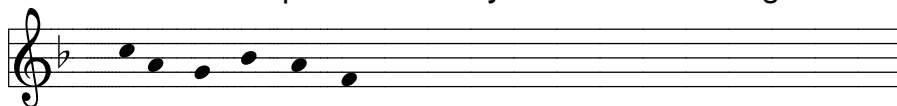
Praise to you, O Lord, king of eternal glory.



Wisdom! Let us listen to the Holy Gospel:



Hear the Gospel of our Lord Jesus Christ according to N.

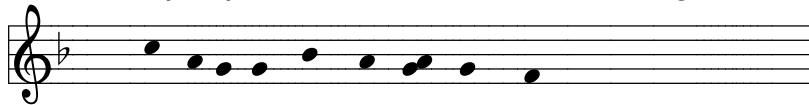


Glory to you, O Lord.

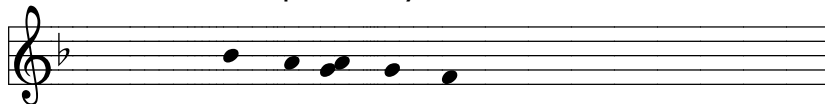
*The Gospel is read, then:*



Glory to you, O Word eternal, of the liv—ing God:



**R** Al-le-lu-ia, praise to you, O Christ.



**Lent:** Praise to you, O Christ.



Glory to you, eternal wisdom of the liv—ing God. **R**



Glory to you, O Light eternal of the liv—ing God. **R**

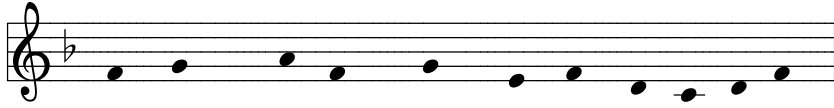


A Patristic Commentary on the Gospel may be read

## Gospel Cantic

**A**

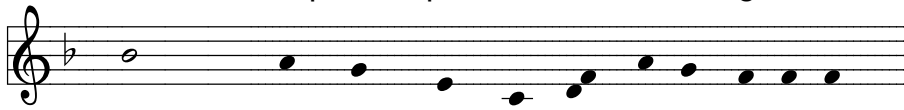
Beatitudes



**R.** In your kingdom, Lord, remember us today.



Blessed are the poor in spirit, for theirs is the kingdom of Heaven.



Blessed are those who mourn, for they shall be comforted! **R.**



Blessed are the meek, for they shall inherit the earth.



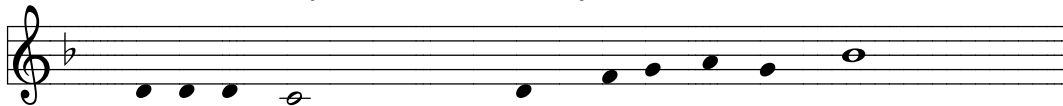
Blessed are those who hunger and thirst for righteousness, for they shall



be satisfied. **R.** Blessed are the merciful, for they shall obtain mercy.



Blessed are the pure in heart, for they shall see God. **R.** Blessed are the



peacemakers, for they shall be called children of God. Blessed are those

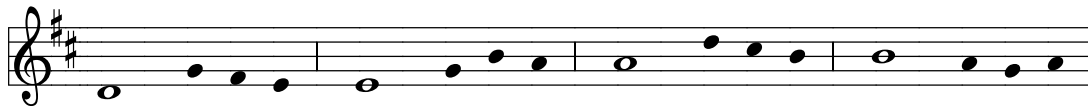


who are persecuted for righteousness' sake, for theirs is the kingdom of heav'n. **R.**

A Proper, Seasonal or Common antiphon may be prayed using the Benedictus or Magnificat Antiphons. At other times the **I Am** Antiphons or the **Holy is God** may be used with any of the three Gospel Canticles:



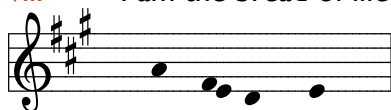
Ho - ly is God, Ho - ly and strong, Ho - ly and liv - ing for ev - er.



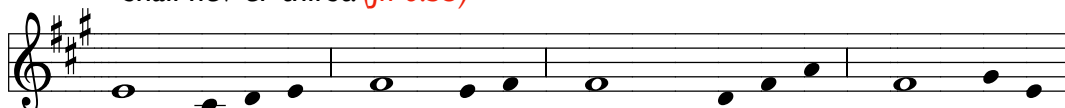
### SUNDAY



viii I am the bread of life; he who comes to me shall not hunger and he who believes in me



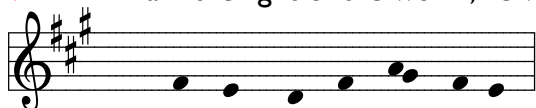
shall nev-er thirst. (Jn 6:35)



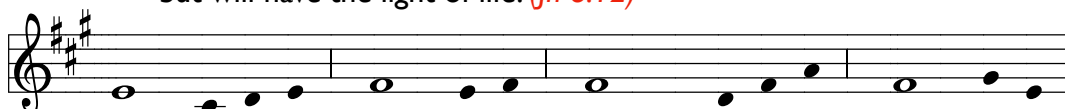
### MONDAY



viii I am the light of the world; he who follows me will not walk in darkness



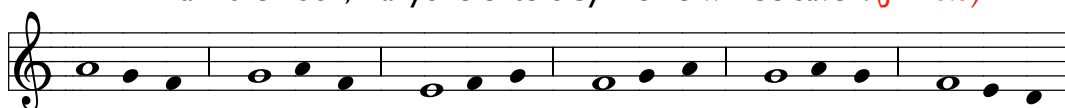
but will have the light of life. (Jn 8:12)



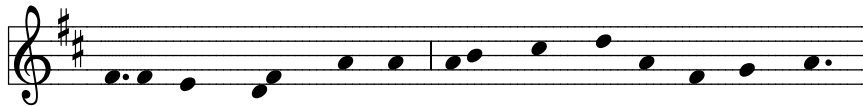
### TUESDAY



i I am the door; if anyone enters by me he will be saved. (Jn 10:9)



## WEDNESDAY



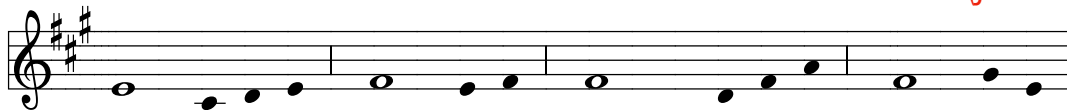
v I am the Good Shepherd. I lay down my life for my sheep. *(Jn 10:11)*



## THURSDAY



viii I am the resurrection and the life; whoever believes in me, though they die, yet shall they live. *(Jn 11:25)*



## FRIDAY



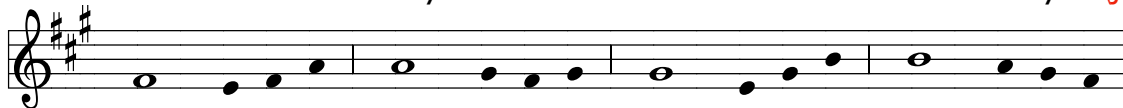
vi I am the way, the truth and the life; no one comes to the Father, but by me. *(Jn 14:6)*



## SATURDAY



ii I am the true vine and my Father is the vinedresser. Abide in me and I in you. *(Jn 15:1)*



## B

Blessed are the poor in spirit,  
for theirs is the kingdom of Heaven.  
Blessed are those who mourn,  
for they shall be comforted!

Blessed are the meek,  
for they shall inherit the earth.  
Blessed are those who hunger and thirst  
for righteousness,  
for they shall be satisfied.

Blessed are the merciful,  
for they shall obtain mercy.  
Blessed are the pure in heart,  
for they shall see God.

Blessed are the peacemakers,  
for they shall be called children of God.  
Blessed are those who are persecuted for  
righteousness' sake,  
for theirs is the kingdom of heav'n.

## C

### Canticle for Ash Wednesday to Pentecost also used on Feasts and Solemnities

#### *I Am Canticle*

I am the bread of life; he who comes to me shall not hunger  
and he who believes in me shall never thirst.  
I am the light of the world; he who follows me will not walk in darkness  
but will have the light of life.

I am the door;  
if anyone enters by me he will be saved.  
I am the Good Shepherd.  
I lay down my life for my sheep.

I am the resurrection and the life;  
whoever believes in me, though they die, yet shall they live.  
I am the way, the truth and the life;  
no one comes to the Father, but by me.

I am the true vine and my Father is the vinedresser.  
Abide in me and I in you.

## D

### Canticle for Advent Sunday to the Baptism of the Lord also used on the Presentation and Annunciation

#### *John 1*

In the beginning was the Word,  
and the Word was with God,  
and the Word was God.  
The Word was in the beginning with God;

All things were made through the Word,  
and apart from the Word nothing came to be.  
What came to be in the Word was Life,  
and the Life was the Light for all people.

The Light shines in the darkness,  
and the darkness has not overcome it.  
The true light that enlightens all people  
was coming into the world.

The light was in the world,  
and the world came into being through the light,  
yet the world did not know the Light.

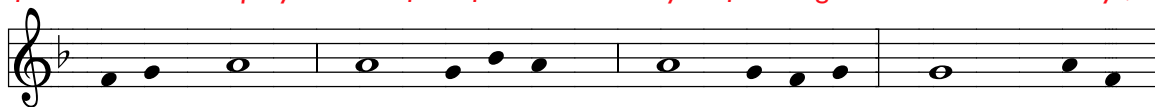
He came to his own home,  
and his own received him not.  
But to all who received him,  
who believed in his name,  
he gave power to become children of God;

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.

From his fulness have we all received,  
grace upon grace.

## INTERCESSIONS

If Intercessions are prayed in the form from the Breviary the following tone is used on Sundays, Feasts and Solemnities

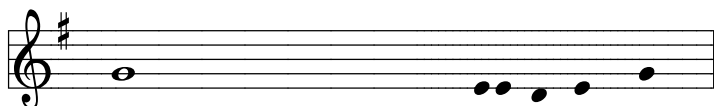


Or



From our hearts we pray: **Lord, listen to our prayer.**

Litany



In peace, let us complete our vigil to the Lord:



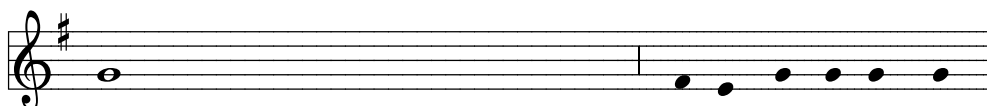
**Lord, have mercy.**



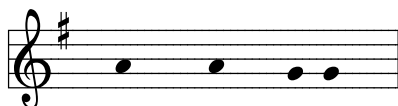
O Lord Almighty, God of our ancestors, we pray to you, O Lord:



**Lord, have mercy, Lord, have mercy, Lord, have mercy.**



With our whole heart and our whole mind, let us pray to the Lord:



**Lord, have mercy.**

For peace throughout the world, the well-being of the holy churches of God, and the union of all, let us pray to the Lord:

For **N.** our Archbishop and **N.** our Bishop, for the Pope **N.** for **N.** the Ecumenical Patriarch, and for all the bishops and their clergy; for the leaders and pastors of the Evangelical Churches; and for all his faithful people, let us pray to the Lord:

For all the servants of God in this diocese, this [city] [and this house of Christ], and for all people in their various callings, let us pray to the Lord:

For all who serve him in houses of prayer, for vocations to religious communities and the renewal of the religious life [for **N.** and **N.** ...], let us pray to the Lord:

For our Sodality, for *N.* and *N.*, for *N.* our Episcopal Visitor and *N.* our patron, and for all our enquirers, members, Associates and Aspirants, let us pray to the Lord.

*For this nation and all its people, for Elizabeth our Queen, for those who work in public service, and for all our troubles, let us pray to the Lord:*

*For our departed family and friends, for *N.* and *N.*, and for all those we remember at this time, let us pray to the Lord:*

*For seasonable weather, an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord:*

*For those who travel by land, sea, air or space; for the sick, the suffering, and the oppressed, and for those who are held captive, and for all their needs, let us pray to the Lord:*

[ For .... let us pray to the Lord: ]

*For our deliverance from all affliction, anger, danger and need, let us pray to the Lord:*

*Help us, save us, succour our need, and keep us, O God, by your grace.*

That this whole day may be peaceful, prayerful and sinless, and may bear the fruit of the Spirit, let us pray to the Lord:



**Grant, this, O Lord.**

For an angel of peace, a faithful guardian and guide, let us pray to the Lord:

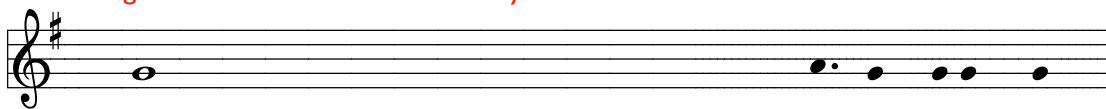
For the forgiveness of our sins, and the healing of our souls, let us pray to the Lord:

*For peace in the world, and for all that is good and helpful for our salvation, let us pray to the Lord:*

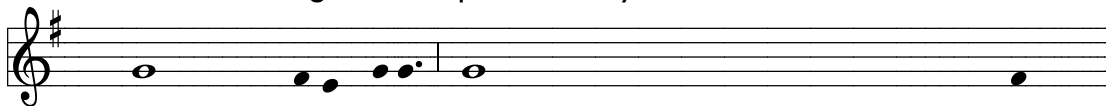
*That the rest of our life may be spent in repentance and faith and in watching for the coming of the heavenly bridegroom, let us pray to the Lord:*

*That the end of our life may be peaceful, painless and unashamed, and for a good conscience when we appear before the awesome judgement seat of Christ, let us pray to the Lord:*

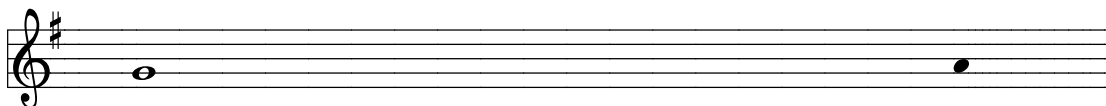
### Concluding Chant to Intercessions or Litany



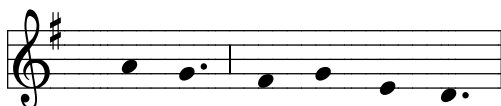
Commemorating the most pure and holy Mother of God, the blessed and



glorious ever-virgin Mary, with St John Baptist, Saint *N.*, and all the saints,



we commend ourselves and one another, and our whole life to Christ

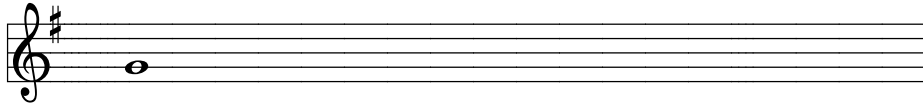


our God. **To you, O Lord.**

*TRISAGION - omitted if used as the refrain for the Gospel Canticle*



Ho - ly God, Ho - ly Migh - ty, Ho - ly Im - mor - tal, have mer - cy on us. (3x)



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



Ho - ly Im - mor - tal, have mer - cy on us.



Ho - ly God, Ho - ly Migh - ty, Ho - ly Im - mor - tal, have mer - cy on us.

**LORD'S PRAYER**



Our Fath-er in Heav - en, hallowed be your name,



**Your kingdom come, your will be done, on earth as in heaven.**



Give us today our daily bread. Forgive us our sins, as we forgive those who sin against us.



**Lead us not into temptation, but deliver us from evil.**



**For the kingdom the pow'r and the glory are yours, now and for ever.**



**Amen.**



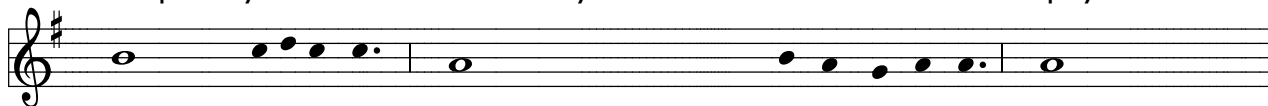
*Solemnities, Sundays of Christmas, Epiphany and Easter and daily in the Easter and Christmas Octaves*



**R** We praise you, O God: we a - cclaim you as the Lord.



We praise you, O God: we acclaim you as the Lord: All creation worships you



the Father everlasting. To you all angels, all the powers of heaven: the cherubim and



Seraphim sing in endless praise. **R**



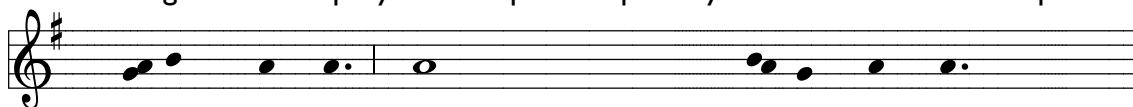
Ho-ly, ho-ly, ho-ly Lord, God of pow'r and might: hea-ven and earth are full of



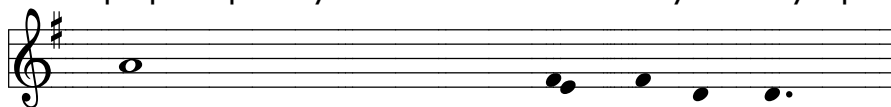
Your glo-ry. **R**



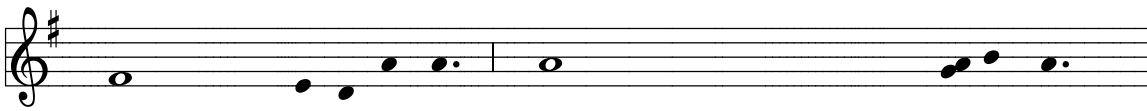
The glorious company of the a-pos-tles praise you: the noble fellowship of



prophets praise you. The white robed army of martyrs praise you:



throughout the world the holy Church acclaim you. **R**



Father of majesty unbounded: your true and only Son, worthy of all praise,



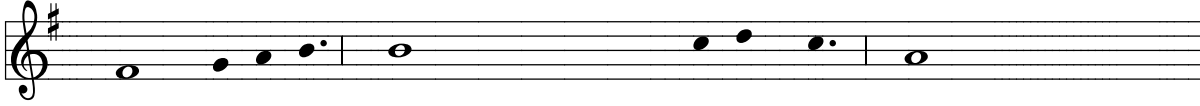
the Holy Spirit advocate and guide.



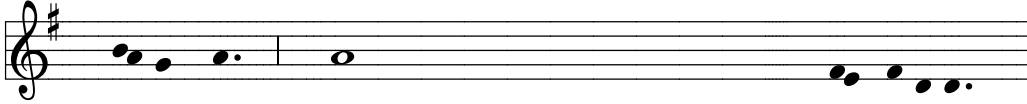
**R** We praise you, O God: we a - cclaim you as the Lord.



You, Christ, are the King of glory: the eternal Son of the Father, when you took our



flesh to set us free: you humbly chose the virgins womb. You overcame the



sting of death: and opened the kingdom of heaven to all believers. **R**



You are seated at God's right hand in glory: we believe that you will come to be



our judge. Come, then Lord, and save your people, bought by the price of



Your own blood and bring us with your saints to glory ev-erlasting. **R**

## Ordinary Sundays



## Feasts



We praise you, O God; we praise you, O God.



We praise you, O God,  
we acclaim you as the Lord;  
all creation worships you,  
the Father everlasting.

To you all angels,  
all the powers of heaven,  
the 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 holy Church acclaims you:

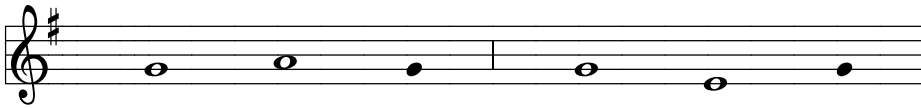
Father, of majesty unbounded,  
your true and only Son, worthy of all praise,  
the Holy Spirit,  
advocate and guide.

You, Christ, are the King of glory,  
the eternal Son of the Father.  
When you took our flesh to set us free  
you humbly chose the Virgin's 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

## COLLECT



**For the kingdom, the pow'r and the glory are yours, Father, Son**



**and Holy Spirit, now and for ever. A - men.**

## Prayer at the Bowing of the Heads



Let us bow our heads before the Lord. **To you, O Lord.**



## Sunday

O God, faithful and true, who are merciful upon tens of thousands of times with those who love you, O friend of the lowly and protector of the poor, O you whom all things need because they are all subject to you: Look on your people as we bow our heads to you, and bless us with a spiritual blessing. Guard us as the apple of your eye, preserve us in piety and justice, and make us worthy of eternal life:

## Monday

O holy Father! Unfailing source and treasury of all that is good! All-powerful ruler of all things and author of marvels! We bow down in adoration before you, entreating you to assist and support us in our lowliness through your mercies and compassion. Remember us, Lord, and accept these prayers we make to you this morning as the fragrance of incense in your sight. Do not reject us, but encircle our lives with your abundant loving kindness.

## Tuesday

We praise you, we sing to you, we bless you, we give thanks to you, and we bow before you, O God of our ancestors, for having escorted us through the shadows of the night and for showing us once more the light of day. Make the true sun of your justice shine forth in our hearts; illumine our minds, and keep watch over our senses, so that walking the path of your commandments in simple decency as in broad daylight, we may finally reach life everlasting, worthy of enjoying your inaccessible light.

## Wednesday

By the outpouring of your wisdom, O Lord, our Lord, the day attains its fullness, the powers of heaven praise you, and every living being is drawn to worship and bow down to you. Give us the grace of a peaceful day, so that we may please you with pure hearts, free of every stain, enjoying your gifts to the full. Count us ever more worthy of blessing your generosity and goodness.

### Thursday

You chose us, you loved us and you saved us, O holy and everlasting king, for ever delighting in the goodness you draw from us. As we bow our heads to you this morning, give joy to all who keep faith in you, grant hope to those who search for it, and liberate those who are fettered in mind and body. Let the light of your Christ shine forth on us all, so that all arrogance and wickedness may vanish from our lives.

### Friday

O Holy Lord, you dwell on high, yet you behold your creatures with your all-seeing and compassionate eye: To you we bow in body and in spirit, and to you we pray, O Holy of Holies, to stretch out your hand and pour down blessings from your heavenly dwelling: for all our sins we plead your abundant forgiveness; since you alone know what is best for us, we entrust all our needs of soul and body to you.

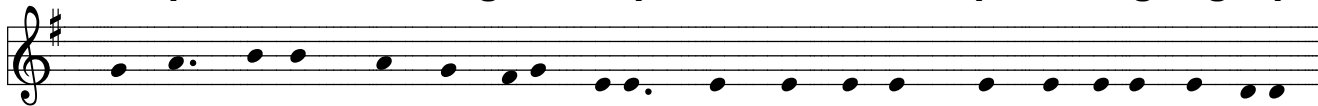
### Saturday

O Lord our God, we give you thanks for raising us from our beds and placing words of praise on our lips, and so enabling us to worship you and call on your holy Name:

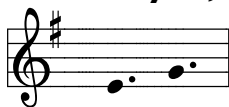
As we bow our heads before you, send down again, we pray, your help, as we stand in the presence of your glory. Grant that having offered you this praise in fear and love, we may ever praise your bountiful goodness:



**For you, Lord God, are gracious, you lover of humanity, and we give glory**



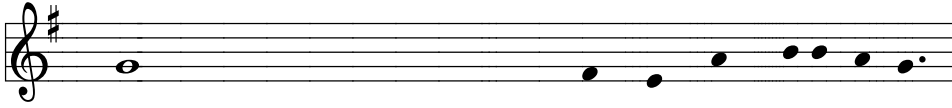
**to you, Father, Son and Holy Spirit, now and always, and for ever and ever.**



**A-men.**

## CONCLUSION

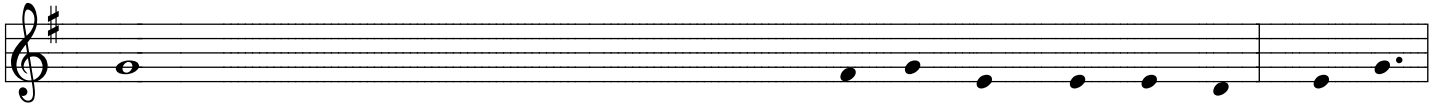
*Ferias*



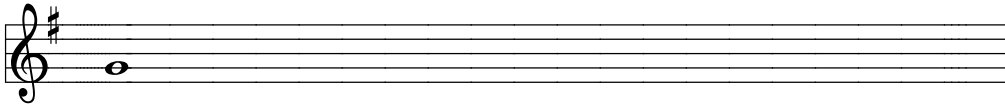
Glory to you, O Christ our God and our true hope, glory to you.



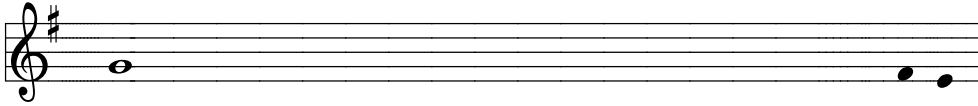
Glory be to the Father and to the Son and to the Holy Spirit.



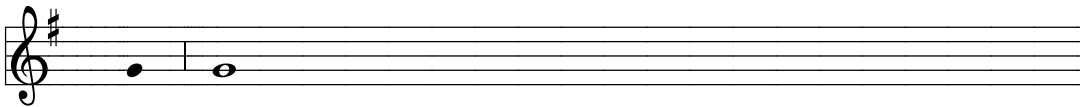
**As it was in the beginning, is now, and ever shall be, world without end. A-men.**



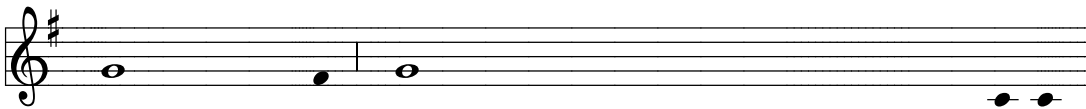
By the prayers of his most pure mother, of his glorious and illustrious



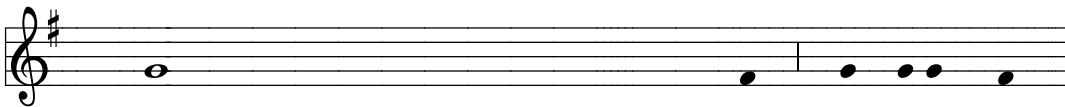
Apostles, [of the holy *here name the saint/s of the day*] and of all the



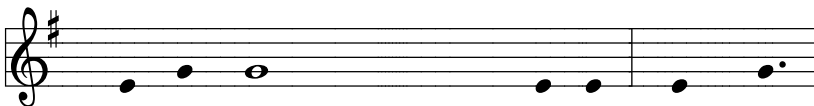
Saints, Christ our true God [who ... *rose from the dead* \* ] will have mercy



on us and save us, **for he is good and full of love for all people.**



Through the prayers of all our ancestors in the faith, Lord Jesus Christ,

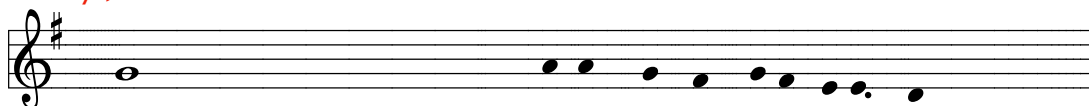


our God, have mercy on us and save us. **A - men.**

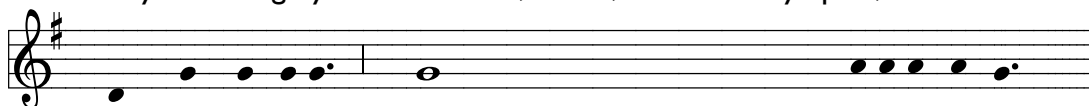
\*

- ... was born of Mary*
- ... was revealed to the nations*
- ... proclaimed the Kingdom*
- ... suffered for us*
- ... rose from the dead and ascended into heaven*
- ... rose from the dead, ascended into heaven and sends his Holy Spirit*

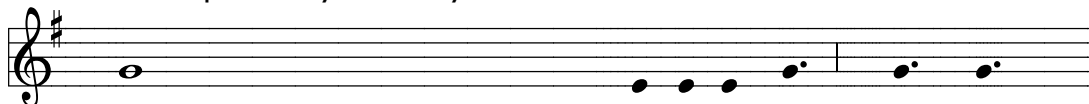
*Sundays, Feasts and Solemnities*



May the Almighty Lord and God, Father, Son and Holy Spirit, bless



and keep us always. May he show us his Face and be merciful to us.



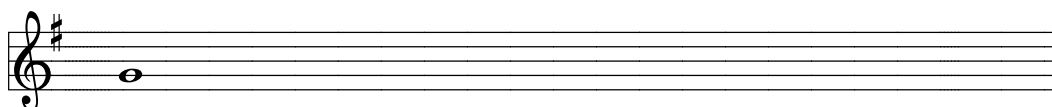
May he turn his countenance to us and give us his peace. **A—men.**



**Let us praise and bless the Lord, for he is good; give thanks**



**to him and serve his will in all humility.**



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



**A—men.**

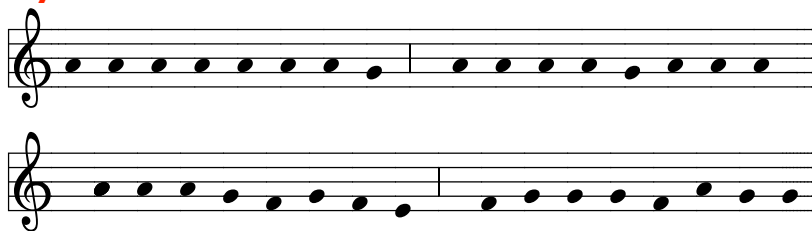


**Ma - ra - na - tha: Come, Lord Je-sus.**



# prime

## Hymn



### Prime

Now that the daylight fills the sky,  
We lift our hearts to God on high,  
That He, in all we do or say,  
Would keep us free from harm today.

May He restrain our tongues from strife,  
And shield from anger's din our life,  
And guard with watchful care our eyes  
From earth's absorbing vanities.

O may our inmost hearts be pure,  
From thoughts of folly kept secure,  
And pride of sinful flesh subdued  
Through sparing use of daily food.

So we, when this day's work is o'er,  
And shades of night return once more,  
Our path of trial safely trod,  
Shall give the glory to our God.

### Ordinary Time

Most blessed Trinity of love,  
For whom each human heart was made,  
To you be praise in timeless song,  
And everlasting homage paid.

### Ordinary Time - Saints

O Father, Son and Spirit blest,  
May we keep faith til time shall cease;  
Grant us a place among your saints,  
the poor who served the Prince of Peace.

### Advent

To you, O Christ, all glory be,  
Whose advent sets your people free;  
Whom with the Father we adore,  
And Holy Spirit, evermore.

### Christmas

Most holy, moth'ring, fathering God,  
be praised in Christ, your heart's delight:  
come now in new nativity  
and bring to us your joy this day.

### Epiphany

O God whose gifts are manifest  
in ways beyond imagining:  
O Abba, Word and Spirit-breath,  
with joy your endless love we sing.

### Lent

O Abba, food of those who fast,  
O Christ in whom the least are known,  
earth's rising sap, O Spirit-spring:  
come raise to life what you have sown.

### Passiontide and the Triduum

Be with us on our journey Lord,  
throughout these holy, paschal days;  
And lead us to the feast of light,  
to sing bright Easter's joyous praise.

### Easter

All praise be yours, O risen Lord,  
From death to endless life restored;  
Whom with the Father we adore,  
And Holy Spirit, evermore.

### Ascension Day

All praise from every heart and tongue  
To you, ascended Lord be sung;  
Whom with the Father we adore,  
And Holy Spirit, evermore.

### Day after Ascension to Pentecost

To God the Father, God the Son,  
And God the Spirit praise be done;  
May Christ the Lord upon us pour,  
The Spirit's gift for evermore.

Antiphon: Eastertime (and Sundays if all Hours are prayed) to the usual tone:



viii **Alleluia, alleluia, al-le-luia.**

### [SUNDAY] Aleph I

1 They are happy whose life is blame-less,  
who fol-low God's law!

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

3 who never do anything e-vil  
but walk in his ways.

4 You have laid down your pre-cepts  
to be obeyed with care.

5 May my footsteps be firm  
to o-bey your statutes.

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

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

8 I will obey your stat-utes;  
do not forsake me.

### Beth II

9 How shall the young remain sin-less?  
By o-bey-ing your word.

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

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

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

13 With my tongue I have re-coun-ted  
the de-crees of your lips.

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

15 I will ponder all your pre-cepts  
and con-si-der your paths.

16 I take delight in your sta-tutes;  
I will not forget your word.

### Gimmel III

17 Bless your servant and I shall live  
and o-bey your word.

18 Open my eyes that I may see  
the won-ders of your law.

19 I am a pilgrim on the earth;  
show mē your commands.

20 My soul is ever con-sumed  
as I long for your decrees.

21 You threaten the proud, the a-ccursed,  
who turn from your commands.

22 Relieve me from scorn and con-tempt  
for I do your will.

23 Though the princes sit plotting a-gainst me  
I ponder on your statutes.

24 Your will is my de-light;  
your statutes are my counsellors.

### Daleth IV

25 My soul lies in the dust;  
by your word revive me.

26 I declared my ways and you an-swered;  
teach me your statutes.

27 Make me grasp the way of your pre-cepts  
and I will muse on your wonders.

28 My soul pines away with grief;  
by your wōrd raise me up.

29 Keep me from the way of err-or  
and teach me your law.

30 I have chosen the way of truth  
with your de-crees before me.

31 I bind myself to do your will;  
Lord, do not dis-appoint me.

32 I will run the way of your com-mands;  
you give free-dom to my heart.

Glory be to the Father and to the Son:  
and to the Ho-ly Spirit:  
as it was in the beginning, is now and ever shall be:  
world with-out end. Amen

### *After the Martyrology*

And elsewhere many other holy men and women, saints of the Most High God, and people of goodwill.

**Thanks be to God.**

**V/** Precious in the sight of the Lord. (Alleluia).

**R/ Is the death of his Saints. (Alleluia).**

May holy Mary and all the saints pray for us to the Lord, that we may obtain from Him, help and salvation, who lives and reigns for ever and ever. **Amen.**

May the divine assistance remain with us always and with our loved ones everywhere. **Amen.**

May the souls of the departed rest in peace. **Amen.**

### **Little Hours on Sundays, Feasts, Solemnities and Rest Days**

*When four Hours are prayed the psalms are used as below, if one Hour is prayed the week of the Psalter determines the series of Psalms:*

#### **Prime / Week 1**

*Complementary Psalms Series 4 (below)*

#### **Terce / Week 2**

*Complementary Psalms Series 1*

#### **Sext / Week 3**

*Complementary Psalms Series 2*

#### **None / Week 4**

*Complementary Psalms Series 3*

### **Complementary Psalms - Series 4**

Psalm 128 (129)

The people renew their confidence  
in the Lord after a time of affliction

*The Church tells of the suffering it endures. (St Augustine)*

1 "They have pressed me hard from my youth,"  
this is Israel's song.

2 "They have pressed me hard from my youth  
but could never destroy me.

3 They ploughed my back like ploughmen,  
drawing long furrows.

4 But the Lord who is just, has destroyed  
the yoke of the wicked."

5 Let them be shamed and routed,  
those who hate Zion!

6 Let them be like grass on the roof  
that withers before it flowers.

7 With that no reaper fills his arms, no binder makes his sheaves

8 and those passing by will not say:

"On you the Lord's blessing!"

"We bless you in the name of the Lord."

Psalm 130 (131)

Childlike confidence in the Lord

*Learn from me, for I am gentle and humble in heart. (Mt 11:29)*

1 O Lord, my heart is not proud  
nor haughty my eyes.

I have not gone after things too great  
nor marvels beyond me.

2 Truly I have set my soul  
in silence and peace.

A weaned child on its mother's breast,  
even so is my soul.

3 O Israel, hope in the Lord  
both now and forever.

Psalm 132 (133)

The joy of brotherly unity.

*Let us love one another since love comes from God. (1 Jn 4:7)*

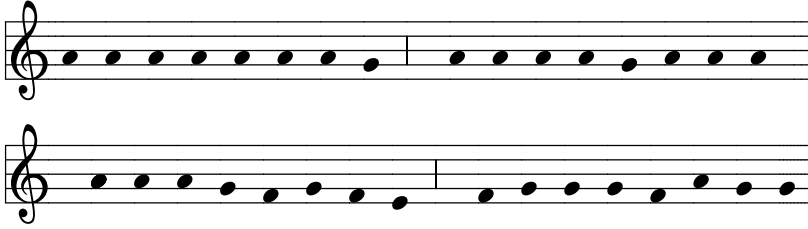
1 How good and how pleasant it is,  
when brothers live in unity!

2 It is like precious oil upon the head  
running down upon the beard,  
running down upon Aaron's beard,  
upon the collar of his robes.

3 It is like the dew of Hermon which falls  
on the heights of Zion.

For there the Lord gives his blessing,  
life for ever.

## terce



Come, Holy Spirit, live in us,  
With God the Father and the Son,  
And grant us your abundant grace  
To sanctify and make us one.

May mind and tongue, made strong in love,  
Your praise throughout the world proclaim;  
And may that love within our hearts  
Set fire to others with its flame.

*Most blessed Trinity of love,  
For whom each human heart was made,  
To you be praise in timeless song,  
And everlasting homage paid.*

### Ordinary Time - Saints

*O Father, Son and Spirit blest,  
May we keep faith til time shall cease;  
Grant us a place among your saints,  
the poor who served the Prince of Peace.*

### Advent

*To you, O Christ, all glory be,  
Whose advent sets your people free;  
Whom with the Father we adore,  
And Holy Spirit, evermore.*

### Christmas

*Most holy, moth'ring, fathering God,  
be praised in Christ, your heart's delight:  
come now in new nativity  
and bring to us your joy this day.*

### Epiphany

*O God whose gifts are manifest  
in ways beyond imagining:  
O Abba, Word and Spirit-breath,  
with joy your endless love we sing.*

### Lent

*O Abba, food of those who fast,  
O Christ in whom the least are known,  
earth's rising sap, O Spirit-spring:  
come raise to life what you have sown.*

### Passiontide and the Triduum

*Be with us on our journey Lord,  
throughout these holy, paschal days;  
And lead us to the feast of light,  
to sing bright Easter's joyous praise.*

### Easter

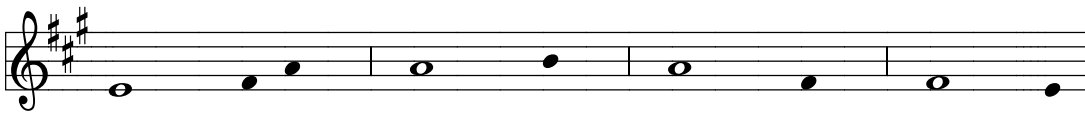
*All praise be yours, O risen Lord,  
From death to endless life restored;  
Whom with the Father we adore,  
And Holy Spirit, evermore.*

### Ascension Day

*All praise from every heart and tongue  
To you, ascended Lord be sung;  
Whom with the Father we adore,  
And Holy Spirit, evermore.*

### Day after Ascension to Pentecost

*To God the Father, God the Son,  
And God the Spirit praise be done;  
May Christ the Lord upon us pour,  
The Spirit's gift for evermore.*



**Advent** The prophets foretold / that the Saviour would be born / of the Virgin Mary.

**Christmas I (Before Epiphany)** Joseph and Mary, / the mother of Jesus, / wondered at what was being said / about him.

**Christmas II (After Epiphany)** The mystery, / which was hidden / from earlier ages and generations, / is now made clear.

**Lent** This is the time / of repentance / for us to atone for our sins / and seek salvation.

**Holy Week (Monday to Thursday)** Before the feast of the Passover / Jesus knew that his hour had come. / He had always loved those who were his, / and now he showed the full extent of his love.

**Easter Week** Christ has risen from the dead; / he is no longer / subject to death, / alleluia.

**Ordinary** Tongues of fire appeared / and rested on each of them, / they were filled with the Holy Spirit. / It was the third hour in the morning.

*Antiphon for Eastertime*

*Tone on all days:*



*viii* **Alleluia, alleluia, al-le-luia.**

**[MONDAY] He V**

33 Teach me the demands of your stat-utes  
and I will keep them to the end.

34 Train me to observe your law,  
to keep it with my heart.

35 Guide me in the path of your com-mands;  
for there is my delight.

36 Bend my heart to your will  
and not to love of gain.

37 Keep my eyes from what is false;  
by your wörd, give me life.

38 Keep the promise you have made  
to the ser-vant who fears you.

39 Keep me from the scorn I dread,  
for your decrees are good.

40 See, I long for your pre-cepts;  
then in your just-ice, give me life.

**Vau VI**

41 Lord, let your love come up-on me,  
the saving help of your promise.

42 And I shall answer those who taunt me  
for I trust in your word.

43 Do not take the word of truth from my mouth  
for I trust in your decrees.

44 I shall always keep your law  
for e-ver and ever.

45 I shall walk in the path of free-dom  
for I seek your precepts.

46 I will speak of your will before kings  
and nöt be abashed.

47 Your commands have been my de-light;  
these I have loved.

48 I will worship your commands and love them  
and pon-der your statutes.

Glory be to the Father and to the Son:  
and to the Ho-ly Spirit:

as it was in the beginning, is now and ever shall be:  
world with-out end. Amen

**Zayin VII**

49 Remember your word to your ser-vant  
by which you gave me hope.

50 This is my comfort in sor-row:  
that your prom-ise gives me life.

51 Though the proud may utterly de-ride me  
I keep to your law.

52 I remember your decrees of old  
and these, Lord, console me.

53 I am seized with indignation at the wick-ed  
who for-sake your law.

54 Your statutes have become my song  
in the länd of ex-ile.

55 I think of your name in the night-time  
and I keep your law.

56 This has been my bless-ing,  
the keeping of your precepts.

### [TUESDAY] Heth VIII

57 My part, I have resolved, O Lord,  
is to o-bey your word.

58 With all my heart I implore your fav-our;  
show the mercy of your promise.

59 I have pondered over my ways  
and re-turned to your will.

60 I made haste and did not de-lay  
to o-bey your commands.

61 Though the nets of the wicked en-snared me  
I re-mem-bered your law.

62 At midnight I will rise and thank you  
for yöur just decrees.

63 I am a friend of all who re-vere you,  
who o-bey your precepts.

64 Lord, your love fills the earth.  
Teach me your stat-utes.

Glory be to the Father and to the Son:  
and to the Ho-ly Spirit:  
as it was in the beginning, is now and ever shall be:  
world with-out end. Amen

### Teth IX

65 Lord, you have been good to your ser-vant  
acc-or-ding to your word.

66 Teach me discernment and know-ledge  
for I trust in your commands.

67 Before I was afflicted I strayed  
but now I keep your word.

68 You are good and your deeds are good;  
teach me your stat-utes.

69 Though proud men smear me with lies  
yet I keep your precepts.

70 Their minds are closed to good  
but your law is my delight.

71 It was good for me to be af-flic-ted,  
to learn your statutes.

72 The law from your mouth means more to me  
than sil-ver and gold.

### Yod X

73 It was your hands that made me and shaped me:  
help me to learn your commands.

74 Your faithful will see me and re-joice  
for I trust in your word.

75 Lord, I know that your decrees are right,  
that you afflic-ted me justly.

76 Let your love be ready to con-sole me  
by your promise to your servant.

77 Let your love come and I shall live  
for your law is my delight.

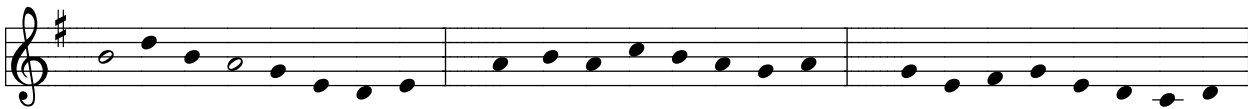
78 Shame the proud who harm me with lies  
while I pon-der your precepts.

79 Let your faithful turn to me,  
those who know your will.

80 Let my heart be blameless in your stat-utes  
lest I be ashamed.

Glory be to the Father and to the Son:  
and to the Ho-ly Spirit:  
as it was in the beginning, is now and ever shall be:  
world with-out end. Amen

Feasts



O blessed Lord, creator God,  
In you all things are rendered pure,  
By you are strengthened to endure.

O blessed majesty of God,  
Containing all that you have filled;  
All things are done as you have willed.

O blessed holy hand of God,  
All things are sanctified by you;  
Adorned, enriched you make them new.

O blessed, holy Trinity,  
Serene and certain in your ways;  
You are the light of endless days.

Solemnities

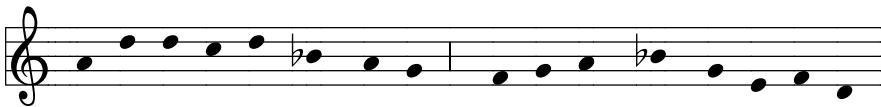


Into the silence of our hearts,  
With Father and with Son,  
in answer to our constant prayer,  
O Holy Spirit, come.

Then every thought and  
word of ours  
With wonder will inspire,  
And all will find in us that love  
Which you alone may fire.

Most holy Father, grant our prayer  
Through Christ your only Son,  
That in your Spirit we may live  
And praise you ever One.

Saturdays in Ordinary Time



When all the world before him lay,  
God rested on the seventh day;  
his holy voice proclaimed it blest  
and named it for the Sabbath rest.

His servants while on earth we dwell  
have our six days to labour well,  
to conquer evil, seek the blest,  
until we reach our Sabbath rest.

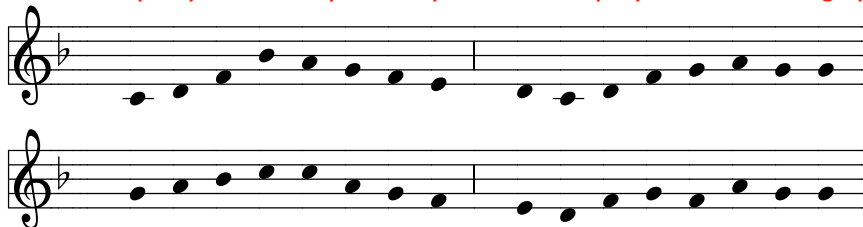
And he who death by death subdued  
and on the Cross our life renewed,  
on Saturday his Sabbath kept,  
as in the heart of earth he slept.

Then that great Sunday shall ensue  
when heav'n and earth are made anew;  
our lives from sin will then be free  
and all on earth our joy shall see.

Most blessed Trinity of love,  
for whom the human heart was made,  
to you be praise in ceaseless song  
on this our Sabbath blessed day.



*On ordinary days when only one daytime hour is prayed the following hymn may be used:*

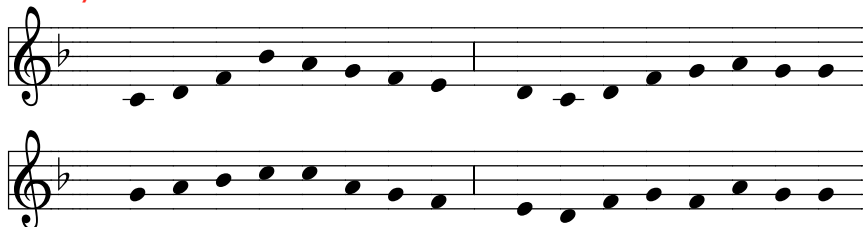


Lord God and Maker of all things,  
Creation is upheld by you.  
While all must change and know decay,  
You are unchanging, always new.

You are our solace and our shield,  
Our rock secure on which we build,  
You are the spirit's tranquil home,  
In you alone is hope fulfilled.

To God the Father and the Son  
And Holy Spirit render praise,  
Blest Trinity, from age to age  
The strength of all our living days.

*Sundays*

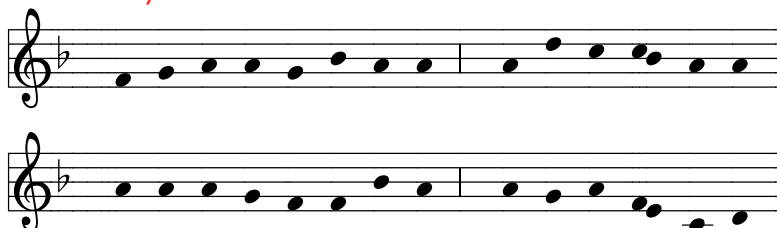


To God the Father, thanks and praise  
For this, the first and dawn of days;  
the day when he, creation's spring,  
Did light and life from chaos bring.

The day on which his well-loved Son  
O'er death and hell the triumph won;  
The day on which their Spirit came,  
their gift to all, in wind and flame.

To God our Father, through his Son,  
And in the Spirit, with them one,  
We, new created on this day,  
New songs of love and glory pay.

*Advent Daily*

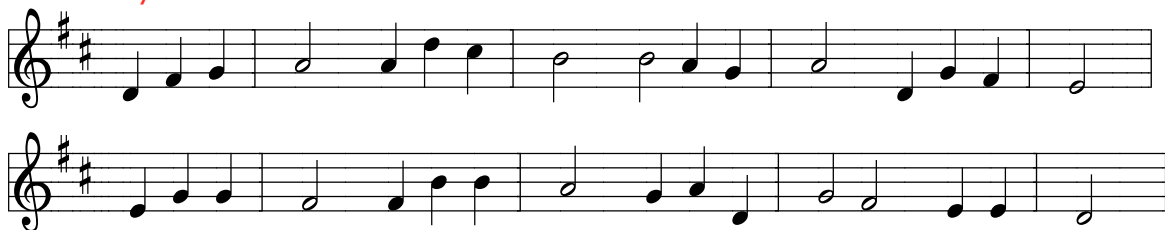


Light bearing Christ, come down to us,  
And light in darkness sow;  
Come down and save our fallen world  
Whose sinful ways we know.

Prepare us for your light and truth,  
Who watch and wait for you;  
Restore our once lost dignity;  
Come, Lord, and make us new.

Almighty Father, speak the word  
Your peoples long to hear,  
And with your Spirit dwell with us:  
Lord God of love, draw near.

## Easter Daily



O Tree of Life, by running stream,  
Your roots sink deep in ancient dream  
Of life reborn from death's dark flood  
turned crystal clear by paschal blood.

O Tree of Life, we hunger still,  
For fruit that grows on that far hill.  
we seek the One who rose alone  
From throne of wood to glory's Throne.

O Tree of Life, we bow in praise  
Before the One to glory raised  
In love to reign in majesty  
Through your bright wood, O living Tree!

## Alternative Antiphons

**A**



Ev'ning, morning and at noon I will cry to you.

**B**

*When Psalm 118 is prayed:*



Lead me, O Lord, in the path of your commandments.

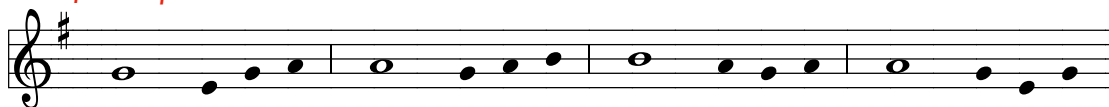
**C**

*Easter and Sundays in Ordinary Time (I)*



Al—le—lu—ia, al—le—lu—ia, al—le—lu—ia.

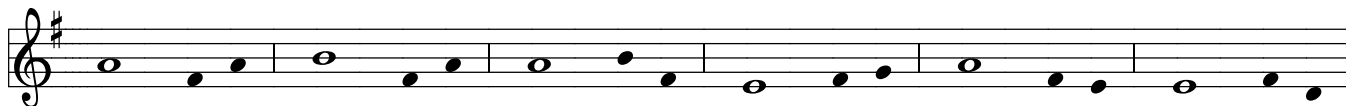
*Tone for antiphons A - C*



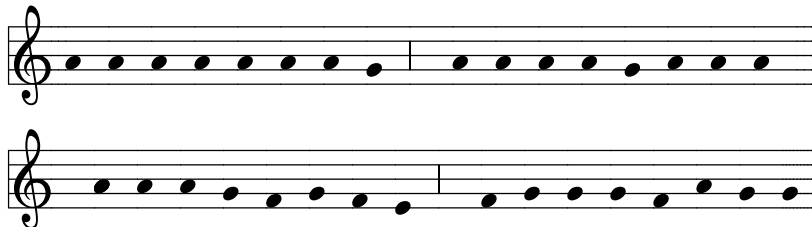
**D** *Easter and Sundays in Ordinary Time (II)*



v Al—le—lu—ia, al—le—lu—ia, al—le—lu—ia.



## Ordinary Hymn



O God of truth and Lord of power,  
With order shaping time and change,  
Whose splendour shines in morning light,  
Whose glory burns in midday fire.

Extinguish every flame of strife  
And banish all our false desire,  
Grant health of body and of mind,  
Create in us true peace of heart.

*Most blessed Trinity of love,  
For whom each human heart was made,  
To you be praise in timeless song,  
And everlasting homage paid.*

### Ordinary Time - Saints

O Father, Son and Spirit blest,  
May we keep faith til time shall cease;  
Grant us a place among your saints,  
the poor who served the Prince of Peace.

### Lent

O Abba, food of those who fast,  
O Christ in whom the least are known,  
earth's rising sap, O Spirit-spring:  
come raise to life what you have sown.

### Advent

To you, O Christ, all glory be,  
Whose advent sets your people free;  
Whom with the Father we adore,  
And Holy Spirit, evermore.

### Passiontide and the Triduum

Be with us on our journey Lord,  
throughout these holy, paschal days;  
And lead us to the feast of light,  
to sing bright Easter's joyous praise.

### Christmas

Most holy, moth'ring, fathering God,  
be praised in Christ, your heart's delight:  
come now in new nativity  
and bring to us your joy this day.

### Easter

All praise be yours, O risen Lord,  
From death to endless life restored;  
Whom with the Father we adore,  
And Holy Spirit, evermore.

### Epiphany

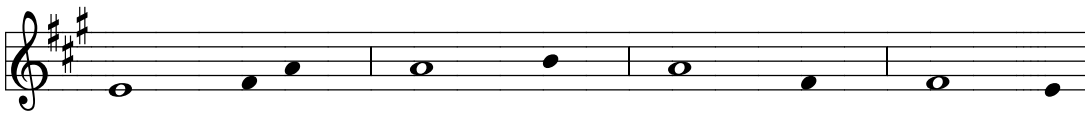
O God whose gifts are manifest  
in ways beyond imagining:  
O Abba, Word and Spirit-breath,  
with joy your endless love we sing.

### Ascension Day

All praise from every heart and tongue  
To you, ascended Lord be sung;  
Whom with the Father we adore,  
And Holy Spirit, evermore.

### Day after Ascension to Pentecost

To God the Father, God the Son,  
And God the Spirit praise be done;  
May Christ the Lord upon us pour,  
The Spirit's gift for evermore.



**Advent** The angel Gabriel said to Mary, / 'Rejoice, most high favoured one! / The Lord is with you. / Of all women you are the most blessed.

**Christmas I (Before Epiphany)** Mary treasured / all these things / and pondered them / in her heart.

**Christmas II (After Epiphany)** Christ came and preached peace / to you who were far off, / and peace to you / who were near.

**Lent** As I live, says the Lord, / I do not wish the sinner to die / but to turn back to me / and live.

**Holy Week (Monday to Thursday)** The Father knows me / and I know the Father; / and I lay down my life / for my sheep.

**Easter Week** He was put to death / for our sins / and raised to life to justify us, / alleluia.

**Ordinary** As they were on their journey / they drew near the city / Peter went up on the housetop to pray / it was about the sixth hour.

*Antiphon for Eastertime*

*Tone on all days:*



*viii* **Alleluia, alleluia, al-le-luia.**

**[WEDNESDAY] Caph XI**

81 I yearn for your saving help;

I hope in your word.

82 My eyes yearn to see your prom-ise.

When will you console me?

83 Though parched and exhausted with wait-ing

I remem-ber your statutes.

84 How long must your servant suff-er?

When will you judge my foes?

85 For me the proud have dug pit-falls,

a-gainst your law.

86 Your commands are all true; then help me

when lies oppress me.

87 They almost made an end of me on earth,

but I kept your precepts.

88 Because of your love give me life

and I will do your will.

**Lamed XII**

89 Your word, O Lord, for ev-er

stands firm in the heavens:

90 your truth lasts from age to age,

like the earth you created.

91 By your decree it endures to this day;

for all things serve you.

92 Had your law not been my de-light

I would have died in my affliction.

93 I will never forget your pre-cepts  
for with them you give me life.

94 Save me, for I am yours  
since I seek your precepts.

95 Though the wicked lie in wait to des-trou me  
yet I pon-der your will.

96 I have seen that all perfection has an end  
but your com-mand is boundless.

Glory be to the Father and to the Son:

and to the Ho-ly Spirit:

as it was in the beginning, is now and ever shall be:  
world with-out end. Amen

**Mem XIII**

97 Lord, how I love your law!

It is ever in my mind.

98 Your command makes me wiser than my foes;  
for it is mine for ever.

99 I have more insight than all who teach me  
for I pon-der your will.

100 I have more understanding than the old  
for I keep your precepts.

101 I turn my feet from evil paths  
to o-bey your word.

102 I have not turned from your de-crees;  
you your-self have taught me.

103 Your promise is sweeter to my taste  
than ho-ney in the mouth.  
104 I gain understanding from your pre-cepts  
and so I hate false ways.

#### [THURSDAY] Nun XIV

105 Your word is a lamp for my steps  
and a light for my path.  
106 I have sworn and have made up my mind  
to o-bey your decrees.

107 Lord, I am deeply a-fflic-ted;  
by your word give me life.  
108 Accept, Lord, the homage of my lips  
and teach me your decrees.

109 Though I carry my life in my hands,  
I re-mem-ber your law.  
110 Though the wicked try to en-snare me,  
I do not stray from your precepts.

111 Your will is my heritage for e-ver,  
the joy of my heart.  
112 I set myself to carry out your stat-utes  
in full-ness, for ever.

Glory be to the Father and to the Son:  
and to the Ho-ly Spirit:  
as it was in the beginning, is now and ever shall be:  
world with-out end. Amen

#### Samech XV

113 I have no love for half-hearted men;  
my love is for your law.  
114 You are my shelter, my shield;  
I hope in your word.

115 Leave me, you who do e-vil;  
I will keep God's command.

116 If you uphold me by your promise I shall live;  
let my hopes not be in vain.

117 Sustain me and I shall be saved  
and ever ob-serve your statutes.  
118 You spurn all who swerve from your stat-utes;  
their cunn-ing is in vain.

119 You throw away the wicked like dross;  
so I love your will.  
120 I tremble before you in terr-or;  
I fear your decrees.

#### Ayin XVI

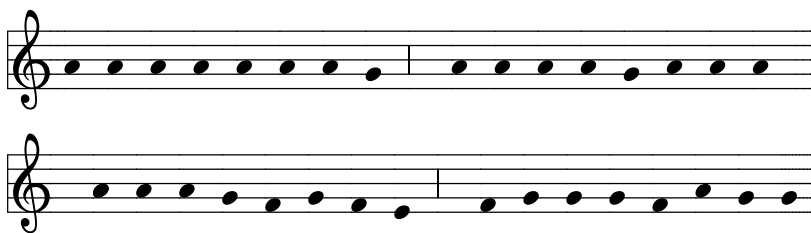
121 I have done what is right and just:  
let me not be oppressed.  
122 Vouch for the welfare of your ser-vant  
lest the proud oppress me.

123 My eyes yearn for your saving help  
and the promise of your justice.  
124 Treat your servant with love  
and teach me your statutes.

125 I am your servant, give me know-ledge;  
then I shall know your will.  
126 It is time for the Lord to act  
for your law has been broken.

127 That is why I love your comm-ands  
more than finest gold,  
128 why I rule my life by your pre-cepts,  
and hate false ways.

Glory be to the Father and to the Son:  
and to the Ho-ly Spirit:  
as it was in the beginning, is now and ever shall be:  
world with-out end. Amen



O God creation's secret force,  
 Yourself unmoved, all motion's source,  
 Who from the morn til evening ray  
 Through all its changes guide the day.

Grant us, when this short life is past,  
 The glorious evening that shall last;  
 That, by a holy death attained,  
 Eternal glory may be gained.

*Most blessed Trinity of love,  
 For whom each human heart was made,  
 To you be praise in timeless song,  
 And everlasting homage paid.*

### Ordinary Time - Saints

O Father, Son and Spirit blest,  
 May we keep faith til time shall cease;  
 Grant us a place among your saints,  
 the poor who served the Prince of Peace.

### Lent

O Abba, food of those who fast,  
 O Christ in whom the least are known,  
 earth's rising sap, O Spirit-spring:  
 come raise to life what you have sown.

### Advent

To you, O Christ, all glory be,  
 Whose advent sets your people free;  
 Whom with the Father we adore,  
 And Holy Spirit, evermore.

### Passiontide and the Triduum

Be with us on our journey Lord,  
 throughout these holy, paschal days;  
 And lead us to the feast of light,  
 to sing bright Easter's joyous praise.

### Christmas

Most holy, moth'ring, fathering God,  
 be praised in Christ, your heart's delight:  
 come now in new nativity  
 and bring to us your joy this day.

### Easter

All praise be yours, O risen Lord,  
 From death to endless life restored;  
 Whom with the Father we adore,  
 And Holy Spirit, evermore.

### Epiphany

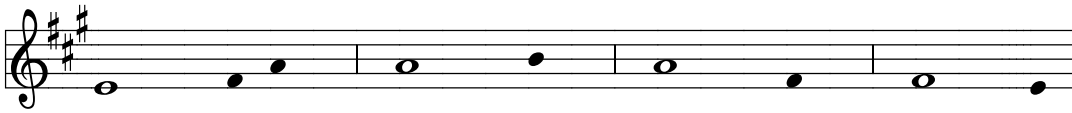
O God whose gifts are manifest  
 in ways beyond imagining:  
 O Abba, Word and Spirit-breath,  
 with joy your endless love we sing.

### Ascension Day

All praise from every heart and tongue  
 To you, ascended Lord be sung;  
 Whom with the Father we adore,  
 And Holy Spirit, evermore.

### Day after Ascension to Pentecost

To God the Father, God the Son,  
 And God the Spirit praise be done;  
 May Christ the Lord upon us pour,  
 The Spirit's gift for evermore.



**Advent** Mary was greatly troubled at this greeting / and wondered what it might mean. / She said 'I am to give birth to a King / without ceasing to be a virgin.'

**Christmas I (Before Epiphany)** My eyes have seen / the salvation / which you prepared / in the presence of all the peoples.

**Christmas II (After Epiphany)** I have appointed you / to be a light to all peoples, / to be my saving power / to the very ends of the earth.

**Lent** Armed with the justice / which is the power of God, / let us prove ourselves / with great patience.

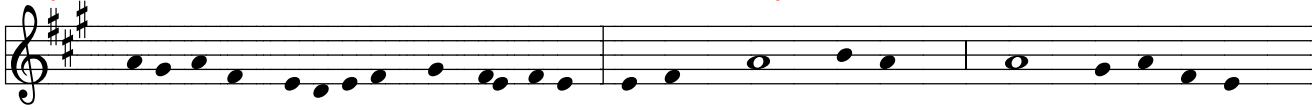
**Holy Week (Monday to Thursday)** To me life is Christ, / and death gain. / I will glory in the cross / of my Lord Jesus Christ.

**Easter Week** Since you have been raised / to life with Christ, / you must look for the things of heaven, / alleluia.

**Ordinary** About the ninth hour / keeping the hour of prayer / Cornelius saw in a vision / an angel of God.

*Antiphon for Eastertime*

*Tone on all days:*



viii **Alleluia, alleluia, al-le-luia.**

**[FRIDAY] Pe XVII**

129 Your will is wonderful in-deed;  
therefore I obey it.

130 The unfolding of your word gives light  
and tea-ches the simple.

131 I open my mouth and I sigh  
as I yearn for your commands.

132 Turn and show me your mer-cy;  
show just-ice to your friends.

133 Let my steps be guided by your prom-ise;  
let no e-vil rule me.

134 Redeem me from man's opp-ress-ion  
and I will keep your precepts.

135 Let your face shine on your ser-vant  
and teach me your decrees.

136 Tears stream from my eyes  
because your law is disobeyed.

**Sade XVIII**

137 Lord, you are just in-deed;  
your de-crees are right.

138 You have imposed your will with jus-tice  
and with ab-solute truth.

139 I am carried away by ang-er  
for my foes forget your word.

140 Your promise is tried in the fire,  
the delight of your servant.

141 Although I am weak and des-pised,  
I remem-ber your precepts.

142 Your justice is eternal just-ice  
and your law is truth.

143 Though anguish and distress have seized me,  
I de-light in your commands.

144 The justice of your will is e-ter-nal;  
if you teach me I shall live.

Glory be to the Father and to the Son:  
and to the Ho-ly Spirit:  
as it was in the beginning, is now and ever shall be:  
world with-out end. Amen

**Koph XIX**

145 I call with all my heart; Lord, hear me,  
I will keep your statutes.

146 I call upon you, save me  
and I will do your will.

147 I rise before dawn and cry for help,  
I hope in your word.

148 My eyes watch through the night  
to pon-der your promise.

149 In your love hear my voice, O Lord;  
give me life by your decrees.  
150 Those who harm me unjustly draw near;  
they are far from your law.

151 But you, O Lord, are close,  
your cömm-ands are truth.  
152 Long have I known that your will  
is est-ab-lished for e-ver.

### [SATURDAY] Resh XX

153 See my affliction and save me  
for I re-mem-ber your law.  
154 Uphold my cause and de-fend me;  
by your prom-ise, give me life.

155 Salvation is far from the wick-ed  
who are heedless of your statutes.  
156 Numberless, Lord, are your mer-cies;  
with your dec-rees give me life.

157 Though my foes and oppressors are count-less  
I have not swerved from your will.  
158 I look at the faithless with dis-gust;  
they ig-nore your promise.

159 See how I love your pre-cepts;  
in your me-rcy give me life.  
160 Your word is founded on truth,  
your decrees are eternal.

Glory be to the Father and to the Son:  
and to the Ho-ly Spirit:  
as it was in the beginning, is now and ever shall be:  
world with-out end. Amen

### Shin XXI

161 Though princes oppress me without cause  
I stand in awe of your word.  
162 I take delight in your prom-ise  
like one who finds a treasure.

163 Lies I hate and de-test  
but your law is my love.  
164 Seven times a day I praise you  
for yöur just decrees.

165 The lovers of your law have great peace;  
they nev-er stumble.  
166 I await your saving help,  
O Lord, I fulfil your commands.

167 My soul obeys your will  
and löves it dearly.  
168 I obey your precepts and your will;  
all that I do is before you.

### Tau XXII

169 Lord, let my cry come be-fore you:  
teach me by your word.  
170 Let my pleading come be-fore you:  
save me by your promise.

171 Let my lips proclaim your praise  
because you teach me your statutes.  
172 Let my tongue sing your prom-ise  
for your commands are just.

173 Let your hand be ready to help me,  
since I have cho-sen your precepts.  
174 Lord, I long for your saving help  
and your law is my delight.

175 Give life to my soul that I may praise you.  
Let your decrees give me help.  
176 I am lost like a sheep; seek your ser-vant  
for I re-mem-ber your commands.

Glory be to the Father and to the Son:  
and to the Ho-ly Spirit:  
as it was in the beginning, is now and ever shall be:  
world with-out end. Amen



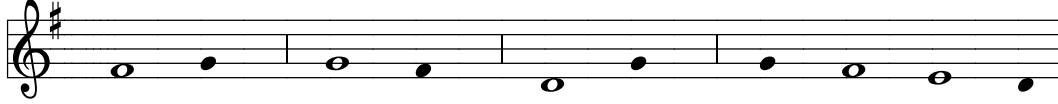
# vespers

A Lucernarium with light and incense may be used on any day in either the short or long form.

The short form (all stanzas) may be used to replace the usual opening verses on any day.

The long form (first and final stanza of this chant) continues with the Phos Hilaron and Incense psalm in full.

## Ordinary Days



O God, come to our aid!  
O Lord make haste to help us!  
We have called to you, Lord, make speed to save us,  
Hear our voice when we cry to you.

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 those who are sinners.

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.

O radiant light, O holy glory,  
of God the Father's deathless face,  
heav'nly, holy blessed Jesus Christ  
lighting the vesper lamps we sing your praise.

Give praise to the Father al-mighty.  
to His Son, Jesus Christ the Lord,  
to the Spirit who dwells in our hearts,  
both now and for ever. A-men.

## For Sundays, Solemnities and Feasts



O God, come to our aid!  
O Lord make haste to help us!  
We have called to you, Lord, make speed to save us,  
Hear our voice when we cry to you.

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 even-ing oblation.

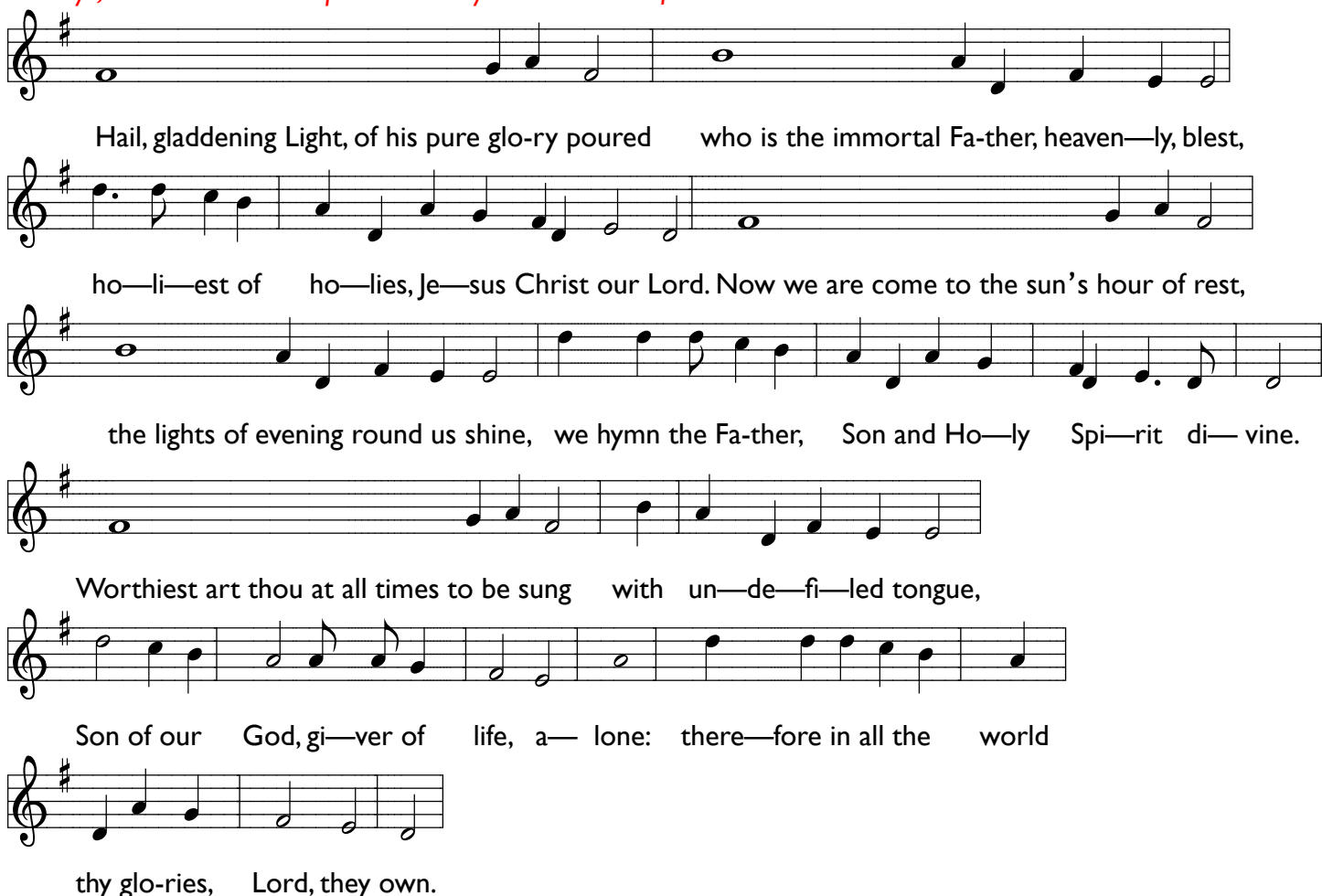
Set, O Lord, a guard o-ver my mouth;  
keep watch, O Lord, at the door of my lips!  
Do not turn my heart to things that are wrong,  
to evil deeds with those who are sinners.

To you, Lord God, my eyes are turned:  
in you I take refuge; sparae my soul!  
From the trap they have laid for me keep me safe:  
keep me from the snares of those who do evil.

O radiant light, O ho-ly glory,  
of God the Father's death-less face,  
heav'nly, holy blessed Je-sus Christ  
lighting the vesper lamps we sing your praise.

Give praise to the Fa-ther al-mighty.  
to His Son, Jesus Christ the Lord,  
to the Spirit who dwells in our hearts,  
both now and for e-ver. Amen.

*Sundays, Solemnities First Vespers and Daily in the Octave of Christmas*



Hail, gladdening Light, of his pure glo-ry poured who is the immortal Fa-ther, heaven—ly, blest,  
ho—li—est of ho—lies, Je—sus Christ our Lord. Now we are come to the sun's hour of rest,  
the lights of evening round us shine, we hymn the Fa-ther, Son and Ho—ly Spi—rit di— vine.  
Worthiest art thou at all times to be sung with un—de—fi—led tongue,  
Son of our God, gi—ver of life, a— lone: there—fore in all the world  
thy glo-ries, Lord, they own.

*Sundays and Solemnities Second Vespers and Daily in the Octave of Easter*

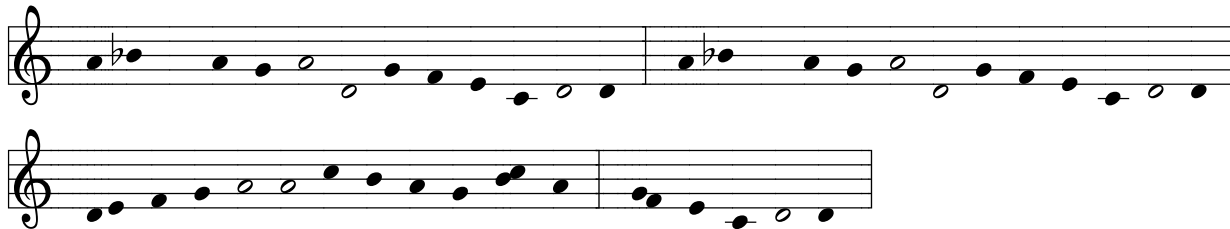


O gladsome light, O grace  
Of God the Father's face,  
The eternal splendour wearing;  
Celestial, holy, blest,  
Our Saviour Jesus Christ,  
Joyful in thine appearing.

Now, ere day fadeth quite,  
We see the evening light,  
Our wonted hymn outpouring;  
Father of might unknown,  
Thee, his incarnate Son,  
And Holy Spirit adoring.

To thee of right belongs  
All praise of holy songs,  
O Son of God, life-giver;  
Thee therefore, O Most High,  
The world doth glorify  
And shall exalt for ever.

*Advent*



Joyful the light of God the Father's glory  
 Shining forever through the life of Jesus,  
 Scatt'ring earth's darkness with the heavenly splendour  
 Of realms eternal.

Now with the fading light of sunset round us,  
 Shade after shade of gathering darkness deepening  
 We sing to Father, Son and Holy Spirit  
 Psalms of the evening.

Ground of our be-ing, Source of life eternal,  
 Light of our darkness, joy of earth and heaven,  
 To you alone belong the thankful praises  
 Of all creation.

*Epiphany to Ash Wednesday.*

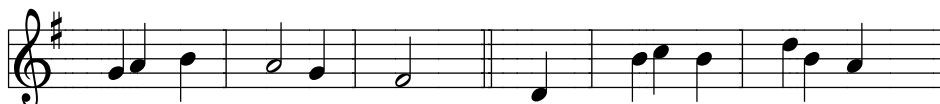


O gladsome light, Lord Jesus Christ,  
 In you the Father's glory shone.  
 Immortal, holy, blest is he,  
 And blest are you, his holy Son.

Worthy are you of endless praise  
 O Son of God, life giving Lord,  
 Wherefore you are, through all the earth  
 And in the highest heaven adored.

Now sunset comes but light shines forth,  
 The lamps are lit to pierce the night.  
 Praise Father, Son and Spirit, God  
 Who dwells in the eternal light.

*Lent*



Light of the world, in grace and beauty,  
 Mirror of God's eternal face,  
 Transparent flame of love's free duty,  
 You bring salvation to our race.

Now, as we see the lights of evening,  
 We raise our voice in hymns of praise;  
 Worthy are you of endless blessing,  
 Sun of our night, lamp of our days.

*Easter time*



O Ra-diant Light, O ho-ly Glory of God the immortal bless-ed Fa-ther in



heav-en. O Christ Je—sus! Now as the sun-set comes up-on us and we see



the ev'-ning lights, we praise God, Fa-ther, Son and Ho-ly Spi - rit! It is right at

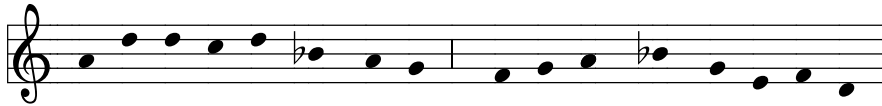


all times to sing your praise with all the universe, O Son of God: you are the



life of the world!

*Ordinary Time Weekdays*



O Light of gladness, Sun divine,  
Of God the Father's deathless face,  
O image of the Light sublime,  
That fills the heav'nly dwelling place.

O Son of God, the Source of Life,  
Praise is your due by night and day.  
Our happy lips must raise the strain  
Of your esteemed and holy name.

Lord Jesus Christ, as daylight fades,  
As shine the lights of eventide,  
We praise the Father with the Son,  
The Spirit blest and with them one.

## Incense Psalm

### A - Ordinary Time

i May my prayer come before you Lord, rising up like the incense, and my hands  
as the ev'ning sacrifice.

*For shorter form omit the sections in italics*

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.

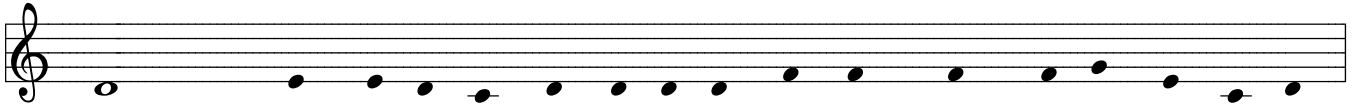
*[Never allow me to share in their feasting.  
If a just man strikes or reproves me it is kindness  
but let the oil of the wicked not anoint my head.  
Let my prayer be ever against their malice.]*

*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.]*

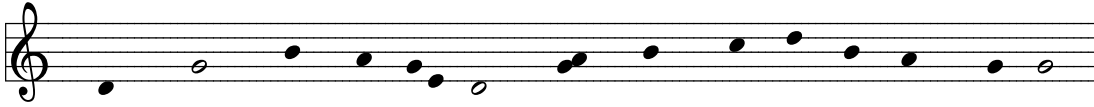
To you, Lord God, my eyes are turned:  
in you I take refuge; spare my soul!  
From the trap they have laid for me keep me safe:  
keep me from the snares of those who do evil.

*[Let the wicked fall into the traps they have set  
while I pursue my way unharmed.]*

## B - Christmas, Epiphany, Easter, Feasts and Solemnities



Let us pray for par - don and for peace and for pro - tec - tion through - out the com - ing night.



**My prayers rise like incense, my hands like an evening off'ring.**



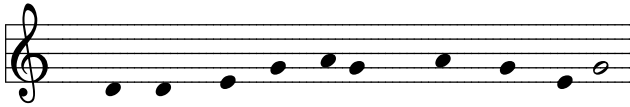
I call to you, Lord, help me now. Listen to me when I call to you. Lord, I say to you, hear me.



*Listen to me, Lord. I am invoking you.*



Lord, place a guard over my mouth, a sentry at the door of my lips, keep my heart from inclining to evil.



Save me from all wicked deeds and desires. *Listen to me ...*



May the righteous reprove me in kindness, but I will not let the wicked anoint my head.



I will always resist their evil deeds. *Listen to me ...*



Lord God, my eyes are turned to you, defend and protect me, in you I take refuge.



Guard me from the traps they have set for me, from the snare of those who do e - vil. *Listen to me ...*

## After the Reading at Lauds and Vespers

### Common tone for the Responsories

Office of Readings



Lauds and Vespers



### Intercessions

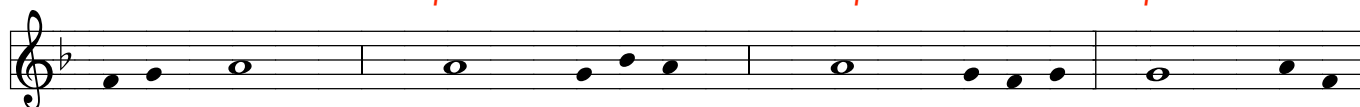
**A**

Introduction

First part

Second part

Response



**B** Dividing the petitions in two



**C**



Ky-ri-e E - le-i-son: **Ky-ri-e E - le-i-son.**

**D**



From our hearts we pray: **Lord, listen to our prayer**

### The Lord's Prayer



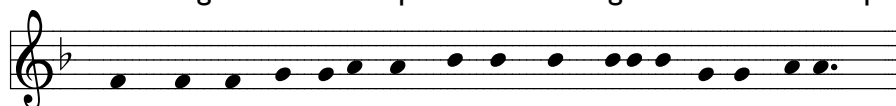
Our Father who art in heaven, hallowed be thy name; thy kingdom come;



thy will be done on earth as it is in heaven. Give us this day our daily bread;



and forgive us our trespasses as we forgive those who trespass against us,



and lead us not into temptation, but deliver us from ev-il.

## Conclusion

### Ordinary



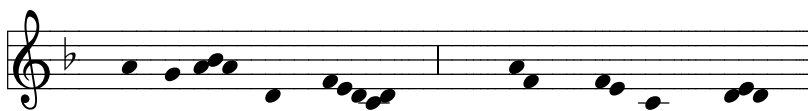
Let us bless the Lord. **Thanks be to God.**

### Sundays / Feasts



Let us bless the Lord. **Thanks be to God.**

### Solemnities

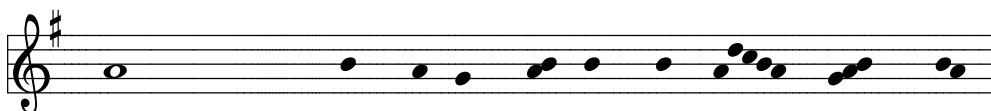


Let us bless the Lord. **Thanks be to God.**

### Easter Octave and day of Pentecost



Let us bless the Lord. Al-le - lu-ia, al - le - lu - ia.



**Thanks be to God. Al-le - lu- ia, al - le - lu - ia.**



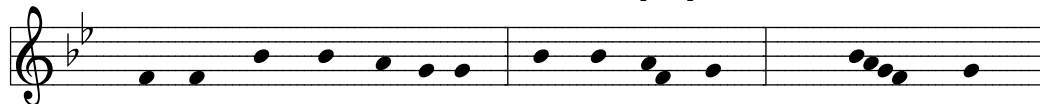
# complīne



○ God, come to our aid. **○ Lord, make haste to help us.**



**Praise the Fa-ther, the Son and Ho-ly Spi-rit; the God who is, who was and is to come**



**at the end of the a-ges. Al-le-lu - ia. *Lent: A - men.***

*A non-Scriptural reading or poem may be read*

Let us acknowledge our sins,  
and so prepare ourselves for sleep. *Silence*

Have mercy on us, ○ Lord. **For we have sinned against you.**  
Show us, ○ Lord, your mercy. **And grant us your salvation.**

May almighty God have mercy on us,  
forgive us our sins, and bring us to everlasting life. **Amen.**

## *Weeks 1 and 3*



In the quiet of the evening,  
Now the work of day is done,  
Turn our thoughts, most loving Father,  
To the work of Christ your Son.

When our ignorance is danger,  
Or we credit worldly lies  
Then, with timely care, you give us  
Christ the truth to make us wise.

In our wandering we have travelled  
Far from you throughout the day;  
Yet forgiving all you send us  
Christ to lead us, Christ the way.

As the light of day is fading,  
Father keep us in your sight;  
Pierce the dark of sin with splendour  
Shining out from Christ the light.

## *Weeks 2 and 4*

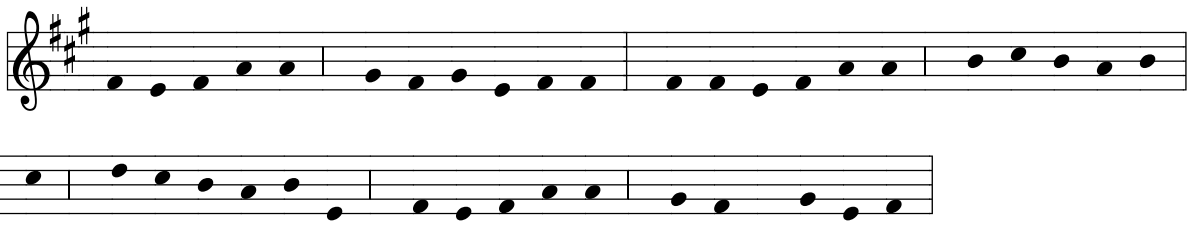


We praise you, Father, for your gifts  
Of dusk and nightfall over earth,  
Foreshadowing the mystery  
Of death that leads to endless day.

Within your hands we rest secure;  
In quiet sleep our strength renew;  
Yet give your people hearts that wake  
In love to you, unsleeping Lord.

Your glory may we ever seek  
In rest, as in activity,  
Until its fullness is revealed,  
○ source of life, ○ Trinity.

Sundays I & II & ET



Stay with us Lord, for day is almost over,  
Come to us in peace and greet us with your word.  
You we have known, your love has sought and found us:  
Speak to us now, our brother and our Lord.

Stay with us Lord, your word like fire within us.  
Shed its searching light on all our despair:  
We had forgotten you, the risen Master,  
Taking our way, you talked with us there.

Stay with us Lord, and ever go before us,  
Soon will your future dawn on us like day;  
Stretch out your hand to hold and lead us always,  
gentle and strong one, Lord of our way.

Feasts & Solemnities



Lord, may your love be with us while we sleep,  
And your strong care our souls and bodies keep.

Lord, may your truth inform our minds always,  
And may your Spirit turn our night to day.

Lord, may your peace be in our hearts held fast,  
Bring us in safety home to you at last.

Antiphon - Eastertime

Tone for all antiphons



viii **Alleluia, alleluia, al-le-luia.**

All other days



**Have me-rcy, Lord, and hear my prayer.**

**Psalm 4**

When I cáll ánsver me, O Gód of jústice;  
from ánguish you reléased me,  
have mércy and héar me!  
O mén, how lóng will your héarts be clósed,  
will you lóve what is fútile and séek what is fálse?

It is the Lórd who grants fávours  
to thóse whom he lóves;  
the Lórd héars me whenéver I cáll him.  
Fear him, do not sín:  
pónder on your béd and be stíll.  
Make jústice your sácrifice, and trúst in the Lórd.

“What can bring us happiness?” mány sáy.  
Lift up the líght of your fáce on ús, O Lórd.  
You have pút into my héart a gréater jóy  
than they have from abúndance of gráin  
and new wíne.

I will líe down in péace  
and sléep comes at ónce,  
for yóu alone, O Lórd,  
make me dwéll in sáfety.



viii **Night holds no terrors for me sleeping under God's wings.**

### **Psalm 90**

He who dwélls in the shélder of the Most Hígh,  
and abídes in the sháde of the Almíghty,  
sáys to the Lórd, “My réfuge,  
my stróngthold, my Gód in whom I trúst!”

Your éyes have óny to lóok  
to sée how the wícked are repáid.  
Yóu who have said “Lórd, my réfuge.”  
And háve máde the Most Hígh your dwélling.

It is hé who will frée you from the snáre  
of the fówler, who séeks to destróy you  
hé will concéal you with his pínions,  
and únder his wíngs you will find réfuge.

Upon yóu no évil shall fáll,  
no plágue appróach where you dwéll.  
For yóu has he commáded his ángels  
to kéeep you in áll your wáys.

You will not féar the térror of the níght,  
nor the árrow that flíes by dáy,  
nor the plágue that prówls in the dárkness,  
nor the scóurge that lays wáste at nóon.

They shall béar you upón their hánds,  
lest you stríke your fóot against a stóne.  
On the líon and the víper you will tréad,  
and trámples the young líon and the drágon.

A thóusand may fáll at your síde,  
ten thóusand fáll at your ríght:  
yóu it will néver appróach.  
His fáithfulness is búckler and shíeld.

Since he clíngs to me in lóve, I will frée him,  
protéct him, for he knóws my náme.  
When he cálls, I will ánsWER, “I am wíth you.”;  
I will sáve hím in dístréss; and gíve him glóry.

With léngth of lífe I will contént him;  
I shall lét him see my sáving pówer.



**In the si - lent hours of the night, bless the Lord.**

### **Psalm 134**

O cóme, bléss the Lórd,  
áll yóu who sérve the Lórd,  
who stánd in the hóuse of the Lórd,  
In the cóurts of the hóuse of our Gód.

Lift up your hánds to the hóly pláce,  
and bléss the Lórd through the níght.  
May the Lórd bléss you from Sión,  
he who máde both héaven and éarth.

### **Reading**

Be sober, be vigilant; because your adversary the devil, as a roaring lion, prowls about, seeking whom he may devour: resist him, steadfast in the faith.

*1 Pet. 5:8-9*

## Responsory



Into your hands, Lord, I commend my spirit. **Into.** You have redeem'd me, Lord God of truth.



**Into ....** Glory be to the Father, and to the Son and to the Ho-ly Spirit. **Into.**

## Responsory for Maundy Thursday



Christ humbled himself for us, and, in obedience, accepted death.

## Responsory for Good Friday



Christ humbled himself for us, and, in obedience, accepted death, even death on a cross.

## Responsory for Holy Saturday



Christ humbled himself for us, and, in obedience, accepted death, even death on a cross.



Therefore God raised him to the heights, and gave him the name which is a - bove all other names.

## In place of the Responsory in the Easter Octave



vi This is the day which was made by the Lord; let us rej-oice and be glad. Al - le - lu - ia.

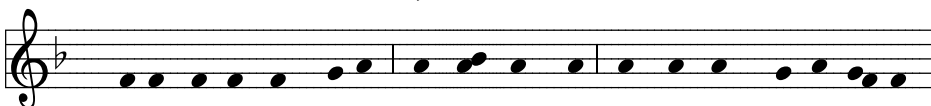
## Eastertime



Into your hands, Lord, I commend my spirit. al - le - lu - ia, al - le - lu - ia. **Repeat**



You have redeem'd us, Lord God of truth. **Alleluia ...**



Glory be to the Father, and to the Son and to the Ho-ly Spi-rit. **Into...**

## Nunc Dimittis



Save us, Lord, while we are awake, protect us while we sleep; that we may keep watch with Christ and



rest with him in peace. *Al - le - lu - ia.*

At last, all-powerful Master,  
you give leave to your servant  
to go in peace, according to your promise.

For my eyes have seen your salvation  
which you have prepared for all nations,  
the light to enlighten the Gentiles  
and give glory to Israel, your people.

Give praise to the Father almighty,  
to the Son, Jesus the Lord,  
to the Spirit who dwells in our hearts,  
both now and for ever.

## Collect

Visit, we beseech you, O Lord,  
this house and family,  
*[N and N and our loved ones everywhere,]*  
drive far from us all the snares of the enemy.  
May your holy angels dwell with us and guard us in peace,  
and let your blessing be always upon us.  
Through Christ our Lord. **Amen.**

## Conclusion

The Lord grant us a quiet night and a perfect end. **Amen.**

## Anthem to the Blessed Virgin Mary

Ordinary Time - Weekdays

V

**S** Alve Re-gí-na, \* ma-ter mi-se-ri-córdi-æ, Vi-ta, dul-  
cé-do, et spes nostra, salve. Ad te clamámus, éxsu-  
les, fí-li- i Hevæ. Ad te suspi-rámus, geméntes et flen-  
tes in hac lacrimá-rum valle. E-ia ergo, Advo-cá-ta  
nostra, illos tu- os mi-se-ri-córdes ó-cu-los ad nos con-  
vér-te. Et Je-sum, be-ne-díctum fructum ventris tu- i,  
no-bis post hoc exsí- li- um osténde. O cle- mens:  
O pi- a: O dulcis Virgo Ma- rí- a.

V

**A** L-ma \* Redemptó-ris Ma-ter, quæ pérvia cæ-li  
porta manes, Et stella ma-ris, succúrre cadénti súrge-  
re qui cu-rat pópu-lo: Tu quæ genu-ísti, na-tú-ra mi-  
rante, tu-um sanctum Ge-ni-tó-rem: Virgo pri-us ac po-  
sté-ri-us, Gabri-é-lis ab o-re sumens illud Ave, pecca-  
tó-rum mi-se-ré-re.

Presentation to Maundy Thursday

VI



**A** - ve Re-gí-na cæ-ló-rum, \* A-ve Dómi-na Ange-  
ló-rum: Salve ra-dix, salve porta, Ex qua mundo lux  
est orta: Gaude Virgo glo-ri-ó-sa, Su-per omnes spe-ci-  
ó-sa: Va-le, o valde de-có-ra, Et pro no-bis Christum  
ex-ó-ra.

Easter time

VI



**R** E-gína cæ-li \* lætá-re, alle-lú-ia: Qui- a quem me-  
ru-ísti portá-re, alle-lú-ia: Re-surré-xit, sic-ut di-xit,  
alle-lú-ia: O-ra pro no-bis De-um, alle-lú-ia.



**S** Al- ve, \* Re-gí- na, mater mi- se-ri-córdi- æ:  
Vi- ta, dulcé- do, et spes nostra, sal- ve. Ad te  
clamá-mus, éxsu-les, fí-li- i He-væ. Ad te suspi-rá-  
mus, geméntes et flen- tes in hac lacrimá- rum valle.  
E- ia ergo, Advocá- ta nostra, illos tu- os mi- se-ri-  
córdes ócu-los ad nos convér- te. Et Je- sum, bene- dí-  
ctum fructum ventris tu- i, no- bis post hoc exsí- li- um  
os-ténde. O cle- mens: O pi- a: O dul-  
cis \* Virgò Ma- rí- a.

English texts:

*Ordinary Time*



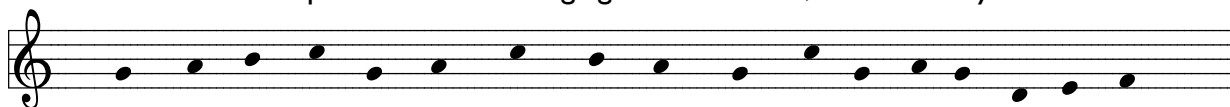
God-bearing Mother, whence sprung our Abba's tender love: light to our darkness,



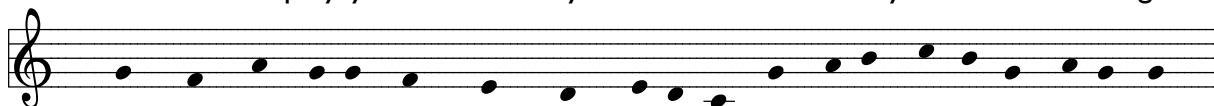
hope the world despairs of. With night's unfolding, gathered once again in Christ's love,



our hearts take up their rest: our longings and our fears, con-fi-dent-ly we take leave of.



Peace-filled we pray: you who shared your son's cross, take to yourself the suff'rings



Christ must still endure, the sword once spoken of. Our blessing be in the blessedness



of your hallowed womb: Je-sus in whom we are new-born to life a-bove.

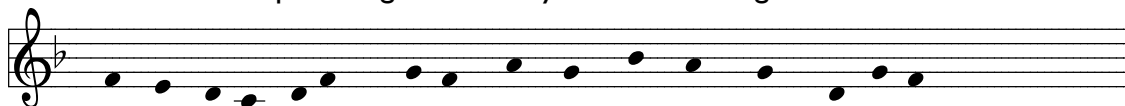


O loving Mother! O \_\_\_ tender one! O \_\_\_ gentle one! O virgin Ma - ry!

*The Presentation to Holy Thursday*



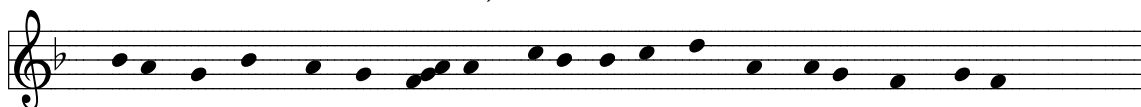
Woman of deep star-night stillness, you whom all angels claim as their mistress!



Earthen vessel, heaven bearing; you, the dawn of Christ's appearing!



Woman in the fullest measure, fallow field of hidden treasure!

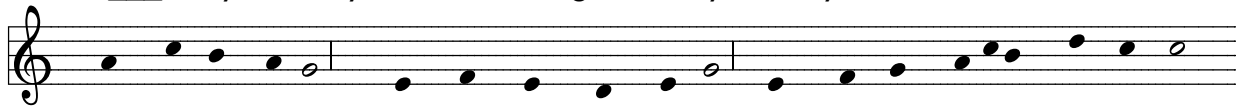


Mary, we pray you, be mother: shelter us in your Son, Jesus, our brother.

*Advent to the Presentation*



O\_\_\_ Mary, maiden yet a mother, daughter of thy Son, beyond all other!



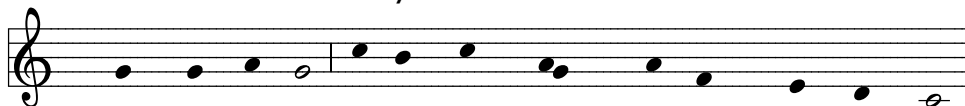
The consummation, planned by God's own decree, when our lost creation rose in thee!



Mirrored, in thy fashion, is all creations good: mercy, might compassion grace thy womanhood.



God, who all made, in thy womb was laid: there God's love was nourished warmth which

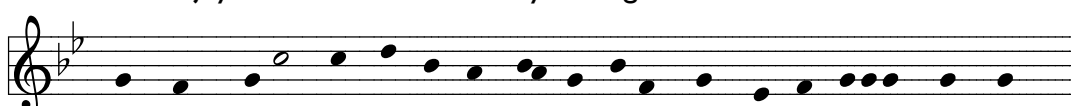


would give increase to the root whence flourished, Christ our Peace.

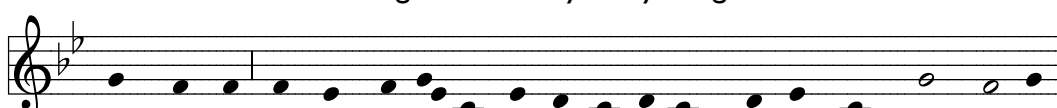
*Solemnities and Feasts*



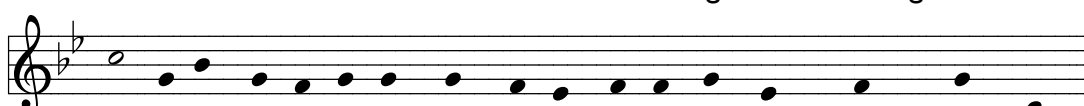
Into his joy the Lord has received you, Virgin, God-bearer, Mother of Christ.



You have beheld the King in his beauty, Mary, daughter of Israel. You have



made answer for the cre-a-tion to the redeeming will of God. Light, fire and



life, divine and immortal, joined to our nature you have brought forth that



to the glory of God the Father, heaven and earth might be restored.

*Easter to Pentecost*



Birth giver of God, you are graced! Al-le-lu-ia.



For Christ, the fruit of your womb has been raised! Al-le-lu-ia.



He is risen and we with him. Al-le-lu-ia.



Your blest consent has done this. Al-le-lu-ia.

*As I kneel before you*



As I kneel before you, as I bow my head in prayer,  
Take this day, make it yours and fill me with your love.  
Ave Maria, Gratia plena, Dominus tecum, benedicta tu.

All I have I give you, every dream and wish are yours,  
Mother of Christ, Mother of mine, present them to my Lord.  
Ave Maria ...

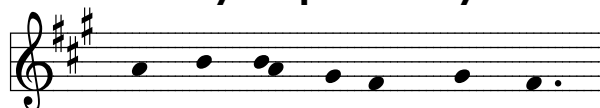
The Sodality Anthem to Our Lady  
Words: Pope Saint John Paul II



O holy Mother of God, O Mother of Christ, to the Mess-i-ah priest you gave a bod-y of flesh.\*



**Guard your priests in your heart, guard your priests in your church,**



**we humb-ly ask by your grace.**



O holy Mother of God, O Mother of Faith. Through your prayers may we render to



God the Father due praise.\*



**Through the priests of your Son, through the priests of your church,**



**we humb - ly ask for your grace.**



O Ark of the Covenant, you, O Queen of the Church, on all who ven-er-ate your



moth-er-hood of the faith.\*



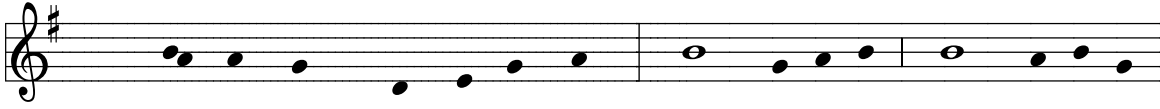
**We pray you obtain, for your presbyters, a gen-er-ous meas-ure of gifts.**

## Antiphons for the weekly cycle of psalms at Compline

### After Vespers I of Sundays and Solemnities



Lord, have mer-cy and hear me.

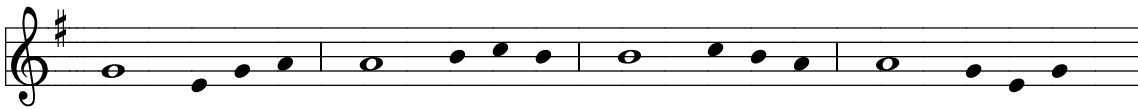


Bless the Lord, throughout the night.

### After Vespers II of Sundays and Solemnities



He will conceal you with his wings; you will not fear the terror of the night.



### Monday



You, Lord God, are slow to anger, abounding in love.



### Tuesday



Do not hide your face from me for in you have I put my trust.





## **Psalms of Sunday Lauds Week I** *for Feasts and Solemnities*

### **Psalm 63** *(Complete text)*

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.

### **Let every creature praise the Lord** **Canticle**

*Daniel 3:57-88,56*

*"Praise our God, all you his servants"* (Rev 19:5).

O all you works of the Lord, O bless the Lord.  
To him be highest glory and praise for ever.

And you, angels of the Lord, O bless the Lord.  
To him be highest glory and praise for ever.

And you, the heavens of the Lord, O bless the Lord.  
And you, clouds of the sky, O bless the Lord.  
And you, all armies of the Lord, O bless the Lord.  
To him be highest glory and praise for ever.

And you, sun and moon, O bless the Lord.  
And you, the stars of the heavens, O bless the Lord.  
And you, showers and rain, O bless the Lord.  
To him be highest glory and praise for ever.

And you, all you breezes and winds,  
O bless the Lord.  
And you, fire and heat, O bless the Lord.  
And you, cold and heat, O bless the Lord.  
To him be highest glory and praise for ever.

And you, showers and dew, O bless the Lord.  
And you, frosts and cold, O bless the Lord.  
And you, frost and snow, O bless the Lord.  
To him be highest glory and praise for ever.

And you, night-time and day, O bless the Lord.  
And you, darkness and light, O bless the Lord.  
And you, lightning and clouds, O bless the Lord.  
To him be highest glory and praise for ever.

O let the earth bless the Lord.  
To him be highest glory and praise for ever.

And you, mountains and hills, O bless the Lord.  
And you, all plants of the earth, O bless the Lord.  
And you, fountains and springs, O bless the Lord.  
To him be highest glory and praise for ever.

And you, rivers and seas, O bless the Lord.  
And you, creatures of the sea, O bless the Lord.  
And you, every bird in the sky, O bless the Lord.  
And you, wild beasts and tame, O bless the Lord.  
To him be highest glory and praise for ever.

And you, children of men, O bless the Lord.  
To him be highest glory and praise for ever.

O Israel, bless the Lord, O bless the Lord.  
And you, priests of the Lord, O bless the Lord.  
And you, servants of the Lord, O bless the Lord.  
To him be highest glory and praise for ever.

And you, spirits and souls of the just,  
O bless the Lord.  
And you, holy and humble of heart,  
O bless the Lord.  
Ananias, Azarias, Mizaël, O bless the Lord.  
To him be highest glory and praise for ever.

Let us praise the Father, the Son and Holy Spirit:  
To you be highest glory and praise for ever.  
May you be blessed, O Lord, in the heavens:  
To you be highest glory and praise for ever.



## Psalm 149

[Alleluia!]

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 honour is for all his faithful. [Alleluia!]

## Sunday Vespers

### Psalm 109 (Complete text)

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

The Lord will yield from Zíon  
your sceptre of pówer:  
rule in the midst of all your fóes.

A prince from the day of your bírth  
on the holy móuntains;  
from the womb before the dawn I begót you.

The Lord has sworn an oath he will not chánge.  
"You are a priest for éver,  
a priest like Melchizedek of óld."

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

He, the judge of the nátions  
will heap high the bódiés;  
heads shall be scattered far and wíde.

He shall drink from the stream by the wáyside  
and therefore he shall lift up his héad.

## Psalm 114

*May be used at Vespers Saturday Week One when the  
Incense Psalm is used:*

[Alleluia!]

1 I love the Lord for he has heard  
the cry of my appeal;  
2 for he turned his ear to me  
in the day when I called him.

3 They surrounded me, the snares of death,  
with the anguish of the tomb;  
they caught me, sorrow and distress.  
4 I called on the Lord's name.

O Lord, my God, deliver me!

5 How gracious is the Lord, and just;  
our God has compassion.  
6 The Lord protects the simple hearts;  
I was helpless so he saved me.

7 Turn back, my soul, to your rest  
for the Lord has been good;  
8 he has kept my soul from death,  
(my eyes from tears)  
and my feet from stumbling.

9 I will walk in the presence of the Lord  
in the land of the living.

## Verses and psalms omitted in the Four Week Psalter

### Week One

#### Sunday Lauds

Psalm 62:2-9

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

#### Sunday Vespers All Weeks

Psalm 109: 1-5, 7

6 He, the judge of the nations will heap high the bodies; heads shall be scattered far and wide.

#### Sunday Vespers

Psalm 140:1-9

10 Let the wicked fall into the traps they have set while I pursue my way unharmed.

#### Monday Lauds

Psalm 5: 2-10, 12-13

11 Declare them guilty, O God. Let them fail in their designs. Drive them out for their many offences; for they have defiled you.

#### Tuesday Vespers

Psalm 20: 2-8, 14

9 His hand will seek and find all his foes, his right hand find out those that hate him.  
10 You will burn them like a blazing furnace on the day when you appear. And the Lord will destroy them in his anger; fire will swallow them up.  
11 You will wipe out their race from the earth and their children from the sons of men.  
12 Though they plan evil against you, though they plot, they shall not prevail.  
13 For you will force them to retreat; at them you will aim with your bow.

#### Friday Office of Readings

Psalm 34: 1-2; 3c; 9-19; 23

3 Take up the javelin and the spear against those who pursue me.  
[O Lord, say to my soul: "I am your salvation."]

4 Let those who seek my life be shamed and disgraced. Let those who plan evil against me be routed in confusion.

5 Let them be like chaff before the wind; let God's angel scatter them.  
6 Let their path be slippery and dark; let God's angel pursue them.

7 They have hidden a net for me wantonly; they have dug a pit.  
8 Let ruin fall upon them and take them by surprise. Let them be caught in the net they have hidden; let them fall into their pit.

20 They wish no peace to the peaceful who live in the land. They make deceitful plots  
21 and with mouths wide open their cry against me is: "Yes!" We saw you do it!"

24 Vindicate me, Lord, in your justice, do not let them rejoice.  
25 Do not let them think: "Yes, we have won, we have brought you to an end!"

26 Let them be shamed and brought to disgrace who rejoice at my misfortune. Let them be covered with shame and confusion who raise themselves against me.

#### Friday Daytime Prayer

Psalm 27: 1-3, 6-9

4 Repay them as their actions deserve and the malice of their deeds. Repay them for the works of their hands; give them their desserts.  
5 For they ignore the deeds of the Lord and the work of his hands. (May he ruin them and never rebuild them.)

## Week Two

### Monday Office of Readings

Psalm 30: 1-17, 20-25

18 Let me not be put to shame for I call you,  
let the wicked be shamed!

Let them be silenced in the grave,  
19 let lying lips be dumb,  
that speak haughtily against the just  
with pride and contempt.”

### Monday Daytime Prayer

Psalm 39: 2-14, 17-18

15 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.

16 Let them be appalled, covered with shame,  
who jeer at my lot.

### Tuesday Daytime Prayer

Psalm 53: 3-6, 8-9

7 Let the evil recoil upon my foes;  
you who are faithful, destroy them.

### Wednesday Daytime Prayer

Psalm 54: 2-15, 17-24

16 May death fall suddenly upon them!  
Let them go to the grave;  
for wickedness dwells in their homes  
and deep in their hearts.

### Thursday Daytime Prayer

Psalm 55: 2-7b, 9-14

8 Repay them, God, for their crimes;  
in your anger, cast down the peoples.

### Thursday Vespers

Psalm 71: 1-19

[20 The end of the psalms of David, son of Jesse.]

### Friday Daytime Prayer

Psalm 58: 5b-9; 11b-16

Awake, come to my aid and see!  
6 Lord of hosts, you are Israel's God.  
Rouse yourself and punish the nations;  
show no mercy to evil traitors.

7 Each evening they come back like dogs.  
They howl and roam about the city;  
they prowl in search of food;  
they snarl till they have their fill.

8 See how they gabble open-mouthed;  
their lips are filled with insults.  
"For who," they say, "will hear us?"  
9 But you, Lord, will laugh them to scorn.  
You make light of all the nations.

O God, come to my aid  
and let me look in triumph on my foes.  
12 God, kill them lest my people be seduced;  
rout them by your power, lay them low.

It is you, O Lord, who are our shield.  
13 For the sins of their mouths and their lips,  
for the curses and lies that they speak  
let them be caught in their pride.

14 Destroy them, Lord, in your anger.  
Destroy them till they are no more.  
Let the world know that you are the ruler  
over Jacob and the ends of the earth.

15 Each evening they come back like dogs.  
They howl and roam about the city;  
16 they prowl in search of food,  
they snarl till they have their fill.

## Week Three

### Thursday Daytime Prayer

Psalm 78: 1-5, 8-11, 13

6 Pour out your rage on the nations,  
the nations that do not know you.  
Pour out your rage on the kingdoms  
that do not call on your name,  
7 for they have devoured Jacob  
and laid waste the land where they dwell.

12 Pay back to our neighbours seven times over  
the taunts with which they taunted you, O Lord.

### Friday Office of Readings

Psalm 68: 1-22

23 Let their table be a snare to them  
and their festive banquets a trap.

24 Let their eyes grow dim and blind;  
let their limbs tremble and shake.

25 Pour out your anger upon them,  
let the heat of your fury overtake them.

26 Let their camp be left desolate;  
let no one dwell in their tents:

27 for they persecute one whom you struck;  
they increase the pain of one you wounded.

28 Charge them with guilt upon guilt;  
let them never be found just in your sight.

29 Blot them out from the book of the living;  
do not enrol them among the just.

## Week Four

### Tuesday Vespers

Psalm 136: 1-6

7 Remember, O Lord,  
against the sons of Edom  
the day of Jerusalem;  
when they said: "Tear it down!  
Tear it down to its foundations!"

8 O Babylon, destroyer,  
he is happy who repays you  
the ills you brought on us.  
9 He shall seize and shall dash  
your children on the rock!

### Wednesday Vespers

Psalm 138: 1-18, 23-24

19 O God, that you would slay the wicked!  
Men of blood, keep far away from me!  
20 With deceit they rebel against you  
and set your designs at naught.

21 Do I not hate those who hate you,  
abhor those who rise against you?

22 I hate them with a perfect hate  
and they are foes to me.

### Thursday Lauds

Psalm 142: 1-11

12 In your love make an end of my foes;  
destroy all those who oppress me  
for I am your servant, O Lord.

### Friday Daytime Prayer

Psalm 139: 1-9, 13-14

10 Those surrounding me lift up their heads.  
Let the malice of their speech overwhelm them.

11 Let coals of fire rain upon them.

Let them be flung in the abyss, no more to rise.

12 Let the slanderer not endure upon the earth.  
Let evil hunt the violent man to death!

### Tuesday Compline All Weeks

Psalm 142: 1-11

12 In your love make an end of my foes;  
destroy all those who oppress me  
for I am your servant, O Lord.

## **Psalms Omitted Entirely**

### **Psalm 57**

2 Do you truly speak justice, you who hold  
divine power?  
Do you mete out fair judgment to the sons of men?  
3 No, in your hearts you devise injustice;  
your hands deal out violence to the land.

4 In their wickedness they have gone astray from  
their birth;  
they wandered among lies as soon as they were  
born.

5 Their venom is like the venom of the snake;  
they are heedless as the adder that turns a deaf ear  
6 lest it should catch the snake-charmer's voice,  
the voice of the skilful dealer in spells.

7 O God, break the teeth in their mouths,  
tear out the fangs of these wild beasts, O Lord!

8 Let them vanish like water that runs away;  
let them wither like grass that is trodden  
under foot:

9 let them be like the snail that dissolves into slime;  
like a woman's miscarriage that never sees the sun.

10 Before they put forth thorns, like a bramble,  
let them be swept away, green wood or dry!

11 The just shall rejoice at the sight of vengeance;  
they shall bathe their feet  
in the blood of the wicked.

12 "Truly", men shall say, "the just are rewarded.  
Truly there is a God who does justice on the earth."

### **Psalm 82**

2 O God, do not keep silent,  
do not be dumb and unmoved, O God,  
3 for your enemies raise a tumult.  
Those who hate you lift up their heads.

4 They plot against your people,  
conspire against those you love.

5 They say: "Come, let us destroy them as a nation;  
let the name of Israel be forgotten."

6 They conspire with a single mind,  
they make common alliance against you,

7 the camps of Edom and of Ishmael,  
the camps of Moab and Hagar,

8 the land of Ammon and Amalek,  
Philistia, with the people of Tyre.

9 Assyria, too, is their ally  
and joins hands with the sons of Lot.

10 Treat them like Midian, like Sisera,  
like Jabin at the River Kishon,

11 the men who were destroyed at Endor,  
whose bodies rotted on the ground.

12 Make their captains like Oreb and Zeeb,  
all their princes like Zebah and Zalmunna,

13 the men who said: "Let us take  
the fields of God for ourselves."

14 My God, scatter them like chaff,  
drive them like straw in the wind!

15 As fire that burns away the forest,  
as flame that sets the mountains ablaze,

16 drive them away with your tempest  
and fill them with terror at your storm.

17 Cover their faces with shame,  
till they seek your name, O Lord.

18 Shame and terror be theirs for ever;  
let them be disgraced, let them perish!

19 Let them know that your name is the Lord,  
the Most High over all the earth.

### **Psalm 108**

1 O God whom I praise, do not be silent,  
2 for the mouths of deceit and wickedness  
are opened against me.

3 They speak to me with lying tongues;  
they beset me with words of hate  
and attack me without cause.

4 In return for my love they accuse me  
while I pray for them.

5 They repay me evil for good,  
hatred for love.

6 Appoint a wicked man as his judge;  
let an accuser stand at his right.

7 When he is judged let him come out condemned;  
let his prayer be considered as sin.

8 Let the days of his life be few;  
let another man take his office.

9 Let his children be fatherless orphans  
and his wife become a widow.

10 Let his children be wanderers and beggars  
driven from the ruins of their home.

11 Let the creditor seize all his goods;  
let strangers take the fruit of his work.

12 Let no one show him any mercy  
nor pity his fatherless children.  
13 Let all his sons be destroyed  
and with them their names be blotted out.

14 Let his father's guilt be remembered,  
his mother's be retained.  
15 Let it always stand before the Lord,  
that their memory be cut off from the earth.

16 For he did not think of showing mercy  
but pursued the poor and the needy,  
17 hounding the wretched to death.  
He loved cursing; let curses fall upon him.  
He scorned blessing; let blessing pass him by.

18 He put on cursing like his coat;  
let it sink into his body like water;  
let it sink like oil into his bones;  
19 let it be like the clothes that cover him,  
like a girdle he cannot take off!

20 Let the Lord thus repay my accusers,  
all those who speak evil against me.  
21 For your name's sake act in my defence;  
in the goodness of your love be my rescuer.

22 For I am poor and needy  
and my heart is pierced within me.  
23 I fade like an evening shadow;  
I am shaken off like a locust.

24 My knees are weak from fasting;  
my body is thin and gaunt.  
25 I have become an object of scorn,  
all who see me toss their heads.

26 Help me, Lord my God;  
save me because of your love.  
27 Let them know that is your work,  
That this is your doing, O Lord.

28 They may curse but you will bless.  
Let my attackers be put to shame,  
but let your servant rejoice.  
29 Let my accusers be clothed with dishonour,  
covered with shame as with a cloak.

30 Loud thanks to the Lord are on my lips.  
I will praise him in the midst of the throng,  
31 for he stands at the poor man's side  
to save him from those who condemn him.

Psalms assigned only during Advent - Christmas /  
Ordinary Time  
Office of Readings

Saturday Week 1 104 or 130 and 131  
Saturday week 2 105 or 135  
Week 4 Friday 77i or 54  
Saturday 77ii or 49

### *Psalm 77*

1 Give heed, my people, to my teaching;  
turn your ear to the words of my mouth.  
2 I will open my mouth in a parable  
and reveal hidden lessons of the past.

3 The things we have heard and understood,  
the things our fathers have told us,  
4 these we will not hide from their children  
but will tell them to the next generation:

the glories of the Lord and his might  
and the marvellous deeds he has done,  
5 the witness he gave to Jacob,  
the law he established in Israel.

He gave a command to our fathers  
to make it known to their children  
6 that the next generation might know it,  
the children yet to be born.

7 They too should arise and tell their sons  
that they too should set their hope in God  
and never forget God's deeds  
but keep every one of his commands,

8 so that they might not be like their fathers,  
a defiant and rebellious race,  
a race whose heart was fickle,  
whose spirit was unfaithful to God.

9 The sons of Ephraim, armed with the bow,  
turned back in the day of battle.  
10 They failed to keep God's covenant  
and would not walk according to his law.

11 They forgot the things he has done,  
the marvellous deeds he had shown them.  
12 He did wonders in the sight of their fathers,  
in Egypt, in the plains of Zoan.

13 He divided the sea and led them through  
and made the waters stand up like a wall.  
14 By day he led them with a cloud,  
by night, with a light of fire.

15 He split the rocks in the desert.  
He gave them plentiful drink as from the deep.

16 He made streams flow out from the rock  
and made waters run down like rivers.

17 Yet still they sinned against him;  
they defied the Most High in the desert.

18 In their heart they put God to the test  
by demanding the food they craved.

19 They even spoke against God.  
They said: "Is it possible for God  
to prepare a table in the desert?"

20 It was he who struck the rock,  
water flowed and swept down in torrents.  
But can he also give us bread?  
Can he provide meat for his people?"

21 When he heard this the Lord was angry.  
A fire was kindled against Jacob,  
his anger rose against Israel  
22 for having no faith in God;  
for refusing to trust in his help.

23 Yet he commanded the clouds above  
and opened the gates of heaven.  
24 He rained down manna for their food,  
and gave them bread from heaven.

25 Mere men ate the bread of angels.  
He sent them abundance of food;  
26 he made the east wind blow from heaven  
and roused the south wind by his might.

27 He rained food on them like dust,  
winged fowl like the sands of the sea.  
28 He let it fall in the midst of their camp  
and all around their tents.

29 So they ate and had their fill;  
and he gave them all they craved.  
30 But before they had sated their craving,  
while the food was still in their mouths,

31 God's anger rose against them.  
He slew the strongest among them,  
struck down the flower of Israel.

32 Despite this they went on sinning;  
they had no faith in his wonders:  
33 so he ended their days like a breath  
and their years in sudden ruin.

34 When he slew them then they would seek him,  
return and seek him in earnest.

35 They would remember that God was their rock,  
God the Most High their redeemer.

36 But the words they spoke were mere flattery;  
they lied to him with their lips.

37 For their hearts were not truly with him;  
they were not faithful to his covenant.

38 Yet he who is full of compassion  
forgave them their sin and spared them.  
So often he held back his anger  
when he might have stirred up his rage.

39 He remembered they were only men,  
a breath that passes never to return.

40 How often they defied him in the wilderness  
and caused him pain in the desert!

41 Yet again they put God to the test  
and grieved the Holy One of Israel.  
42 They did not remember his deeds  
nor the day he saved them from the foe;

43 when he worked his miracles in Egypt,  
his wonders in the plains of Zoan;  
44 when he turned their rivers into blood,  
made their streams impossible to drink.

45 He sent dog-flies against them to devour them  
and swarms of frogs to molest them.  
46 He gave their crops to the grub,  
the fruit of their labor to the locust.

47 He destroyed their vines with hail,  
their sycamore trees with frost.  
48 He gave up their cattle to plague,  
their flocks and herds to pestilence.

49 He turned on them the heat of his anger,  
fury, rage and havoc,  
a troop of destroying angels.  
50 He gave free course to his anger.

He did not spare them from death  
but gave their lives to the plague.  
51 He struck all the first-born in Egypt,  
the finest flower in the dwellings of Ham.

52 Then he brought forth his people like sheep;  
he guided them safely in the desert.  
53 He led them safely with nothing to fear,



while the sea engulfed their foes.

54 So he brought them to his holy land,  
to the mountain which his right hand had won.  
55 He drove out the nations before them,  
and divided the land for their heritage.

Their tents he gave as a dwelling  
to each one of Israel's tribes.

56 Still they put God to the proof and defied him;  
they refused to obey the Most High.

57 They strayed, faithless like their fathers,  
like a bow on which the archer cannot count.  
58 With their mountain shrines they angered him;  
made him jealous with the idols they served.

59 God saw this and was filled with fury:  
he utterly rejected Israel.  
60 He forsook his dwelling place in Shiloh,  
the tent where he lived among men.

61 He gave his ark into captivity,  
his glorious ark into the hands of the foe.  
62 He gave up his people to the sword,  
in his anger against his chosen ones.

63 So war devoured their young men,  
their maidens had no wedding songs;  
64 their priests fell by the sword,  
and their widows made no lament.

65 Then the Lord awoke as if from sleep,  
like a warrior overcome with wine.  
66 He struck his foes from behind  
and put them to everlasting shame.

67 He rejected the tent of Joseph;  
He did not choose the tribe of Ephraim  
68 but he chose the tribe of Judah,  
the hill of Zion which he loves.

69 He built his shrine like the heavens,  
or like the earth which he made firm for ever.  
70 And he chose David his servant  
and took him away from the sheepfolds.

71 From the care of the ewes he called him  
to be shepherd of Jacob his people,  
Of Israel is own possession.  
72 He tended them with blameless heart,  
with discerning mind he led them.

## *Psalm 104*

Alleluia!

1 Give thanks to the Lord, tell his name,  
make known his deeds among the peoples.

2 O sing to him, sing his praise;  
tell all his wonderful works!

3 Be proud of his holy name,  
let the hearts that seek the Lord rejoice.

4 Consider the Lord and his strength;  
constantly seek his face.

5 Remember the wonders he has done,  
his miracles, the judgments he spoke.

6 O children of Abraham, his servant,  
O sons of the Jacob he chose,  
7 he, the Lord, is our God;  
his judgments prevail in all the earth.

8 He remembers his covenant for ever,  
his promise for a thousand generations,  
9 the covenant he made with Abraham,  
the oath he swore to Isaac.

10 He confirmed it for Jacob as a law,  
for Israel as a covenant for ever.  
11 He said: "I am giving you a land,  
Canaan, your appointed heritage."

12 When they were few in number,  
a handful of strangers in the land,  
13 when they wandered from country to country,  
from one kingdom and nation to another,

14 he allowed no one to oppress them;  
he admonished kings on their account:  
15 "Do not touch those I have anointed;  
do no harm to any of my prophets."

16 But he called down a famine on the land;  
he broke the staff that supported them.  
17 He had sent a man before them,  
Joseph, sold as a slave.

18 His feet were put in chains,  
his neck was bound with iron,  
19 until what he said came to pass  
and the word of the Lord proved him true.

20 Then the king sent and released him  
the ruler of the people set him free,  
21 making him master of his house  
and ruler of all he possessed,



22 to instruct his princes as he pleased  
and to teach his elders wisdom.

23 So Israel came into Egypt;  
Jacob lived in the country of Ham.

24 He gave his people increase;  
he made them stronger than their foes,  
25 whose hearts he turned to hate his people  
and to deal deceitfully with his servants.

26 Then he sent Moses his servant  
and Aaron the man he had chosen.  
27 Through them he showed his marvels  
and his wonders in the country of Ham.

28 He sent darkness, and dark was made  
but Egypt resisted his words.  
29 He turned the waters into blood  
and caused their fish to die.

30 Their land was alive with frogs,  
even to the halls of their kings.  
31 He spoke; the dog-fly came  
and gnats covered the land.

32 He sent hailstones in place of the rain  
and flashing fire in their land.  
33 He struck their vines and fig trees;  
he shattered the trees through their land.

34 He spoke; the locusts came,  
young locusts, too many to be counted.  
35 They ate up every land in the land;  
they ate up all the fruit of their fields.

36 He struck all the first-born in their land,  
the finest flower of their sons.  
37 He led out Israel with silver and gold.  
In his tribes were none who fell behind.

38 Egypt rejoiced when they left  
for dread had fallen upon them.  
39 He spread a cloud as a screen  
and fire to give light in the darkness.

40 When they asked for food he sent quails;  
he filled them with bread from heaven.  
41 He pierced the rock to give them water;  
it gushed forth in the desert like a river.

42 For he remembered his holy word,  
which he gave to Abraham his servant.  
43 So he brought out his people with joy,  
his chosen ones with shouts of rejoicing.

44 And he gave them the land of the nations.  
They took the fruit of other men's toil,  
45 that thus they might keep his precepts,  
that thus they might observe his laws.  
Alleluia!

### *Psalm 105*

1 Alleluia!

0 give thanks to the Lord for he is good;  
for his love endures for ever.

2 Who can tell the Lord's mighty deeds?  
Who can recount all his praise?

3 They are happy who do what is right,  
who at all times do what is just.

4 O Lord, remember me  
out of the love you have for your people.

Come to me, Lord, with your help  
5 that I may see the joy of your chosen ones  
and may rejoice in the gladness of your nation  
and share the glory of your people.

6 Our sin is the sin of our fathers;  
we have done wrong, our deeds have been evil.  
7 Our fathers when they were in Egypt  
paid no need to your wonderful deeds.

They forgot the greatness of your love,  
at the Red Sea defied the Most High.

8 Yet he saved them for the sake of his name,  
in order to make known his power.

9 He threatened the Red Sea; it dried up  
and he led them through the deep as through the  
desert.

10 He saved them from the hand of the foe;  
he saved them from the grip of the enemy.

11 The waters covered their oppressors;  
not one of them was left alive.

12 Then they believed in his words:  
then they sang his praises.

13 But they soon forgot his deeds  
and would not wait upon his will.

14 They yielded to their cravings in the desert  
and put God to the test in the wilderness.

15 He granted them the favour they asked  
and sent disease among them.

16 Then they rebelled, envious of Moses and  
of Aaron, who was holy to the Lord.

17 The earth opened and swallowed up Dathan  
and buried the clan of Abiram.

18 Fire blazed up against their clan  
and flames devoured the rebels.

19 They fashioned a calf at Horeb  
and worshipped an image of metal,  
20 exchanging the God who was their glory  
for the image of a bull that eats grass.

21 They forgot the God who was their saviour,  
who had done such great things in Egypt,  
22 such portents in the land of Ham,  
such marvels at the Red Sea.

23 For this he said he would destroy them,  
but Moses, the man he had chosen,  
stood in the breach before him,  
to turn back his anger from destruction.

24 Then they scorned the land of promise;  
they had no faith in his word.  
25 They complained inside their tents  
and would not listen to the voice of the Lord.

26 So he raised his hand to swear an oath  
that he would lay them low in the desert;  
27 would scatter their sons among the nations  
and disperse them throughout the lands.

28 They bowed before the Baal of Peor;  
ate offerings made to lifeless gods.  
29 They roused him to anger with their deeds  
and plague broke out among them.

30 Then Phinehas stood up and intervened.  
Thus the plague was ended  
31 and this was counted in his favour  
from age to age for ever.

32 They provoked him at the waters of Meribah.  
Through their fault it went ill with Moses;  
33 for they made his heart grow bitter  
and he uttered words that were rash.

34 They failed to destroy the peoples  
as the Lord had given command,  
35 but instead they mingled with the nations  
and learned to act as they did.

36 They worshipped the idols of the nations  
and these became a snare to entrap them.  
37 They even offered their own sons  
and their daughters in sacrifice to demons.

38 They shed the blood of the innocent,  
the blood of their sons and daughters  
whom they offered to the idols of Canaan.  
The land was polluted with blood.

39 So they defiled themselves by their deeds  
and broke their marriage bond with the Lord  
40 till his anger blazed against his people;  
he was filled with horror at his chosen ones.

41 So he gave them into the hand of the nations  
and their foes became their rulers.  
42 Their enemies became their oppressors;  
they were subdued beneath their hand.

43 Time after time God rescued them,  
but in their malice they dared to defy him  
and sank low through their guilt.  
44 In spite of this he paid heed to their distress,  
so often as he heard their cry.

45 For their sake he remembered his covenant.  
In the greatness of his love he relented  
46 and he let them be treated with mercy  
by all who held them captive.

47 O Lord, our God, save us!  
Bring us together from among the nations  
that we may thank your holy name  
and make it our glory to praise you.

[48] Blessed be the Lord, God of Israel,  
for ever, from age to age.  
Let all the people cry out:  
"Amen! Amen! Alleluia!"