

The Liturgy of the Hours



Volume 3

Lent

Lauds, Daytime Prayer, Vespers

Nothing is to be preferred to the Work of God.

Rule of Benedict 43:3

Conception Abbey
Conception, Missouri

2012

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CONGREGATIO DE CULTU DIVINO
ET DISCIPLINA SACRAMENTORUM

Prot. 1178/08/L

MONASTERII DOMINAE NOSTRAE
AB IMMACOLATA CONCEPTIONE

Instante Reverendissimo Domino Gregorio Polan, Abbate
monasterii Dominae Nostrae ab Immacolata Conceptione, loco v.d.
Conception, litteris 15 die Septembris anno 2008 datis, vigore
facultatum huic Congregationi a Summo Pontifice BENEDICTO XVI
tributarum, perlibenter concedimus, ut peculiaris distributio Psalterii
liturgici, prout in adiecto exstat exemplari, in celebratione Liturgiae
Horarum in eodem monasterio donec aliter provideatur adhiberi potest.

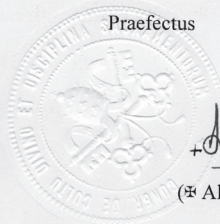
Contrariis quibuslibet minime obstantibus

Ex aedibus Congregationis de Cultu Divino et Disciplina
Sacramentorum, die 15 Decembris 2008.

+ Antonius, Card. Cañizares

(Antonius Card. Cañizares Llovera)

Praefectus



+ Albertus Malcolmus Ranjith

(✠ Albertus Malcolmus Ranjith)

Archiepiscopus a Secretis

Cursus of Psalms and Canticles for the Liturgy of the Hours

	SUNDAY		MONDAY		TUESDAY	
	Wk I	Wk II	Wk I	Wk II	Wk I	Wk II
Invit	Ps 95	Ps 95	Ps 29	Ps 29	Ps 100	Ps 100
V I G I L S	Ps 1 Ps 2 Ps 23	Ps 34 Ps 66a Ps 66b	Ps 3 Ps 9 Ps 10	Ps 37a Ps 37b Ps 37c	Ps 40 Ps 44a Ps 44b	Ps 74a Ps 74b Ps 79
	Ps 76 Ps 103a Ps 103b OT Canticles	Ps 104a Ps 104b Ps 104c	Ps 31a Ps 31b Ps 31c	Ps 52 Ps 71a Ps 71b	Ps 59a Ps 59b Ps 60	Ps 83 Ps 102a Ps 102b
L A U D S	Ps 63 Canticles of Dan Ps 93 Ps 149	Ps 118 Ps 148 Ps 150	Ps 5 Ps 19a Ps 19b	Ps 77 Ps 87 Ps 96	Ps 42 Ps 43 Ps 30	Ps 84 Ps 85 Ps 97
D A Y P R A Y E R	Ps 120 Ps 121 Ps 123	Ps 119 (vv 1-8) (vv 9-16) (vv17-24)	Ps 26 Ps 28 Ps 39	Ps 119 (vv 25-32) (vv 33-40) (vv 41-48)	Ps 38a Ps 38b Ps 53	Ps 119 (vv 49-56) (vv 57-64) (vv 65-72)
V E S P E R S	Ps 110 Ps 111 Ps 112 I Peter 2:21b-24	Ps 110 Ps 113 Ps 114	Ps 11 Ps 15 Ps 20 Ps 21	Ps 122 Ps 125 Ps 126 Ps 127	Ps 27a Ps 27b Ps 33a Ps 33b	Ps 128 Ps 131 Ps 132 Ps 133
C O M P L I N E	Ps 91	Ps 91	Ps 4 Ps 134	Ps 4 Ps 134	Ps 91	Ps 91

The Benedictine Monks of Conception Abbey

WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Wk I	Wk II	Wk I	Wk II	Wk I	Wk II	Wk I	Wk II
Ps 24	Ps 24	Ps 100	Ps 100	Ps 67	Ps 67	Ps 46	Ps 46
Ps 17	Ps 50	Ps 6	Ps 12	Ps 22a	Ps 35a	Ps 68a	Ps 56
Ps 25a	Ps 73a	Ps 7a	Ps 13	Ps 22b	Ps 35b	Ps 68b	Ps 94a
Ps 25b	Ps 73b	Ps 7b	Ps 14	Ps 22c	Ps 35c	Ps 68c	Ps 94b
Ps 105a	Ps 106a	Ps 18a	Ps 78a	Ps 69a	Ps 107a	Ps 89a	Ps 109a
Ps 105b	Ps 106b	Ps 18b	Ps 78b	Ps 69b	Ps 107b	Ps 89b	Ps 109b
Ps 105c	Ps 106c	Ps 18c	Ps 78c Ps 78d	Ps 69c	Ps 107c	Ps 89c	Ps 140
Ps 36	Ps 90	Ps 57	Ps 101	Ps 51	Ps 51	Ps 65a	Ps 92
Ps 47	Ps 98	Ps 80	Ps 143	Ps 117	Ps 108	Ps 65b	Ps 135a
Ps 48	Ps 99	Ps 81	Ps 147a	Ps 146	Ps 147b	Ps 8	Ps 135b
Ps 119	Ps 119	Ps 119	Ps 119	Ps 119	Ps 119	Ps 119	Ps 119
Ps 54 (vv 73-80)	Ps 54 (vv 73-80)	Ps 58 (vv 97-104)	Ps 58 (vv 97-104)	Ps 70 (vv 129-136)	Ps 70 (vv 129-136)	Ps 86a (vv 153-160)	Ps 86a (vv 153-160)
Ps 55a (vv 81-88)	Ps 55a (vv 81-88)	Ps 61 (vv 113-120)	Ps 61 (vv 113-120)	Ps 75 (vv 137-144)	Ps 75 (vv 137-144)	Ps 86b (vv 161-168)	Ps 86b (vv 161-168)
Ps 55b (vv 89-96)	Ps 55b (vv 89-96)	Ps 64 (vv 121-128)	Ps 64 (vv 121-128)	Ps 82 (vv 145-152)	Ps 82 (vv 145-152)	Ps 88 (vv 169-176)	Ps 88 (vv 169-176)
Ps 32	Ps 136a	Ps 49a	Ps 144a	Ps 41	Ps 115	Ps 141	Ps 141
Ps 45a	Ps 136b	Ps 49b	Ps 144b	Ps 124	Ps 116a	Ps 142	Ps 116b
Ps 45b	Ps 137	Ps 72a	Ps 145a	Ps 129	Ps 139a	Ps 119	Ps 16
Ps 62	Ps 138	Ps 72b	Ps 145b	Ps 130	Ps 139b	(vv 105-112)	Cant. Philippians
Ps 91	Ps 91	Ps 4	Ps 4	Ps 91	Ps 91	Ps 4	Ps 4
		Ps 134	Ps 134			Ps 134	Ps 134

LITURGICAL CALENDAR, CONCEPTION ABBEY

JANUARY

COMMONS:

- | | | |
|---|-----------|------------------|
| 1. The Octave Day of the Nativity of the Lord:
Solemnity of Mary, the Holy Mother of God | Solemnity | |
| 2. Basil the Great and Gregory Nazianzen
bishops, doctors | Memorial | Doctors |
| 4. Elizabeth Ann Seton, religious | Memorial | Holy Men & Women |
| 5. John Neumann, bishop | Memorial | Pastors |
| 15. Maur and Placid, disciples of Benedict† | Memorial | Monks & Nuns |
| 17. Anthony, abbot | Memorial | Monks & Nuns |
| 21. Agnes, virgin, martyr | Memorial | Virgins |
| 24. Francis de Sales, bishop, doctor | Memorial | Pastors |
| 25. The Conversion of Paul the Apostle | Feast | Apostles |
| 26. Timothy and Titus, bishops | Memorial | Pastors |
| 28. Thomas Aquinas, priest, doctor | Memorial | Doctors |
| 31. John Bosco, priest | Memorial | Pastors |

Sunday between Jan. 2 and Jan. 8: Epiphany Solemnity

Sunday after Epiphany: Baptism of the Lord Feast

When the Solemnity of the Epiphany is transferred to the Sunday that occurs on Jan. 7 or 8, the Feast of the Baptism of the Lord is celebrated on the following Monday.

FEBRUARY

- | | | |
|---|-----------|--------------|
| 2. The Presentation of the Lord | Feast | |
| 5. Agatha, virgin, martyr | Memorial* | Virgins |
| 6. Paul Miki, priest, and Companions, martyrs | Memorial* | Martyrs |
| 10. Scholastica, virgin† | Feast | |
| 14. Cyril, monk, and Methodius, bishop | Memorial* | Pastors |
| 21. Peter Damian, bishop, doctor | Memorial* | Monks & Nuns |
| 22. The Chair of Peter the Apostle | Feast | Apostles |
| 23. Polycarp, bishop, martyr | Memorial* | Martyrs |

MARCH

- | | | |
|---|-----------|---------|
| 7. Perpetua and Felicity, martyrs | Memorial* | Martyrs |
| 19. Joseph, Spouse of the Blessed Virgin Mary | Solemnity | |
| 21. Transitus of Holy Father Benedict, abbot† | Solemnity | |
| 25. The Annunciation of the Lord | Solemnity | |

†From *Monastic Supplement to the Roman Calendar*

*The masses of memorials and optional memorials are not celebrated during Lent and the Easter octave, nor from December 17th through January 1st inclusive. However, it is optional to use the prayer of the memorial or optional memorial as the prayer at Lauds and Vespers and as the opening prayer at the Eucharist.

APRIL

7.	John Baptist de la Salle, priest	Memorial*	Pastors
11.	Stanislaus, bishop, martyr	Memorial*	Martyrs
21.	Anselm, bishop, doctor	Memorial*	Doctors
25.	Mark, Evangelist	Feast	Evangelists
29.	Catherine of Siena, virgin, doctor	Memorial*	Doctors

MAY

2.	Athanasius, bishop, doctor	Memorial*	Doctors
3.	Philip and James, Apostles	Feast	Apostles
10.	Dedication of the Abbey Basilica	Solemnity	
11.	Odo, Maiol, Odilo, Hugh, Peter the Venerable, abbots†	Memorial	Monks & Nuns
14.	Matthias, Apostle	Feast	Apostles
15.	Pachomius, abbot†	Memorial	Monks & Nuns
25.	Bede the Venerable, priest, doctor	Memorial	Doctors
26.	Philip Neri	Memorial	Pastors
31.	The Visitation of the Blessed Virgin Mary	Feast	BVM
	<i>First Sunday after Pentecost: Holy Trinity</i>	Solemnity	
	<i>Sunday after Holy Trinity: Corpus Christi</i>	Solemnity	
	<i>Friday following the Second Sunday after Pentecost: Sacred Heart</i>	Solemnity	
	<i>Saturday following the Second Sunday after Pentecost: Immaculate Heart of Mary</i>	Memorial	BVM

JUNE

1.	Justin, martyr	Memorial	Martyrs
3.	Charles Lwanga and Companions, martyrs	Memorial	Martyrs
5.	Boniface, bishop, martyr	Memorial	Pastors
11.	Barnabas, Apostle	Memorial	Apostles
13.	Anthony of Padua, priest, doctor	Memorial	Religious
19.	Romuald, abbot	Memorial	Monks & Nuns
21.	Aloysius Gonzaga, religious	Memorial	Religious
24.	The Nativity of John the Baptist	Solemnity	
28.	Irenaeus, bishop, martyr	Memorial	Pastors
29.	Peter and Paul, Apostles	Solemnity	

JULY

3.	Thomas, Apostle	Feast	Apostles
11.	Benedict, abbot	Feast	

14. Bl. Kateri Tekakwitha, virgin	Memorial	Virgins
15. Bonaventure, bishop, doctor	Memorial	Doctors
22. Mary Magdalene, Disciple of the Lord	Memorial	Holy Men & Women
25. James, Apostle	Feast	
26. Joachim and Anne, Parents of the Virgin Mary	Memorial	Holy Men & Women
29. Martha, Mary and Lazarus, Hosts of the Lord†	Memorial	Holy Men & Women
31. Ignatius of Loyola, priest	Memorial	Religious

AUGUST

1. Alphonsus Liguori, bishop, doctor	Memorial	Pastors
4. John Vianney, priest	Memorial	Pastors
6. The Transfiguration of the Lord	Feast	
8. Dominic, priest	Memorial	Religious
10. Lawrence, deacon, martyr	Feast	Martyrs
11. Clare, virgin	Memorial	Virgins
14. Maximilian Mary Kolbe, priest, martyr	Memorial	Martyrs
15. The Assumption of the Blessed Virgin Mary	Solemnity	
20. Bernard, abbot, doctor	Memorial	Doctors
21. Pius X, pope	Memorial	Pastors
22. The Queenship of the Blessed Virgin Mary	Memorial	BVM
23. Pius of Pietrelcina	Memorial	Pastors-Priest C4
24. Bartholomew, Apostle	Feast	Apostles
27. Monica, widow	Memorial	Holy Men & Women
28. Augustine, bishop, doctor	Memorial	Doctors
29. The Passion of John the Baptist	Memorial	Martyrs

SEPTEMBER

3. Gregory the Great, pope, doctor	Feast	Pastors
8. The Nativity of the Blessed Virgin Mary	Feast	BVM
9. Peter Claver, priest	Memorial	Pastors
13. John Chrysostom, bishop, doctor	Memorial	Doctors
14. The Exaltation of the Holy Cross	Feast	
15. Our Lady of Sorrows	Memorial	BVM
16. Cornelius, pope, and Cyprian, bishop, martyrs	Memorial	Martyrs
20. Andrew Kim Taegon, Paul Chong Hasang and Companions, martyrs	Memorial	Martyrs
21. Matthew, Apostle, Evangelist	Feast	Evangelists
27. Vincent de Paul, priest	Memorial	Pastors
29. Michael, Gabriel, Raphael and All Angels	Solemnity	Pastors
30. Jerome, priest, doctor	Memorial	Doctors

OCTOBER

1. Therese of the Child Jesus, virgin, doctor	Memorial	Virgins
2. The Holy Guardian Angels	Memorial	
4. Francis of Assisi	Memorial	Religious
6. Bruno, priest	Memorial	Monks & Nuns

7. Our Lady of the Rosary	Memorial	BVM
15. Teresa of Jesus, virgin, doctor	Memorial	Doctors
17. Ignatius of Antioch, bishop, martyr	Memorial	Martyrs
18. Luke, Evangelist	Feast	Evangelists
19. John de Brebeuf, Isaac Jogues, priests, and Companions, martyrs	Memorial	Martyrs
28. Simon and Jude, apostles	Feast	Apostles

NOVEMBER

1. All Saints	Solemnity	
2. Commemoration of All the Faithful Departed	Commemoration	Faithful Departed
4. Charles Borromeo, bishop	Memorial	Pastors
9. The Dedication of the Lateran Basilica	Feast	Dedication of Church
10. Leo the Great, pope, doctor	Memorial	Doctors
11. Martin of Tours, bishop†	Feast	Pastors
13. Frances Xavier Cabrini, virgin	Memorial	Virgins
16. Gertrude the Great, virgin†	Memorial	Monks & Nuns
17. Elizabeth of Hungary, religious	Memorial	Holy Men & Women
21. The Presentation of the Blessed Virgin Mary	Memorial	BVM
22. Cecilia, virgin, martyr	Memorial	Virgins
24. Andrew Dung-Lac, priest, and Companions, martyrs	Memorial	Martyrs
30. Andrew, Apostle	Feast	Apostles

Last Sunday in Lent:

Our Lord Jesus Christ, King of the Universe Solemnity

Fourth Thursday:

Thanksgiving Day






DECEMBER

3. Francis Xavier, priest	Memorial	Pastors
7. Ambrose, bishop, doctor	Memorial	Doctors
8. The Immaculate Conception of the Blessed Virgin Mary (<i>Patronal Feastday of the USA and Conception Abbey</i>)	Solemnity	
12. Our Lady of Guadalupe	Feast	BVM
13. Lucy, virgin, martyr	Memorial	Virgins
14. John of the Cross, priest, doctor	Memorial	Doctors
25. The Nativity of the Lord (Christmas)	Solemnity	
26. Stephen, first martyr	Feast	Martyrs
27. John, Apostle and Evangelist	Feast	Evangelists
28. Holy Innocents, martyrs	Feast	Martyrs

Sunday within the octave of the Nativity, or, if there is no Sunday within the octave, December 30:

The Holy Family of Jesus, Mary, and Joseph Feast

Notation for the Liturgy of the Hours

1. ● *Black note*: the smallest rhythmic pulse of chant.
2. ◡ *Horizontal episema*: a tenuto line above a note which calls for a very slight prolongation according to the demands of the text, but not a doubling of that note.
3. ○ *White note*: double the value of the black note.
4. ♪ *Comma*: indicates a catch breath which is to be taken off the value of the preceding note.

5.  *Quarter bar*: similar to a comma in grammar, indicates a slight lengthening of the previous note and a bit of a retard but with no break in the forward movement of the melody.
6.  *Half bar*: similar to the semi-colon in grammar, indicates a retardation and slight break in the sound for the sake of an appropriate breath.
7.  *Full bar*: similar to a period in grammar, indicates a retardation and significant break in the sound.
8.  *Double bar*: has two usages. The first indicates the conclusion of a major section of the music or the ending of the piece. It is preceded by a retardation of the final notes and the last note is prolonged. The second represents a change of persons at interior cadences of a piece (e.g. cantor/choir) and does not necessarily imply a retard.

The Two-Week Psalter

Week I





Sunday I at First Vespers

Choir Leader: L010

O God, come to my as - sist - ance.

All:

O Lord, make haste to help me.

Glory to the Father, and to the Son, and to the

Ho - ly Spir - it: as it was in the beginning, is

now, and will be for ev - er. A - men. —

HYMN

L011



- (1*) 1. Sun - set__ to sun - rise chang - es now,__
 2. Though sun__ with-holds__ its out - ward light,__
 3. In o - ver - whelm - ing fi - nal strife__
 4. To God__ the Fa - ther and__ the Son,__



1. For God cre - ates__ his world__ a - new.__
 2. Lo! a more heav'n - ly light__ shines here.__
 3. The Lord of life__ wins vic - to - ry.__
 4. And to the Spir - it last - ing praise.__



1. On the Re-deem - er's thorn - crowned brow__
 2. And from the cross__ on Cal - v'ry's height__
 3. Our sin is slain,__ and death__ brings life,__
 4. May we, O God - head, Three__ in One,__



1. The won - ders of__ that dawn__ we view.__
 2. Im - mor - tal rays__ of life__ ap-pear.__
 3. And all__ on earth__ hold heav - en's key.__
 4. Serve you__ in hope__ through-out__ our days.__



A - men.____

PSALM 141 (140)

Evening Offering of Incense

An angel stood before the face of God, thurible in hand. The fragrant incense soaring aloft was the prayer of God's people on earth. Rv 8:3-4

L012

(7) Ac - cept us, Lord, as we come with con - trite
heart and hum - bled spir - it. Let our
sac - ri - fice be pleas - ing to you to - day,
Lord our God.

PT024

- ¹ *I have called to you, LÓRD; hásten to **hélp** me! **
Héar my vóice when I crý to **yóu**.
- ² Let my práyer be accépted as incense befóre you, *
the ráising of my hánds like an évening oblátion.
- ³ Sét, O LÓRD, a guárd on my **móuth**; *
keep wáтч at the dóor of my **líps**!
- ⁴ Do not túrn my héart to thíngs that are évil, +
to wícked déeds with thóse who are **sínners**. *
Néver allów me to sháre in their **féasting**.

- 5 If a góod man strikes me it is kándness; +
but let the óil of the wícked not anóint my **héad**. *
Let my práyer be éver agáinst their **málice**.
- 6 If they fáll into the mérciless hánds of their **júdgés**, *
théy will grásp how kánd are my **wórds**.
- 7 As clóds of éarth plowed úp on the **gróund**, *
so their bónes were stréwn at the móuth of the **gráve**.
- 8 To you my éyes are túrned, O LÓRD, my **Lórd**. *
In yóu I take réfuge; spáre my **sóul**!
- 9 From the tráp they have láid for me, kéepe me **sáfe**; *
kéepe me from the snáres of thóse who do évil.
- 10 Let the wícked togéther fáll into their **tráps**, *
while Í pursúe my wáy **unhárméd**.

Glory...



PSALM 142 (141)

Bring My Soul Out of Prison

*So the soldiers went and made the sepulcher secure,
putting seals on the stone and mounting a guard. Mt 27:66*

L013

(8) *I count eve-ry-thing as loss ___ but this: the sur-*
pass-ing worth of know - ing Christ Je-sus my Lord.



- 2 With all my voice I cry to the **LÓRD**; *
with all my voice I entréat the **LÓRD**.
- 3 I pór out my tróuble befóre him; *
I téll him áll my distréss
- 4 While my spírit fáints withín me. *
But yóu, O Lórd, know my **páth**.
On the wáy where Í shall **wálk**, *
they have hídden a snáre to entráp me.
- 5 Lóok on my right hánd and **sée**: *
there is nó one who páys me **héed**.
No escápe remains ópen to **mé**; *
nó one cáres for my **sóul**.
- 6 To yóu I cry, O **LÓRD**. +
I have sáid, "Yóu are my **réfuge**, *
my pórtion in the lánd of the **líving**."
- 7 Lísten, thén, to my **crý**, *
for Í am brought dówn very **lów**.
Réscue me from thóse who pursúe me, *
for théy are strónger than **Í**.
- 8 Bríng my sóul out of **príson**, *
and Í shall give thánks to your **náme**.
Árround me the júst will **assémbles**, *
becáuse of your góodness to **mé**.

Glory...

PSALM 119 (118):105-112

Nun

This is my commandment: that you love one another. Jn 15:12

L014

(2) I will place my law — in their hearts; I will
be their God, and they shall be my peo - ple.

PT007

- 105 Your wórd is a lámp for my féet, *
and a líght for my páth.
- 106 I have swórn an óath and affírméd it, *
to obéy your just júdgmnts.
- 107 I am déeplý afflícted, O LÓRD; *
by your wórd, give me lífe.
- 108 Accépt, LORD, my fréely offered hómage, *
and téach me your décrées.
- 109 My lífe is in my hánds at all tímes; *
I do nótforget your lów.
- 110 For me the wícked have sét a snáre; *
yet I do not stráy from your précepts.
- 111 Your décrées are my héritage foréver, *
the jóy of my héart.
- 112 I inclíne my héart to cárry out your státutes *
foréver, to the énd.

Glory...

PHILIPPIANS 2:6-11

Christ, God's Holy Servant

*They took him down from the tree and placed him in a tomb.
But God raised him from the dead. Acts 13:29-30*

S3033

(1) *Je-sus hum-bled him-self, be-com - ing o-be - di-ent*
un - to death, ev-en to death___ on a cross.___

OT116

1. *Although he was* in the form of God,
 2. **Rather did he** emp - ty him - self,
 3. *And being* found in hu - man form,
 4. **And for this,** God ex - alt - ed him,
 5. *So that at the* name of Je - sus
 6. **And every** tongue___ con - fess
 7. *Glory to the Fa - ther and to the Son*
 8. **As it was in the be - gin - ning,** is___ now:

1. *he did not regard equality with* God___
 2. **taking on the form of a** slave___
 3. *he humbled himself, obedient unto* death,___
 4. **and bestowed upon him the** name___
 5. *every knee shall bend in the heavens, on the* earth,___
 6. **that Jesus Christ is** Lord,___
 7. []
 8. []



1. something to which he would lay claim._____
2. **being made in hu - man like - ness.**
3. death up - - - on a cross._____
4. **that is above every oth - er name.**_____
5. and in the world be - low,_____
6. **to the glory of God the Fa - ther.**
7. and to the Ho - ly Spir - it:
8. **and will be for ev - er. A - men.**_____

V. *Créate a pure héart for me, O Gód;*
 R. Renew a stéadfast spírit withín me.

READING

RESPONSORY

L016

(10) Hear__ us, O Lord, and have mer - cy, * for
 we have sinned__ a - gainst__ you.

*Listen, O Christ, to the prayers of those who cry to you. For we have...
 Glory.... Hear us...*

CANTICLE OF MARY [Luke 1:46-55]

*"Blessed are you who trusted that what was spoken to you by the Lord
 would be fulfilled." (Luke 1:45) And Mary said:*

*The **antiphon** for the Canticle of Mary is proper for each Sunday of
 Lent. Refer to the number board to locate the specific page.*

4 *My soul procláims the gréatness of the **Lórd**,
and my spírit exúlts in God my **Sáviór**,
For he has lóoked upon his hándmaid in her **lówliness**;
henceforth all áges will cáll me **bléssed**.*

4 For the Almíghty has done gréat things for **mé**.
And hóly ís his **náme**.
His loving mércy is from áge to **áge**
for thóse who **féar** him.

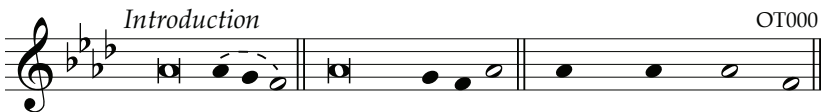
6 He has made knówn the stréngth of his **árm**,
and has scátted the próud of **héart**.
He has put dówn the míghty from their **thrónes**
and has exálted thóse who are **lówly**.
He has fílled the húngry with **góod** things,
and has sént the rích away **émpty**.

4 He has álways helped Ísrael his **sérvant**,
míndful of his lóving **mércy**,
Éven as he prómised our **fáthers**,
to Ábraham and hís descéndants **foréver**.

Glory...

INTERCESSIONS

We turn in supplication to our Divine Redeemer.



Petition... Lord, have mer-cy.
Christ, have mer-cy.
Lord, have mer-cy.

*Make of us, Lord, living stones of your **hóly** temple: **Lord...***

*Inspire all catechumens by the light **of** your grace: **Christ...***

Grant life eternal to all *who* have died: **Lord...**

May the divine assistance remain *always* with us:

And with our absent brethren.

OUR FATHER

Abbot: OT009

Let us pray as Christ the Lord has taught us:

Assembly:

Our_ Fa-ther, who art in heav-en, hal-lowed

be thy name; thy king-dom come; thy will be

done on earth as it is in heav-en. Give us this

day our dai-ly bread; and for-give us our

tres-pass-es as we for-give those who

tres-pass a-gainst us; and lead us not in-to

temp-ta-tion, but de-liv-er us from e - vil.

ORATION

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

BLESSING



Sunday I at Lauds

Choir Leader: L010

O God, come to my as - sist - ance.

All:

O Lord, make haste to help me.

Glory to the Father, and to the Son, and to the

Ho - ly Spir - it: as it was in the beginning, is

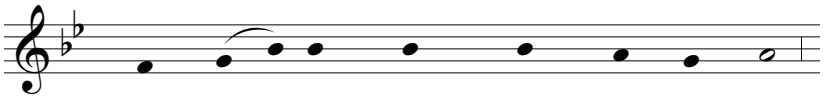
now, and will be for ev - er. A - men. —

HYMN

L069



- (2*) 1. O sun___ of jus - tice, Christ___ our light,
 2. Now comes___ the time ac - cept - a - ble:
 3. A con - trite spir - it grant___ us, Lord:
 4. The day___ is dawn - ing, day___ of yours,
 5. Let all___ the stars in vast___ ar - ray



1. Dis - pel - ling night through all the earth:
 2. In - spire___ our thoughts, our minds re - new.
 3. Re - deem___ your church and set it free.
 4. When all___ the earth a - gain will flower,
 5. The Ho - ly Trin - i - ty a - dore.



1. Grant day - light to our in - most souls,
 2. In your com - pas - sion call us back,
 3. How - ev - er heav - y guilt has been,
 4. And then may we re - joice as well,
 5. And we, by grace made new a - gain,



1. And grace___ the world with sec - ond birth.
 2. And bid___ our hearts re - turn to you.
 3. Still great - er will your bless - ings be.
 4. Led on - ward by your grace and power.
 5. New songs___ shall sing for - ev - er - more.



A - men.____

PSALM 63 (62)
Athirst for God

*I consider everything as a loss because of the supreme good of knowing
Christ Jesus my Lord. Phil 3:8*

L018

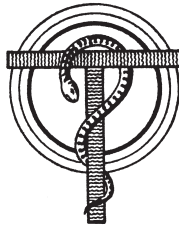
(6) I will bless__ you all__ my life; and in your
name I will lift_____ up my hands.__

PT034

- 2 O Gód, you are my Gód; at dawn I séek you; *
for yóu my sóul is **thirsting**.
For yóu my flésh is **píning**, *
like a drý, weary lánd without wáter.
- 3 I have cóme before yóu in the **sánctuary**, *
to behóld your stréngth and your **glóry**.
- 4 Your loving mércy is bétter than **lífe**; *
my líps will spéak your **práise**.
- 5 I will bléss you áll my **lífe**; *
in your náme I will líft up my **hánds**.
- 6 My sóul shall be fílléd as with a **bánquet**; *
with joyfúll líps, my móuth shall **práise** you.
- 7 When I remémber you upón my **béd**, *
I muse on yóu through the wátches of the **níght**.
-

- 8 For *yóu* have *béen* my **stréngth**; *
in the *sháadow* of your *wíngs* I **rejóice**.
- 9 My *sóul* *clings fást* to *yóu*; *
yóur right *hánd* **uphólds** me.
- 10 Those who *séek* to *destróy* my **life** *
shall go *dówn* to the *dépths* of the **éarth**.
- 11 *Pút* to the *pówer* of the **swórd**, *
they shall be *léft* as *préy* for the **jáckals**.
- 12 But the *kíng* shall **rejóice** in *Gód*; +
all that *swéar* by *hím* shall **exúlt**, *
for the *móuth* of *líars* shall be **sílenced**.

Glory...



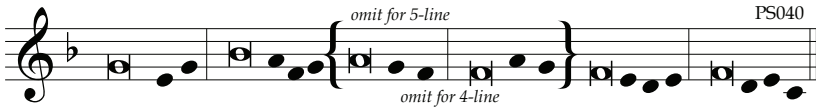
DANIEL 3:57-88, 56

Bless the Lord, All Creation

All you servants of the Lord, sing praise to him. Rv 19:5

L019

(7) *Free us, O Lord, by your wonderful works; de-*
liv - er us from the pow - er of death.



- 2 *Bless the Lórd, all you wórks of the Lórd.*
 Praise and exált him above áll foréver.
- 6 Angels of the Lórd, bléss the **Lórd**.
 You héavens, bléss the **Lórd**.
 All you wáters above the héavens, bless the **Lórd**.
 All you hósts of the Lórd, bless the **Lórd**.
 Sun and móon, bléss the **Lórd**.
 Stars of héaven, bléss the **Lórd**.
- 4 Every shówer and déw, bless the **Lórd**.
 All you wínds, bléss the **Lórd**.
 Fire and héat, bléss the **Lórd**.
 Cold and chíll, bléss the **Lórd**.
- 6 Dew and ráin, bléss the **Lórd**.
 Frost and chíll, bléss the **Lórd**.
 Ice and snów, bléss the **Lórd**.
 Nights and dáys, bléss the **Lórd**.
 Light and dárkness, bléss the **Lórd**.
 Lightnings and clóuds, bléss the **Lórd**.
- 4 Let the éarth bléss the **Lórd**.
 Praise and exált him above áll foréver.
 Mountains and hílls, bléss the **Lórd**.
 Everything grówing from the éarth, bless the **Lórd**.
- 6 You spríngs, bléss the **Lórd**.
 Seas and rívers, bléss the **Lórd**.
 You dólphins and all wáter creatures, bless the **Lórd**.
 All you bírds of the áir, bless the **Lórd**.
 All you béasts, wild and táme, bless the **Lórd**.
 All péople on éarth, bless the **Lórd**.

- ² O Ísrael, bléss the **Lórd**.
Praise and exált him above áll foréver.
- ⁶ Priests of the Lórd, bléss the **Lórd**.
Servants of the Lórd, bléss the **Lórd**.
Spirits and sóuls of the júst, bless the **Lórd**.
All you hóly and húmble of héart, bless the **Lórd**.
Hananíah, Azaríah, Míshael, bless the **Lórd**.
Praise and exált him above áll foréver.
- ⁴ Let us bless the Fáther, and the Són, and the Holy Spírit.
Let us práise and exált him above áll foréver.
Blest are yóu, Lord, in the fírmament of héaven.
Praiseworthy and glórious and exálted above áll foréver.



PSALM 93 (92)

With Majesty Enrobed

*The Lord is king, our God, the almighty. Let us rejoice and give him glory,
for this is the wedding day of the Lamb. Rv 19:6*

L020

(8) The Lord__ says: Turn a-way__ from sin and be

faith-ful to the gos - pel with an o - pen heart.



- 1 The LORD is king, with májesty enróbed. +
 The LORD has róbed himsélf with **míght**; *
 he has gírded himsélf with **pówer**.
 The wórld you made fírm, not to be móved; +
- 2 your thróne has stood fírm from of **óld**. *
 From all etérnity, O LÓRD, you **áre**.
- 3 The flóods have lífted up, O LÓRD, +
 the flóods have lífted up their **vóice**; *
 the flóods have lífted up their **thúnder**.
- 4 Gréater than the róar of míghty wáters, +
 more glórious than the súrgings of the **seá**, *
 the LÓRD is glórious on **hígh**.
- 5 Trúly your decreés are to be trústed. +
 Hóliness is fíting to your **hóuse**, *
 O LÓRD, until the énd of **time**.

Glory...

PSALM 149

God Crowns the Poor with Salvation

*Do not live in fear, little flock. It has pleased
 your Father to give you the kingdom. Lk 12:32*

(2) So great was God's love — for us, that

when we were dead be-cause of our sins, he

brought us to life_____ in Christ Je - sus.

- Síng a new sǒng to the LÓRD, **
 his práise in the assémbly of the fáithful.
- ² Let Ísrael rejóice in its MÁker; *
 let Sion's chıldren exúlt in their kÍng.
- ³ Let them práise his náme with **dáncing**, *
 and make músic with tímbrél and **hárp**.
- ⁴ For the LÓRD takes delÍght in his **péople**; *
 he crówns the póor with salvátion.
- ⁵ Let the fáithful exúlt in **glóry**, *
 and rejóice as they táke their **rést**.
- ⁶ Let the práise of Gód be in their **móuths** *
 and a twó-edged swórd in their **hánd**,
- ⁷ To déal out véngéance to the **nátions** *
 and púnishment upón the **péoples**;
- ⁸ To bÍnd their kÍngs in **cháins** *
 and their nóbles in fétters of íron;
- ⁹ To cárry out the júdgment **decréed**. *
 This is an hónor for áll his **fáithful**.

Glory...

V. *Restóre in me the jóy of your salvátion;*
 R. *Sustáin in me a willing spÍrit.*

READING

RESPONSORY

L022

(4) Christ, Son___ of the liv - ing God, *

have__ mer - - - cy on us.____

You were wounded because of our sins. Have mercy...
Glory... Christ, Son...

CANTICLE OF ZACHARY [Luke 1:68-79]

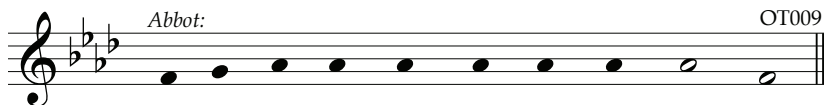
Then John's father Zechariah was filled with the Holy Spirit and prophesied.
(Luke 1:67)

The **antiphon** for the Canticle of Zachary is proper for each Sunday of Lent. Refer to the number board to locate the specific page.

- 6 *Blést be the Lórd God of Ísrael:*
for he has vísited his péople and redéemed them.
He has raised úp for us a hórnn of salvátion
in the Hóuse of Dávid his sérvant,
As he spóke through the móuth of his hólly ones,
his próphets from áges pást:
- 4 A sáviór who would frée us from our **fóes**,
and from the hánds of áll who **háte** us,
To shów loving mércy to our **fáthers**
míndful of his hólly **cóvenant**.
- 4 This was the óath he swore to Ábraham our **fáther**,
to grant that fréed from the hánds of our **fóes**,
We might sérve him in hóliness and **ríghteousness**,
all the dáys of our life without **féar**.
-

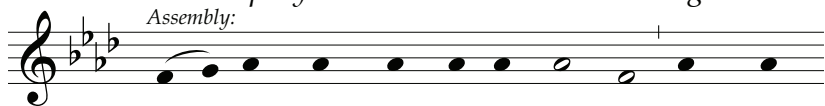
OUR FATHER

Abbot: OT009

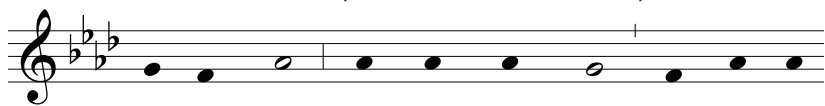


Let us pray as Christ the Lord has taught us:


Assembly:



Our_ Fa - ther, who art in heav-en, hal-lowed



be thy name; thy king-dom come; thy will be



done on earth as it is in heav-en. Give us this



day our dai - ly bread; and for-give us our



tres-pass-es as we for-give those who



tres-pass a-against us; and lead us not in-to

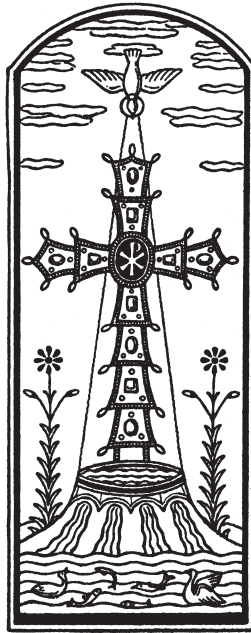


temp-ta-tion, but de-liv-er us from e - vil.

ORATION

Let us bless the Lord.
Thanks be to God.

BLESSING





Sunday I at Daytime Prayer

HYMN

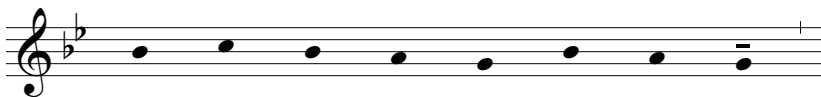
L023



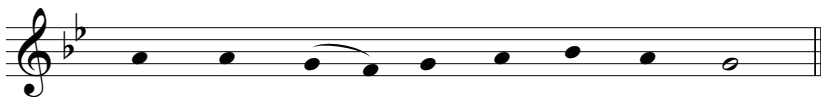
- (10) 1. O *Christ, Cre - a - tor, we con - fess*
2. For - give the _____ e - vil we have done,
3. O hear us, _____ bless - ed Trin - i - ty,



1. That from your hands at first we came.
2. In - crease the bless - ings we im - plore.
3. Our ho - ly God, to whom we cry:



1. May e - vil spir - its ne'er con - trol
2. So may we please you here on earth
3. May we, ab - stain - ing now on earth,



1. The Church that _____ glo - ries in your name.
2. And in the _____ heav - ens ev - er - more.
3. En - joy im - mor - tal gifts on high.



A - - men. _____

ANT: *This is the tíme for repéntance: / to atóne for our síns
and séek salvátion.*

PSALM 120 (119)

A Stranger in Meshech

Rejoice in hope, be patient under trial, persevere in prayer. Rom 12:12

- 1 *To the LÓRD in the hóur of my distréss **
I cáll – and he ánswers me.
- 2 *“O LÓRD, save my sóul from lying líps, **
from the tóngue of the decéitful.”
- 3 *What should he gíve you, whát repáy you, **
O decéitful tóngue?
- 4 *The wárrior’s árrows shárpened, **
with red-hot cóals from the bróom tree!

- 5 *Alás, that I líve in Méshech, **
dwéll among the ténts of Kédar!
- 6 *Í have had enóugh of dwélling **
with thóse who hate péace.
- 7 *Í am for péace, but when I spéak, **
théy are for wár.

PSALM 121 (120)

Unsleeping Guardian

*Never again shall they know hunger or thirst, nor shall the sun
or its heat beat down on them. Rv 7:16*

- 1 *I líft up my éyes to the móuntains; **
from whére shall cóme my hélp?
- 2 *My hélp shall cóme from the LÓRD, **
who made héaven and éarth. ~

- ³ He will k eep your f oot from st umbling. *
Your gu ard will never sl umber.
⁴ N o, he sl eeps not nor sl umbers, *
the gu ardian of  Israel.
⁵ The LORD your gu ard, the L ORD your sh ade *
at y our right h and.
⁶ By d ay the s un shall not sm ite you, *
nor the m oon in the n ight.
⁷ The L ORD will gu ard you from  evil; *
he will gu ard your s oul.
⁸ The LORD will gu ard your g oing and c oming, *
both n ow and for ever.

PSALM 123 (122)

Eyes Lifted to the Lord

The two blind men cried out, "Lord, Son of David, have pity on us!" Mt 20:30

- ¹ To y ou have I lifted up my  eyes, *
you who dw ell in the h eavens.
² Beh old, like the  eyes of sl aves *
on the h and of their l ords,
Like the  eyes of a s ervant *
on the h and of her m istress,
So our  eyes are on the L ORD our G od, *
till he sh ow us his m ercy.
³ Have m ercy on us, L ORD, have m ercy. *
We are filled with cont empt.
⁴ Ind eed, all too f ull is our s oul +
with the sc orn of the  arrogant, *
the disd ain of the pr oud.

Glory...

ANT: This is the time for repentence: / to atone for our sins and seek salvation.

BRIEF READING

V. *Turn away your face from my sins, O LORD,*
R. *And blot out all my guilt.*

Let us pray.

ORATION

Let us bless the Lord.
Thanks be to God.

*May the souls of the faithful departed,
through the mercy of God, rest in peace.*
Amen.

May the divine assistance remain always with us.
And with our absent brethren. Amen.



Sunday I at Second Vespers

Choir Leader: L010

O God, come to my as - sist - ance.

All:

O Lord, make haste to help me.

Glory to the Father, and to the Son, and to the

Ho - ly Spir - it: as it was in the beginning, is

now, and will be for ev - er. A - men. —

HYMN

L011



- (1*) 1. Sun - set__ to sun - rise chang - es now,__
 2. Though sun__ with-holds__ its out - ward light,__
 3. In o - ver - whelm - ing fi - nal strife__
 4. To God__ the Fa - ther and__ the Son,__



1. For God cre - ates__ his world__ a - new.__
 2. Lo! a more heav'n - ly light__ shines here.__
 3. The Lord of life__ wins vic - to - ry.__
 4. And to the Spir - it last - ing praise.__



1. On the Re-deem - er's thorn - crowned brow__
 2. And from the cross__ on Cal - v'ry's height__
 3. Our sin is slain,__ and death__ brings life,__
 4. May we, O God - head, Three__ in One,__



1. The won - ders of__ that dawn__ we view.__
 2. Im - mor - tal rays__ of life__ ap-pear.__
 3. And all__ on earth__ hold heav - en's key.__
 4. Serve you__ in hope__ through-out__ our days.__



A - men.__

PSALM 110 (109)
Sit at My Right Hand

Christ must reign until God has put all enemies under his feet.
The last enemy to be destroyed is death. 1 Cor 15:25-26

L024

(13/5) Lord, _____ all-pow-er-ful King, free _____ us for the
sake of your name. Give us time to turn _____
from _____ our sins. _____

PT015

_____ + _____

- 1 The LÓRD's revelátion to my lórd: +
"Sít at my right hánd, *
until I máke your fóes your fóotstool."
- 2 The LÓRD will sénd from Sión +
your scépter of pówér: *
rúle in the mídst of your fóes.
- 3 With yóu is princely rúle *
on the dáy of your pówér.
In holy spléndor, from the wómb before the dáwn, *
I have begóttén yóu.
- 4 The LÓRD has sworn an óath he will not chánge: +
"Yóu are a príest foréver, *
in the líne of MelchízedeK."
- 5 The Lórd, stánding at your ríght, *
shatters kíngs in the dáy of his wráth.

- 6 He brings a júdgment amóng the nátions, +
and héaps the bódiés **hígh**; *
he shatters héads throughóut the wide **éarth**.
- 7 He shall drínk from the stréam by the **wáyside**, *
and thérefore he shall lift up his **héad**.

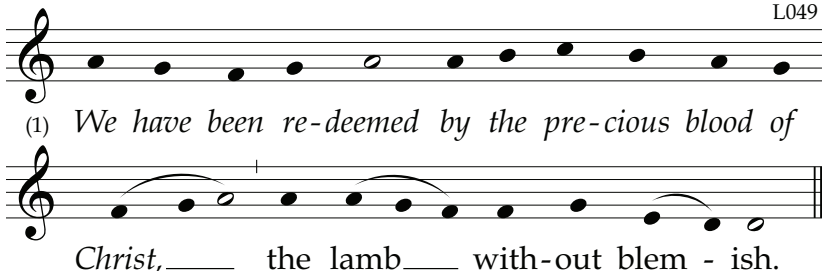
Glory...

PSALM 111 (110)

A Memorial of Divine Wonders


*Mighty and wonderful are your works, O Lord God almighty!
Righteous and true are your ways, O king of the nations! Rv 15:3*

L049



(1) *We have been re-deemed by the pre-cious blood of*
Christ,_____ the lamb_____ with-out blem - ish.

PT004



- I will práise the LÓRD with all my héart, **
in the méeting of the júst and the assémbly.
- 2 Gréat are the wórks of the LÓRD, *
to be póndered by áll who delight in **thém**.
- 3 Majéstic and glórious his **wórk**; *
his jústice stands fírm foréver. ~



- 4 He has gíven us a memórial of his **wónders**. *
The LÓRD is grácious and **mérciful**.
- 5 He gives fóod to thóse who **féar** him; *
keeps his cóvenant éver in **mínd**.
- 6 His mighty wórks he has shówn to his **péople** *
by gíving them the héritage of **nátions**.
- 7 His hándiwork is jústice and **trúth**; *
his précepts are áll of them **súre**,
- 8 Standing fírm foréver and **éver**, *
wróught in úprightness and **trúth**.
- 9 He has sént redémption to his péople, +
and estáblished his cóvenant foréver. *
Hóly his náme, to be **féared**.
- 10 The fear of the LÓRD is the bégínníng of wísdóm; +
understándíng marks áll who **attáin** it. *
His práise endúres foréver!

Glory...

PSALM 112 (111)
A Saint's Portrait

*Live as children of light, for light produces every kind of goodness
and righteousness and truth. Eph 5:8-9*

(8) God___ has ap - point - ed Christ to be
judge___ of the liv - ing and the dead.---

1 Peter 2:21b-24

By His Wounds You Have Been Healed

*You were ransomed by the precious blood of Christ
as of a spotless unblemished Lamb. 1 Pt 1:18-19*

(14/6) Ours were the sufferings he bore; ours were the torments he endured.

PS047

Cantor: 3 Christ suffered for **yóu**,
leaving you an **exámple**
that you should **fóllow** in his **fóotsteps**.

All: 3 He committed no **sín**,
there was no **fálse wórd**
that éver **pás**sed his **líps**.

Cantor: 4 When he was **insúlted**, he **retúrn**ed no **ínsult**;
when he **súffered**, he **díd** not **thréat**en;
Instéad he **hánded** himself **óver**
to the **óne** who **júdes** **jústly**.

All: 5 He **hímself** bore our **síns**
in his **bódy** upon the **cróss**,
so that, **frée** from **sín**,
we might **líve** for **jústice**.
By his **wóunds** you **háve** been **héaled**.

All: *Glory...*

V. *Creáte a pure héart for me, O Gód;*
 R. *Renew a stéadfast spírit withín me.*

READING

RESPONSORY

L016

(10) Hear__ us, O Lord, and have mer - cy, * for
 we have sinned__ a - gainst__ you.

*Listen, O Christ, to the prayers of those who cry to you. For we have...
 Glory... Hear us...*

CANTICLE OF MARY [Luke 1:46-55]

*"Blessed are you who trusted that what was spoken to you by the Lord
 would be fulfilled." (Luke 1:45) And Mary said:*

*The **antiphon** for the Canticle of Mary is proper for each Sunday of
 Lent. Refer to the number board to locate the specific page.*

- 4 *My soul procláims the gréatness of the **Lórd**,
 and my spírit exúlts in God my **Sávi**or,
 For he has lóoked upon his hándmaid in her **lów**liness;
 henceforth all áges will cáll me **bléssed**.*
- 4 *For the Almíghty has done gréat things for **mé**.
 And hóly ís his **ná**me.
 His loving mércy is from áge to áge
 for thóse who **féar** him. ~*

- 6 He has made known the strength of his **árm**,
and has scattered the proud of **héart**.
He has put down the mighty from their **thrónes**
and has exalted those who are **lówly**.
He has filled the hungry with **góod** things,
and has sent the rich away **émpy**.
- 4 He has always helped Ísrael his **sérvant**,
mindful of his loving **mércy**,
Even as he promised our **fáthers**,
to Ábraham and his descendants **foréver**.

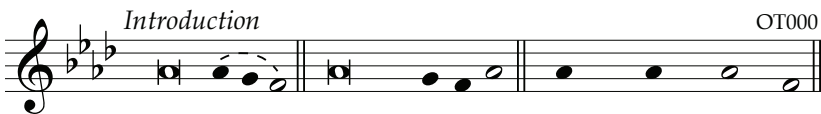
During the incensation the antiphon is repeated.

Glory...

The antiphon is repeated.

INTERCESSIONS

*Let us invoke our saving God at the close of this **day**.*



Petition... Lord, have mer-cy.
Christ, have mer-cy.
Lord, have mer-cy.

*Wash away our sins and reform us **in** your image: **Lord...***

*Grant healing to all who suffer in body or spirit: **Christ...***

*Shine upon all who have passed **from** this world: **Lord...***

*May the divine assistance remain **always** with us:*

And with our absent brethren.

OUR FATHER

Abbot: OT009



Let us pray as Christ the Lord has taught us:

Assembly:



Our Fa-ther, who art in heav-en, hal-lowed



be thy name; thy king-dom come; thy will be



done on earth as it is in heav-en. Give us this



day our dai-ly bread; and for-give us our



tres-pass-es as we for-give those who



tres-pass a-gainst us; and lead us not in-to



temp-ta-tion, but de-liv-er us from e - vil.

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING

Monday I at Lauds

HYMN

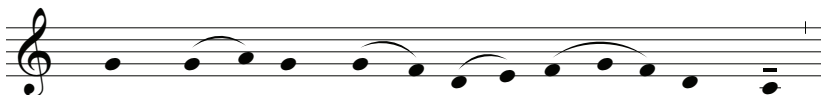
L017



1. Come, weep be - fore the Judge, and seek
2. Much have we sinned, O Lord! and still
3. Re - mem - ber that we yet are yours
4. Un - do past e - vil; heal the wounds,
5. Blest Trin - i - ty in U - ni - ty!



1. With bro - ken hearts his grace to win;
2. We fall a - gain and seek to rise;
3. Though fash - ioned of a frag - ile frame;
4. And guide our steps in faith's dark night;
5. Up - hold our weak - ness in your love,



1. Be bold, and trust - ing meet his gaze,
2. Look down in pit - y from on high;
3. And take not from our gasp - ing souls
4. So may we now and ev - er find
5. That we to death may die with Christ



1. And trem - bling claim the hope with - in.
2. Be dawn - ing light to search - ing eyes.
3. The Breath by which we praise your Name.
4. Joy pure and bound - less in your sight.
5. And rise with Christ to life a - bove.



A - men.

PSALM 5

In the Morning You Hear My Voice

Dismiss all anxiety from your minds. Present your needs to God in every form of prayer and in petitions full of gratitude. Phil 4:6

- 2 To my wórds give éar, O LÓRD; *
give héed to my síghs.
- 3 Atténd to the sóund of my crý, *
my Kíng and my Gód.
- 4 To yóu do I práy, O LÓRD. +
In the mórníng you héar my vóice; *
in the mórníng I pléad and watch befóre you.
- 5 You are no Gód who delíghts in évil; *
no sínner is your guést.
- 6 The bóastful shall not stánd their gróund *
befóre your éyes.
- 7 Áll who do évil you despíse; *
all who líe you destróy.
The decéitful and thóse who shed blóod *
the LÓRD detésts. ~



- 8 Yet through the gréatness of your mérciful **lóve**, *
 I énter your **hóuse**.
 I bow dówn before your hóly **témp**le, *
 in áwe of **yóu**.
- 9 Léad me, LÓRD, in your jústice, +
 because of my **fóes**; *
 make stráight your wáy befóre me.
- 10 No trúth can be fóund in their **móuths**, *
 their héart is all **málice**,
 Their thróat a wide-ópen **gráve**; *
 with their tóngue they **flátter**.
- 11 Decláre them guílty, O **Gód**. *
 Let them fáil in their **desígns**.
 Drive them óut for their mány **transgréssions**, *
 for against yóu have they **rebélled**.
- 12 All who take réfuge in yóu shall be **glád**, *
 and ever crý out their **jóy**.
 You shéltér them; in yóu they **rejóice**, *
 those who lóve your **náme**.
- 13 It is yóu who bless the júst one, O LÓRD; *
 you surróund him with your fávor like a **shíeld**.

Glory...

PSALM 19 (18)

God's Revelation in Creation and in Torah

The God who said, "Let light shine out of darkness," has shone in our hearts to bring to light the knowledge of the glory of God on the face of Jesus Christ. 1 Cor 4:6

OT032

(1) Their sound_ has gone_ forth_ through all the earth,_____ their words to the ut - most bounds of the world._____

PT003

I

- ² *The héavens déclare the glóry of Gód, **
and the fírmament proclaíms the wórk of his **hánds**.
- ³ Dáy unto dáy convéys the **méssage, ***
and níght unto níght impárts the **knówledge**.
- ⁴ No spéech, no wórd, whose vóice goes unhéeded; +
⁵ their sóund goes fórt through áll the **éarth, ***
their méssage to the útmost bóunds of the **wórd**.
- ⁶ Thére he has pláced a tént for the sún; +
it comes fórt like a brídegroom cóming from his **tént, ***
rejóices like a chámption to rún his **cóurse**.
- ⁷ At one énd of the héavens is the rísing of the sún; +
to its fúrthest énd it rúns its **cóurse. ***
There is nóthing concéaled from its búrning **héat**.

Glory...

II

OT033

(1) The law of the LORD glad-dens the heart, and
gives light to the eyes.

PT003

- 8 The *l*áw of the LÓRD is *p*érfect; *
it revíves the *s*óul.
The decrées of the LÓRD are *st*éadfast; *
they give wísdóm to the *s*ímple.
- 9 The *p*récepts of the LÓRD are *r*íght; *
they gládden the *h*éart.
The commánd of the LÓRD is *cl*éar; *
it gives líght to the *é*yes.
- 10 The *f*éar of the LÓRD is *p*úre; *
abíding foréver.
The *j*údgments of the LÓRD are *tr*úe; *
they are, áll of them, *j*úst.
- 11 They are móre to be desíred than *g*óld; *
than quántities of *g*óld.
And swéeter are théy than *h*óney; *
than honey flówing from the *c*ómb.
- 12 So in thém your sérvant finds *instr*úction; *
great rewárd is in their *k*éeping.
- 13 But whó can detéct their own *é*rrors? *
From hídden faults *acquít* me.

- 14 From presúmption restráin your **sérvant**; *
 máy it not **rúle** me.
 Thén shall Í be **blámeless**, *
 cléan from grave **sín**.
- 15 May the spóken wórds of my **móuth**, *
 the thóughts of my **héart**,
 Win fávor in your síght, O **LÓRD**, *
 my róck and my **redéemer**!

Glory...

V. *Restóre in me the jóy of your salvátion, O Gód;*
 R. *Sustáin in me a wílling spírit.*

READING

RESPONSORY

L028

(4) God him-self will set me free___ * from the
 snare of the fowl - er.

He will deliver me from lying words, from the snare...
Glory... God himself...

CANTICLE OF ZACHARY [Luke 1:68-79]

*Then John's father Zechariah was filled with the Holy Spirit and prophesied.
(Luke 1:67)*

*The **antiphon** for the Canticle of Zachary is proper for each weekday of Lent. Refer to the number board to locate the specific page.*

- 6 *Blést be the Lórd God of Ísrael:
for he has vísited his péople and redéemed them.
He has raised úp for us a hórnn of salvátion
in the Hóuse of Dávid his sérvant,
As he spóke through the móuth of his hólly ones,
his próphets from áges **pást**:*
- 4 *A sáviour who would frée us from our **fóes**,
and from the hánds of áll who **háte** us,
To shów loving mércy to our fáthers
míndful of his hólly **cóvenant**.*
- 4 *This was the óath he swore to Ábraham our fáther,
to grant that fréed from the hánds of our **fóes**,
We might sérve him in hóliness and **ríghteousness**,
all the dáys of our life without **féar**.*
- 6 *And yóu, little chíld, will be **cálléd**
próphet of Gód Most **Hígh**,
For yóu will gó before the **Lórd**
to make réady his wáys **befóre** him,
To grant a knówledge of salvátion to his **péople**
through the forgíveness of áll their **síns**.*

- 5 By the lóving mércy of our **Gód**,
the Dáwn from on hígh will **vísit** us,
To shíne on those who sít in **dárkness**,
and thóse in the shádw of **déath**,
to guide our féet into the wáy of **péace**.

Glory...

INTERCESSIONS

*Let us raise to God our songs of grateful **praise**.*

Accept our works this day in atonement for sin:
Lord, have mercy.

*Be for all nations the font of **grace** and mercy:*
Christ, have mercy.

Let the young heed your call to monastic discipleship:
Lord, have mercy.

*May the divine assistance remain **always** with us:*
And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.
Thanks be to God.

BLESSING



Monday I at Daytime Prayer

HYMN

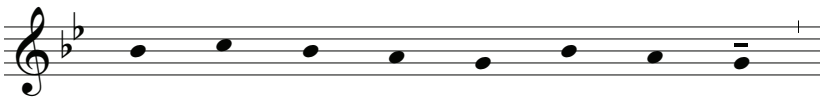
L023



- (10) 1. O *Christ*, *Cre - a - tor*, *we con - fess*
2. For - give the ___ e - vil we have done,
3. O hear us, ___ bless - ed Trin - i - ty,



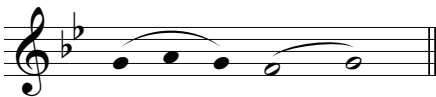
1. That from your hands at first we came.
2. In - crease the bless - ings we im - plore.
3. Our ho - ly God, to whom we cry:



1. May e - vil spir - its ne'er con - trol
2. So may we please you here on earth
3. May we, ab - stain - ing now on earth,



1. The Church that ___ glo - ries in your name.
2. And in the ___ heav - ens ev - er - more.
3. En - joy im - mor - tal gifts on high.



A - men. ___

ANT: *Retúrn to me, sáys the Lórd; / for I am mérciful and júst.*

PSALM 26 (25)

I Wash My Hands in Innocence

*God chose us in Christ before the world began,
to be holy and blameless in his sight. Eph 1:14*

- ¹ Give júdgment for mé, O LÓRD, +
for Í have wálked in my intégriety. *
I have trústed in the LÓRD; I have not wávered.
- ² Exámine me, LÓRD, and trý me. *
O tést my héart and my mínd.
- ³ Your mércy is befóre my éyes, *
and I wálk accórding to your trúth.
- ⁴ I néver take my séat with líars, *
and with hýpocrites I sháll not gó.
- ⁵ I háte the évildoer's cómpany; *
I will not táke my séat with the wícked.
- ⁶ I wásh my hánds in ínnocence *
and táke my pláce around your áltar,
- ⁷ Sínging a sóng of thanksgíving, *
recóunting áll your wónders.
- ⁸ O LÓRD, I love the hóuse where you dwéll, *
the pláce where your glóry abídes.
- ⁹ Do not swéep away my sóul with sínners, *
nor my lífe with thóse who shed blóod,
- ¹⁰ In whose hánds are évil plóts, *
whose right hánds are filled with a bríbe.
- ¹¹ As for mé, I have wálked in my intégriety. *
Redéem me and have mércy on mé.
- ¹² My fóot stands on lével gróund: *
I will bléss the LÓRD in the assémbly. ✚
-

PSALM 28 (27)

Shepherd and Savior of Israel

*So they took away the stone. And Jesus raised his eyes and said,
"Father, I thank you for hearing me." Jn 11:41*

- ¹ To *yóu*, O LÓRD, I *cáll*; *
my *róck*, be not *déaf* to *mé*.
I shall go *dówn* to *thóse* in the *pít*, *
if *yóu* are *sílent* to *mé*.
- ² Héar the *vóice* of my *pléading* *
as I *cáll* to you for *hélp*,
As I *ráise* my *hánds* *
toward your *hóly* *pláce*.
- ³ Do not *drág* me *awáy* with the *wícked*, *
with *thóse* who do *évil*,
Who speak *wórd*s of *péace* to their *néighbors*, *
but with *málice* in their *héarts*.
- ⁴ Repáy them *accórding* to their *déeds*, *
accórding to the *évil* of their *áctions*.
Accórding to their *hándiwork*, repáy them; *
retúrn to *thém* their *desérts*.
- ⁵ For they *ignóre* the *déeds* of the LÓRD +
and the *wórk* of his *hánds*. *
May he *rúin* them and *néver* *rebuíld* them.
- ⁶ Blést be the LÓRD, for he has *héard* *
the *sóund* of my *appéal*.
- ⁷ The LÓRD is my *stréngth* and my *shíeld*; *
in *hím* my heart *trústs*.
I was *hélped*; my *héart* *rejóices*, *
and I *práise* him with my *sóng*.
- ⁸ The LÓRD is the *stréngth* of his *péople*, *
a *saving* *réfuge* for his *anóinted*.
- ⁹ Save your *péople* and *bléss* your *héritage*. *
Shépherd them and *cárry* them *foréver*.
-

PSALM 39 (38)

No Abiding City

Can any of you, by worrying, add a moment to your life span? Lk 12:25

- 2 *I said, "I will be watchful of my ways, **
for fear I should sin with my tongue.
I will put a curb on my lips *
when the wicked man stands before me."
- 3 I was mute, silent, very still, +
as my pain became intense. *
- 4 My heart was burning within me.
At the thought of it, the fire blazed up, *
and my tongue burst into speech:
- 5 "O LORD, you have shown me my end, *
how short is the length of my days.
Now I know how fleeting is my life. +
- 6 How short the span of days you have given me; *
my life is as nothing in your sight.
Surely all mankind stands as but a breath. *
- 7 A man surely lives as a shadow,
Surely the riches he hoards, a mere breath; *
he does not know who will gather them."
- 8 And now, Lord, what is there to wait for? *
In you rests all my hope.
- 9 Set me free from all my sins, *
do not make me the taunt of the fool.
- 10 I was silent, not opening my lips, *
because this was all your doing.
- 11 Take away your scourge from me. *
I am crushed by the blows of your hand. ~
-

- ¹² With rebúkes you corréct the sinner; +
like a móth you devóur all he tréasures. *
All mankind is no móre than a bréath.
- ¹³ O LÓRD, give héed to my práyer; +
túrn your éar to my crý; *
dó not be déaf to my wéeping.
Behóld, I am a stránger to yóu, *
a pílgrim, like áll my fórebears.
- ¹⁴ Look awáy from me that Í may smíle *
befóre I depárt to be no móre.

Glory...

ANT: Retúrn to me, sáys the Lórd; / for I am mérciful
and júst.

BRIEF READING

V. *Deal bóuntifully with your sérvant, O LÓRD,*
R. That I may líve and keep your wórd.

Let us pray.

ORATION

Let us bless the Lord.
Thanks be to God.

*May the souls of the faithful departed,
through the mercy of God, rest in peace.*
Amen.

May the divine assistance remain always with us.
And with our absent brethren. Amen.

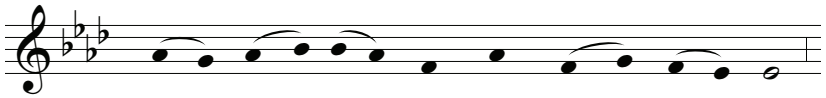
Monday I at Vespers

HYMN

L032



- (2*) 1. Ac - cept our prayer, O God of love,
 2. Our sins are man - y, we con - fess,
 3. From world-ly ways our minds be freed,
 4. O hear us, bless - ed Trin - i - ty,



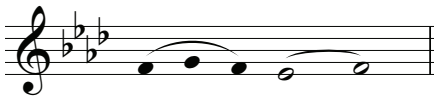
1. As we la - ment our for - mer ways,
 2. But spare us who our faults de - plore.
 3. Our bod - ies sound in dis - ci - pline.
 4. Our ho - ly God, to whom we cry:



1. The cry out - poured by pen - i - tents
 2. And for the glo - ry of your name
 3. May in - ward fast - ing of our hearts
 4. May we, ab - stain - ing now on earth,



1. Through-out these sa - cred for - ty days.
 2. Our lan - guid hearts to health re - store.
 3. Re - move the taste for eve - ry sin.
 4. En - joy im - mor - tal gifts on high.



A - men.

PSALM 11 (10)

The Upright Shall See the Face of God

Cast all your worries upon him because he cares for you. 1 Pt 5:7

OT038

(14/7) You are my friends— if you do what I com-
mand— you, says the Lord.

PT026

- 1 *In the LÓRD I have táken réfuge. +
Hów can you sáy to my sóul, *
"Flý like a bírd to the móuntain!*
- 2 *Look, the wícked are bénding their bów! +
They are fíxing their árrow on the **stríng**, *
to shoot the úpright of héart in the **dárk**.*
- 3 *Foundátions ónce destróyed, *
whát can the júst man **dó**?"*
- 4 *The LÓRD is in his hóly **témp**le; *
the thróne of the LÓRD is in **héaven**.
His éyes behóld the **wórld**; *
his gáze probes the chíldren of **mén**.*
- 5 *The LORD inspécts the júst and the **wícked**; *
the lóver of víolence he **hátes**.*
- 6 *He sends fíre and brímstone on the **wícked**, *
a scorching wínd to fíll their **cúp**.*
- 7 *For the LORD is júst and lóves deeds of **jústice**; *
the úpright shall behóld his **fáce**.*

Glory...

PSALM 15 (14)

If You Would Abide in God's Temple

You have come to Mount Sion, to the city of the living God. Heb 12:22

OT039

(13/5) Bless - ed are the pure ___ of heart, for

they shall see _____ God.

PT016

- 1 *LORD, who may abide in your **tént**, *
and dwell on your hóly **móuntain**?*
- 2 *Whoéver wáiks without fáult; +
who dóes what is **júst**, *
and spéaks the trúth from his **héart**.*
- 3 *Whoéver does not slándér with his tóngue; +
who dóes no wróng to a **néighbor**, *
who cásts no slúr on a **fríend**,*
- 4 *Who lóoks with scórn on the **wícked**, *
but hónors those who féar the **LÓRD**.
Who keeps an óath, whatever the **cóst**, **
- 5 *who lénds no móney at **ínterest**,
And accépts no bríbes against the **ínnocent**. *
Such a óne shall néver be **sháken**.*

Glory...

PSALM 20 (19)
Prayer before the Battle

Then shall everyone be saved who calls upon the name of the Lord. Acts 2:21

OT040

(1*) May our God re-mem - ber all your of-fer-ings
and re-ceive your sac-ri-fice with fa - vor.

PT003

- 2 May the LORD answer you in time of trial; *
may the name of Jacob's God protect you.
- 3 May he send you help from the holy place, *
and give you support from Sion.
- 4 May he remember all your offerings, *
and receive your sacrifice with favor.
- 5 May he give you your heart's desire, *
and fulfill every one of your plans.
- 6 May we ring out our joy at your victory, +
and raise banners in the name of our God. *
May the LORD grant all your prayers.
- 7 Now I know the LORD saves his anointed, +
and answers from his holy heaven *
with the mighty victory of his hand.
- 8 Some put their trust in chariots or horses, *
but we in the name of the LORD, our God.
- 9 They will collapse and fall, *
but we shall rise up and hold firm.
-

¹⁰ Grant salvátion to the kíng, O LÓRD, *
give ánsWER on the dáy we cáll.

Glory...

PSALM 21 (20)

Thanksgiving after the Battle

God despoiled the principalities and the powers, making a public spectacle of them, leading them away in triumph. Col 2:15

OT041

(8) We cel - e - brate your might - y works ___ with
songs ___ of praise, ___ O Lord. ___

PT030

- ² *In your stréngth, O LÓRD, the kíng rejóices; **
how gréatly your salvátion mákes him glád!
- ³ You have gránted him his héart's desíre; *
you have nót withhéd the práyer of his líps.
- ⁴ You cáme to méet him with bléssings of prospérité; *
you have sét on his héad a crówn of pure góld.
- ⁵ He ásked you for lífe and thís you have gíven: *
dáys that will lást from áge to áge.
- ⁶ By your sáving help, gréat is his glóry; *
you have bestówed upon him májesty and spléndor;
- ⁷ You have gránted him bléssings foréver, *
made him rejóice with the jóy of your présence. ~



- 8 The k**í**ng has pl**á**ced his tr**ú**st in the L**Ó**RD. *
 Through the m**é**rcy of the M**ó**st High, h**é** is unsh**á**ken.
- 9 Your h**á**nd will find óut all your f**ó**es, *
 your right h**á**nd will find óut those that h**á**te you.
- 10 You will búrn them like a bl**á**zing f**ú**rnace *
 on the d**á**y when y**ó**u app**é**ar,
 And the L**Ó**RD will cons**ú**me them in his **á**nger: *
 f**í**re will sw**á**llow them **ú**p.
- 11 You will w**í**pe out their desc**é**ndants from the **é**arth, *
 and their óffspring from the h**ú**man r**á**ce.
- 12 Th**ó**ugh they planned **é**vil ag**á**inst you, *
 though they pl**ó**tted, they shall n**ó**t prev**á**il.
- 13 For y**ó**u will f**ó**rce them to retr**é**at; *
 at th**é**m you will **á**im with your **b**ó**w**.
- 14 O L**Ó**RD, ar**í**se in your **str**éng**th**; *
 we shall s**í**ng and pr**á**ise your **p**ó**w**er.

Glory...

V. *Créate a pure héart for me, O Gód;*
 R. *Renew a stéadfast spírít withín me.*

READING

RESPONSORY

L015

(10) As _____ for me, I said, _____ *

"Lord, _____ have mer - cy on me."

O heal my soul, for I have sinned against you. "Lord, have..."
Glory... As for me...

CANTICLE OF MARY [Luke 1:46-55]

"Blessed are you who trusted that what was spoken to you by the Lord would be fulfilled." (Luke 1:45) And Mary said:

The **antiphon** for the Canticle of Mary is proper for each weekday of Lent. Refer to the number board to locate the specific page.

- 4 *My soul procláims the gréatness of the **Lórd**,
 and my spírit exúlts in God my **Sáviór**,
 For he has lóoked upon his hándmaid in her **lówliness**;
 henceforth all áges will cáll me **bléssed**.*
- 4 *For the Almíghty has done gréat things for **mé**.
 And hóly ís his **náme**.
 His loving mércy is from áge to áge
 for thóse who **féar** him. ~*

- 6 He has made known the strength of his **árm**,
and has scátered the pród of **héart**.
He has put dówn the míghty from their **thrónes**
and has exálted thóse who are **lówly**.
He has filled the húngry with **góod** things,
and has sént the rích away **éempty**.
- 4 He has álways helped Ísrael his **sérvant**,
míndful of his lóving **mércy**,
Éven as he prómised our **fáthers**,
to Ábraham and hís descéndants **foréver**.

Glory...

INTERCESSIONS

We beseech God's blessings for the Church and the world.

May we follow you, Lord on the way of your cross:
Lord, have mercy.

Heal the divisions among nations and peoples:
Christ, have mercy.

Raise the departed to the light of your glory:
Lord, have mercy.

May the divine assistance remain always with us:
And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.
Thanks be to God.

BLESSING

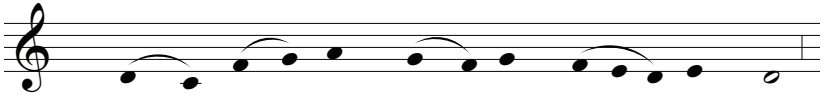
Tuesday I at Lauds

HYMN

L017



- (1) 1. Come, ___ weep ___ be - fore ___ the Judge, and seek
2. Much ___ have ___ we sinned, ___ O Lord! and still
3. Re - mem - ber that ___ we yet are yours
4. Un - do ___ past e - vil; heal the wounds,
5. Blest ___ Trin - i - ty ___ in U - ni - ty!



1. With ___ bro - ken hearts ___ his grace ___ to win;
2. We ___ fall ___ a - gain ___ and seek ___ to rise;
3. Though ___ fash - ioned ___ of ___ a frag - ile frame;
4. And ___ guide ___ our steps ___ in faith's ___ dark night;
5. Up - hold ___ our weak - ness in ___ your love,



1. Be bold, ___ and trust - ing ___ meet ___ his gaze,
2. Look down ___ in pit - y ___ from ___ on high;
3. And take ___ not from ___ our ___ gasp - ing souls
4. So may ___ we now ___ and ___ ev - er find
5. That we ___ to death ___ may ___ die ___ with Christ



1. And ___ trem - bling claim ___ the hope ___ with - in.
2. Be ___ dawn - ing light ___ to search - ing eyes.
3. The ___ Breath ___ by which ___ we praise ___ your Name.
4. Joy ___ pure ___ and bound - less in ___ your sight.
5. And ___ rise ___ with Christ ___ to life ___ a - bove.



A - men. ___

PSALM 42 (41)
Thirsting for God

Let all who thirst come; let all who desire it drink from the life-giving water. Rv 22:17

OT047

(4) Hope in God; I will always
praise him, my savior and my God.

PT012

- 2 Like the deer that **yéarns** *
for rúnning **stréams**,
Só my sóul is **yéarning** *
for yóu, my **Gód**.
- 3 My sóul is thírsting for **Gód**, *
the líving **Gód**;
Whén can I énter and appéar *
before the fáce of **Gód**?
- 4 My téars have becóme my **bréad**, *
by dáy, by **níght**,
As they sáy to me áll the day **lóng**, *
“Whére is your **Gód**?”
- 5 These thínigs will Í **remémber** *
as I póur out my **sóul**:
For Í would gó to the pláce +
of your wóndrous **tént**, *
all the wáy to the hóuse of **Gód**,
Amid críes of gládnness and thanksgíving, *
the thróng keeping jóyful **féstival**.
-

- 6 Why are you cast dówn, my **sóul**; *
why gróan withín me?
Hope in Gód; I will práise him yet **agáin**, *
my saving présence and my **Gód**.
- 7 My sóul is cast dówn withín me, *
thérefore I **remémber** you
From the lánd of Jórdan and Mount **Hérmon**, *
from the Híll of **Mízar**.
- 8 Déep is cálling on **déep**, *
in the róar of your **tórrents**;
Your bíllows and áll your **wáves** *
swépt over **mé**.
- 9 By dáy the LÓRD **decréés** *
his mérciful **lóve**;
By níght his sóng is with **mé**, *
prayer to the Gód of my **lífe**.
- 10 I will sáy to Gód, my **róck**, *
“Why have you **forgóttén** me?
Why do Í go **móurning** *
opprésed by the **fóe**?”
- 11 With a déadly wóund in my **bónes**, *
my énemies **revíle** me,
Sáying to me áll the day **lóng**, *
“Whére is your **Gód**?”
- 12 Why are you cast dówn, my **sóul**; *
why gróan withín me?
Hope in Gód; I will práise him yet **agáin**, *
my saving présence and my **Gód**.

Glory...

PSALM 43 (42)
Send Forth Your Light

I have come into the world to be its light. Jn 12:46

OT048A

(8) I will come to the al - tar of God, to—

God, — my joy and glad - ness.

PT032

The musical notation consists of three staves in G minor (one flat). The first staff begins with a treble clef and a key signature of one flat. The melody is written in a simple, hymn-like style. The lyrics are placed below the notes. The first staff ends with a double bar line and the label OT048A. The second staff continues the melody and lyrics. The third staff begins with a treble clef and a key signature of one flat, and ends with a double bar line and the label PT032.

- 1 Give me *jústice*, O *Gód*, and *plead my cáuse* *
against a *nátion* that is *fáithless*.
From the *decéitful* and the *cúnnig* *
réscue me, O *Gód*.
- 2 *Yóu*, O *Gód*, are my *stréngth*; *
whý have you *rejeçted* me?
Whý do Í go *móurnig*, *
oppréssed by the *fóe*?
- 3 O *sénd* forth your *líght* and your *trúth*; *
they will *guíde* me *ón*.
They will *bríng* me to your *hóly móuntain*, *
to the *pláce* where you *dwéll*.
- 4 And I will *cóme* to the *áltar* of *Gód*, *
to *God*, my *jóy* and *gládn*ess.
To *yóu* will I give *thánks* on the *hárp*, *
O *Gód*, my *Gód*.
- 5 Whý are you cast *dówn*, my *sóul*; *
whý *gróan* *wíthín* me?
Hope in *Gód*; I will *práise* him yet *agáin*, *
my *saving* *présence* and my *Gód*.

Glory...

PSALM 30 (29)
Dirge into Dance

*If we have died with Christ, we shall also live with him.
If we persevere, we shall also reign with him. 2 Tm 2:11-12*

OT049

(2*) I cried to you, Lord, and you healed me.

I will praise you for ev - er.

PT007

I will extól you, LÓRD, for you have ráised me úp, *
and have nó't let my énemies rejóice over mé.

3 O LORD my Gód, I cried to you for hélp, *
and yóu have héaled me.

4 O LÓRD, you have lífted up my sóul from the gráve, *
restóred me to lífe from those who sínk into the pít.

5 Sing psálms to the LÓRD, you fáithful ones; *
give thánks to his hóly náme.

6 His ánger lasts a móment; his fávor all through lífe. *
At níght come téars, but dáwn brings jóy.

7 I sáid to mysélf in my good fórtune: *
"Í shall néver be sháken."

8 O LORD, your fávor had sét me like a móuntain stróngthold. *
Then you híd your fáce, and I was pút to confúsió. ~



- 9 To yóu, O LÓRD, I **cried**, *
to my Gód I appealed for **mércy**:
- 10 “What prófit is my lífeblood, my góing to the **gráve**? *
Can dúst give you thánks,
or procláim your **fáithfulness**?”
- 11 Hear, O LÓRD, and have mércy on **mé**; *
bé my hélper, O LÓRD.
- 12 You have chánged my móurning into **dáncing**, *
removed my sáckcloth and gírded me with **jóy**.
- 13 So my sóul sings psálms to you, and wíll not be **sílent**. *
O LÓRD my Gód, I will thánk you **foréver**.

Glory...

V. *Restóre in me the jóy of your salvátion, O Gód;*
R. *Sustáin in me a wílling spírit.*

READING

RESPONSORY

(4) God him-self will set me free ___ * from the
snare of the fowl - er.

He will deliver me from lying words, from the snare...
Glory... God himself...

CANTICLE OF ZACHARY [Luke 1: 68-79]

*Then John's father Zechariah was filled with the Holy Spirit and prophesied.
(Luke 1:67)*

The antiphon for the Canticle of Zachary is proper for each weekday of Lent. Refer to the number board to locate the specific page.

- 6 *Blést be the Lórd God of Ísrael:*
for he has vísited his péople and redéemed them.
He has raised úp for us a hórnn of salvátion
in the Hóuse of Dávid his sérvant,
As he spóke through the móuth of his hólly ones,
his próphets from áges **pást**:
- 4 A sávior who would frée us from our **fóes**,
and from the hánds of áll who **háte** us,
To shów loving mércy to our **fáthers**
míndful of his hólly **cóvenant**.
- 4 This was the óath he swore to Ábraham our **fáther**,
to grant that fréed from the hánds of our **fóes**,
We might sérve him in hóliness and **ríghteousness**,
all the dáys of our life without **féar**.
- 6 And yóu, little chíld, will be **cáalled**
próphet of Gód Most **Hígh**,
For yóu will gó before the **Lórd**
to make réady his wáys befóre him,
To grant a knówledge of salvátion to his **péople**
through the forgíveness of áll their **síns**.
- 5 By the lóving mércy of our **Gód**,
the Dáwn from on hígh will **vísit** us,
To shíne on those who sít in **dárkness**,
and thóse in the shádown of **déath**,
to guide our féet into the wáy of **péace**.

Glory...

INTERCESSIONS

Let us entreat the Lord to guide us in his ways.

May our labors today be directed to your service:
Lord, have mercy.

Let justice and mercy spring up in our land:
Christ, have mercy.

Call new monks to the life of holy obedience:
Lord, have mercy.

May the divine assistance remain always with us:
And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.
Thanks be to God.

BLESSING



Tuesday I at Daytime Prayer

HYMN

L023



- (10) 1. O *Christ, Cre - a - tor, we con - fess*
 2. For - give the _____ e - vil we have done,
 3. O hear us, _____ bless - ed Trin - i - ty,



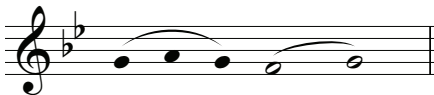
1. That from your hands at first we came.
 2. In - crease the bless - ings we im - plore.
 3. Our ho - ly God, to whom we cry:



1. May e - vil spir - its ne'er con - trol
 2. So may we please you here on earth
 3. May we, ab - stain - ing now on earth,



1. The Church that _____ glo - ries in your name.
 2. And in the _____ heav - ens ev - er - more.
 3. En - joy im - mor - tal gifts on high.



A - men. _____

ANT: *O Lórd, all my lónging lies befóre you; / my gróans are not hídden from yóu.*

PSALM 38 (37)
No Health in My Limbs

May we be delivered from perverse and wicked people, for not all have faith. 2 Thes 3:2

I

- ² O LÓRD, do not rebúke me in your ánger; *
repróve me nót in your ráge.
- ³ For your árrows have sunk déep in mé; *
your hánd has come dówn upón me.
- ⁴ Thére is no sóundness in my flésh *
becáuse of your ánger:
Thére is no héalth in my límbs *
becáuse of my sín.
- ⁵ My guílt towers hígher than my héad; *
it is a wéight too héavy to béar.
- ⁶ My wóunds are fóul and féstering, *
the resúlt of mý own fóllý.
- ⁷ I am bówed and bróught to my knées. *
I go móurning áll the day lóng.
- ⁸ All my fráme is búrning with féver; *
thére is no sóundness in my flésh.
- ⁹ I am spént and útterly crúshed, *
I cry alóud in ánguish of héart.
- ¹⁰ O Lórd, all my lónging lies befóre you; *
my gróans are not hídden from yóu.
- ¹¹ My heart thróbs, my stréngth is spént; *
the very líght has góne from my éyes.

II

- 12 *Friends and compánions stand aloóf from my páin; **
 those clósest to me stánd afar óff.
- 13 Those who plót against my lífe lay snáres; +
 those who séek my rúin speak of hárm, *
 planning tréachery áll the day lóng.
- 14 But Í, like someone déaf, do not héar; *
 like someone múte, I do not ópen my móuth.
- 15 Í am like óne who hears nóthing, *
 in whose móuth is nó deféense.
- 16 But in yóu, O LÓRD, I hópe; *
 it is yóu, LORD my Gód, who will ánsWER.
- 17 I pray, "Lét them not glóat over mé, *
 exúlt if my fóot should slíp."
- 18 For Í am on the póint of fálling, *
 and my páin is álways wíth me.
- 19 I conféss that Í am guílty, *
 and I am gríeved becáuse of my sín.
- 20 My wanton énemies live ón and grow stróng, *
 and mány are my lýing fóes.
- 21 They repáy me évil for góod, *
 and attáck me for séeking what is góod.
- 22 Forsáke me nóT, O LÓRD! *
 My Gód, be not fár from mé!
- 23 Make háste and cóme to my hélp, *
 My Lórd and mý salvátion! ✠

PSALM 53 (52)
God Rejects the Fool

When the Son of Man comes, will he find faith on earth? Lk 18:8

- 2 *The fól has sáid in his héart, **
 “There is no Gód.”
 Their déeds are corrúpt, depráved; *
 no one dós any góod.
- 3 Gód looks dówN from héaven *
 on the húman ráce,
 To sée if ány are wíse, *
 if ány seek Gód.
- 4 Áll have léft the right páth, *
 depráved, every óne;
 There is nó one who dós any góod, *
 nó, not even óne.
- 5 Do nóne who do évil únderstánd? +
 They éat up my péople as if éating bréad; *
 they néver call óut to Gód.
- 6 Thére they shall trémble with féar — *
 without cáuse for féar —
 For God scátters the bónes of your besíegers. *
 They are shámed; God rejécts them.
- 7 Whó will bring Ísrael salvátion from Síon? +
 When God brings abóut the retúrn of his péople, *
 then Jácob will be glád and Ísrael rejóice.

Glory...

ANT: O Lórd, all my lónging lies befóre you; / my gróans are not hídden from yóu.

BRIEF READING

V. *My transgressions, truly I know them;*
R. *My sin is always before me.*


Let us pray.

ORATION

Let us bless the Lord.
Thanks be to God.

*May the souls of the faithful departed,
through the mercy of God, rest in peace.*
Amen.

May the divine assistance remain always with us.
And with our absent brethren. Amen.

 **B**EHOLD,
now is a very
acceptable
time; behold, now is
the day of salvation.

2 Corinthians 6:2

Tuesday I at Vespers

HYMN

L032



- (2*) 1. Ac - cept our prayer, O God of love,
2. Our sins are man - y, we con - fess,
3. From world - ly ways our minds be freed,
4. O hear us, bless - ed Trin - i - ty,



1. As we la - ment our for - mer ways,
2. But spare us who our faults de - plore.
3. Our bod - ies sound in dis - ci - pline.
4. Our ho - ly God, to whom we cry:



1. The cry out - poured by pen - i - tents
2. And for the glo - ry of your name
3. May in - ward fast - ing of our hearts
4. May we, ab - stain - ing now on earth,



1. Through - out these sa - cred for - ty days.
2. Our lan - guid hearts to health re - store.
3. Re - move the taste for eve - ry sin.
4. En - joy im - mor - tal gifts on high.



A - men.

PSALM 27 (26)

One Thing I Ask of the Lord

*Behold, God's dwelling is with the human race.
He will dwell with them and they will be his people. Rv 21:3*

OT053



(8) The Lord is my light and my sal - va - tion;
whom shall I fear?

PT032



I

- ¹ [The LÓRD is my líght and my salvátion; *
whóm shall I féar?]
*The LÓRD is the stróngthold of my lífe; **
whóm should I **dréad**?
- ² When thóse who do évil draw **néar** *
to devóur my **flésh**,
It is théy, my énemies and **fóes**, *
who stúmbles and **fáll**.
- ³ Though an ármý encámp **agáinst** me, *
my héart would not **féar**.
Though wár break óut **agáinst** me, *
even thén would I **trúst**.
- ⁴ There is óne thing I ásk of the LÓRD, *
only thís do I **séek**:
To líve in the hóuse of the LÓRD *
all the dáys of my **lífe**, ~

To gáze on the béauty of the LÓRD, *
 to inqúire at his tÉmple.
 5 For thére he keeps me sáfe in his shÉlter *
 in the dáy of évil.
 He hídes me under cóver of his tÉnt; *
 he sets me hígh upon a róck.
 6 And nów my héad shall be ráised *
 above my fóes who surróund me,
 And I shall óffer withín his tÉnt +
 a sácrifice of jóy. *
 I will síng and make músic for the LÓRD.

Glory...



II

OT054

(8) *I am sure__ I shall see the Lord's__ good -*

ness in the land_____ of the liv - ing.



- 7 O LÓRD, *hear my vóice when I cáll*; *
have mércy and **á**nswer me.
- 8 Of yóu my héart has **spó**ken, *
"Séek his **fá**ce."
It is your fáce, O LÓRD, that I **sé**ek; *
9 hide not your fáce from **mé**.
Dismiss not your sérvant in **á**nger; *
yóu have been my **hél**p.
Dó not abándon or forsáke me, *
O Gód, my **Sá**vior!
- 10 Though fáther and móther forsáke me, *
the LÓRD will **recé**ive me.
- 11 Instrúct me, LÓRD, in your wáy; +
on an éven path **lé**ad me *
becáuse of my **é**nenies.
- 12 Do not léave me to the wíll of my fóes, +
for false wítnesses rise úp **agá**inst me, *
and they bréathe out **ví**olence.
- 13 I belíeve I shall sée the góodness of the LÓRD *
in the lánd of the **lí**ving.
- 14 Wáit for the LÓRD; be **stró**ng; *
be stouthéarted, and wáit for the LÓRD!

Glory...

PSALM 33 (32)

The Plans of God's Heart

Through the Word all things were made. Jn 1:3

OT055

(13/5) Give thanks to the Lord up - on the harp;

with a ten-stringed_ lute sing him songs.

PT018

I

- 1 Ring out your j^óy to the L^ÓR^D, O you j^úst; *
for pra^íse is f^ítt^íng for the úpright.
- 2 Give thánks to the L^ÓR^D upon the hárp; *
with a tén-stringed lúte sing him s^óngs.
- 3 O síng him a s^óng that is n^éw; *
play sk^íllfully, with sh^óuts of j^óy.
- 4 For the w^órd of the L^ÓR^D is fáithful, *
and áll his w^órks to be tr^ústed.
- 5 The L^ÓR^D loves j^ústice and r^íght, *
and his mérciful lóve fills the éarth.
- 6 By the w^órd of the L^ÓR^D the héavens were máde, *
by the bréath of his móuth all their h^óst.
- 7 As in a flásk, he collécts the wáves of the ócean; *
he stóres up the dépths of the s^éa.



- 8 Let áll the earth féar the LÓRD, *
all who líve in the wórld revére him.
- 9 He spóke, and it cáme to bé. *
He commáded; it stóod in pláce.
- 10 The LÓRD frústrates the desígns of the nátions; *
he deféats the pláns of the péoples.
- 11 The desígns of the LÓRD stand foréver, *
the pláns of his héart from age to áge.

Glory...

II

(13/5) *In the Lord do our hearts find joy. We*
trust in his ho - ly name.



- 12 *Blessèd the nátion whose Gód is the LÓRD, **
the péople he has chósen as his héritage.
- 13 From the heavens the LÓRD looks fórth; *
he sées all the children of mén.
- 14 From the pláce where he dwélls he gázés *
on áll the dwéllers on the éarth,
- 15 He who shápes the héarts of them áll, *
and consíders áll their déeds. ~

- 16 A k^íng is not s^áved by his great **á**rmy, *
 nor a w^árrior pres^érved by his great **stré**ngth.
- 17 A vain h^ópe for s^áfety is the **hó**rse; *
 despite its p^ówer it c^ánn^ót s^áve.
- 18 Yes, the éy^es of the L^ÓR^D are on th^óse who **fé**ar him, *
 who h^ópe in his mérciful **ló**ve,
- 19 To réscue their s^óuls from **dé**ath, *
 to k^éep them al^íve in **fá**mine.
- 20 Our s^óul is w^áiting for the L^ÓR^D. *
 Hé is our h^élp and our **shí**eld.
- 21 In h^ím do our h^éarts find **jó**y. *
 We tr^úst in his h^óly **ná**me.
- 22 May your mérciful l^óve be up^ón us, *
 as we h^ópe in y^óu, O L^ÓR^D.

Glory...

V. *Créate a pure héart for me, O Gód;*
 R. *Renew a stéadfast spírit withín me.*

READING

RESPONSORY

(10) As _____ for me, I said, _____ *

"Lord, _____ have mer - cy on me."

O heal my soul, for I have sinned against you. "Lord, have..."
Glory... As for me...

CANTICLE OF MARY [Luke 1:46-55]

“Blessed are you who trusted that what was spoken to you by the Lord would be fulfilled.” (Luke 1:45) And Mary said:

The **antiphon** for the Canticle of Mary is proper for each weekday of Lent. Refer to the number board to locate the specific page.

- 4 My soul procláims the gréatness of the **Lórd**,
and my spírit exúlts in God my **Sávi**or,
For he has lóoked upon his hándmaid in her **lów**liness;
henceforth all áges will cáll me **bléssed**.
- 4 For the Almíghty has done gréat things for **mé**.
And hóly ís his **ná**me.
His loving mércy is from áge to áge
for thóse who **féar** him.
- 6 He has made knówn the stréngth of his **á**rm,
and has scátted the próud of **hé**art.
He has put dówn the míghty from their **thrónes**
and has exálted thóse who are **lów**ly.
He has filled the húngry with **góod** things,
and has sént the rích away **é**mpty.
- 4 He has álways helped Ísrael his **sérv**ant,
míndful of his lóving **mércy**,
Éven as he prómised our **fá**thers,
to Ábraham and hís descéndants for**é**ver.

Glory...

INTERCESSIONS

We offer to Christ our penance and devotion.

*Teach us to abandon the things **of** this world:*

Lord, have mercy.

*Bless all who support us in our work **for** your Kingdom :*

Christ, have mercy.

*Prepare a place in heaven for all **who** have died:*

Lord, have mercy.

*May the divine assistance remain **always** with us:*

And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING

Wednesday I at Lauds

HYMN

L017



- (1) 1. Come, weep be - fore the Judge, and seek
2. Much have we sinned, O Lord! and still
3. Re - mem - ber that we yet are yours
4. Un - do past e - vil; heal the wounds,
5. Blest Trin - i - ty in U - ni - ty!



1. With bro - ken hearts his grace to win;
2. We fall a - gain and seek to rise;
3. Though fash - ioned of a frag - ile frame;
4. And guide our steps in faith's dark night;
5. Up - hold our weak - ness in your love,



1. Be bold, and trust - ing meet his gaze,
2. Look down in pit - y from on high;
3. And take not from our gasp - ing souls
4. So may we now and ev - er find
5. That we to death may die with Christ



1. And trem - bling claim the hope with - in.
2. Be dawn - ing light to search - ing eyes.
3. The Breath by which we praise your Name.
4. Joy pure and bound - less in your sight.
5. And rise with Christ to life a - bove.



A - men.

PSALM 36 (35)

The Banquet in God's House

No followers of mine shall ever walk in darkness.
They shall possess the light of life. Jn 8:12b

(14/6) In you is the source of life, O
Lord, and in your light we see light.

- 2 Transgression speaks to the sinner *
in the depths of his heart.
There is no fear of God *
before his eyes.
- 3 In his own eyes, he flatters himself, *
not to see and detest his own guilt.
- 4 The words of his mouth are mischief and deceit. *
He has ceased to be prudent and do good.
- 5 In bed he plots iniquity. +
He sets his foot on every wicked way; *
no evil does he reject.
- 6 Your mercy, LORD, reaches to heaven, *
your truth to the clouds.
- 7 Your justice is like God's mountains; *
like the great deep, your justice.
Both man and beast you save, O LORD. *
- 8 How precious is your mercy, O God!

PSALM 48 (47)
The Great King's City

*He carried me away in spirit to a great high mountain,
 and showed me the holy city Jerusalem. Rv 21:10*

OT064

(14/6) O God, we pon - der your love with -
 in your tem - ple.

PT034

- 2 *Great is the LÓRD and hígghly to be **práised** **
 in the cíty of our **Gód**.
- 3 His holy móuntain ríses in **béauty**, *
 the jóy of all the **éarth**.
 Mount Síon, in the héart of the **Nórrh**, *
 the cíty of the Mígghy **Kíng!**
- 4 **Gód**, in the mídst of its **cítadels**, *
 has shówn hímself its **strónghold**.
- 5 Behóld! the kíngs assémbled; *
 togéther they advánced.
- 6 They sáw; at ónce they **márveled**; *
 dísmáyed, they fled in **féar**.
- 7 A trémbling séized them **thére**, *
 anguish, like pángs in gíving **bírrh**,
- 8 As whén the éast wind **shátters** *
 the shíps of **Társhish**. ~

READING

RESPONSORY

L028

(4) God him-self will set me free___ * from the
snare of the fowl - er.

*He will deliver me from lying words, from the snare...
Glory... God himself...*

CANTICLE OF ZACHARY [Luke 1: 68-79]

*Then John's father Zechariah was filled with the Holy Spirit and prophesied.
(Luke 1:67)*

*The **antiphon** for the Canticle of Zachary is proper for each weekday of Lent. Refer to the number board to locate the specific page.*

- 6 *Blést be the Lórd God of Ísrael:
for he has vísited his péople and redéemed them.
He has raised úp for us a hórnn of salvátion
in the Hóuse of Dávid his sérvant,
As he spóke through the móuth of his hólly ones,
his próphets from áges pást:*
- 4 *A sáviour who would frée us from our fóes,
and from the hánds of áll who háte us,
To shów loving mércy to our fáthers
míndful of his hólly cóvenant. ~*

- 4 This was the óath he swore to **Ábraham** our **fáther**,
to grant that fréed from the hánds of our **fóes**,
We might sérve him in hóliness and **ríghteousness**,
all the dáys of our life without **féar**.
- 6 And yóu, little chíld, will be **cáled**
próphet of Gód Most **Hígh**,
For yóu will gó before the **Lórd**
to make réady his wáys befóre him,
To grant a knówledge of salvátion to his **péople**
through the forgíveness of áll their **síns**.
- 5 By the lóving mércy of our **Gód**,
the Dáwn from on hígh will vísit us,
To shíne on those who sít in **dárkness**,
and thóse in the sháadow of **déath**,
to guide our féet into the wáy of **péace**.

Glory...

INTERCESSIONS

*In this acceptable time we call upon our saving **Lord**.*

Let us walk today in newness of life:

Lord, have mercy.

Heal our wounds, O Divine Physician:

Christ, have mercy.

*Call to the vowed life those whom **you** have chosen :*

Lord, have mercy.

*May the divine assistance remain **always** with us:*

And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.
Thanks be to God.

BLESSING





Wednesday I at Daytime Prayer

HYMN

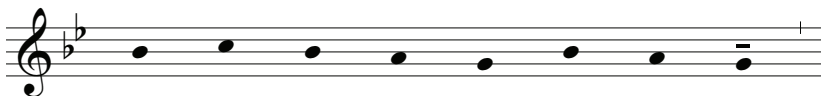
L023



- (10) 1. O *Christ*, Cre - a - tor, we con - fess
 2. For - give the _____ e - vil we have done,
 3. O hear us, _____ bless - ed Trin - i - ty,



1. That from your hands at first we came.
 2. In - crease the bless - ings we im - plore.
 3. Our ho - ly God, to whom we cry:



1. May e - vil spir - its ne'er con - trol
 2. So may we please you here on earth
 3. May we, ab - stain - ing now on earth,



1. The Church that _____ glo - ries in your name.
 2. And in the _____ heav - ens ev - er - more.
 3. En - joy im - mor - tal gifts on high.



A - men. _____

ANT: *Sée, I have Gód for my hélp.* / The Lórd sustáins my sóul.

PSALM 54 (53)

Save Me by Your Name

*Now, however, their sin cannot be excused.
To hate me is to hate my Father. Jn 15:22-23*

- ³ O Gód, *sáve me by your náme; **
by your pówer, defénd my cáuse.
- ⁴ O Gód, *héar my práyer; **
give éar to the wórds of my móuth.
- ⁵ For the próud have rísen agáinst me, +
and the rúthless séek my lífe. *
They have nó regárd for Gód.
- ⁶ Sée, I have Gód for my hélp. *
The Lórd sustáins my sóul.
- ⁷ Let évil recóil on my fóes. *
In your fáithfulness, bríng them to an énd.
- ⁸ I will sácrífice to yóu with willing héart, *
and práise your náme, O LÓRD, for it is góod:
- ⁹ For it has rescúed me from áll distréss, *
and my éyes have gázed upon my fóes.

PSALM 55 (54)

Betrayed by Intimate Friend

Woe to that man by whom the Son of Man is betrayed. Mk 14:21

I

- ² *Give éar, O Gód, to my práyer; **
do not híde from my pléading. ~

- 3 Atténd to mé and replý; *
with my cáres, I cannot rést.
- 4 I trémble at the shóuts of the fóe, *
at the críes of the wícked,
For they píle up évil upón me; *
in ánger they malín me.
- 5 My héart is strícken withín me; *
death's térror falls upón me.
- 6 Trémbling and féar come óver me, *
and hórror overwhélms me.
- 7 I say, "Ó that I had wíngs like a dóve, *
to fly awáy and be at rést!
- 8 I would indéed escápe far awáy, *
and take réfuge in the désert.
- 9 Í shall awáit him who sáves me *
from the ráging wind and témpest."
- 10 Engúlf and confúse their speech, O Lórd, *
for I see víolence and strífe in the cíty!
- 11 Night and dáy they patról its wálls. *
In its mídst are wíckedness and évil.
- 12 Destrúction líes withín it. +
Its stréets are néver frée *
from týranny and decéit.

II

- 13 *If an énemy made táunts agáinst me, **
Í could béar it.
If my ríval had rísen agáinst me, *
I could híde from hím.
- 14 But it is yóu, as my équal, my fríend, +
whom I knéw so wéll, *
15 with whóm I enjóyed friendly cóunsel!
-

- We walked together in harmony *
in the house of Gód.
- 16 May déath fall súddenly upón them! *
Let them go dówn alíve to the gráve,
For wíckedness dwélls in their hómes, *
and déep in their héarts.
- 17 As for mé, I will crý to Gód, *
and the LÓRD will sáve me.
- 18 Évening, mórning, and at nóon, +
I will crý and lamént, *
and he will héar my vóice.
- 19 He will redéem my sóul in péace +
in the attáck agáinst me, *
for thóse who fíght me are mány.
- 20 Gód, who is enthronéd foréver, *
will héar them and húmble them.
For théy will not aménd their wáys; *
they have no féar of Gód.
- 21 The tráitor has túrned agáinst his fríends; *
he has bróken his páct.
- 22 His spéech is sófter than bútter, *
but wár is in his héart.
His wórds are smóother than óil, *
but they are swórdshéathed.
- 23 Entrúst your cáres to the LÓRD, *
and hé will suppórt you.
Hé will néver allów *
the júst man to stúmbles.
- 24 But you will bríng them dówn, O Gód, *
to the pít of déath: ~
-

The blóodthirsty ánd the líars +
shall not líve even hálf their dáys. *
But Í, I will trúst in you, O Lórd.

Glory...

ANT: Sée, I have Gód for my hélp. / The Lórd sustáins
my sóul.

BRIEF READING

V. *I will téach transgréssors your wáys,*
R. That sínners may retúrn to yóu.

Let us pray.

ORATION

Let us bless the Lord.
Thanks be to God.

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

May the divine assistance remain always with us.
And with our absent brethren. Amen.

Wednesday I at Vespers

HYMN

L032



- (2*)
1. Ac - cept our prayer, — O God — of — love,
 2. Our — sins are man - y, we — con - fess,
 3. From — world - ly ways — our minds — be — freed,
 4. O — hear us, bless - ed Trin - i - ty,



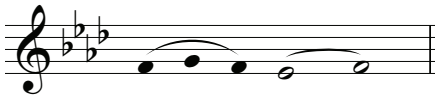
1. As — we — la - ment our for - mer — ways,
2. But — spare — us — who our faults — de - plore.
3. Our — bod - ies — sound in dis - ci - pline.
4. Our — ho - ly — God, to whom — we — cry:



1. The cry out - poured — by pen - i - tents
2. And for the glo - ry of your — name
3. May in - ward fast - ing of our — hearts
4. May we, ab - stain - ing now on — earth,



1. Through - out — these sa - cred for - ty — days.
2. Our — lan - guid hearts — to health — re - store.
3. Re - move — the taste — for eve - ry — sin.
4. En - joy — im - mor - tal gifts — on — high.



A - men. —

PSALM 32 (31)

Joy of Repentance and Forgiveness

If anyone sins, we have an advocate with the Father, Jesus Christ the righteous one.
He is the expiation for our sins. 1 Jn 2:1-2

OT068

(8) You are my hid - ing place, O Lord; you
save me from dis-tress.

PT029

- 1 Blessed is hé whose transgréssion is forgíven, *
whose sín is remítted.
- 2 Blessed the mán to whom the LÓRD imputes no guílt, *
in whose spírit is no guíle.
- 3 I kept it sécret and my fráme was wásted. *
I gróaned all day lóng,
- 4 For your hánd, by dáy and by níght, *
lay héavy upón me.
Indéed, my stréngth was dried úp *
as by the súmer's héat.
- 5 To yóu I have acknówledged my sín; *
my guílt I did not híde.
I sáid, "I will conféss my transgréssion to the LÓRD." *
And yóu have forgíven the guílt of my sín.
- 6 So let each fáithful one práy to yóu *
in the tíme of néed.

- The floods of wáter may reach **hígh**, *
 but such a óne they shall not **réach**.
- 7 Yóu are a híding place for mé; +
 you kéeep me sáfe from **distréss**; *
 you surróund me with críes of **delíverance**.
- 8 Í will instrúct you and téach you +
 the wáy you should **gó**; *
 I will fíx my éyes up**ón** you.
- 9 Be not like hórse and múle, unintél(ligent), +
 needing bridle and **bít**, *
 or élse they will nót **appróach** you.
- 10 Mány sórrors has the wícked, +
 but lóving mércy **surróunds** *
 óne who trústs in the **LÓRD**.
- 11 Rejóice in the LÓRD, exult, you **júst!** *
 Ring out your jóy, all you úpright of **héart!**

Glory...

PSALM 45 (44)
Royal Wedding

Behold, the Bridegroom is here! Come out to meet him! Mt 25:6

OT069

(8) Yours is more than mor-tal beau-ty; ev-ery
 word you speak _____ is full _____ of grace.



I

- 2 *My héart overflóws with nóble wórds. +*
*To the kíng I addréss the sóng I have máde, **
my tóngue as nímble as the pén of a scribe.
- 3 *Yóu are the most hándsóme of the sóns of mén, +*
*and grácíousness is póured out upón your líps, **
for Gód has bléssed you forévermóre.
- 4 *Gírd your swórd upón your thíg, O míghty one, **
with your spléndor and your májesty.
- 5 *In your májesty ríde on triúmphant +*
*in the cáuse of trúth, méekness and jústice. **
May your ríght hand shów your wóndrous déeds.
- 6 *Your árróws are sharp – péoples fall benéath you – **
in the héart of the fóes of the kíng.
- 7 *Your thróne, O Gód, shall endúre foréver. +*
*A scépter of jústice is the scépter of your kíngdom. **
- 8 *Your lóve is for jústice; your hátréd for évil.*
Thérefore Gód, your Gód, has anóinted you +
*with the óil of gláddness abóve your compánions: **
- 9 *your róbes are all frágrant with áloes,*
myrrh, and cássia.
- 10 *From the ívory pálace you are gláddened with músic. +*
*The dáughters of kíngs are thóse whom you fávor. **
At your ríght stands the quéén in góld of Óphir.

Glory...

II

OT070

(8) Be - hold, the bride-groom is com - ing:

let us go out to meet him.

PT029

- 11 *Lísten, O dáughter; pay héed and give éar: **
 foréet your own péople and your fáther's hóuse.
- 12 Só will the kíng desíre your **béauty.** *
 Hé is your lórd, pay hómage to **hím.**
- 13 And the dáughter of Týre shall cóme with **gífts;** *
 the ríchest of the péople shall séek your **fávor.**
- 14 The dáughter of the kíng is clóthed with **spléndor;** *
 her róbes are thréaded with **góld.**
- 15 In fine clóthing shé is léd to the **kíng;** *
 behínd her, her máiden compánions **fóllow.**
- 16 Théy are escórted amid gládness and **jóy;** *
 they páss withín the pálace of the **kíng.**
- 17 Sóns will be yóurs to succéed your **fáthers;** *
 you will máke them rúlers over áll the **éarth.**
- 18 I will máke your náme foréver **remémbered.** *
 Thus the péoples will práise you from áge to **áge.**

Glory...

PSALM 62 (61)
In God Alone

May God the source of hope fill you with all joy and peace in believing. Rom 15:13

OT071

(4) We wait in blessed hope for the

com-ing of our glo - ri - ous sav - ior.

PT0011

- 2 In God alóne is my sóul at *rést*; *
my salvátion cómes from **hím**.
- 3 He alóne is my róck, my salvátion, *
my fórtress; néver shall I **fá**lter.
- 4 How lóng will you áll attack one **mán** *
to bréak him **dó**wn,
As thóugh he were a tóttering **wá**ll, *
or a túmbling **fé**nce?
- 5 Their plán is ónly to bring **dó**wn; *
they take pléasure in **lí**es.
With their móuth they útter **blé**ssing, *
but ínwardly they **cú**rse.
- 6 In God alóne be at *rést*, my **só**ul, *
for my hópe is from **hím**.
- 7 He alóne is my róck, my salvátion, *
my fórtress; Í shall not **fá**lter.
-

- ⁸ In Gód is my salvátion and my glóry, +
my róck of **stréngth**; *
in Gód is my **réfuge**.
- ⁹ Trúst him at all tímes, O péople. +
Póur out your héarts **befóre** him, *
for Gód is our **réfuge**.
- ¹⁰ The chíldren of mén are a **bréath**, *
an illúSION, péople of **ránk**.
Pláced in the scáles, they **ríse**; *
they áll weigh léss than a **bréath**.
- ¹¹ Do not pút your trúst in oppréSSION, *
nor vain hópes on **plúnder**.
Éven if ríches **incréase**, *
set not your héart on **thém**.
- ¹² For Gód has said ónly one **thíng**; *
only twó have I **héard**:
That to Gód alóne belongs **pówer**, *
¹³ and to yóu, my Lord, mérciful **lóve**;
And that yóu repáy each **mán** *
accórding to his **déeds**.

Glory...

V. *Créate a pure héart for me, O Gód;*
R. *Renew a stéadfast spírit withín me.*

READING
RESPONSORY

(10) As _____ for me, I said, _____ *

"Lord, _____ have mer - cy on me."

O heal my soul, for I have sinned against you. "Lord, have..."
Glory... As for me...

CANTICLE OF MARY [Luke 1:46-55]

"Blessed are you who trusted that what was spoken to you by the Lord would be fulfilled." (Luke 1:45) And Mary said:

The **antiphon** for the Canticle of Mary is proper for each weekday of Lent. Refer to the number board to locate the specific page.

- 4 *My soul procláims the gréatness of the **Lórd**,
and my spírit exúlts in God my **Sávior**,
For he has lóoked upon his hándmaid in her **lów**liness;
henceforth all áges will cáll me **bléssed**.*
- 4 *For the Almíghty has done gréat things for **mé**.
And hóly ís his **náme**.
His loving mércy is from áge to áge
for thóse who **féar** him.*
-

- 6 He has made knówn the stréngth of his **árm**,
and has scáttered the próud of **héart**.
He has put dówn the míghty from their **thrónes**
and has exálted thóse who are **lówly**.
He has fílléd the húngry with **góod** things,
and has sént the rích away **émpty**.
- 4 He has álways helped Ísrael his **sérvant**,
míndful of his lóving **mércy**,
Éven as he prómised our **fátters**,
to Ábraham and hís descéndants foréver.

Glory...

INTERCESSIONS

*We implore God's grace in this holy season of **penitence**.*

*Bind us, O Lord, to your cross **of** salvation:*

Lord, have mercy.

*Rain down on the nations your **justice** and peace:*

Christ, have mercy.

*Admit to your kingdom the **faithful** departed:*

Lord, have mercy.

*May the divine assistance remain **always** with us:*

And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING

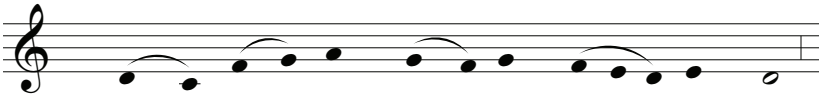
Thursday I at Lauds

HYMN

L017



1. Come, weep before the Judge, and seek
2. Much have we sinned, O Lord! and still
3. Remember that we yet are yours
4. Undo past evil; heal the wounds,
5. Blest Trinity in Unity!



1. With broken hearts his grace to win;
2. We fall again and seek to rise;
3. Though fashioned of a fragile frame;
4. And guide our steps in faith's dark night;
5. Uphold our weakness in your love,



1. Be bold, and trusting meet his gaze,
2. Look down in pity from on high;
3. And take not from our gasping souls
4. So may we now and ever find
5. That we to death may die with Christ



1. And trembling claim the hope within.
2. Be dawning light to searching eyes.
3. The Breath by which we praise your Name.
4. Joy pure and boundless in your sight.
5. And rise with Christ to life above.



A - men. _____



- 7 A nēt they sēt for my **stéps**; *
 my sóul was bowed **dówn**.
 They dúg a pít in my **páth**, *
 but féll in it themsélves.
- 8 My héart is réady, O Gód; +
 my héart is **réady**. *
 I will síng, I will síng your **práise**.
- 9 Awáke, my soul! Awáke, lyre and **hárp**! *
 I will awáke the **dáwn**.
- 10 I will práise you, Lórd, among the **péoples**, *
 among the nátions sing psálms to **yóu**,
- 11 For your mércy réaches to the **héavens**, *
 and to the clóuds, your **faíthfulness**.
- 12 Be exálted, O Gód, above the **héavens**; *
 may your glóry shine on áll the **éarth**!

Glory...

PSALM 80 (79)
Restore Your Vineyard

Come, Lord Jesus! Rv 22:20

(2*) Stir up your might-y pow-er, Lord, O___

come__ to our aid.____



- 15 At ónce I would subdúe their **fóes**, *
 turn my hánd agáinst their **énemies**.
 16 Those who háte the LORD would críng**e** befó**re** him, *
 and their subjéction would lást for**é**ver.
 17 But Ísra**el** I would féed with finest **w**héat, *
 and sátsify with hóney from the **r**ó**ck**."

Glory...

V. Restóre in me the jóy of your salvátion, O Gód;
 R. Sustáin in me a willing spírit.

READING

RESPONSORY

(4) God him-self will set me free___ * from the
 snare of the fowl - er.

He will deliver me from lying words, from the snare...
Glory... God himself...

CANTICLE OF ZACHARY [Luke 1: 68-79]

*Then John's father Zechariah was filled with the Holy Spirit and prophesied.
(Luke 1:67)*

*The **antiphon** for the Canticle of Zachary is proper for each weekday of Lent. Refer to the number board to locate the specific page.*

- 6 *Blést be the Lórd God of Ísrael:
for he has vísited his péople and redéemed them.*
He has raised úp for us a hórnn of salvátion
in the Hóuse of Dávid his sérvant,
As he spóke through the móuth of his hólý ones,
his próphets from áges **pást**:
- 4 A sáviór who would frée us from our **fóes**,
and from the hánds of áll who **háte** us,
To shów loving mércy to our **fáthers**
míndful of his hólý **cóvenant**.
- 4 This was the óath he swore to Ábraham our **fáther**,
to grant that fréed from the hánds of our **fóes**,
We might sérve him in hóliness and **ríghteousness**,
all the dáys of our life without **féar**.
- 6 And yóu, little chíld, will be **cáalled**
próphet of Gód Most **Hígh**,
For yóu will gó before the **Lórd**
to make réady his wáys befóre him,
To grant a knówledge of salvátion to his **péople**
through the forgíveness of áll their **síns**.
- 5 By the lóving mércy of our **Gód**,
the Dáwn from on hígh will **vísit** us,
To shíne on those who sít in **dárkness**,
and thóse in the shádw of **déath**,
to guide our féet into the wáy of **péace**.

Glory...

INTERCESSIONS

*As day dawns we invoke Christ the light of the **world**.*

*Shape our hearts this day by the power **of** your Word:
Lord, have mercy.*

*Guide our governments to seek the **good** of all:
Christ, have mercy.*

*Bring many to seek you in **monastic** communion:
Lord, have mercy.*

*May the divine assistance remain **always** with us:
And with our absent brethren.*

OUR FATHER

ORATION

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

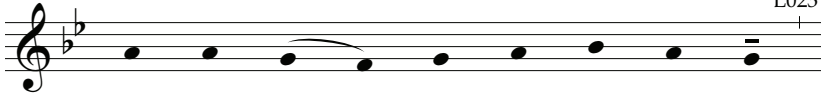
BLESSING



Thursday I at Daytime Prayer

HYMN

L023



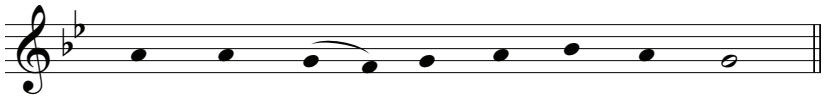
- (10) 1. O *Christ, Cre - a - tor, we con - fess*
 2. For - give the e - vil we have done,
 3. O hear us, bless - ed Trin - i - ty,



1. That from your hands at first we came.
 2. In - crease the bless - ings we im - plore.
 3. Our ho - ly God, to whom we cry:



1. May e - vil spir - its ne'er con - trol
 2. So may we please you here on earth
 3. May we, ab - stain - ing now on earth,



1. The Church that glo - ries in your name.
 2. And in the heav - ens ev - er - more.
 3. En - joy im - mor - tal gifts on high.



A - men.

ANT: *Retúrn to me, sáys the Lórd; / for I am mérciful and júst.*

PSALM 58 (57)

The Righteous Rewarded; The Wicked Swept Away

*According to his promise we await new heavens and a new earth
in which righteousness dwells. 2 Pt 3:13*

- ² *Do you trúly speak jústice, you who hólđ divine pówer? **
Do you méte out fair júdgment to the children of mén?
- ³ *No, in your héarts you devise iníquities; **
your hands déal out víolence to the lánd.
- ⁴ *The wícked go astráy from the wómb; **
déviánt from bírth, they speak líes.
- ⁵ *Their vénom is líke the vénom of the snáke; **
they are líke a deaf víper stópping its éars,
- ⁶ *Lést it should héar the snáke-charmer's vóice, **
the vóice of the skíllful déaler in spélls.
- ⁷ *O Gód, break the téeth in their móuths; **
tear out the fángs of these líons, O LÓRD!
- ⁸ *Let them vánish like wáter that rúns awáy; **
let them wíther like gráss that is tródden underfóot.
- ⁹ *Let them bé like the snáil that dissólves into slíme, **
líke a wóman's míscarriage that néver sees the sún.
- ¹⁰ *Before they pút forth thórn, like a brámble, **
let them be swépt away, gréen wood or drý!
- ¹¹ *The júst shall rejóice at the síght of véngeance; **
they shall báthe their féet in the blóod of the wícked.
- ¹² *People shall sáy: "Trúly, there is rewárd for the úpright. **
Trúly there ís a God who júdges on éarth."
-

PSALM 61 (60)

A Cry from World's End

*By acknowledging themselves to be strangers and foreigners on earth,
they showed that they were seeking a homeland. Heb 11:14*

- 2 *Lísten, O Gód, to my crý! **
Atténd to my práyer!
- 3 From the énd of the éarth I cáll you; *
my héart is fáint.
- Sét me hígh upon the róck *
too hígh for me to réach,
- 4 You, my réfuge and míghty tówer *
agáinst the fóe.
- 5 Then will I dwéll in your tént foréver, *
and híde in the shéltér of your wíngs.
- 6 For yóu, O God, have héard my vóws; +
you have gíven me the héritage of thóse *
who féar your náme.
- 7 Day upon dáy you will ádd to the kíng; *
his yéars as áge upon áge.
- 8 May he éver sit enthronéd before Gód: *
bid mércy and trúth be his protéction.
- 9 So I will síng to your náme foréver, *
and dáy after dáy fulfill my vóws. ✠

PSALM 64 (63)

Hostile Tongues and Heaven's Arrows

*Be glad and rejoice, for they persecuted the prophets before you
in the very same way. Mt 5:12*

- 2 Hear, O Gód, the vóice of my compláint; *
guard my life from dréad of the fóe.
- 3 From the assémbly of the wícked, híde me, *
from the thróng of thóse who do évil.
- 4 They shárpén their tóngues like swórd. *
They áim bitter wórd. s like árrows,
- 5 To shóot at the ínnocent from ámbush, *
shóoting súddenly and féarlessly.
- 6 Holding fírm in their évil cóurse, *
they conspíre to lay sécret snáres.
- They sáy, "Whó will sée us? *
7 Whó can séarch out our crímes?"

- They have háatched their wícked plóts, +
and bróught them to perféction. *
How profóund the dépths of the héart!
- 8 Gód will shóot them with his árrow, *
and déal them súdden wóunds.
- 9 Their own tóngue bríngs them to rúin; *
all who sée them sháke their héads.
- 10 Thén will áll be afráid; +
they will téll what Gód has dóne, *
Théy will pónder God's déeds.
- 11 The júst one will rejóice in the LÓRD; +
and flý to hím for réfuge. *
All úpright héarts will glóry.

Glory...

ANT: Retúrn to me, sáy. s the Lórd; / for I am mérciful
and júst.

BRIEF READING

V. *Deal bountifully with your sérvant, O LÓRD,*
R. That I may líve and keep your wórd.


Let us pray.

ORATION

Let us bless the Lord.
Thanks be to God.

*May the souls of the faithful departed,
through the mercy of God, rest in peace.*
Amen.

May the divine assistance remain always with us.
And with our absent brethren. Amen.

 EPENT,
says the Lord;
the kingdom
of heaven is at hand.

Matthew 4:17

Thursday I at Vespers

HYMN

L032



- (2*) 1. Ac - cept our prayer, O God of love,
2. Our sins are man - y, we con - fess,
3. From world-ly ways our minds be freed,
4. O hear us, bless - ed Trin - i - ty,



1. As we la - ment our for - mer ways,
2. But spare us who our faults de - plore.
3. Our bod - ies sound in dis - ci - pline.
4. Our ho - ly God, to whom we cry:



1. The cry out - poured by pen - i - tents
2. And for the glo - ry of your name
3. May in - ward fast - ing of our hearts
4. May we, ab - stain - ing now on earth,



1. Through-out these sa - cred for - ty days.
2. Our lan - guid hearts to health re - store.
3. Re - move the taste for eve - ry sin.
4. En - joy im - mor - tal gifts on high.



A - men.

PSALM 49 (48)
Vanity of Vanities

*It is easier for a camel to pass through the eye of a needle
than for one who is rich to enter the kingdom of God. Mt 19:24*

(14/6) No one can buy— life— un- end - ing,
nor a-void com - ing to the grave.—

+

I

- 2 Héar this, áll you **péoples**, *
give éar, all who dwell in the **wórl**d,
- 3 Péople both híg and **lów**, *
rích and póor **alí**ke!
- 4 My móuth will útter **wísdom**. *
The refléctions of my héart offer **ínsight**.
- 5 I will inclíne my éar to a **mý**stery; *
with the hárp I will sét forth my **próblem**.
- 6 Whý should I féar in evil **dáys** *
the málice of the fóes who **surróund** me,
- 7 Thóse who trúst in their **wéalth**, *
and bóast of the vástness of their **ríches**?
- 8 Nó one can ránsom a **bróther**, *
nor pay a príce to Gód for his **lífe**.
- 9 How híg is the príce of his **sóul**! *
The ránsom can néver be **enóugh**! ~



- 10 Nó one can búy life unénding, *
and néver sée the **gráve**.
- 11 Anyone sées that the wíse will díe; +
the fóolish will pérish with the **sénseless**, *
and léave their wéalth to **óthers**.
- 12 Their gráves are their hómes foréver, +
their dwélling place from áge to **áge**, *
though lánds were cálled by their **námes**.
- 13 In his ríches, mán does not **endúre**; *
hé is like the béasts that are **destróyed**.

Glory...

II

(14/6) Store up for your - selves ___ treas - ure in
heav - en, says ___ the Lord. ___

- 14 *This is the wáy of the fóolish*, *
the óutcome of those pléased with their **lót**:
- 15 Like shéep they are dríven to the gráve, +
where déath shall becóme their **shépherd**, *
and the úpright shall háve **domínion**.



Their outward sh^ow wastes aw^ay with the **m**orning, *
and the gr^ave bec^omes their **h**ome.

16 But God will r^ansom my s^oul from the gr^asp of **h**ell; *
for h^e ind^eed will rec^eive me.

17 Then do not f^ear when a m^an grows **r**ich, *
when the gl^ory of his h^ouse incr^eases.

18 He takes n^othing with him when he **d**ies, *
his gl^ory does not f^ollow him bel^ow.

19 Though he fl^aattered hims^elf while he **l**ived, *
"People will pr^aise me for **a**ll my succ^ess,"

20 Yet he will g^o to j^oin his **f**orebears, *
and will n^ever see the lⁱght anym^ore.

21 In his rⁱches, m^an cannot disc^ern; *
h^e is like the b^easts that are destr^oyed.

Glory...

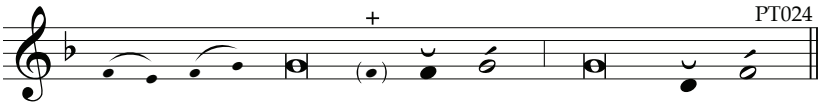
PSALM 72 (71)

The Messiah's Justice and Judgment

He will be called Son of the Most High, and the Lord God will give him the throne of David his father, and of his kingdom there will be no end. Lk 1:32-33

OT084

(7) I have made you the light of all
na - tions to car - ry my sal - va - tion
to the ends of the earth.



I

- 1 O Gód, give your júdgment to the **kíng**, *
to a king's són your **jústice**,
- 2 That he may júdge your péople in **jústice**, *
and your póor in right **jú**dgment.
- 3 May the móuntains bring forth péace for the **péople**, *
and the hills **jústice**.
- 4 May he defénd the póor of the péople, +
and sáve the chíldren of the **néedy**, *
and crúsh the opprésor.
- 5 He shall endúre like the sún and the **móon** *
through áll generátions.
- 6 He shall descénd like ráin on the **méadow**, *
like shówers that wáter the **éarth**.
- 7 In his dáys shall jústice **flóurish**, *
and great péace till the móon is no **móre**.
- 8 He shall rúle from séa to **séa**, *
from the Ríver to the bóunds of the **éarth**.
- 9 Let the désert dwellers fáll befóre him, *
and his énemies líck the **dúst**.
- 10 The kíngs of Társhish and the **íslands** *
shall páy him **trí**bute.
The kíngs of Shéba and **Séba** *
shall bríng him **gí**fts.
- 11 Before hím all kíngs shall fall **pró**strate, *
all nátions shall **sér**ve him.

Glory...

II

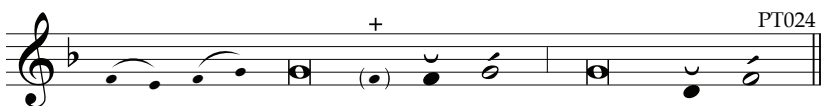
OT085

(7) *The LORD will save the lives__ of the need-y.*
 From op-pres - sion he re-deems_____ their
 souls._____

+

PT024

- 12 *For he shall sáve the néedy when they crý, **
 the póor, and thóse who are **hél**plless.
- 13 He will have píty on the wéak and the **néedy,** *
 and the líves of the néedy he will **sáve.**
- 14 From opprésion and víolence he redéems their **sóuls;** *
 to him their blóod is **déar.**
- 15 **Lóng máy he líve!** *
 Mày the góld of Shéba be **gíven** him.
 They shall práy for hím without **céasing,** *
 and bléss him áll the **dáy.**
- 16 Mày gráin be abúndant in the **lá**nd, *
 wáving to the péaks of the **mó**untains.
 Mày its frúit rústle like Léb(anon); +
 mày the péople flóurish in the **cíties** *
 like gráss on the **é**arth.
- 17 Mày his náme endúre for**é**ver, *
 his náme contínue like the **sún.** ~



Every tríbe shall be blést in **hím**, *
all nátions shall cáll him **bléssed**.

Glory...

V. *Creáte a pure héart for me, O Gód;*
R. Renew a stéadfast spírit withín me.

READING

RESPONSORY

(10) As _____ for me, I said, _____ *

"Lord, _____ have mer - cy on me."

O heal my soul, for I have sinned against you. "Lord, have..."
Glory... As for me...

CANTICLE OF MARY [Luke 1:46-55]

“Blessed are you who trusted that what was spoken to you by the Lord would be fulfilled.” (Luke 1:45) And Mary said:

The **antiphon** for the Canticle of Mary is proper for each weekday of Lent. Refer to the number board to locate the specific page.

- 4 My soul procláims the gréatness of the **Lórd**,
and my spírit exúlts in God my **Sávi**or,
For he has lóoked upon his hándmaid in her **lów**liness;
henceforth all áges will cáll me **bléssed**.
- 4 For the Almíghty has done gréat things for **mé**.
And hóly ís his **ná**me.
His loving mércy is from áge to áge
for thóse who **féar** him.
- 6 He has made knówn the stréngth of his **á**rm,
and has scátted the próud of **héart**.
He has put dówn the míghty from their **thrónes**
and has exálted thóse who are **lów**ly.
He has filled the húngry with **góod** things,
and has sént the rích away **é**mpty.
- 4 He has álways helped Ísrael his **sérvant**,
míndful of his lóving **mércy**,
Éven as he prómised our **fáthers**,
to Ábraham and hís descéndants foréver.

Glory...

INTERCESSIONS

*In the presence of our Lord we watch and **pray**.*

*Renew us, O Lord, in zeal **for** your house:*

Lord, have mercy.

*Comfort the afflicted and console the **broken-hearted**:*

Christ, have mercy.

*May all who have died behold **you** in glory:*

Lord, have mercy.

*May the divine assistance remain **always** with us:*

And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING



VEN NOW, says the
LORD, return to me
with your whole heart;
for I am gracious and merciful.

Joel 1:12-13

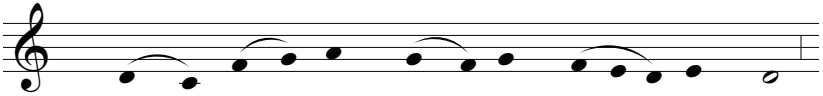
Friday I at Lauds (and Ash Wednesday)

HYMN

L017



- (1) 1. Come, weep before the Judge, and seek
 2. Much have we sinned, O Lord! and still
 3. Remember that we yet are yours
 4. Undo past evil; heal the wounds,
 5. Bless Trinity in Unity!



1. With broken hearts his grace to win;
 2. We fall again and seek to rise;
 3. Though fashioned of a fragile frame;
 4. And guide our steps in faith's dark night;
 5. Uphold our weakness in your love,



1. Be bold, and trusting meet his gaze,
 2. Look down in pity from on high;
 3. And take not from our gasping souls
 4. So may we now and ever find
 5. That we to death may die with Christ



1. And trembling claim the hope within.
 2. Be dawning light to searching eyes.
 3. The Breath by which we praise your Name.
 4. Joy pure and boundless in your sight.
 5. And rise with Christ to life above.



A - men.

PSALM 51 (50)

A Pure Heart Create for Me

Your inmost being must be renewed, and you must put on the new self. Eph 4:23-24

OT091

(14/7) Then_ you will be pleased_ with law - ful
 sac - ri - fice, if you turn_ a - way your
 face, O Lord, from my sins.

PT026

- ³ *Have mércy on mé, O Gód, **
 accórding to your mérciful **lóve**;
 Accórding to your gréat **compásson, ***
 blót out mý **transgréssions**.
- ⁴ Wásh me complétely from my **iníquity, ***
 and cléanse me fróm my **sín**.
- ⁵ My transgréssions, trúly I **knów** them; *
 my sín is álways befóre me.
- ⁶ Against yóu, you alóne, have I **sinned; ***
 what is évil in your síght I have **dóne**.
 So yóu are júst in your **séntence, ***
 withóut repróach in your **júdgment**.
- ⁷ O sée, in guílt I was **bórn, ***
 a sinner when my móther **concéived** me.

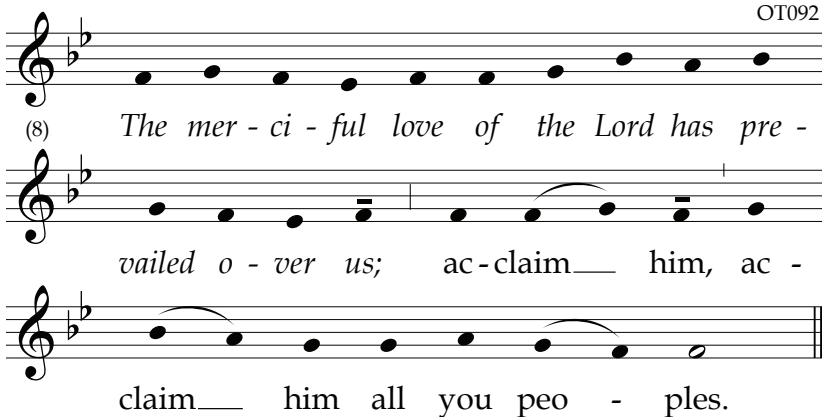
- 8 Yes, you delight in sincerity of **héart**; *
in sécret you téach me **wísdóm**.
- 9 Cleanse me with hýssop, and Í shall be **púre**; *
wash me, and Í shall be whíter than **snów**.
- 10 Let me héar rejóicing and **gládn**ess, *
that the bónes you have crúshed may **exúlt**.
- 11 Túrn away your fáce from my **síns**, *
and blót out áll my **guílt**.
- 12 Créate a pure héart for me, O **Gód**; *
renew a stéadfast spírit withín me.
- 13 Do not cást me awáy from your **présence**; *
take not your hóly spírit from **mé**.
- 14 Restóre in me the jój of your salvátion; *
sustáin in me a wílling **spírit**.
- 15 I will téach transgréssors your **wáys**, *
that sínners may retúrn to **yóu**.
- 16 Réscue me from blóodshed, O **Gód**, +
Gód of mý salvátion, *
and then my tóngue shall ring óut your **jústice**.
- 17 O Lórd, ópen my **líps** *
and my móuth shall procláim your **práise**.
- 18 For in sácrifice you táke no **delíght**; *
burnt óffering from mé would not **pléase** you.
- 19 My sácrifice to Gód, a broken spírit: +
a bróken and húmbléd **héart**, *
O Gód, you wíll not **spúrn**.
- 20 In your good pléasure, show fávor to **Síon**; *
rebuíld the wálls of Jerúsalem.
- 21 Thén you will delight in right sác(rifice), +
burnt ófferings whóllly **consúmed**. *
Thén you will be óffered young búlls on your **áltar**.

Glory...

PSALM 117 (116)
Worldwide Call to Praise


I affirm that Christ became the servant of the Jews because of God's faithfulness, to confirm the promises to the patriarchs, but also so that the Gentiles might glorify God for his mercy. Rom 15:8-9

OT092



(8) The mer - ci - ful love of the Lord has pre -
vailed o - ver us; ac - claim__ him, ac -
claim__ him all you peo - ples.

PT032



- 1 O *pr*aise the LÓRD, all you *n*átions; *
accláim him, all you *p*éoples!
- 2 For his mérciful lóve has preváiled over ús; *
and the LÓRD's fáithfulness endúres foréver.

Glory...



PSALM 146 (145)

The Lord Who Sets Prisoners Free

The Lord has sent me to proclaim liberty to captives and recovery of sight to the blind, and to let the oppressed go free. Lk 4:18

(2*) *I will praise my God all the days_ of my life.*

- My s oul, give pr aise to the L ORD; +*
 2 *I will pr aise the L ORD all my life, **
sing pr aise to my G od while I live.
 3 *P ut no tr ust in pr inces, **
in mortal m an who c annot s ave.
 4 *Take their br eath, they return to the  earth, **
and their pl ans that d ay come to n othing.
 5 *Bless d is h e who is h elped by Jacob's G od, **
whose h ope is in the L ORD his G od,
 6 *Who m ade the h eavens and the  earth, **
the s eas and  all they contain,
*Who preserves fidelity for ever, **
 7 *who does justice to th ose who are oppressed.*
*It is h e who gives br ead to the h ungry, **
the L ORD who sets prisoners fr ee,
 8 *The LORD who  opens the  eyes of the bl ind, **
the LORD who r aises up th ose who are bowed d own.
*It is the L ORD who loves the j ust, **
 9 *the L ORD who protects the str anger ~*

And uphólds the órphan and the wídow, *
but thwárts the páth of the wícked.

¹⁰ The LÓRD will réign foréver, *
the God of Síon from áge to áge.

Glory...

V. Restóre in me the jóy of your salvátion, O Gód;
R. Sustáin in me a wílling spírit.

READING

RESPONSORY

L028

(4) God him-self will set me free___ * from the
snare of the fowl - er.

He will deliver me from lying words, from the snare...
Glory... God himself...

CANTICLE OF ZACHARY [Luke 1: 68-79]

*Then John's father Zechariah was filled with the Holy Spirit and prophesied.
(Luke 1:67)*

The antiphon for the Canticle of Zachary is proper for each weekday of Lent. Refer to the number board to locate the specific page.

- 6 *Blést be the Lórd God of Ísrael:
for he has vísited his péople and redéemed them.
He has raised úp for us a hórning of salvátion
in the Hóuse of Dávid his sérvant,
As he spóke through the móuth of his hólý ones,
his próphets from áges pást:*
- 4 *A sávior who would frée us from our fóes,
and from the hánds of áll who háte us,
To shów loving mércy to our fáthers
míndful of his hólý cóvenant.*
- 4 *This was the óath he swore to Ábraham our fáther,
to grant that fréed from the hánds of our fóes,
We might sérve him in hóliness and ríghteousness,
all the dáys of our lífe without féar.*
- 6 *And yóu, little chíld, will be cálléd
próphet of Gód Most Hígh,
For yóu will gó before the Lórd
to make réady his wáys befóre him,
To grant a knówledge of salvátion to his péople
through the forgíveness of áll their síns.*
- 5 *By the lóving mércy of our Gód,
the Dáwn from on hígh will vísit us,
To shíne on those who sít in dárkness,
and thóse in the shádw of déath,
to guide our féet into the wáy of péace.*

Glory...

INTERCESSIONS

*We pray that the Lord will wash away our **sins**.*

*May we walk today in the light **of** your face:*

Lord, have mercy.

*Establish your justice **among** the peoples:*

Christ, have mercy.

*Sustain our community with zealous **new** vocations:*

Lord, have mercy.

*May the divine assistance remain **always** with us:*

And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.

Thanks be to God.

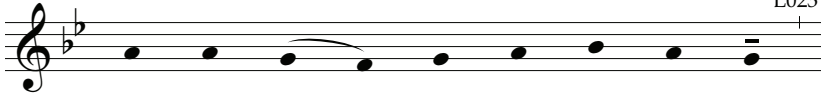
BLESSING



Friday I at Daytime Prayer

HYMN

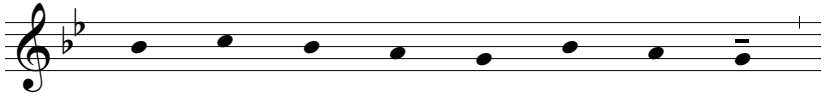
L023



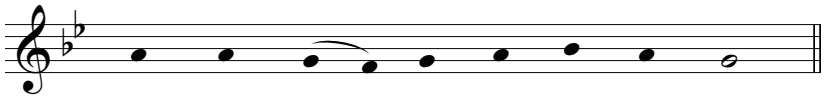
- (10) 1. O *Christ, Cre - a - tor, we con - fess*
 2. For - give the _____ e - vil we have done,
 3. O hear us, _____ bless - ed Trin - i - ty,



1. That from your hands at first we came.
 2. In - crease the bless - ings we im - plore.
 3. Our ho - ly God, to whom we cry:



1. May e - vil spir - its ne'er con - trol
 2. So may we please you here on earth
 3. May we, ab - stain - ing now on earth,



1. The Church that _____ glo - ries in your name.
 2. And in the _____ heav - ens ev - er - more.
 3. En - joy im - mor - tal gifts on high.



A - men. _____

ANT: *Réscue the wéak and the néedy, O Gód; / set them frée from the hánd of the wícked.*

PSALM 70 (69)

O Lord, Hasten to My Aid!

The Lord does not delay in keeping his promise. 2 Pt 3:9a

- 2 O Gód, *cóme to my assístance; **
O LÓRD, make háste to hélp me!
- 3 Lét there be sháme and confúsiún *
on thóse who séek my lífe.
O lét them turn báck in confúsiún, *
who delíght in my hárm;
- 4 Let them retréat, cóvered with sháme, *
who jéer at me and móck.
- 5 O lét there be rejóicing and gládness *
for áll who séek you.
Let them sáy forever, “Gód is gréat,” *
who lóve your saving hélp.
- 6 As for mé, wrétched and póor, *
hasten to mé, O Gód.
Yóu are my réscuer, my hélp; *
O LÓRD, do not deláy.

PSALM 75 (74)

Divine Cup of Judgment

*He has deposed the mighty from their thrones
and raised the lowly to high places. Lk 1:52*

- 2 *We give práise to yóu, O Gód; +
we give práise, for your náme is néar. **
We recóunt your wónderful déeds.

- 3 “When I establish the appointed time, *
then I myself will judge with fairness.
- 4 Though the earth and all who dwell in it may rock, *
it is I who set firm its pillars.
- 5 To the boastful I say, ‘Do not boast’; *
to the wicked, ‘Do not exalt your strength,
- 6 Do not exalt your strength on high. *
Do not speak with insolent pride.’”
- 7 For neither from the east nor from the west, *
nor from the desert comes exaltation, *
- 8 For God himself is the judge. *
One he humbles, another he exalts.
- 9 For the LORD holds a cup in his hand, *
full of wine, foaming and spiced.
He pours it; they drain it to the dregs; *
all the wicked on the earth must drain it.
- 10 As for me, I will rejoice forever, *
and sing psalms to the God of Jacob.
- 11 I shall break the strength of the wicked, *
while the strength of the just will be exalted.

PSALM 82 (81)

Judgment in the Divine Council

*The Lord is the one to judge me, so stop passing judgment
before the time of his return. 1 Cor 4:5*

- 1 *God stands in the divine assembly. **
In the midst of the gods, he gives judgment.
- 2 “How long will you judge unjustly, *
and favor the cause of the wicked?
- 3 Do justice for the weak and the orphan; *
give justice to the poor and afflicted. ~
-

- 4 Réscue the wéak and the néedy; *
set them frée from the hánd of the wícked.”
- 5 They néither knów nor understánd; +
they wálk abóut in dárkness, *
and all the éarth’s foundátions are sháken.
- 6 I have sáid to you, “Yóu are góds, *
and áll of you, sóns of the Most Hígh.
- 7 And yét, like mén you shall díe; *
you shall fáll, like ány of the prínces.”
- 8 Aríse, O Gód; judge the éarth! *
For áll the nátions are yóurs.

Glory...

ANT: Réscue the wéak and the néedy, O Gód; / set them frée from the hánd of the wícked.

BRIEF READING

- V. *My transgréssions, trúly I knów them;*
R. *My sín is álways befóre me.*

Let us pray.

ORATION

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

*May the souls of the faithful departed,
through the mercy of God, rest in peace.
Amen.*

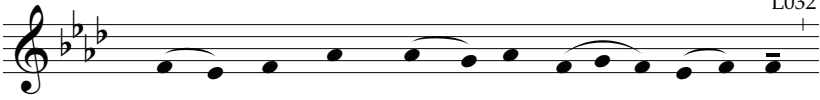
*May the divine assistance remain always with us.
And with our absent brethren. Amen.*



Friday I at Vespers (and Ash Wednesday)

HYMN

L032



- (2*) 1. Ac - cept our prayer, O God of love,
2. Our sins are man - y, we con - fess,
3. From world - ly ways our minds be freed,
4. O hear us, bless - ed Trin - i - ty,



1. As we la - ment our for - mer ways,
2. But spare us who our faults de - plore.
3. Our bod - ies sound in dis - ci - pline.
4. Our ho - ly God, to whom we cry:



1. The cry out - poured by pen - i - tents
2. And for the glo - ry of your name
3. May in - ward fast - ing of our hearts
4. May we, ab - stain - ing now on earth,



1. Through - out these sa - cred for - ty days.
2. Our lan - guid hearts to health re - store.
3. Re - move the taste for eve - ry sin.
4. En - joy im - mor - tal gifts on high.



A - men.

PSALM 41 (40)

Sickness to Health, Death to Life

"Lazarus, come out." The dead man came out, bound hand and foot. Jn 11:14b-15a

OT097

(1*) Heal my soul, O Lord, for

I have sinned a - gainst you.

PT004

- 2 Blessed is hé who has concérn for the **póor**. *
 In time of tróuble, the LÓRD will **réscue** him.
- 3 The LÓRD will guárd him, give him life, +
 and máke him bléssed in the **lánd**, *
 not give him úp to the wíll of his **fóes**.
- 4 The LORD will hélp him on his béd of **páin**; *
 you will bríng him back from síckness to **héalth**.
- 5 As for mé, I said, "LÓRD, have mércy on **mé**; *
 héal my sóul, for I have sínned **agáinst** you."
- 6 My **fóes** are spéaking évil **agáinst** me: *
 "How lóng before he díes, and his náme be **forgóttén**?"
- 7 When someone cómes to vísit me,
 he spéaks empty **wórd**s; *
 his héart stores up málice; on léaving, he spreads **líes**. ~

- 8 All my foes whisper together **agáinst** me; *
they devise evil plóts **agáinst** me:
- 9 “Something déadly has fástened up**ón** him; *
he will not ríse from whére he **líes**.”
- 10 Thus éven my friend, in whom I trústed, +
who áte my **bréad**, *
has lífted his héel **agáinst** me.
- 11 But you, O LÓRD, have mércy on **mé**. *
Raise me úp and Í will repáy them.
- 12 By thís I knów your **fávor**: *
that my fóes do not tríumph over **mé**.
- 13 In my intégrity yóu have up**héd** me, *
and have sét me in your présence foréver.

Glory...



PSALM 124 (123)

If the Lord Had Not Been with Us

The Lord said to Paul, “Do not be afraid, for I am with you.” Acts 18:9

OT098

(13) *Our help is in the name of the Lord, who made*

heav-en and earth.



- 1 "If the LÓRD had not béen on our *síde*," *
let Ísrael *sáy*-
- 2 "If the LÓRD had not béen on our *síde* *
when péople rose *agáinst* us,
- 3 Thén would they have swállowed us *alíve* *
when their ánger was *kíndled*.
- 4 Thén would the wáters have *engúlfed* us, *
the tórrént gone óver us;
- 5 Óver our héad would have *swépt* *
the ráging wáters."
- 6 Blést be the LÓRD who did not *gíve* us *
a préy to their *téeth*!
- 7 Our lífe, like a bírd, has *escáped* *
from the snáre of the *fówler*.
Índéed, the snáre has been *bróken*, *
and wé have *escáped*.
- 8 Our hélp is in the náme of the LÓRD, *
who made héaven and *éarth*.

Glory...



NE DOES NOT LIVE
on bread alone, but on
every word that comes
forth from the mouth of God.

Matthew 4:4

PSALM 129 (128)

Oppressed from My Youth

If you find that the world hates you, know that it has hated me before you. Jn 15:18

OT155

(8) Take my yoke up - on you, for I am
meek and hum - ble of heart.

PT029

- 1 "They have pressed me hard from my youth," *
let Israel sing.
- 2 "They have pressed me hard from my youth," *
but could never overcome me.
- 3 The plowmen plowed my back, *
drawing long furrows.
- 4 Yet the LORD, who is just, has destroyed *
the yoke of the wicked."
- 5 Let them be shamed and routed, *
all those who hate Sion!
- 6 Let them be like grass on the roof *
that withers before it flowers.
- 7 With that no reaper fills his hands, *
no binder of sheaves his arms.
- 8 And those passing by will not say, +
"The blessing of the LORD be upon you!" *
We bless you in the name of the LORD!

Glory...

PSALM 130 (129)
Longing for the Dawn

You are to name him Jesus, because he will save his people from their sins. Mt 1:21

OT100

(2) With the Lord there is kind - ness and
 full - ness of _____ re - demp - tion.

PT006

- 1 *Out of the dépths I cry to you, O LÓRD; **
- 2 Lórd, hear my **vóice!**
 O lét your éars be **atténtive** *
 to the sóund of my **pléadings**.
- 3 If you, O LÓRD, should márk **iníquities**, *
 Lórd, who could **stánd?**
- 4 But with yóu is fóund **fórgiveness**, *
 that yóu may be **revéred**.
- 5 I lóng for yóu, O LÓRD, *
 my soul lóns for his **wórd**.
- 6 My sóul hópes in the **Lórd** *
 more than wátchmen for **dáybreak**.
 Móre than wátchmen for **dáybreak**, *
 let Ísrael hópe for the **LÓRD**.
- 7 For with the LÓRD there is lóving **mércy**, *
 in hím is pléntiful **redémption**.
- 8 It is hé who will redéem **Ísrael** *
 from áll its **iníquities**.

Glory...

V. *Créate a pure héart for me, O Gód;*
R. Renew a stéadfast spírit withín me.

READING

RESPONSORY

(10) As _____ for me, I said, _____ *

"Lord, _____ have mer - cy on me."

O heal my soul, for I have sinned against you. "Lord, have..."
Glory... As for me...

CANTICLE OF MARY [Luke 1:46-55]

"Blessed are you who trusted that what was spoken to you by the Lord would be fulfilled." (Luke 1:45) And Mary said:

*The **antiphon** for the Canticle of Mary is proper for each weekday of Lent. Refer to the number board to locate the specific page.*

- 4 *My soul procláims the gréatness of the **Lórd**,
and my spírit exúlts in God my **Sávior**,
For he has lóoked upon his hándmaid in her **lów**liness;
henceforth all áges will cáll me **bléssed**.*
- 4 *For the Almíghty has done gréat things for **mé**.
And hóly ís his **náme**.
His loving mércy is from áge to áge
for thóse who **féar** him.*
-

- 6 He has made knówn the stréngth of his **árm**,
and has scátered the próud of **héart**.
He has put dówn the míghty from their **thrónes**
and has exálted thóse who are **lówly**.
He has fílled the húngry with **góod** things,
and has sént the rích away **émpy**.
- 4 He has álways helped Ísrael his **sérvant**,
míndful of his lóving **mércy**,
Éven as he prómised our **fáthers**,
to Ábraham and hís descéndants for**éver**.

Glory...

INTERCESSIONS

*We beseech God's guidance in these holy forty **days**.*

*Bring back all who have strayed **from** your way:*
Lord, have mercy.

*Grant tranquility and peace to **troubled** souls:*
Christ, have mercy.

*Fulfill your promises to the **faithful** departed:*
Lord, have mercy.

*May the divine assistance remain **always** with us:*
And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.
Thanks be to God.

BLESSING

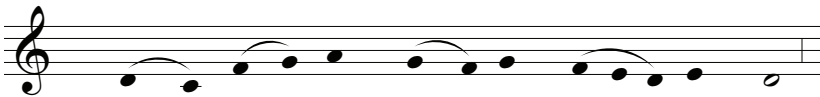
Saturday I at Lauds

HYMN

L017



1. Come, weep before the Judge, and seek
2. Much have we sinned, O Lord! and still
3. Remember that we yet are yours
4. Undo past evil; heal the wounds,
5. Blest Trinity in Unity!



1. With broken hearts his grace to win;
2. We fall again and seek to rise;
3. Though fashioned of a fragile frame;
4. And guide our steps in faith's dark night;
5. Uphold our weakness in your love,



1. Be bold, and trusting meet his gaze,
2. Look down in pity from on high;
3. And take not from our gasping souls
4. So may we now and ever find
5. That we to death may die with Christ



1. And trembling claim the hope with in.
2. Be dawning light to searching eyes.
3. The Breath by which we praise your Name.
4. Joy pure and boundless in your sight.
5. And rise with Christ to life above.



A - men.

PSALM 65 (64)

You Provide for the Earth

See how the farmer waits for the precious fruit of the earth, being patient with it until it receives the early and late rains. You too must be patient. Jas 5:7-8

(14/6) O God, _____ our sav - ior,

you are the hope__ of all_____ the earth.

I

- 2 *Práise is dúe to yóu* *
in Síon, O **Gód**.
- To yóu we pay our vóws in Jerúsalem, +
3 you who héar our **práyer**. *
- To yóu all flésh will **cóme**.
- 4 Our evil déeds are too héavy for **ús**, *
but our transgréssions you wípe **awáy**.
- 5 Blessèd is hé whom you chóose and **cáll** *
to dwéll in your **cóurts**.
We are filled with the góod things of your **hóuse**, *
of your hólý **témp**le.
- 6 With wóndrous delíverance you **áns**wer us, *
O Gód our **sá**viór.
You are the hópe of áll the **é**arth, *
and of fár distant **ís**les. ~

- 7 You establish the mountains with your **strength**; *
 you are girded with **power**.
- 8 You still the roaring of the seas, +
 the roaring of their **waves**, *
 and the tumult of the **peoples**.
- 9 Distant peoples stand in **awe** *
 at your wondrous **deeds**.
 The lands of sunrise and **sunset** *
 you fill with your **joy**.

Glory...

II

OT107

(14/6) O God, you provide for the
 earth; you bless its growth.

PT034

- 10 You visit the earth, give it **water**; *
 you fill it with **riches**.
 God's ever-flowing river brims over *
 to prepare the **grain**.
 And thus you provide for the **earth**: *
 11 you drench its **furrows**;
 You level it, soften it with **showers**; *
 you bless its **growth**.

- 12 You crówn the yéar with your **bóunty**, *
and abúndance flóws in your **páthways**.
- 13 The pástures of the désert overflów, *
and the hÍlls are gÍrded with **jóy**,
- 14 The méadows are clóthed with flócks, +
and the vÁlleys are décked with **whéat**. *
They shóut for jóy; yes, they **sÍng!**

Glory...

PSALM 8

God's Majesty and Adam's Dignity

*The Father gave Christ lordship of creation and
made him head of the Church. Eph 1:22*

OT108

(1) From the mouths of chil - dren and
babes, you fash-ioned per - fect praise,
per - fect praise, O Lord.

PT003

- 2 O LÓRD, our Lórd, how májestic *
is your náme through áll the éarth!

Your májesty is sét above the héavens. *

- 3 From the móuths of children and of **bábés**
You fáshioned praise to fóil your **énemy**, *
to sílence the fóe and the **rébel**. ~



- 4 When I see the héavens, the wórk of your **fíngers**, *
the móon and the stárs which you arráinged,
- 5 What is mán that you should kéeep him in **mínd**, *
the son of mán that you cáre for **hím**?
- 6 Yet you have máde him little lówer than the **ángels**; *
with glóry and hónor you **crówned** him,
- 7 Gave him pówer over the wórk of your **hánds**: *
you put áll things únder his **féet**,
- 8 Áll of them, shéep and **óxen**, *
yes, éven the cáttle of the **fields**,
- 9 Birds of the áir, and físh of the **séa** *
that máke their wáy through the **wáters**.
- 10 O LÓRD, our Lórd, how **majéstic** *
is your náme through áll the **éarth!**

Glory...

V. *Restóre in me the jóy of your salvátion, O Gód;*

R. *Sustáin in me a wílling spírit.*

READING

RESPONSORY

(4) God him-self will set me free___ * from the
snare of the fowl - er.

He will deliver me from lying words, from the snare...

Glory... God himself...

CANTICLE OF ZACHARY [Luke 1: 68-79]

*Then John's father Zechariah was filled with the Holy Spirit and prophesied.
(Luke 1:67)*

*The **antiphon** for the Canticle of Zachary is proper for each weekday of Lent. Refer to the number board to locate the specific page.*

- 6 *Blést be the Lórd God of Ísrael:
for he has vísited his péople and redéemed them.
He has raised úp for us a hórñ of salvátion
in the Hóuse of Dávid his sérvant,
As he spóke through the móuth of his hólý ones,
his próphets from áges **pást**:*
- 4 *A sáviór who would frée us from our **fóes**,
and from the hánds of áll who **háte** us,
To shów loving mércy to our **fáthers**
míndful of his hólý **cóvenant**.*
- 4 *This was the óath he swore to Ábraham our **fáther**,
to grant that fréed from the hánds of our **fóes**,
We might sérve him in hóliness and **ríghteousness**,
all the dáys of our life without **féar**.*
- 6 *And yóu, little chíld, will be **cáled**
próphet of Gód Most **Hígh**,
For yóu will gó before the **Lórd**
to make réady his wáys befóre him,
To grant a knówledge of salvátion to his **péople**
through the forgíveness of áll their **síns**.*
- 5 *By the lóving mércy of our **Gód**,
the Dáwn from on hígh will **vísit** us,
To shíne on those who sít in **dárkness**,
and thóse in the shádw of **déath**,
to guide our fées into the wáy of **péace**.*

Glory...

INTERCESSIONS

*We place before God our intentions for this **day**.*

*Be with us, Lord, as we labor **for** your kingdom:
Lord, have mercy.*

*Instruct world leaders in the ways **of** your peace:
Christ, have mercy.*

*Renew our house with many **new** vocations:
Lord, have mercy.*

*May the divine assistance remain **always** with us:
And with our absent brethren.*

OUR FATHER

ORATION

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

BLESSING



Saturday I at Daytime Prayer

HYMN

L023



- (10) 1. O *Christ, Cre - a - tor, we con - fess*
 2. For - give the _____ e - vil we have done,
 3. O hear us, _____ bless - ed Trin - i - ty,



1. That from your hands at first we came.
 2. In - crease the bless - ings we im - plore.
 3. Our ho - ly God, to whom we cry:



1. May e - vil spir - its ne'er con - trol
 2. So may we please you here on earth
 3. May we, ab - stain - ing now on earth,



1. The Church that _____ glo - ries in your name.
 2. And in the _____ heav - ens ev - er - more.
 3. En - joy im - mor - tal gifts on high.



A - men. _____

ANT: *I cáll to you, LÓRD, all day lóng; / híde not your fáce from mé.*

PSALM 86 (85)

Guide My Heart to Revere Your Name

Blest be God who comforts us in all our trials. 2 Cor 1:3,4

I

- 1 *Turn your éar, O LÓRD, and ánsWER me, **
for Í am póor and néedy.
- 2 *Presérve my sóul, for I am fáithful; **
save the sérvant who trústs in you, my Gód.
- 3 *Have mércy on mé, O Lórd, **
for I crý to you áll the day lóng.
- 4 *Gládden the sóul of your sérvant, **
for I líft up my sóul to you, O Lórd.
- 5 *O Lórd, you are góod and forgíving, **
full of mércy to áll who call to yóu.
- 6 *Give éar, O LÓRD, to my práyer, **
and atténd to my vóice in supplicátion.
- 7 *In the dáy of distréss, I will cáll to you, **
and súdeyly yóu will ánsWER me.
- 8 *Among the góds there is nóne like you, O Lórd, **
nor wórks to compáre with yóurs.
- 9 *All the nátions you have máde shall cóme; +*
they will bow dówn befóre you, O Lórd, *
and glórfify your náme,
- 10 *For you are gréat and do márvelous déeds, **
yóu who alóne are Gód.

II

- ¹¹ *Téach me, O LÓRD, your wáy, +
so that Í may wálk in your trúth, **
single-héarted to féar your náme.
- ¹² I will práise you, Lord my Gód, with all my héart, *
and glórfify your náme foréver.
- ¹³ Your mércy to mé has been gréat; *
you have sáved me from the dépths of the gráve.
- ¹⁴ The proud have rísen agáinst me, O Gód; +
a bánd of the rúthless seeks my life. *
To yóu they páy no héed.
- ¹⁵ But you, O Gód, are compássonate and grácious, *
slów to ánger, O Lórd,
Abúndant in mércy and fidélity; *
- ¹⁶ túrn and take píty on mé.
O gíve your stréngth to your sérvant, *
and sáve the són of your hándmaid.
- ¹⁷ Shów me the sígn of your fávor, +
that my fóes may sée to their sháme *
that you, O LÓRD, give me cómfort and hélp.

PSALM 88 (87)

My One Companion Is Darkness

*From noon until mid-afternoon there was darkness over all the earth.
Then Jesus cried out with a loud voice and yielded up his spirit. Mt 27:45,50*

- ² *O LÓRD and Gód of my salvátion, **
I crý before you dáy and níght.
- ³ Let my práyer cóme into your présence. *
Inclíne your éar to my crý. ~

- 4 For my sóul is filled with évils; *
my lífe is on the brínk of the gráve.
- 5 I am réckoned as óne in the tómb; *
Í am like a wárrior without stréngth,
- 6 Like one róaming amóng the déad, *
like the sláin líying in their gráves,
Like thóse you reméber no móre, *
cut óff, as they áre, from your hánd.
- 7 You have láid me in the dépths of the pít, *
in régions that are dárk and déep.
- 8 Your ánger wéighs down upón me; *
I am drówned benéath your wáves.
- 9 You have táken awáy my fríends; *
to thém you have máde me háteful.
Imprísoned, I cannót escápe; *
10 my éyes are súnken with gríef.

- I cáll to you, LÓRD, all day lóng; *
to yóu I strétch out my hánds.
- 11 Will you wórk your wónders for the déad? *
Will the shádes rise úp to práise you?
- 12 Will your mércy be tóld in the gráve, *
or your fáithfulness in the pláce of perdítion?
- 13 Will your wónders be knówn in the dárk, *
your jústice in the lánd of oblívion?
- 14 But Í, O LORD, crý out to yóu; *
in the mórning my práyer comes befóre you.
- 15 Whý do you rejéct me, O LÓRD? *
Why do you híde your fáce from mé?
- 16 I am wrétched, close to déath from my yóuth. *
I have bórne your tríals; I am númb.
- 17 Your fúry has swept dówn upón me; *
your térrors have útterly destróyed me.

- ¹⁸ They surround me all the day like a flood; *
together they close in against me.
¹⁹ Friend and neighbor you have taken away: *
my one companion is darkness.

Glory...

ANT: I call to you, LÓRD, all day long; / hide not your face from me.

BRIEF READING

V. *I will teach transgressors your ways,*
R. That sinners may return to you.

Let us pray.

ORATION

Let us bless the Lord.
Thanks be to God.

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

May the divine assistance remain always with us.
And with our absent brethren. Amen.

Week II





Sunday II at First Vespers

Choir Leader: L010

O God, come to my as - sist - ance.

All:

O Lord, make haste to help me.

Glory to the Father, and to the Son, and to the

Ho - ly Spir - it: as it was in the beginning, is

now, and will be for ev - er. A - men. —

HYMN

Hymn for Passion Sunday, see page 373

L011



- (1*) 1. Sun - set__ to sun - rise chang - es now,__
2. Though sun__ with-holds__ its out - ward light,__
3. In o - ver - whelm - ing fi - nal strife__
4. To God__ the Fa - ther and__ the Son,__



1. For God cre - ates__ his world__ a - new.__
2. Lo! a more heav'n - ly light__ shines here.__
3. The Lord of life__ wins vic - to - ry.__
4. And to the Spir - it last - ing praise.__



1. On the Re-deem - er's thorn - crowned brow__
2. And from the cross__ on Cal - v'ry's height__
3. Our sin is slain,__ and death__ brings life,__
4. May we, O God - head, Three__ in One,__



1. The won - ders of__ that dawn__ we view.__
2. Im - mor - tal rays__ of life__ ap-pear.__
3. And all__ on earth__ hold heav - en's key.__
4. Serve you__ in hope__ through-out__ our days.__



A - men.____

PSALM 141 (140)
 Evening Offering of Incense

*An angel stood before the face of God, thurible in hand.
 The fragrant incense soaring aloft was the prayer of God's people on earth. Rv 8:3-4*

WEEK 2:

S2143

(8) *Je - sus took Pet - er, James and his broth - er*

John and led them up a high_ moun-tain.

There he was trans-fig-ured be-fore_ them.

WEEKS 4 & 6:

L048

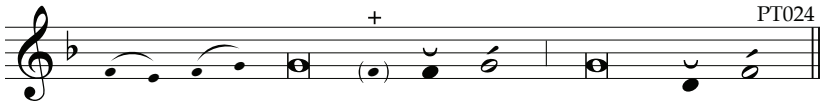
(7) *Call up-on the Lord and he will hear_ you; cry_*

out and he will an - swer: Here_ I am._

WEEK 2:



WEEKS 4 & 6:



- 1 *I have called to you, LÓRD; hásten to **hélp** me! **
Héar my vóice when I crý to **yóu**.
- 2 Let my práyer be accépted as íncense befóre you, *
the ráising of my hánds like an évening oblátion.
- 3 Sét, O LÓRD, a guárd on my **móuth**; *
keep wáтч at the dóor of my **líps**!
- 4 Do not túrn my héart to thínks that are évil, +
to wícked déeds with thóse who are **sínners**. *
Néver allów me to sháre in their **féasting**.
- 5 If a góod man stríkes me it is kíndness; +
but let the óil of the wícked not anóint my **héad**. *
Let my práyer be éver agáinst their **málice**.
- 6 If they fáll into the mérciless hánds of their **júdses**, *
théy will grásp how kínd are my **wóords**.
- 7 As clóds of éarth plowed úp on the **gróund**, *
so their bónes were stréwn at the móuth of the **gráve**.
- 8 To you my éyes are túrned, O LÓRD, my **Lórd**. *
In yóu I take réfuge; spáre my **sóul**!
- 9 From the tráp they have láid for me, kéepe me **sáfe**; *
kéepe me from the snáres of thóse who do évil.
- 10 Let the wícked togéther fáll into their **tráps**, *
while Í pursúe my wáy **unhárméd**.


Glory...

PSALM 116B (115:10-19)
You Have Loosened My Bonds

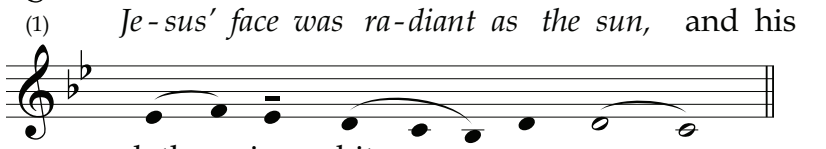
Through Christ let us offer to God a continual sacrifice of praise. Heb 13:15

WEEK 2:

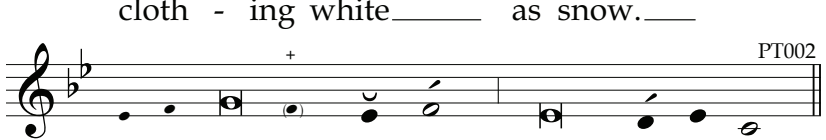
S2144



(1) Je - sus' face was ra - diant as the sun, and his



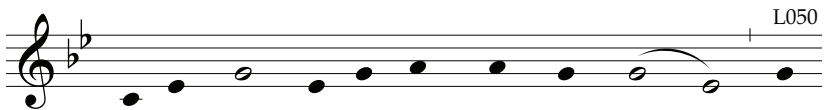
cloth - ing white as snow.



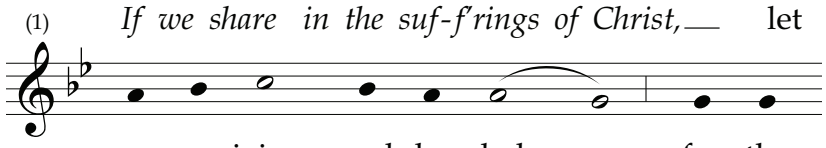
PT002

WEEKS 4 & 6:

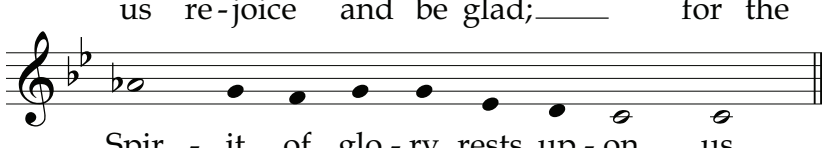
L050



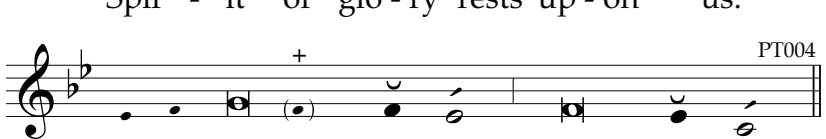
(1) If we share in the suf - frings of Christ, let



us re - joice and be glad; for the



Spir - it of glo - ry rests up - on us.



PT004

¹⁰ *I trústed, éven when I sáid, **

"I am sórely afflícted,"

¹¹ *And wén I sáid in my alárm, **

"These péople are all líars." ~

WEEK 2:



WEEKS 4 & 6:



- 12 Hów can I repáy the LÓRD *
for áll his góodness to mé?
- 13 The cúp of salvátion I will ráise; *
I will cáll on the náme of the LÓRD.
- 14 My vóws to the LÓRD I will fulfill *
before áll his péople.
- 15 How précious in the éyes of the LÓRD *
is the déath of his fáithful.
- 16 Your sérvant, LORD, your sérvant am Í, +
the són of your hándmaid; *
you have lóosened my bónds.
- 17 A thánksgiving sácrifice I máke; *
I will cáll on the náme of the LÓRD.
- 18 My vóws to the LÓRD I will fulfill *
before áll his péople,
- 19 In the cóurts of the hóuse of the LÓRD, *
in your mídst, O Jerúsalem.

Glory...

PSALM 16 (15)
My Portion and My Cup

*God freed him from death's bitter pangs, and raised him up again.
For it was impossible that death should keep its hold on him. Acts 2:24*

WEEK 2:



(4) Lord, _____ it is good for us to be here: your



face, — O — Lord, — we — seek.



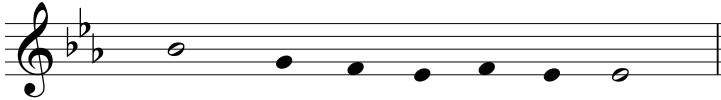
PT013

WEEKS 4 & 6:



L056

(6*) No one takes my life from me, but I lay — it



down, and take it up a - gain.



PT020

- 1 *Presérve me, O Gód, for in yóu I take réfuge. +*
- 2 *I sáy to the LÓRD, "Yóu are my Lórd. *
My háppiness lies in yóu alóne."*
- 3 *As for the hóly ones who dwéll in the lánd, *
they are nóble, and in thém is all my delíght.*
- 4 *Those who chóose other góds incréase their sórrows. +
I will nó't take párt in their ófferings of blóod. *
Nór will I táke their námes upon my líps.*
- 5 *O LÓRD, it is yóu who are my pórtion and cúp; *
yóu yoursélf who secúre my ló't.*
- 6 *Pléasant pláces are márked out for mé: *
a pleásing héritage indéed is míne! ~*

WEEK 2:



WEEKS 4 & 6:



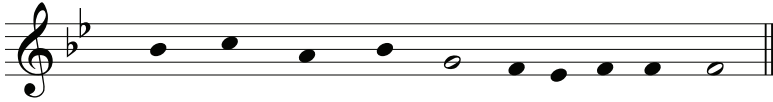
- 7 I will bléss the LÓRD who gíves me **có**nsel, *
 who éven at níght dirécts my **hé**art.
- 8 I kéeep the LÓRD befóre me **ái**lways; *
 with hím at my ríght hand, I shall nót be **mó**ved.
- 9 And so, my héart rejóices, my sóul is **glá**d; *
 éven my flésh shall rést in **hó**pe.
- 10 For yóu will not abándon my sóul to **hé**ll, *
 nor lét your hóly one sée **corrú**ption.
- 11 You will shów me the páth of life, +
 the fúllness of jóy in your **pré**sence, *
 at your ríght hand, blíss **foré**ver.

Glory...

WEEK 2
 PHILIPPIANS 2:6-11
 Christ, God's Holy Servant

*They took him down from the tree and placed him in a tomb.
 But God raised him from the dead. Acts 13:29-30*



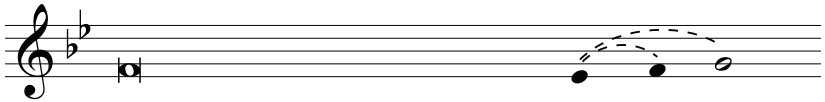


death he would en-dure in Je-ru-sa-lem.



OT007

1. *Although he wás* in the fóm of Gód,
2. **Ráther did he émp - ty him - sélf,**
3. *And being found in hu - man form,*
4. **And for thís, God ex - ált - ed hím,**
5. *Só that at the náme of Jé - sus*
6. **And évery tóngue con - féss**
7. *Glóry to the Fá - ther and to the Són*
8. **As it wás in the be - gín - ning, is nów,**



1. *he did not regárd equálicity with Gód*
2. **táking on the fóm of a sláve**
3. *he húmbléd hímself, obedíent unto déath,*
4. **and bestówed upon hím the náme**
5. *évery knée shall bénd in the héav - ens,*
6. **that Jésus Chríst is Lórd,**
7. []
8. []



1. *sómething to whích he wóuld lay cláim.*
2. **being máde in hu - man líke - ness.**
3. *déath up - - - ón a cróss.*
4. **that is abóve every óth - er náme.**
5. *on the earth, and in the wórd be - low,*
6. **to the glóry of Gód the Fá - ther.**
7. *ánd to the Hó - ly Spír - it:*
8. **and will bé for év - er. A - mén.**

WEEKS 4 & 6
 PHILIPPIANS 2:6-11
 Christ, God's Holy Servant

*They took him down from the tree and placed him in a tomb.
 But God raised him from the dead. Acts 13:29-30*

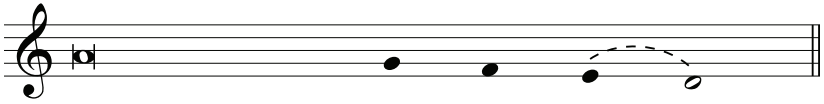
S3033

(1) Je - sus hum - bled him - self, be - com - ing o - be - di - ent
 un - to death, ev - en to death on a cross.

OT116

1. *Although he was* in the form of God,
2. **Rather did he** emp - ty him - self,
3. *And being* found in hu - man form,
4. **And for this,** God ex - alt - ed him,
5. *So that at the* name of Je - sus
6. **And every** tongue con - fess
7. *Glory to the Fa - ther and to the Son*
8. **As it was in the be - gin - ning,** is now:

1. *he did not regard equality with* God
2. **taking on the form of a** slave
3. *he humbled himself, obedient unto* death,
4. **and bestowed upon him the** name
5. *every knee shall bend in the heavens, on the* earth,
6. **that Jesus Christ is** Lord,
7. []
8. []



1. something to which he would lay claim._____
2. **being made in hu - man like - ness.**
3. death up - - - on a cross._____
4. **that is above every oth - er name.**_____
5. and in the world be - low,_____
6. **to the glory of God the Fa - ther.**
7. and to the Ho - ly Spir - it:
8. **and will be for ev - er. A - men.**_____

WEEKS 2 & 4

- V. *Restóre in me the jóy of your salvátion, O Gód;*
 R. Sustáin in me a wílling spírit.

PASSION SUNDAY

- V. *Christ was píerced for our offénses.*
 R. He was crúshed for our síns.

READING

RESPONSORY FOR WEEKS 2 & 4



(10) Hear__ us, O Lord, and have mer - cy, * for



we have sinned__ a - gainst__ you.

*Listen, O Christ, to the prayers of those who cry to you. For we have...
 Glory... Hear us...*

RESPONSORY FOR PASSION SUNDAY

L059

(10) We wor - ship you, O Christ, ___ and we
praise ___ you, * be-cause ___ by your cross ___
you have re-deemed the world.

*By the wood of a tree, joy has come to the whole world, because by...
Glory... We worship...*

CANTICLE OF MARY [Luke 1:46-55]

*"Blessed are you who trusted that what was spoken to you by the Lord
would be fulfilled." (Luke 1:45) And Mary said:*

*The antiphon for the Canticle of Mary is proper for each Sunday of
Lent. Refer to the number board to locate the specific page.*

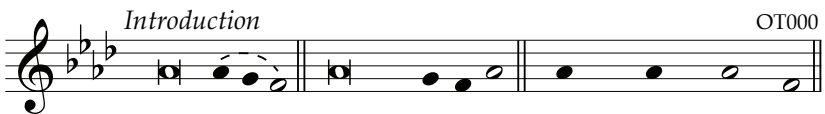
- 4 *My soul procláims the gréatness of the **Lórd**,
and my spírit exúlts in God my **Sáviór**,
For he has lóoked upon his hándmaid in her **lów**liness;
henceforth all áges will cáll me **bléssed**.*
- 4 *For the Almíghty has done gréat things for **mé**.
And hóly ís his **náme**.
His loving mércy is from áge to áge
for thóse who **féar** him.*
-

- 6 He has made known the strength of his **árm**,
 and has scattered the proud of **héart**.
 He has put down the mighty from their **thrónes**
 and has exalted those who are **lówly**.
 He has filled the hungry with **góod** things,
 and has sent the rich away **émpy**.
- 4 He has always helped Ísrael his **sérvant**,
 mindful of his loving **mércy**,
 Éven as he promised our **fátters**,
 to Ábraham and his descendants **foréver**.

Glory...

INTERCESSIONS FOR WEEKS 2 & 4

*We ask God to renew our spirits in this season of **grace**.*



Petition... Lord, have mer-cy.
 Christ, have mer-cy.
 Lord, have mer-cy.

*Pour out your Spirit on the Church **and** the world:*
Lord, have mercy.

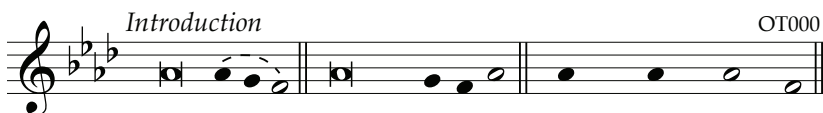
*Make us faithful to your Gospel in **word** and deed:*
Christ, have mercy.

*Admit the faithful departed to the **company** of saints:*
Lord, have mercy.

*May the divine assistance remain **always** with us:*
And with our absent brethren.

INTERCESSIONS FOR PASSION SUNDAY

With compunction of heart we invoke our saving God.



Petition... Lord, have mer-cy.
Christ, have mer-cy.
Lord, have mer-cy.

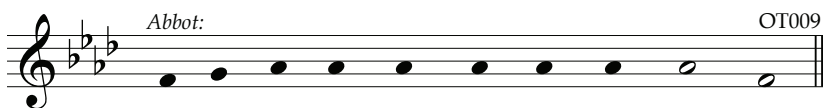
May we follow you, Lord, in the way of your cross:
Lord, have mercy.

Renew the world by your passion and death:
Christ, have mercy.

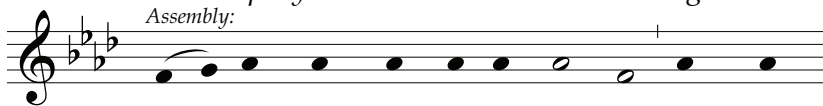
Give to the faithful departed a share in your victory:
Lord, have mercy.

May the divine assistance remain always with us:
And with our absent brethren.

OUR FATHER



Let us pray as Christ the Lord has taught us:



Our_ Fa-ther, who art in heav-en, hal-lowed



be thy name; thy king-dom come; thy will be



done on earth as it is in heav-en. Give us this
day our dai-ly bread; and for-give us our
tres-pass-es as we for-give those who
tres-pass a-gainst us; and lead us not in-to
temp-ta-tion, but de-liv-er us from e - vil.

ORATION

Let us bless the Lord.
Thanks be to God.

BLESSING



Sunday II at Lauds

Choir Leader: L010

O God, come to my as - sist - ance.

All:

O Lord, make haste to help me.

Glory to the Father, and to the Son, and to the

Ho - ly Spir - it: as it was in the beginning, is

now, and will be for ev - er. A - men. —

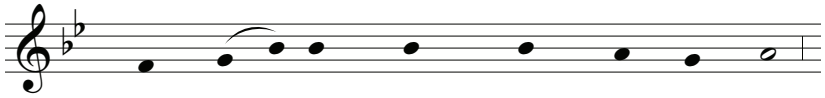
HYMN

Hymn for Passion Sunday, see page 374

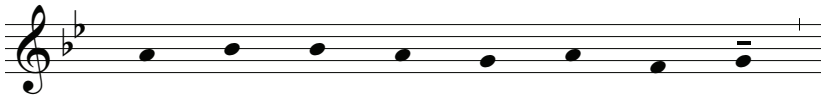
L069



- (2*) 1. O sun___ of jus - tice, Christ___ our light,
 2. Now comes___ the time ac - cept - a - ble:
 3. A con - trite spir - it grant___ us, Lord:
 4. The day___ is dawn - ing, day___ of yours,
 5. Let all___ the stars in vast___ ar - ray



1. Dis - pel - ling night through all the earth:
 2. In - spire___ our thoughts, our minds re - new.
 3. Re - deem___ your church and set it free.
 4. When all___ the earth a - gain will flower,
 5. The Ho - ly Trin - i - ty a - dore.



1. Grant day - light to our in - most souls,
 2. In your com - pas - sion call us back,
 3. How - ev - er heav - y guilt has been,
 4. And then may we re - joice as well,
 5. And we, by grace made new a - gain,



1. And grace___ the world with sec - ond birth.
 2. And bid___ our hearts re - turn to you.
 3. Still great - er will your bless - ings be.
 4. Led on - ward by your grace and power.
 5. New songs___ shall sing for - ev - er - more.



A - men.____

PSALM 118 (117)
I Shall Not Die, but Live

*Jesus Christ the Nazorean, whom you crucified, is the stone rejected by you,
the builders, which has become the cornerstone. Acts 4:10-11*

L061

(8) Christ _____ was treat-ed with con-tempt, but

God's_ right hand_ has raised_ him up.

PT030

- 1 Give praise to the LÓRD, for he is **góod**; *
his mércy endúres foréver.
- 2 Let the hóuse of Ísrael **sáy**, *
“His mércy endúres foréver.”
- 3 Let the hóuse of Áaron **sáy**, *
“His mércy endúres foréver.”
- 4 Let thóse who féar the LORD **sáy**, *
“His mércy endúres foréver.”
- 5 I cálled to the LÓRD in my **distréss**; *
he has ánswered and **fréed** me.
- 6 The LÓRD is at my síde; I do not **féar**. *
Whát can mankínd do agáinst me?
- 7 The LÓRD is at my síde as my **hélper**; *
I shall lóok in tríumph on my **fóes**.
- 8 It is bétter to take réfuge in the LÓRD *
than to trúst in **mán**;
- 9 It is bétter to take réfuge in the LÓRD *
than to trúst in **prínces**.

- 10 The nátions all encírcled **mé**; *
in the náme of the LÓRD I cut them **óff**.
- 11 They encírcled me áll **aróund**; *
in the náme of the LÓRD I cut them **óff**.
- 12 They encírcled me abóut like bées; +
they blázed like a fíre among **thórn**s. *
In the náme of the LÓRD I cut them **óff**.
- 13 I was thrust dówn, thrust dówn and **fálling**, *
but the LÓRD was my **hélper**.
- 14 The LÓRD is my stréngth and my **sóng**; *
hé was my **sávi**or.
- 15 There are shóuts of jój and salvátion *
in the ténts of the **júst**.
“The LORD’s right hánd has done míghty **déeds**; *
his ríght hand is exálted.
The LORD’s ríght hánd has done míghty **déeds**.” +
- 17 I shall not díe, Í shall **líve** *
and recóunt the **déeds** of the LÓRD.
- 18 The LORD púnished me, púnished me **sevérely**, *
but did not hánd me óver to **déath**.
- 19 Open to mé the gátes of **jústice**: *
I will énter and thánk the LÓRD.
- 20 Thís is the gáte of the LÓRD, *
where the júst may **énter**.
- 21 I will thánk you, for yóu have **áns**wered, *
and yóu are my **sávi**or.
- 22 The stóne that the buílders **rejéct**ed *
has becóme the **córnerstone**.
- 23 By the LÓRD has thís been **dóne**, *
a **márvel** in our **éyes**.
- 24 Thís is the **dáy** the LÓRD has **máde**; *
let us rejóice in ít and be **glád**. ~



- 25 O LÓRD, gránt salvátion; *
 O LÓRD, gránt succéss.
- 26 Blést is hé who cómes *
 in the náme of the LÓRD.
 We bléss you from the hóuse of the LÓRD; *
- 27 the LORD is Gód, and has gíven us líght.
 Go fóward in procéssion with bránches, *
 as fár as the hórn of the áltar.
- 28 Yóu are my Gód, I práise you. *
 My Gód, I exált you.
- 29 Give práise to the LÓRD, for he is góod; *
 his mércy endúres foréver.

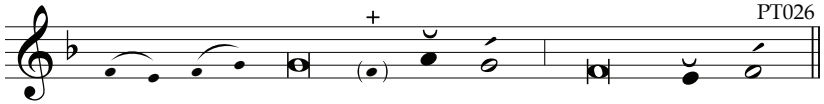
Glory...

DANIEL 3:52-57

From the Temple of Your Holy Glory

*But you have come to Mount Sion and to the city of the living God,
 the heavenly Jerusalem, and to innumerable angels in festal gathering. Heb 12:22*

(7) Free us, O Lord, by your won-der-ful works; de-
 liv-er us from the pow-er of death.



- 52 *Blest are yóu, O Lórd, the Gód of our fórebeárs, **
to be práised and híghly exálted foréver;
Blést is your glórious and hólly **náme**, *
to be híghly práised and exálted foréver.
- 53 *Blest are yóu in the témples of your hólly glóry; **
to be híghly práised and glórfified foréver.
- 54 *Blést are yóu on the thróne of your kíngdom, **
to be práised and híghly exálted foréver.
- 55 *Blést are yóu who lóok into the déphts, +*
séated upón the **chérubim**, *
to be práised and híghly exálted foréver.
- 56 *Blést are yóu in the fírmament of héaven, **
to be práised and híghly glórfified foréver.
- 57 *Bless the Lórd, áll you wórks of the Lórd, **
práise and híghly exált him foréver.

Glory...

PSALM 148

Sing Praise, Creatures Great and Small

*Then I heard the voice of every creature in heaven and on earth and under the earth
and in the sea, everything in the universe crying aloud:*

"Praise and honor, glory and might be for ever to the Lamb." Rv 5:13

O God, — you are great and glo - rious; we
mar - vel at your pow - er.



- Práise the LÓRD from the **héavens**; **
 práise him in the **héights**.
- 2 *Práise him, áll his **ángels**; **
 práise him, áll his **hósts**.
- 3 *Práise him, sún and **móon**; **
 práise him, all shíning **stárs**.
- 4 *Práise him, híghest **héavens**, **
 and the wáters abóve the **héavens**.
- 5 *Let them práise the náme of the LÓRD. **
 He commáded: théy were créated.
- 6 *He estáblished them foréver and **éver**, **
 gave a láw which shall nótt pass awáy.
- 7 *Práise the LÓRD from the **éarth**, **
 sea créatures and all ócean **dépths**,
- 8 *Fire and háil, snów and **míst**, **
 stormy wínds that fulfill his commánd;
- 9 *Móuntains ánd all **hills**, **
 frúit trees ánd all **cédars**,
- 10 *Béasts, both wíld and **táme**, **
 réptiles and bírds on the **wíng**;
- 11 *Kíngs of the éarth and all **péoples**, **
 prínces and all júdges of the **éarth**,
- 12 *Young mén and máidens as **wéll**, **
 the óld and the yóung **together**.
- 13 *Let them práise the náme of the LÓRD, +*
 for his náme alóne is exálted, *
 his spléndor above héaven and **éarth**.
- 14 *He exáltst the stréngth of his **péople**. **
 He is the práise of áll his **faíthful**,

The praise of the children of Ísrael, *
of the people to whom he is close.

Glory...

PSALM 150

Cosmic Hymn of Praise

To God be glory in the Church and in Christ Jesus, through all generations. Eph 3:21

(14/6) All kings— and peo - ples of the earth, give
praise_____ to God.____

*Praise Gód in his hóly pláce; **

in his míghty fírmament, **práise** him.

² **Práise** him for his pówerful **déeds**; *

práise him for his bóundless **grán**deur.

³ O **práise** him with sóund of **trúmpet**; *

práise him with lúte and **hárp**.

⁴ **Práise** him with tímbrel and **dán**ce; *

práise him with stríngs and **pí**pes.

⁵ O **práise** him with resóunding **cýmbals**; +

práise him with cláshing of **cýmbals**. *

⁶ Let éverything that bréathes praise the **LÓRD**!

Glory...

CANTICLE OF ZACHARY [Luke 1: 68-79]

*Then John's father Zechariah was filled with the Holy Spirit and prophesied.
(Luke 1:67)*

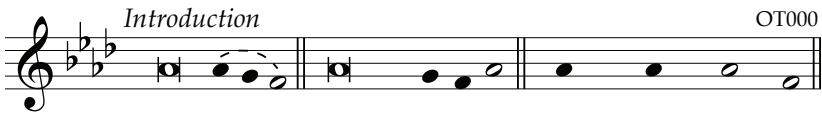
*The **antiphon** for the Canticle of Zachary is proper for each Sunday of Lent. Refer to the number board to locate the specific page.*

- 6 *Blést be the Lórd God of Ísrael:
for he has vísited his péople and redéemed them.
He has raised úp for us a hórnn of salvátion
in the Hóuse of Dávid his sérvant,
As he spóke through the móuth of his hólly ones,
his próphets from áges pást:*
- 4 *A sáviór who would frée us from our fóes,
and from the hánds of áll who háte us,
To shów loving mércy to our fáthers
míndful of his hólly cóvenant.*
- 4 *This was the óath he swore to Ábraham our fáther,
to grant that fréed from the hánds of our fóes,
We might sérve him in hóliness and ríghteousness,
all the dáys of our life without féar.*
- 6 *And yóu, little chíld, will be cálléd
próphet of Gód Most Hígh,
For yóu will gó before the Lórd
to make réady his wáys befóre him,
To grant a knówledge of salvátion to his péople
through the forgíveness of áll their síns.*
- 5 *By the lóving mércy of our Gód,
the Dáwn from on hígh will vísit us,
To shíne on those who sít in dárkness,
and thóse in the sháadow of déath,
to guide our féet into the wáy of péace.*

Glory...

INTERCESSIONS FOR WEEKS 2 & 4

*Let us offer to our God a sacrifice of **praise**.*



Petition... Lord, have mer-cy.
Christ, have mer-cy.
Lord, have mer-cy.

May we spend this day in contemplation of your glory:
Lord, have mercy.

*Bestow the light of your Spirit upon a **darkened** world :*
Christ, have mercy.

Summon new disciples to this community of service:
Lord, have mercy.

*May the divine assistance remain **always** with us:*
And with our absent brethren.

INTERCESSIONS FOR PASSION SUNDAY

*Let us extol the Son of David with shouts of **praise**.*

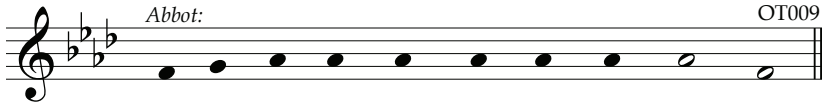
*Anoint us with your Spirit, O **Holy** Redeemer:*
Lord, have mercy.

*Manifest your universal kingship **to** the world:*
Christ, have mercy.

May we grow in numbers and holiness of life:
Lord, have mercy.

*May the divine assistance remain **always** with us:*
And with our absent brethren.

OUR FATHER



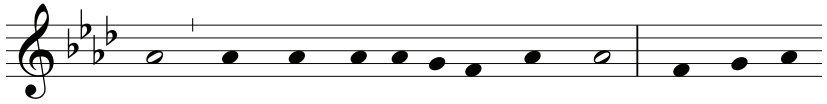
Let us pray as Christ the Lord has taught us:



Our Fa-ther, who art in heav-en, hal-lowed



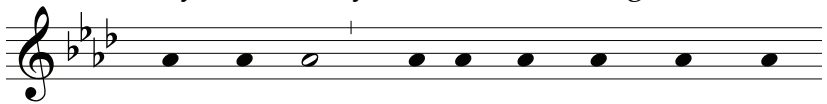
be thy name; thy king-dom come; thy will be



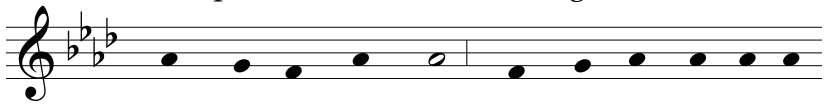
done on earth as it is in heav-en. Give us this



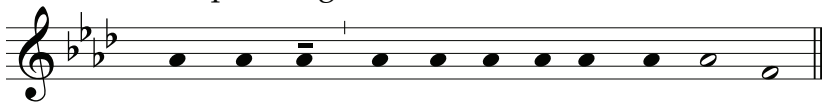
day our dai-ly bread; and for-give us our



tres-pass-es as we for-give those who



tres-pass a-gainst us; and lead us not in-to



temp-ta-tion, but de-liv-er us from e - vil.

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING



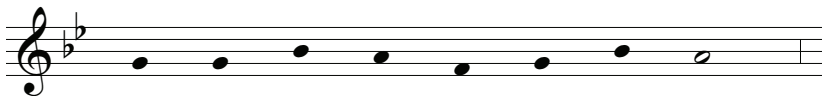
Sunday II at Daytime Prayer

HYMN

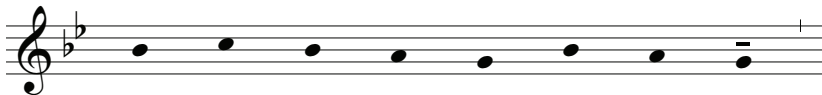
L023



- (10) 1. O *Christ*, Cre - a - tor, we con - fess
2. For - give the _____ e - vil we have done,
3. O hear us, _____ bless - ed Trin - i - ty,



1. That from your hands at first we came.
2. In - crease the bless - ings we im - plore.
3. Our ho - ly God, to whom we cry:



1. May e - vil spir - its ne'er con - trol
2. So may we please you here on earth
3. May we, ab - stain - ing now on earth,



1. The Church that _____ glo - ries in your name.
2. And in the _____ heav - ens ev - er - more.
3. En - joy im - mor - tal gifts on high.



A - men. _____

ANT: (WEEKS 2 & 4): *This is the time for repentance: / to atone for our sins and seek salvation.*

(PASSION SUNDAY): *In Christ we have found deliverance, / through his blood, the forgiveness of sins.*

PSALM 119 (118):1-8

Meditation on God's Law

Aleph

Love is the fulfillment of the law. Rom 13:10

- 1 *Blessed are those whose way is blameless, **
who walk in the law of the LORD!
- 2 *Blessed are those who keep his decrees! **
With all their hearts they seek him.
- 3 *They never do anything evil, **
but walk in his ways.
- 4 *You have laid down your precepts **
to be carefully kept.
- 5 *May my ways be firm **
in keeping your statutes.
- 6 *Then I shall not be put to shame **
as I observe all your commands.
- 7 *I will thank you with an upright heart, **
as I learn your just judgments.
- 8 *I will keep your statutes; **
do not ever forsake me.

PSALM 119 (118):9-16

Beth

Be imitators of God as his dear children. Eph 5:1

- 9 *How shall a youth remain pure on his way? **
By obeying your word.
- 10 *I have sought you with all my heart; **
let me not stray from your commands. ~

- 11 I tréasure your wórd in my héart, *
lest I sín agáinst you.
- 12 Blést are yóu, O LÓRD; *
téach me your státutes.
- 13 With my líps have Í recóunted *
all the decrées of your móuth.
- 14 I rejóice in the wáy of your précepts, *
as though all ríches were míne.
- 15 Í will pónder your précepts, *
and consíder your páths.
- 16 I táke delíght in your státutes; *
I will nót forget your wórd.

PSALM 119 (118):17-24

Gimel

Let us go beyond the initial teaching about Christ and advance to maturity. Heb 6:1

- 17 Deal bóuntifully with your sérvant, *
that I may líve and kéeep your wórd.
- 18 Ópen my éyes, that I may sée *
the wónders of your lów.
- 19 Í am a pílgim in the lánd; *
híde not your commánds from mé.
- 20 My sóul is consúmed with lónging *
at all tímes for yóur decrées.
- 21 You thréaten the próud, the accúrsed, *
who stráy from your commánds.
- 22 Frée me from scórn and contémp, *
for I obsérve your decrées.
- 23 Though prínces sit plóttng agáinst me, *
your sérvant pónders your státutes.
- 24 Sée, your decrées are my delíght; *
your státutes are my cóunselors.

Glory...

ANT: (WEEKS 2 & 4): This is the time for repentance: / to atone for our sins and seek salvation.

(PASSION SUNDAY): In Christ we have found deliverance, / through his blood, the forgiveness of sins.

BRIEF READING

WEEKS 2 & 4

V. *Túrn away your face from my sins, O LÓRD,*
R. And blót out áll my guílt.

PASSION SUNDAY

V. *Our sins were the súfferings he bóre.*
R. Óurs the weight of guílt he endúred.

Let us pray.

ORATION

Let us bless the Lord.
Thanks be to God.

*May the souls of the faithful departed,
through the mercy of God, rest in peace.*
Amen.

May the divine assistance remain always with us.
And with our absent brethren. Amen.



Sunday II at Second Vespers

Choir Leader: L010

O God, come to my as - sist - ance.

All:

O Lord, make haste to help me.

Glory to the Father, and to the Son, and to the

Ho - ly Spir - it: as it was in the beginning, is

now, and will be for ev - er. A - men. ____

HYMN

Hymn for Passion Sunday, see page 373

L011



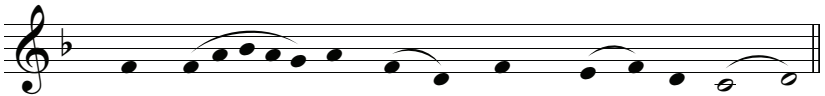
- (1*) 1. Sun - set__ to sun - rise chang - es now,__
 2. Though sun__ with-holds__ its out - ward light,__
 3. In o - ver-whelm - ing fi - nal strife__
 4. To God__ the Fa - ther and__ the Son,__



1. For God cre - ates__ his world__ a - new.__
 2. Lo! a more heav'n - ly light__ shines here.__
 3. The Lord of life__ wins vic - to - ry.__
 4. And to the Spir - it last - ing praise.__



1. On the Re-deem - er's thorn - crowned brow__
 2. And from the cross__ on Cal - v'ry's height__
 3. Our sin is slain,__ and death__ brings life,__
 4. May we, O God - head, Three__ in One,__



1. The won - ders of__ that dawn__ we view.__
 2. Im - mor - tal rays__ of life__ ap-pear.__
 3. And all__ on earth__ hold heav - en's key.__
 4. Serve you__ in hope__ through-out__ our days.__



A - men.__

PSALM 110 (109)
Sit at My Right Hand

*Christ must reign until God has put all enemies under his feet.
The last enemy to be destroyed is death. 1 Cor 15:25-26*

WEEK 2:

S2143

(8) Je - sus took Pet - er, James and his broth - er
John and led them up a high_ moun - tain.
There he was trans - fig - ured be - fore_ them.
PT030

WEEKS 4 & 6:

L024

(13/5) Lord, all - pow - er - ful King, free us for the
sake of your name. Give us time to turn
from our sins.



- 1 The LÓRD's revelátion to my lórd: +
 "Sít at my right **há**nd, *
 until I máke your fóes your **fó**otstool."
- 2 The LÓRD will sénd from Síon +
 your scépter of **pó**wer: *
 rúle in the mídst of your **fó**es.
- 3 With yóu is príncely **rú**le *
 on the dáy of your **pó**wer.
 In holy spléndor, from the wómb before the **dá**wn, *
 I have begóttén **yó**u.
- 4 The LÓRD has sworn an óath he will not chángé: +
 "Yóu are a príest foréver, *
 in the líne of Melchízede**k**."
- 5 The Lórd, stánding at your **rí**ght, *
 shatters kíngs in the dáy of his **wr**áth.
- 6 He brings a júdgment amóng the nátions, +
 and héaps the bódies **hí**gh; *
 he shatters héads throug hóut the wide **é**arth.
- 7 He shall drínk from the stréam by the **wá**y-side, *
 and thérefore he shall líft up his **h**éad.

Glory...

PSALM 113 (112)

The Poor in the Company of Princes

He has cast down the mighty and lifted up the lowly. Lk 1:52

WEEK 2:

S2144

(1) Je-sus' face was ra-diant as the sun, and his
cloth - ing white as snow.

PT002

WEEKS 4 & 6:

L065

(6*) God spared not e-ven his own Son,
but de-liv-ered him up for us all.

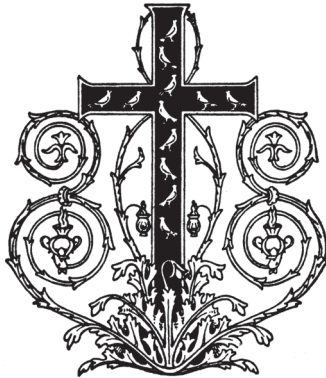
PT020

*Práise, O sérvants of the LÓRD, **
práise the náme of the LÓRD!

² May the náme of the LÓRD be **blést** *
both nów and foréver**móre!**

- 3 From the rising of the sun to its **sétting**, *
praised be the náme of the **LÓRD**!
- 4 Hígh above all nátions is the **LÓRD**, *
above the héavens his **glóry**.
- 5 Whó is like the **LÓRD**, our **Gód**, *
who dwélls on **hígh**,
- 6 Who lówers himsélf to look **dówn** *
upon héaven and **éarth**?
- 7 From the dúst he lífts up the **lówly**, *
from the ásh heap he ráises the **póor**,
- 8 To sét them in the cómpány of **prínces**, *
yés, with the prínces of his **péople**.
- 9 To the chíldless wífe he gives a **hóme** *
as a jóyful móther of **chíldren**.

Glory...



PSALM 114 (113A)

Trembling Earth, Retreating Jordan

*All these people did not receive what had been promised.
God had foreseen something better for us. Heb 11:39-40*

WEEK 2:

S2154

(4) Lord, it is good for us to be here: your
face, O Lord, we seek.

PT013

WEEKS 4 & 6:

L049

(1) *We have been re-deemed by the pre-cious blood of
Christ, the lamb with-out blem-ish.*

PT004

*When Ísrael came fóρθ from Égypt, **
the house of Jácob from a fóreign p^éople,
² J^údah becáme his t^émple, *
Ísrael becáme his domáin.

- ³ The *séa* behéld them and **fléd**; *
the *Jórdan* turned *báck* on its **cóurse**.
- ⁴ The *móuntains* léapt like **ráms**, *
and the *hílls* like *yéarling* **shéep**.
- ⁵ *Whý* was it, *séa*, that you **fléd**; *
that you túrned back, *Jórdan*, on your **cóurse**?
- ⁶ O *móuntains*, that you léapt like **ráms**; *
O *hílls*, like *yéarling* **shéep**?
- ⁷ *Trémble*, O *éarth*, before the **Lórd**, *
in the *présence* of the *Gód* of **Jácob**,
- ⁸ Who túrns the *róck* into a **póol**, *
and *flínt* into a *spring* of **wáter**.

Glory...



OD SO LOVED THE
WORLD that he gave
his only-begotten Son,
so that everyone who believes
in him might have eternal life.

John 3:16

1 Peter 2:21b-24

By His Wounds You Have Been Healed

*You were ransomed by the precious blood of Christ
as of a spotless unblemished Lamb. 1 Pt 1:18-19*

WEEK 2:

S2145

(8) *Mo-ses and E-li - jah were speak-ing to Je - sus of the*
death he would en-dure in Je-ru-sa-lem.

PS049

WEEKS 4 & 6:

L027

(14/6) *Ours _____ were the suf-f-rings he bore; _____*
ours _____ were the tor-ments he en -dured. _____

PS047

- Cantor:* 3 Christ súffered for **yóu**,
léaving you an exámp~~e~~**le**
that you should fóllow in his **fóot**steps.
- All:* 3 He commít~~t~~**ed** no **sín**,
thére was no fálse **wórd**
that éver pássed his **líps**.
- Cantor:* 4 When he was insúl~~t~~**ed**, he retú~~r~~**ned** no **ínsult**;
when he súffered, he dí~~d~~ **not threá**ten;
Instéad he há~~n~~**ded** himself **ó**ver
to the óne who jú~~d~~**ges jú**stly.
- All:* 5 He hí~~m~~**self** bore our **síns**
in his bó~~d~~**y** upon the **cróss**,
so that, frée from **sín**,
we might lí~~v~~**e** for **jú**stice.
By his wó~~w~~**ounds** you há~~v~~**e** been **hé**aled.
- All:* *Glory...*

WEEKS 2 & 4

- V. *Restóre in me the jóy of your salvátion, O Gód;*
R. Sustáin in me a willing spírit.

PASSION SUNDAY

- V. *Christ was píerced for our offénses.*
R. He was crúshed for our síns.

READING

RESPONSORY FOR WEEKS 2 & 4

L016

(10) Hear__ us, O Lord, and have mer - cy, * for
we have sinned__ a - gainst__ you.

The musical notation consists of three staves in G major (one sharp) and 4/4 time. The first staff contains the melody for the first line of text. The second staff continues the melody for the second line. The third staff concludes the piece with a double bar line. The lyrics are placed below the notes, with some words underlined to indicate phrasing.

*Listen, O Christ, to the prayers of those who cry to you. For we have...
Glory.... Hear us...*

RESPONSORY FOR HOLY WEEK

L059

(10) We wor - ship you, O Christ,__ and we
praise__ you, * be-cause__ by your cross__
you have re-deemed the world.

The musical notation consists of three staves in G major (one sharp) and 4/4 time. The first staff contains the melody for the first line of text. The second staff continues the melody for the second line. The third staff concludes the piece with a double bar line. The lyrics are placed below the notes, with some words underlined to indicate phrasing.

*By the wood of a tree, joy has come to the whole world, because by...
Glory... We worship...*

CANTICLE OF MARY [Luke 1:46-55]

“Blessed are you who trusted that what was spoken to you by the Lord would be fulfilled.” (Luke 1:45) And Mary said:

*The **antiphon** for the Canticle of Mary is proper for each Sunday of Lent. Refer to the number board to locate the specific page.*

- 4 *My soul procláims the gréatness of the **Lórd**,
and my spírit exúlts in God my **Sávi**or,
For he has lóoked upon his hándmaid in her **lów**liness;
henceforth all áges will cáll me **bléssed**.*
- 4 *For the Almíghty has done gréat things for **mé**.
And hóly ís his **ná**me.
His loving mércy is from áge to **á**ge
for thóse who **féar** him.*
- 6 *He has made knówn the stréngth of his **á**rm,
and has scátted the próud of **hé**art.
He has put dówn the míghty from their **thrónes**
and has exálted thóse who are **lów**ly.
He has fílléd the húngry with **góod** things,
and has sént the rích away **ém**pty.*
- 4 *He has álways helped Ísrael his **sérv**ant,
míndful of his lóving **mé**rcy,
Éven as he prómised our **fá**thers,
to Ábraham and his descéndants **foré**ver.*

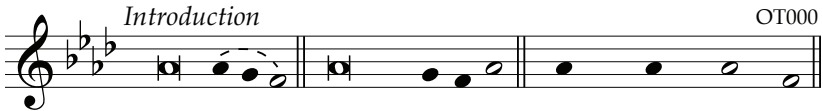
During the incensation the antiphon is repeated.

Glory...

The antiphon is repeated.

INTERCESSIONS FOR WEEKS 2 & 4

We seek the Lord's blessing as evening draws near.



Petition... Lord, have mer-cy.
Christ, have mer-cy.
Lord, have mer-cy.

*Restore us, Lord, to our **divine** inheritance:*
Lord, have mercy.

*Be for the downcast a light of **consolation**:*
Christ, have mercy.

*Open the gates of heaven to all **who** have died:*
Lord, have mercy.

*May the divine assistance remain **always** with us:*
And with our absent brethren.

INTERCESSIONS FOR PASSION SUNDAY

*We beseech the Lord for the blessings of his **Passion** .*

*Sanctify your Church and free **us** from sin:*
Lord, have mercy.

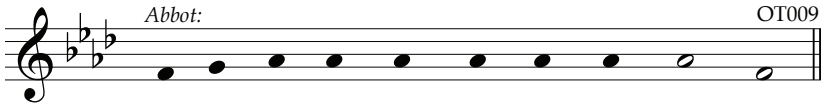
*May the sign of your cross unite all **nations** and peoples:*
Christ, have mercy.

*Bring others to share in our life **of** devotion:*
Lord, have mercy.

*May the divine assistance remain **always** with us:*
And with our absent brethren.

OUR FATHER

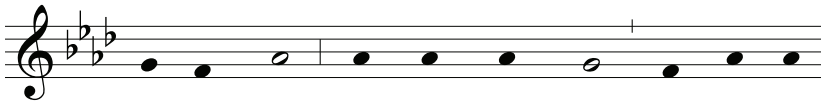
OT009



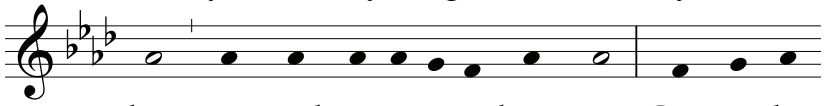
Let us pray as Christ the Lord has taught us:



Our_ Fa - ther, who art in heav-en, hal-lowed



be thy name; thy king-dom come; thy will be



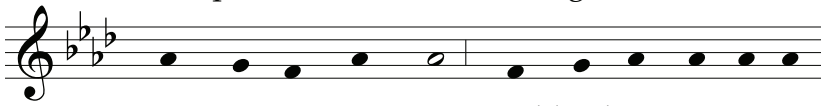
done on earth as it is in heav-en. Give us this



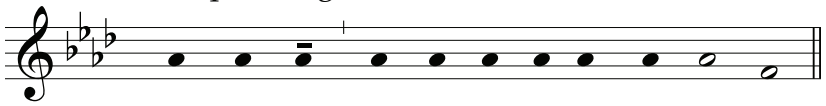
day our dai - ly bread; and for-give us our



tres-pass-es as we for-give those who



tres-pass a-gainst us; and lead us not in-to



temp-ta-tion, but de-liv-er us from e - vil.

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING

Monday II at Lauds

HYMN

Hymn for Holy Week, see page 374

L060



- (2) 1. The dark - ness flees, and dew - kissed earth
2. You fill with light this sa - cred time,
3. The hid - den wound whence flow our sins,
4. The Day draws near when all re - blooms -
5. To God, the lov - ing Trin - i - ty,



1. Sings wel - come to the wak - ing day;
2. Give tears as well to pur - i - fy;
3. Wash clean by bath - ing in the tide;
4. Your Day, O Christ, life - giv - ing Lord!
5. Let earth and sky a - dor - ing bend;



1. Hope holds to Christ the mir - ror high
2. Give flames of love to purge our hearts;
3. Re - move the things that, of our - selves,
4. We too will joy, by your right hand
5. And ev - er - more from hearts re - newed



1. To catch the Day - spring's heal - ing ray!
2. In us your mer - cy mag - ni - fy.
3. We can - not reach, or put a - side.
4. From death's dark tomb to joy re - stored.
5. Let songs fresh sprung of praise as - cend.



A - men.

PSALM 77 (76)
Sleepless Night

We are afflicted in every way possible, but we are not crushed. 2 Cor 4:8

WEEKS 2 & 4:

OT135

(2*) O God, all your ways are ho - ly.

You are the God who works won - ders.

PT007

HOLY WEEK

L070

(10) Look, O Lord, and see my suf-fring. Come

quick-ly to my aid.

PT012

- 2 I crý alóud to Gód, *
cry alóud to Gód that he may héar me.
- 3 In the dáy of my distréss I seek the Lórd. +
In the níght my hands are ráised unwéaried; *
my sóul refúses cómfort. ~

WEEKS 2 & 4:



HOLY WEEK



- 4 As I reméber my Gód, I **gróan**. *
I pónder, and my spírit **fáints**.
- 5 You kéeep my éyes from **clósing**. *
I am tróubled, unáble to **spéak**.
- 6 I thínk of the dáys of long **agó**, *
and reméber the yéars long **pást**.
- 7 At níght I múse within my **héart**. *
I pónder, and my spírit **quéstions**.
- 8 “Will the Lórd rejéct us **foréver**? *
Will he shów us his fávor no **móre**?
- 9 Has his mércy vánished **foréver**? *
Has his prómise cóme to an **énd**?
- 10 Has Gód forgóttén his **mércy**, *
or in ánger withdráwn his **compásson**?”
- 11 I said, “Thís is what cáuses my **gríef**: *
that the right hánd of the Most Hígh has **chánged**.”
- 12 I reméber the déeds of the **LÓRD**, *
I reméber your wónders of **óld**;
- 13 I múse on áll your **wórks**, *
and pónder your míghty **déeds**.
- 14 Your wáy, O Gód, is in the **hóly** place. *
What gód is as gréat as our **Gód**?
-

- 15 Yóu are the Gód who works **wón**ders. *
Among the péoples you shówed your **pó**wer.
- 16 Your strong árm redéemed your **pé**ople, *
the descéndants of Jácob and **Jó**seph.
- 17 The wáters sáw you, O Gód, +
the wáters sáw you and **án**guished. *
Yes, the dépths were móved to **trém**ble.
- 18 The clóuds poured dówn with ráin. +
The skíes sent fóρθ their **vó**ice; *
Your árrows fláshed to and **fró**.
- 19 Your thúnderous vóice was in the whírlwind; +
your fláshes lighted up the **wó**rl**d**. *
The éarth was móved and **trém**bled. *
- 20 Your wáy was thróugh the séa, +
Your páth through the míghty **wát**ers, *
but the tráce of your stéps was not **sé**en.
- 21 You guíded your péople like a **fló**ck *
by the hánd of Móses and **Á**aron.

Glory...



PSALM 87 (86)
City of God

The heavenly Jerusalem is the free woman; she is our mother. Gal 4:26

WEEKS 2 & 4:

OT136

(13/5) *Let us draw near to Mount Si - on;*
come to the cit - y of the liv - ing God.

PT016

Detailed description: This block contains the musical notation for the first part of Psalm 87 (86). It consists of three staves of music in a 13/5 time signature. The first staff begins with a treble clef and a key signature of one flat (B-flat). The melody is written on a five-line staff with a common time signature of 13/5. The lyrics are written below the notes. The second staff continues the melody. The third staff ends with a double bar line and a fermata over the final note. The number 'OT136' is in the top right corner, and 'PT016' is in the bottom right corner.

HOLY WEEK

L071

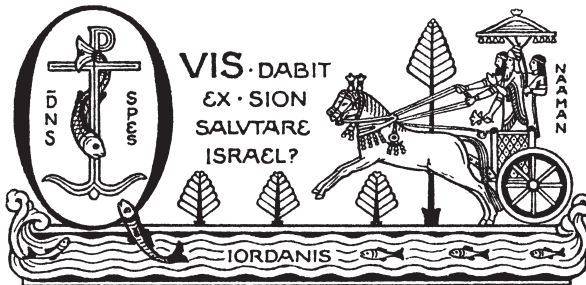
(10) *Now the time has come for the world to re -*
ceive its sen - tence; now the prince of
this world will be driv - en out.

PT007

Detailed description: This block contains the musical notation for the second part of the page, under the heading 'HOLY WEEK'. It consists of four staves of music in a 10/8 time signature. The first staff begins with a treble clef and a key signature of three flats (B-flat, E-flat, A-flat). The melody is written on a five-line staff with a common time signature of 10/8. The lyrics are written below the notes. The second staff continues the melody. The third staff continues the melody. The fourth staff ends with a double bar line and a fermata over the final note. The number 'L071' is in the top right corner, and 'PT007' is in the bottom right corner.

- 1 *Founded by hím on the hólý móuntain, +*
 2 *the LÓRD loves the gátes of Síon, **
more than áll the dwéllings of Jácob.
- 3 *Of yóu are told glórious thínghs, **
yóu, O cíty of Gód!
- 4 *“Rahab and Bábylon Í will cóunt **
among thóse who knów me;
*Of Tyre, Philístia, Ethiópia, it is tóld, **
‘There was thís one bórn.’
- 5 *But of Síon it sháll be sáid, **
‘Each one was bórn in hér.’”
Hé, the Most Hígh, estáb(lished it). +
- 6 *In his régister of péoples the LORD wrítes, **
“Hére was thís one bórn.”
- 7 *The síngers cry óut in chórus, **
“In yóu, all fínd their hóme.”

Glory...



PSALM 96 (95)

The Lord Is King and Judge

Conduct yourselves in holiness and devotion, waiting for and hastening the coming of the Day of God. 2 Pt 3:11-12

WEEKS 2 & 4:

OT137

(8) Pro-claim to the na - tions: "God is King!" With jus-tice he will rule the world; he will judge the peo-ples with his truth.

PT032

(.)

HOLY WEEK

L072

(8) God has made Christ Je - sus our wis-dom and our ho - li - ness. By him we have been sanc - ti - fied and re-deemed.

PT032

(.)

- 1 *O sÍng a new sÓng to the LÓRD; +
sÍng to the LÓRD, all the éarth. **
- 2 O sÍng to the LÓRD; bless his **nÁme**.
ProclÁim his salvÁtion day by dÁy. +
- 3 Téli among the nÁtions his **glÓry**, *
and his wÓnders among all the **péoples**.
- 4 For the LÓRD is great and híghly to be práised, +
to be féared abÓve all **gÓds**. *
- 5 For the gÓds of the nÁtions are **nÁught**.
It was the LÓRD who máde the héavens. +
- 6 In his présence are májesty and **spléndor**, *
stréngth and hÓnor in his **hÓly** place.
- 7 Give the LÓRD, you fÁmilies of péoples, +
gÍve the LORD glÓry and **pÓwer**; *
- 8 Give the LÓRD the glÓry of his **nÁme**.
Bring an óffering and énter his cóurts; +
- 9 Wórship the LÓRD in holy **spléndor**. *
O trémble befóre him, all the **éarth**.
- 10 Say to the nÁtions, "The LÓRD is kÍng." +
The wórld he made fÍrm in its **plÁce**; *
He will júdge the péoples in **fÁirness**.
- 11 Let the héavens rejÓice and earth be glÁd; +
let the séa and all withín it thunder **prÁise**. *
- 12 Let the lÁnd and all it béars **rejoíce**.
- Then will all the trées of the wÓod shout for jÓy +
13 at the présence of the LÓRD, for he **cÓmes**, *
He cÓmes to júdge the **éarth**.
He will júdge the wórld with **jústice**; *
he will góvern the péoples with his **trúth**.

Glory...

CANTICLE OF ZACHARY [Luke 1: 68-79]

*Then John's father Zechariah was filled with the Holy Spirit and prophesied.
(Luke 1:67)*

*The **antiphon** for the Canticle of Zachary is proper for each weekday of Lent. Refer to the number board to locate the specific page.*

- 6 *Blést be the Lórd God of Ísrael:
for he has vísited his péople and redéemed them.
He has raised úp for us a hórnn of salvátion
in the Hóuse of Dávid his sérvant,
As he spóke through the móuth of his hólý ones,
his próphets from áges pást:*
- 4 *A sávior who would frée us from our fóes,
and from the hánds of áll who háte us,
To shów loving mércy to our fáthers
míndful of his hólý cóvenant.*
- 4 *This was the óath he swore to Ábraham our fáther,
to grant that fréed from the hánds of our fóes,
We might sérve him in hóliness and ríghteousness,
all the dáys of our lífe without féar.*
- 6 *And yóu, little chíld, will be cálléd
próphet of Gód Most Hígh,
For yóu will gó before the Lórd
to make réady his wáys befóre him,
To grant a knówledge of salvátion to his péople
through the forgíveness of áll their síns.*
- 5 *By the lóving mércy of our Gód,
the Dáwn from on hígh will vísit us,
To shíne on those who sít in dárkness,
and thóse in the shádw of déath,
to guide our féet into the wáy of péace.*

Glory...

INTERCESSIONS FOR WEEKS 2 & 4

*Let us beg the Lord's guidance in the labors of this **day**.*

*Conform our wills, Lord, to the will **of** your Father:
Lord, have mercy.*

*Bestow upon our bishops the grace of **holy** wisdom:
Christ, have mercy.*

*Call new monks to our life of **work** and prayer:
Lord, have mercy.*

*May the divine assistance remain **always** with us:
And with our absent brethren.*

INTERCESSIONS FOR HOLY WEEK

*We pray to Christ, whose death is our **salvation**.*

*May we endure our trials for the sake **of** your cross:
Lord, have mercy.*

*Pour out on the world the grace **of** salvation:
Christ, have mercy.*

*Let the young heed your call to **monastic** observance:
Lord, have mercy.*

*May the divine assistance remain **always** with us:
And with our absent brethren.*

OUR FATHER

ORATION

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

BLESSING



Monday II at Daytime Prayer

HYMN

L023



- (10) 1. O *Christ, Cre - a - tor, we con - fess*
 2. For - give the _____ e - vil we have done,
 3. O hear us, _____ bless - ed Trin - i - ty,



1. That from your hands at first we came.
 2. In - crease the bless - ings we im - plore.
 3. Our ho - ly God, to whom we cry:



1. May e - vil spir - its ne'er con - trol
 2. So may we please you here on earth
 3. May we, ab - stain - ing now on earth,



1. The Church that _____ glo - ries in your name.
 2. And in the _____ heav - ens ev - er - more.
 3. En - joy im - mor - tal gifts on high.



A - men. _____

ANT: (WEEKS 2 & 4): *Retúrn to me, sáys the Lórd; / for Í am mérciful and júst.*

(HOLY WEEK): *Í know my shéep / and míne know mé; / and I láy down my lífe for them.*

PSALM 119 (118):25-32

Daleth

The kingdom of God does not consist in talk, but in power. 1 Cor 4:20

- 25 *My sóul holds fást to the dúst; **
 revíve me by your wórd.
- 26 *I decláred my wáys and you ánspered me; **
 téach me your státutes.
- 27 *Make me grásp the wáy of your précepts, **
 and I will pónder your wónders.
- 28 *My sóul pines awáy with gríef; **
 by your wórd raise me úp.
- 29 *Kéep me from the wáy of fálsehood; **
 grant me mércy by your lów.
- 30 *I have chósen the wáy of fáithfulness; **
 your decreés I have uphéld.
- 31 *I clíng to your decreés, O LÓRD; **
 let me nó be put to sháme.
- 32 *I will rún the wáy of your commánds; **
 you open wíde my héart.

PSALM 119 (118):33-40

He

You heard of this hope through the message of truth, the gospel. Col 1:5

- 33 *LORD, téach me the wáy of your státutes, **
 and I will kéep them to the énd.
- 34 *Grant me ínsight that Í may keep your lów, **
 and obsérve it wholehéartedly.
-

- 35 Guide me in the páth of your commánds, *
for in thém is my delíght.
- 36 Bénd my héart to your décrées, *
and not to wróngful gáin.
- 37 Turn my éyes from gázíng on vánities; *
in your wáy, give me life.
- 38 Fulfíll your prómise to your sérvant, *
that yóu may be revéred.
- 39 Túrn away the táunts I dréad, *
for your décrées are góod.
- 40 Sée, I lóng for your précepts; *
give me life by your jústice.

PSALM 119 (118):41-48

Vau

*As I look to the Day of Christ, you give me cause to boast
that I did not run the race in vain or work to no purpose. Phil 2:16*

- 41 LÓRD, let your mércy come upón me, *
the salvátion you have prómised.
- 42 I shall ánsWER thóse who táunt me, *
for I trúst in your wórd.
- 43 Never táke the word of trúth from my móuth, *
for I hópe in your décrées.
- 44 I shall álways kéeP your lÁw, *
foréver and éver.
- 45 I shall wÁlk on a spÁcious plÁin, *
for I séek your précepts.
- 46 I will spéak of your décrées before kÍngs, *
and nót be abÁshed.
- 47 In your commánds I have fÓund my delíght; *
thése I have lÓved. ~

⁴⁸ I reach óut to your commánds, which I lóve, *
and pónder your státutes.

Glory...

ANT: (WEEKS 2 & 4): Retúrn to me, sáys the Lórd; / for Í
am mérciful and júst.

(HOLY WEEK): Í know my shéep / and míne know mé; /
and I láy down my lífe for them.

BRIEF READING

WEEKS 2 & 4

V. *Deal bóuntifully with your sérvant, O LÓRD,*
R. That I may líve and keep your wórd.

HOLY WEEK

V. *Our síns were the súfferings he bóre.*
R. Óurs the weight of gúilt he endúred.

Let us pray.

ORATION

Let us bless the Lord.
Thanks be to God.

*May the souls of the faithful departed,
through the mercy of God, rest in peace.*
Amen.

May the divine assistance remain always with us.
And with our absent brethren. Amen.

Monday II at Vespers

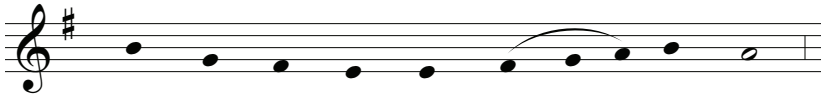
HYMN

Hymn for Holy Week, see page 373

L076



- (14) 1. To heal our weak and wound - ed lives,
 2. Be pres - ent to your peo - ple now,
 3. With lov - ing mer - cy heal our past:
 4. Good works will mend the wounds with - in,
 5. O tri - une God, O lov - ing Lord,



1. The sin - less one him - self de - rives.
 2. Be pres - ent as in prayer we bow:
 3. From fu - ture fail - ings hold us fast.
 4. And tears will wash a - way our sin.
 5. By all cre - a - tion be a - dored.



1. O Je - sus, from the year you raise
 2. With con - trite hearts we hum - bly plead
 3. Thus, firm - ly held by love's em - brace,
 4. The sting of death, O Lord, de - stroy,
 5. Our life, made new, re - freshed and strong,



1. A ho - ly fast of for - ty days.
 2. For - give - ness of each sin - ful deed.
 3. May we re - ceive your might - y grace.
 4. Pre - par - ing us for pas - chal joy.
 5. Will find new voice in youth - ful song.



A - men.

PSALM 122 (121)
Rejoicing at the Gates

*Peace I leave with you; my peace I give to you.
Not as the world gives do I give it to you. Jn 14:27*

WEEKS 2 & 4:

OT113

(7) Pray for the peace of Je-ru - sa-lem;
may peace be with-in your walls. Peace up-
on you.

PT025

Detailed description: This block contains the musical notation for the first part of Psalm 122. It consists of three staves of music in a single system. The first staff is a treble clef with a key signature of one flat (B-flat) and a common time signature. The melody is written on a five-line staff with a soprano clef. The lyrics are written below the staff. The second staff continues the melody and lyrics. The third staff shows the end of the phrase with a double bar line. The number 'OT113' is in the top right corner, and 'PT025' is in the bottom right corner.

HOLY WEEK

L077

(10) He had nei - ther beau - ty nor maj - es - ty,
noth - ing to at - tract our eyes.

PT0011

Detailed description: This block contains the musical notation for the second part of the Holy Week. It consists of three staves of music in a single system. The first staff is a treble clef with a key signature of one flat (B-flat) and a common time signature. The melody is written on a five-line staff with a soprano clef. The lyrics are written below the staff. The second staff continues the melody and lyrics. The third staff shows the end of the phrase with a double bar line. The number 'L077' is in the top right corner, and 'PT0011' is in the bottom right corner.

- 1 *I rejoiced when they said to mé, **
"Let us gó to the hóuse of the LÓRD."
- 2 And nów our féet are **stánding** *
withín your gátes, O Jerúsalem.
- 3 Jerúsalem is buílt as a **cítý** *
bonded as óne togéther.
- 4 It is thére that the tríbes go **úp**, *
the tríbes of the LÓRD.
For Ísrael's wítness it **ís** *
to práise the náme of the LÓRD.
- 5 Thére were set the thrónes for **júdgment**, *
the thrónes of the hóuse of **Dávid**.
- 6 For the péace of Jerúsalem **práy**, *
"May they prósper, thóse who **lóve** you."
- 7 May péace abíde in your **wálls**, *
and secúryté bé in your **tówers**.
- 8 For the sáke of my fámily and **fríends**, *
let me sáy, "Péace upon **yóu**."
- 9 For the sáke of the hóuse of the LÓRD, our **Gód**, *
Í will séek good thíngs for **yóu**.

Glory...

PSALM 125 (124)

The Lord Surrounds His People

Peace to God's true Israel. Gal 6:16

WEEKS 2 & 4:

OT143

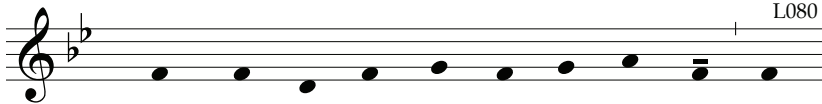
(2*) The Lord sur-rounds his peo - ple

both — now — and for ev - er.

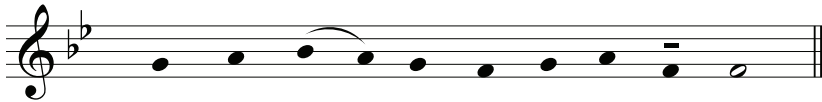
WEEKS 2 & 4:



HOLY WEEK



(8) Christ took all our sins up - on him - self and



asked for - give - ness for our of - fens - es.



- 1 Those who put their trust in the LÓRD +
are like Mount Sión, that cánnót be **shá**ken, *
that stánds foréver.
- 2 Jerúsalem! The móuntains surróund her; +
so the LÓRD surróunds his **pé**ople, *
both nów and foréver.
- 3 For the scépter of the wícked shall not **ré**st *
over the lánd allótted to the **júst**,
For féar that the hánds of the **júst** *
should túrn to évil.
- 4 Do góod, LORD, to thóse who are **gó**od, *
to the úpright of **hé**art;
- 5 But thóse who túrn to crooked wáys— +
the LÓRD will drive áway with the **wí**cked! *
On Ísrael, **pé**ace!

Glory...

PSALM 126 (125)

Tearful Sowing, Joyful Reaping

As you share in the sufferings, so you will share in the consolation. 2 Cor 1:7

WEEKS 2 & 4:

OT144

(8) *Those who sow in tears will reap a*
har-vest in joy.

PT030

HOLY WEEK

L050

(1) *If we share in the suf-frings of Christ, let*
us re-joice and be glad; for the
Spir - it of glo - ry rests up - on us.

PT004

- 1 *When the LÓRD brought back the éxiles of Sión, *
 we thóught we were dréaming.*
- 2 *Thén was our móuth filled with láughter; *
 on our tóngues, songs of jóy. ~*

WEEKS 2 & 4:



HOLY WEEK



Then the nátions themselves sáid, “What great **déeds** *
the LÓRD worked for **thém!**”

³ What great **déeds** the LÓRD worked for **ús!** *
Indéed, we were **glád.**

⁴ Bring **báck** our **éxiles**, O LÓRD, *
as **stréams** in the **sóuth.**

⁵ Thóse who are **sówing** in **téars** *
will **síng** when they **réap.**

⁶ They go **óut**, they go **óut**, full of **téars**, *
bearing **séed** for the **sówing**;
They come **báck**, they come **báck** with a **sóng**, *
béaring their **shéaves.**

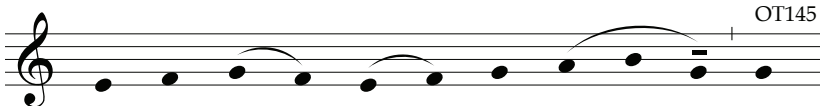
Glory...

PSALM 127 (126)

In Vain Is Your Earlier Rising

You are God's building. 1 Cor 3:9

WEEKS 2 & 4:



(8) *May the Lord__ build__ our house_____ and*



guard_____ our ci - ty.



HOLY WEEK



blood we have been re-deemed.



- 1 *If the LÓRD does not build the hóuse, **
 in váin do its buílders lábor;
 If the LÓRD does not guárd the cíty, *
 in váin does the guárd keep wátch.
- 2 In váin is your éarlier rísing, *
 your góing láter to rést,
 You who tóil for the bréad you éat, *
 when he pours gífts on his belóved while they slúmber.
- 3 Yes, chíldren are a gíft from the LÓRD, *
 a bléssing, the frúit of the wómb.
- 4 Indéed, the sóns of yóuth *
 are like árrows in the hánd of a wárrior.
- 5 Bléssed ís the wárrior *
 who has fílléd his quíver with these árrows!
 He will háve no cáuse for sháme, *
 when he dispútes with his fóes in the gáteways.

Glory...

WEEKS 2 & 4

V. Restóre in me the jóy of your salvátion, O Gód;
R. Sustáin in me a willing spírit.

HOLY WEEK

V. Christ was píerced for our offénses.
R. He was crúshed for our síns.

READING

RESPNSORY FOR WEEKS 2 & 4

(10) As for me, I said, *
"Lord, have mer - cy on me."

O heal my soul, for I have sinned against you. "Lord, have..."
Glory... As for me...

RESPNSORY FOR HOLY WEEK

(10) We wor - ship you, O Christ, and we
praise you, * be-cause by your cross
you have re-deemed the world.

By the wood of a tree, joy has come to the whole world, because by...
Glory... We worship...

CANTICLE OF MARY [Luke 1:46-55]

“Blessed are you who trusted that what was spoken to you by the Lord would be fulfilled.” (Luke 1:45) And Mary said:

*The **antiphon** for the Canticle of Mary is proper for each weekday of Lent. Refer to the number board to locate the specific page.*

- 4 *My soul procláims the gréatness of the **Lórd**,
and my spírit exúlts in God my **Sáviór**,
For he has lóoked upon his hándmaid in her **lówliness**;
henceforth all áges will cáll me **bléssed**.*
- 4 *For the Almíghty has done gréat things for **mé**.
And hóly ís his **náme**.
His loving mércy is from áge to **áge**
for thóse who **féar** him.*
- 6 *He has made knówn the stréngth of his **árm**,
and has scáttered the próud of **héart**.
He has put dówn the míghty from their **thrónes**
and has exálted thóse who are **lówly**.
He has fílléd the húngry with **góod** things,
and has sént the rích away **émpty**.*
- 4 *He has álways helped Ísrael his **sérvant**,
míndful of his lóving **mércy**,
Éven as he prómised our **fáthers**,
to Ábraham and hís descéndants for**éver**.*

Glory...

INTERCESSIONS FOR WEEKS 2 & 4

*We implore the Lord to sanctify his **people**.*

Stir us to repentance and conversion of heart:

Lord, have mercy.

Unite our suffering to your redemptive death:

Christ, have mercy.

Awaken the dead to the eternal dawn of heaven:

Lord, have mercy.

*May the divine assistance remain **always** with us:*

And with our absent brethren.

INTERCESSIONS FOR HOLY WEEK

*We call upon our Savior, victor over sin and **death**.*

*Unite our works of penance to your **holy** Passion:*

Lord, have mercy.

*Look with love upon the sick **and** the sorrowful:*

Christ, have mercy.

*Receive into Paradise the **faithful** departed:*

Lord, have mercy.

*May the divine assistance remain **always** with us:*

And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING

Tuesday II at Lauds

HYMN

Hymn for Holy Week, see page 374

L060



- (2) 1. The dark - ness flees, and dew - kissed earth
 2. You fill with light this sa - cred time,
 3. The hid - den wound whence flow our sins,
 4. The Day draws near when all re - blooms -
 5. To God, the lov - ing Trin - i - ty,



1. Sings wel - come to the wak - ing day;
 2. Give tears as well to pur - i - fy;
 3. Wash clean by bath - ing in the tide;
 4. Your Day, O Christ, life - giv - ing Lord!
 5. Let earth and sky a - dor - ing bend;



1. Hope holds to Christ the mir - ror high
 2. Give flames of love to purge our hearts;
 3. Re - move the things that, of our - selves,
 4. We too will joy, by your right hand
 5. And ev - er - more from hearts re - newed



1. To catch the Day - spring's heal - ing ray!
 2. In us your mer - cy mag - ni - fy.
 3. We can - not reach, or put a - side.
 4. From death's dark tomb to joy re - stored.
 5. Let songs fresh sprung of praise as - cend.



A - men.

PSALM 84 (83)
The Roads to Sion

Here we have no lasting city; we are seeking one which is to come. Heb 13:14

WEEKS 2 & 4:

OT149

(7) Bless-ed are they who dwell in your house, for
ev-er sing-ing your praise, O Lord_ of hosts.

PT026

HOLY WEEK

L070

(10) Look, O Lord, and see my suf-fring. Come
quick-ly to my aid.

PT012

- 2 *How lovely is your dwelling place, **
O LÓRD of hósts.
- 3 My sóul is lónging and yéarning *
for the cóurts of the LÓRD.
My héart and my flésh cry óut *
to the líving Gód.

- 4 Éven the spárraw finds a **hóme**, *
 and the swállow a **nést** for **hersélf**
 In which she sés her yóung at your **áltars**, *
 O **LORD** of **hósts**, my **kíng** and my **Gód**.
- 5 Blessed are théy who dwéll in your **hóuse**, *
 foréver sínging your **práise**.
- 6 Blessed the péople whose stréngth is in **yóu**, *
 whose héart is sét on pilgrim **wáys**.
- 7 As they gó through the Báca Váley, +
 they máke it a pláce of **springs**; *
 the áutumn rain cóvers it with **póols**.
- 8 They wálk with éver-growing **stréngth**; *
 the God of góds will appéar in **Síon**.
- 9 O **LÓRD** God of **hósts**, hear my **práyer**; *
 give éar, O **Gód** of **Jácob**.
- 10 Behóld our shiéld, O **Gód**; *
 lóok on the fáce of your **anóinted**.
- 11 One dáy withín your **cóurts** *
 is bétter than a thóusand **élsewhere**.
 The thréshold of the hóuse of **Gód** *
 I préfér to the ténts of the **wícked**.
- 12 For the **LORD** **Gód** is a **sún**, a **shiéld**; *
 the **LORD** will gíve us his fávör and **glóry**.
 He will nót withhóld any **góod** *
 to thóse who wálk without **bláme**.
- 13 O **LÓRD** of **hósts**, how **bléssed** *
 is the mán who trústs in **yóu**!

Glory...

PSALM 85 (84)

God's Glory Will Dwell in Our Land

Do not let your hearts be troubled. Have faith in God and faith in me. Jn 14:1

WEEKS 2 & 4:

OT150

(9/1) *You blessed, O LORD, your land; you for-gave the*
guilt of your peo - ple.

PT003

HOLY WEEK

L071

(10) *Now the time has come for the world to re -*
ceive its sen - tence; now the prince of
this world will be driv - en out.

PT007

- ² *O LÓRD, you have fávored your lánd, **
and brought báck the cáptives of Jácob.
- ³ *You forgáve the guílt of your péople, **
and cóvered áll their síns.

- 4 You avérted áll your **ráge**; *
you turned báck the héat of your **ángr**.
- 5 Bring us báck, O Gód, our **sávior**! *
Put an énd to your gríevance agáinst us.
- 6 Will you be ángry with ús foréver? *
Will your ánger last from áge to áge?
- 7 Will you nót restóre again our **lífe**, *
that your péople may rejóice in **yóu**?
- 8 Let us sée, O LÓRD, your **mércy**, *
and gránt us yóur salvátion.
- 9 I will héar what the LÓRD God spéaks; +
he spéaks of péace for his péople and his **fáithful**, *
and those who túrn their héarts to **hím**.
- 10 His salvátion is néar for those who **féar** him, *
and his glóry will dwéll in our **lánd**.
- 11 Merciful lóve and fáithfulness have **mét**; *
jústice and péace have **kíssed**.
- 12 Fáithfulness shall spríng from the **éarth**, *
and jústice look dówn from **héaven**.
- 13 Also the LÓRD will bestów his **bóunty**, *
and our éarth shall yíeld its **íncrease**.
- 14 Jústice will márch befóre him, *
and gúide his stéps on the **wáy**.

Glory...



PSALM 97 (96)

Light Shines Forth for the Righteous

We who are receiving the unshakable kingdom should have gratitude, with which we should offer worship pleasing to God in reverence and awe. Heb 12:28-29

WEEKS 2 & 4:

OT151

(5*) The skies pro-claim the jus-tice of the Lord; all
peo - ples see his glo - ry.

PT017

HOLY WEEK

L072

(8) God has made Christ Je - sus our wis-dom
and our ho - li - ness. By him
we have been sanc-ti-fied and re-deemed.

PT030

¹ *The LORD is kÍng, let éarth rejóice; *
let the mány íslands be glád.*

- 2 Clóud and dárkness surróund him; *
justice and ríght are the foundátion of his **thróne**.
- 3 A fíre preparés his **páth**; *
it búrn up his fóes on every **síde**.
- 4 His líghtnings líght up the **wórl**d; *
the éarth looks ón and **trém**bles.
- 5 The móuntains mélt like wáx +
befóre the fáce of the **LÓRD**, *
before the fáce of the Lórd of all the **éarth**.
- 6 The skíes procláim his **jústice**; *
all péoples sée his **glóry**.
- 7 Let thóse who serve ídols be ashámed, +
those who bóast of their wórtless **góds**. *
All you ángels, wórship **hím**.
- 8 Síon héars and is glád; +
the dáughters of Júdah **rejóice** *
becáuse of your júdgments, O **LÓRD**.
- 9 For yóu indéed are the **LÓRD**, +
most hígh above áll the **éarth**, *
exálted fár above all **góds**.
- 10 The **LÓRD** loves thóse who hate évil; +
he guárds the sóuls of his **fáithful**; *
he sés them frée from the **wícked**.
- 11 Líght shínes fórt h for the **júst** one, *
and jóy for the úpríght of **héart**.
- 12 Rejóice in the **LÓRD**, you **júst**; *
to the mémory of his hóliness give **thánks**.

Glory...

WEEKS 2 & 4

V. *Do not hídē your fáce from your sérvant;*
R. Come clóse to my sóul and redéem me.

HOLY WEEK

V. *Hére is my sérvant whom I uphóld.*
R. He shall bring jústice to the nátions.

READING

RESPONSORY

L028

(4) God him-self will set me free___ * from the
snare of the fowl - er.

He will deliver me from lying words, from the snare...
Glory... God himself...

RESPONSORY FOR HOLY WEEK

L064

(4) By your own blood,___ Lord, you brought us
back to God * from eve-ry tribe,___ tongue,___
peo - ple and na - tion.

Every land shall be blessed in him, from every...
Give glory... By your own...

CANTICLE OF ZACHARY [Luke 1: 68-79]

*Then John's father Zechariah was filled with the Holy Spirit and prophesied.
(Luke 1:67)*

*The **antiphon** for the Canticle of Zachary is proper for each weekday of Lent. Refer to the number board to locate the specific page.*

- 6 *Blést be the Lórd God of Ísrael:
for he has vísited his péople and redéemed them.
He has raised úp for us a hórñ of salvátion
in the Hóuse of Dávid his sérvant,
As he spóke through the móuth of his hólý ones,
his próphets from áges pást:*
- 4 *A sáviór who would frée us from our fóes,
and from the hánds of áll who háte us,
To shów loving mércy to our fáthers
míndful of his hólý cóvenant.*
- 4 *This was the óath he swore to Ábraham our fáther,
to grant that fréed from the hánds of our fóes,
We might sérve him in hóliness and ríghteousness,
all the dáy of our life without féar.*
- 6 *And yóu, little chíld, will be cálléd
próphet of Gód Most Hígh,
For yóu will gó before the Lórd
to make réady his wáys befóre him,
To grant a knówledge of salvátion to his péople
through the forgíveness of áll their síns.*
- 5 *By the lóving mércy of our Gód,
the Dáwn from on hígh will vísit us,
To shíne on those who sít in dárkness,
and thóse in the sháadow of déath,
to guide our fées into the wáy of péace.*

Glory...

INTERCESSIONS FOR WEEKS 2 & 4

We beseech Holy Wisdom to illuminate our way.

Sustain us, Lord, in our work for your Church:

Lord, have mercy.

Let the light of your Gospel shine upon all peoples:

Christ, have mercy.

Bring many new monks to embrace the Holy Rule:

Lord, have mercy.

May the divine assistance remain always with us:

And with our absent brethren.

INTERCESSIONS FOR HOLY WEEK

With loud hosannas we acclaim our King and Lord.

Give the fruits of your cross to those reborn in baptism:

Lord, have mercy.

Purify the world by the blood of your sacrifice:

Christ, have mercy.

Lead the young to seek you in paths of monastic wisdom:

Lord, have mercy.

May the divine assistance remain always with us:

And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING



Tuesday II at Daytime Prayer

HYMN



- (10) 1. O Christ, Cre - a - tor, we con - fess
 2. For - give the _____ e - vil we have done,
 3. O hear us, _____ bless - ed Trin - i - ty,



1. That from your hands at first we came.
 2. In - crease the bless - ings we im - plore.
 3. Our ho - ly God, to whom we cry:



1. May e - vil spir - its ne'er con - trol
 2. So may we please you here on earth
 3. May we, ab - stain - ing now on earth,



1. The Church that _____ glo - ries in your name.
 2. And in the _____ heav - ens ev - er - more.
 3. En - joy im - mor - tal gifts on high.



A - men. _____

ANT: (WEEKS 2 & 4): *As I líve, says the Lórd, / I do not wish the sinner to díe, / but to túrn to mé and líve.*

(HOLY WEEK): *For to mé lífe is Chríst and déath is gain; / I glóry in the cróss of the Lórd Jesus Chríst.*

PSALM 119 (118):49-56

Zayin

How deep are the riches and the wisdom and the knowledge of God! Rom 11:33

- ⁴⁹ *Remémber your wórd to your sérvant, **
by which you máde me hópe.
- ⁵⁰ *This is my cómfort in sórrów: **
that your prómise gives me lífe.
- ⁵¹ *Though the próud may útterly deríde me, **
I do not túrn from your lów.
- ⁵² *When I remémber your júdgments of óld, **
these, O LÓRD, consóle me.
- ⁵³ *I am séized with indignátion at the wícked **
who forsáke your lów.
- ⁵⁴ *Your státutes have becóme my sóng **
wheréver I dwéll.
- ⁵⁵ *I remémber your náme in the níghttime, **
and I kéept your lów.
- ⁵⁶ *This has béen my lót, **
for I have képt your précepts.

PSALM 119 (118):57-64

Heth

The word of God has echoed forth from you resoundingly. 1 Thes 1:8

- ⁵⁷ *I have sáid, "O LÓRD, my pórtion **
is to obéy your wórds."
- ⁵⁸ *With all my héart I implóre your fávor; **
as with your prómise, have mércy.

- 59 Í have póndered my wáys, *
and turned my stéps to your décrées.
- 60 I made háste; I did nót deláy *
to obéy your commánds.
- 61 Though the néts of the wícked ensnáre me, *
your láw I did nót forgét.
- 62 At mídnight I will ríse and thánk you *
for your júst décrées.
- 63 I am a fríend of áll who revére you, *
who kéeep your précepts.
- 64 O LORD, your mérciful lóve fills the éarth. *
Téach me your státutes.

PSALM 119 (118):65-72

Teth

By doing good, you will bring to salvation yourself and all who hear you. 1 Tm 4:16

- 65 O LÓRD, you have been góod to your sérvant, *
accórding to your wórd.
- 66 Téach me good júdgment and knówledge, *
for I trúst in your commánds.
- 67 Befóre I was húmbled, I stráyed, *
but nów I keep your wórd.
- 68 You are góod, and you dó what is góod; *
téach me your státutes.
- 69 The árrógant sméar me with líes; *
with all my héart I keep your précepts.
- 70 Their héart is déense like fát, *
but your láw is my delíght.
- 71 It was góod for mé to be húmbled, *
that I might léarn your státutes. ~

⁷² The l aw from your m outh means m ore to me *
than large q uantities of s ilver and g old.

Glory...

ANT: (WEEKS 2 & 4): As I l ive, says the L ord, / I do not
wish the s inner to d ie, / but to t urn to m e and l ive.

(HOLY WEEK): For to m e life is Chr ist and d eath is g ain;
/ I gl ory in the cr oss of the L ord Jesus Chr ist.

BRIEF READING

WEEKS 2 & 4

V. *My transgressions, truly I know them;*
R. My s in is  always before me.

HOLY WEEK

V. *Our sins were the sufferings he bore.*
R. Ours the weight of guilt he endured.

Let us pray.

ORATION

Let us bless the Lord.
Thanks be to God.

*May the souls of the faithful departed,
through the mercy of God, rest in peace.*
Amen.

May the divine assistance remain always with us.
And with our absent brethren. Amen.

Tuesday II at Vespers

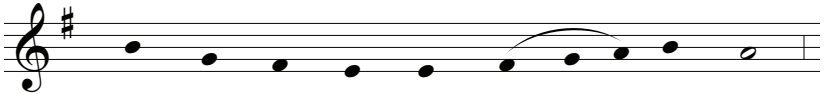
HYMN

Hymn for Holy Week, see page 373

L076



- (14) 1. To heal our weak and wound - ed lives,
 2. Be pres - ent to your peo - ple now,
 3. With lov - ing mer - cy heal our past:
 4. Good works will mend the wounds with - in,
 5. O tri - une God, O lov - ing Lord,



1. The sin - less one him - self de - rives.
 2. Be pres - ent as in prayer we bow:
 3. From fu - ture fail - ings hold us fast.
 4. And tears will wash a - way our sin.
 5. By all cre - a - tion be a - dored.



1. O Je - sus, from the year you raise
 2. With con - trite hearts we hum - bly plead
 3. Thus, firm - ly held by love's em - brace,
 4. The sting of death, O Lord, de - stroy,
 5. Our life, made new, re - freshed and strong,



1. A ho - ly fast of for - ty days.
 2. For - give - ness of each sin - ful deed.
 3. May we re - ceive your might - y grace.
 4. Pre - par - ing us for pas - chal joy.
 5. Will find new voice in youth - ful song.



A - men.

PSALM 128 (127)
Marriage Blessing

*I will welcome you and be a father to you, and you will be my sons and daughters,
says the Lord Almighty. 2 Cor 6:17-18*

WEEKS 2 & 4:

OT155A

(8) *May the Lord— bless— you; and may you see
peace all the days— of your life.*

PT029

HOLY WEEK

L084

(10) *They in-sult-ed me and filled— me with dread,
but the Lord was at my side, like
a might-y war-rior.*

PT0011

- 1 *Blessèd are áll who féar the LÓRD, *
and wálk in his wáys!*
- 2 *By the lábor of your hánds you shall éat. *
Blessèd and próspèr will you bé.*

- 3 Your wife like a fruitful **víne** *
in the héart of your **hóuse**;
Your children like shóots of the **ólive** *
aróund your **táble**.
- 4 Bléssèd indéed shall **bé** *
the man who féars the **LÓRD**.
- 5 May the LÓRD bléss you from Sión. +
May you sée Jerúsalem **prósper** *
all the dáys of your **lífe!**
- 6 May you sée your children's **children.** *
On Ísrael, **péace!**

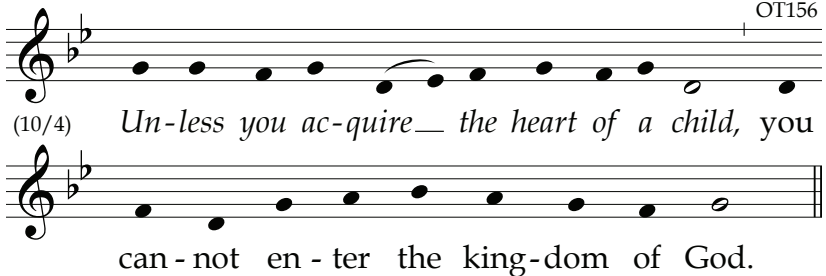
Glory...

PSALM 131 (130)
Childlike Trust in God

Learn from me, for I am gentle and humble of heart. Mt 11:29

WEEKS 2 & 4:

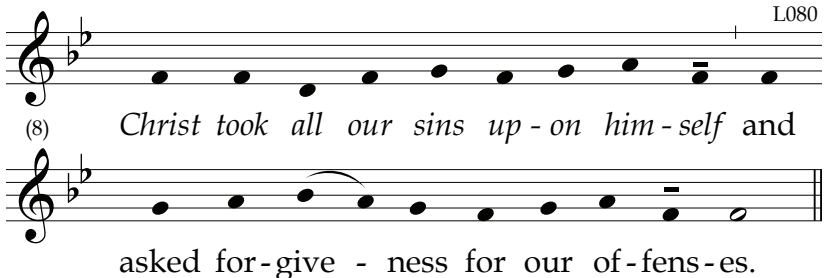
OT156



(10/4) *Un-less you ac-quire the heart of a child, you*
can - not en - ter the king - dom of God.

HOLY WEEK

L080



(8) *Christ took all our sins up - on him - self and*
asked for - give - ness for our of - fens - es.

WEEKS 2 & 4:



HOLY WEEK



- 1 O LÓRD, my héart is not *próud*, *
nor háughty my *éyes*.
I have not góne after things too *gréat*, *
nor márvels beyónd me.
- 2 Trúly, I have sét my *sóul* *
in tranqúility and sílence.
As a wéaned chíld on its *móther*, *
as a weaned chíld is my sóul withín me.
- 3 O Ísrael, wáit for the LÓRD, *
both nów and foréver.

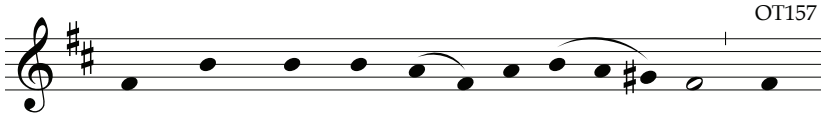
Glory...

PSALM 132 (131)

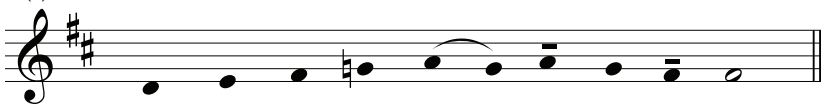
Oath of David, Oath of God

The Lord will give him the throne of his ancestor David. He will rule over the house of Jacob forever, and his reign will be without end. Lk 1:32

WEEKS 2 & 4:



(4) The LORD swore an oath__ to Da - vid: "Your



king-dom will re-main__ firm for - ev - er."

WEEKS 2 & 4:



HOLY WEEK



- 10 For the sáke of Dávid your sérvant, *
dó not rejéct your anóinted.
- 11 The LÓRD swore an óath to Dávid; *
he will nót go báck on his wórd:
“A són, the frúit of your bódy, *
will I sét upón your thróne.
- 12 If your sóns hold fást to my cóvenant, *
and my láws that Í have táught them,
Their sóns, in túrn, shall sít *
on your thróne from áge to áge.”
- 13 For the LÓRD has chósen Síon; *
hé has desíred it for his dwélling:
- 14 “This is my résting place from áge to áge; *
hére have I chósen to dwéll.
- 15 I will gréatly bléss her próduce; *
I will fíll her póor with bréad.
- 16 I will clóthe her príests with salvátion, *
and her fáithful shall ríng out their jóy.
- 17 I will make a stóck sprout úp for Dávid; *
I will prépare a lámp for my anóinted.
- 18 I will cóver his énemies with sháme, *
but on hím my crówn shall shíne.”

Glory...

For thére the LÓRD bestows his **bléssing**: *
life foréver.

Glory...

WEEKS 2 & 4

V. *Restóre in me the jÓy of your salvátion, O Gód;*
R. Sustáin in me a willing spírít.

HOLY WEEK

V. *Christ was píerced for our offénses.*
R. He was crúshed for our síns.

READING

RESPONSORY

L015

(10) As ___ for me, I said, ___ *

"Lord, ___ have mer - cy on me."

The musical notation consists of two staves in G major. The first staff has a treble clef and a key signature of one sharp (F#). It contains a melody with a bar line after the first measure. The second staff continues the melody. The lyrics are written below the notes, with blank lines for the cantor's response. An asterisk is placed at the end of the first line of lyrics.

O heal my soul, for I have sinned against you. "Lord, have..."
Glory... As for me...

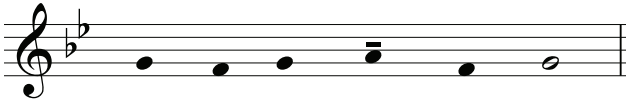
RESPONSORY FOR HOLY WEEK

L059

(10) We wor - ship you, O Christ, ___ and we

praise ___ you, * be-cause ___ by your cross ___

The musical notation consists of two staves in G major. The first staff has a treble clef and a key signature of one sharp (F#). It contains a melody with a bar line after the first measure. The second staff continues the melody. The lyrics are written below the notes, with blank lines for the cantor's response. An asterisk is placed at the beginning of the second line of lyrics.



you have re-deemed the world.

*By the wood of a tree, joy has come to the whole world, because by...
Glory... We worship...*

CANTICLE OF MARY [Luke 1:46-55]

*"Blessed are you who trusted that what was spoken to you by the Lord
would be fulfilled." (Luke 1:45) And Mary said:*

The **antiphon** for the Canticle of Mary is proper for each weekday of Lent. Refer to the number board to locate the specific page.

- 4 My soul procláims the gréatness of the **Lórd**,
and my spírit exúlts in God my **Sávior**,
For he has lóoked upon his hándmaid in her **lówliness**;
henceforth all áges will cáll me **bléssed**.
- 4 For the Almíghty has done gréat things for **mé**.
And hóly ís his **náme**.
His loving mércy is from áge to áge
for thóse who **féar** him.
- 6 He has made knówn the stréngth of his **árm**,
and has scátted the próud of **héart**.
He has put dówn the míghty from their **thrónes**
and has exálted thóse who are **lówly**.
He has fílléd the húngry with **góod** things,
and has sént the rích away **émpy**.
- 4 He has álways helped Ísrael his **sérvant**,
míndful of his lóving **mércy**,
Éven as he prómised our **fáthers**,
to Ábraham and his descéndants foréver.

Glory...

INTERCESSIONS FOR WEEKS 2 & 4

We call upon Christ, our pioneer in faith.

Purify us, Lord, by our Lenten observance:

Lord, have mercy.

Heal the afflicted and console those who mourn:

Christ, have mercy.

Grant eternal rest to the faithful departed:

Lord, have mercy.

May the divine assistance remain always with us:

And with our absent brethren.

INTERCESSIONS FOR HOLY WEEK

Let us call upon Christ in sorrow for our sins.

Stir us, O Lord, to greater charity:

Lord, have mercy.

Be a sign of hope to all who are oppressed:

Christ, have mercy.

Bring all who have died to the paschal feast of heaven:

Lord, have mercy.

May the divine assistance remain always with us:

And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING

Wednesday II at Lauds

HYMN

Hymn for Holy Week, see page 374

L060



- (2) 1. The dark - ness flees, and dew - kissed earth
 2. You fill with light this sa - cred time,
 3. The hid - den wound whence flow our sins,
 4. The Day draws near when all re - blooms -
 5. To God, the lov - ing Trin - i - ty,



1. Sings wel - come to the wak - ing day;
 2. Give tears as well to pur - i - fy;
 3. Wash clean by bath - ing in the tide;
 4. Your Day, O Christ, life - giv - ing Lord!
 5. Let earth and sky a - dor - ing bend;



1. Hope holds to Christ the mir - ror high
 2. Give flames of love to purge our hearts;
 3. Re - move the things that, of our - selves,
 4. We too will joy, by your right hand
 5. And ev - er - more from hearts re - newed



1. To catch the Day - spring's heal - ing ray!
 2. In us your mer - cy mag - ni - fy.
 3. We can - not reach, or put a - side.
 4. From death's dark tomb to joy re - stored.
 5. Let songs fresh sprung of praise as - cend.



A - men.

PSALM 90 (89)
Our Span Is Seventy Years

In the Lord's eyes one day is as a thousand years, and a thousand years as a day. 2 Pt 3:8
WEEKS 2 & 4:

OT162

(1*) In the morn-ing, fill us with your love, O
Lord.

PT004

Look.

HOLY WEEK

L070

(10) Look, O Lord, and see my suf-fring. Come
quick-ly to my aid.

PT012

O Lórd, yóu have been our réfuge, *
from generátion tó generátion.

- 1 O Lórd, yóu have been our réfuge, *
from generátion tó generátion.
- 2 Befóre the móuntains were bórn, +
or the éarth or the wórld were brought fóρθ, *
you are Gód, from áge to áge.
- 3 You túrn man báck to dúst, *
and say, "Retúrn, O chíldren of mén."

- 4 To your éyes a thóusand yéars +
are like yésterday, cóme and **góne**, *
or líke a wátch in the **níght**.
- 5 You swéep them awáy like a **dréam**, *
líke gráss which is frésh in the **mórning**.
- 6 In the mórning it spróuts and is **frésh**; *
by évening it wíthers and **fádes**.
- 7 Indéed, we are consúmed by your **ángr**; *
we are strúck with térror at your **fúry**.
- 8 You have sét our guílt befóre you, *
our sécrets in the líght of your **fáce**.
- 9 All our dáys pass awáy in your **ángr**. *
Our yéars are consúmed like a **sígh**.
- 10 Seventy yéars is the spán of our **dáys**, *
or éighty if wé are **stróng**.
And móst of these are tóil and **páin**. *
They pass swíftly and wé are **góne**.
- 11 Who understánds the pówér of your **ángr**? *
Your fury máches the féar of **yóu**.
- 12 Then téach us to númer our **dáys**, *
that wé may gain wísdóm of **héart**.
- 13 Turn bák, O LÓRD! How **lóng**? *
Show píty tó your **sérvants**.
- 14 At dawn, fíll us with your mérciful **lóve**; *
we shall exúlt and rejóice all our **dáys**.
- 15 Give us jóy for the dáys of our afflíctiön, *
for the yéars when we lóoked upon évil.
- 16 Let your déed be séen by your **sérvants**, *
and your glórious pówér by their **chíldren**.
- 17 Let the fávör of the Lórd our Gód be upón us; +
give succés to the wórk of our **hánds**. *
O give succés to the wórk of our **hánds**.

Glory...

PSALM 98 (97)

The Hills Ring Out Their Joy

God has established a day on which he will "rule the world with justice" through a man he has appointed. And he has provided confirmation for all by raising him from the dead. Acts 17:31

WEEKS 2 & 4:

OT163

(5) Sing psalms to the LORD, break forth in-to joy-ous song be-fore the King, the Lord.

PT017

HOLY WEEK

L071

(10) Now the time has come for the world to re-ceive its sen-tence; now the prince of this world will be driv-en out.

PT007

¹ O s^íng a new s^óng to the L^ÓR^D, *
for hé has worked w^ónders.

- His right hánd and his hóly **árm** *
 have bróught salvátion.
- 2 The LÓRD has made knówn his salvátion, *
 has shówn his delíverance to the **nátions**.
- 3 He has remébered his mérciful **lóve** *
 and his trúth for the hóuse of **Ísrael**.
 All the énds of the éarth have **seen** *
 the salvátion of our **Gód**.
- 4 Shóut to the LÓRD, all the éarth; +
 break fóρθ into jóyous **sóng**, *
 and síng out your **práise**.
- 5 Sing psálms to the LÓRD with the **hárp**, *
 with the hárp and the sóund of **sóng**.
- 6 With trúmpets and the sóund of the **hórn**, *
 raise a shóut before the Kíng, the LÓRD.
- 7 Let the séa and all withín it **thúnder**; *
 the wórlđ, and thóse who **dwéll** in it.
- 8 Let the rívers cláp their **hánds**, *
 and the hílls ring out their **jóy**
- 9 At the présence of the LÓRD, for he **cómes**, *
 he comes to júdge the **éarth**.
 He will júdge the wórlđ with **jústice**, *
 and the péoples with **fáirness**.

Glory...

PSALM 99 (98)
Holy Is the Lord Our God

Then God's temple in heaven opened, and the ark of his covenant could be seen in the temple. There were flashes of lightning, rumblings, and peals of thunder. Rv 11:19

WEEKS 2 & 4:

OT164

(2*) Ex-alt the Lord our God; he, the Lord, is

ho - ly.

PT007

HOLY WEEK

L072

(8) God has made Christ Je - sus our wis-dom

and our ho - li - ness. By him

we have been sanc-ti-fied and re-deemed.

PT030

- 1 *The LORD is kÍng; the péoples **trémble.** **
 He is enthroned on the chérubim; earth **quákes.**
- 2 *The LÓRD is gréat in SÍon. **
 He is exálted over áll the **péoples.**
- 3 *Let them práise your gréat and awesome **náme.** **
 Hóly ís **hé!**
- 4 *O mighty KÍng, lóver of jústice, +*
 you have estáblished **whát is úpright; ***
 you have made jústice and rÍght in **Jácob.**
- 5 *Exált the LÓRD our Gód; +*
 bow dówn befóre his **fóotstool. ***
 Hóly ís **hé!**
- 6 *Amóng his príests were Áaron and **Móses; ****
 among thóse who invóked his náme was **Sámuel.**
 They cried óut to the LÓRD and he **ánswered. ***
- 7 *To them he spóke in the píllar of **clóud.***
 They obéyed his decreés and the **státutes ***
 which hé had given **thém.**
- 8 *O LÓRD our Gód, you án(swered them). +*
 For thém you were a Gód who **forgÍves, ***
 and yét you púnished their **offénses.**
- 9 *Exált the LÓRD our Gód; +*
 bow dówn before his hóly **móuntain, ***
 for the LÓRD our Gód is **hóly.**

Glory...

WEEKS 2 & 4

V. *Do not híde your fáce from your sérvant;*
 R. Come clóse to my sóul and redéem me.

HOLY WEEK

V. *Hére is my sérvant whom I uphóld.*
 R. He shall bring jústice to the nátions.

READING

RESPONSORY

L028

(4) God him-self will set me free___ * from the
snare of the fowl - er.

*He will deliver me from lying words, from the snare...
Glory... God himself...*

RESPONSORY FOR HOLY WEEK

L064

(4) By your own blood,___ Lord, you brought us
back to God * from eve-ry tribe,___ tongue,___
peo - ple and na - tion.

*Every land shall be blessed in him, from every...
Give glory... By your own...*

CANTICLE OF ZACHARY [Luke 1: 68-79]

*Then John's father Zechariah was filled with the Holy Spirit and prophesied.
(Luke 1:67)*

*The **antiphon** for the Canticle of Zachary is proper for each weekday of Lent. Refer to the number board to locate the specific page.*

- 6 *Blést be the Lórd God of Ísrael:*
for he has vísited his péople and redéemed them.
He has raised úp for us a hórñ of salvátiõn
in the Hóuse of Dávid his sérvant,
As he spóke through the móuth of his hólý ones,
his próphets from áges **pást**:
- 4 A sáviõr who would frée us from our **fóes**,
and from the hánds of áll who **háte** us,
To shów loving mércy to our **fáthers**
míndful of his hólý **cóvenant**.
- 4 This was the óath he swore to Ábraham our **fáther**,
to grant that fréed from the hánds of our **fóes**,
We might sérve him in hóliness and **ríghteousness**,
all the dáys of our life without **féar**.
- 6 And yóu, little chíld, will be **cáled**
próphet of Gód Most **Hígh**,
For yóu will gó before the **Lórd**
to make réady his wáys befóre him,
To grant a knówledge of salvátiõn to his **péople**
through the forgíveness of áll their **síns**.
- 5 By the lóving mércy of our **Gód**,
the Dáwn from on hígh will **vísit** us,
To shíne on those who sít in **dárkness**,
and thóse in the shádw of **deáth**,
to guide our féet into the wáy of **péace**.

Glory...

INTERCESSIONS FOR WEEKS 2 & 4

We entreat the Lord to hear our supplications.

*Guide us, Lord, as we labor **in** your vineyard:*

Lord, have mercy.

*Bring healing to the world by the balm **of** your Spirit:*

Christ, have mercy.

*Let this house rejoice in many **new** vocations:*

Lord, have mercy.

*May the divine assistance remain **always** with us:*

And with our absent brethren.

INTERCESSIONS FOR HOLY WEEK

*We acclaim the Lamb of God, who takes away our **sins**.*

*Gather us, Lord, in the shadow **of** your wings:*

Lord, have mercy.

*Bring healing to the nations by the sign **of** your cross:*

Christ, have mercy.

*Call young men to seek you in **monastic** conversion:*

Lord, have mercy.

*May the divine assistance remain **always** with us:*

And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING



Wednesday II at Daytime Prayer (and Ash Wednesday)

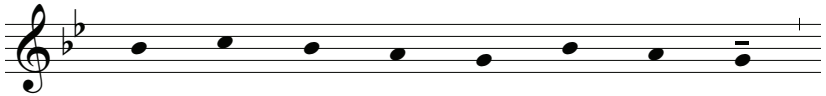
HYMN



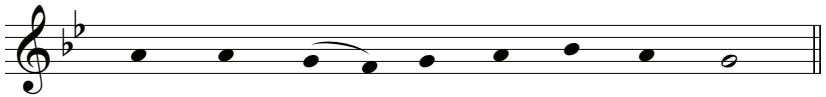
- (10) 1. O *Christ*, Cre - a - tor, we con - fess
 2. For - give the _____ e - vil we have done,
 3. O hear us, _____ bless - ed Trin - i - ty,



1. That from your hands at first we came.
 2. In - crease the bless - ings we im - plore.
 3. Our ho - ly God, to whom we cry:



1. May e - vil spir - its ne'er con - trol
 2. So may we please you here on earth
 3. May we, ab - stain - ing now on earth,



1. The Church that _____ glo - ries in your name.
 2. And in the _____ heav - ens ev - er - more.
 3. En - joy im - mor - tal gifts on high.



A - men. _____

ANT: (WEEKS 2 & 4): *Ármed with God's jústice and pówer, /*
let us próve ourselvés through pátient endúrance.

(HOLY WEEK): *Í know my shéep / and míne know mé; /*
and I láy down my lífe for them.

PSALM 119 (118):73-80

Yod

Let him who would boast, boast in the Lord. 2 Cor 10:17

- ⁷³ *It was your hánds that máde me and sháped me; **
grant me ínsight to léarn your commánds.
- ⁷⁴ *Those who revére you sée me and rejóice, **
for I trúst in your wórd.
- ⁷⁵ *O LORD, I knów that your décrées are ríght; **
though I am húmbled, you are júst.
- ⁷⁶ *Let your mérciful lóve consóle me **
by your prómise to your sérvant.
- ⁷⁷ *Show me compásson, that Í may líve, **
for your lów is my delíght.
- ⁷⁸ *Let the árrogant be shámed who defléct me with líes; **
as for mé, I will pónder your précepts.
- ⁷⁹ *Let those who féar you túrn to mé, **
that they may knów your décrées.
- ⁸⁰ *Let my héart be blámeless in your státutes, **
that I may nó't be put to sháme.

PSALM 119 (118):81-88

Caph

Always speak and act as men destined for judgment under the law of freedom. Jas 1:12

- ⁸¹ *My soul yéarns for yóur salvátion; **
I hópe in your wórd.
- ⁸² *My eyes yéarn to sée your prómise. **
I ask, "Whén will you cómfort me?"

- 83 I am like a wineskin shriveled by smoke, *
yet I remember your statutes.
- 84 How long must your servant endure? *
When will you bring judgment on my foes?
- 85 For me the proud have dug pitfalls; *
they defy your law.
- 86 Your commands are all true; then help me *
when lies oppress me.
- 87 They have almost made an end of me on earth, *
yet I forsake not your precepts.
- 88 In your merciful love, give me life; *
I will obey the decrees of your lips.

PSALM 119 (118):89-96

Lamed

We speak in Christ's name, pure in motivation, conscious of having been sent by God and of standing in his presence. 2 Cor 2:17

- 89 Forever is your word, O LORD, *
standing firm in the heavens.
- 90 From age to age is your truth; *
like the earth, it stands firm.
- 91 Your judgments endure to this day, *
for all things are your servants.
- 92 Had your law not been my delight, *
I would have died in my affliction.
- 93 I will never forget your precepts, *
for with them you give me life.
- 94 Save me, I am yours, *
for I seek your precepts.
- 95 Though the wicked lie in wait to destroy me, *
yet I ponder your decrees.
- 96 I have seen that all perfection has an end, *
but your command is boundless.
- Glory...*

ANT: (WEEKS 2 & 4): Árméd with God's jústice and pówer, / let us próve ourselvé's through pátient endúrance.

(HOLY WEEK): Í know my shéep / and míne know mé; / and I láy down my lífe for them.

BRIEF READING

WEEKS 2 & 4

V. *I will téach transgréssors your wáys,*
R. That sínners may retúrn to yóu.

HOLY WEEK

V. *Our síns were the súfferings he bóre.*
R. Óurs the weight of gúilt he endúred.

Let us pray.

ORATION

Let us bless the Lord.
Thanks be to God.

*May the souls of the faithful departed,
through the mercy of God, rest in peace.*
Amen.

May the divine assistance remain always with us.
And with our absent brethren. Amen.

Wednesday II at Vespers

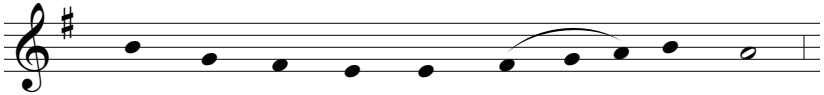
HYMN

Hymn for Holy Week, see page 373

L076



- (14) 1. To heal our weak and wound - ed lives,
 2. Be pres - ent to your peo - ple now,
 3. With lov - ing mer - cy heal our past:
 4. Good works will mend the wounds with - in,
 5. O tri - une God, O lov - ing Lord,



1. The sin - less one him - self de - rives.
 2. Be pres - ent as in prayer we bow:
 3. From fu - ture fail - ings hold us fast.
 4. And tears will wash a - way our sin.
 5. By all cre - a - tion be a - dored.



1. O Je - sus, from the year you raise
 2. With con - trite hearts we hum - bly plead
 3. Thus, firm - ly held by love's em - brace,
 4. The sting of death, O Lord, de - stroy,
 5. Our life, made new, re - freshed and strong,



1. A ho - ly fast of for - ty days.
 2. For - give - ness of each sin - ful deed.
 3. May we re - ceive your might - y grace.
 4. Pre - par - ing us for pas - chal joy.
 5. Will find new voice in youth - ful song.



A - men.

PSALM 136 (135)
God's Mercy Endures Forever

*He rescued us from the power of darkness and brought us
into the kingdom of his beloved Son. Eph 2:6*

WEEKS 2 & 4:

OT168

(8) *The Lord a - lone has wrought mar - vel - ous*
works; his mer - cy en - dures for - ev - er.

PT029

HOLY WEEK

L077

(10) *He had nei - ther beau - ty nor maj - es - ty,*
noth - ing to at - tract our eyes.

PT0011

I

- 1 *O give thánks to the LÓRD, for he is góod, **
for his mércy endúres foréver.
- 2 *Give thánks to the Gód of góds, **
for his mércy endúres foréver.

- 3 Give thánks to the Lórd of **lórds**, *
for his mércy endúres foréver;
- 4 Who alóne has wrought márvelous **wórks**, *
for his mércy endúres foréver;
- 5 Who in wísdóm máde the **héavens**, *
for his mércy endúres foréver;
- 6 Who spréad the éarth on the **wáters**, *
for his mércy endúres foréver.
- 7 It was hé who máde the great **líghts**, *
for his mércy endúres foréver;
- 8 The sún to rúle in the **dáy**, *
for his mércy endúres foréver;
- 9 The móon and the stárs in the **níght**, *
for his mércy endúres foréver.
- 10 The firstbórn of the Egýptians he **smóte**, *
for his mércy endúres foréver.
- 11 He brought Ísrael óut from their **mídst**, *
for his mércy endúres foréver;
- 12 With mighty hánd and óutstretched **árm**, *
for his mércy endúres foréver.
- 13 The Réd Sea he dívíded in **twó**, *
for his mércy endúres foréver;
- 14 He made Ísrael páss through the **mídst**, *
for his mércy endúres foréver;
- 15 He flung Pháraoh and his fórcé in the **Réd Sea**, *
for his mércy endúres foréver.

Glory...

II

WEEKS 2 & 4:

OT169

(8) *To the God of heav - en give thanks, who*
snatched us a - way from our foes.

PT029

HOLY WEEK

L084

(10) *They in - sult - ed me and filled__ me with dread,*
but the Lord was at my side, like
a might - y war - rior.

PT0011

- 16 *Through the désert his péople he léd, **
 for his mércy endúres foréver.
- 17 *Nátions in their gréatness he strúck, **
 for his mércy endúres foréver.
- 18 *Kíngs in their spléndor he sléw, **
 for his mércy endúres foréver:

- 19 SÍhon, kíng of the **Á**morites, *
 for his mércy endúres foréver;
 20 And Óg, the kíng of **B**áshan, *
 for his mércy endúres foréver;
 21 He gáve their lánd as a **h**éritage, *
 for his mércy endúres foréver.
 22 A héritage for Ísrael, his **s**érvant; *
 for his mércy endúres foréver.
 23 He remébered us in óur **d**istréss, *
 for his mércy endúres foréver.
 24 And he snátched us awáy from our **f**óes, *
 for his mércy endúres foréver.
 25 He gives fód to áll living **cr**éatures, *
 for his mércy endúres foréver.
 26 To the Gód of héaven give **th**ánkS, *
 for his mércy endúres foréver.

Glory...



PSALM 137 (136)

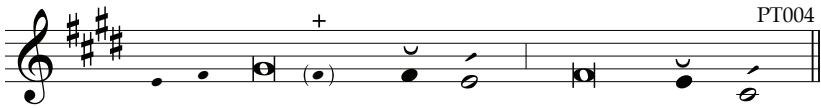
Tears in Remembering Sion

*While we are in this tent we groan,
 longing to be further clothed with our heavenly habitation. 2 Cor 5:2*

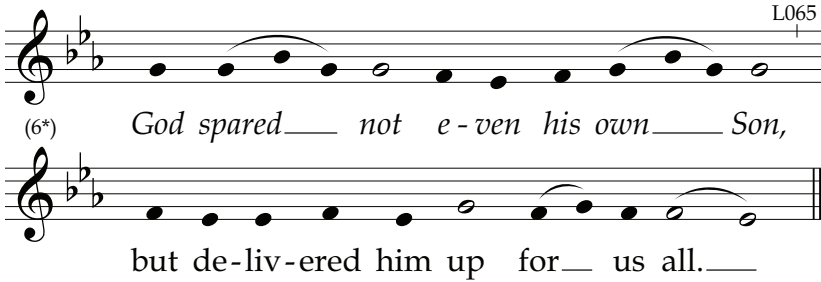
OT170

(9/1) O Je-ru-sa-lem, how could we sing
 songs of joy on a-li-en soil?

WEEKS 2 & 4:



HOLY WEEK



- 1 By the rívers of Bábylon +
thére we sat and wépt, *
remémbering Síon;
- 2 On the póplars that gréw there *
we húng up our hárps.
- 3 For it was thére that they ásked us, +
our cáptors, for sóns, *
our opprésors, for jóy.
"Síng to us," they sáid, *
"one of Síon's sóns."
- 4 O hów could we síng +
the sóns of the LÓRD *
on fóreign sóil?
- 5 If I forgét you, Jerúsalem, *
let my ríght hand wíther!

- 6 O lét my tóngue +
 cléave to my **pálate** *
 if I reméber you **nót**,
 If I príze not Jerúsalem *
 as the first of my **jóys!**
- 7 Reméber, O LÓRD, +
 against the chıldren of Édom *
 the dáy of Jerúsalem,
 When they sáid, "Tear it **dówn!** *
 Tear it dówn to its foundátions!"
- 8 O dáughter Bábylon, destróyer, +
 bléssèd whoéver repáys you *
 the páyment you páid to **ús!**
- 9 Blessèd whoéver grásps and **shátters** *
 your chıldren on the **róck!**

Glory...

PSALM 138 (137)

In the Presence of the Angels

The kings of the earth shall bring their treasures to the holy city. Rv 22:24

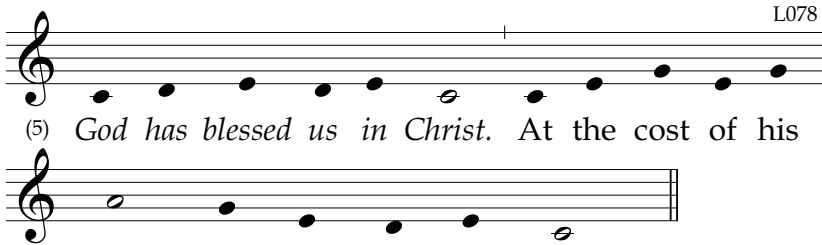
WEEKS 2 & 4:

(8) I will a - dore be - fore your ho - ly tem -
 ple, O God. _____

WEEKS 2 & 4:



HOLY WEEK



- 1 *I thank you, LÓRD, with all my héart; **
 you have héard the wórds of my **móuth**.
 In the présence of the ángels I **práise** you. *
- 2 I bow dówn toward your hóly **témp**le.
 Í give thánks to your náme +
 for your mérciful lóve and your **fáithfulness**. *
- 3 On the dáy I cálled, you **án**swered me; *
 you incréased the stréngth of my **sóul**.
- 4 All earth's kíngs shall thánk you, O LÓRD, *
 when they héar the wórds of your **móuth**.
- 5 They shall síng of the wáys of the LÓRD, *
 "How gréat is the glóry of the LÓRD!"
- 6 The LORD is hígh, yet he lóoks on the **lów**ly, *
 and the háughtly he knóws from **afár**.

7 You give me life though I wálk amid afflíctiön; *
 you strétch out your hánd against the
 ánger of my fóes.

With yóur right hánd you sáve me; *
 8 the LÓRD will accómplish this for mé.
 O LORD, your mérciful lóve is etérnal; *
 discárd not the wórk of your hánds.

Glory...

WEEKS 2 & 4

V. Restóre in me the jóy of your salvátion, O Gód;
 R. Sustáin in me a wílling spírit.

HOLY WEEK

V. Christ was píerced for our offénses.
 R. He was crúshed for our síns.

READING

RESPONSORY FOR WEEKS 2 & 4

(10) As ___ for me, I said, ___ *

"Lord, ___ have mer - cy on me."

O heal my soul, for I have sinned against you. "Lord, have..."
Glory... As for me...

RESPONSORY FOR HOLY WEEK

L059

(10) We wor - ship you, O Christ, — and we
praise — you, * be-cause — by your cross —
you have re-deemed the world.

*By the wood of a tree, joy has come to the whole world, because by...
Glory... We worship...*

CANTICLE OF MARY [Luke 1:46-55]

*“Blessed are you who trusted that what was spoken to you by the Lord
would be fulfilled.” (Luke 1:45) And Mary said:*

The **antiphon** for the Canticle of Mary is proper for each weekday of Lent. Refer to the number board to locate the specific page.

- 4 *My soul procláims the gréatness of the **Lórd**,
and my spírit exúlts in God my **Sáviór**,
For he has lóoked upon his hándmaid in her **lów**liness;
henceforth all áges will cáll me **bléssed**.*
- 4 For the Almíghty has done gréat things for **mé**.
And hóly ís his **náme**.
His loving mércy is from áge to **áge**
for thóse who **féar** him.
-

- 6 He has made knówn the stréngth of his **árm**,
and has scátted the próud of **héart**.
He has put dówn the míghty from their **thrónes**
and has exálted thóse who are **lówly**.
He has fílled the húngry with **góod** things,
and has sént the rích away **émpty**.
- 4 He has álways helped Ísrael his **sérvant**,
míndful of his lóving **mércy**,
Éven as he prómised our **fáthers**,
to Ábraham and hís descéndants foréver.

Glory...



INTERCESSIONS FOR WEEKS 2 & 4

With contrite hearts we approach the throne of mercy.

*Grant us reconciliation by your **sacred** Passion:*

Lord, have mercy.

*Restore to your fold all **who** have strayed:*

Christ, have mercy.

*Raise up the dead to behold **you** in glory:*

Lord, have mercy.

*May the divine assistance remain **always** with us:*

And with our absent brethren.

INTERCESSIONS FOR HOLY WEEK

*Let us beg the Lord to sanctify our way of **prayer**.*

*Open our hearts to the grace **of** your Passion :*

Lord, have mercy.

*Pour the balm of your Spirit on the poor **and** oppressed:*

Christ, have mercy.

*Let the dead find joy in the light **of** your presence:*

Lord, have mercy.

*May the divine assistance remain **always** with us:*

And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING

Thursday II at Lauds

HYMN

Hymn for Holy Week, see page 374



- (2) 1. The dark - ness flees, and dew - kissed earth
2. You fill with light this sa - cred time,
3. The hid - den wound whence flow our sins,
4. The Day draws near when all re - blooms—
5. To God, the lov - ing Trin - i - ty,



1. Sings wel - come to the wak - ing day;
2. Give tears as well to pur - i - fy;
3. Wash clean by bath - ing in the tide;
4. Your Day, O Christ, life - giv - ing Lord!
5. Let earth and sky a - dor - ing bend;



1. Hope holds to Christ the mir - ror high—
2. Give flames of love to purge our hearts;—
3. Re - move the things that, of our - selves,—
4. We too will joy, by your right hand—
5. And ev - er - more from hearts re - newed—



1. To catch the Day - spring's heal - ing ray!
2. In us your mer - cy mag - ni - fy.
3. We can - not reach, or put a - side.
4. From death's dark tomb to joy re - stored.
5. Let songs fresh sprung of praise as - cend.



A - men. —

PSALM 101 (100)
A Ruler of Blameless Heart

*I charge you: proclaim the word, be persistent whether it is convenient or inconvenient.
Convince, reprimand, encourage through all patience and teaching. 2 Tm 4:1-2*

WEEKS 2 & 4:

OT175

(8) I raise a psalm to you, O LORD,
I will ponder the way of the blameless.

PT030

HOLY WEEK

L078

(5) God has blessed us in Christ. At the cost of his
blood we have been redeemed.

PT016

- 1 I sing of *m*erciful *l*ove and *j*ustice; *
I raise a psalm to you, O LORD.
- 2 I will ponder the way of the **blameless**. *
O when will you come to **m**e?

- I will wálk with blámeless **héart** *
 withín my **hóuse**;
- ³ I will not sét befóre my **éyes** *
 whatever is **báse**.
 I háte the déeds of the **cróoked**; *
 such I will nó **endúre**.
- ⁴ The false-héarted must kéeep far **awáy**; *
 I will knów no **évil**.
- ⁵ Whoever slánders a néighbor in **sécret** *
 I will bríng to **sílen**ce.
 Proud éyes and háughtly **héart** *
 I will néver **endúre**.
- ⁶ My éyes are on the fáithful of the **lá**nd, *
 that they may dwéll with **mé**.
 The one who wáleks in the wáy of the **blámeless** *
 shall bé my **sérvant**.
- ⁷ Nó one who práctices **decéit** *
 shall líve within my **hóuse**.
 Óne who útters **líes** *
 shall not stánd befóre my **éyes**.
- ⁸ Morning by mórning Í will **destróy** *
 all the wícked in the **lá**nd,
 Upróoting from the cíty of the **LÓRD** *
 áll who do **évil**.

Glory...



PSALM 143 (142)

Let Your Good Spirit Guide Me

A person is not justified by works of the law but through faith in Jesus Christ. Gal 2:16

WEEKS 2 & 4:

OT176

(14) At day - break, be mer - ci - ful to
me, O Lord.

PT026

HOLY WEEK

L019

(7) Free us, O Lord, by your won - der - ful works; de -
liv - er us from the pow - er of death.

PT026

- 1 O LÓRD, lísten to my *práyer*; *
túrn your éar to my *appéal*.
You are fáithful, you are júst; give ánsWER. +
- 2 Do not cáll your sérvant to *júdgment*, *
for in your síght no líving béing is *júst*.
- 3 The énemy pursúes my *sóul*; *
he has crúshed my lífe to the *gróund*.

- He has máde me dwéll in **dárkness**, *
 like the déad, lóng forgóttén.
- 4 Thérefore my spírit **fáils**; *
 my héart is désolate withín me.
- 5 I reméber the dáys that are **pást**; *
 I pónder áll your **wórks**.
 I múse on what your hánd has wróught, +
- 6 and to yóu I strétch out my **hánds**. *
 Like a párched land my soul thírsts for **yóu**.
- 7 O LORD, make háste and ánsWER **mé**, *
 for my spírit fáils withín me.
 Do not híde your fáce from mé, +
 lest I becóme like **thóse** *
 who go dówn into the **gráve**.
- 8 In the mórning, let me knów your loving **mércy**, *
 for in yóu I pláce my **trúst**.
 Make me knów the wáy I should **wálk**; *
 to yóu I líft up my **sóul**.
- 9 Réscue me, O LÓRD, from my **fóes**; *
 to yóu have I fléd for **réfuge**.
- 10 Téach me to dó your **wíll**, *
 for yóu are my **Gód**.
- Lét your good spírit **guíde** me *
 upon gróund that is **lével**.
- 11 LORD, sáve my lífe for the sáke of your **náme**; *
 in your jústice, léad my sóul out of **distréss**.
- 12 In your mércy make an énd of my fóes; +
 destroy all thóse who opprés my **sóul**, *
 for Í am your **sérvant**.

Glory...

PSALM 147A (146:1-11)
The Lord Builds Up Jerusalem

The blind regain their sight, the lame walk, lepers are cleansed, the deaf hear, the dead are raised, and the poor have the good news proclaimed to them. Mt 11:5

WEEKS 2 & 4:

OT177

(13/5) Let joy - ous praise be giv - en to our God;
sing _____ to him with thanks-giv - ing.

PT016

HOLY WEEK

L072

(8) God has made Christ Je - sus our wis - dom
and our ho - li - ness. By him _____
we have been sanc - ti - fied and re - deemed.

PT030

¹ *How good to sing psalms to our Gód; *
how pléasant to chant fitting práise!*

- 2 The LÓRD builds úp Jerúsalem *
and bríngs back Ísrael's éxiles;
- 3 He héals the brókenhéarted; *
he bínds up áll their wóunds.
- 4 He cúnts out the númer of the stárs; *
he cálls each óne by its náme.
- 5 Our Lórd is gréat and almíghty; *
his wísdóm can néver be méasured.
- 6 The LÓRD lífts úp the lówly; *
he casts dówn the wícked to the gróund.
- 7 O síng to the LÓRD, gíving thánks; *
síng psálms to our Gód with the hárp.
- 8 He cóvers the héavens with clóuds; *
he prepáres the ráin for the éarth,
Making móuntains spróut with gráss, *
and plánts to sérve human néeds.
- 9 He próvides the cáttle with their fóod, *
and young rávens that cáll upón him.
- 10 His delíght is nótt in hórses, *
nor his pléasure in a wárríor's strength.
- 11 The LORD delíghts in thóse who revére him, *
thóse who wáit for his mércífúll óve.

Glory...

WEEKS 2 & 4

- V. *Do not híde your fáce from your sérvant;*
R. *Come clóse to my sóul and redéem me.*

HOLY WEEK

- V. *Hére is my sérvant whom I uphóld.*
R. *He shall bring jústice to the nátions.*
-

READING

RESPONSORY FOR WEEKS 2 & 4

L028

(4) God him-self will set me free___ * from the
snare of the fowl - er.

The musical notation consists of two staves in treble clef. The first staff contains the melody for the first line of text, with a fermata over the word 'free'. The second staff contains the melody for the second line of text, ending with a double bar line.

He will deliver me from lying words, from the snare...
Glory... God himself...

RESPONSORY FOR HOLY WEEK

L064

(4) By your own blood,___ Lord, you brought us
back to God * from eve-ry tribe,___ tongue,___
peo - ple and na - tion.

The musical notation consists of three staves in treble clef with a key signature of two sharps (D major). The first staff contains the melody for the first line of text. The second staff contains the melody for the second line of text. The third staff contains the melody for the third line of text, ending with a double bar line.

Every land shall be blessed in him, from every...
Give glory... By your own...

CANTICLE OF ZACHARY [Luke 1: 68-79]

*Then John's father Zechariah was filled with the Holy Spirit and prophesied.
(Luke 1:67)*

*The **antiphon** for the Canticle of Zachary is proper for each weekday of Lent. Refer to the number board to locate the specific page.*

- 6 *Blést be the Lórd God of Ísrael:*
for he has vísited his péople and redéemed them.
He has raised úp for us a hórñ of salvátion
in the Hóuse of Dávid his sérvant,
As he spóke through the móuth of his hólý ones,
his próphets from áges **pást**:
- 4 A sáviór who would frée us from our **fóes**,
and from the hánds of áll who **háte** us,
To shów loving mércy to our **fáthers**
míndful of his hólý **cóvenant**.
- 4 This was the óath he swore to Ábraham our **fáther**,
to grant that fréed from the hánds of our **fóes**,
We might sérve him in hóliness and **ríghteousness**,
all the dáys of our life without **féar**.
- 6 And yóu, little chíld, will be **cáled**
próphet of Gód Most **Hígh**,
For yóu will gó before the **Lórd**
to make réady his wáys befóre him,
To grant a knówledge of salvátion to his **péople**
through the forgíveness of áll their **síns**.
- 5 By the lóving mércy of our **Gód**,
the Dáwn from on hígh will **vísit** us,
To shíne on those who sít in **dárkness**,
and thóse in the sháadow of **deáth**,
to guide our féet into the wáy of **péace**.

Glory...

INTERCESSIONS FOR WEEKS 2 & 4

*We invoke our God with grateful songs of **praise**.*

*Make us, Lord Jesus, true witnesses **of** your Gospel:
Lord, have mercy.*

*Let the world acknowledge the power **of** your cross:
Christ, have mercy.*

*Inspire the young to seek you in **monastic** life:
Lord, have mercy.*

*May the divine assistance remain **always** with us:
And with our absent brethren.*

INTERCESSIONS FOR HOLY WEEK

*We adore the Lord, who nourishes us with his own **body**.*

*Unite us, Lord, in the sacrament **of** your love:
Lord, have mercy.*

*Inspire us to serve you in the poor **and** the weak:
Christ, have mercy.*

*Draw new members to our communion **of** prayer:
Lord, have mercy.*

*May the divine assistance remain **always** with us:
And with our absent brethren.*

OUR FATHER

ORATION

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

BLESSING



Thursday II at Daytime Prayer

HYMN

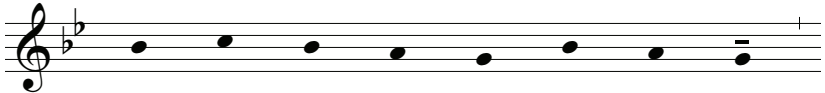
L023



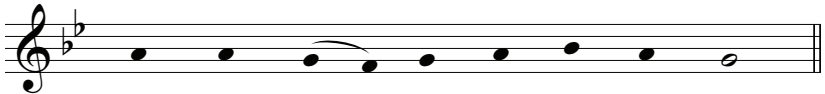
- (10) 1. O *Christ, Cre - a - tor, we con - fess*
2. For - give the ___ e - vil we have done,
3. O hear us, ___ bless - ed Trin - i - ty,



1. That from your hands at first we came.
2. In - crease the bless - ings we im - plore.
3. Our ho - ly God, to whom we cry:



1. May e - vil spir - its ne'er con - trol
2. So may we please you here on earth
3. May we, ab - stain - ing now on earth,



1. The Church that ___ glo - ries in your name.
2. And in the ___ heav - ens ev - er - more.
3. En - joy im - mor - tal gifts on high.



A - men. ___

ANT: (WEEKS 2 & 4): *Retúrn to me, sáys the Lórd; / for Í am mérciful and júst.*

(HOLY WEEK): *For to me life is Chríst and déath is gáin; / I glóry in the cróss of the Lórd Jesus Chríst.*

PSALM 119 (118):97-104

Mem

The one who speaks is to deliver God's message.

The one who serves is to do it with the strength provided by God. 1 Pt 4:11

- 97 O LÓRD, *how I love your lów: **
my meditátion all the dáy!
- 98 Your commánd makes me wíser than my fóes, *
for it is wíth me álways.
- 99 I have more ínsight than áll who téach me, *
for I pónder your decrées.
- 100 I have gáined more understánding than my élders, *
for I kéeep your précepts.
- 101 I keep my féet from évery evil páth, *
to obéy your wórd.
- 102 I have nótt turned awáy from your decrées *
which you yoursélf have táught me.
- 103 How swéet is your prómise to my tóngue, *
more than hóney in the móuth.
- 104 I gáin understánding from your précepts, *
and so I háte all false wáys.

PSALM 119 (118):113-120

Samech

Recall the teaching delivered long ago by the holy prophets, as well as the new command of the Lord Jesus, our Savior, preached to you by the apostles. 2 Pt 3:2

- 113 *I detest thóse with a dividéd héart, **
but I love your lów.

- 114 Yóu are my híding place, my shíeld; *
 I hópe in your wórd.
- 115 Depárt from me, yóu who do évil; *
 I will kéeep my God's commánds.
- 116 Uphóld me by your prómise; I shall líve. *
 Let my hópes not be in váin.
- 117 Bear me úp and Í shall be sáved, *
 and ever múse on your státutes.
- 118 You spúrn all who stráy from your státutes; *
 their cúnning is in váin.
- 119 You regárd the wícked like dróss, *
 so I lóve your decreés.
- 120 My flesh trémbles in térror befóre you; *
 I féar your júdgments.

PSALM 119 (118):121-128

Ayin

Indeed, God's word is living and effective, sharper than any two-edged sword. Heb 4:12

- 121 *I have dóne what is júst and ríght; **
 do not léave me to my fóes.
- 122 *Guarantée the well-béing of your sérvant; **
 let not the próud opprés me.
- 123 *My eyes grow wéary as I wáтч for your salvátion, **
 and for your prómise of jústice.
- 124 *Treat your sérvant with mérciful lóve, **
 and téach me your státutes.
- 125 *I am your sérvant; gíve me understánding: **
 then I shall knów your decreés.
- 126 *It is tíme for the LÓRD to áct, **
 for your lów has been bróken.
- 127 *That is wý I lóve your commánds **
 more than fínest góld, ~
-

128 Why I rúle my life by your précepts, *
and háte false wáys.

Glory...

ANT: (WEEKS 2 & 4): Retúrn to me, sáys the Lórd; / for Í
am mérciful and júst.

(HOLY WEEK): For to me life is Chríst and déath is gáin; /
I glóry in the cróss of the Lórd Jesus Chríst.

BRIEF READING

WEEKS 2 & 4

V. *Deal bóuntifully with your sérvant, O LÓRD,*
R. That I may líve and keep your wórd.

HOLY WEEK

V. *Our síns were the súfferings he bóre.*
R. Óurs the weight of gúilt he endúred.

Let us pray.

ORATION

Let us bless the Lord.
Thanks be to God.

*May the souls of the faithful departed,
through the mercy of God, rest in peace.*
Amen.

May the divine assistance remain always with us.
And with our absent brethren. Amen.

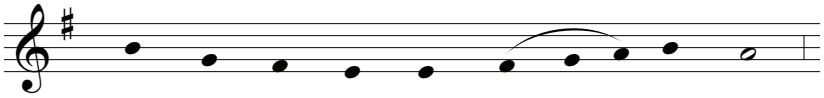
Thursday II at Vespers

HYMN

L076



- (14) 1. To heal our weak and wound - ed lives,
 2. Be pres - ent to your peo - ple now,
 3. With lov - ing mer - cy heal our past:
 4. Good works will mend the wounds with - in,
 5. O tri - une God, O lov - ing Lord,



1. The sin - less one him - self de - prives.
 2. Be pres - ent as in prayer we bow:
 3. From fu - ture fail - ings hold us fast.
 4. And tears will wash a - way our sin.
 5. By all cre - a - tion be a - dored.



1. O Je - sus, from the year you raise
 2. With con - trite hearts we hum - bly plead
 3. Thus, firm - ly held by love's em - brace,
 4. The sting of death, O Lord, de - stroy,
 5. Our life, made new, re - freshed and strong,



1. A ho - ly fast of for - ty days.
 2. For - give - ness of each sin - ful deed.
 3. May we re - ceive your might - y grace.
 4. Pre - par - ing us for pas - chal joy.
 5. Will find new voice in youth - ful song.



A - men.

PSALM 144 (143)
Reach Down from Heaven

I can do all things in him who strengthens me. Phil 4:13

(2*) The LORD is my mer-ci-ful love, my for - tress; my
sav - ior, in whom I take ref - uge.

I

- 1 Blést be the LÓRD, my róck, +
who tráins my hánds for **bát**tle, *
who prepáres my fingers for **wár**.
- 2 He is my mérciful lóve, my **fó**rtress; *
hé is my stróngthold, my **sáv**ior,
My shíeld in whóm I take **ré**fuge. *
He brings péoples únder my **rú**le.
- 3 LÓRD, what is mán that you **regá**rd him, *
the son of mán that you kéeep him in **mí**nd,
- 4 Mán who is mérely a **bré**ath, *
whose dáys are like a pássing **shá**dow?
- 5 Lower your héavens, O LÓRD, and come **dó**wn. *
Touch the móuntains; wréathe them in **smó**ke.
- 6 Flash your líghtnings; róut the **fó**e. *
Shoot your árrows, and pút them to **flí**ght.
- 7 Reach dówn with your hánd from on **hí**gh; *
rescue me, sáve me from the míghty **wá**ters,

From the hánds of fóreign fóes +
 8 whose móuths speak émpty **wó**rd**s**, *
 whose hánds are ráised in **pér**jury.

Glory...



II

OT182

(10/2) Bless - - ed are the peo - ple whose

God___ is the LORD!___

PT007

- 9 *To you, O Gód, will I síng a new s**ón**g; **
 I will pláy on the tén-stringed **há**rp
- 10 *To yóu who give k**ín**gs their víc(tory), +*
 who set Dávid your sérvant **fré**e *
 from the évil **swó**rd.
- 11 *Rescue me, fré*e me from the hánds of foreign fóes, +
 whose móuths speak émpty **wó**rd**s**, *
 whose right hánds are ráised in **pér**jury. ~



- 12 Let our sóns then flóurish like **sá**plings, *
 grown táll and stróng from their **yó**uth;
 Our dáughters gráceful as **có**lums, *
 as thóugh they were cárved for a **pá**lace.
- 13 Let our bárn be filled to **overfló**wing *
 with cróps of évery **kí**nd;
 Our shéep **incré**asing by thóusands, +
 téns of thóusands in our **fí**elds, *
 14 our cáttle héavy with **yó**ung.

No rúined wáll, no **é**xile, *
 no sóund of wéeping in our **stré**ets.

- 15 Blessèd the péople of whóm this is **trú**e; *
 blessèd the péople whose Gód is the **LÓ**RD!

Glory...

PSALM 145 (144)
God's Glorious Reign

*You are just, O Holy One, who are and who were, in passing this sentence.
 Your judgments are true and just. Rv 16:5,7*

(8) *I will bless— you day af-ter day, O Lord,*

and re-count— your won-der-ful works.

II

OT184

(8) The eyes — of all look to you, O Lord,
and you give them their food in due sea - son.

PT033

*The LORD is faithful in all his words, **
and hólý in áll his **déeds.**

- 14 The LÓRD suppórts all who **fáll,** *
and ráises up áll who are bowed **dówn.**
- 15 The éyes of áll look to **yóu,** *
and you gíve them their fóod in due **séason.**
- 16 You ópen your hánd and **sátisfy** *
the desíre of every líving **thíng.**
- 17 The LORD is júst in áll his **wáys,** *
and hólý in áll his **déeds.**
- 18 The LORD is clóse to áll who **cáll** him, *
who cáll on hím in **trúth.**
- 19 He fulfills the desíres of those who **féar** him; *
he héars their crý and he **sáves** them.
- 20 The LORD keeps wáтч over áll who **lóve** him; *
the wícked he will útterly **destróy.**
- 21 Let my móuth speak the práise of the LÓRD; +
let all flésh bless his hólý **náme** *
foréver, for áges **unénding.**

Glory...

V. *Restóre in me the jóy of your salvátion, O Gód;*
 R. *Sustáin in me a willing spírit.*

READING

RESPONSORY

(10) As_____ for me, I said,_____ *

"Lord,_____ have mer - cy on me."

O heal my soul, for I have sinned against you. "Lord, have..."
Glory... As for me...

CANTICLE OF MARY [Luke 1:46-55]

"Blessed are you who trusted that what was spoken to you by the Lord would be fulfilled." (Luke 1:45) And Mary said:

The **antiphon** for the Canticle of Mary is proper for each weekday of Lent. Refer to the number board to locate the specific page.

- 4 *My soul procláims the gréatness of the **Lórd**,
 and my spírit exúlts in God my **Sávi**or,
 For he has lóoked upon his hándmaid in her **lów**liness;
 henceforth all áges will cáll me **bléssed**.*
- 4 *For the Almíghty has done gréat things for **mé**.
 And hóly is his **náme**.
 His loving mércy is from áge to áge
 for thóse who **féar** him. ~*

- 6 He has made known the strength of his **árm**,
and has scátted the pród of **héart**.
He has put dówn the míghty from their **thrónes**
and has exálted thóse who are **lówly**.
He has fílled the húngry with **góod** things,
and has sént the rích away **émpy**.
- 4 He has álways helped Ísrael his **sérvant**,
míndful of his lóving **mércy**,
Éven as he prómised our **fáthers**,
to Ábraham and hís descéndants foréver.

Glory...

INTERCESSIONS

*In faith and devotion we call upon our **God**.*

*Renew our hearts in prayer **of the Spirit**:*

Lord, have mercy.

*Let us find in our sorrows the way **to your glory**:*

Christ, have mercy.

May your angels conduct the departed to Paradise:

Lord, have mercy.

*May the divine assistance remain **always** with us:*

And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING

Friday II at Lauds

HYMN

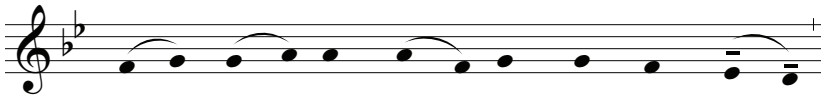
L060



- (2) 1. The dark - ness flees, and dew - kissed earth
 2. You fill with light this sa - cred time,
 3. The hid - den wound whence flow our sins,
 4. The Day draws near when all re - blooms -
 5. To God, the lov - ing Trin - i - ty,



1. Sings wel - come to the wak - ing day;
 2. Give tears as well to pur - i - fy;
 3. Wash clean by bath - ing in the tide;
 4. Your Day, O Christ, life - giv - ing Lord!
 5. Let earth and sky a - dor - ing bend;



1. Hope holds to Christ the mir - ror high
 2. Give flames of love to purge our hearts;
 3. Re - move the things that, of our - selves,
 4. We too will joy, by your right hand
 5. And ev - er - more from hearts re - newed



1. To catch the Day - spring's heal - ing ray!
 2. In us your mer - cy mag - ni - fy.
 3. We can - not reach, or put a - side.
 4. From death's dark tomb to joy re - stored.
 5. Let songs fresh sprung of praise as - cend.



A - men.

PSALM 51 (50)

A Pure Heart Create for Me

Your inmost being must be renewed, and you must put on the new self. Eph 4:23-24

OT188

(4) Cre - ate a clean__ heart in me, O God; re -

new in me a stead - fast spir - it.

PT012

- 3 Have *m*ercy on *m*é, O *G*ód, *
 accórding to your mérciful *l*óve;
 Accórding to your gréat *c*ompásson, *
 blót out *m*y transgréssions.
- 4 Wásh me complétely from my *i*níquity, *
 and cléanse me fróm my *s*ín.
- 5 My transgréssions, trúly I *k*nów them; *
 my *s*ín is álways befóre me.
- 6 Against *y*óu, you alóne, have I *s*inned; *
 what is évil in your síght I have *d*óne.
 So *y*óu are júst in your *s*éntence, *
 withóut repróach in your *j*údgment.
- 7 O *s*ée, in *g*uít I was *b*órn, *
 a *s*inner when my *m*óther concéived me.
- 8 Yes, you delíght in sincéurity of *h*éart; *
 in *s*écret you téach me *w*ísdom.
- 9 Cleanse me with *h*yssop, and *Í* shall be *p*úre; *
 wash me, and *Í* shall be whítter than *s*nów.

- 10 Let me héar rejóicing and **gládn**ess, *
that the bónes you have crúshed may **exúlt**.
- 11 Túrn away your fáce from my **síns**, *
and blót out áll my **guílt**.
- 12 Créate a pure héart for me, O **Gód**; *
renew a stéadfast spírit withín me.
- 13 Do not cást me awáy from your **présence**; *
take not your hóly spírit from **mé**.
- 14 Restóre in me the jóy of your salvátion; *
sustáin in me a wílling **spírit**.
- 15 I will téach transgréssors your **wáys**, *
that sínners may retúrn to **yóu**.
- 16 Réscue me from blóodshed, O **Gód**, +
Gód of mý salvátion, *
and then my tóngue shall ring óut your **jústice**.
- 17 O Lórd, ópen my **líps** *
and my móuth shall procláim your **práise**.
- 18 For in sácrifice you táke no **delíght**; *
burnt óffering from mé would not **pléase** you.
- 19 My sácrifice to Gód, a broken spírit: +
a bróken and húmbled **héart**, *
O Gód, you wíll not **spúrn**.
- 20 In your good pléasure, show fávor to **Síon**; *
rebuíld the wálls of Jerúsalem.
- 21 Thén you will delíght in right sácrifice, +
burnt ófferings whólly **consúmed**. *
Thén you will be óffered young búlls on your **áltar**.

Glory...

PSALM 108 (107)
O Come and Deliver Your Friends

In all these things we conquer overwhelmingly through him who has loved us. Rom 8:37

OT189



(8) *My heart is read-y, O God, my heart is read - y.*

PT029



- 2 [My héart is réady, O Gód; *
my héart is réady.]
*I will síng, I will síng your **práise**. **
*Awáke, my **sóul**;*
- 3 *Awáke, O lýre and **hárp**. **
*I will awáke the **dáwn**.*
- 4 *I will práise you, LÓRD, among the **péoples**; **
*I will síng psálms to yóu among the **nátions**,*
- 5 *For your mércy réaches to the **héavens**, **
*and your trúth to the **skíes**.*
- 6 *O Gód, be exálted above the **héavens**; **
*may your glóry shine on áll the **éarth**!*
- 7 *With your right hánd, grant salvátion and give **áns**wer; **
*O cóme and delíver your **fríends**.*
- 8 *From his hóly place Gód has made this prómise: +*
*“I will exúlt, and dívíde the land of **Shéchem**; **
*I will méasure out the válley of **Súcco**th.*
- 9 *Gílead is míne, as is Manásseh; +*
*Éphraim I táke for my **hél**met, **
*Júdah ís my **scé**pter.*
-

- 10 Móab ís my wáshbowl; +
 on Édom I will tóss my **shóe**. *
 Over Philístia I will shóut in **tríumph**."
- 11 But who will léad me to the fórtified **cít**y? *
 Whó will bríng me to Édom?
- 12 Have you not cást us óff, O **Gód**? *
 Will you márch with our ármies no **lón**ger?
- 13 Give us réscue agáinst the **fóe**, *
 for húman áid is **váin**.
- 14 With Gód, wé shall do **brá**vely, *
 and he will trámples dówn our **fóes**.

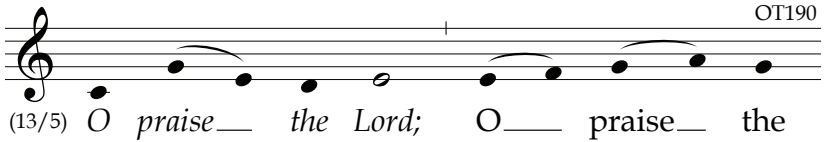
Glory..

PSALM 147B (146):12-20


The Gates of Jerusalem Fortified

Come, I will show you the bride of the Lamb. Rv 21:9

OT190




(13/5) O praise__ the Lord; O__ praise__ the



Lord,__ Je - ru - sa - lem!

PT016



- 12 O Jerúsalem, glórfy the **LÓRD**! *
 O Síon, práise your **Gód**!
- 13 He has stréngthened the bárs of your **gátes**; *
 he has bléssed your children withín you. ~



- 14 He est**ab**lished péace on your **b**órders; *
 he gíves you your fíll of finest **w**héat.
- 15 He sénds out his wórd to the **é**arth, *
 and swíftly rúns his comm**á**nd.
- 16 He shówers down snów like **w**óol; *
 he scátters hóarfrost like **á**shes.
- 17 He húrls down háilstones like **cr**úmb**s**; *
 befóre such cóld, who can **st**ánd?
- 18 He sénds forth his wórd and it **m**élt**s** them; *
 at the blówing of his bréath the waters **fl**ów.
- 19 He revéals his wórd to **J**á**c**ob; *
 to Ísrael, his decrées and **j**ú**d**g**m**ents.
- 20 He has nó**t** dealt thús with other **n**átions; *
 he há**s** not táught them his **j**ú**d**g**m**ents.

Glory..

V. *Do not híde your fáce from your sérvant;*
 R. *Come clóse to my sóul and redéem me.*

READING

RESPONSORY



(4) God him-self will set me free___ * from the



snare of the fowl - er.

He will deliver me from lying words, from the snare...

Glory... God himself...

CANTICLE OF ZACHARY [Luke 1: 68-79]

*Then John's father Zechariah was filled with the Holy Spirit and prophesied.
(Luke 1:67)*

*The **antiphon** for the Canticle of Zachary is proper for each weekday of Lent. Refer to the number board to locate the specific page.*

- 6 *Blést be the Lórd God of Ísrael:
for he has vísited his péople and redéemed them.
He has raised úp for us a hórñ of salvátion
in the Hóuse of Dávid his sérvant,
As he spóke through the móuth of his hólý ones,
his próphets from áges **pást**:*
- 4 *A sáviór who would frée us from our **fóes**,
and from the hánds of áll who **háte** us,
To shów loving mércy to our **fáthers**
míndful of his hólý **cóvenant**.*
- 4 *This was the óath he swore to Ábraham our **fáther**,
to grant that fréed from the hánds of our **fóes**,
We might sérve him in hóliness and **ríghteousness**,
all the dáys of our life without **féar**.*
- 6 *And yóu, little chíld, will be **cáled**
próphet of Gód Most **Hígh**,
For yóu will gó before the **Lórd**
to make réady his wáys **befóre** him,
To grant a knówledge of salvátion to his **péople**
through the forgíveness of áll their **síns**.*
- 5 *By the lóving mércy of our **Gód**,
the Dáwn from on hígh will **vísit** us,
To shíne on those who sít in **dárkness**,
and thóse in the shádw of **déath**,
to guide our féet into the wáy of **péace**.*

Glory...

INTERCESSIONS

We present our prayers to our Great High Priest.

Cleanse us of sin and renew us in zeal:

Lord, have mercy.

Drive from the world the forces of evil:

Christ, have mercy.

Inspire the young to serve you as monks:

Lord, have mercy.

May the divine assistance remain always with us:

And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING



Friday II at Daytime Prayer

HYMN

L023

(10) 1. O *Christ, Cre - a - tor, we con - fess*
 2. For - give the _____ e - vil we have done,
 3. O hear us, _____ bless - ed Trin - i - ty,

1. That from your hands at first we came.
 2. In - crease the bless - ings we im - plore.
 3. Our ho - ly God, to whom we cry:

1. May e - vil spir - its ne'er con - trol
 2. So may we please you here on earth
 3. May we, ab - stain - ing now on earth,

1. The Church that _____ glo - ries in your name.
 2. And in the _____ heav - ens ev - er - more.
 3. En - joy im - mor - tal gifts on high.

A - men. _____

ANT: *As I líve, says the Lórd, / I do not wísh the sinner to díe, / but to túrn to me and líve.*

PSALM 119 (118):129-136

Pe

Live as children of light. Eph 5:8

- 129 *Your decreés are wónderful indéed; **
therefore my sóul obéys them.
- 130 The unfólding of your wórd gives líght, *
and understánding to the símples.
- 131 I have ópened my móuth and I sígh, *
for I yéarn for your commánds.
- 132 Túrn and have mércy on mé, *
as is your rúle for those who lóve your náme.
- 133 Let my stéps be guíded by your prómise; *
may évil never rúle me.
- 134 Redéem me from mán's oppréssion, *
and I will kéept your précepts.
- 135 Let your fáce shine fórtth on your sérvant, *
and téach me your decreés.
- 136 My éyes shed stráams of téars, *
because of thóse who have not képt your lów.

PSALM 119 (118):137-144

Tsade

You must help us with your prayers, so that on our behalf God may be thanked for the gift granted us through the prayers of so many. 2 Cor 1:11

- 137 *Yóu are júst, O LÓRD; **
your júdgments are úpright.
- 138 You have impósed your decreés with jústice, *
and with útter fidélity.
- 139 Í am consúmed with zéal, *
for my fóes forget your wórd.

- 140 Your promise has been thoroughly tested, *
and it is cherished by your servant.
- 141 Although I am young and despised, *
I do not forget your precepts.
- 142 Your justice is justice forever, *
and your law is truth.
- 143 Though anguish and distress have found me, *
your commands are my delight.
- 144 Your decrees are forever just; *
give me insight, and I shall live.

PSALM 119 (118):145-152**Koph**

Of this wisdom it is written: "No eye has seen, nor ear heard, nor the human heart conceived what God has prepared for those who love him." 1 Cor 2:9

- 145 I call with all my heart; LORD, answer me. *
I will observe your statutes.
- 146 I call upon you; save me, *
and I will keep your decrees.
- 147 I rise before dawn and cry for help; *
I have hoped in your word.
- 148 My eyes awaken before dawn, *
to ponder your promise.
- 149 In your mercy, hear my voice, O LORD; *
give me life by your decrees.
- 150 Those who pursue me with malice draw near; *
they are far from your law.
- 151 But you, O LORD, are close; *
all your commands are truth.
- 152 From of old I have known that your decrees *
are established forever.

Glory...

ANT: As I live, says the Lord, / I do not wish the sinner to die, / but to turn to me and live.

BRIEF READING

V. *My transgressions, truly I know them;*
R. *My sin is always before me.*

Let us pray.

ORATION

Let us bless the Lord.
Thanks be to God.

*May the souls of the faithful departed,
through the mercy of God, rest in peace.*
Amen.

May the divine assistance remain always with us.
And with our absent brethren. Amen.

Friday II at Vespers

HYMN

L076



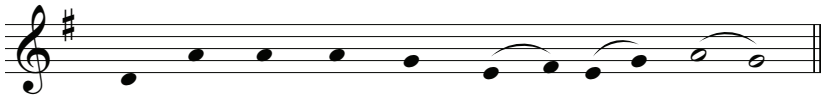
- (14) 1. To heal our weak and wound - ed lives,
 2. Be pres - ent to your peo - ple now,
 3. With lov - ing mer - cy heal our past:
 4. Good works will mend the wounds with - in,
 5. O tri - une God, O lov - ing Lord,



1. The sin - less one him - self de - prives.
 2. Be pres - ent as in prayer we bow:
 3. From fu - ture fail - ings hold us fast.
 4. And tears will wash a - way our sin.
 5. By all cre - a - tion be a - dored.



1. O Je - sus, from the year you raise
 2. With con - trite hearts we hum - bly plead
 3. Thus, firm - ly held by love's em - brace,
 4. The sting of death, O Lord, de - stroy,
 5. Our life, made new, re - freshed and strong,



1. A ho - ly fast of for - ty days.
 2. For - give - ness of each sin - ful deed.
 3. May we re - ceive your might - y grace.
 4. Pre - par - ing us for pas - chal joy.
 5. Will find new voice in youth - ful song.



A - men.

PSALM 115 (113B)
To Your Name Give the Glory

*You have turned to God from idols,
to serve him who is the living and true God. 1 Thes 1:9*

OT194

(4) Our God is in the heavens: he does what-
ev - er he wills.

PT0011

- 1 Not to ús, O LÓRD, not to ús, +
but to your náme give the glóry, *
for your mérciful lóve and fidélity.
- 2 Why should the nátions sáy: *
“Whére is their Gód?”
- 3 But our Gód is ín the héavens; *
he dóes whatever he wílls.
- 4 Their ídols are sílver and góld, *
the wórks of húman hánds.
- 5 They have móuths but they cánnót spéak; *
they have éyes but they cánnót sée.
- 6 They have éars but they cánnót héar; *
they have nóstrils but they cánnót sméll.
- 7 They have hánds but they cánnót féel; +
they have féet but they cánnót wálk. *
They máke no sóund from their thróats.

- ⁸ Their mákers will cóme to be **líke** them, *
as will áll who trúst in **thém**.
- ⁹ House of Ísrael, trúst in the **LÓRD**; *
hé is their hélp and their **shíeld**.
- ¹⁰ House of Áaron, trúst in the **LÓRD**; *
hé is their hélp and their **shíeld**.
- ¹¹ Those who féar the **LORD**, trúst in the **LÓRD**; *
hé is their hélp and their **shíeld**.
- ¹² The **LORD** remémbers us, and hé will bléss us; +
he will bléss the hóuse of **Ísrael**. *
He will bléss the hóuse of **Áaron**.
- ¹³ He will bléss those who féar the **LÓRD**, *
the líttle no léss than the **gréat**.
- ¹⁴ To yóu may the **LÓRD** grant **íncrease**, *
to yóu and áll your **chíldren**.
- ¹⁵ Máy you be blést by the **LÓRD**, *
the máker of héaven and **éarth**.
- ¹⁶ The héavens, the héavens belóng to the **LÓRD**, *
but to the chíldren of mén, he has gíven the **éarth**.
- ¹⁷ The déad shall not práise the **LÓRD**, *
nor thóse who go dówn into the **sí**lence.
- ¹⁸ But wé who líve bless the **LÓRD** *
both nów and foréver**móre**.

Glory...



PSALM 116A (114:1-9)
Freed from Sheol

In the days when he was in the flesh, Christ offered prayers and supplications with loud cries and tears to the one who was able to save him from death, and he was heard because of his reverence. Heb 5:7

OT195

(8) O Lord, my God, free my soul from
 death, and my feet from stum - bling.

PT030

- 1 I love the LÓRD, for he has **héard** *
 my vóice, my **appéal**;
- 2 For he has túrned his éar to **mé** *
 whenéver I **cáll**.
- 3 They surróunded me, the snáres of déath; +
 the ánguish of the gráve has **fóund** me; *
 ánguish and sórrow I **fóund**.
- 4 I cálléd on the náme of the LÓRD: *
 "Delíver my sóul, O LÓRD!"
- 5 How grácious is the LÓRD, and **júst**; *
 our Gód has **compásson**.
- 6 The LÓRD protécts the **símple**; *
 I was brought lów, and he **sáved** me.
- 7 Turn báck, my sóul, to your **rést**, *
 for the LÓRD has been góod to **yóu**;

- 8 He has képt my sóul from **déath**, *
 my eyes from téars, and my féet from **stúmbling**.
 9 I will wálk in the présence of the **LÓRD** *
 in the lánd of the líving.

Glory...

PSALM 139 (138)

With All My Ways You Are Familiar

Who has known the mind of the Lord? Or who has been his counselor? Rom 11:34

OT196

(10/2) O Lord, _____ your knowl-edge is too won-der-
 ful for me.

PT006

I

- 1 O LÓRD, you séarch me and you knów me. +
 2 You yoursélf know my résting and my rísing; *
 you discern my thóughts from afár.
 3 You márk when I wálk or lie **dówn**; *
 you knów all my wáys through and **thróugh**.
 4 Before éver a wórd is on my **tóngue**, *
 you knów it, O LÓRD, through and **thróugh**.
 5 Behínd and befóre, you **besíe**ge me, *
 your hánd ever láid upón me.
 6 Too wónderful for mé, this **knó**wledge; *
 too hígh, beyónd my **réach**. ~



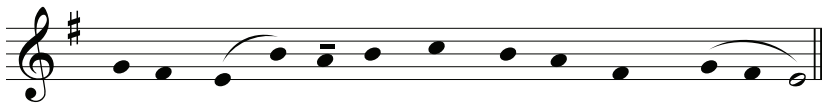
- 7 O whére can I gó from your **spírit**, *
 or whére can I flée from your **face**?
 8 If I clímb the héavens, you are **thére**. *
 If I líe in the gráve, you are **thére**.
 9 If I táke the wíngs of the **dáwn** *
 or dwéll at the séa's furthest **énd**,
 10 Even thére your hánd would **léad** me; *
 your ríght hand would **hóld** me **fást**.
 11 If I sáy, "Let the dárkness **híde** me *
 and the líght aróund me be **níght**,"
 12 Even dárkness is not dárk to yóu, +
 the níght shall be as bríght as **dáy**, *
 and dárkness the sáme as the **líght**.

Glory...

II



(10/2) *I the LORD test_ the mind and search_ the heart,*



to re-ward_ all ac-cord-ing to their ways.---



- 13 *For it was yóu who fórmed my inmost **béing**, **
 knit me togéther in my móther's **wómb**.

- 14 I thánk you who wónderfully máde me; +
 how wónderful áre your **wórks**, *
 which my sóul knows **wéll!**
- 15 My fráme was not hídden from yóu, +
 when Í was being fáshioned in **sécret** *
 and mólded in the dépths of the **éarth.**
- 16 Your éyes saw me yét unfórmed; +
 and all dáys are recórded in your **bóok**, *
 fórméd before óne of them cáme into **béing.**
- 17 To me how précious your thóughts, O Gód; *
 how gréat is the **súm** (of them)!
- 18 If I cóunt them, they are móre than the **sánd**; *
 at the énd I am stíll at your **síde.**
- 19 O Gód, that you would sláy the **wícked**, *
 that men of blóod would depárt from **mé!**
- 20 With decéit they rebél **agáinst** you, *
 and sét your desígns at **naught.**
- 21 Do Í not hate thóse who hate **yóu**, *
 abhor thóse who ríse agáinst **yóu?**
- 22 I háte them with a pérfect **háte**, *
 and théy are fóes to **mé.**
- 23 O séarch me, Gód, and know my **héart**. *
 O tést me, and knów my **thóughts.**
- 24 Sée that my páth is not **wícked**, *
 and léad me in the wáy everlásting.

Glory...

V. *Restóre in me the jóy of your salvátion, O Gód;*

R. *Sustáin in me a wílling spírit.*

READING

RESPONSORY

(10) As for me, I said, *
 "Lord, have mercy on me."

O heal my soul, for I have sinned against you. "Lord, have..."
Glory... As for me...

CANTICLE OF MARY [Luke 1:46-55]

"Blessed are you who trusted that what was spoken to you by the Lord would be fulfilled." (Luke 1:45) And Mary said:

The **antiphon** for the Canticle of Mary is proper for each weekday of Lent. Refer to the number board to locate the specific page.

- 4 My soul procláims the gréatness of the **Lórd**,
 and my spírit exúlts in God my **Sáviour**,
 For he has lóoked upon his hándmaid in her **lówliness**;
 henceforth all áges will cáll me **bléssed**.
- 4 For the Almíghty has done gréat things for **mé**.
 And hóly ís his **náme**.
 His loving mércy is from áge to **áge**
 for thóse who **féar** him.
- 6 He has made knówn the stréngth of his **árm**,
 and has scáttered the próud of **héart**.
 He has put dówn the míghty from their **thrónes**
 and has exálted thóse who are **lówly**.
 He has fílléd the húngry with **góod** things,
 and has sént the rích away **émpty**.

- 4 He has always helped Ísrael his **sérvant**,
 míndful of his lóving **mércy**,
Éven as he prómised our **fáthers**,
 to Ábraham and hís descéndants **foréver**.
Glory...

INTERCESSIONS

*Let us beg our God to accept our Lenten **sacrifice**.*

*Forgíve us, Lord, for our **failures** of charity:*

Lord, have mercy.

*Grant healing and strength to the sick **and** the sorrowful:*

Christ, have mercy.

*Call the departed to **mansions** of glory:*

Lord, have mercy.

*May the divine assistance remain **always** with us:*

And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING

Saturday II at Lauds

HYMN

L060



- (2) 1. The dark - ness flees, and dew - kissed earth
 2. You fill with light this sa - cred time,
 3. The hid - den wound whence flow our sins,
 4. The Day draws near when all re - blooms -
 5. To God, the lov - ing Trin - i - ty,



1. Sings wel - come to the wak - ing day;
 2. Give tears as well to pur - i - fy;
 3. Wash clean by bath - ing in the tide;
 4. Your Day, O Christ, life - giv - ing Lord!
 5. Let earth and sky a - dor - ing bend;



1. Hope holds to Christ the mir - ror high -
 2. Give flames of love to purge our hearts;
 3. Re - move the things that, of our - selves,
 4. We too will joy, by your right hand
 5. And ev - er - more from hearts re - newed -



1. To catch the Day - spring's heal - ing ray!
 2. In us your mer - cy mag - ni - fy.
 3. We can - not reach, or put a - side.
 4. From death's dark tomb to joy re - stored.
 5. Let songs fresh sprung of praise as - cend.



A - men.

PSALM 92 (91)

The Just Will Flourish

My Father has been glorified in your bearing much fruit. Jn 15:8

OT201

(13/5) O Lord, — how great — are your works, — how
deep — are your de-signs. —

PT018

- 2 It is *góod* to give *thánks* to the **LÓRD**, *
to make *músic* to your *náme*, O Most **HÍgh**,
- 3 To *procláim* your loving *mércy* in the **mórníng**, *
and your *trúth* in the *wátches* of the **níght**,
- 4 On the *tén-stringed lýre* and the **lúte**, *
with the *sóund* of *sóng* on the **hárp**.
- 5 You have *gláddened* me, O **LÓRD**, by your **déeds**; *
for the *wórk* of your *hánds* I shout with **jóy**.
- 6 O **LÓRD**, how *gréat* are your **wórk!** *
How *déep* are yóur **desígns!**
- 7 The *sénseless cánnót knów* this, *
and the *fóol cannót understánd*.
- 8 Though the *wícked spring úp* like **gráss**, *
and *áll who do évil thrive*,
- They are *dóomed to be etérnally destróyed*. *
- 9 But you, O **LÓRD**, are *etérnally on hígh*. ~



- 10 Sée, your énemies, O LÓRD, +
 sée, your énemies will **pérish**; *
 áll who do évil will be **scáttered**.
- 11 To mé you give the wíld ox's **stréngth**; *
 you have poured óut on me púrest **óil**.
- 12 My éyes looked in tríumph on my **fóes**; *
 my éars heard gládly of their **fáll**.
- 13 The júst will flóurish like the **pálm** tree, *
 and grów like a Lébanon **cédar**.
- 14 Plánted in the hóuse of the LÓRD, *
 they will flóurish in the cóurts of our **Gód**,
- 15 Stíll bearing frúit when they are **óld**, *
 stíll full of sáp, still **gréen**,
- 16 To procláim that the LÓRD is **úpright**. *
 In hím, my rók, there is no **wróng**.

Glory...

PSALM 135 (134)
Signs and Wonders

*He has won us for himself, so that you may proclaim the praises of him
 who called you out of darkness into his wonderful light. 1 Pt 2:9*

(2*) The LORD is great; our God is
 high a - bove all gods.



- 13 LÓRD, your náme stands foréver, *
 your renówn, LORD, from áge to áge.
 14 For the LÓRD does jústice for his **péople** *
 and takes píty on his sérvants.

Glory...

II



(10/2) *House* of Is - ra - el, bless the Lord; sing a



psalm to his name for he is lov - ing.



- 15 *Pagan ídols are sílver and góld,* *
 the wórk of húman **hánds**.
 16 They have móuths but they dó not **spéak**; *
 they have éyes but they dó not **sée**.
 17 They have éars but they dó not **héar**; *
 there is néver a bréath on their **líps**.
 18 Their mákers will cóme to be like **thém**, *
 and só will áll who **trúst** in them!
 19 House of Ísrael, bléss the LÓRD! *
 House of Áaron, bléss the LÓRD!
 20 House of Lévi, bléss the LÓRD! *
 You who féar the LORD, bléss the LÓRD!

21 From Sión may the LÓRD be **blést**, *
 hé who dwélls in Jerúsalem!

Glory...

V. *Do not híde your fáce from your sérvant;*
 R. *Come clóse to my sóul and redéem me.*

READING

RESPONSORY

L028

(4) God him-self will set me free ___ * from the
 snare of the fowl - er.

He will deliver me from lying words, from the snare...
Glory... God himself...



CANTICLE OF ZACHARY [Luke 1: 68-79]

*Then John's father Zechariah was filled with the Holy Spirit and prophesied.
(Luke 1:67)*

The antiphon for the Canticle of Zachary is proper for each weekday of Lent. Refer to the number board to locate the specific page.

- 6 *Blést be the Lórd God of Ísrael:
for he has vísited his péople and redéemed them.
He has raised úp for us a hórnn of salvátion
in the Hóuse of Dávid his sérvant,
As he spóke through the móuth of his hólý ones,
his próphets from áges pást:*
- 4 *A sáviór who would frée us from our fóes,
and from the hánds of áll who háte us,
To shów loving mércy to our fáthers
míndful of his hólý cóvenant.*
- 4 *This was the óath he swore to Ábraham our fáther,
to grant that fréed from the hánds of our fóes,
We might sérve him in hóliness and ríghteousness,
all the dáys of our life without féar.*
- 6 *And yóu, little chíld, will be cálléd
próphet of Gód Most Hígh,
For yóu will gó before the Lórd
to make réady his wáys befóre him,
To grant a knówledge of salvátion to his péople
through the forgíveness of áll their síns.*
- 5 *By the lóving mércy of our Gód,
the Dáwn from on hígh will vísit us,
To shíne on those who sít in dárkness,
and thóse in the shádw of déath,
to guide our féet into the wáy of péáce.*

Glory...

INTERCESSIONS

We invoke the Word of God, made flesh for our salvation.

Free us from darkness and hardness of heart:

Lord, have mercy.

Enlighten the world by the light of your glory:

Christ, have mercy.

Bring new vocations to this house of your service:

Lord, have mercy.

*May the divine assistance remain **always** with us:*

And with our absent brethren.

OUR FATHER

ORATION

Let us bless the Lord.

Thanks be to God.

BLESSING



Saturday II at Daytime Prayer

HYMN

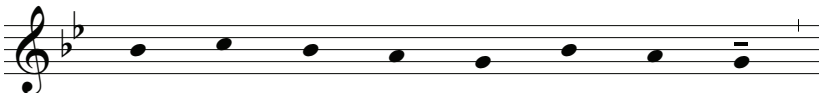
L023



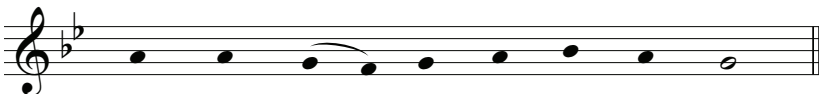
- (10) 1. O *Christ*, Cre - a - tor, we con - fess
2. For - give the ___ e - vil we have done,
3. O hear us, ___ bless - ed Trin - i - ty,



1. That from your hands at first we came.
2. In - crease the bless - ings we im - plore.
3. Our ho - ly God, to whom we cry:



1. May e - vil spir - its ne'er con - trol
2. So may we please you here on earth
3. May we, ab - stain - ing now on earth,



1. The Church that ___ glo - ries in your name.
2. And in the ___ heav - ens ev - er - more.
3. En - joy im - mor - tal gifts on high.



A - men. ___

ANT: *Ármed with God's jústice and pówer, / let us próve
oursélves through pátient endúrance.*

PSALM 119 (118):153-160

Resh

*God's folly is wiser than humans' wisdom and
his weakness more powerful than humans' strength. 1 Cor 1:25*

- 153 *Sée my afflíction and delíver me, **
for I do nót forget your lów.
- 154 Uphóld my cáuse and defénd me; *
by your prómise, give me lífe.
- 155 Salvátion is fár from the wícked, *
who are héedless of your státutes.
- 156 Númerless, LÓRD, are your mércies; *
in your jústice, give me lífe.
- 157 Though my fóes and opprésors are cóuntless, *
I have not swérvéd from your DECREES.
- 158 I lóok at the fáithless with disgúst; *
they have not képt your wórd.
- 159 See how I lóve your précepts, O LÓRD! *
In your mércy, give me lífe.
- 160 Trúth is the súm of your wórd; *
all your júdgments are étérnal.

PSALM 119 (118):161-168

Shin

*Persevere in God's love, and welcome the mercy of our Lord Jesus Christ
that leads to eternal life. Jude 1:21*

- 161 *Though prínces opprés me without cáuse, **
my heart revéres your wórd.
- 162 *Í rejóice at your prómise, **
like one who fínds a great tréasure. ~

- 163 Fálsehood I háte and detést, *
but I lóve your lów.
- 164 Séven times a dáy I práise you *
for your júst decreés.
- 165 The lovers of your lów have great péace; *
no stúmbling block for thém.
- 166 I awáit your salvátion, O LÓRD; *
I fulfill your commánds.
- 167 My sóul obéys your decreés, *
and lóves them déarly.
- 168 I obéy your précepts and decreés; *
all my wáys are befóre you.

PSALM 119 (118):169-176

Tau

You need patience to do God's will and receive what he has promised. Heb 10:36

- 169 *Let my crý come befóre you, O LÓRD; *
give me ínsight by your wórd.*
- 170 *Let my pléading cóme befóre you; *
rescue me accórding to your prómise.*
- 171 *My líps shall procláim your práise, *
because you téach me your státutes.*
- 172 *My tóngue will síng of your prómise, *
for your commánds are júst.*
- 173 *Let your hánd be réady to hélp me, *
for I have chósen your précepts.*
- 174 *I have lónged for your salvátion, O LÓRD, *
and your lów is my delíght.*
- 175 *My sóul shall líve and práise you. *
Your júdgments give me hélp.*
-

¹⁷⁶ I have strayed like a sheep; seek your servant *
for I do not forget your commands.

Glory...

ANT: Armed with God's justice and power, / let us
prove ourselves through patient endurance.

BRIEF READING

V. *I will teach transgressors your ways,*
R. That sinners may return to you.

Let us pray.

ORATION

Let us bless the Lord.
Thanks be to God.

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

May the divine assistance remain always with us.
And with our absent brethren. Amen.



LUST AS from the heavens the rain and snow come down And do not return there till they have watered the earth, making it fertile and fruitful, Giving seed to the one who sows and bread to the one who eats, So shall my word be that goes forth from my mouth; It shall not return to me empty, but shall do what pleases me, achieving the end for which I sent it.

Isaiah 55:10-11

Propers of the Season



New Testament Canticle Antiphons for Lent

Ash Wednesday

L087

(2*) *When you fast, a-noint your head and wash your face, so that you may not appear to be fast-ing, ex-cept to your Fa-ther who is hid-den.*

PS043

Thursday following Ash Wednesday

L092

(1) *If you wish to be my dis-ci-ple, you must de-ny your-self, take up your cross, and fol-low me says the Lord.*

PS042

Friday following Ash Wednesday

L096

(10) *When the bride - groom is tak - en a-way from*
them, then will be the time for the wed - ding
guests to fast.

PS045

Saturday following Ash Wednesday

L099

(13/5) *Store up__ for your-selves treas - ures in heav -*
en where neith-er rust__ nor moth__ can de-destroy.

PS046

The First Sunday of Lent, Years A, B, C

L126

(1*) *Not on bread a-lone do we live, but on eve-ry*
word_ that comes_ from the mouth_ of God.

omit for 5-line PS034
omit for 4-line



Monday of the First Week of Lent

L029

(7) *What-ev - er you do for the least of my*
broth-ers and sis-ters you do_ for me.

PS048

Tuesday of the First Week of Lent

L033

(8) *Lord, _____ teach us to pray as John _____*
 taught his dis - ci - ples.

PS049

Wednesday of the First Week of Lent

L036

(4) *This e-vil and faith-less gen-er-a-tion asks__for a*
sign. But no sign will be giv-en it ex-cept the
sign of the proph - et Jo - nah.

PS045

Thursday of the First Week of Lent

L039

(14/6) *Ask, and you shall re - ceive; seek, and you shall find; knock, and the door— shall be o - pened to you.*

PS047

Friday of the First Week of Lent

L042

(8) *Leave your gift— at the al - tar, go— first and be rec-on-ciled with your neigh - bor; then come and of - fer your gift.*

PS049

Saturday of the First Week of Lent

L045

(3) *I say to you: Love your en-e-mies, and*
pray for those who per-se-cute you.

PS044

The Second Sunday of Lent, Years A, B, C

S2147

(8) *From the shin - ing cloud the Fa - ther's*
voice was heard: This is my Son, the
cho-sen one. Lis - ten to him.

PS041

omit for 5-line | 4-line | 5, 6 line

Monday of the Second Week of Lent

L073

(1*) *Be com-pas-sion-ate and for-giv-ing as your*
 Fa-ther is, says the Lord.

PS042

Tuesday of the Second Week of Lent

L081

(7) *You have one teach-er, and he is in*
 heav-en: Christ the Lord.

PS048

Wednesday of the Second Week of Lent

L088

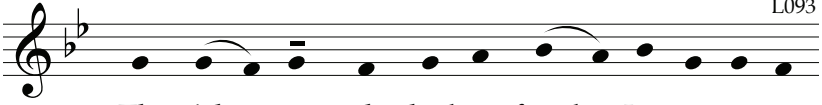
(2*) *The Son of Man did not come to be served*
but to serve, and to give his life
 as a ran-som for the man-y.

PS043



Thursday of the Second Week of Lent

L093



(4) *The rich— man who had re-fused— Laz-a-rus a*



crust of bread, plead-ed for a drop of wa-ter.

PS045



Friday of the Second Week of Lent

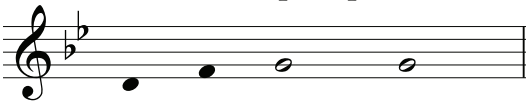
L097



(10) *They would have ar-rest - ed Je - sus but they*



feared the peo-ple who re - gard - ed him



as a proph - et.

PS045



The Third Sunday of Lent, Year A

L127

(1) *Who-ev - er drinks the wa-ter that I_ shall give will*
nev-er be thirst-y a-gain, says_ the Lord.____

omit for 5-line PS034
omit for 4-line

The Third Sunday of Lent, Year B

L128

(13/5) *De-stroy this tem-ple, says_ the Lord, and in*
three_ days I will re-build____ it. He was
speak - ing of the tem-ple of his bod - y.

omit for 4-line PS038
omit for 5-line

The Third Sunday of Lent, Year C

L129

(4 alt) Leave this tree for an-oth-er year. I shall cul-ti-
vate and nour-ish it, and it may yet bear _fruit.

omit for 4-line
omit for 5-line

PS037

Monday of the Third Week of Lent

L030

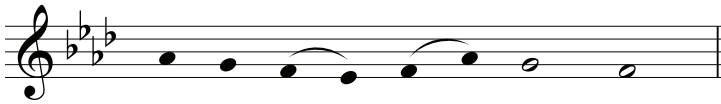
(1) A - men, I say to you, no proph-et is ac-
cept - ed in his own na - tive place. ____

PS042

Tuesday of the Third Week of Lent

L034

(10/2) The Lord__ said to Pe - ter: I do not ask you
to for-give on - ly sev - en times, but ____



sev - en - ty — times — sev - en.

PS043



Wednesday of the Third Week of Lent

L037



(8) A - men, — I — say — to you, I have come



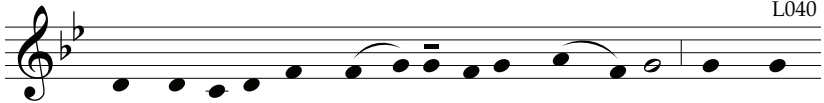
not — to a - bol - ish but to ful - fill — the law.

PS049



Thursday of the Third Week of Lent

L040



(4 alt) Who - ev - er is not with — me is a - gainst — me, and who -



ev - er does — not — gath - er with me — scat - ters.

PS045



Friday of the Third Week of Lent

L043

(7) *It is far more im-por - tant to love your neigh-bor as your-self than to of - fer sac-ri-fice.*

PS048

Saturday of the Third Week of Lent

L046

(14/6) *Eve - ry-one who ex-alt - - - him-self will be hum - bled, and the one who hum - bles him-self will be ex-alt - - - ed.*

PS047

The Fourth Sunday of Lent, Year A

L130

(2*) The man cured of his blind - ness came to be -
lieve in the Lord, and bowed down to
wor - ship him.

omit for 5-line PS035
omit for 4-line

The Fourth Sunday of Lent, Year B

L131

(8) God so loved the world that he gave his
on - ly Son, that who - ev - er be - lieves in
him may not die, but may have e - ter - nal life.

omit for 5-line PS041
4-line 5, 6 line

The Fourth Sunday of Lent, Year C

L100

(3) *Fa - ther, I have sinned a- gainst_ heav- en*
and a- gainst_ you. I no lon - ger de -
serve_ to be called your son; treat_ me as
one of your serv - ants.

PS036



Monday of the Fourth Week of Lent

L074

(1) *A roy - al of - fi - cial, hear - ing that Je -*
sus had come to Gal-i-lee, begged him to heal his
son who lay__ ill__ in Ca-per-na-um.

PS042

Tuesday of the Fourth Week of Lent

L082

(1*) *The man who cured me told me to pick_ up my*
sleep-ing mat and_ go_ in peace._

PS042

Wednesday of the Fourth Week of Lent

L089

(8) *Who-ev-er hears my words, says the Lord, and be-*
lieves__ in him who sent me, has__ e-ter-nal life.

PS049

Thursday of the Fourth Week of Lent

L094

(8) *The works__ that I do speak on my be-half,*
says the Lord. They__ prove____ that the
Fa - ther has sent me.

PS049

Friday of the Fourth Week of Lent

L098

(10) No one could lay a hand on Je - sus, be -
cause his time had not yet come.

PS045

Saturday of the Fourth Week of Lent

L101

(1) Nev - er be - fore has an - y - one
spo - ken like this man.

PS042

The Fifth Sunday of Lent, Year A

L132

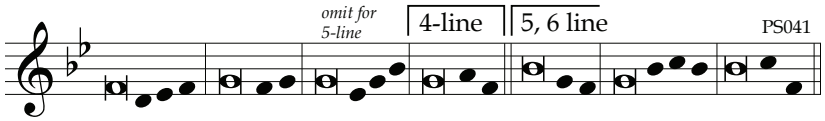
(2*) *I am the res-ur-rec-tion and the life. All*
who be-lieve in me, e-ven if they die, shall
live; and who-ev - er lives and be-
lieves in me, shall nev-er die.

omitted for 5-line PS035
omitted for 4-line

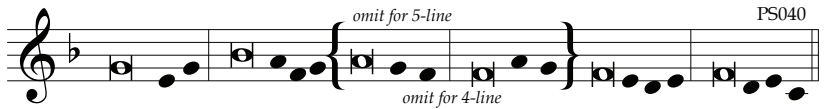
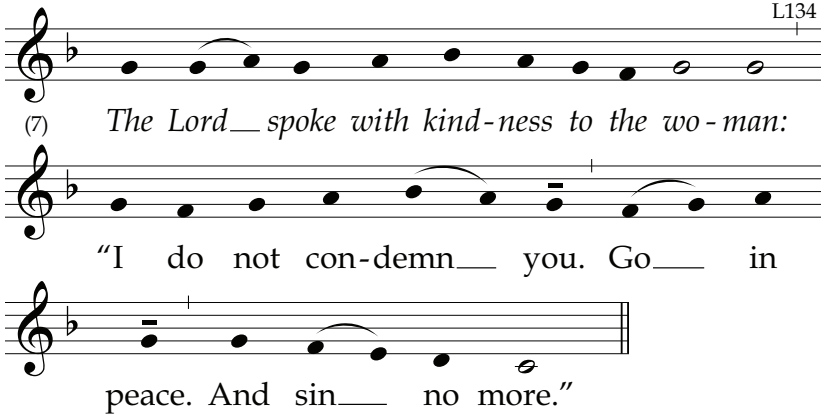
The Fifth Sunday of Lent, Year B

L133

(8) *Un-less the grain of wheat falls in - to the*
earth and dies, it re-mains a-lone. But if it
dies, it bears much fruit.



The Fifth Sunday of Lent, Year C

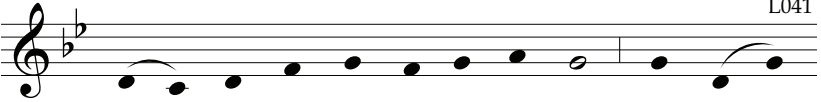


PS045



Thursday of the Fifth Week of Lent

L041



(4 alt) A - men, a - men, I say to you, be - fore__



A - bra - ham__ came__ to be,__ I AM.

PS045

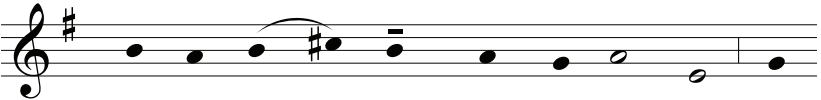


Friday of the Fifth Week of Lent

L044



(2*) Je - sus an - swered__ them: I have shown you



man - y good__ works from my Fa - ther; for



which of these are you try - ing to stone__ me?

PS043



Saturday of the Fifth Week of Lent

L047

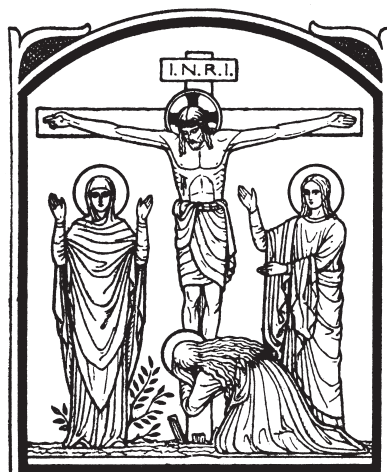


(1) Je - sus died to gath - er in - to one__ fam - i - ly




all the scat - tered chil - dren of God.

PS042

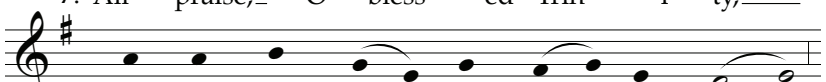


Hymn at Vespers During Holy Week


S3030



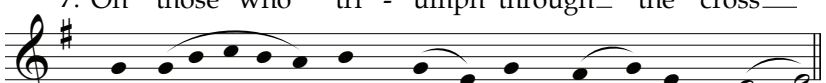
(1st) 1. Christ's ban - ner guides us on his way,
 2. With - in Christ's heart, till heart should break,
 3. Ful - filled is now that psalm of old
 4. O cross, with no - blest blood a - dorned,
 5. Up - on your arms, in e - qual scales,
 6. O cross of Christ, in you we hope;
 7. All praise, O bless - ed Trin - i - ty,



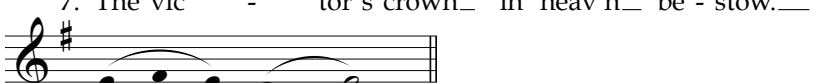
1. The roy - al way of him who died.
 2. The fount of life and love lay sealed.
 3. Which Da - vid once of Christ did sing,
 4. The scar - let throne of roy - al grace,
 5. Sal - va - tion's price was du - ly weighed:
 6. By you did he the vic - t'ry win.
 7. Be yours, from whom all grac - es flow.



1. O won - drous cross, from which be - gan
 2. By sol - dier's lance the liv - ing streams
 3. That God should reign in ev' - ry land
 4. We do you hon - or, for you bore
 5. The sin - less Lamb, for us made sin,
 6. O ho - ly cross, our faith in - crease,
 7. On those who tri - umph through the cross



1. Our life when life was cru - ci - fied.
 2. Of blood and wa - ter were re - vealed.
 3. En - throned up - on a tree as king.
 4. The sav - ior - king of Ad - am's race.
 5. In sac - ri - fice our ran - som paid.
 6. De - stroy with - in the pow'r of sin.
 7. The vic - tor's crown in heav'n be - stow.



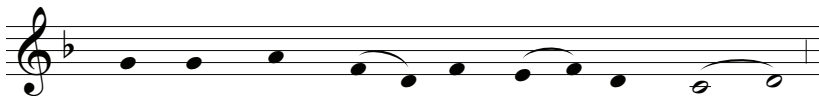
A - men.

Hymn at Lauds During Holy Week

S3024



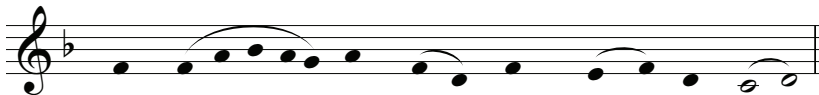
1. *Be - hold, — the nails, — the lance, — and reed: —*
2. *O faith - ful cross, — by which — we live, —*
3. *All praise, O bless - ed Trin - i - ty, —*



1. *Be - hold, the bod - y pierc - ed through, —*
2. *No wood - land bears — so grand — a tree. —*
3. *Be yours, from whom all grac - es flow. —*



1. *Both blood and wa - ter flow - ing forth,*
2. *Your stur - dy branch - es form — the throne*
3. *On those who tri - umph through — the cross —*



1. *And all — the world is cleansed a - new.*
2. *For limbs — of God's great roy - al - ty. —*
3. *The vic - tor's crown in heav'n be - stow.*



A - men. —

Palm Sunday of the Passion of the Lord, Year A, B, C

L135

(1*) *Blest is he who comes as king in the*
name of the Lord. Peace in heaven and
glory in the highest.

omit for 5-line PS034
omit for 4-line

Monday of Holy Week

L075

(4 alt) *Fa - ther, Right - eous One, the world does not*
know you, but I know you, be -
cause you are the one who sent me.

PS045

Tuesday of Holy Week

L083

(4) *Fa - ther, give me the glo - ry that I had*
with you be - fore the world was made.

PS045

Wednesday of Holy Week

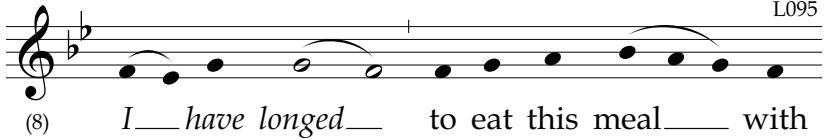
L090

(3) *The teach - er says: My ap - point - ed time draws*
near; in your house I shall cel - e -
brate the Pass - o - ver with my dis - ci - ples.

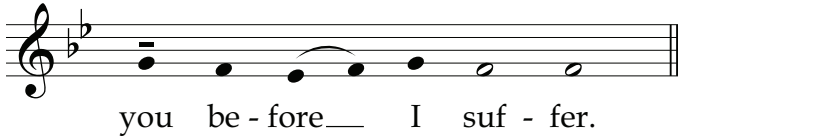
PS044

Thursday of Holy Week


L095



(8) *I have longed* to eat this meal with
 you before I suffer.



PS049




Psalm Tones

First Mode Tones

A *Solemn Tone* PT001




Musical notation for Solemn Tone PT001: Treble clef, key signature of three flats (B-flat, E-flat, A-flat). The melody consists of quarter notes: G4, A4, B-flat4, C5, D5, E5, D5, C5, B-flat4, A4, G4. A plus sign (+) is placed above the staff between the second and third notes.

B *Solemn Tone* PT002




Musical notation for Solemn Tone PT002: Treble clef, key signature of three flats. The melody consists of quarter notes: G4, A4, B-flat4, C5, D5, E5, D5, C5, B-flat4, A4, G4. A plus sign (+) is placed above the staff between the second and third notes.

C PT003



Musical notation for PT003: Treble clef, key signature of three flats. The melody consists of quarter notes: G4, A4, B-flat4, C5, D5, E5, D5, C5, B-flat4, A4, G4. A plus sign (+) is placed above the staff between the second and third notes.

D PT004



Musical notation for PT004: Treble clef, key signature of three flats. The melody consists of quarter notes: G4, A4, B-flat4, C5, D5, E5, D5, C5, B-flat4, A4, G4. A plus sign (+) is placed above the staff between the second and third notes.

Second Mode

A PT005




Musical notation for PT005: Treble clef, key signature of three flats. The melody consists of quarter notes: G4, A4, B-flat4, C5, D5, E5, D5, C5, B-flat4, A4, G4. A plus sign (+) is placed above the staff between the second and third notes. A dashed line connects the notes G4 and A4.

B PT006



Musical notation for PT006: Treble clef, key signature of three flats. The melody consists of quarter notes: G4, A4, B-flat4, C5, D5, E5, D5, C5, B-flat4, A4, G4. A plus sign (+) is placed above the staff between the second and third notes.

C PT007



Musical notation for PT007: Treble clef, key signature of three flats. The melody consists of quarter notes: G4, A4, B-flat4, C5, D5, E5, D5, C5, B-flat4, A4, G4. A plus sign (+) is placed above the staff between the second and third notes.

D *Compline Tone* PS053



Musical notation for Compline Tone PS053: Treble clef, key signature of one sharp (F-sharp). The melody consists of quarter notes: G4, A4, B4, C5, D5, E5, D5, C5, B4, A4, G4. A plus sign (+) is placed above the staff between the second and third notes.

A *Solemn Tone* **Third Mode** PT008



Musical notation for Solemn Tone PT008: Treble clef, key signature of three flats. The melody consists of quarter notes: G4, A4, B-flat4, C5, D5, E5, D5, C5, B-flat4, A4, G4. A plus sign (+) is placed above the staff between the second and third notes.

B PT009

Fourth Mode Tones

A PT010

B PT0011

C PT012

D PT013

Fifth Mode Tones

A PT014

B PT015

C PT016

D PT017

E PT018

Sixth Mode Tones

A *Solemn Tone* PT019

B PT020

C PT034

D *Easter* PT021

E *Christmas* PT022

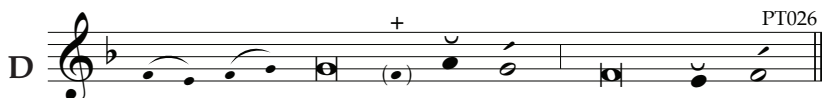
F PT056

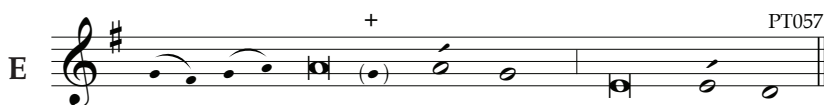
Seventh Mode Tones

A *Solemn Tone* PT023

B PT024

C PT025

D  PT026


E  PT057


Eighth Mode Tones

A *Solemn Tone*  PT027

B *Solemn Tone*  PT028

C  PT029

D  PT030

E *Easter*  PT031

F  PT032

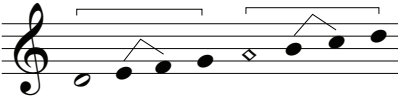
G  PT033

Modal Classification of Antiphons, Hymns & Responsories

Antiphons throughout this book in traditional ecclesiastical modalities are indicated by mode number 1 through 8. Tonal melodies are indicated with numbers 9, 10 (Aeolian and Hypoaeolian or natural minor) and 13,14 (Ionian and Hypoionian or major). These are followed by the numbers of the psalm tones with which they are most closely associated, for example 9/1. Modal melodies with tonal key signatures are indicated with an asterisk (1*, etc.).

Authentic Modes

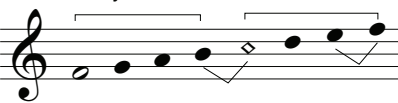
Mode 1: Dorian



Mode 3: Phrygian



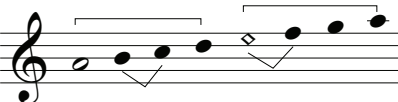
Mode 5: Lydian



Mode 7: Mixolydian



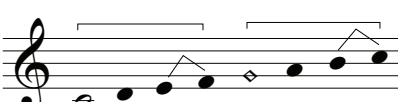
Mode 9: Aeolian



Mode 11: Locrian



Mode 13: Ionian

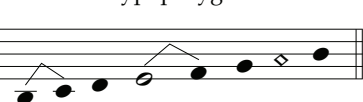


Plagal Modes

Mode 2: Hypodorian



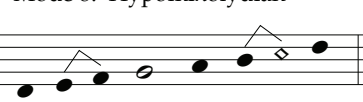
Mode 4: Hypophrygian



Mode 6: Hypolydian



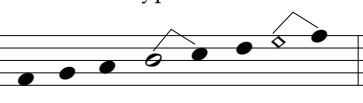
Mode 8: Hypomixolydian



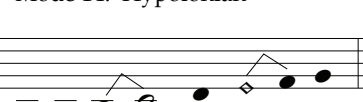
Mode 10: Hypoaeolian



Mode 12: Hypolocrian



Mode 14: Hypoionian



Code: \circ = final, \diamond = dominant, \wedge = 1/2 step

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 293,315,336
 To heal our .. 233,257,281,307,327

MISCELLANEOUS

O God, come... 14, 24, 40,173,188,204
 Our Father..... 23, 34,49,186,199,217

Acknowledgments

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Codes:

CA= Conception Abbey

CW= Chrysogonus Waddell, OCSO, Gethsemani Abbey

- L010 Text: *Deus in adiutorium* [Ps 70:2], tr ICEL 1975 alt
Melody: *Ant. Mon.* 1934, *alter tonus communis*, adapt CA 2001
- L011 Text: Προτροπικός XI/114, Titus Flavius Clemens Alexandrinus (c170-220),
para Howard Chandler Robbins (1876-1952) 1938, alt CA 2001
Tune: VEXILLA REGIS, LM (*Ant. Rom.* 1912),
- L012 Text: *In spiritu humilitatis* [cf Dan 3:39ab,40ab], tr CA 2012
Melody: CA 2012
- L013 Text: *Existimo omnia detrimentum* [Phil 3:8a], tr ICEL 1975
Melody: CA 2001
- L014 Text: *Dabo legem meam* [Jer 31:33b], tr NABre 2011 alt
Melody: CA 2012
- L015 Text: *Ego dixi: Domine* [Ps 41:5], tr RG 2010 alt
Melody: CA 2012
- L016 Text: *Attende, Domine* [Mozarabic, 10th cent, abr (cf Jer 18:19a,14:20c;
Ps 41:5)], tr CA 2012
Melody: CA 2012
- L017 Text: *Precemur omnes* (*Ex more docti*, pt. 2), (?) Gregorius Magnus (c540-604)
tr Mark Daniel Kirby OSB © 2009. Used with permission.
Tune: PRECEMUR OMNES, LM (*Lib. Hymn.* 1983), adapt. CA 2012
- L018 Text: *Benedicam te in vita* [Ps 63:5], tr RG 2010 alt
Melody: CA 2012
- L019 Text: *Erue nos in mirabilibus*, tr ICEL 1975 alt
Melody: CA 2001
- L020 Text: *Paenitemini et credite* [Mk 1:15c], tr CA 2012
Melody: CA 2012
- L021 Text: *Propter nimiam caritatem...cum essemus* [Eph 2:4b-5b], tr ICEL 1975
Melody: CA 2012
- L022 Text: *Christe, Fili...Qui attritus* [cf Mt 16:16; Is 53:5], tr ICEL 1975 alt
Melody: *Christe, Fili...Qui attritus*, *Ant. Mon.* 2005, adapt. CA 2012
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ACKNOWLEDGMENTS

- L023 Text: CA 1975
Tune: AD HORAM MEDIAM (TEMPORE QUADRAGESIMAE),
LM (*Lib. Hymn.* 1983)
- L024 Text: *Domine, rex omnipotens*, tr ICEL 1975
Melody: CA 2001
- L025 Text: *Per arma iustitiae* [cf 2 Cor 6:7a,4a; 4:2b]
Melody: CW 1970 alt
- L026 Text: *Ipse est qui* [Acts 10:42b], tr ICEL 1975 alt
Melody: CA 2012
- L027 Text: *Vere languores nostros* [Is 53:4ab], tr ICEL 1975 alt
Melody: CA 2001
- L028 Text: *Ipse liberabit me...aspero* [Ps 91:3], tr CA 2012
Melody: *Ipse liberabit me...aspero*, *Ant. Mon.* 2005, adapt. CA 2012
- L029 Text: *Quod uni ex minimis*, tr ICEL 1975 alt
Melody: CA c1979, alt CA 2001
- L030 Text: Lk 4:24 [cf *Amen dico vobis, quia nemo*], tr RNAB 1986
Melody: CA 1979 alt CA 1987
- L031 Text: *Qui sequitur me* [Jn 8:12b], tr ICEL 1975 alt
Melody: CA c1979, alt CA 2001
- L032 Text: *Audi, benigne*, (?) 6th cent, abr & tr CA 1975
Tune: AUDI BENIGNE CONDITOR, LM; *Ant. Mon.* 1934
(*Lib. Hymn.* 1983), alt CA 1975
- L033 Text: *Domine, doce nos* [Lk 11:1c], tr ICEL 1975
Melody: CA c1979, alt CA 2001
- L034 Text: *Non dico tibi* [cf Mt 18:21b-22], tr ICEL 1975 alt
Melody: CA 1979 alt CA 1987
- L035 Text: *Cum exaltaveritis Filium* [Jn 8:28a], tr ICEL 1975
Melody: CA c1979, alt CA 2001
- L036 Text: *Generatio haec prava* [Lk 11:29b], tr ICEL 1975
Melody: CA 2001
- L037 Text: *Nolite putare quoniam* [cf Mt 5:17-18a], tr ICEL 1975 alt
Melody: CA c1986
- L038 Text: *Quid me quaeritis* [cf Jn 8:40a], tr ICEL 1975
Melody: CA c1979 alt
- L039 Text: *Petite, et dabitur* [Mt 7:7], tr ICEL 1975
Melody: CA c1979, alt CA 2001
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- L040 Text: Lk 11:23, tr RNAB 1986
Melody: Chant model melody, adapt CA 1987
- L041 Text: Jn 8:58 [*Quinquaginta annos nondum*, abr], tr NAB 1970 alt
Melody: Chant model melody, adapt CA 1987
- L042 Text: Mt 5:24 [*Si offers munus*, abr], tr NAB 1970 alt
Melody: CA c1979
- L043 Text: *Diligere proximum suum* [cf Mk 12:33b], tr ICEL 1975
Melody: CA 1987
- L044 Text: Jn 10:32 [cf *Multa bona opera*], tr NAB 1970 alt
Melody: CA c1979
- L045 Text: Mt 5:44a, tr NAB 1970 alt; *Orate pro persequentibus*, abr [Mt 5:44b],
tr ICEL 1975
Melody: CA c1979
- L046 Text: Lk 18:14b, tr RNAB 1986
Melody: CA 1987
- L047 Text: *Iesus mortuus est* [Jn 11:51b,52b], tr ICEL 1975
Melody: CA 2001
- L048 Text: *Tunc invocabis, et Dominus* [Is 58:9a], tr ICEL 1975
Melody: CA 2012
- L049 Text: *Redempti sumus pretioso* [cf 1 Pt 1:18b-19], tr ICEL 1975
Melody: CA 2001
- L050 Text: cf 1 Pt 4:13a,14b
Melody: CW 1970
- L056 Text: Jn 10:18a,17bc [cf *Nemo tollit a me*], tr NAB 1970 alt
Melody: CW 1970 alt
- L059 Text: *Adoramus te, Christe*, tr ICEL 1975
Melody: CA & CA 2001
- L060 Text: *Iam, Christe, sol* (Anon, 6th cent.), tr Mark Daniel Kirby OSB. © 2009.
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Music: *Iam, Christe, sol* (*Liber Hymnarius* 1983), adapt. CA 2010
- L061 Text: *Percussum et humiliatum*, tr ICEL 1975 alt
Melody: CA 2001
- L062 Text: *Domine, magnus es* [Jdt 16:13bc], tr ICEL 1975
Melody: CA 1999
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- L063 Text: *Reges terrae et omnes* [Ps 148:11a,1a], tr ICEL 1975
Melody: CA 2001
- L064 Text: *Redemisti nos, Domine* [cf Rv 5:9c], tr ICEL 1975; Ps 72:17c, tr RG 2012
Melody: *Responsorium breve (tempore Quadragesimae)*, *Ant. Mon.* 1934,
adapt CA & CA 2001; CA 2012
- L065 Text: Rom 8:32a [cf *Proprio Filio suo*], tr NAB 1970 alt
Melody: CW 1970
- L069 Text: *Iam, Christe, sol*, 6th cent, tr CA 1975 & 2001
Tune: SUN OF JUSTICE, LM; CA 1975
- L070 Text: *Vide, Domine, et* [Lam 1:20; Ps 69:18], tr ICEL 1975
Melody: CA 2001
- L071 Text: *Nunc iudicium est* [Jn 12:31], tr ICEL 1975
Melody: CA 2001
- L072 Text: *Christus Iesus factus*, [cf 1 Cor 1:30], tr ICEL 1975
Melody: CA 2001
- L073 Text: *Estote misericordes, sicut*, tr ICEL 1975
Melody: CA 2001
- L074 Text: *Erat quidam regulus* [cf Jn 4:46b-47ab], tr ICEL 1975
Melody: CA 1987
- L075 Text: *Pater iuste, mundus* [Jn 17:25], tr ICEL 1975
Melody: Chant model melody, adapt CA 1987
- L076 Text: *Iesu, quadragenariae*, 10th cent, tr CA c1985, alt CA 2001
Tune: CA 1975
- L077 Text: *Non est ei* [cf Is 53:2cd], tr ICEL 1975
Melody: CA 2001
- L078 Text: *Gratificavit nos Deus* [Eph 1:6b-7a], tr ICEL 1975
Melody: CA 2012
- L080 Text: *Ipse peccata multorum* [Is 53:12ef], tr ICEL 1975 alt
Melody: CA 2001
- L081 Text: *Unus est magister* [cf Mt 23:8b,9c,10b], tr ICEL 1975 alt
Melody: CA 2001
- L082 Text: *Qui me sanum* [cf Jn 5:11], tr ICEL 1975
Melody: CA 1979 alt CA 1987
- L083 Text: *Clarifica me, Pater* [Jn 17:5], tr ICEL 1975
Melody: CA 1979, alt CA c1988
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- L084 Text: *Contumelias et terrores* [cf Jer 20:10ab,11a], tr ICEL 1975
Melody: CA 2001
- L087 Text: Mt 6:17-18a, tr RNAB 1986
Melody: CA 1987
- L088 Text: *Filius hominis non venit* [Mt 20:28], tr ICEL 1975 alt
Melody: CA 2001
- L089 Text: *Qui verbum meum* [Jn 5:24a], tr ICEL 1975
Melody: CA 1979, alt CA, 2001
- L090 Text: *Magister dicit: Tempus* [Mt 26:18b], tr NAB 1970 alt
Melody: CA 1979, alt CA c1988
- L092 Text: *Qui vult venire...dicit* [Lk 9:23], tr ICEL 1975 alt
Melody: CA 1979, alt CA 2001
- L093 Text: *Dives ille guttam* [cf Lk 16:24,21a], tr ICEL 1975
Melody: CA 1979, alt CA 2001
- L094 Text: *Opera quae ego facio testimonium* [Jn 5:36b], tr ICEL 1975
Melody: CA 1979, alt CA 1987
- L095 Text: *Desiderio desideravi hoc* [Lk 22:15], tr ICEL 1975
Melody: CA 2001
- L096 Text: *Cum auferetur ab eis* [Mt 9:15b], tr ICEL 1975
Melody: CA 1979, alt CA 2001
- L097 Text: *Quaerentes Iesum tenere* [Mt 21:46 alt], tr ICEL 1975
Melody: CA 1979 alt CA 1987
- L098 Text: *Nemo in Iesum* [Jn 7:30bc], tr ICEL 1975
Melody: CA 1979
- L099 Text: *Thesaurizate vobis thesauros...ubi* [Mt 6:20ab], tr ICEL 1975
Melody: CA 2012
- L100 Text: *Pater, peccavi in caelum* [Lk 15:18b-19,21], tr ICEL 1975
Melody: CA 1979 alt CA 1987
- L101 Text: *Numquam sic locutus* [Jn 7:46b], tr ICEL 1975
Melody: CA 2012
- L126 Text: *Non in solo pane* [Mt 4:4b], tr ICEL 1970 alt
Melody: CA 1975, alt CA 1987
- L127 Text: *Dicit Dominus: Si quis* [cf Jn 4:14a], tr ICEL 1975
Melody: CA 2001
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- L128 Text: *Solvite templum hoc* [Jn 2:19b,21], tr ICEL 1975
Melody: CW 1977 (© 1984, Dominican Monastery of the Blessed Sacrament, Farmington Hills, MI)
- L129 Text: Lk 13:8b-9a [cf *Domine, dimitte illam*], tr NAB 1970, alt CA 1987
Melody: Chant model melody, adapt CA 1987; alt CA 2012
- L130 Text: cf Jn 9:1,7b,38
Melody: CA 1975
- L131 Text: Jn 3:16 [cf *Sic Deus dilexit...ut omnis*], tr NAB 1970
Melody: CA 1987
- L132 Text: *Ego sum resurrectio* [Jn 11:25-26], tr *Roman Breviary in English* (Benziger) 1950, alt
Melody: *Ego sum resurrectio, Ant. Mon.* 1934, adapt CA, c1968
- L133 Text: Jn 12:24 [cf *Nisi granum frumenti*], tr NAB 1970 alt
Melody: CA 2001
- L134 Text: Jn 8:10a,11b [cf *Mulier, ubi sunt?*]
Melody: CA 2001
- L135 Text: *Benedictus qui venit...excelsis* [Lk 19:38], tr ICEL 1975 alt
Melody: CA, 1975
- OT007 Text: *Christus Iesus, cum in forma Dei esset* [Phil 2:6-11]
- OT009 Text: *Et nunc orationem ... Pater noster* [cf Mt 6:9-13], tr ICEL 1975 alt
Tune: cf *Ant. Mon.* 1934, *Oratio Dominica, tonus solemniss*
- OT031 Text: *Ad te orabo* [Ps 5:4ab], tr ICEL 1975
- OT032 Text: Ps 19:5, tr Grail 1963 alt; Tune: CW, 1970
- OT033 Text: Ps 19:8a,9bd, tr RG 2010 alt
- OT038 Text: Jn 15:14, tr NAB 1970; Tune: CA 1974
- OT039 Text: *Beati mundo corde* [Mt 5:8], tr ICEL 1975; Tune: CW, 1970 alt,
- OT040 Text: Ps 20:4, tr Grail 1963 alt; Tune: CW, 1970 alt
- OT041 Text: *Cantabimus et psallemus* [Ps 21:14b], tr ICEL 1975; Tune: CW 1984
- OT047 Text: Ps 42:6b,12b; tr Grail 1963 alt
- OT048A Text: Ps 43:4, tr RG 2010
- OT049 Text: *Clamavi ad te, et sanasti* [Ps 30:3,13b], tr ICEL 1975
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- OT053 Text: *Dominus illuminatio mea* [Ps 27:1ab], tr RG 2010
- OT054 Text: Ps 27:13, tr Grail 1963; Tune: CW, 1970 alt
- OT055 Text: Ps 33:2, tr RG 2010
- OT056 Text: Ps 33:21, tr RG 2010 alt
- OT062 Text: Ps 36:10, tr Grail 1963 alt; Tune: CW, 1970
- OT063 Text: Ps 47:2b-3, tr RG 2010 alt
- OT064 Text: Ps 48:10, tr Grail 1963; Tune: CW, 1970 alt
- OT068 Text: Ps 32:7ab, tr Grail 1963; Tune: CW, 1970 alt
- OT069 Text: *Speciosus forma prae* [Ps 45:3ab], tr ICEL 1975
- OT070 Text: Mt 25:6b
- OT071 Text: *Exspectemus beatam spem* [Ti 2:13], tr NAB 1970 alt
- OT076 Text: *Paratum cor meum* [Ps 57:8ab], tr Grail 1963/ICEL 1975;
Tune: CW, 1970
- OT077 Text: *Excita, Domine, potentiam* [Ps 80:3bc], tr ICEL 1975 alt
- OT078 Text: Ps 81:11ab, tr Grail 1963
- OT082 Text: Ps 49:10, tr RG 2010
- OT083 Text: *Thesaurizate vobis thesauros...dicit* [cf Mt 6:20a], tr ICEL 1975
- OT084 Text: *Posui te in lucem* [Is 49:6de (Acts 13:47b)], tr ICEL 1975
- OT085 Text: Ps 72:13-14a, tr RG 2010 alt
- OT091 Text: Ps 51:21a,11a; tr Grail 1963 alt; Tune: CW, 1970 alt
- OT092 Text: Ps 117:2a,1b, tr RG 2010 alt
- OT093 Text: *Laudabo Deum meum* [Ps 146:2], tr ICEL 1975
- OT097 Text: *Sana, Domine, animam* [Ps 41:5b], tr RG 2010 alt
- OT098 Text: *Adiutorium nostrum in nomine...qui* [Ps 124:8], tr ICEL 1975
- OT100 Text: Ps 130:7bc, tr Grail 1963 alt;
Tune: (?) Gethsemani, alt 1999
- OT106 Text: Ps 65:6bc, tr RG 2010
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- OT107 Text: Ps 65:10e,11c; tr Grail 1963 alt
- OT108 Text: Ps 8:3ab, tr RG 2010 alt
- OT113 Text: *Rogate quae ad pacem* [Ps 122:6a], tr ICEL 1975; Ps 122:7a, tr NAB 1970 alt
- OT116 Text: *Christus Iesus, cum in forma Dei esset* [Phil 2:6-11], tr RG 2010
- OT135 Text: *Deus, in sancto via*, abr [Ps 77:14a], tr ICEL 1975; Ps 77:15a, tr Grail 1963
- OT136 Text: Heb 12:22a, tr NAB 1970 alt; Tune: 1974, alt 1999
- OT137 Text: Ps 96:10a,13cd; tr Grail 1963; Tune: CW, c1970 alt
- OT143 Text: Ps 125:2bc, tr Grail 1963
- OT144 Text: *Qui seminant in lacrimis* [Ps 126:5], tr ICEL 1975 alt
- OT145 Text: *Dominus aedificet nobis* [cf Ps 127:1a,c], tr ICEL 1975
- OT149 Text: Ps 84:5,2b [cf *Beati qui habitant*], tr RG 2010
- OT150 Text: Ps 85:2a,3a; tr RG 2010 alt
- OT151 Text: Ps 97:6, tr RG 2010 alt
- OT155 Text: Mt 11:29ac, tr NAB 1986
- OT155A Text: Ps 128:5, tr RG 2010 alt
- OT156 Text: *Nisi efficiamini sicut* [Mt 18:3b], tr ICEL 1975
- OT157 Text: Ps 132:11a, tr RG 2010; 2 Sm 7:16, tr NAB 1970 alt
- OT158 Text: Acts 4:32a, tr RNAB 1986 alt; Tune: CW, 1970
- OT162 Text: Ps 90:14a, tr Grail 1963 alt [cf *Repleti sumus mane*]
Tune: CW, 1970, alt CA 1974
- OT163 Text: Ps 98:5a,4b,6b, tr RG 2010
- OT164 Text: Ps 99:5a,c; tr Grail 1963
- OT168 Text: Ps 136:4, tr RG 2010 alt
- OT169 Text: Ps 136:26a,24a, tr RG 2010 alt
- OT170 Text: Ps 137:4, tr Grail 1963 alt
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- OT171 Text: Ps 138:2a, tr Grail 1963 alt
- OT175 Text: Ps 101:1b-2a, tr RG 2010
- OT176 Text: *Auditam fac mihi* [Ps 143:8a], tr ICEL 1975
- OT177 Text: Ps 147:1bc, tr Grail 1963 alt [cf *Deo nostro iucunda*]
- OT181 Text: Ps 144:1a,2abc, tr RG 2010
- OT182 Text: Ps 144:15b, tr RG 2010 alt
- OT183 Text: Ps 145:2a,5b, tr RG 2010 alt
- OT184 Text: Ps 145:15, tr RG 2010 alt
- OT188 Text: Ps 51:12, tr RNAB 1991 alt
- OT189 Text: Ps 108:2ab, tr Grail 1963, RG 2010
- OT190 Text: *Lauda, Ierusalem, Dominum* [Ps 147:12a], tr ICEL 1975 alt
- OT194 Text: Ps 115:3, tr Grail 1963
- OT195 Text: Ps 116:4b,8ac, tr Grail 1963 alt
- OT196 Text: Ps 139:6a, tr Grail 1963 alt [cf *Mirabilis facta est*]; Tune: CW, 1970
- OT197 Text: Jer 17:10ab, NAB 1970 alt
- OT201 Text: Ps 92:6, tr Grail 1963; Tune: CW, c1970 alt
- OT202 Text: *Magnus est Dominus* [Ps 135:5], tr RG 2010 alt
- OT203 Text: *Domus Israel, benedicite* [Ps 135:19a,3b], tr RG 2010 alt (Grail 1963)
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- S2144 Text: *Resplenduit facies eius* [Mt 17:2b], tr ICEL 1975
Melody: CA 2001
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- S2145 Text: *Moyses et Elias dicebant* [Lk 9:30b,31b], tr ICEL 1975 alt
Melody: CA 2001
- S2147 Text: *In splendenti nube* [cf Lk 9:35], tr ICEL 1970 alt
Melody: CA 1975
- S2154 Text: *Domine, bonum est, abr* [Mt 17:4b], tr ICEL 1975 alt; Ps 27:8c,
tr Graill 1963 alt
Melody: CA 1974 alt 2001
- S3024 Text: *En acetum (Pange lingua...proelium, pt. 2)*, Venantius Honorius
Clementianus Fortunatus (c530-609), abr CA 2001
Tune: VEXILLA REGIS, LM (*Ant. Rom.* 1912)
- S3030 Text: *Vexilla regis*, Venantius Honorius Clementianus Fortunatus (c530-609),
tr © James Quinn SJ (1919-2010), and Geoffrey Chapman (Cassell),
Wellington House, Strand, London WC2R 0BB, alt CA 2001
Tune: VEXILLA REGIS, LM (*Ant. Rom.* 1912)
- S3033 Text: Phil 2:8 [cf *Humiliavit semetipsum Dominus*], tr RNAB 1986 alt
Melody: CA 2001 (antiphon), CA 1999 (recitation tone)