

ORDINARY OF THE DIVINE OFFICE

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Prayer before the Office

Open, O Lord, my mouth
that I may praise Thy
holy Name; cleanse my
heart from all vain, perverse
and distracting thoughts;
enlighten my mind and inflame
my heart, so that I may pray
this Office worthily, attentively
and devoutly, and that I may
deserve to be heard in the
presence of Thy divine Majesty.
Through Christ our Lord.
Amen.

O Lord, in union with that
divine intention with which
Thou, whilst on earth, didst
Thyself praise God, I offer to
Thee this Hour.

Sunday Matins	6
Sunday Lauds	84
Sunday Prime	117
Sunday Terce	130
Sunday Sext	136
Sunday None	147
Sunday Vespers	154
Compline	166
Monday Matins	195
Monday Lauds	247
Monday Prime	274
Monday Terce	287
Monday Sext	294
Monday None	304
Monday Vespers	311
Tuesday Matins	326
Tuesday Lauds	365
Tuesday Prime	394
Tuesday Terce	411
Tuesday Sext	418
Tuesday None	428
Tuesday Vespers	435

Wednesday Matins	447
Wednesday Lauds	492
Wednesday Prime	520
Wednesday Terce	534
Wednesday Sext	541
Wednesday None	552
Wednesday Vespers	558
Thursday Matins	575
Thursday Lauds	624
Thursday Prime	656
Thursday Terce	668
Thursday Sext	675
Thursday None	686
Thursday Vespers	692
Friday Matins	707
Friday Lauds	745
Friday Prime	777
Friday Terce	795
Friday Sext	802
Friday None	812
Friday Vespers	819

Saturday Matins	832
Saturday Lauds	883
Saturday Prime	921
Saturday Terce	938
Saturday Sext	945
Saturday None	955
Saturday Vespers	962

SUNDAY MATINS

The following is recited three times:

℣. Dómine, † lábia mea
apéries. ℞. Et os meum
annuntiábit laudem
tuam.

Psalm 3

*A Psalm of David, when he fled from
Absalom his son.*

¹O LORD, how many are my
foes!

Many are rising against me;

²many are saying of me,
there is no help for him in
God. *[Selah]*

³But thou, O LORD, art a
shield about me,
my glory, and the lifter of
my head.

⁴I cry aloud to the LORD,
and he answers me from

his holy hill. *[Selah]*

⁵I lie down and sleep;
I wake again, for the LORD
sustains me.

⁶I am not afraid of ten thou-
sands of people
who have set themselves
against me round about.

⁷Arise, O LORD!
Deliver me, O my God!
For thou dost smite all my
enemies on the cheek,
thou dost break the teeth
of the wicked.

⁸Deliverance belongs to the
LORD;
thy blessing be upon thy
people! *[Selah]*

Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.

Amen.

Invitatory (*Antiphon from the Proper of Seasons*)

Advent:

Ant. The Lord, the King who is
to come * O come, let us
adore Him. (*Repeat antiphon*)

Christmastide:

Ant. Unto us a Christ is born,
* O come, let us worship
Him. (*Repeat antiphon*)

Lent:

Ant. Let it not be vain for you
to rise up early, before
the light: * For the Lord
hath promised a crown
to them that watch.
(*Repeat antiphon*)

Eastertide:

Ant. The Lord is risen indeed.
* Alleluia. (*Repeat antiphon*)

Ordinary Time:

Ant. Let us worship the Lord,
for * He is our Maker.
(*Repeat antiphon*)

Psalm 94

¹O come, let us sing to the
LORD;

let us make a joyful noise
to the rock of our salva-
tion!

²Let us come into his pres-
ence with thanksgiving;
let us make a joyful noise
to him with songs of
praise!

Entire Invitatory Antiphon is repeated.

³For the LORD is a great God,
and a great King above all
gods.

⁴In his hand are the depths
of the earth;
the heights of the moun-
tains are his also.

*Latter half of the Invitatory * is repeated.*

⁵The sea is his, for he made
it;
for his hands formed the
dry land.

At these words, all genuflect:

⁶O COME, LET US WORSHIP AND
BOW DOWN,
LET US KNEEL BEFORE THE
LORD, OUR MAKER!

⁷For he is our God,
and we are the people of his
pasture,
and the sheep of his hand.

Entire Invitatory is repeated.

O that today you would
hearken to his voice!

⁸Harden not your hearts,
as at Mer'ibah,
as on the day at Massah in
the wilderness,

⁹when your fathers tested me,
and put me to the proof,
though they had seen my
work.

*Latter half of the Invitatory * is repeated.*

¹⁰For forty years I loathed
that generation
and said, "They are a
people who err in heart,
and they do not regard my
ways."

11 Therefore I swore in my
anger
that they should not enter my
rest.

Entire Invitatory is repeated.

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

*Latter half of the Invitatory * is
repeated, and then the Entire
Invitatory.*

Hymn

Today the blessed Three in
One
Began the earth and skies;
Today a Conqueror, God the
Son
Did from the grave arise.

Fix in our hearts, Redeemer
dear,
The ever gushing spring
Of grace to cleanse, of life to

cheer
Souls sick and sorrowing.

Most holy Father, hear our
cry
Through Jesus Christ our
Lord most High,
Who with the holy Ghost and
Thee
Shall live and reign eter-
nally.
Amen.

Ant. In thy strength * the king
rejoices, O Lord.

Eastertide (for six Psalms):

Ant. Allelúia. * The stone was
rolled back, allelúia,
from the door of the sep-
ulchre, allelúia, allelúia.

Psalm 20

To the choirmaster. A Psalm of David.

¹In thy strength the king
rejoices, O LORD;
and in thy help how greatly
he exults!

- ²Thou hast given him his
heart's desire,
and hast not withheld the
request of his lips. [*Selah*]
- ³For thou dost meet him with
goodly blessings;
thou dost set a crown of
fine gold upon his head.
- ⁴He asked life of thee; thou
gavest it to him,
length of days for ever and
ever.
- ⁵His glory is great through
thy help;
splendor and majesty thou
dost bestow upon him.
- ⁶Yea, thou dost make him
most blessed for ever;
thou dost make him glad
with the joy of thy pres-
ence.
- ⁷For the king trusts in the
LORD;
and through the steadfast
love of the Most High he
shall not be moved.

- ⁸Your hand will find out all
your enemies;
your right hand will find
out those who hate you.
- ⁹You will make them as a
blazing oven
when you appear.
The LORD will swallow them
up in his wrath;
and fire will consume them.
- ¹⁰You will destroy their off-
spring from the earth,
and their children from
among the sons of men.
- ¹¹If they plan evil against you,
if they devise mischief, they
will not succeed.
- ¹²For you will put them to
flight;
you will aim at their faces
with your bows.
- ¹³Be exalted, O LORD, in thy
strength!
We will sing and praise thy
power.

Psalm 21

To the choirmaster: according to The Hind of the Dawn. A Psalm of David.

¹My God, my God, why hast thou forsaken me?

Why art thou so far from helping me, from the words of my groaning?

²O my God, I cry by day, but thou dost not answer; and by night, but find no rest.

³Yet thou art holy, enthroned on the praises of Israel.

⁴In thee our fathers trusted; they trusted, and thou didst deliver them.

⁵To thee they cried, and were saved; in thee they trusted, and were not disappointed.

⁶But I am a worm, and no man;

scorned by men, and
despised by the people.

⁷All who see me mock at me,
they make mouths at me,
they wag their heads;

⁸"He committed his cause to
the LORD; let him deliver
him,
let him rescue him, for he
delights in him!"

⁹Yet thou art he who took me
from the womb;
thou didst keep me safe
upon my mother's
breasts.

¹⁰Upon thee was I cast from
my birth,
and since my mother bore
me thou hast been my
God.

¹¹Be not far from me,
for trouble is near
and there is none to help.

¹²Many bulls encompass me,
strong bulls of Bashan sur-

round me;

¹³they open wide their
mouths at me,
like a ravening and roaring
lion.

¹⁴I am poured out like water,
and all my bones are out of
joint;
my heart is like wax,
it is melted within my
breast;

¹⁵my strength is dried up like
a potsherd,
and my tongue cleaves to
my jaws;
thou dost lay me in the
dust of death.

¹⁶Yea, dogs are round about
me;
a company of evildoers
encircle
they have pierced my
hands and feet—

¹⁷I can count all my bones—
they stare and gloat over

me;

¹⁸they divide my garments
among them,
and for my raiment they
cast lots.

¹⁹But thou, O LORD, be not far
off!

O thou my help, hasten to
my aid!

²⁰Deliver my soul from the
sword,
my life from the power of
the dog!

²¹Save me from the mouth of
the lion,
my afflicted soul from the
horns of the wild oxen!

²²I will tell of thy name to my
brethren;
in the midst of the congre-
gation I will praise thee:

²³You who fear the LORD,
praise him!
all you sons of Jacob,
glorify him,

and stand in awe of him,
all you sons of Israel!

²⁴For he has not despised or
abhorred
the affliction of the
afflicted;
and he has not hid his face
from him,
but has heard, when he
cried to him.

²⁵From thee comes my praise
in the great congrega-
tion;
my vows I will pay before
those who fear him.

²⁶The afflicted shall eat and
be satisfied;
those who seek him shall
praise the LORD!
May your hearts live for
ever!

²⁷All the ends of the earth
shall remember
and turn to the LORD;
and all the families of the

nations
shall worship before him.

²⁸For dominion belongs to the
LORD,
and he rules over the
nations.

²⁹Yea, to him shall all the
proud of the earth bow
down;
before him shall bow all
who go down to the dust,
and he who cannot keep
himself alive.

³⁰Posterity shall serve him;
men shall tell of the Lord
to the coming generation,

³¹and proclaim his deliver-
ance to a people yet
unborn,
that he has wrought it.

Ant. In thy strength the king
rejoices, O Lord.

Ant. The LORD is my shepherd,
I shall not want; * he
makes me lie down in

green pastures.

Psalm 22

A Psalm of David.

¹The LORD is my shepherd, I
shall not want;

²he makes me lie down in
green pastures.

He leads me beside still
waters;

³he restores my soul.

He leads me in paths of righ-
teousness
for his name's sake.

⁴Even though I walk through
the valley of the shadow
of death,

I fear no evil;

for thou art with me;
thy rod and thy staff,
they comfort me.

⁵Thou preparest a table
before me
in the presence of my ene-

mies;
thou anointest my head with
oil,
my cup overflows.
⁶Surely goodness and mercy
shall follow me
all the days of my life;
and I shall dwell in the house
of the LORD
for ever.

Psalm 23

A Psalm of David.

¹The earth is the LORD's and
the fulness thereof,
the world and those who
dwell therein;

²for he has founded it upon
the seas,
and established it upon the
rivers.

³Who shall ascend the hill of
the LORD?
And who shall stand in his
holy place?

⁴He who has clean hands and
a pure heart,
who does not lift up his
soul to what is false,
and does not swear deceit-
fully.

⁵He will receive blessing from
the LORD,
and vindication from the
God of his salvation.

⁶Such is the generation of
those who seek him,
who seek the face of the
God of Jacob. *[Selah]*

⁷Lift up your heads, O gates!
and be lifted up, O ancient
doors!
that the King of glory may
come in.

⁸Who is the King of glory?
The LORD, strong and
mighty,
the LORD, mighty in battle!

⁹Lift up your heads, O gates!
and be lifted up, O ancient
doors!

that the King of glory may
come in.

¹⁰Who is this King of glory?
The LORD of hosts,
he is the King of glory!
[Selah]

Ant. The LORD is my shepherd,
I shall not want; he
makes me lie down in
green pastures.

Ant. My eyes * are ever toward
the LORD.

Psalm 24

A Psalm of David.

¹To thee, O LORD, I lift up my
soul.

²O my God, in thee I trust,
let me not be put to shame;
let not my enemies exult
over me.

³Yea, let none that wait for
thee be put to shame;
let them be ashamed who
are wantonly treacher-

ous.

⁴Make me to know thy ways,
O LORD;
teach me thy paths.

⁵Lead me in thy truth, and
teach me,
for thou art the God of my
salvation;
for thee I wait all the day
long.

⁶Be mindful of thy mercy, O
LORD, and of thy stead-
fast love,
for they have been from of
old.

⁷Remember not the sins of my
youth, or my transgres-
sions;
according to thy steadfast
love remember me,
for thy goodness' sake, O
LORD!

⁸Good and upright is the
LORD;
therefore he instructs

sinners in the way.

⁹He leads the humble in what
is right,
and teaches the humble
his way.

¹⁰All the paths of the LORD are
steadfast love and faith-
fulness,
for those who keep his
covenant and his testi-
monies.

¹¹For thy name's sake, O
LORD,
pardon my guilt, for it is
great.

¹²Who is the man that fears
the LORD?
Him will he instruct in the
way that he should
choose.

¹³He himself shall abide in
prosperity,
and his children shall
possess the land.

¹⁴The friendship of the LORD
is for those who fear him,

and he makes known to
them his covenant.

¹⁵My eyes are ever toward the
LORD,
for he will pluck my feet out
of the net.

¹⁶Turn thou to me, and be
gracious to me;
for I am lonely and afflicted.

¹⁷Relieve the troubles of my
heart,
and bring me out of my
distresses.

¹⁸Consider my affliction and
my trouble,
and forgive all my sins.

¹⁹Consider how many are my
foes,
and with what violent
hatred they hate me.

²⁰Oh guard my life, and
deliver me;
let me not be put to shame,
for I take refuge in thee.

²¹May integrity and upright-

ness preserve me,
for I wait for thee.

²²Redeem Israel, O God,
out of all his troubles.

Psalm 25

A Psalm of David.

¹Vindicate me, O LORD,
for I have walked in my
integrity,
and I have trusted in the
LORD without wavering.

²Prove me, O LORD, and try
me;
test my heart and my mind.

³For thy steadfast love is
before my eyes,
and I walk in faithfulness
to thee.

⁴I do not sit with false men,
nor do I consort with dis-
semblers;

⁵I hate the company of evildo-
ers,

and I will not sit with the
wicked.

⁶I wash my hands in innocence,
and go about thy altar, O
LORD,

⁷singing aloud a song of
thanksgiving,
and telling all thy wondrous
deeds.

⁸O LORD, I love the habitation
of thy house,
and the place where thy
glory dwells.

⁹Sweep me not away with
sinners,
nor my life with blood-
thirsty men,

¹⁰men in whose hands are evil
devices,
and whose right hands are
full of bribes.

¹¹But as for me, I walk in my
integrity;

redeem me, and be gracious to me.

¹²My foot stands on level ground;
in the great congregation I
will bless the LORD.

Ant. My eyes are ever toward
the LORD.

Eastertide:

Ant. Allelúia. The stone was
rolled back, allelúia,
from the door of the sepulchre, allelúia, allelúia.

Reading

(from the Old Testament)

Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. The LORD is the strong-
hold * of my life.

Eastertide (for six Psalms):

Ant. Allelúia. * Whom do you seek, women, allelúia, the living among the dead? allelúia, allelúia.

Psalm 26

A Psalm of David.

¹The LORD is my light and my salvation;
whom shall I fear?

The LORD is the stronghold of my life;
of whom shall I be afraid?

²When evildoers assail me,
uttering slanders against me,
my adversaries and foes,
they shall stumble and fall.

³Though a host encamp against me,
my heart shall not fear;
though war arise against me,
yet I will be confident.

⁴One thing have I asked of the
LORD,
that will I seek after;
that I may dwell in the house
of the LORD
all the days of my life,
to behold the beauty of the
LORD,
and to inquire in his
temple.

⁵For he will hide me in his
shelter
in the day of trouble;
he will conceal me under the
cover of his tent,
he will set me high upon a
rock.

⁶And now my head shall be
lifted up
above my enemies round
about me;
and I will offer in his tent
sacrifices with shouts of
joy;
I will sing and make melody

to the LORD.

⁷Hear, O LORD, when I cry
aloud,
be gracious to me and
answer me!

⁸Thou hast said, "Seek ye my
face."

My heart says to thee,
"Thy face, LORD, do I seek."

⁹Hide not thy face from me.

Turn not thy servant away in
anger,
thou who hast been my
help.

Cast me not off, forsake me
not,
O God of my salvation!

¹⁰For my father and my
mother have forsaken
me,
but the LORD will take me
up.

¹¹Teach me thy way, O LORD;
and lead me on a level path

because of my enemies.

¹²Give me not up to the will
of my adversaries;
for false witnesses have
risen against me,
and they breathe out violence.

¹³I believe that I shall see the
goodness of the LORD
in the land of the living!

¹⁴Wait for the LORD;
be strong, and let your
heart take courage;
yea, wait for the LORD!

Psalms 27

A Psalm of David.

¹To thee, O LORD, I call;
my rock, be not deaf to me,
lest, if thou be silent to me,
I become like those who go
down to the Pit.

²Hear the voice of my supplication,
as I cry to thee for help,

as I lift up my hands
toward thy most holy sanc-
tuary.

³Take me not off with the
wicked,
with those who are workers
of evil,
who speak peace with their
neighbors,
while mischief is in their
hearts.

⁴Requite them according to
their work,
and according to the evil of
their deeds;
requite them according to the
work of their hands;
render them their due
reward.

⁵Because they do not regard
the works of the LORD,
or the work of his hands,
he will break them down and
build them up no more.

⁶Blessed be the LORD!
for he has heard the voice

of my supplications.

⁷The LORD is my strength and
my shield;
in him my heart trusts;
so I am helped, and my heart
exults,
and with my song I give
thanks to him.

⁸The LORD is the strength of
his people,
he is the saving refuge of
his anointed.

⁹O save thy people, and bless
thy heritage;
be thou their shepherd,
and carry them for ever.

Ant. The LORD is the strong-
hold of my life.

Ant. Worship the LORD * in
holy array.

Psalm 28

A Psalm of David.

¹Ascribe to the LORD, O heav-

enly beings,
ascribe to the LORD glory
and strength.

²Ascribe to the LORD the glory
of his name;
worship the LORD in holy
array.

³The voice of the LORD is upon
the waters;
the God of glory thunders,
the LORD, upon many
waters.

⁴The voice of the LORD is
powerful,
the voice of the LORD is full
of majesty.

⁵The voice of the LORD breaks
the cedars,
the LORD breaks the cedars
of Lebanon.

⁶He makes Lebanon to skip
like a calf,
and Si'rion like a young
wild ox.

⁷The voice of the LORD flashes
forth flames of fire.

⁸The voice of the LORD shakes
the wilderness,
the LORD shakes the wil-
derness of Kadesh.

⁹The voice of the LORD makes
the oaks to whirl,
and strips the forests bare;
and in his temple all cry,
"Glory!"

¹⁰The LORD sits enthroned
over the flood;
the LORD sits enthroned as
king for ever.

¹¹May the LORD give strength
to his people!
May the LORD bless his
people with peace!

Psalm 29

*A Psalm of David. A Song at the dedi-
cation of the Temple.*

¹I will extol thee, O LORD, for

thou hast drawn me up,
and hast not let my foes
rejoice over me.

²O LORD my God, I cried to
thee for help,
and thou hast healed me.

³O LORD, thou hast brought
up my soul from Sheol,
restored me to life from
among those gone down
to the Pit.

⁴Sing praises to the LORD, O
you his saints,
and give thanks to his holy
name.

⁵For his anger is but for a
moment,
and his favor is for a life-
time.

Weeping may tarry for the
night,
but joy comes with the
morning.

⁶As for me, I said in my pros-
perity,

"I shall never be moved."

⁷By thy favor, O LORD,
thou hadst established me
as a strong mountain;
thou didst hide thy face,
I was dismayed.

⁸To thee, O LORD, I cried;
and to the LORD I made
supplication:

⁹"What profit is there in my
death,
if I go down to the Pit?
Will the dust praise thee?
Will it tell of thy faithful-
ness?"

¹⁰Hear, O LORD, and be gra-
cious to me!
O LORD, be thou my helper!"

¹¹Thou hast turned for me my
mourning into dancing;
thou hast loosed my sack-
cloth
and girded me with glad-
ness,

¹²that my soul may praise

thee and not be silent.
O LORD my God, I will give
thanks to thee for ever.

Ant. Worship the LORD in holy
array.

Ant. In thy righteousness *
deliver me.

Psalm 30

To the choirmaster. A Psalm of David.

¹In thee, O LORD, do I seek
refuge;
let me never be put to
shame;
in thy righteousness
deliver me!

²Incline thy ear to me,
rescue me speedily!
Be thou a rock of refuge for
me,
a strong fortress to save me!

³Yea, thou art my rock and
my fortress;
for thy name's sake lead

- me and guide me,
4take me out of the net which
is hidden for me,
for thou art my refuge.
- 5Into thy hand I commit my
spirit;
thou hast redeemed me, O
LORD, faithful God.
- 6Thou hatest those who pay
regard to vain idols;
but I trust in the LORD.
- 7I will rejoice and be glad for
thy steadfast love,
because thou hast seen my
affliction, thou hast
taken heed of my adver-
sities,
- 8and hast not delivered me
into the hand of the
enemy;
thou hast set my feet in a
broad place.
- 9Be gracious to me, O LORD,
for I am in distress;
my eye is wasted from grief,

my soul and my body also.
¹⁰For my life is spent with
sorrow,
and my years with sighing;
my strength fails because of
my misery,
and my bones waste away.

¹¹I am the scorn of all my
adversaries,
a horror to my neighbors,
an object of dread to my
acquaintances;
those who see me in the
street flee from me.

¹²I have passed out of mind
like one who is dead;
I have become like a
broken vessel.

¹³Yea, I hear the whispering
of many—
terror on every side!—
as they scheme together
against me,
as they plot to take my life.

¹⁴But I trust in thee, O LORD,

I say, "Thou art my God."

¹⁵My times are in thy hand;
deliver me from the hand
of my enemies and per-
secutors!

¹⁶Let thy face shine on thy
servant;
save me in thy steadfast
love!

¹⁷Let me not be put to shame,
O LORD,
for I call on thee;
let the wicked be put to
shame,
let them go dumbfounded
to Sheol.

¹⁸Let the lying lips be dumb,
which speak insolently
against the righteous
in pride and contempt.

¹⁹O how abundant is thy
goodness,
which thou hast laid up for
those who fear thee,
and wrought for those who
take refuge in thee,

in the sight of the sons of
men!

²⁰In the covert of thy presence
thou hidest them
from the plots of men;
thou holdest them safe under
thy shelter
from the strife of tongues.

²¹Blessed be the LORD,
for he has wondrously
shown his steadfast love
to me
when I was beset as in a
besieged city.

²²I had said in my alarm,
"I am driven far from thy
sight."
But thou didst hear my sup-
plications,
when I cried to thee for
help.

²³Love the LORD, all you his
saints!
The LORD preserves the
faithful,

but abundantly requites
him who acts haughtily.

²⁴Be strong, and let your
heart take courage,
all you who wait for the
LORD!

Psalms 31

A Psalm of David. A Maskil.

¹Blessed is he whose trans-
gression is forgiven,
whose sin is covered.

²Blessed is the man to whom
the LORD imputes no
iniquity,
and in whose spirit there is
no deceit.

³When I declared not my sin,
my body wasted away
through my groaning all
day long.

⁴For day and night thy hand
was heavy upon me;
my strength was dried up
as by the heat of

summer. *[Selah]*

⁵I acknowledged my sin to
thee,
and I did not hide my iniquity;
I said, "I will confess my
transgressions to the
LORD";
then thou didst forgive the
guilt of my sin. *[Selah]*

⁶Therefore let every one who
is godly
offer prayer to thee;
at a time of distress, in the
rush of great waters,
they shall not reach him.

⁷Thou art a hiding place for
me,
thou preservest me from
trouble;
thou dost encompass me
with deliverance. *[Selah]*

⁸I will instruct you and teach
you

the way you should go;
I will counsel you with my
eye upon you.

⁹Be not like a horse or a mule,
without understanding,
which must be curbed with
bit and bridle,
else it will not keep with
you.

¹⁰Many are the pangs of the
wicked;
but steadfast love sur-
rounds him who trusts
in the LORD.

¹¹Be glad in the LORD, and
rejoice, O righteous,
and shout for joy, all you
upright in heart!

Ant. In thy righteousness
deliver me.

Eastertide:

Ant. Allelúia. Whom do you
seek, women, allelúia,
the living among the
dead? allelúia, allelúia.

Reading

(from the Acts of the Apostles)

Three Canticles

ORDINARY TIME

Ant. Allelúia, * allelúia, allelúia.

Isaiah 33:2–10

²O Lord, be gracious to us; we
wait for thee.

Be our arm every morning,
our salvation in the time of
trouble.

³At the thunderous noise
peoples flee,
at the lifting up of thyself
nations are scattered;

⁴and spoil is gathered as the
caterpillar gathers;
as locusts leap, men leap
upon it.

⁵The Lord is exalted, for he
dwells on high;
he will fill Zion with justice

and righteousness;
6and he will be the stability of
your times,
abundance of salvation,
wisdom, and knowledge;
the fear of the Lord is his
treasure.

7Behold, the valiant ones cry
without;
the envoys of peace weep
bitterly.

8The highways lie waste,
the wayfaring man ceases.
Covenants are broken,
witnesses are despised,
there is no regard for man.

9The land mourns and lan-
guishes;
Lebanon is confounded
and withers away;
Sharon is like a desert;
and Bashan and Carmel
shake off their leaves.

10“Now I will arise,” says the
Lord,

“now I will lift myself up;
now I will be exalted.

Isaiah 33:13–17

¹³Hear, you who are far off,
what I have done;
and you who are near,
acknowledge my might.

¹⁴The sinners in Zion are
afraid;
trembling has seized the
godless:

“Who among us can dwell
with the devouring fire?
Who among us can dwell
with everlasting burn-
ings?”

¹⁵He who walks righteously
and speaks uprightly,
who despises the gain of
oppressions,
who shakes his hands, lest
they hold a bribe,
who stops his ears from
hearing of bloodshed
and shuts his eyes from
looking upon evil,

¹⁶he will dwell on the heights;
his place of defense will be
the fortresses of rocks;
his bread will be given him,
his water will be sure.

¹⁷Your eyes will see the king
in his beauty;
they will behold a land that
stretches afar.

Sirach 36:12-17

¹²Have mercy, O Lord, upon
the people called by thy
name,
upon Israel, whom thou
hast likened to a first-
born son.

¹³Have pity on the city of thy
sanctuary,
Jerusalem, the place of thy
rest.

¹⁴Fill Zion with the celebra-
tion of thy wondrous
deeds,
and thy temple with thy

glory.

¹⁵Bear witness to those whom
thou didst create in the
beginning,
and fulfil the prophecies
spoken in thy name.

¹⁶Reward those who wait for
thee,
and let thy prophets be
found trustworthy.

¹⁷Hearken, O Lord, to the
prayer of thy servants,
according to the blessing of
Aaron for thy people,
and all who are on the earth
will know
that thou art the Lord, the
God of the ages.

Ant. Allelúia, allelúia, allelúia.

ADVENT

Ant. The Angel Gabriel spoke
unto Mary, saying: *
Hail, full of grace, the

Lord is with you! Blessed
are you among women.

Isaiah 40:10–17

¹⁰Behold, the Lord God comes
with might,
and his arm rules for him;
behold, his reward is with
him,
and his recompense before
him.

¹¹He will feed his flock like a
shepherd,
he will gather the lambs in
his arms,
he will carry them in his
bosom,
and gently lead those that
are with young.

¹²Who has measured the
waters in the hollow of
his hand
and marked off the
heavens with a span,
enclosed the dust of the earth

in a measure
and weighed the moun-
tains in scales
and the hills in a balance?

¹³Who has directed the Spirit
of the Lord,
or as his counselor has
instructed him?

¹⁴Whom did he consult for his
enlightenment,
and who taught him the
path of justice,
and taught him knowledge,
and showed him the way of
understanding?

¹⁵Behold, the nations are like
a drop from a bucket,
and are accounted as the
dust on the scales;
behold, he takes up the
isles like fine dust.

¹⁶Lebanon would not suffice
for fuel,
nor are its beasts enough
for a burnt offering.

¹⁷All the nations are as
nothing before him,

they are accounted by him
as less than nothing and
emptiness.

Isaiah 42:10–16

¹⁰Sing to the Lord a new song,
his praise from the end of
the earth!

Let the sea roar and all that
fills it,
the coastlands and their
inhabitants.

¹¹Let the desert and its cities
lift up their voice,
the villages that Kedar
inhabits;

let the inhabitants of Sela
sing for joy,
let them shout from the top
of the mountains.

¹²Let them give glory to the
Lord,
and declare his praise in
the coastlands.

¹³The Lord goes forth like a
mighty man,

like a man of war he stirs
up his fury;
he cries out, he shouts aloud,
he shows himself mighty
against his foes.

¹⁴For a long time I have held
my peace,
I have kept still and
restrained myself;
now I will cry out like a
woman in travail,
I will gasp and pant.

¹⁵I will lay waste mountains
and hills,
and dry up all their herb-
age;
I will turn the rivers into
islands,
and dry up the pools.

¹⁶And I will lead the blind
in a way that they know
not,
in paths that they have not
known
I will guide them.
I will turn the darkness

before them into light,
the rough places into level
ground.

These are the things I will do,
and I will not forsake them.

Isaiah 49:7–13

⁷Thus says the Lord,
the Redeemer of Israel and
his Holy One,
to one deeply despised,
abhorred by the nations,
the servant of rulers:

“Kings shall see and arise;
princes, and they shall
prostrate themselves;
because of the Lord, who is
faithful,
the Holy One of Israel, who
has chosen you.”

⁸Thus says the Lord:

“In a time of favor I have
answered you,
in a day of salvation I have
helped you;
I have kept you and given you

as a covenant to the people,
to establish the land,
to apportion the desolate
heritages;

⁹saying to the prisoners,
‘Come forth,’
to those who are in dark-
ness, ‘Appear.’

They shall feed along the
ways,
on all bare heights shall be
their pasture;

¹⁰they shall not hunger or
thirst,
neither scorching wind nor
sun shall smite them,
for he who has pity on them
will lead them,
and by springs of water will
guide them.

¹¹And I will make all my
mountains a way,
and my highways shall be
raised up.

¹²Lo, these shall come from
afar,
and lo, these from the

north and from the west,
and these from the land of
Syenne.”

¹³Sing for joy, O heavens, and
exult, O earth;
break forth, O mountains,
into singing!
For the Lord has comforted
his people,
and will have compassion
on his afflicted.

Ant. The Angel Gabriel spoke
unto Mary, saying: Hail,
full of grace, the Lord is
with you! Blessed are
you among women.

CHRISTMAS

Ant. Unto us * a child is born,
and his name will be
called, Mighty God.
Allelúia, allelúia.

Isaiah 9:2–7

- ²The people who walked in
darkness
have seen a great light;
those who dwelt in a land of
deep darkness,
on them has light shined.
- ³Thou hast multiplied the
nation,
thou hast increased its joy;
they rejoice before thee
as with joy at the harvest,
as men rejoice when they
divide the spoil.
- ⁴For the yoke of his burden,
and the staff for his shoul-
der,
the rod of his oppressor,
thou hast broken as on the
day of Mid'ian.
- ⁵For every boot of the tramp-
ing warrior in battle
tumult
and every garment rolled in
blood
will be burned as fuel for
the fire.
- ⁶For to us a child is born,

to us a son is given;
and the government will be
upon his shoulder,
and his name will be called
“Wonderful Counselor,
Mighty God,
Everlasting Father, Prince
of Peace.”

⁷Of the increase of his govern-
ment and of peace
there will be no end,
upon the throne of David,
and over his kingdom,
to establish it, and to
uphold it
with justice and with righ-
teousness
from this time forth and for
evermore.
The zeal of the Lord of hosts
will do this.

Isaiah 26:1–12

¹“We have a strong city;
he sets up salvation
as walls and bulwarks.

²Open the gates,

that the righteous nation
which keeps faith
may enter in.

³Thou dost keep him in
perfect peace,
whose mind is stayed on
thee,
because he trusts in thee.

⁴Trust in the Lord for ever,
for the Lord God
is an everlasting rock.

⁵For he has brought low
the inhabitants of the
height,
the lofty city.

He lays it low, lays it low to
the ground,
casts it to the dust.

⁶The foot tramples it,
the feet of the poor,
the steps of the needy.”

⁷The way of the righteous is
level;
thou dost make smooth the
path of the righteous.

⁸In the path of thy judgments,

O Lord, we wait for thee;
thy memorial name
is the desire of our soul.
⁹My soul yearns for thee in
the night,
my spirit within me ear-
nestly seeks thee.
For when thy judgments are
in the earth,
the inhabitants of the
world learn righteous-
ness.
¹⁰If favor is shown to the
wicked,
he does not learn righ-
teousness;
in the land of uprightness he
deals perversely
and does not see the
majesty of the Lord.
¹¹O Lord, thy hand is lifted
up,
but they see it not.
Let them see thy zeal for thy
people, and be ashamed.
Let the fire for thy adver-
saries consume them.

¹²O Lord, thou wilt ordain
peace for us,
thou hast wrought for us
all our works.

Isaiah 66:10–16

¹⁰“Rejoice with Jerusalem,
and be glad for her,
all you who love her;
rejoice with her in joy,
all you who mourn over her;
¹¹that you may suck and be
satisfied
with her consoling breasts;
that you may drink deeply
with delight
from the abundance of her
glory.”

¹²For thus says the Lord:
“Behold, I will extend pros-
perity to her like a river,
and the wealth of the
nations like an overflow-
ing stream;
and you shall suck, you shall

be carried upon her hip,
and dandled upon her
knees.

¹³As one whom his mother
comforts,
so I will comfort you;
you shall be comforted in
Jerusalem.

¹⁴You shall see, and your
heart shall rejoice;
your bones shall flourish
like the grass;
and it shall be known that the
hand of the Lord is with
his servants,
and his indignation is
against his enemies.

¹⁵“For behold, the Lord will
come in fire,
and his chariots like the
stormwind,
to render his anger in fury,
and his rebuke with flames
of fire.

¹⁶For by fire will the Lord

execute judgment,
and by his sword, upon all
flesh;
and those slain by the Lord
shall be many.

Ant. Unto us a child is born,
and his name will be
called, Mighty God.
Allelúia, allelúia.

LENT

Ant. Man shall not live by
bread alone, * but by
every word that proceeds
from the mouth of God.

Jeremiah 14:17-21

¹⁷“Let my eyes run down with
tears night and day,
and let them not cease,
for the virgin daughter of my
people is smitten with a
great wound,
with a very grievous blow.

¹⁸If I go out into the field,
behold, those slain by the
sword!

And if I enter the city,
behold, the diseases of
famine!

For both prophet and priest
ply their trade through
the land,
and have no knowledge.”

¹⁹Hast thou utterly rejected
Judah?

Does thy soul loathe Zion?
Why hast thou smitten us
so that there is no healing
for us?

We looked for peace, but no
good came;
for a time of healing, but
behold, terror.

²⁰We acknowledge our wickedness, O Lord,
and the iniquity of our
fathers,
for we have sinned against
thee.

²¹Do not spurn us, for thy
name's sake;
do not dishonor thy glorious
throne;
remember and do not break
thy covenant with us.

***Lamentations 5:1–7,
15–17, 19–21***

¹Remember, O Lord, what
has befallen us;
behold, and see our disgrace!

²Our inheritance has been
turned over to strangers,
our homes to aliens.

³We have become orphans,
fatherless;
our mothers are like
widows.

⁴We must pay for the water
we drink,
the wood we get must be
bought.

⁵With a yoke on our necks we
are hard driven;

we are weary, we are given
no rest.

⁶We have given the hand to
Egypt,
and to Assyria, to get bread
enough.

⁷Our fathers sinned, and are
no more;
and we bear their iniquities.

¹⁵The joy of our hearts has
ceased;
our dancing has been
turned to mourning.

¹⁶The crown has fallen from
our head;
woe to us, for we have
sinned!

¹⁷For this our heart has
become sick,
for these things our eyes
have grown dim,

¹⁹But thou, O Lord, dost reign
for ever;
thy throne endures to all
generations.

²⁰Why dost thou forget us for
ever,

why dost thou so long
forsake us?

²¹Restore us to thyself, O
Lord, that we may be
restored!

Renew our days as of old!

Ezekiel 36:24-28

²⁴For I will take you from the
nations,
and gather you from all the
countries,
and bring you into your
own land.

²⁵I will sprinkle clean water
upon you,
and you shall be clean from
all your uncleannesses,
and from all your idols I
will cleanse you.

²⁶A new heart I will give you,
and a new spirit I will put
within you;
and I will take out of your
flesh the heart of stone
and give you a heart of

flesh.

27 And I will put my spirit
within you,
and cause you to walk in
my statutes
and be careful to observe
my ordinances.

28 You shall dwell in the land
which I gave to your
fathers;
and you shall be my people,
and I will be your God.

Ant. Man shall not live by
bread alone, * but by
every word that proceeds
from the mouth of God.

EASTER

Ant. Allelúia, * allelúia, allelúia.

Isaiah 63:1-5

1 Who is this that comes from
Edom,

in crimsoned garments
from Bozrah,
he that is glorious in his
apparel,
marching in the greatness
of his strength?

“It is I, announcing vindica-
tion,
mighty to save.”

²Why is thy apparel red,
and thy garments like his
that treads in the wine
press?

³“I have trodden the wine
press alone,
and from the peoples no
one was with me;
I trod them in my anger
and trampled them in my
wrath;
their lifeblood is sprinkled
upon my garments,
and I have stained all my
raiment.

⁴For the day of vengeance was
in my heart,
and my year of redemption
has come.

⁵I looked, but there was no
one to help;
I was appalled, but there
was no one to uphold;
so my own arm brought me
victory,
and my wrath upheld me.

Hosea 6:1-6

¹“Come, let us return to the
Lord;
for he has torn, that he
may heal us;
he has stricken, and he will
bind us up.

²After two days he will revive
us;
on the third day he will
raise us up,
that we may live before him.

³Let us know, let us press on
to know the Lord;

his going forth is sure as
the dawn;
he will come to us as the
showers,
as the spring rains that
water the earth.”

⁴What shall I do with you, O
E'phraim?

What shall I do with you, O
Judah?

Your love is like a morning
cloud,
like the dew that goes early
away.

⁵Therefore I have hewn them
by the prophets,
I have slain them by the
words of my mouth,
and my judgment goes
forth as the light.

⁶For I desire steadfast love
and not sacrifice,
the knowledge of God,
rather than burnt offer-
ings.

Zephaniah 3:8–13

⁸“Therefore wait for me,” says
the Lord,
“for the day when I arise as
a witness.

For my decision is to gather
nations,
to assemble kingdoms,
to pour out upon them my
indignation,
all the heat of my anger;
for in the fire of my jealous
wrath
all the earth shall be con-
sumed.

⁹“Yea, at that time I will
change the speech of the
peoples
to a pure speech,
that all of them may call on
the name of the Lord
and serve him with one
accord.

¹⁰From beyond the rivers of
Ethiopia

my suppliants, the daughter of my dispersed ones, shall bring my offering.

¹¹“On that day you shall not be put to shame because of the deeds by which you have rebelled against me; for then I will remove from your midst your proudly exultant ones, and you shall no longer be haughty in my holy mountain.

¹²For I will leave in the midst of you a people humble and lowly. They shall seek refuge in the name of the Lord,

¹³those who are left in Israel; they shall do no wrong and utter no lies, nor shall there be found in their mouth a deceitful tongue.

For they shall pasture and lie
down,
and none shall make them
afraid.”

Ant. Allelúia, allelúia, allelúia.

Reading

(from the Fathers of the Church)

Te Deum

(Solemnis for Christmas Day, Easter Day and Eastertide; Simplex for the rest of the year; but during Lent, Te Deum is not sung)

Te Deum laudámus:

te Dóminum confitémur.

Te ætérnum Patrem

omnis terra venerátur.

Tibi omnes Angeli,

tibi Cæli, et univérsæ

Potestátes:

Tibi Chérubim et Séraphim

incessábili voce proclá-
mant:

Sanctus, Sanctus, Sanctus

Dóminus Deus Sábaoth.

Pleni sunt cæli et terra
majestátis glóriæ tuæ.
Te gloriósus
Apostolórum chorus,
Te Prophetárum
laudábilis númerus,
Te Mártyrum candidátus
laudat exércitus.
Te per orbem terrárum
sancta confitétur Ecclésia,
Patrem
imménsæ majestátis;
Venerándum tuum verum
et únicum Fílium;
Sanctum quoque
Paráclitum Spíritum.
Tu Rex glóriæ,
Christe.
Tu Patris
sempitérnus es Fílius.
Tu, ad liberándum suscep-
túrus hóminem:
non horruísti Vírginis
úterum.
Tu, devícto mortis acúleo,
aperuísti credéntibus
regna cælórum.

Tu ad dēxteram Dei sedes,
in glória Patris.
Judex créderis
esse ventúrus.

(The next verse is said kneeling.)

Te ergo quæsumus, tuis
fámulis súbveni,
quos pretiόso sáanguine
redemísti.

ÆtéRNA fac cum Sanctis tuis
in glória numerári.

Salvum fac pópulum tuum,
Dómine,
et bédedic hereditáti tuæ.

Et rege eos,
et extólle illos usque in
ætérnum.

Per síngulos dies
benedícimus te.

Et laudámus nomen tuum in
sæculum,
et in sæculum sæculi.

Dignáre, Dómine, die isto
sine peccáto nos custodíre.

Miserére nostri, Dómine,
miserére nostri.

Fiat misericórdia tua,
Dómine, super nos,
quemádmódum sperávi-
mus in te.

In te, Dómine, sperávi:
non confúndar in ætérnum.

During Lent:

We praise Thee, O God! *
We proclaim Thee as the
Lord.

Thee, Eternal Father, * all the
earth doth worship.

To Thee all the Angels, * to
Thee the heavens and all
the Powers,

To Thee the Cherubim and
Seraphim * with unceas-
ing voice do cry:

Holy, holy, holy, * the Lord
God of hosts.

Full are the heavens and the
earth * of the majesty of
Thy glory.

Thee, * the glorious choir of
the Apostles,

Thee, * the admirable
company of the Prophets,
Thee, * the white-robed army
of Martyrs doth praise.
Thee, * the Holy Church
throughout the world
doth confess,
The Father * of infinite maj-
esty,
Thine adorable, * true and
only Son,
And the Holy Ghost, * The
Paraclete.
Thou, O Christ, * art the King
of glory;
Thou art the everlasting Son
* of the Father.
Thou, having taken upon
Thee to redeem man, *
didst not disdain the
Virgin's womb.
Thou, having overcome the
sting of death, * hast
opened to believers the
kingdom of heaven.
Thou sittest at the right hand
of God, * in the glory of
the Father.

Thou, we believe, * art the
Judge who is to come.

(The next verse is said kneeling.)

We beseech Thee, therefore,
to help Thy servants *
whom Thou hast
redeemed with Thy pre-
cious Blood.

Number them with Thy
Saints, * in glory ever-
lasting.

O Lord, save Thy people, *
and bless Thine inheri-
tance.

And govern them * and exalt
them forever.

Day by day * we bless Thee.
And we praise Thy Name
forever, * yes, forever and
ever.

Deign, O Lord, this day, * to
keep us from sin.

Have mercy on us, O Lord,*
have mercy on us.

Let Thy mercy, O Lord, be
upon us, * as we have

trusted in Thee.
In Thee, O Lord, have I
trusted, * let me not be con-
founded forever.

Reading

(from the Gospel)

Fidelium animae per miseri-
cordiam Dei requiescant
in pace. *Rx.* Amen.

Benedicat et custodiat nos
omnipotens et misericors
Dominus, Pater, et
Filius, † et Spiritus
Sanctus. *Rx.* Amen.



SUNDAY LAUDS

Psalm 66

To the choirmaster: with stringed instruments. A Psalm. A Song.

¹May God be gracious to us
and bless us
and make his face to shine
upon us, [*Selah*]

²that thy way may be known
upon earth,
thy saving power among all
nations.

³Let the peoples praise thee,
O God;
let all the peoples praise
thee!

⁴Let the nations be glad and
sing for joy,
for thou dost judge the
peoples with equity
and guide the nations upon
earth. [*Selah*]

⁵Let the peoples praise thee,
O God;
let all the peoples praise
thee!

⁶The earth has yielded its
increase;
God, our God, has blessed
us.

⁷God has blessed us;
let all the ends of the earth
fear him!

Ant. Allelúia, * allelúia (*Easter-
tide: allelúia*).

Lent:

Ant. Create in me a clean
heart, O God, * and put
a new and right spirit
within me.

Psalm 50

*To the choirmaster. A Psalm of David,
when Nathan the prophet came to him,
after he had gone in to Bathsheba.*

¹Have mercy on me, O God,
according to thy steadfast
love;
according to thy abundant
mercy blot out my trans-
gressions.

²Wash me thoroughly from
my iniquity,
and cleanse me from my
sin!

³For I know my transgres-
sions,
and my sin is ever before
me.

⁴Against thee, thee only, have
I sinned,
and done that which is evil
in thy sight,
so that thou art justified in
thy sentence
and blameless in thy judg-
ment.

⁵Behold, I was brought forth
in iniquity,
and in sin did my mother
conceive me.

⁶Behold, thou desirest truth
in the inward being;
therefore teach me wisdom
in my secret heart.

⁷Purge me with hyssop, and

I shall be clean;
wash me, and I shall be
whiter than snow.

⁸Fill me with joy and gladness;
let the bones which thou
hast broken rejoice.

⁹Hide thy face from my sins,
and blot out all my iniqui-
ties.

¹⁰Create in me a clean heart,
O God,
and put a new and right
spirit within me.

¹¹Cast me not away from thy
presence,
and take not thy holy Spirit
from me.

¹²Restore to me the joy of thy
salvation,
and uphold me with a
willing spirit.

¹³Then I will teach transgres-
sors thy ways,
and sinners will return to
thee.

¹⁴Deliver me from blood-guiltiness, O God,
thou God of my salvation,
and my tongue will sing
aloud of thy deliverance.

¹⁵O Lord, open thou my lips,
and my mouth shall show
forth thy praise.

¹⁶For thou hast no delight in
sacrifice;
were I to give a burnt offering,
thou wouldst not be
pleased.

¹⁷The sacrifice acceptable to
God is a broken spirit;
a broken and contrite
heart, O God, thou wilt
not despise.

¹⁸Do good to Zion in thy good
pleasure;
rebuild the walls of Jerusa-
lem,

¹⁹then wilt thou delight in
right sacrifices,
in burnt offerings and

whole burnt offerings;
then bulls will be offered on
thy altar.

Lent:

Ant. Create in me a clean
heart, O God, and put a
new and right spirit
within me.

Ant. Save us, we beseech thee,
O LORD! * O LORD, we
beseech thee, give us
success!

Psalm 117A

¹O give thanks to the LORD,
for he is good;
his steadfast love endures
for ever!

²Let Israel say,
"His steadfast love endures
for ever."

³Let the house of Aaron say,
"His steadfast love endures
for ever."

⁴Let those who fear the LORD
say,
"His steadfast love endures
for ever."

⁵Out of my distress I called
on the LORD;
the LORD answered me and
set me free.

⁶With the LORD on my side I
do not fear.

What can man do to me?

⁷The LORD is on my side to
help me;
I shall look in triumph on
those who hate me.

⁸It is better to take refuge in
the LORD
than to put confidence in
man.

⁹It is better to take refuge in
the LORD
than to put confidence in
princes.

¹⁰All nations surrounded me;

in the name of the LORD I
cut them off!

¹¹They surrounded me, sur-
rounded me on every
side;

in the name of the LORD I
cut them off!

¹²They surrounded me like
bees,
they blazed like a fire of
thorns;

in the name of the LORD I
cut them off!

¹³I was pushed hard, so that
I was falling,
but the LORD helped me.

¹⁴The LORD is my strength
and my song;
he has become my salva-
tion.

Psalm 117B

¹⁵Hark, glad songs of victory
in the tents of the righ-
teous:

"The right hand of the LORD

does valiantly,
16the right hand of the
LORD is exalted,
the right hand of the LORD
does valiantly!"

17I shall not die, but I shall
live,
and recount the deeds of
the LORD.

18The LORD has chastened me
sorely,
but he has not given me
over to death.

19Open to me the gates of
righteousness,
that I may enter through
them
and give thanks to the
LORD.

20This is the gate of the LORD;
the righteous shall enter
through it.

21I thank thee that thou hast
answered me

and hast become my salvation.

22 The stone which the builders rejected
has become the head of the corner.

23 This is the LORD's doing;
it is marvelous in our eyes.

24 This is the day which the
LORD has made;
let us rejoice and be glad in
it.

25 Save us, we beseech thee,
O LORD!
O LORD, we beseech thee,
give us success!

26 Blessed be he who enters in
the name of the LORD!
We bless you from the
house of the LORD.

27 The LORD is God,
and he has given us light.
Bind the festal procession
with branches,
up to the horns of the altar!

28Thou art my God, and I will
give thanks to thee;
thou art my God, I will
extol thee.

29O give thanks to the LORD,
for he is good;
for his steadfast love
endures for ever!

Lent:

Ant. Save us, we beseech thee,
O LORD! O LORD, we
beseech thee, give us
success!

Ant. So I will bless thee, * O
LORD, as long as I live;
and I will lift up my
hands in thy name.

Psalm 62

*A Psalm of David, when he was in the
Wilderness of Judah.*

1O God, thou art my God, I
seek thee,
my soul thirsts for thee;

my flesh faints for thee,
as in a dry and weary land
where no water is.

²So I have looked upon thee
in the sanctuary,
beholding thy power and
glory.

³Because thy steadfast love is
better than life,
my lips will praise thee.

⁴So I will bless thee as long
as I live;
I will lift up my hands and
call on thy name.

⁵My soul is feasted as with
marrow and fat,
and my mouth praises thee
with joyful lips,

⁶when I think of thee upon
my bed,
and meditate on thee in the
watches of the night;

⁷for thou hast been my help,
and in the shadow of thy
wings I sing for joy.

⁸My soul clings to thee;

thy right hand upholds me.

⁹But those who seek to
destroy my life
shall go down into the
depths of the earth;

¹⁰they shall be given over to
the power of the sword,
they shall be prey for jack-
als.

¹¹But the king shall rejoice in
God;
all who swear by him shall
glory;
for the mouths of liars will
be stopped.

Ant. Allelúia, allelúia (*Eastertide:*
allelúia).

Lent:

Ant. So I will bless thee, O
LORD, as long as I live;
and I will lift up my
hands in thy name.

Ant. The three young men *
cast into the furnace by

the king, fearing not the flames of fire, said: Blessed be God (*Eastertide: allelúia*).

Canticle of the Three Young Men (Daniel 3)

²⁹Blessed art thou, O Lord,
God of our fathers,
and to be praised and
highly exalted for ever;

³⁰And blessed is thy glorious,
holy name
and to be highly praised
and highly exalted for
ever;

³¹Blessed art thou in the
temple of thy holy glory
and to be extolled and
highly glorified for ever.

³²Blessed art thou, who
sittest upon cherubim
and lookest upon the
deeps,
and to be praised and
highly exalted for ever.

- 33 Blessed art thou upon the
throne of thy kingdom
and to be extolled and
highly exalted for ever.
- 34 Blessed art thou in the
firmament of heaven
and to be sung and glori-
fied for ever.
- 35 Bless the Lord, all works of
the Lord,
sing praise to him and
highly exalt him for ever.
- 36 Bless the Lord, you heavens,
sing praise to him and
highly exalt him for ever.
- 37 Bless the Lord, you angels
of the Lord,
sing praise to him and
highly exalt him for ever.
- 38 Bless the Lord, all waters
above the heaven,
sing praise to him and
highly exalt him for ever.
- 39 Bless the Lord, all powers,
sing praise to him and

highly exalt him for ever.

⁴⁰Bless the Lord, sun and
moon,

sing praise to him and
highly exalt him for ever.

⁴¹Bless the Lord, stars of
heaven,

sing praise to him and
highly exalt him for ever.

⁴²Bless the Lord, all rain and
dew,

sing praise to him and
highly exalt him for ever.

⁴³Bless the Lord, all winds,
sing praise to him and

highly exalt him for ever.

⁴⁴Bless the Lord, fire and heat,
sing praise to him and

highly exalt him for ever.

⁴⁵Bless the Lord, winter cold
and summer heat,

sing praise to him and
highly exalt him for ever.

⁴⁶Bless the Lord, dews and
snows,

sing praise to him and
highly exalt him for ever.

- 47 Bless the Lord, nights and
days,
sing praise to him and
highly exalt him for ever.
- 48 Bless the Lord, light and
darkness,
sing praise to him and
highly exalt him for ever.
- 49 Bless the Lord, ice and cold,
sing praise to him and
highly exalt him for ever.
- 50 Bless the Lord, frosts and
snows,
sing praise to him and
highly exalt him for ever.
- 51 Bless the Lord, lightnings
and clouds,
sing praise to him and
highly exalt him for ever.
- 52 Let the earth bless the Lord;
let it sing praise to him and
highly exalt him for ever.
- 53 Bless the Lord, mountains
and hills,
sing praise to him and
highly exalt him for ever.

- 54 Bless the Lord, all things
that grow on the earth,
sing praise to him and
highly exalt him for ever.
- 55 Bless the Lord, you springs,
sing praise to him and
highly exalt him for ever.
- 56 Bless the Lord, seas and
rivers,
sing praise to him and
highly exalt him for ever.
- 57 Bless the Lord, you whales
and all creatures that
move in the waters,
sing praise to him and
highly exalt him for ever.
- 58 Bless the Lord, all birds of
the air,
sing praise to him and
highly exalt him for ever.
- 59 Bless the Lord, all beasts
and cattle,
sing praise to him and
highly exalt him for ever.
- 60 Bless the Lord, you sons of
men,

sing praise to him and
highly exalt him for ever.

⁶¹Bless the Lord, O Israel,
sing praise to him and
highly exalt him for ever.

⁶²Bless the Lord, you priests
of the Lord,
sing praise to him and
highly exalt him for ever.

⁶³Bless the Lord, you servants
of the Lord,
sing praise to him and
highly exalt him for ever.

⁶⁴Bless the Lord, spirits and
souls of the righteous,
sing praise to him and
highly exalt him for ever.

⁶⁵Bless the Lord, you who are
holy and humble in
heart,
sing praise to him and
highly exalt him for ever.

⁶⁶Bless the Lord, Hanani'ah,
Azari'ah, and Mish'ael,
sing praise to him and
highly exalt him for ever;
for he has rescued us from

Hades and saved us from
the hand of death,
and delivered us from the
midst of the burning
fiery furnace;
from the midst of the fire
he has delivered us.

⁶⁷Give thanks to the Lord, for
he is good,
for his mercy endures for
ever.

⁶⁸Bless him, all who worship
the Lord, the God of gods,
sing praise to him and give
thanks to him,
for his mercy endures for
ever.

Ant. The three young men cast
into the furnace by the
king, fearing not the
flames of fire, said:
Blessed be God (*Eastertide:*
allelúia).

Ant. Allelúia, * allelúia,
allelúia.

Lent:

Ant. Praise him, you highest
heavens, * and you
waters above the heav-
ens!

Psalm 148

¹Praise the LORD!

Praise the LORD from the
heavens,
praise him in the heights!

²Praise him, all his angels,
praise him, all his host!

³Praise him, sun and moon,
praise him, all you shining
stars!

⁴Praise him, you highest
heavens,
and you waters above the
heavens!

⁵Let them praise the name of
the LORD!

For he commanded and
they were created.

⁶And he established them for

ever and ever;
he fixed their bounds
which cannot be passed.

⁷Praise the LORD from the
earth,
you sea monsters and all
deeps,
⁸fire and hail, snow and frost,
stormy wind fulfilling his
command!

⁹Mountains and all hills,
fruit trees and all cedars!

¹⁰Beasts and all cattle,
creeping things and flying
birds!

¹¹Kings of the earth and all
peoples,
princes and all rulers of the
earth!

¹²Young men and maidens
together,
old men and children!

¹³Let them praise the name of

the LORD,
for his name alone is
exalted;
his glory is above earth and
heaven.

¹⁴He has raised up a horn for
his people,
praise for all his saints,
for the people of Israel who
are near to him.

Praise the LORD!

Psalm 149

¹Praise the LORD!
Sing to the LORD a new
song,
his praise in the assembly
of the faithful!

²Let Israel be glad in his
Maker,
let the sons of Zion rejoice
in their King!

³Let them praise his name
with dancing,
making melody to him with
timbrel and lyre!

⁴For the LORD takes pleasure
in his people;
he adorns the humble with
victory.

⁵Let the faithful exult in glory;
let them sing for joy on
their couches.

⁶Let the high praises of God
be in their throats
and two-edged swords in
their hands,

⁷to wreak vengeance on the
nations
and chastisement on the
peoples,

⁸to bind their kings with
chains
and their nobles with
fetters of iron,

⁹to execute on them the judg-
ment written!
This is glory for all his
faithful ones.

Praise the LORD!

Psalm 150

¹Praise the LORD!

Praise God in his sanctuary;
praise him in his mighty
firmament!

²Praise him for his mighty
deeds;
praise him according to his
exceeding greatness!

³Praise him with trumpet
sound;
praise him with lute and
harp!

⁴Praise him with timbrel and
dance;
praise him with strings and
pipe!

⁵Praise him with sounding
cymbals;
praise him with loud clash-
ing cymbals!

⁶Let everything that breathes
praise the LORD!
Praise the Lord!

Ant. Allelúia, allelúia, allelúia.

Lent:

Ant. Praise him, you highest
heavens, and you waters
above the heavens!

Reading

(from the Apocalypse)

Hymn

Lo! The dim shadows of the
night are waning;
Radiantly glowing, dawn of
the day returns;
Fervent in spirit,
To the mighty Father Pray
we devoutly.

So shall our Maker, of His
great compassion,
Banish all sickness, kindly
health bestowing;
And may He grant us,
Of a Father's goodness,
Mansions in heaven.

This He vouchsafe us, God
forever blessed,

Father eternal, Son, and
Holy Spirit,
Whose is the glory
Which through all creation
Ever resoundeth.
Amen.

✠. The Lord reigns; he is robed
in majesty.

✠. The Lord is robed, he is
girded with strength.

Ant. And you, child, * will be
called the prophet of the
Most High (*Eastertide:*
allelúia).

Luke 1:68–79

Canticle of Zechariah

Benedíctus Dóminus, Deus
Ísrael,
Quia visitávit, et fecit
redemptiónem plebis
suæ:

Et eréxit cornu salútis nobis
In domo David, púeri sui.
Sicut locútus est per os

sanctórum,
Qui a sæculo sunt, prophe-
tárum ejus:
Salútem ex inimícis nostris,
Ed de manu ómnium, qui
odérunt nos:
Ad faciéndam misericórdiam
cum pátribus nostris:
Et memorári testaménti sui
sancti.
Jusjurándum, quod jurávit
ad Ábraham, patrem
nostrum,
Datúrum se nobis:
Ut sine timóre, de manu
inimicórum nostrórum
liberáti,
serviámus illi:
In sanctitáte et justítia coram
ipso,
Ómnibus diébus nostris.
Et tu, puer, Prophéta Altís-
simi vocáberis:
Praeíbis enim ante fáciem
Dómini, paráre vias ejus:
Ad dandam sciéntiam salútis
plebi ejus,
In remissiónem pecca-

tórum eórum:
Per víscera misericórdiæ Dei
nostri,
In quibus visitávit nos
óriens ex alto:
Illumináre his, qui in ténebris
et in umbra mortis
sedent,
Ad dirigéndos pedes
nostros in viam pacis.
Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. And you, child, will be
called the prophet of the
Most High (*Eastertide:*
allelúia).

*(If Prime follows right after Lauds, skip
to the Prayer to Our Guardian
Angels.)*

✠. Kyrie, eléison. ✠. Kyrie, eléi-
son. ✠. Christe, eléison. ✠.
Christe, eléison. ✠. Kyrie, eléi-

son. ℟. Kyrie, eléison.

Pater noster, qui es in
cælis, sanctificétur
nomen tuum. Advéniat
regnum tuum. Fiat volúntas
tua, sicut in cælo et in terra.
Panem nostrum quotidiánum
da nobis hódie.

℟. Et dimítte nobis débíta
nostra, sicut et nos dimítti-
mus debitóribus nostris. Et
ne nos indúcas in ten-
tatiónem. Sed líbera nos a
malo. Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.

Prayer to Our Guardian Angels

O Pure Spirits whom God
has selected to be our guard-
ians, we are so grateful for
the zeal with which you

execute your commission. We often forget you, our invisible friends, to whom a thousand times we owe our preservation.

O Guardian Angels of these HAPPY INFANTS, who are as yet without spot before God, preserve their innocence and make up for all our INADEQUACIES in caring for them.

O Guardian Angels of ADOLESCENTS, who are exposed to so many temptations and dangers, talk to them, inspire them to holiness and, as you comforted St. Eulalia, encourage them to suffer for Christ's sake.

O Guardian Angels of THOSE WHO INSTRUCT THE YOUNG, animate them with your zeal and love, that the young may emulate your purity and innocence, you their invisible friends.

O Guardian Angels of SINNERS and LOVERS OF

THE WORLD, guide these unhappy mortals whose attraction to the world does embitter you. We implore you for their conversion even if you must strike at them.

O Guardian Angels of SENIORS and ELDERS, bring their prayers in behalf of their charges to God. Present their words, their actions and their intentions to God and purify them of all human imperfections. Obtain for them that spirit of fervor, zeal and sacrifice for the sake of God's kingdom.

O Guardian Angels of THOSE APPROACHING THEIR FINAL HOUR, strengthen, encourage and defend them against the attacks of their infernal enemy.

O Guardian Angel of THIS COMMUNITY, protect us all, teach us to love, to pray and to win in our combat against

temptations.
Amen.



SUNDAY PRIME

- ✠. Deus, in adiutórium meum
inténde.
- ℟. Dómine ad adjuvándum me
festína.
- ✠. Glória Patri, et Fílio, et
Spirítui Sancto.
- ℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

Now that the daylight fills the
sky
We lift our hearts to God on

high,
That He, in all we do or say,
Would keep us free from
harm today:

Would guard our hearts and
tongues from strife;
From anger's din would
hide our life;
From evil sights would turn
our eyes;
Would close our ears to
vanities.

So we, when this new day is
gone
And night in turn is
drawing on,
With conscience by the world
unstained
Shall praise His name for
victory gained.

To God the Father and the
Son
And Holy Spirit, three in
one,
Be endless glory as before

The world began, so ever-
more.

Amen.

Ant. Allelúia, * allelúia, allelúia
(*Eastertide:* allelúia).

Lent:

Ant. Blessed are those who
keep his testimonies, *
who seek him with their
whole heart.

Psalm 118A

¹Blessed are those whose way
is blameless,
who walk in the law of the
LORD!

²Blessed are those who keep
his testimonies,
who seek him with their
whole heart,

³who also do no wrong,
but walk in his ways!

⁴Thou hast commanded thy
precepts
to be kept diligently.

- ⁵O that my ways may be
steadfast
in keeping thy statutes!
- ⁶Then I shall not be put to
shame,
having my eyes fixed on all
thy commandments.
- ⁷I will praise thee with an
upright heart,
when I learn thy righteous
ordinances.
- ⁸I will observe thy statutes;
O forsake me not utterly!

Psalms 118B

- ⁹How can a young man keep
his way pure?
By guarding it according to
thy word.
- ¹⁰With my whole heart I seek
thee;
let me not wander from thy
commandments!
- ¹¹I have laid up thy word in
my heart,

that I might not sin against thee.

¹²Blessed be thou, O LORD;
teach me thy statutes!

¹³With my lips I declare
all the ordinances of thy
mouth.

¹⁴In the way of thy testimo-
nies I delight
as much as in all riches.

¹⁵I will meditate on thy pre-
cepts,
and fix my eyes on thy
ways.

¹⁶I will delight in thy statutes;
I will not forget thy word.

Psalm 118C

¹⁷Deal bountifully with thy
servant,
that I may live and observe
thy word.

¹⁸Open my eyes, that I may
behold
wondrous things out of thy
law.

- ¹⁹I am a sojourner on earth;
hide not thy command-
ments from me!
- ²⁰My soul is consumed with
longing
for thy ordinances at all
times.
- ²¹Thou dost rebuke the inso-
lent, accursed ones,
who wander from thy com-
mandments;
- ²²take away from me their
scorn and contempt,
for I have kept thy testimo-
nies.
- ²³Even though princes sit
plotting against me,
thy servant will meditate
on thy statutes.
- ²⁴Thy testimonies are my
delight,
they are my counselors.

Psalms 118D

- ²⁵My soul cleaves to the dust;

revive me according to thy
word!

26 When I told of my ways,
thou didst answer me;
teach me thy statutes!

27 Make me understand the
way of thy precepts,
and I will meditate on thy
wondrous works.

28 My soul melts away for
sorrow;
strengthen me according to
thy word!

29 Put false ways far from me;
and graciously teach me
thy law!

30 I have chosen the way of
faithfulness,
I set thy ordinances before
me.

31 I cleave to thy testimonies,
O LORD;
let me not be put to shame!

32 I will run in the way of thy
commandments
when thou enlargest my
understanding!

Ant. Allelúia, allelúia, allelúia
(*Eastertide: allelúia*).

Lent:

Ant. Blessed are those who
keep his testimonies,
who seek him with their
whole heart.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Concluding Prayers

*(Use the following, or the Collect
from the Missal)*

O Lord God Almighty, who
has brought us to the begin-
ning of this day, preserve us
in the same by Thy power, so
that during this day we may
not fall into any sin, but that
all our words, thoughts and

works may be directed to the doing of Thy righteousness. Grant this through Christ our Lord. Amen.

Pater noster *(Silently until)* Et ne nos indúcas in tentationem.

R. Sed líbera nos a malo. Amen.

The Angelus

ANGELUS Dómini nuntiávit Mariæ.

R. Et concépit de Spíritu Sancto.

AVE Mariá, grátia plena, Dóminus tecum; benedícta tu in muliéribus, et benedíctus fructus ventris tui, Jesus.

R. Sancta Mariá, Mater Dei, ora pro nobis peccatóribus, nunc et in hora mortis nostræ. Amen.

ECCE ancilla Dómini.

℟. Fiat mihi secúndum
verbum tuum.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ET Verbum caro factum
est.

℟. Et habitávit in nobis.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

℣. Ora pro nobis, Sancta Dei
Génitrix.

℟. Ut digni efficiámur promissiónibus Christi.

Orémus.

Grátiam tuam, quæsumus,
Dómine, méntibus nostris
infúnde: ut qui, Ángelo
nuntíante, Christi Fílii tui
Incarnatiónem cognóvimus,
per passióem ejus et
crucem, ad resurrectiόνis
glóriam perducámur. Per
eúmdem Christum Dóminum
nostrum. Amen.

GLÓRIA Patri, et Fílio, * et
Spirítui Sancto.

℟. Sicut erat in princípio, et
nunc, et semper, * et in
sæcula sæculórum. Amen.

(recited 3 times)

During Easter:

Regína Cæli

℣. Regína cæli lætære, allelúia.

℟. Quia quem meruísti portære, allelúia.

℣. Resurréxit, sicut dixit, allelúia.

℟. Ora pro nobis Deum, allelúia.

℣. Gaude et lætære, Virgo María, allelúia.

℟. Quia surréxit Dóminus vere, allelúia.

Orémus.

Deus, qui per resurrectionem Fílii tui Dómini nostri Iesu Christi mundum lætificáre dignátus es, præsta, quæsumus, ut per eius Genetrícem Vírginem Mariám perpétuæ capiámus gáudia vitæ.

Per Christum Dóminum nostrum. Amen.

℣. Glória Patri, et Fílio,

et Spirítui Sancto.

℟. Sicut erat in princípíio, et
nunc, et semper, et in sæcula
sæculórum. Amen.

(recited 3 times)

Actus Fidei

DÓMINE Deus, firma fide
credo et confíteor ómnia
et síngula quæ sancta Ecclé-
sia Cathólica propónit, quia
tu, Deus, ea ómnia revelásti,
qui es ætérna véritas et
sapiéntia, quæ nec fállere nec
falli potest. In hac fide
vívere et mori státuo. Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



SUNDAY TERCE

- ℣. Deus, in adiutórium meum
inténde.
- ℟. Dómine ad adjuvándum me
festína.
- ℣. Glória Patri, et Fílio, et
Spirítui Sancto.
- ℟. Sicut erat in princípio, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

Come, Holy Spirit, in nature
one
With both the Father and
the Son;
Shed forth Thy grace within
our breast
And dwell with us, a ready
guest.

By every power, by heart and

tongue,
By act and deed, Thy praise
be sung:
Inflame with perfect love each
sense
That other souls may
kindle thence.

In this, most gracious Father,
hear
Through Christ Thy equal
Son our prayer,
Who with the Holy Ghost and
Thee
Doth live and reign eter-
nally.
Amen.

Ant. Allelúia, * allelúia, allelúia
(*Eastertide:* allelúia).

Lent:

Ant. Turn my eyes from
looking at vanities; * and
give me life in thy ways.

Psalm 118E

33 Teach me, O LORD, the way
Sunday Terce 131

- of thy statutes;
and I will keep it to the end.
- ³⁴Give me understanding,
that I may keep thy law
and observe it with my
whole heart.
- ³⁵Lead me in the path of thy
commandments,
for I delight in it.
- ³⁶Incline my heart to thy tes-
timonies,
and not to gain!
- ³⁷Turn my eyes from looking
at vanities;
and give me life in thy ways.
- ³⁸Confirm to thy servant thy
promise,
which is for those who fear
thee.
- ³⁹Turn away the reproach
which I dread;
for thy ordinances are good.
- ⁴⁰Behold, I long for thy pre-
cepts;
in thy righteousness give
me life!

Psalm 118F

- ⁴¹Let thy steadfast love come
to me, O LORD,
thy salvation according to
thy promise;
- ⁴²then shall I have an answer
for those who taunt me,
for I trust in thy word.
- ⁴³And take not the word of
truth utterly out of my
mouth,
for my hope is in thy ordi-
nances.
- ⁴⁴I will keep thy law continu-
ally,
for ever and ever;
- ⁴⁵and I shall walk at liberty,
for I have sought thy pre-
cepts.
- ⁴⁶I will also speak of thy
testimonies before kings,
and shall not be put to
shame;
- ⁴⁷for I find my delight in thy
commandments,
which I love.

48 I revere thy commandments, which I love,
and I will meditate on thy statutes.

Psalm 118G

49 Remember thy word to thy servant,
in which thou hast made me hope.

50 This is my comfort in my affliction
that thy promise gives me life.

51 Godless men utterly deride me,
but I do not turn away from thy law.

52 When I think of thy ordinances from of old,
I take comfort, O LORD.

53 Hot indignation seizes me because of the wicked,
who forsake thy law.

54 Thy statutes have been my

songs
in the house of my pilgrim-
age.

55 I remember thy name in the
night, O LORD,
and keep thy law.

56 This blessing has fallen to
me,
that I have kept thy pre-
cepts.

Ant. Allelúia, allelúia, allelúia
(*Eastertide: allelúia*).

Lent:

Ant. Turn my eyes from
looking at vanities; and
give me life in thy ways.

Reading

(from the New Testament)

✠. Kyrie, eléison. ✠. Kyrie, eléi-
son. ✠. Christe, eléison. ✠.
Christe, eléison. ✠. Kyrie, eléi-
son. ✠. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster (*Silently until*) Et
ne nos indúcas in ten-
tatiónem.

R. Sed líbera nos a malo.
Amen.

V. Divínium auxílium máneat
semper nobíscum.

R. Et cum frátribus nostris
abséntibus. Amen.



SUNDAY SEXT

V. Deus, in adjutórium meum
inténde.

R. Dómine ad adjuvándum me
festína.

V. Glória Patri, et Fílio, et
Spirítui Sancto.

R. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God of Truth, O Lord of
 might,
 Disposing time and change
 aright,
Who clothes the splendid
 morning ray
And gives the heat at noon
 of day:

Extinguish Thou each sinful
 fire
 And banish every ill desire;
And while Thou keepest the
 body whole
Shed forth Thy peace upon
 the soul.

Grant this, O Father ever one
 With Jesus Christ Thy only
 Son
And Holy Ghost, whom all
 adore,
Reigning and blest forever-
 more.

Amen.

Ant. Allelúia, * allelúia, allelúia
(*Eastertide:* allelúia).

Lent:

Ant. Before I was afflicted I
went astray; * but now I
keep thy word.

Psalm 118H

57The LORD is my portion;
I promise to keep thy words.

58I entreat thy favor with all
my heart;
be gracious to me accord-
ing to thy promise.

59When I think of thy ways,
I turn my feet to thy testi-
monies;

60I hasten and do not delay
to keep thy command-
ments.

61Though the cords of the
wicked ensnare me,
I do not forget thy law.

62At midnight I rise to praise
thee,

because of thy righteous
ordinances.

⁶³I am a companion of all who
fear thee,
of those who keep thy pre-
cepts.

⁶⁴The earth, O LORD, is full of
thy steadfast love;
teach me thy statutes!

Psalm 118I

⁶⁵Thou hast dealt well with
thy servant,
O LORD, according to thy
word.

⁶⁶Teach me good judgment
and knowledge,
for I believe in thy com-
mandments.

⁶⁷Before I was afflicted I went
astray;
but now I keep thy word.

⁶⁸Thou art good and doest
good;
teach me thy statutes.

⁶⁹The godless besmear me

with lies,
but with my whole heart I
keep thy precepts;
70their heart is gross like fat,
but I delight in thy law.
71It is good for me that I was
afflicted,
that I might learn thy statutes.
72The law of thy mouth is
better to me
than thousands of gold and
silver pieces.

Psalms 118J

73Thy hands have made and
fashioned me;
give me understanding that
I may learn thy com-
mandments.
74Those who fear thee shall
see me and rejoice,
because I have hoped in
thy word.
75I know, O LORD, that thy
judgments are right,

and that in faithfulness
thou hast afflicted me.

⁷⁶Let thy steadfast love be
ready to comfort me
according to thy promise to
thy servant.

⁷⁷Let thy mercy come to me,
that I may live;
for thy law is my delight.

⁷⁸Let the godless be put to
shame,
because they have sub-
verted me with guile;
as for me, I will meditate on
thy precepts.

⁷⁹Let those who fear thee turn
to me,
that they may know thy
testimonies.

⁸⁰May my heart be blameless
in thy statutes,
that I may not be put to
shame!

Ant. Allelúia, allelúia, allelúia
(*Eastertide:* allelúia).

Lent:

Ant. Before I was afflicted I went astray; but now I keep thy word.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléison. ℣. Christe, eléison. ℞. Christe, eléison. ℣. Kyrie, eléison. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et ne nos indúcas in tentationem.

℞. Sed líbera nos a malo. Amen.

The Angelus

ANGELUS Dómini nuntiávit Mariæ.

℞. Et concépit de Spíritu Sancto.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ECCE ancílla Dómini.

℟. Fiat mihi secúndum
verbum tuum.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ET Verbum caro factum
est.

℟. Et habitávit in nobis.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

℣. Ora pro nobis, Sancta Dei
Génitrix.

℟. Ut digni efficiámur promissiónibus Christi.

Orémus.

Grátiam tuam, quæsumus,
Dómine, méntibus nostris
infúnde: ut qui, Ángelo
nuntíante, Christi Fílii tui
Incarnatiónem cognóvimus,
per passiónem ejus et
crucem, ad resurrectiόνis
glóriam perducámur. Per
eúmdem Christum Dóminum
nostrum. Amen.

GLÓRIA Patri, et Fílio, * et
Spirítui Sancto.

R. Sicut erat in princípío, et
nunc, et semper, * et in
sæcula sæculórum. Amen.

(recited 3 times)

During Easter:

Regína Cæli

V. Queen of heaven, rejoice,
alleluia!

R. for he whom you were
worthy to bear, alleluia!

V. has risen as he said, alle-
luia!

R. Pray for us to God, alleluia!

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

R. For the Lord has truly
risen, alleluia.

Let us pray.

O God, who through the res-
urrection of your Son, our
Lord Jesus Christ, did vouch-
safe to give joy to the world;

grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

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

℟. As it was in the beginning, is now, and ever shall be, * world without end. Amen.
(recited 3 times)

Actus Spei

DÓMINE Deus, spero per grátiam tuam remissionem ómnium peccatórum, et post hanc vitam ætérnam felicitátem me esse consecutúrum: quia tu promísisti, qui es infinite potens, fidélis, benígnus, et miséricors. In hac spe vívere et mori státuo. Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



SUNDAY NONE

℣. Deus, in adjutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God, creation's secret force,
Thy self unmoved, yet
motion's source,
Who from the morn till eve-
ning's ray
Through every change dost
guide the day:

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

Grant this, O Father ever one
With Jesus Christ Thy only
Son
And Holy Ghost, whom all
adore,
Reigning and blest forever-
more.

Amen.

Ant. Allelúia, * allelúia, allelúia
(*Eastertide:* allelúia).

Lent:

Ant. Oh, how I love thy law! *
It is my meditation all
the day.

Psalm 118K

81 My soul languishes for thy
salvation;

I hope in thy word.

82 My eyes fail with watching
for thy promise;

I ask, "When wilt thou
comfort me?"

83 For I have become like a
wineskin in the smoke,
yet I have not forgotten thy
statutes.

84 How long must thy servant
endure?

When wilt thou judge those
who persecute me?

85 Godless men have dug pit-
falls for me,

men who do not conform to
thy law.

86 All thy commandments are
sure;

they persecute me with
falsehood; help me!

87 They have almost made an
end of me on earth;
but I have not forsaken thy
precepts.

88 In thy steadfast love spare
my life,
that I may keep the testi-
monies of thy mouth.

Psalm 118L

89 For ever, O LORD, thy word
is firmly fixed in the heav-
ens.

90 Thy faithfulness endures to
all generations;
thou hast established the
earth, and it stands fast.

91 By thy appointment they
stand this day;
for all things are thy ser-
vants.

92 If thy law had not been my
delight,
I should have perished in

my affliction.

⁹³I will never forget thy precepts;
for by them thou hast given me life.

⁹⁴I am thine, save me;
for I have sought thy precepts.

⁹⁵The wicked lie in wait to destroy me;
but I consider thy testimonies.

⁹⁶I have seen a limit to all perfection,
but thy commandment is exceedingly broad.

Psalms 118

⁹⁷Oh, how I love thy law!
It is my meditation all the day.

⁹⁸Thy commandment makes me wiser than my enemies,
for it is ever with me.

⁹⁹I have more understanding

than all my teachers,
for thy testimonies are my
meditation.

¹⁰⁰I understand more than
the aged,
for I keep thy precepts.

¹⁰¹I hold back my feet from
every evil way,
in order to keep thy word.

¹⁰²I do not turn aside from thy
ordinances,
for thou hast taught me.

¹⁰³How sweet are thy words
to my taste,
sweeter than honey to my
mouth!

¹⁰⁴Through thy precepts I get
understanding;
therefore I hate every false
way.

Ant. Allelúia, allelúia, allelúia
(*Eastertide:* allelúia).

Lent:

Ant. Oh, how I love thy law! It
is my meditation all the
day.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléison. ℣. Christe, eléison. ℞. Christe, eléison. ℣. Kyrie, eléison. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et ne nos indúcas in tentationem.

℞. Sed líbera nos a malo. Amen.

℣. Divínium auxílium máneat semper nobíscum.

℞. Et cum frátribus nostris abséntibus. Amen.



SUNDAY VESPERS

℣. Deus, in adiutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O Blest Creator of the light,
Who makest the day with
radiance bright,
And o'er the forming world
didst call
The light from chaos first
of all:

Whose wisdom joined in meet
array

The morn and eve, and
named them day:
Night comes with all its dark-
ling fears,
Regard Thy people's
prayers and tears.

Lest, sunk in sin and
whelmed with strife,
They lose the gift of endless
life;
While thinking but the
thoughts of time
They weave new chains of
woe and crime.

Hear Thou our prayer,
Almighty King!
Hear Thou our praises
whilst we sing,
Adoring with the heavenly
host
The Father, Son and Holy
Ghost.
Amen.

Ant. The LORD says to my lord:
* "Sit at my right hand."

Eastertide (for four Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalm 109

A Psalm of David.

¹The LORD says to my lord:
"Sit at my right hand,
till I make your enemies
your footstool."

²The LORD sends forth from
Zion
your mighty scepter.
Rule in the midst of your
foes!

³Your people will offer them-
selves freely
on the day you lead your
host
upon the holy mountains.
From the womb of the
morning
like dew your youth will
come to you.

⁴The LORD has sworn

and will not change his
mind,

"You are a priest for ever
after the order of
Melchiz'edek."

⁵The Lord is at your right
hand;

he will shatter kings on the
day of his wrath.

⁶He will execute judgment
among the nations,

filling them with corpses;
he will shatter chiefs
over the wide earth.

⁷He will drink from the brook
by the way;

therefore he will lift up his
head.

Ant. The LORD says to my lord:
"Sit at my right hand."

Ant. All his precepts are trust-
worthy, * they are estab-
lished for ever and ever.

Psalm 110

¹Praise the LORD.

I will give thanks to the LORD
with my whole heart,
in the company of the
upright, in the congrega-
tion.

²Great are the works of the
LORD,
studied by all who have
pleasure in them.

³Full of honor and majesty is
his work,
and his righteousness
endures for ever.

⁴He has caused his wonderful
works to be remembered;
the LORD is gracious and
merciful.

⁵He provides food for those
who fear him;
he is ever mindful of his
covenant.

⁶He has shown his people the
power of his works,
in giving them the heritage
of the nations.

⁷The works of his hands are
faithful and just;
all his precepts are trust-
worthy,
⁸they are established for ever
and ever,
to be performed with faith-
fulness and uprightness.
⁹He sent redemption to his
people;
he has commanded his
covenant for ever.
Holy and terrible is his
name!
¹⁰The fear of the LORD is the
beginning of wisdom;
a good understanding have
all those who practice it.
His praise endures for ever!

Ant. All his precepts are trust-
worthy, they are estab-
lished for ever and ever.

Ant. Who greatly delights * in
his commandments!

Psalm 111

- ¹Praise the LORD.
Blessed is the man who fears
the LORD,
who greatly delights in his
commandments!
- ²His descendants will be
mighty in the land;
the generation of the
upright will be blessed.
- ³Wealth and riches are in his
house;
and his righteousness
endures for ever.
- ⁴Light rises in the darkness
for the upright;
the LORD is gracious, mer-
ciful, and righteous.
- ⁵It is well with the man who
deals generously and
lends,
who conducts his affairs
with justice.
- ⁶For the righteous will never
be moved;
he will be remembered for
ever.

⁷He is not afraid of evil tidings;
his heart is firm, trusting
in the LORD.

⁸His heart is steady, he will
not be afraid,
until he sees his desire on
his adversaries.

⁹He has distributed freely, he
has given to the poor;
his righteousness endures
for ever;
his horn is exalted in honor.

¹⁰The wicked man sees it and
is angry;
he gnashes his teeth and
melts away;
the desire of the wicked
man comes to nought.

Ant. Who greatly delights in
his commandments!

Ant. Blessed be the name of
the LORD * from this time
forth and for evermore!

Psalm 112

- ¹Praise the LORD!
Praise, O servants of the
LORD,
praise the name of the
LORD!
- ²Blessed be the name of the
LORD
from this time forth and for
evermore!
- ³From the rising of the sun to
its setting
the name of the LORD is to
be praised!
- ⁴The LORD is high above all
nations,
and his glory above the
heavens!
- ⁵Who is like the LORD our God,
who is seated on high,
- ⁶who looks far down
upon the heavens and the
earth?
- ⁷He raises the poor from the
dust,

and lifts the needy from the
ash heap,
8to make them sit with
princes,
with the princes of his
people.
9He gives the barren woman
a home,
making her the joyous
mother of children.
Praise the LORD!

Ant. Blessed be the name of
the LORD from this time
forth and for evermore!

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

(from the New Testament)

Ant. He has filled the hungry
with good things, * and
the rich he has sent
empty away (*Eastertide:*
allelúia).

Luke 1:46-55

Canticle of Mary

Magnificat

ánima mea Dóminum,
Et exsultávit spíritus meus
in Deo, salutári meo.

Quia respéxit humilitátem
ancíllae suæ:

ecce enim ex hoc beátam me
dicent omnes generatiónes.
Quia fecit mihi magna qui
potens est:

et sanctum nomen ejus.
Et misericórdia ejus a progé-
nie in progénies
timéntibus eum.

Fecit poténtiam in bráchio
suo:

dispérsit supérbos mente
cordis sui.

Depósuit poténtes de sede,
et exaltávit húmiles.

Esuriéntes implévit bonis
et dívites dimísit inánes.

Suscépit Israel, púerum
suum,
recordátus misericórdiæ
suæ.

Sicut locútus est ad patres
nostros

Abraham, et sémini ejus in
sæcula.

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. He has filled the hungry
with good things, and
the rich he has sent
empty away (*Eastertide:*
allelúia).

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Pater noster, qui es in
cælis, sanctificétur
nomen tuum. Advéniat
regnum tuum. Fiat volúntas
tua, sicut in cælo et in terra.
Panem nostrum quotidiánum

da nobis hódie.

℟. Et dimítte nobis débita nostra, sicut et nos dimíttimus debitóribus nostris. Et ne nos indúcas in tentatiónem. Sed líbera nos a malo. Amen.

Concluding Prayers

(Collect from the Missal)

℣. Divínium auxílium máneat semper nobíscum.

℟. Et cum frátribus nostris abséntibus. Amen.



COMPLINE

℣. Deus, in adjutórium meum inténde.

℟. Dómine ad adjuvándum me festína.

℣. Glória Patri, et Fílio, et Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Psalm 4

*To the choirmaster: with stringed
instruments. A Psalm of David.*

¹Answer me when I call, O
God of my right!
Thou hast given me room
when I was in distress.
Be gracious to me, and
hear my prayer.

²O men, how long shall my
honor suffer shame?
How long will you love vain
words, and seek after
lies? *[Selah]*

³But know that the LORD has
set apart the godly for
himself;
the LORD hears when I call
to him.

⁴Be angry, but sin not;

commune with your own
hearts on your beds, and
be silent. *[Selah]*

⁵Offer right sacrifices,
and put your trust in the
LORD.

⁶There are many who say, "O
that we might see some
good!

Lift up the light of thy
countenance upon us, O
LORD!"

⁷Thou hast put more joy in
my heart
than they have when their
grain and wine abound.

⁸In peace I will both lie down
and sleep;
for thou alone, O LORD,
makest me dwell in
safety.

Psalm 90

¹He who dwells in the shelter

of the Most High,
who abides in the shadow
of the Almighty,
²will say to the LORD, "My
refuge and my fortress;
my God, in whom I trust."
³For he will deliver you from
the snare of the fowler
and from the deadly pesti-
lence;
⁴he will cover you with his
pinions,
and under his wings you
will find refuge;
his faithfulness is a shield
and buckler.
⁵You will not fear the terror of
the night,
nor the arrow that flies by
day,
⁶nor the pestilence that stalks
in darkness,
nor the destruction that
wastes at noonday.
⁷A thousand may fall at your
side,

ten thousand at your right
hand;
but it will not come near
you.

⁸You will only look with your
eyes
and see the recompense of
the wicked.

⁹Because you have made the
LORD your refuge,
the Most High your habita-
tion,

¹⁰no evil shall befall you,
no scourge come near your
tent.

¹¹For he will give his angels
charge of you
to guard you in all your
ways.

¹²On their hands they will
bear you up,
lest you dash your foot
against a stone.

¹³You will tread on the lion
and the adder,

the young lion and the
serpent you will trample
under foot.

¹⁴Because he cleaves to me in
love, I will deliver him;
I will protect him, because
he knows my name.

¹⁵When he calls to me, I will
answer him;
I will be with him in trouble,
I will rescue him and honor
him.

¹⁶With long life I will satisfy
him,
and show him my salvation.

Psalm 133

A Song of Ascents.

¹Come, bless the LORD, all
you servants of the LORD,
who stand by night in the
house of the LORD!

²Lift up your hands to the
holy place,
and bless the LORD!

³May the LORD bless you from
Zion,
he who made heaven and
earth!

Hymn

To Thee, before the close of
day,
Creator of the world, we
pray
That with Thy wonted favor
Thou
Wouldst be our Guard and
Keeper now.

From evil dreams defend our
eyes,
From nightly fears and fan-
tasies;
Tread underfoot our ghostly
foe
That no pollution we may
know.

O Father, grant that this be
done

Through Jesus Christ Thy
only Son,
Who with the holy Ghost and
Thee
Shall live and reign eter-
nally.
Amen.

1Peter 5:8-9
Short Reading

Brethren, be sober, be watchful. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same experience of suffering is required of your brotherhood throughout the world.

✠. And may you, Lord, have mercy on us.

✠. Thanks be to God.

✠. Lord, have mercy on us.

✠. Lord, have mercy on us.

✠. Christ, have mercy on us.

℟. Christ, have mercy on us.

℣. Lord, have mercy on us.

℟. Lord, have mercy on us.

℣. May Almighty God grant us
a peaceful night and a
perfect end.

℟. Amen.

Concluding Prayers

Let us pray.

VISIT, we beseech thee, O Lord, this habitation, and drive from it all the snares of the enemy. Let Thy holy angels dwell herein to preserve us in peace, and may Thy blessing be upon us forever through Christ our Lord.

℟. Amen.

GOD the Father, bless us.
Jesus Christ, defend and
keep us. The virtue of the
Holy Spirit, enlighten and
sanctify us this night and

forever, and may the souls of the faithful departed, through the mercy of God, rest in peace.

℟. Amen.

BLESS, O Lord, the repose I am going to take in order to renew my strength, that I may be better able to serve Thee. O all ye saints and angels, but chiefly Thou, O Mother of God, intercede for me this night and during the rest of my life, but particularly at the hour of my death.

℟. Amen.

NOVENA TO HOLY MARY OF GUADALUPE

FIRST DAY

The words of our Lady of Guadalupe spoken to the Indian, Juan Diego, on the hill of Tepeyac, December 9, 1531:

"My dear son whom I

*love tenderly, know
that I am the Virgin
Mary, Mother of the
True God,
Giver and maintainer of
life,
Creator of all things,
Lord of heaven and
earth,
Who is in all places.
I wish a temple to be
erected here, where I
can manifest the
compassion I have
for the natives and
for ALL who solicit
my help."*

These thy words, my heavenly Mother, fill my heart with love and gratitude, with renewed faith and hope, because they were directed to me also. Therefore, I turn to thee, confident of obtaining through thy intercession, the grace which will enable me to live in accordance with the teaching of thy Divine Son,

Jesus, whom I desire to love with all my heart. Thou didst share in all that my Saviour suffered for me, therefore I belong to thee also, and thou art my loving Mother.

Do not abandon me in this vale of tears; take pity, I beseech thee on my poverty and necessities; have compassion on my anxieties and cares; assist and comfort me in all my infirmities and miseries. Amen.

(After the prayer, say four Hail Marys commemorating the four apparitions to Juan Diego, and the Memorare to Our Lady of Guadalupe, page 188.)

SECOND DAY

The merciful words spoken on the fourth and last visit to Juan Diego:

"Do not let anything afflict you, and do not be afraid of any illness or accident or pain.

*Am I not here who am
your Mother?*

*Are you not under my
shadow and protec-
tion?*

*Do you need anything
else?"*

These thy words were also directed to me and they fill my heart with gladness and hope.

Turn then, most gracious Mother, thine eyes of mercy towards me; perfect me in thy love, making it possible for me to put all my troubles and worries at thy feet knowing that thou wilt remember that thou art my Mother, that I am under thy shadow and protection, and that thou wilt obtain for me the consolation, of which, I am so much in need. Amen.

*(Four Hail Marys, Memorare to
Our Lady of Guadalupe, page 188.)*

THIRD DAY

When thou didst visit Juan Diego's dying uncle, Juan Bernardino, curing him and telling him thy name, 'Immaculate Virgin Mary who crushed the Serpent', thou didst fill the Indians' hearts with joy. It told them that they no longer needed to make human sacrifices to their pagan idols.

Hail! Holy Queen, merciful MOTHER.

Hail! Our life, our sweetness and our hope!

Permit me to join in the canticles of praise that to this day this whole nation sends up to thy throne, many coming long distances to offer thee gifts and prayers.

Pray for us, Holy Mother of God, exterminate the SERPENT OF EVIL from our lives that we may be made worthy of the promises of Christ thy Divine Son. Amen.

FOURTH DAY

When the Indians saw the admirable image of thyself which thou didst leave on Juan Diego's mantle, they recognized it to be a picture writing containing a celestial message which was directed to them. Thy regal figure in the form of a human being taught them that thy dwelling place at one time must have been on earth. The rays of the sun, the clouds which surround thy body, the stars on thy garment, the crescent under thy feet, the angel who transports thee through space, all denote that thy present abode is in heaven and called their attention to the immortality of the human soul.

O Holy Mary, as thy image

on the garment of Juan Diego taught the Indians, so let it teach me never to forget the immortality of my soul, that heaven is my goal and my inheritance. Amid the temptations and miseries of this life, let me think always of this home of peace, of glory and eternal bliss. Amen.

(Four Hail Marys, Memorare to Our Lady of Guadalupe, page 188.)

FIFTH DAY

For centuries the natives of Mexico had worshipped the sun, sacrificing countless human beings in its honor, but when they beheld thy beautiful image blotting it out so that only its rays are visible, they understood the lesson it was intended to convey.

After the Indians had heard thy message and read that which thy image con-

tains, they abandoned their false gods and embraced the loving doctrine of the Divine Son.

Never have they ceased to give thanks for the great mercy which the Almighty God showered upon them when He sent thee to be their Queen, their Mother and their teacher.

O Holy Mary, through the mystery of the Incarnation of thy beloved Son, our Lord Jesus Christ, wherein our salvation was begun, obtain for us light to understand the greatness of the benefit He hath bestowed upon us in becoming our Brother and in giving thee, His own venerated Mother, to be our Mother also. Amen.

(Four Hail Marys, Memorare to Our Lady of Guadalupe, page 188.)

SIXTH DAY

The fires that burned on the altars of the false gods were extinguished forever after the Indians had contemplated thy image and seen thee attired with the firmament covered with stars. This showed them that the stars had been created by the Invisible God to serve mankind and therefore could not be deities to whom adoration and sacrifices were due.

Most Holy Mary, who through thy image stamped by God on the Indian's garment, has brought millions of pagans into the light of the True Faith, I beg thee to obtain for me the grace of understanding the message it contains. Shed upon me the light of thy countenance, direct and sanctify all my undertakings. Amen.

(Four Hail Marys, Memorare to Our Lady of Guadalupe, page 188.)

SEVENTH DAY

The emblem of our redemption stamped upon the golden brooch fastened to thy tunic, served to tell the Indians that the religion of their conquerors was the one they were to embrace; the cross on the banner of Hernando Cortez and on the brooch were the same. When they saw it upon thy image, they flocked around the Spanish Missionaries, eager to know its meaning. They were told about the Saviour who came from heaven to redeem the human race through His death on the Cross, and that thou art the Virgin Mother of the Divine Victim, associated with Him in the mystery of our redemption.

Happy nation to whom thou didst reveal thyself and God.

Holy Virgin Mary of Gua-

dalupe, my Queen and Mother, more than four hundred years have passed since thou didst speak to Juan Diego, and so far only a few of thy children in other lands have become aware of the purpose of thy image on the altar of thy shrine. Inspire us then to see in this thy miraculous picture, the instrument for the conversion of ALL to the Catholic, Apostolic Faith, thou who art the adorable Queen and Mother of the Apostles and Missionaries. Amen.

(Four Hail Marys, Memorare to Our Lady of Guadalupe, page 188.)

EIGHTH DAY

After Juan Diego had cut the flowers that had bloomed suddenly on the barren hill of Tepeyac, he brought them to thee at the foot of the mount where thou was waiting. With

thine own hands thou didst arrange them in his tilma, tying it around his neck, telling him to take them to Bishop Zumarraga, that this sign would induce him to start building thy temple. The last words which he heard from thy adorable lips were: "Thou art my ambassador, worthy of confidence, go in peace."

The sacred picture on the coarse cloth of the tilma could not have been painted by human hands. It convinced the Bishop, as it ought to convince every person who looks at it, that Juan Diego's message was truly thine.

Humbly I beseech thee, my Queen and Mother, let me be thy ambassador like Juan Diego, to give the doctrine contained in thy image to all my friends, to convince them also, whether they be believers or unbelievers. Amen.

*(Four Hail Marys, Memorare to
Our Lady of Guadalupe, page 188.)*

NINTH DAY

O Holy Virgin, enthroned on the spot which thou didst choose in the very heart of an idolatrous nation, thou didst marvelously work its conversion. After seeing thy image on the tilma of their countryman, Juan Diego, the Indians stripped their temples of all idols, built beautiful churches on whose towers gleaming crosses shone in the sun, and the huge drum which innumerable times had announced human sacrifices in honor of their gods, was heard no more.

As Juan Diego spent the remaining seventeen years of his life in giving thy spoken message to the Indians, so permit me, my loving Mother, to help in making known thy

celestial message among my countrymen. Animate and bless all who join in the Apostleship and Novena in order to propagate the Catholic religion among their friends, having as their banner thy admirable image on Juan Diego's tilma, together with the Cross, emblem of our redemption. Amen.

(After the prayer, say four Hail Marys commemorating the four apparitions to Juan Diego, and the Memorare to Our Lady of Guadalupe.)

MEMORARE TO OUR LADY OF GUADALUPE

Remember, O most gracious Virgin of Guadalupe, that in thy celestial apparitions on the mount of Tepeyac, thou didst promise to show thy compassion and pity towards all who, loving and trusting thee, seek thy help and call upon thee in their necessities and afflic-

tions. Thou didst promise to hearken to our supplications, to dry our tears and to give us consolation and relief. Never has it been known that anyone who fled to thy protection, implored thy help, or sought thy intercession, either for the common welfare, or in personal anxieties, was left unaided.

Inspired with this confidence, we fly unto thee, O Mary, ever Virgin Mother of the True God! Though grieving under the weight of our sins, we come to prostrate ourselves in thy august presence, certain that thou wilt deign to fulfill thy merciful promises. We are full of hope that, standing beneath thy shadow and protection, nothing will trouble or afflict us, nor need we fear illness or misfortune, or any other sorrow. Thou hast desired to remain with us through thy

admirable image, thou who art our Mother, our health and our life. Placing ourselves beneath thy maternal gaze and having recourse to thee in all our necessities, we need do nothing more. O Holy Mother of God, despise not our petition, but in thy mercy hear and answer us. Amen.

(200 days indulgence)

The Angelus

ANGELUS Dómini nuntiávit Mariæ.

R. Et concépit de Spíritu Sancto.

AVE Mariá, grátia plena, Dóminus tecum; benedícta tu in muliéribus, et benedíctus fructus ventris tui, Jesus.

R. Sancta Mariá, Mater Dei, ora pro nobis peccatóribus, nunc et in hora mortis nostræ. Amen.

ECCE ancilla Dómini.

℟. Fiat mihi secúndum
verbum tuum.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ET Verbum caro factum
est.

℟. Et habitávit in nobis.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis

nostræ. Amen.

✠. Ora pro nobis, Sancta Dei
Génitrix.

✠. Ut digni efficiámur promissiónibus Christi.

Orémus.

Grátiam tuam, quæsumus,
Dómine, méntibus nostris
infúnde: ut qui, Ángelo
nuntíante, Christi Fílii tui
Incarnatiónem cognóvimus,
per passiónem ejus et
crucem, ad resurrectiós
glóriam perducámur. Per
eúmdem Christum Dóminum
nostrum. Amen.

GLÓRIA Patri, et Fílio, * et
Spirítui Sancto.

✠. Sicut erat in princípio, et
nunc, et semper, * et in
sæcula sæculórum. Amen.
(recited 3 times)

During Easter:

Regína Cæli

℣. Regína cæli lætære, allelúia.

℟. Quia quem meruísti portære, allelúia.

℣. Resurréxit, sicut dixit, allelúia.

℟. Ora pro nobis Deum, allelúia.

℣. Gaude et lætære, Virgo María, allelúia.

℟. Quia surréxit Dóminus vere, allelúia.

Orémus.

Deus, qui per resurrectionem Fílii tui Dómini nostri Iesu Christi mundum lætificáre dignátus es, præsta, quæsumus, ut per eius Genetrícem Vírginem Mariám perpétuæ capiámus gáudia vitæ.

Per Christum Dóminum nostrum. Amen.

℣. Glória Patri, et Fílio, et Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in sæcula
sæculórum. Amen.

(recited 3 times)

Actus Caritátis

DÓMINE Deus, amo te
super ómnia et próxi-
mum meum propter te, quia
tu es summum, infinítum, et
perfectíssimum bonum, omni
dilectióne dignum. In hac
caritáte vívere et mori statuo.
Amen.

Final BVM Antiphon

Sub tuum præsídiu con-
fúgimus,
sancta Dei Génitrix:
nostras deprecatiónes,
ne despícias in necessitati-
bus:
sed a perículis cunctis
libera nos semper,
Virgo gloriósa

et benedícta.

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



MONDAY MATINS

The following is recited three times:

℣. Dómine, † lábia mea
apéries.

℟. Et os meum annuntiábit
laudem tuam.

Psalm 3

*A Psalm of David, when he fled from
Absalom his son.*

¹O LORD, how many are my
foes!

Many are rising against me;
2many are saying of me,
there is no help for him in
God. *[Selah]*

3But thou, O LORD, art a
shield about me,
my glory, and the lifter of
my head.

4I cry aloud to the LORD,
and he answers me from
his holy hill. *[Selah]*

5I lie down and sleep;
I wake again, for the LORD
sustains me.

6I am not afraid of ten thou-
sands of people
who have set themselves
against me round about.

7Arise, O LORD!
Deliver me, O my God!
For thou dost smite all my
enemies on the cheek,
thou dost break the teeth
of the wicked.

⁸Deliverance belongs to the
LORD;
thy blessing be upon thy
people! [*Selah*]

Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Invitatory (*Antiphon from the Proper
of Seasons*)

Ordinary Time:

Ant. O come, * let us sing to
the Lord. (*Repeat antiphon*)

Easter tide:

Ant. Allelúia, allelúia, *
allelúia. (*Repeat antiphon*)

Psalm 94

¹O come, let us sing to the
LORD;
let us make a joyful noise
to the rock of our salva-

tion!

²Let us come into his presence with thanksgiving;
let us make a joyful noise
to him with songs of
praise!

Entire Invitatory is repeated.

³For the LORD is a great God,
and a great King above all
gods.

⁴In his hand are the depths
of the earth;
the heights of the moun-
tains are his also.

*Latter half of the Invitatory * is repeated.*

⁵The sea is his, for he made
it;
for his hands formed the
dry land.

At these words, all genuflect:

⁶O COME, LET US WORSHIP AND
BOW DOWN,
LET US KNEEL BEFORE THE
LORD, OUR MAKER!

⁷For he is our God,
and we are the people of his
pasture,

and the sheep of his hand.

Entire Invitatory is repeated.

O that today you would
hearken to his voice!

⁸Harden not your hearts,
as at Mer'ibah,
as on the day at Massah in
the wilderness,

⁹when your fathers tested me,
and put me to the proof,
though they had seen my
work.

Latter half of the Invitatory * is repeated.

¹⁰For forty years I loathed
that generation
and said, "They are a
people who err in heart,
and they do not regard my
ways."

¹¹Therefore I swore in my
anger
that they should not enter my
rest.

Entire Invitatory is repeated.

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et

nunc, et semper,
et in sæcula sæculórum.
Amen.

*Latter half of the Invitatory * is
repeated, and then the Entire
Invitatory.*

Hymn

Our limbs refreshed with
slumber now
And sloth cast off, in pray'r
we bow;
And while we sing Thy praises
dear,
O Father, be Thou present
here.

As shades at morning flee
away
And night before the star of
day:
So each transgression of the
night
Be purged by Thee, Celes-
tial Light!

Most holy Father, hear our

cry
Through Jesus Christ our
Lord most High,
Who with the Holy Ghost and
Thee
Shall live and reign eter-
nally.
Amen.

Ant. Praise befits * the upright.

Eastertide (for six Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalm 32

¹Rejoice in the LORD, O you
righteous!

Praise befits the upright.

²Praise the LORD with the lyre,
make melody to him with
the harp of ten strings!

³Sing to him a new song,
play skilfully on the
strings, with loud
shouts.

⁴For the word of the LORD is
upright;
and all his work is done in
faithfulness.

⁵He loves righteousness and
justice;
the earth is full of the
steadfast love of the
LORD.

⁶By the word of the LORD the
heavens were made,
and all their host by the
breath of his mouth.

⁷He gathered the waters of
the sea as in a bottle;
he put the deeps in store-
houses.

⁸Let all the earth fear the
LORD,
let all the inhabitants of the
world stand in awe of
him!

⁹For he spoke, and it came to
be;
he commanded, and it

stood forth.

¹⁰The LORD brings the
counsel of the nations to
nought;
he frustrates the plans of
the peoples.

¹¹The counsel of the LORD
stands for ever,
the thoughts of his heart to
all generations.

¹²Blessed is the nation whose
God is the LORD,
the people whom he has
chosen as his heritage!

¹³The LORD looks down from
heaven,
he sees all the sons of men;

¹⁴from where he sits
enthroned he looks forth
on all the inhabitants of
the earth,

¹⁵he who fashions the hearts
of them all,
and observes all their
deeds.

- ¹⁶A king is not saved by his
great army;
a warrior is not delivered
by his great strength.
- ¹⁷The war horse is a vain
hope for victory,
and by its great might it
cannot save.
- ¹⁸Behold, the eye of the LORD
is on those who fear him,
on those who hope in his
steadfast love,
- ¹⁹that he may deliver their
soul from death,
and keep them alive in
famine.
- ²⁰Our soul waits for the LORD;
he is our help and shield.
- ²¹Yea, our heart is glad in him,
because we trust in his
holy name.
- ²²Let thy steadfast love, O
LORD, be upon us,
even as we hope in thee.

Psalm 33

A Psalm of David, when he feigned madness before Abimelech, so that he drove him out, and he went away.

- ¹I will bless the LORD at all times;
his praise shall continually be in my mouth.
- ²My soul makes its boast in the LORD;
let the afflicted hear and be glad.
- ³O magnify the LORD with me,
and let us exalt his name together!
- ⁴I sought the LORD, and he answered me,
and delivered me from all my fears.
- ⁵Look to him, and be radiant;
so your faces shall never be ashamed.
- ⁶This poor man cried, and the LORD heard him,

and saved him out of all his
troubles.

⁷The angel of the LORD
encamps
around those who fear him,
and delivers them.

⁸O taste and see that the
LORD is good!

Happy is the man who
takes refuge in him!

⁹O fear the LORD, you his
saints,
for those who fear him have
no want!

¹⁰The young lions suffer want
and hunger;
but those who seek the
LORD lack no good thing.

¹¹Come, O sons, listen to me,
I will teach you the fear of
the LORD.

¹²What man is there who
desires life,
and covets many days, that
he may enjoy good?

¹³Keep your tongue from evil,

and your lips from speaking deceit.

¹⁴Depart from evil, and do good;
seek peace, and pursue it.

¹⁵The eyes of the LORD are toward the righteous,
and his ears toward their cry.

¹⁶The face of the LORD is against evildoers,
to cut off the remembrance of them from the earth.

¹⁷When the righteous cry for help, the LORD hears,
and delivers them out of all their troubles.

¹⁸The LORD is near to the brokenhearted,
and saves the crushed in spirit.

¹⁹Many are the afflictions of the righteous;
but the LORD delivers him out of them all.

- ²⁰He keeps all his bones;
not one of them is broken.
- ²¹Evil shall slay the wicked;
and those who hate the
righteous will be con-
demned.
- ²²The LORD redeems the life
of his servants;
none of those who take
refuge in him will be
condemned.

Ant. Praise befits the upright.

Ant. Fight against those * who
fight against me.

Psalm 34

A Psalm of David.

- ¹Contend, O LORD, with those
who contend with me;
fight against those who
fight against me!
- ²Take hold of shield and
buckler,
and rise for my help!
- ³Draw the spear and javelin

against my pursuers!
Say to my soul,
"I am your deliverance!"

⁴Let them be put to shame
and dishonor
who seek after my life!

Let them be turned back and
confounded
who devise evil against me!

⁵Let them be like chaff before
the wind,
with the angel of the LORD
driving them on!

⁶Let their way be dark and
slippery,
with the angel of the LORD
pursuing them!

⁷For without cause they hid
their net for me;
without cause they dug a
pit for my life.

⁸Let ruin come upon them
unawares!

And let the net which they hid
ensnare them;

let them fall therein to ruin!

⁹Then my soul shall rejoice in
the LORD,
exulting in his deliverance.

¹⁰All my bones shall say,
"O LORD, who is like thee,
thou who deliverest the weak
from him who is too strong
for him,
the weak and needy from
him who despoils him?"

¹¹Malicious witnesses rise up;
they ask me of things that
I know not.

¹²They requite me evil for
good;
my soul is forlorn.

¹³But I, when they were sick—
I wore sackcloth,
I afflicted myself with fast-
ing.

I prayed with head bowed on
my bosom,

¹⁴as though I grieved for my
friend or my brother;

I went about as one who
laments his mother,
bowed down and in mourn-
ing.

¹⁵But at my stumbling they
gathered in glee,
they gathered together
against me;
cripples whom I knew not
slandered me without ceas-
ing;

¹⁶they impiously mocked
more and more,
gnashing at me with their
teeth.

¹⁷How long, O LORD, wilt thou
look on?
Rescue me from their rav-
ages,
my life from the lions!

¹⁸Then I will thank thee in the
great congregation;
in the mighty throng I will
praise thee.

¹⁹Let not those rejoice over me

who are wrongfully my foes,
and let not those wink the eye
who hate me without cause.

²⁰For they do not speak peace,
but against those who are
quiet in the land
they conceive words of
deceit.

²¹They open wide their
mouths against me;
they say, "Aha, Aha!
our eyes have seen it!"

²²Thou hast seen, O LORD; be
not silent!

O Lord, be not far from me!

²³Bestir thyself, and awake
for my right,
for my cause, my God and
my Lord!

²⁴Vindicate me, O LORD, my
God, according to thy
righteousness;
and let them not rejoice
over me!

²⁵Let them not say to them-
selves,

"Aha, we have our heart's desire!"

Let them not say, "We have swallowed him up."

²⁶Let them be put to shame
and confusion altogether
who rejoice at my calamity!
Let them be clothed with
shame and dishonor
who magnify themselves
against me!

²⁷Let those who desire my
vindication
shout for joy and be glad,
and say evermore,
"Great is the LORD,
who delights in the welfare
of his servant!"

²⁸Then my tongue shall tell of
thy righteousness
and of thy praise all the
day long.

Ant. Fight against those who
fight against me.

Ant. Commit your way * to the Lord.

Psalm 36A

A Psalm of David.

¹Fret not yourself because of
the wicked,
be not envious of wrongdo-
ers!

²For they will soon fade like
the grass,
and wither like the green
herb.

³Trust in the LORD, and do
good;
so you will dwell in the
land, and enjoy security.

⁴Take delight in the LORD,
and he will give you the
desires of your heart.

⁵Commit your way to the
LORD;
trust in him, and he will
act.

⁶He will bring forth your vindication as the light,
and your right as the noon-day.

⁷Be still before the LORD, and
wait patiently for him;
fret not yourself over him
who prospers in his way,
over the man who carries
out evil devices!

⁸Refrain from anger, and
forsake wrath!
Fret not yourself; it tends
only to evil.

⁹For the wicked shall be cut
off;
but those who wait for the
LORD shall possess the
land.

¹⁰Yet a little while, and the
wicked will be no more;
though you look well at his
place, he will not be
there.

¹¹But the meek shall possess
the land,
and delight themselves in
abundant prosperity.

¹²The wicked plots against
the righteous,
and gnashes his teeth at
him;

¹³but the LORD laughs at the
wicked,
for he sees that his day is
coming.

¹⁴The wicked draw the sword
and bend their bows,
to bring down the poor and
needy,
to slay those who walk
uprightly;

¹⁵their sword shall enter their
own heart,
and their bows shall be
broken.

¹⁶Better is a little that the

righteous has
than the abundance of
many wicked.

17For the arms of the wicked
shall be broken;
but the LORD upholds the
righteous.

18The LORD knows the days of
the blameless,
and their heritage will
abide for ever;

19they are not put to shame
in evil times,
in the days of famine they
have abundance.

20But the wicked perish;
the enemies of the LORD are
like the glory of the pas-
tures,
they vanish—like smoke
they vanish away.

21The wicked borrows, and
cannot pay back,
but the righteous is gener-

ous and gives;

²²for those blessed by the
LORD shall possess the
land,
but those cursed by him
shall be cut off.

Psalms 36B

²³The steps of a man are from
the LORD,
and he establishes him in
whose way he delights;

²⁴though he fall, he shall not
be cast headlong,
for the LORD is the stay of
his hand.

²⁵I have been young, and now
am old;
yet I have not seen the
righteous forsaken
or his children begging
bread.

²⁶He is ever giving liberally
and lending,
and his children become a

blessing.

27 Depart from evil, and do good;

so shall you abide for ever.

28 For the LORD loves justice;
he will not forsake his
saints.

The righteous shall be pre-
served for ever,
but the children of the
wicked shall be cut off.

29 The righteous shall possess
the land,
and dwell upon it for ever.

30 The mouth of the righteous
utters wisdom,
and his tongue speaks jus-
tice.

31 The law of his God is in his
heart;
his steps do not slip.

32 The wicked watches the
righteous,

and seeks to slay him.

³³The LORD will not abandon
him to his power,
or let him be condemned
when he is brought to
trial.

³⁴Wait for the LORD, and keep
to his way,
and he will exalt you to
possess the land;
you will look on the
destruction of the
wicked.

³⁵I have seen a wicked man
overbearing,
and towering like a cedar
of Lebanon.

³⁶Again I passed by, and, lo,
he was no more;
though I sought him, he
could not be found.

³⁷Mark the blameless man,
and behold the upright,
for there is posterity for the
man of peace.

38 But transgressors shall be
altogether destroyed;
the posterity of the wicked
shall be cut off.

39 The salvation of the righ-
teous is from the LORD;
he is their refuge in the
time of trouble.

40 The LORD helps them and
delivers them;
he delivers them from the
wicked, and saves them,
because they take refuge in
him.

Ant. Commit your way to the
Lord.

Ant. Nor chasten me * in thy
wrath.

Psalm 37

*A Psalm of David, for the memorial
offering.*

1 O LORD, rebuke me not in
thy anger,

nor chasten me in thy
wrath!

²For thy arrows have sunk
into me,
and thy hand has come
down on me.

³There is no soundness in my
flesh
because of thy indignation;
there is no health in my bones
because of my sin.

⁴For my iniquities have gone
over my head;
they weigh like a burden
too heavy for me.

⁵My wounds grow foul and
fester
because of my foolishness,

⁶I am utterly bowed down and
prostrate;
all the day I go about
mourning.

⁷For my loins are filled with
burning,
and there is no soundness

in my flesh.

⁸I am utterly spent and
crushed;

I groan because of the
tumult of my heart.

⁹Lord, all my longing is
known to thee,
my sighing is not hidden
from thee.

¹⁰My heart throbs, my
strength fails me;
and the light of my eyes—it
also has gone from me.

¹¹My friends and companions
stand aloof from my
plague,
and my kinsmen stand afar
off.

¹²Those who seek my life lay
their snares,
those who seek my hurt
speak of ruin,
and meditate treachery all
the day long.

¹³But I am like a deaf man, I
do not hear,
like a dumb man who does
not open his mouth.

¹⁴Yea, I am like a man who
does not hear,
and in whose mouth are no
rebukes.

¹⁵But for thee, O LORD, do I
wait;
it is thou, O LORD my God,
who wilt answer.

¹⁶For I pray, "Only let them
not rejoice over me,
who boast against me
when my foot slips!"

¹⁷For I am ready to fall,
and my pain is ever with
me.

¹⁸I confess my iniquity,
I am sorry for my sin.

¹⁹Those who are my foes
without cause are
mighty,
and many are those who

hate me wrongfully.

²⁰Those who render me evil
for good
are my adversaries because
I follow after good.

²¹Do not forsake me, O LORD!
O my God, be not far from
me!

²²Make haste to help me,
O Lord, my salvation!

Ant. Nor chasten me in thy
wrath.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

(from the Old Testament)

Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípío, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. Allelúia, * allelúia, allelúia.

Lent:

Ant. That I may not sin * with
my tongue.

Psalm 38

*To the choirmaster: to Jeduthun. A
Psalm of David.*

¹I said, "I will guard my ways,
that I may not sin with my
tongue;

I will bridle my mouth,
so long as the wicked are
in my presence."

²I was dumb and silent,
I held my peace to no avail;
my distress grew worse,
³my heart became hot
within me.

As I mused, the fire burned;
then I spoke with my
tongue:

⁴"LORD, let me know my end,
and what is the measure of
my days;
let me know how fleeting
my life is!

⁵Behold, thou hast made my
days a few hand-
breadths,
and my lifetime is as
nothing in thy sight.

Surely every man stands as
a mere breath! [*Selah*]

⁶Surely man goes about as
a shadow!

Surely for nought are they in
turmoil;

man heaps up, and knows
not who will gather!

⁷"And now, Lord, for what do
I wait?

My hope is in thee.

⁸Deliver me from all my trans-
gressions.

Make me not the scorn of
the fool!

⁹I am dumb, I do not open my
mouth;

for it is thou who hast done
it.

¹⁰Remove thy stroke from me;
I am spent by the blows of

thy hand.

¹¹When thou dost chasten
man
with rebukes for sin,
thou dost consume like a
moth what is dear to him;
surely every man is a mere
breath! [*Selah*]

¹²"Hear my prayer, O LORD,
and give ear to my cry;
hold not thy peace at my
tears!

For I am thy passing guest,
a sojourner, like all my
fathers.

¹³Look away from me, that I
may know gladness,
before I depart and be no
more!"

Psalm 39

To the choirmaster. A Psalm of David.

¹I waited patiently for the
LORD;
he inclined to me and

heard my cry.

²He drew me up from the
desolate pit,
out of the miry bog,
and set my feet upon a rock,
making my steps secure.

³He put a new song in my
mouth,
a song of praise to our God.
Many will see and fear,
and put their trust in the
LORD.

⁴Blessed is the man who
makes
the LORD his trust,
who does not turn to the
proud,
to those who go astray after
false gods!

⁵Thou hast multiplied, O
LORD my God,
thy wondrous deeds and
thy thoughts toward us;
none can compare with
thee!

Were I to proclaim and tell of

them,
they would be more than
can be numbered.

⁶Sacrifice and offering thou
dost not desire;
but thou hast given me an
open ear.

Burnt offering and sin offering
thou hast not required.

⁷Then I said, "Lo, I come;
in the roll of the book it is
written of me;

⁸I delight to do thy will, O my
God;
thy law is within my heart."

⁹I have told the glad news of
deliverance
in the great congregation;
lo, I have not restrained my
lips,
as thou knowest, O LORD.

¹⁰I have not hid thy saving
help within my heart,
I have spoken of thy faith-
fulness and thy salva-

tion;
I have not concealed thy
steadfast love and thy
faithfulness
from the great congrega-
tion.

¹¹Do not thou, O LORD, with-
hold
thy mercy from me,
let thy steadfast love and thy
faithfulness
ever preserve me!

¹²For evils have encompassed
me
without number;
my iniquities have overtaken
me,
till I cannot see;
they are more than the hairs
of my head;
my heart fails me.

¹³Be pleased, O LORD, to
deliver me!
O LORD, make haste to help
me!

¹⁴Let them be put to shame
and confusion altogether
who seek to snatch away
my life;

let them be turned back and
brought to dishonor
who desire my hurt!

¹⁵Let them be appalled
because of their shame
who say to me, "Aha, Aha!"

¹⁶But may all who seek thee
rejoice and be glad in thee;
may those who love thy sal-
vation
say continually, "Great is
the LORD!"

¹⁷As for me, I am poor and
needy;
but the Lord takes thought
for me.

Thou art my help and my
deliverer;
do not tarry, O my God!

Lent:

Ant. That I may not sin with

my tongue.

Ant. Lord, heal my soul, * for
I have sinned against
thee!

Psalm 40

To the choirmaster. A Psalm of David.

¹Blessed is he who considers
the poor!

The LORD delivers him in
the day of trouble;

²the LORD protects him and
keeps him alive;

he is called blessed in the
land;

thou dost not give him up
to the will of his enemies.

³The LORD sustains him on
his sickbed;

in his illness thou healest
all his infirmities.

⁴As for me, I said, "O LORD,
be gracious to me;

heal me, for I have sinned
against thee!"

- ⁵My enemies say of me in malice:
"When will he die, and his name perish?"
- ⁶And when one comes to see me, he utters empty words,
while his heart gathers mischief;
when he goes out, he tells it abroad.
- ⁷All who hate me whisper together about me;
they imagine the worst for me.
- ⁸They say, "A deadly thing has fastened upon him;
he will not rise again from where he lies."
- ⁹Even my bosom friend in whom I trusted,
who ate of my bread, has lifted his heel against me.
- ¹⁰But do thou, O LORD, be gracious to me,
and raise me up, that I may

requite them!

¹¹By this I know that thou art
pleased with me,
in that my enemy has not
triumphed over me.

¹²But thou hast upheld me
because of my integrity,
and set me in thy presence
for ever.

¹³Blessed be the LORD, the
God of Israel,
from everlasting to ever-
lasting!
Amen and Amen.

Psalm 41

*To the choirmaster. A Maskil of the
Sons of Korah.*

¹As a hart longs for flowing
streams,
so longs my soul
for thee, O God.

²My soul thirsts for God,
for the living God.

When shall I come and behold
the face of God?

³My tears have been my food
day and night,
while men say to me continually,
"Where is your God?"

⁴These things I remember,
as I pour out my soul:
how I went with the throng,
and led them in procession
to the house of God,
with glad shouts and songs
of thanksgiving,
a multitude keeping festival.

⁵Why are you cast down, O
my soul,
and why are you disquieted
within me?
Hope in God; for I shall again
praise him,
my help ⁶and my God.

My soul is cast down within
me,

therefore I remember thee
from the land of Jordan and
of Hermon,
from Mount Mizar.

⁷Deep calls to deep
at the thunder of thy cata-
racts;
all thy waves and thy billows
have gone over me.

⁸By day the LORD commands
his steadfast love;
and at night his song is
with me,
a prayer to the God of my
life.

⁹I say to God, my rock:
"Why hast thou forgotten
me?

Why go I mourning
because of the oppression
of the enemy?"

¹⁰As with a deadly wound in
my body,
my adversaries taunt me,
while they say to me continu-
ally,

"Where is your God?"

¹¹Why are you cast down, O
my soul,
and why are you disquieted
within me?

Hope in God; for I shall again
praise him,
my help and my God.

Lent:

Ant. Lord, heal my soul, for I
have sinned against thee!

Ant. My heart overflows * with
a goodly theme.

Psalm 43

*To the choirmaster. A Maskil of the
Sons of Korah.*

¹We have heard with our ears,
O God,
our fathers have told us,
what deeds thou didst
perform in their days,
in the days of old:

²thou with thy own hand
didst drive out the

nations,
but them thou didst plant;
thou didst afflict the peoples,
but them thou didst set
free;
3for not by their own sword
did they win the land,
nor did their own arm give
them victory;
but thy right hand, and thy
arm,
and the light of thy counte-
nance;
for thou didst delight in
them.

4Thou art my King and my
God,
who ordainest victories for
Jacob.

5Through thee we push down
our foes;
through thy name we tread
down our assailants.

6For not in my bow do I trust,
nor can my sword save me.

7But thou hast saved us from

our foes,
and hast put to confusion
those who hate us.

⁸In God we have boasted continually,
and we will give thanks to
thy name for ever. [*Selah*]

⁹Yet thou hast cast us off and
abased us,
and hast not gone out with
our armies.

¹⁰Thou hast made us turn
back from the foe;
and our enemies have
gotten spoil.

¹¹Thou hast made us like
sheep for slaughter,
and hast scattered us
among the nations.

¹²Thou hast sold thy people
for a trifle,
demanding no high price
for them.

¹³Thou hast made us the
taunt of our neighbors,

the derision and scorn of
those about us.

¹⁴Thou hast made us a
byword among the
nations,
a laughingstock among the
peoples.

¹⁵All day long my disgrace is
before me,
and shame has covered my
face,

¹⁶at the words of the taunters
and revilers,
at the sight of the enemy
and the avenger.

¹⁷All this has come upon us,
though we have not forgot-
ten thee,
or been false to thy cove-
nant.

¹⁸Our heart has not turned
back,
nor have our steps
departed from thy way,

¹⁹that thou shouldst have
broken us in the place of

jackals,
and covered us with deep
darkness.

20 If we had forgotten the
name of our God,
or spread forth our hands
to a strange god,

21 would not God discover
this?

For he knows the secrets of
the heart.

22 Nay, for thy sake we are
slain all the day long,
and accounted as sheep for
the slaughter.

23 Rouse thyself! Why sleepest
thou, O Lord?

Awake! Do not cast us off
for ever!

24 Why dost thou hide thy
face?

Why dost thou forget our
affliction and oppres-
sion?

25 For our soul is bowed down

to the dust;
our body cleaves to the
ground.

²⁶Rise up, come to our help!
Deliver us for the sake of
thy steadfast love!

Psalm 44

*To the choirmaster: according to Lilies.
A Maskil of the Sons of Korah a love
song.*

¹My heart overflows with a
goodly theme;
I address my verses to the
king;
my tongue is like the pen
of a ready scribe.

²You are the fairest of the
sons of men;
grace is poured upon your
lips;
therefore God has blessed
you for ever.

³Gird your sword upon your
thigh, O mighty one,
in your glory and majesty!

⁴In your majesty ride forth
victoriously
for the cause of truth and
to defend the right;
let your right hand teach
you dread deeds!

⁵Your arrows are sharp
in the heart of the king's
enemies;
the peoples fall under you.

⁶Your divine throne endures
for ever and ever.

Your royal scepter is a
scepter of equity;

⁷you love righteousness
and hate wickedness.

Therefore God, your God, has
anointed you
with the oil of gladness
above your fellows;

⁸your robes are all fragrant
with myrrh and aloes
and cassia.

From ivory palaces stringed
instruments make you
glad;

⁹daughters of kings are
among your ladies of
honor;
at your right hand stands
the queen in gold of
Ophir.

¹⁰Hear, O daughter, consider,
and incline your ear;
forget your people and your
father's house;
¹¹and the king will desire
your beauty.

Since he is your lord, bow to
him;

¹²the people of Tyre will sue
your favor with gifts,
the richest of the people
¹³with all kinds of wealth.

The princess is decked in her
chamber with gold-wo-
ven robes;

¹⁴in many-colored robes
she is led to the king,
with her virgin compan-
ions, her escort, in her

train.

¹⁵With joy and gladness they
are led along
as they enter the palace of
the king.

¹⁶Instead of your fathers shall
be your sons;
you will make them princes
in all the earth.

¹⁷I will cause your name to be
celebrated in all genera-
tions;
therefore the peoples will
praise you for ever and
ever.

Ant. Allelúia, allelúia, allelúia.
Lent:

Ant. My heart overflows with a
goodly theme.

Reading

(from the Gospel)

℣. Kyrie, eléison. ℞. Kyrie, éléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, éléi-

son. *R.* Kyrie, eléison.

Pater noster (*Silently until*) Et
ne nos indúcas in ten-
tatiónem.

R. Sed líbera nos a malo.
Amen.

V. Divínium auxílium máneat
semper nobíscum.

R. Et cum frátribus nostris
abséntibus. Amen.



MONDAY LAUDS

Psalm 66

*To the choirmaster: with stringed
instruments. A Psalm. A Song.*

¹May God be gracious to us
and bless us

and make his face to shine
upon us, *[Selah]*

²that thy way may be known
upon earth,
thy saving power among all
nations.

³Let the peoples praise thee,
O God;
let all the peoples praise
thee!

⁴Let the nations be glad and
sing for joy,
for thou dost judge the
peoples with equity
and guide the nations upon
earth. *[Selah]*

⁵Let the peoples praise thee,
O God;
let all the peoples praise
thee!

⁶The earth has yielded its
increase;
God, our God, has blessed

us.

⁷God has blessed us;
let all the ends of the earth
fear him!

Ant. Have mercy on me, * O
God.

Eastertide (for three Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalm 50

*To the choirmaster. A Psalm of David,
when Nathan the prophet came to him,
after he had gone in to Bathsheba.*

¹Have mercy on me, O God,
according to thy steadfast
love;
according to thy abundant
mercy blot out my trans-
gressions.

²Wash me thoroughly from
my iniquity,
and cleanse me from my
sin!

³For I know my transgres-

sions,
and my sin is ever before
me.

⁴Against thee, thee only, have
I sinned,
and done that which is evil
in thy sight,
so that thou art justified in
thy sentence
and blameless in thy judgment.

⁵Behold, I was brought forth
in iniquity,
and in sin did my mother
conceive me.

⁶Behold, thou desirest truth
in the inward being;
therefore teach me wisdom
in my secret heart.

⁷Purge me with hyssop, and
I shall be clean;
wash me, and I shall be
whiter than snow.

⁸Fill me with joy and gladness;
let the bones which thou
hast broken rejoice.

⁹Hide thy face from my sins,
and blot out all my iniqui-
ties.

¹⁰Create in me a clean heart,
O God,
and put a new and right
spirit within me.

¹¹Cast me not away from thy
presence,
and take not thy holy Spirit
from me.

¹²Restore to me the joy of thy
salvation,
and uphold me with a
willing spirit.

¹³Then I will teach transgres-
sors thy ways,
and sinners will return to
thee.

¹⁴Deliver me from blood-guilt-
iness, O God,
thou God of my salvation,
and my tongue will sing
aloud of thy deliverance.

¹⁵O Lord, open thou my lips,
and my mouth shall show
forth thy praise.

¹⁶For thou hast no delight in
sacrifice;
were I to give a burnt offer-
ing, thou wouldst not be
pleased.

¹⁷The sacrifice acceptable to
God is a broken spirit;
a broken and contrite
heart, O God, thou wilt
not despise.

¹⁸Do good to Zion in thy good
pleasure;
rebuild the walls of Jerusa-
lem,

¹⁹then wilt thou delight in
right sacrifices,
in burnt offerings and
whole burnt offerings;
then bulls will be offered on
thy altar.

Ant. Have mercy on me, O God.

Ant. Hearken to my cry, * O

Lord.

Psalm 5

To the choirmaster: for the flutes. A Psalm of David.

¹Give ear to my words, O
LORD;

give heed to my groaning.

²Hearken to the sound of my
cry,

my King and my God,
for to thee do I pray.

³O LORD, in the morning thou
dost hear my voice;

in the morning I prepare a
sacrifice for thee, and
watch.

⁴For thou art not a God who
delights in wickedness;
evil may not sojourn with
thee.

⁵The boastful may not stand
before thy eyes;

thou hatest all evildoers.

⁶Thou destroyest those who

speak lies;
the LORD abhors blood-
 thirsty and deceitful
 men.

⁷But I through the abun-
 dance of thy steadfast
 love
 will enter thy house,
I will worship toward thy holy
 temple
 in the fear of thee.

⁸Lead me, O LORD, in thy
 righteousness
 because of my enemies;
 make thy way straight
 before me.

⁹For there is no truth in their
 mouth;
 their heart is destruction,
their throat is an open sepul-
 chre,
 they flatter with their
 tongue.

¹⁰Make them bear their guilt,
 O God;

let them fall by their own
counsels;
because of their many trans-
gressions cast them out,
for they have rebelled
against thee.

¹¹But let all who take refuge
in thee rejoice,
let them ever sing for joy;
and do thou defend them,
that those who love thy
name may exult in thee.

¹²For thou dost bless the
righteous, O LORD;
thou dost cover him with
favor as with a shield.

Ant. Hearken to my cry, O Lord.

Ant. Thy steadfast love, O
LORD, * extends to the
heavens.

Psalm 35

*To the choirmaster. A Psalm of David,
the servant of the LORD.*

- ¹Transgression speaks to the
wicked
deep in his heart;
there is no fear of God
before his eyes.
- ²For he flatters himself in his
own eyes
that his iniquity cannot be
found out and hated.
- ³The words of his mouth are
mischief and deceit;
he has ceased to act wisely
and do good.
- ⁴He plots mischief while on
his bed;
he sets himself in a way
that is not good;
he spurns not evil.
- ⁵Thy steadfast love, O LORD,
extends to the heavens,
thy faithfulness to the
clouds.
- ⁶Thy righteousness is like the
mountains of God,
thy judgments are like the

great deep;
man and beast thou
savest, O LORD.

⁷How precious is thy steadfast love, O God!

The children of men take
refuge in the shadow of
thy wings.

⁸They feast on the abundance
of thy house,
and thou givest them drink
from the river of thy
delights.

⁹For with thee is the fountain
of life;
in thy light do we see light.

¹⁰O continue thy steadfast
love to those who know
thee,
and thy salvation to the
upright of heart!

¹¹Let not the foot of arrogance
come upon me,
nor the hand of the wicked
drive me away.

12 There the evildoers lie prostrate,
they are thrust down,
unable to rise.

Ant. Thy steadfast love, O
LORD, extends to the
heavens.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Ant. Give thanks to the Lord,
*call upon his name (*Eastertide: allelúia*).

Canticle of Isaiah 12:1–6

1 “I will give thanks to thee, O
Lord,
for though thou wast angry
with me,
thy anger turned away,
and thou didst comfort me.

2 “Behold, God is my salvation;
I will trust, and will not be

afraid;
for the Lord God is my
strength and my song,
and he has become my
salvation.”

³With joy you will draw water
from the wells of salva-
tion.

⁴And you will say in that
day:

“Give thanks to the Lord,
call upon his name;
make known his deeds
among the nations,
proclaim that his name is
exalted.

⁵“Sing praises to the Lord, for
he has done gloriously;
let this be known in all the
earth.

⁶Shout, and sing for joy, O
inhabitant of Zion,
for great in your midst is
the Holy One of Israel.”

Ant. Give thanks to the Lord,
call upon his name (*Eastertide: allelúia*).

***On Feastsdays**

Ant. And now we thank thee,
our God, * and praise thy
glorious name (*Eastertide: allelúia*).

1 Chronicles 29:10–13 **Canticle of David**

¹⁰Blessed art thou, O Lord,
the God of Israel our father,
for ever and ever.

¹¹Thine, O Lord, is the greatness,
and the power, and the
glory,
and the victory, and the
majesty;

for all that is in the heavens
and in the earth is thine;
thine is the kingdom, O Lord,

and thou art exalted as
head above all.

¹²Both riches and honor come
from thee,
and thou rulest over all.

In thy hand are power and
might;
and in thy hand it is to
make great
and to give strength to all.

¹³And now we thank thee, our
God,
and praise thy glorious
name.

Ant. And now we thank thee,
our God, and praise thy
glorious name (*Eastertide:*
allelúia).

Ant. Praise the LORD * from the
heavens.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia.

Psalm 148

¹Praise the LORD!

Praise the LORD from the
heavens,
praise him in the heights!

²Praise him, all his angels,
praise him, all his host!

³Praise him, sun and moon,
praise him, all you shining
stars!

⁴Praise him, you highest
heavens,
and you waters above the
heavens!

⁵Let them praise the name of
the LORD!

For he commanded and
they were created.

⁶And he established them for
ever and ever;
he fixed their bounds
which cannot be passed.

⁷Praise the LORD from the

- earth,
you sea monsters and all
deeps,
⁸fire and hail, snow and frost,
stormy wind fulfilling his
command!
- ⁹Mountains and all hills,
fruit trees and all cedars!
- ¹⁰Beasts and all cattle,
creeping things and flying
birds!
- ¹¹Kings of the earth and all
peoples,
princes and all rulers of the
earth!
- ¹²Young men and maidens
together,
old men and children!
- ¹³Let them praise the name of
the LORD,
for his name alone is
exalted;
his glory is above earth and
heaven.

¹⁴He has raised up a horn for
his people,
praise for all his saints,
for the people of Israel who
are near to him.
Praise the LORD!

Psalm 149

¹Praise the LORD!
Sing to the LORD a new
song,
his praise in the assembly
of the faithful!

²Let Israel be glad in his
Maker,
let the sons of Zion rejoice
in their King!

³Let them praise his name
with dancing,
making melody to him with
timbrel and lyre!

⁴For the LORD takes pleasure
in his people;
he adorns the humble with
victory.

⁵Let the faithful exult in glory;
let them sing for joy on
their couches.

⁶Let the high praises of God
be in their throats
and two-edged swords in
their hands,

⁷to wreak vengeance on the
nations
and chastisement on the
peoples,

⁸to bind their kings with
chains
and their nobles with
fetters of iron,

⁹to execute on them the judg-
ment written!
This is glory for all his
faithful ones.

Praise the LORD!

Psalm 150

¹Praise the LORD!
Praise God in his sanctu-
ary;

praise him in his mighty
firmament!

²Praise him for his mighty
deeds;
praise him according to his
exceeding greatness!

³Praise him with trumpet
sound;
praise him with lute and
harp!

⁴Praise him with timbrel and
dance;
praise him with strings and
pipe!

⁵Praise him with sounding
cymbals;
praise him with loud clash-
ing cymbals!

⁶Let everything that breathes
praise the LORD!
Praise the Lord!

Ant. Praise the LORD from the
heavens.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

*(from Proverbs, Sirach, Ecclesiasticus,
or Ecclesiastes)*

Hymn

Thou Brightness of the
 Father's ray,
 True Light of light and Day
 of day,
Light's fountain and eternal
 Spring,
 Thou Morn, the morn illu-
 minating.

Now let the day in joy pass
 on:
 Our modesty like early
 dawn,
Our faith like noontide splen-
 dor glow,
 Our souls the twilight
 never know.

All praise to God the Father
 be;
 All thanks, eternal Son, to

thee;
All glory, as is ever meet,
To God the Holy Paraclete.
Amen.

℣. Satisfy us in the morning
with thy steadfast love.

℟. That we may rejoice and be
glad all our days.

Ant. Blessed be the Lord, * the
God of Israel (*Eastertide:*
allelúia, allelúia).

Luke 1:68–79

Canticle of Zechariah

Benedíctus Dóminus, Deus
Ísrael,

Quia visitávit, et fecit
redemptiónem plebis
suæ:

Et eréxit cornu salútis nobis
In domo David, púeri sui.
Sicut locútus est per os
sanctórum,
Qui a sæculo sunt, prophe-
tárum ejus:

Salútem ex inimícis nostris,
Ed de manu ómnium, qui
odérunt nos:
Ad faciéndam misericórdiam
cum pátribus nostris:
Et memorári testaménti sui
sancti.
Jusjurándum, quod jurávit
ad Ábraham, patrem
nostrum,
Datúrum se nobis:
Ut sine timóre, de manu
inimicórum nostrórum
liberáti,
serviámus illi:
In sanctitáte et justítia coram
ipso,
Ómnibus diébus nostris.
Et tu, puer, Prophéta Altís-
simi vocáberis:
Praeíbis enim ante fáciem
Dómini, paráre vias ejus:
Ad dandam sciéntiam salútis
plebi ejus,
In remissiónem pecca-
tórum eórum:
Per víscera misericórdiae Dei
nostri,

In quibus visitávit nos
óriens ex alto:
Illumináre his, qui in ténebris
et in umbra mortis
sedent,
Ad dirigéndos pedes
nostros in viam pacis.
Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípío, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. Blessed be the Lord, the
God of Israel (*Eastertide:*
allelúia, allelúia).

*(If Prime follows right after Lauds, skip
to the Prayer to Our Guardian
Angels.)*

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Pater noster, qui es in
cælis, sanctificétur

nomen tuum. Advéníat
regnum tuum. Fiat volúntas
tua, sicut in cælo et in terra.
Panem nostrum quotidiánum
da nobis hódie.

℞. Et dimítte nobis débita
nostra, sicut et nos dimítti-
mus debitóribus nostris. Et
ne nos indúcas in ten-
tatiónem. Sed líbera nos a
malo. Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℞. Et cum frátribus nostris
abséntibus. Amen.

Prayer to Our Guardian Angels

O Pure Spirits whom God
has selected to be our guard-
ians, we are so grateful for
the zeal with which you
execute your commission. We
often forget you, our invisible
friends, to whom a thousand
times we owe our preserva-

tion.

O Guardian Angels of these HAPPY INFANTS, who are as yet without spot before God, preserve their innocence and make up for all our INADEQUACIES in caring for them.

O Guardian Angels of ADOLESCENTS, who are exposed to so many temptations and dangers, talk to them, inspire them to holiness and, as you comforted St. Eulalia, encourage them to suffer for Christ's sake.

O Guardian Angels of THOSE WHO INSTRUCT THE YOUNG, animate them with your zeal and love, that the young may emulate your purity and innocence, you their invisible friends.

O Guardian Angels of SINNERS and LOVERS OF THE WORLD, guide these unhappy mortals whose attraction to the world does embitter you. We implore you

for their conversion even if you must strike at them.

O Guardian Angels of SENIORS and ELDERS, bring their prayers in behalf of their charges to God. Present their words, their actions and their intentions to God and purify them of all human imperfections. Obtain for them that spirit of fervor, zeal and sacrifice for the sake of God's kingdom.

O Guardian Angels of THOSE APPROACHING THEIR FINAL HOUR, strengthen, encourage and defend them against the attacks of their infernal enemy.

O Guardian Angel of THIS COMMUNITY, protect us all, teach us to love, to pray and to win in our combat against temptations.

Amen.



MONDAY

PRIME

- ℣. Deus, in adiutórium meum
inténde.
- ℟. Dómine ad adjuvándum me
festína.
- ℣. Glória Patri, et Fílio, et
Spirítui Sancto.
- ℟. Sicut erat in princípio, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

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

Would guard our hearts and
tongues from strife;
From anger's din would
hide our life;
From evil sights would turn
our eyes;
Would close our ears to
vanities.

So we, when this new day is
gone
And night in turn is
drawing on,
With conscience by the world
unstained
Shall praise His name for
victory gained.

To God the Father and the
Son
And Holy Spirit, three in
one,
Be endless glory as before
The world began, so ever-
more.
Amen.

Ant. Serve the LORD with fear,
Monday Prime 275

* with trembling kiss his feet.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 1

¹Blessed is the man
who walks not in the
counsel of the wicked,
nor stands in the way of sin-
ners,

nor sits in the seat of scoff-
ers;

²but his delight is in the law
of the LORD,
and on his law he medi-
tates day and night.

³He is like a tree
planted by streams of
water,
that yields its fruit in its
season,

and its leaf does not wither.
In all that he does, he pros-
pers.

⁴The wicked are not so,
but are like chaff which the
wind drives away.
⁵Therefore the wicked will not
stand in the judgment,
nor sinners in the congrega-
tion of the righteous;
⁶for the LORD knows the way
of the righteous,
but the way of the wicked
will perish.
Glória Patri....

Psalm 2

¹Why do the nations conspire,
and the peoples plot in
vain?
²The kings of the earth set
themselves,
and the rulers take counsel
together,
against the LORD and his
anointed, saying,
³"Let us burst their bonds
asunder,

and cast their cords from
us."

⁴He who sits in the heavens
laughs;
the LORD has them in deri-
sion.

⁵Then he will speak to them
in his wrath,
and terrify them in his
fury, saying,

⁶"I have set my king
on Zion, my holy hill."

⁷I will tell of the decree of the
LORD:

He said to me, "You are my
son,
today I have begotten you.

⁸Ask of me, and I will make
the nations your heri-
tage,
and the ends of the earth
your possession.

⁹You shall break them with a
rod of iron,
and dash them in pieces

like a potter's vessel."

¹⁰Now therefore, O kings, be
wise;
be warned, O rulers of the
earth.

¹¹Serve the LORD with fear,
with trembling ¹²kiss his
feet,
lest he be angry, and you
perish in the way;
for his wrath is quickly
kindled.

Blessed are all who take
refuge in him.

Glória Patri....

Psalm 6

*To the choirmaster: with stringed
instruments; according to The Shemi-
nith. A Psalm of David.*

¹O LORD, rebuke me not in
thy anger,
nor chasten me in thy
wrath.

²Be gracious to me, O LORD,

for I am languishing;
O LORD, heal me, for my
bones are troubled.

³My soul also is sorely troubled.

But thou, O LORD—how
long?

⁴Turn, O LORD, save my life;
deliver me for the sake of
thy steadfast love.

⁵For in death there is no
remembrance of thee;
in Sheol who can give thee
praise?

⁶I am weary with my moaning;
every night I flood my bed
with tears;
I drench my couch with my
weeping.

⁷My eye wastes away because
of grief,
it grows weak because of
all my foes.

⁸Depart from me, all you
workers of evil;
for the LORD has heard the
sound of my weeping.

⁹The LORD has heard my sup-
plication;
the LORD accepts my
prayer.

¹⁰All my enemies shall be
ashamed and sorely
troubled;
they shall turn back, and
be put to shame in a
moment.

Ant. Serve the LORD with fear,
with trembling kiss his
feet.

Eastertide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, éléi-
son. ℣. Christe, eléison. ℞.

Christe, eléison. *℣*. Kyrie, eléison.
℟. Kyrie, eléison.

Concluding Prayers

(Use the following, or the Collect from the Missal)

O Lord God Almighty, who has brought us to the beginning of this day, preserve us in the same by Thy power, so that during this day we may not fall into any sin, but that all our words, thoughts and works may be directed to the doing of Thy righteousness. Grant this through Christ our Lord. Amen.

Pater noster *(Silently until)* Et ne nos indúcas in tentationem.

℟. Sed líbera nos a malo. Amen.

The Angelus

ANGELUS Dómini nuntiávit Mariæ.

℟. Et concépit de Spíritu Sancto.

AVE Mariá, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta Mariá, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ECCE ancílla Dómini.

℟. Fiat mihi secúndum
verbum tuum.

AVE Mariá, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta Mariá, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis

nostræ. Amen.

ET Verbum caro factum
est.

℟. Et habitávit in nobis.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

℣. Ora pro nobis, Sancta Dei
Génitrix.

℟. Ut digni efficiámur promís-
sionibus Christi.

Orémus.

Grátiam tuam, quæsumus,
Dómine, méntibus nostris
infúnde: ut qui, Ángelo
nuntíante, Christi Fílii tui
Incarnatiónem cognóvimus,
per passiónem ejus et

crucem, ad resurrectionis
glóriam perducámur. Per
eúndem Christum Dóminum
nostrum. Amen.

GLÓRIA Patri, et Fílio, * et
Spirítui Sancto.

℟. Sicut erat in princípio, et
nunc, et semper, * et in
sæcula sæculórum. Amen.

(recited 3 times)

During Easter:

Regína Cæli

℣. Regína cæli lætáre, allelúia.

℟. Quia quem meruísti por-
táre, allelúia.

℣. Resurréxit, sicut dixit,
allelúia.

℟. Ora pro nobis Deum,
allelúia.

℣. Gaude et lætáre, Virgo
María, allelúia.

℟. Quia surréxit Dóminus
vere, allelúia.

Orémus.

Deus, qui per resurrectionem
Fílii tui Dómini nostri Iesu
Christi mundum lætificáre
dignátus es, præsta,
quæsumus, ut per eius Gen-
etrícem Vírginem Mariám
perpétuæ capiámus gáudia
vitæ.

Per Christum Dóminum nos-
trum. Amen.

℣. Glória Patri, et Fílio,
et Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in sæcula
sæculórum. Amen.

(recited 3 times)

Actus Fidei

DÓMINE Deus, firma fide
credo et confíteor ómnia
et síngula quæ sancta Ecclé-
sia Cathólica propónit, quia
tu, Deus, ea ómnia revelásti,
qui es ætérna véritas et

sapiéntia, quæ nec fállere nec falli potest. In hac fide vívere et mori státuo. Amen.

℣. Divínium auxílium máneat semper nobíscum.

℟. Et cum frátribus nostris abséntibus. Amen.



MONDAY TERCE

℣. Deus, in adjutórium meum inténde.

℟. Dómine ad adjuvándum me festína.

℣. Glória Patri, et Fílio, et Spirítui Sancto.

℟. Sicut erat in princípio, et nunc, et semper, et in sæcula sæculórum. Amen.

Hymn

Come, Holy Spirit, in nature
one

With both the Father and
the Son;
Shed forth Thy grace within
our breast
And dwell with us, a ready
guest.

By every power, by heart and
tongue,
By act and deed, Thy praise
be sung:
Inflame with perfect love each
sense
That other souls may
kindle thence.

In this, most gracious Father,
hear
Through Christ Thy equal
Son our prayer,
Who with the Holy Ghost and
Thee
Doth live and reign eter-

nally.

Amen.

Ant. Hold me up, * that I may
be safe.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 118N

¹⁰⁵Thy word is a lamp to my
feet

and a light to my path.

¹⁰⁶I have sworn an oath and
confirmed it,
to observe thy righteous
ordinances.

¹⁰⁷I am sorely afflicted;
give me life, O LORD,
according to thy word!

¹⁰⁸Accept my offerings of
praise, O LORD,
and teach me thy ordi-
nances.

¹⁰⁹I hold my life in my hand
continually,

but I do not forget thy law.
110 The wicked have laid a
snare for me,
but I do not stray from thy
precepts.
111 Thy testimonies are my
heritage for ever;
yea, they are the joy of my
heart.
112 I incline my heart to
perform thy statutes
for ever, to the end.

Psalm 1180

113 I hate double-minded men,
but I love thy law.
114 Thou art my hiding place
and my shield;
I hope in thy word.
115 Depart from me, you evil-
doers,
that I may keep the com-
mandments of my God.
116 Uphold me according to
thy promise, that I may
live,

and let me not be put to
shame in my hope!

117 Hold me up, that I may be
safe

and have regard for thy
statutes continually!

118 Thou dost spurn all who go
astray from thy statutes;
yea, their cunning is in
vain.

119 All the wicked of the earth
thou dost count as dross;
therefore I love thy testimo-
nies.

120 My flesh trembles for fear
of thee,
and I am afraid of thy judg-
ments.

Psalms 118P

121 I have done what is just
and right;
do not leave me to my
oppressors.

122 Be surety for thy servant
for good;

let not the godless oppress
me.

¹²³My eyes fail with watching
for thy salvation,
and for the fulfilment of thy
righteous promise.

¹²⁴Deal with thy servant
according to thy stead-
fast love,
and teach me thy statutes.

¹²⁵I am thy servant; give me
understanding,
that I may know thy testi-
monies!

¹²⁶It is time for the LORD to
act,
for thy law has been
broken.

¹²⁷Therefore I love thy com-
mandments
above gold, above fine gold.

¹²⁸Therefore I direct my steps
by all thy precepts;
I hate every false way.

Ant. Hold me up, that I may be
safe.

Eastertide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

℞. Sed líbera nos a malo.
Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℞. Et cum frátribus nostris
abséntibus. Amen.



MONDAY SEXT

- ℣. Deus, in adiutórium meum
inténde.
- ℟. Dómine ad adjuvándum me
festína.
- ℣. Glória Patri, et Fílio, et
Spirítui Sancto.
- ℟. Sicut erat in princípio, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God of Truth, O Lord of
might,
Disposing time and change
aright,
Who clothes the splendid
morning ray
And gives the heat at noon
of day:

Extinguish Thou each sinful
fire

And banish every ill desire;
And while Thou keepest the
body whole
Shed forth Thy peace upon
the soul.

Grant this, O Father ever one
With Jesus Christ Thy only
Son
And Holy Ghost, whom all
adore,
Reigning and blest forever-
more.

Amen.

Ant. Turn to me * and be
gracious to me.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 118Q

¹²⁹Thy testimonies are won-
derful;

therefore my soul keeps
them.

130 The unfolding of thy words
gives light;
it imparts understanding
to the simple.

131 With open mouth I pant,
because I long for thy com-
mandments.

132 Turn to me and be gracious
to me,
as is thy wont toward those
who love thy name.

133 Keep steady my steps
according to thy promise,
and let no iniquity get
dominion over me.

134 Redeem me from man's
oppression,
that I may keep thy pre-
cepts.

135 Make thy face shine upon
thy servant,
and teach me thy statutes.

136 My eyes shed streams of
tears,
because men do not keep

thy law.

Psalms 118R

¹³⁷Righteous art thou, O
LORD,
and right are thy judgments.

¹³⁸Thou hast appointed thy
testimonies in righteousness
and in all faithfulness.

¹³⁹My zeal consumes me,
because my foes forget thy
words.

¹⁴⁰Thy promise is well tried,
and thy servant loves it.

¹⁴¹I am small and despised,
yet I do not forget thy pre-
cepts.

¹⁴²Thy righteousness is right-
eous for ever,
and thy law is true.

¹⁴³Trouble and anguish have
come upon me,
but thy commandments
are my delight.

144 Thy testimonies are righteous for ever;
give me understanding that
I may live.

Psalm 118S

145 With my whole heart I cry;
answer me, O LORD!
I will keep thy statutes.

146 I cry to thee; save me,
that I may observe thy testimonies.

147 I rise before dawn and cry
for help;
I hope in thy words.

148 My eyes are awake before
the watches of the night,
that I may meditate upon
thy promise.

149 Hear my voice in thy steadfast love;
O LORD, in thy justice preserve my life.

150 They draw near who persecute me with evil pur-

pose;

they are far from thy law.

151 But thou art near, O LORD,
and all thy commandments
are true.

152 Long have I known from
thy testimonies
that thou hast founded
them for ever.

Ant. Turn to me and be gracious to me.

Easter tide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléison.
℣. Christe, eléison. ℞. Christe, eléison.
℣. Kyrie, eléison. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

R. Sed líbera nos a malo.
Amen.

The Angelus

ANGELUS Dómini nun-
tiávit Mariæ.

R. Et concépit de Spíritu
Sancto.

AVE Mariá, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

R. Sancta Mariá, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ECCE ancílla Dómini.

R. Fiat mihi secúndum
verbum tuum.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ET Verbum caro factum
est.

℟. Et habitávit in nobis.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

℣. Ora pro nobis, Sancta Dei
Génitrix.

℟. Ut digni efficiámur promissiónibus Christi.

Orémus.

Grátiam tuam, quæsumus,
Dómine, méntibus nostris
infúnde: ut qui, Ángelo
nuntíante, Christi Fílii tui
Incarnatiónem cognóvimus,
per passióem ejus et
crucem, ad resurrectiόνis
glóriam perducámur. Per
eúmdem Christum Dóminum
nostrum. Amen.

GLÓRIA Patri, et Fílio, * et
Spirítui Sancto.

℟. Sicut erat in princípio, et
nunc, et semper, * et in
sæcula sæculórum. Amen.

(recited 3 times)

During Easter:

Regína Cæli

℣. Queen of heaven, rejoice,
alleluia!

℟. for he whom you were
worthy to bear, alleluia!

✠. has risen as he said, alleluia!

℟. Pray for us to God, alleluia!

✠. Rejoice and be glad, O Virgin Mary, alleluia!

℟. For the Lord has truly risen, alleluia.

Let us pray.

O God, who through the resurrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

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

℟. As it was in the beginning, is now, and ever shall be, * world without end. Amen.

(recited 3 times)

Actus Spei

DÓMINE Deus, spero per grátiam tuam remissionem ómnium peccatórum, et post hanc vitam ætérnam felicitátem me esse consecutúrum: quia tu promissisti, qui es infinite potens, fidélis, benígnus, et miséricors. In hac spe vívere et mori státuo. Amen.

℣. Divínium auxílium máneat semper nobíscum.

℟. Et cum frátribus nostris abséntibus. Amen.



MONDAY NONE

℣. Deus, in adjutórium meum

Monday None

304

inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God, creation's secret force,
Thy self unmoved, yet
motion's source,
Who from the morn till eve-
ning's ray
Through every change dost
guide the day:

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

Grant this, O Father ever one
With Jesus Christ Thy only
Son
And Holy Ghost, whom all
adore,
Reigning and blest forever-
more.
Amen.

Ant. Let thy hand be ready to
help me, * for I have
chosen thy precepts.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 118T

¹⁵³Look on my affliction and
deliver me,
for I do not forget thy law.

¹⁵⁴Plead my cause and
redeem me;
give me life according to thy
promise!

¹⁵⁵Salvation is far from the
wicked,

for they do not seek thy statutes.

156 Great is thy mercy, O LORD;
give me life according to thy justice.

157 Many are my persecutors
and my adversaries,
but I do not swerve from
thy testimonies.

158 I look at the faithless with
disgust,
because they do not keep
thy commands.

159 Consider how I love thy
precepts!

Preserve my life according
to thy steadfast love.

160 The sum of thy word is
truth;
and every one of thy righ-
teous ordinances
endures for ever.

Psalms 118

161 Princes persecute me
without cause,

but my heart stands in awe
of thy words.

162 I rejoice at thy word
like one who finds great
spoil.

163 I hate and abhor falsehood,
but I love thy law.

164 Seven times a day I praise
thee
for thy righteous ordi-
nances.

165 Great peace have those
who love thy law;
nothing can make them
stumble.

166 I hope for thy salvation, O
LORD,
and I do thy command-
ments.

167 My soul keeps thy testimo-
nies;
I love them exceedingly.

168 I keep thy precepts and
testimonies,
for all my ways are before
thee.

Psalm 118V

169 Let my cry come before
thee, O LORD;
give me understanding
according to thy word!

170 Let my supplication come
before thee;
deliver me according to thy
word.

171 My lips will pour forth
praise
that thou dost teach me
thy statutes.

172 My tongue will sing of thy
word,
for all thy commandments
are right.

173 Let thy hand be ready to
help me,
for I have chosen thy pre-
cepts.

174 I long for thy salvation, O
LORD,
and thy law is my delight.

175 Let me live, that I may
praise thee,

and let thy ordinances help me.

176 I have gone astray like a lost sheep; seek thy servant,
for I do not forget thy commandments.

Ant. Let thy hand be ready to help me, for I have chosen thy precepts.

Eastertide:

Ant. Allelúia, allelúia, allelúia, allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléison. ℣. Christe, eléison. ℞. Christe, eléison. ℣. Kyrie, eléison. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et
ne nos indúcas in ten-

tationem.

℟. Sed líbera nos a malo.
Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



MONDAY VESPERS

℣. Deus, in adjutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O Great Creator of the sky,
Who wouldest not the
floods on high
With earthly waters to con-
found,
But made the firmament
their bound:

The floods above Thou didst
ordain,
The floods below Thou
didst restrain:
That moisture might attem-
per heat
Lest the parched earth
should ruin meet.

Upon our souls, good Lord,
bestow
The gift of grace in endless
flow,
Lest some renewed deceit or
wile
Of former sin should us
beguile.

Hear Thou our prayer,
Almighty King!
Hear Thou our praises
whilst we sing,
Adoring with the heavenly
host
The Father, Son and Holy
Ghost.
Amen.

Ant. Tremble, O earth, * at the
presence of the LORD.

Eastertide (for five Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalm 113

¹When Israel went forth from
Egypt,
the house of Jacob from a
people of strange lan-
guage,
²Judah became his sanctu-
ary,
Israel his dominion.

³The sea looked and fled,
Jordan turned back.

⁴The mountains skipped like
rams,
the hills like lambs.

⁵What ails you, O sea, that
you flee?
O Jordan, that you turn
back?

⁶O mountains, that you skip
like rams?
O hills, like lambs?

⁷Tremble, O earth, at the
presence of the LORD,
at the presence of the God
of Jacob,

⁸who turns the rock into a
pool of water,
the flint into a spring of
water.

Ant. Tremble, O earth, at the
presence of the LORD.

Ant. May you be blessed by the
LORD, * who made

heaven and earth!

Psalm 114

¹Not to us, O LORD, not to us,
but to thy name give glory,
for the sake of thy steadfast
love and thy faithfulness!

²Why should the nations say,
"Where is their God?"

³Our God is in the heavens;
he does whatever he
pleases.

⁴Their idols are silver and
gold,
the work of men's hands.

⁵They have mouths, but do
not speak;
eyes, but do not see.

⁶They have ears, but do not
hear;
noses, but do not smell.

⁷They have hands, but do not
feel;
feet, but do not walk;
and they do not make a

sound in their throat.

⁸Those who make them are
like them;
so are all who trust in them.

⁹O Israel, trust in the LORD!
He is their help and their
shield.

¹⁰O house of Aaron, put your
trust in the LORD!
He is their help and their
shield.

¹¹You who fear the LORD,
trust in the LORD!
He is their help and their
shield.

¹²The LORD has been mindful
of us; he will bless us;
he will bless the house of
Israel;
he will bless the house of
Aaron;

¹³he will bless those who fear
the LORD,
both small and great.

¹⁴May the LORD give you

increase,
you and your children!

¹⁵May you be blessed by the
LORD,
who made heaven and
earth!

¹⁶The heavens are the LORD's
heavens,
but the earth he has given
to the sons of men.

¹⁷The dead do not praise the
LORD,
nor do any that go down
into silence.

¹⁸But we will bless the LORD
from this time forth and for
evermore.
Praise the LORD!

Ant. May you be blessed by the
LORD, who made heaven
and earth!

Ant. I kept my faith, even when
I said, * "I am greatly
afflicted."

Psalm 115

¹I love the LORD,
because he has heard my
voice and my supplica-
tions.

²Because he inclined his ear
to me,
therefore I will call on him
as long as I live.

³The snares of death encom-
passed me;
the pangs of Sheol laid hold
on me;
I suffered distress and
anguish.

⁴Then I called on the name of
the LORD:
"O LORD, I beseech thee,
save my life!"

⁵Gracious is the LORD, and
righteous;
our God is merciful.

⁶The LORD preserves the
simple;
when I was brought low, he

saved me.

⁷Return, O my soul, to your
rest;
for the LORD has dealt
bountifully with you.

⁸For thou hast delivered my
soul from death,
my eyes from tears,
my feet from stumbling;

⁹I walk before the LORD
in the land of the living.

¹⁰I kept my faith, even when
I said,
"I am greatly afflicted";

¹¹I said in my consternation,
"Men are all a vain hope."

¹²What shall I render to the
LORD
for all his bounty to me?

¹³I will lift up the cup of sal-
vation
and call on the name of the
LORD,

¹⁴I will pay my vows to the
LORD

in the presence of all his
people.

¹⁵Precious in the sight of the
LORD

is the death of his saints.

¹⁶O LORD, I am thy servant;
I am thy servant, the son
of thy handmaid.

Thou hast loosed my
bonds.

¹⁷I will offer to thee the sacri-
fice of thanksgiving
and call on the name of the
LORD.

¹⁸I will pay my vows to the
LORD

in the presence of all his
people,

¹⁹in the courts of the house
of the LORD,

in your midst, O Jerusalem.
Praise the LORD!

Psalm 116

¹Praise the LORD, all nations!
Extol him, all peoples!

²For great is his steadfast love
toward us;
and the faithfulness of the
LORD endures for ever.
Praise the LORD!

Ant. I kept my faith, even when
I said, "I am greatly
afflicted."

Ant. Sorely have they afflicted
me * from my youth.

Psalm 128

A Song of Ascents.

¹"Sorely have they afflicted
me from my youth,"
let Israel now say—

²"Sorely have they afflicted
me from my youth,
yet they have not prevailed
against me.

³The plowers plowed upon my
back;
they made long their fur-
rows."

⁴The LORD is righteous;
he has cut the cords of the
wicked.

⁵May all who hate Zion
be put to shame and
turned backward!

⁶Let them be like the grass on
the housetops,
which withers before it
grows up,

⁷with which the reaper does
not fill his hand
or the binder of sheaves his
bosom,

⁸while those who pass by do
not say,

"The blessing of the LORD
be upon you!

We bless you in the name of
the LORD!"

Ant. Sorely have they afflicted
me from my youth.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

(from the New Testament)

Ant. My soul magnifies the
Lord, * for he has
regarded my low estate
*(Eastertide: allelúia,
allelúia).*

Luke 1:46-55 ***Canticle of Mary***

Magnificat
ánima mea Dóminum,
Et exsultávit spíritus meus
in Deo, salutári meo.
Quia respéxit humilitátem
ancíllae suæ:
ecce enim ex hoc beátam me
dicent omnes generatiónes.
Quia fecit mihi magna qui
potens est:
et sanctum nomen ejus.
Et misericórdia ejus a progé-
nie in progénies
timéntibus eum.
Fecit poténtiam in bráchio
suo:

dispérsit supérbos mente
cordis sui.

Depósuit poténtes de sede,
et exaltávit húmiles.

Esuriéntes implévit bonis
et dívites dimísit inánes.

Suscépit Israel, púerum
suum,
recordátus misericórdiæ
suæ.

Sicut locútus est ad patres
nostros
Abraham, et sémini ejus in
sæcula.

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. My soul magnifies the
Lord, for he has regarded
my low estate (*Eastertide:*
allelúia, allelúia).

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.

Christe, eléison. *℣.* Kyrie, eléison.
℟. Kyrie, eléison.

Pater noster, qui es in
cælis, sanctificétur
nomen tuum. Advéniat
regnum tuum. Fiat volúntas
tua, sicut in cælo et in terra.
Panem nostrum quotidiánum
da nobis hódie.

℟. Et dimítte nobis débíta
nostra, sicut et nos dimítti-
mus debitóribus nostris. Et
ne nos indúcas in ten-
tatiónem. Sed líbera nos a
malo. Amen.

Concluding Prayers

(Collect from the Missal)

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



COMPLINE

Go to page 166 for Compline.



TUESDAY MATINS

The following is recited three times:

℣. Dómine, † lábia mea
apéries. ℞. Et os meum
annuntiábit laudem
tuam.

Psalm 3

*A Psalm of David, when he fled from
Absalom his son.*

¹O LORD, how many are my
foes!

Many are rising against me;

²many are saying of me,

there is no help for him in
God. *[Selah]*

³But thou, O LORD, art a
shield about me,
my glory, and the lifter of
my head.

⁴I cry aloud to the LORD,
and he answers me from
his holy hill. *[Selah]*

⁵I lie down and sleep;
I wake again, for the LORD
sustains me.

⁶I am not afraid of ten thou-
sands of people
who have set themselves
against me round about.

⁷Arise, O LORD!
Deliver me, O my God!
For thou dost smite all my
enemies on the cheek,
thou dost break the teeth
of the wicked.

⁸Deliverance belongs to the
Tuesday Matins 327

LORD;
thy blessing be upon thy
people! [*Selah*]

Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Invitatory (*Antiphon from the Proper
of Seasons*)

Ordinary Time:

Ant. Let us make a joyful noise
to * the rock of our sal-
vation! (*Repeat antiphon*)

Eastertide:

Ant. Allelúia, allelúia, *
allelúia. (*Repeat antiphon*)

Psalm 94

¹O come, let us sing to the
LORD;
let us make a joyful noise
to the rock of our salva-
tion!

²Let us come into his pres-
Tuesday Matins 328

ence with thanksgiving;
let us make a joyful noise
to him with songs of
praise!

Entire Invitatory is repeated.

³For the LORD is a great God,
and a great King above all
gods.

⁴In his hand are the depths
of the earth;
the heights of the moun-
tains are his also.

*Latter half of the Invitatory * is repeated.*

⁵The sea is his, for he made
it;
for his hands formed the
dry land.

At these words, all genuflect:

⁶O COME, LET US WORSHIP AND
BOW DOWN,
LET US KNEEL BEFORE THE
LORD, OUR MAKER!

⁷For he is our God,
and we are the people of his
pasture,
and the sheep of his hand.

Entire Invitatory is repeated.

O that today you would
hearken to his voice!

⁸Harden not your hearts,
as at Mer'ibah,
as on the day at Massah in
the wilderness,

⁹when your fathers tested me,
and put me to the proof,
though they had seen my
work.

*Latter half of the Invitatory * is repeated.*

¹⁰For forty years I loathed
that generation
and said, "They are a
people who err in heart,
and they do not regard my
ways."

¹¹Therefore I swore in my
anger
that they should not enter my
rest.

Entire Invitatory is repeated.

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.

Amen.

*Latter half of the Invitatory * is repeated, and then the Entire Invitatory.*

Hymn

O God from God and Light
from Light,

Who art Thyself the day,
Our chants shall break the
clouds of night;

Be with us while we pray.

Chase Thou the gloom that
haunts the mind,

The thronging shades of
hell,

The sloth and drowsiness
that bind

The senses with a spell.

Most holy Father, hear our
cry

Through Jesus Christ our
Lord most High,

Who with the Holy Ghost and
Thee

Shall live and reign eternally.

Amen.

Ant. God is our help * in trouble.

Eastertide (for six Psalms):

Ant. Allelúia, * allelúia, allelúia.

Psalm 45

To the choirmaster. A Psalm of the Sons of Korah. According to Alamoth. A Song.

¹God is our refuge and strength,
a very present help in trouble.

²Therefore we will not fear
though the earth should change,
though the mountains
shake in the heart of the sea;

³though its waters roar and foam,
though the mountains
tremble with its tumult.

[Selah]

⁴There is a river whose
streams make glad the
city of God,
the holy habitation of the
Most High.

⁵God is in the midst of her,
she shall not be moved;
God will help her right
early.

⁶The nations rage, the king-
doms totter;
he utters his voice, the
earth melts.

⁷The LORD of hosts is with us;
the God of Jacob is our
refuge. *[Selah]*

⁸Come, behold the works of
the LORD,
how he has wrought deso-
lations in the earth.

⁹He makes wars cease to the
end of the earth;
he breaks the bow, and
shatters the spear,

he burns the chariots with
fire!

¹⁰"Be still, and know that I am
God.

I am exalted among the
nations,

I am exalted in the earth!"

¹¹The LORD of hosts is with
us;

the God of Jacob is our
refuge. *[Selah]*

Psalm 46

*To the choirmaster. A Psalm of the Sons
of Korah.*

¹Clap your hands, all peoples!
Shout to God with loud
songs of joy!

²For the LORD, the Most High,
is terrible,
a great king over all the
earth.

³He subdued peoples under
us,
and nations under our feet.

⁴He chose our heritage for us,

the pride of Jacob whom he
loves. *[Selah]*

⁵God has gone up with a
shout,
the LORD with the sound of
a trumpet.

⁶Sing praises to God, sing
praises!
Sing praises to our King,
sing praises!

⁷For God is the king of all the
earth;
sing praises with a psalm!

⁸God reigns over the nations;
God sits on his holy throne.

⁹The princes of the peoples
gather
as the people of the God of
Abraham.

For the shields of the earth
belong to God;
he is highly exalted!

Ant. God is our help in trouble.

Ant. Great is the LORD * and
greatly to be praised.

Psalm 47

A Song. A Psalm of the Sons of Korah.

¹Great is the LORD and greatly
to be praised
in the city of our God!

His holy mountain, ²beautiful
in elevation,
is the joy of all the earth,
Mount Zion, in the far north,
the city of the great King.

³Within her citadels God
has shown himself a sure
defense.

⁴For lo, the kings assembled,
they came on together.

⁵As soon as they saw it, they
were astounded,
they were in panic, they
took to flight;

⁶trembling took hold of them
there,
anguish as of a woman in
travail.

⁷By the east wind thou didst

shatter
the ships of Tarshish.

⁸As we have heard, so have
we seen
in the city of the LORD of
hosts,
in the city of our God,
which God establishes for
ever. *[Selah]*

⁹We have thought on thy
steadfast love, O God,
in the midst of thy temple.

¹⁰As thy name, O God,
so thy praise reaches to the
ends of the earth.

Thy right hand is filled with
victory;

¹¹let Mount Zion be glad!
Let the daughters of Judah
rejoice
because of thy judgments!

¹²Walk about Zion, go round
about her,
number her towers,

¹³consider well her ramparts,

go through her citadels;
that you may tell the next
generation

¹⁴that this is God,
our God for ever and ever.

He will be our guide for
ever.

Psalm 48

*To the choirmaster. A Psalm of the Sons
of Korah.*

¹Hear this, all peoples!
Give ear, all inhabitants of
the world,

²both low and high,
rich and poor together!

³My mouth shall speak
wisdom;
the meditation of my heart
shall be understanding.

⁴I will incline my ear to a
proverb;
I will solve my riddle to the
music of the lyre.

⁵Why should I fear in times of

trouble,
when the iniquity of my
persecutors surrounds
me,

⁶men who trust in their wealth
and boast of the abundance
of their riches?

⁷Truly no man can ransom
himself,
or give to God the price of
his life,

⁸for the ransom of his life is
costly,
and can never suffice,

⁹that he should continue to
live on for ever,
and never see the Pit.

¹⁰Yea, he shall see that even
the wise die,
the fool and the stupid
alike must perish and
leave their wealth to
others.

¹¹Their graves are their
homes for ever,
their dwelling places to all

generations,
though they named lands
their own.

¹²Man cannot abide in his
pomp,
he is like the beasts that
perish.

¹³This is the fate of those who
have foolish confidence,
the end of those who are
pleased with their por-
tion. *[Selah]*

¹⁴Like sheep they are
appointed for Sheol;
Death shall be their shep-
herd;
straight to the grave they
descend,
and their form shall waste
away;
Sheol shall be their home.

¹⁵But God will ransom my
soul from the power of
Sheol,
for he will receive me.
[Selah]

16 Be not afraid when one
becomes rich,
when the glory of his house
increases.

17 For when he dies he will
carry nothing away;
his glory will not go down
after him.

18 Though, while he lives, he
counts himself happy,
and though a man gets
praise when he does well
for himself,

19 he will go to the generation
of his fathers,
who will never more see the
light.

20 Man cannot abide in his
pomp,
he is like the beasts that
perish.

Ant. Great is the LORD and
greatly to be praised.

Ant. The Mighty One, * God
the LORD speaks.

Psalm 49

A Psalm of Asaph.

¹The Mighty One, God the
LORD,
speaks and summons the
earth
from the rising of the sun
to its setting.

²Out of Zion, the perfection of
beauty,
God shines forth.

³Our God comes, he does not
keep silence,
before him is a devouring
fire,
round about him a mighty
tempest.

⁴He calls to the heavens above
and to the earth, that he
may judge his people:

⁵"Gather to me my faithful
ones,
who made a covenant with
me by sacrifice!"

⁶The heavens declare his
righteousness,
for God himself is judge!
[Selah]

⁷"Hear, O my people, and I
will speak,
O Israel, I will testify
against you.
I am God, your God.

⁸I do not reprove you for your
sacrifices;
your burnt offerings are
continually before me.

⁹I will accept no bull from
your house,
nor he-goat from your folds.

¹⁰For every beast of the forest
is mine,
the cattle on a thousand
hills.

¹¹I know all the birds of the
air,
and all that moves in the
field is mine.

¹²"If I were hungry, I would

not tell you;
for the world and all that is
in it is mine.

¹³Do I eat the flesh of bulls,
or drink the blood of goats?

¹⁴Offer to God a sacrifice of
thanksgiving,
and pay your vows to the
Most High;

¹⁵and call upon me in the day
of trouble;
I will deliver you, and you
shall glorify me."

¹⁶But to the wicked God says:
"What right have you to
recite my statutes,
or take my covenant on
your lips?

¹⁷For you hate discipline,
and you cast my words
behind you.

¹⁸If you see a thief, you are a
friend of his;
and you keep company
with adulterers.

19 "You give your mouth free
rein for evil,
and your tongue frames
deceit.

20 You sit and speak against
your brother;
you slander your own
mother's son.

21 These things you have done
and I have been silent;
you thought that I was one
like yourself.

But now I rebuke you, and
lay the charge before you.

22 "Mark this, then, you who
forget God,
lest I rend, and there be
none to deliver!

23 He who brings thanksgiving
as his sacrifice honors
me;
to him who orders his way
aright
I will show the salvation of
God!"

Psalm 51

To the choirmaster. A Maskil of David, when Doeg, the Edomite, came and told Saul, "David has come to the house of Ahimelech."

¹Why do you boast, O mighty man,
of mischief done against the godly?

All the day ²you are plotting destruction.

Your tongue is like a sharp razor,
you worker of treachery.

³You love evil more than good,
and lying more than speaking the truth. *[Selah]*

⁴You love all words that devour,
O deceitful tongue.

⁵But God will break you down for ever;
he will snatch and tear you from your tent;
he will uproot you from the land of the living. *[Selah]*

⁶The righteous shall see, and
fear,
and shall laugh at him,
saying,

⁷"See the man who would not
make
God his refuge,
but trusted in the abundance
of his riches,
and sought refuge in his
wealth!"

⁸But I am like a green olive
tree
in the house of God.

I trust in the steadfast love of
God
for ever and ever.

⁹I will thank thee for ever,
because thou hast done it.
I will proclaim thy name, for
it is good,
in the presence of the godly.

Ant. The Mighty One, God the
LORD speaks.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

(from the Old Testament)

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. Allelúia, * allelúia, allelúia.
Lent:

Ant. God restores * the fortunes of his people.

Psalm 52

To the choirmaster: according to Mahalath. A Maskil of David.

¹The fool says in his heart,
"There is no God."

They are corrupt, doing
abominable iniquity;
there is none that does
good.

²God looks down from heaven

upon the sons of men
to see if there are any that are
wise,
that seek after God.

³They have all fallen away;
they are all alike depraved;
there is none that does good,
no, not one.

⁴Have those who work evil no
understanding,
who eat up my people as
they eat bread,
and do not call upon God?

⁵There they are, in great
terror,
in terror such as has not
been!

For God will scatter the bones
of the ungodly;
they will be put to shame,
for God has rejected
them.

⁶O that deliverance for Israel

would come from Zion!
When God restores the
fortunes of his people,
Jacob will rejoice and Israel
be glad.

Psalm 53

To the choirmaster: with stringed instruments. A Maskil of David, when the Ziphites went and told Saul, "David is in hiding among us."

¹Save me, O God, by thy
name,
and vindicate me by thy
might.

²Hear my prayer, O God;
give ear to the words of my
mouth.

³For insolent men have risen
against me,
ruthless men seek my life;
they do not set God before
them. *[Selah]*

⁴Behold, God is my helper;
the Lord is the upholder of

my life.

⁵He will requite my enemies
with evil;
in thy faithfulness put an
end to them.

⁶With a freewill offering I will
sacrifice to thee;
I will give thanks to thy
name, O LORD, for it is
good.

⁷For thou hast delivered me
from every trouble,
and my eye has looked in
triumph on my enemies.

Lent:

Ant. God restores the fortunes
of his people.

Ant. Attend to me, * and
answer me.

Psalm 54

*To the choirmaster: with stringed
instruments. A Maskil of David.*

¹Give ear to my prayer, O God;
and hide not thyself from

my supplication!

²Attend to me, and answer
me;

I am overcome by my trouble.

I am distraught ³by the noise
of the enemy,
because of the oppression
of the wicked.

For they bring trouble upon
me,
and in anger they cherish
enmity against me.

⁴My heart is in anguish
within me,
the terrors of death have
fallen upon me.

⁵Fear and trembling come
upon me,
and horror overwhelms me.

⁶And I say, "O that I had
wings like a dove!
I would fly away and be at
rest;

⁷yea, I would wander afar,
I would lodge in the wilder-

ness, [Selah]

⁸I would haste to find me a
shelter
from the raging wind and
tempest."

⁹Destroy their plans, O Lord,
confuse their tongues;
for I see violence and strife
in the city.

¹⁰Day and night they go
around it
on its walls;
and mischief and trouble are
within it,

¹¹ruin is in its midst;
oppression and fraud
do not depart from its
market place.

¹²It is not an enemy who
taunts me—
then I could bear it;
it is not an adversary who
deals insolently with
me—
then I could hide from him.

¹³But it is you, my equal,
my companion, my familiar
friend.

¹⁴We used to hold sweet con-
verse together;
within God's house we
walked in fellowship.

¹⁵Let death come upon them;
let them go down to Sheol
alive;
let them go away in terror
into their graves.

¹⁶But I call upon God;
and the LORD will save me.

¹⁷Evening and morning and
at noon
I utter my complaint and
moan,
and he will hear my voice.

¹⁸He will deliver my soul in
safety
from the battle that I wage,
for many are arrayed
against me.

¹⁹God will give ear, and
humble them,

he who is enthroned from
of old;
because they keep no law,
and do not fear God. *[Selah]*

²⁰My companion stretched
out his hand against his
friends,
he violated his covenant.

²¹His speech was smoother
than butter,
yet war was in his heart;
his words were softer than oil,
yet they were drawn
swords.

²²Cast your burden on the
LORD,
and he will sustain you;
he will never permit
the righteous to be moved.

²³But thou, O God, wilt cast
them down
into the lowest pit;
men of blood and treachery
shall not live out half their

days.
But I will trust in thee.

Psalm 55

To the choirmaster: according to The Dove on Far-off Terebinths. A Miktam of David, when the Philistines seized him in Gath.

¹Be gracious to me, O God,
for men trample upon
me;

all day long foemen
oppress me;

²my enemies trample upon
me all day long,
for many fight against me
proudly.

³When I am afraid,
I put my trust in thee.

⁴In God, whose word I praise,
in God I trust without a
fear.

What can flesh do to me?

⁵All day long they seek to
injure my cause;
all their thoughts are

against me for evil.

⁶They band themselves
together, they lurk,
they watch my steps.

As they have waited for my
life,

⁷so recompense them for
their crime;

in wrath cast down the
peoples, O God!

⁸Thou hast kept count of my
tossings;

put thou my tears in thy
bottle!

Are they not in thy book?

⁹Then my enemies will be
turned back

in the day when I call.

This I know, that God is for
me.

¹⁰In God, whose word I praise,
in the LORD, whose word I
praise,

¹¹in God I trust without a fear.
What can man do to me?

¹²My vows to thee I must
perform, O God;
I will render thank offer-
ings to thee.

¹³For thou hast delivered my
soul from death,
yea, my feet from falling,
that I may walk before God
in the light of life.

Lent:

Ant. Attend to me, and answer
me.

Ant. Do you judge * the sons
of men uprightly?

Psalm 57

*To the choirmaster: according to Do Not
Destroy. A Miktam of David.*

¹Do you indeed decree what
is right, you gods?
Do you judge the sons of
men uprightly?

²Nay, in your hearts you
devise wrongs;
your hands deal out vio-

lence on earth.

³The wicked go astray from
the womb,
they err from their birth,
speaking lies.

⁴They have venom like the
venom of a serpent,
like the deaf adder that
stops its ear,

⁵so that it does not hear the
voice of charmers
or of the cunning
enchanter.

⁶O God, break the teeth in
their mouths;
tear out the fangs of the
young lions, O LORD!

⁷Let them vanish like water
that runs away;
like grass let them be
trodden down and
wither.

⁸Let them be like the snail
which dissolves into
slime,

like the untimely birth that
never sees the sun.

⁹Sooner than your pots can
feel the heat of thorns,
whether green or ablaze,
may he sweep them
away!

¹⁰The righteous will rejoice
when he sees the ven-
geance;
he will bathe his feet in the
blood of the wicked.

¹¹Men will say, "Surely there
is a reward for the righ-
teous;
surely there is a God who
judges on earth."

Psalm 58

To the choirmaster: according to Do Not Destroy. A Miktam of David, when Saul sent men to watch his house in order to kill him.

¹Deliver me from my enemies,
O my God,
protect me from those who

rise up against me,
²deliver me from those who
work evil,
and save me from blood-
thirsty men.

³For, lo, they lie in wait for my
life;
fierce men band them-
selves against me.

For no transgression or sin of
mine, O LORD,

⁴for no fault of mine, they
run and make ready.

Rouse thyself, come to my
help, and see!

⁵Thou, LORD God of hosts,
art God of Israel.

Awake to punish all the
nations;

spare none of those who
treacherously plot evil.

[Selah]

⁶Each evening they come
back,

howling like dogs
and prowling about the
city.

⁷There they are, bellowing
with their mouths,
and snarling with their
lips—
for "Who," they think, "will
hear us?"

⁸But thou, O LORD, dost
laugh at them;
thou dost hold all the
nations in derision.

⁹O my Strength, I will sing
praises to thee;
for thou, O God, art my
fortress.

¹⁰My God in his steadfast love
will meet me;
my God will let me look in
triumph on my enemies.

¹¹Slay them not, lest my
people forget;
make them totter by thy
power, and bring them

down,
O Lord, our shield!

¹²For the sin of their mouths,
the words of their lips,
let them be trapped in their
pride.

For the cursing and lies
which they utter,

¹³consume them in wrath,
consume them till they are
no more,

that men may know that God
rules over Jacob

to the ends of the earth.

[Selah]

¹⁴Each evening they come
back,

howling like dogs

and prowling about the
city.

¹⁵They roam about for food,
and growl if they do not get
their fill.

¹⁶But I will sing of thy might;
I will sing aloud of thy

steadfast love in the
morning.

For thou hast been to me a
fortress
and a refuge in the day of
my distress.

¹⁷O my Strength, I will sing
praises to thee,
for thou, O God, art my
fortress,
the God who shows me stead-
fast love.

Ant. Allelúia, allelúia, allelúia.
Lent:

Ant. Do you judge the sons of
men uprightly?

Reading

(from the Gospel)

∞. Kyrie, eléison. ∞. Kyrie, éléi-
son. ∞. Christe, eléison. ∞.
Christe, eléison. ∞. Kyrie, éléi-
son. ∞. Kyrie, eléison.

Pater noster *(Silently until)* Et
ne nos indúcas in ten-

tationem.

℟. Sed libera nos a malo.
Amen.

℣. Divinum auxilium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



TUESDAY LAUDS

Psalm 66

To the choirmaster: with stringed instruments. A Psalm. A Song.

¹May God be gracious to us
and bless us
and make his face to shine
upon us, [*Selah*]

²that thy way may be known

upon earth,
thy saving power among all
nations.

³Let the peoples praise thee,
O God;
let all the peoples praise
thee!

⁴Let the nations be glad and
sing for joy,
for thou dost judge the
peoples with equity
and guide the nations upon
earth. [*Selah*]

⁵Let the peoples praise thee,
O God;
let all the peoples praise
thee!

⁶The earth has yielded its
increase;
God, our God, has blessed
us.

⁷God has blessed us;
let all the ends of the earth
fear him!

Ant. Blot out, O Lord, * my
transgressions.

Eastertide (for three Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalm 50

*To the choirmaster. A Psalm of David,
when Nathan the prophet came to him,
after he had gone in to Bathsheba.*

¹Have mercy on me, O God,
according to thy steadfast
love;
according to thy abundant
mercy blot out my trans-
gressions.

²Wash me thoroughly from
my iniquity,
and cleanse me from my
sin!

³For I know my transgres-
sions,
and my sin is ever before
me.

⁴Against thee, thee only, have

I sinned,
and done that which is evil
in thy sight,
so that thou art justified in
thy sentence
and blameless in thy judgment.

⁵Behold, I was brought forth
in iniquity,
and in sin did my mother
conceive me.

⁶Behold, thou desirest truth
in the inward being;
therefore teach me wisdom
in my secret heart.

⁷Purge me with hyssop, and
I shall be clean;
wash me, and I shall be
whiter than snow.

⁸Fill me with joy and gladness;
let the bones which thou
hast broken rejoice.

⁹Hide thy face from my sins,
and blot out all my iniquities.

- ¹⁰Create in me a clean heart,
O God,
and put a new and right
spirit within me.
- ¹¹Cast me not away from thy
presence,
and take not thy holy Spirit
from me.
- ¹²Restore to me the joy of thy
salvation,
and uphold me with a
willing spirit.
- ¹³Then I will teach transgres-
sors thy ways,
and sinners will return to
thee.
- ¹⁴Deliver me from blood-guilt-
iness, O God,
thou God of my salvation,
and my tongue will sing
aloud of thy deliverance.
- ¹⁵O Lord, open thou my lips,
and my mouth shall show
forth thy praise.

¹⁶For thou hast no delight in
sacrifice;
were I to give a burnt offer-
ing, thou wouldst not be
pleased.

¹⁷The sacrifice acceptable to
God is a broken spirit;
a broken and contrite
heart, O God, thou wilt
not despise.

¹⁸Do good to Zion in thy good
pleasure;
rebuild the walls of Jerusa-
lem,

¹⁹then wilt thou delight in
right sacrifices,
in burnt offerings and
whole burnt offerings;
then bulls will be offered on
thy altar.

Ant. Blot out, O Lord, my
transgressions.

Ant. My help * and my God.

Psalm 42

¹Vindicate me, O God, and
defend my cause
against an ungodly people;
from deceitful and unjust men
deliver me!

²For thou art the God in
whom I take refuge;
why hast thou cast me off?
Why go I mourning
because of the oppression
of the enemy?

³Oh send out thy light and
thy truth;
let them lead me,
let them bring me to thy holy
hill
and to thy dwelling!

⁴Then I will go to the altar of
God,
to God my exceeding joy;
and I will praise thee with the
lyre,
O God, my God.

⁵Why are you cast down, O

my soul,
and why are you disquieted
within me?
Hope in God; for I shall again
praise him,
my help and my God.

Ant. My help and my God.

Ant. For in thee * my soul
takes refuge.

Psalm 56

To the choirmaster: according to Do Not Destroy. A Miktam of David, when he fled from Saul, in the cave.

¹Be merciful to me, O God, be
merciful to me,
for in thee my soul takes
refuge;
in the shadow of thy wings I
will take refuge,
till the storms of destruc-
tion pass by.

²I cry to God Most High,
to God who fulfils his
purpose for me.

³He will send from heaven
and save me,
he will put to shame those
who trample upon me.
[Selah]

God will send forth his steadfast
love and his faithfulness!

⁴I lie in the midst of lions
that greedily devour the
sons of men;
their teeth are spears and
arrows,
their tongues sharp
swords.

⁵Be exalted, O God, above the
heavens!
Let thy glory be over all the
earth!

⁶They set a net for my steps;
my soul was bowed down.
They dug a pit in my way,
but they have fallen into it
themselves. *[Selah]*

⁷My heart is steadfast, O God,
my heart is steadfast!

I will sing and make melody!

⁸Awake, my soul!

Awake, O harp and lyre!

I will awake the dawn!

⁹I will give thanks to thee, O
Lord, among the peoples;

I will sing praises to thee
among the nations.

¹⁰For thy steadfast love is
great to the heavens,

thy faithfulness to the
clouds.

¹¹Be exalted, O God, above
the heavens!

Let thy glory be over all the
earth!

Ant. For in thee my soul takes
refuge.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Ant. Oh, restore me to health

* and make me live! (*Eastertide: allelúia.*)

Isaiah 38:10–20
Canticle of Hezekiah

¹⁰I said, In the noontide of my
days

I must depart;
I am consigned to the gates
of Sheol

for the rest of my years.

¹¹I said, I shall not see the
Lord

in the land of the living;
I shall look upon man no more
among the inhabitants of
the world.

¹²My dwelling is plucked up
and removed from me

like a shepherd's tent;
like a weaver I have rolled up
my life;

he cuts me off from the
loom;

from day to night thou dost
bring me to an end;

¹³I cry for help until morning;
like a lion he breaks all my bones;
from day to night thou dost
bring me to an end.

¹⁴Like a swallow or a crane I
clamor,
I moan like a dove.
My eyes are weary with
looking upward.
O Lord, I am oppressed; be
thou my security!

¹⁵But what can I say? For he
has spoken to me,
and he himself has done it.
All my sleep has fled
because of the bitterness of
my soul.

¹⁶O Lord, by these things men
live,
and in all these is the life
of my spirit.
Oh, restore me to health
and make me live!

17Lo, it was for my welfare
that I had great bitterness;
but thou hast held back my
life

from the pit of destruction,
for thou hast cast all my sins
behind thy back.

18For Sheol cannot thank
thee,

death cannot praise thee;
those who go down to the pit
cannot hope
for thy faithfulness.

19The living, the living, he
thanks thee,

as I do this day;
the father makes known to
the children
thy faithfulness.

20The Lord will save me,
and we will sing to stringed
instruments

all the days of our life,
at the house of the Lord.

Ant. Oh, restore me to health

and make me live! (*Easter-tide: allelúia.*)

***On Feastdays**

Ant. Blessed is God * who lives
for ever (*Eastertide: allelúia*).

Tobit 13:1–10
Canticle of Tobit

- ¹“Blessed is God who lives for
ever,
and blessed is his kingdom.
²For he afflicts, and he shows
mercy;
he leads down to Hades,
and brings up again,
and there is no one who
can escape his hand.
³Acknowledge him before the
nations, O sons of Israel;
for he has scattered us
among them.
⁴Make his greatness known
there,

and exalt him in the presence of all the living;
because he is our Lord and God,
he is our Father for ever.
⁵He will afflict us for our iniquities;
and again he will show mercy,
and will gather us from all the nations
among whom you have been scattered.
⁶If you turn to him with all your heart and with all your soul,
to do what is true before him,
then he will turn to you
and will not hide his face from you.
But see what he will do with you;
give thanks to him with your full voice.
Praise the Lord of righteousness,

and exalt the King of the
ages.

I give him thanks in the land
of my captivity,
and I show his power and
majesty to a nation of
sinners.

Turn back, you sinners, and
do right before him;
who knows if he will accept
you and have mercy on
you?

⁷I exalt my God;
my soul exalts the King of
heaven,
and will rejoice in his maj-
esty.

⁸Let all men speak,
and give him thanks in
Jerusalem.

⁹O Jerusalem, the holy city,
he will afflict you for the
deeds of your sons,
but again he will show
mercy to the sons of the
righteous.

¹⁰Give thanks worthily to the

Lord,
and praise the King of the
ages,
that his tent may be raised
for you again with joy.
May he cheer those within
you who are captives,
and love those within you
who are distressed,
to all generations for ever.

Ant. Blessed is God who lives
for ever *(Eastertide:*
allelúia).

Ant. Praise the LORD from the
heavens, * all his angels.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia.

Psalm 148

¹Praise the LORD!

Praise the LORD from the
heavens,
praise him in the heights!

²Praise him, all his angels,
praise him, all his host!

³Praise him, sun and moon,
praise him, all you shining
stars!

⁴Praise him, you highest
heavens,
and you waters above the
heavens!

⁵Let them praise the name of
the LORD!

For he commanded and
they were created.

⁶And he established them for
ever and ever;
he fixed their bounds
which cannot be passed.

⁷Praise the LORD from the
earth,
you sea monsters and all
deeps,

⁸fire and hail, snow and frost,
stormy wind fulfilling his

command!

⁹Mountains and all hills,
fruit trees and all cedars!

¹⁰Beasts and all cattle,
creeping things and flying
birds!

¹¹Kings of the earth and all
peoples,
princes and all rulers of the
earth!

¹²Young men and maidens
together,
old men and children!

¹³Let them praise the name of
the LORD,
for his name alone is
exalted;
his glory is above earth and
heaven.

¹⁴He has raised up a horn for
his people,
praise for all his saints,
for the people of Israel who
are near to him.

Praise the LORD!

Psalm 149

¹Praise the LORD!

Sing to the LORD a new
song,
his praise in the assembly
of the faithful!

²Let Israel be glad in his
Maker,
let the sons of Zion rejoice
in their King!

³Let them praise his name
with dancing,
making melody to him with
timbrel and lyre!

⁴For the LORD takes pleasure
in his people;
he adorns the humble with
victory.

⁵Let the faithful exult in glory;
let them sing for joy on
their couches.

⁶Let the high praises of God
be in their throats
and two-edged swords in

their hands,
7to wreak vengeance on the
nations
and chastisement on the
peoples,
8to bind their kings with
chains
and their nobles with
fettters of iron,
9to execute on them the judg-
ment written!
This is glory for all his
faithful ones.
Praise the LORD!

Psalms 150

1Praise the LORD!
Praise God in his sanctu-
ary;
praise him in his mighty
firmament!
2Praise him for his mighty
deeds;
praise him according to his
exceeding greatness!

- ³Praise him with trumpet
sound;
praise him with lute and
harp!
- ⁴Praise him with timbrel and
dance;
praise him with strings and
pipe!
- ⁵Praise him with sounding
cymbals;
praise him with loud clash-
ing cymbals!
- ⁶Let everything that breathes
praise the LORD!
Praise the Lord!

Ant. Praise the LORD from the
heavens, all his angels.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

*(from Proverbs, Sirach, Ecclesiasticus,
or Ecclesiastes)*

Hymn

The winged herald of the day
Proclaims the morn's
approaching ray:
And Christ the Lord our souls
excites,
And so to endless life
invites.

Take up thy bed, to each He
cries
Who sick or wrapped in
slumber lies:
And chaste and just and
sober stand
And watch; My Coming is
at hand.

All praise to God the Father
be;
All thanks, eternal Son, to
thee;
All glory, as is ever meet,
To God the Holy Paraclete.
Amen.

✠. Satisfy us in the morning
with thy steadfast love.

✠. That we may rejoice and be

glad all our days.

Ant. The Lord has raised up a
horn of salvation for us
* in the house of his
servant David (*Eastertide:*
allelúia, allelúia).

Luke 1:68–79
Canticle of Zechariah

Benedíctus Dóminus, Deus
Ísrael,

Quia visitávit, et fecit
redemptiónem plebis
suæ:

Et eréxit cornu salútis nobis
In domo David, púeri sui.
Sicut locútus est per os
sanctórum,

Qui a sæculo sunt, prophe-
tárum ejus:

Salútem ex inimícis nostris,
Ed de manu ómnium, qui
odérunt nos:

Ad faciéndam misericórdiam
cum pátribus nostris:

Et memorári testaménti sui

sancti.

Jusjurándum, quod jurávit
ad Ábraham, patrem
nostrum,

Datúrum se nobis:

Ut sine timóre, de manu
inimicórum nostrórum
liberáti,

serviámus illi:

In sanctitáte et justítia coram
ipso,

Ómnibus diébus nostris.

Et tu, puer, Prophéta Altís-
simi vocáberis:

Praeíbis enim ante fáciem

Dómini, paráre vias ejus:

Ad dandam sciéntiam salútis
plebi ejus,

In remissiónem pecca-
tórum eórum:

Per víscera misericórdiæ Dei
nostri,

In quibus visitávit nos
óriens ex alto:

Illumináre his, qui in ténebris
et in umbra mortis
sedent,

Ad dirigéndos pedes

nostros in viam pacis.
Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. The Lord has raised up a
horn of salvation for us
in the house of his
servant David (*Eastertide:*
allelúia, allelúia).

*(If Prime follows right after Lauds, skip
to the Prayer to Our Guardian
Angels.)*

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Pater noster, qui es in
cælis, sanctificétur
nomen tuum. Advéniat
regnum tuum. Fiat volúntas
tua, sicut in cælo et in terra.
Panem nostrum quotidiánum

da nobis hódie.

℟. Et dimítte nobis débita nostra, sicut et nos dimíttimus debitóribus nostris. Et ne nos indúcas in tentatiónem. Sed líbera nos a malo. Amen.

℣. Divínium auxílium máneat semper nobíscum.

℟. Et cum frátribus nostris abséntibus. Amen.

Prayer to Our Guardian Angels

O Pure Spirits whom God has selected to be our guardians, we are so grateful for the zeal with which you execute your commission. We often forget you, our invisible friends, to whom a thousand times we owe our preservation.

O Guardian Angels of these HAPPY INFANTS, who are as yet without spot before

God, preserve their innocence and make up for all our INADEQUACIES in caring for them.

O Guardian Angels of ADOLESCENTS, who are exposed to so many temptations and dangers, talk to them, inspire them to holiness and, as you comforted St. Eulalia, encourage them to suffer for Christ's sake.

O Guardian Angels of THOSE WHO INSTRUCT THE YOUNG, animate them with your zeal and love, that the young may emulate your purity and innocence, you their invisible friends.

O Guardian Angels of SINNERS and LOVERS OF THE WORLD, guide these unhappy mortals whose attraction to the world does embitter you. We implore you for their conversion even if you must strike at them.

O Guardian Angels of SENIORS and ELDERS, bring

their prayers in behalf of their charges to God. Present their words, their actions and their intentions to God and purify them of all human imperfections. Obtain for them that spirit of fervor, zeal and sacrifice for the sake of God's kingdom.

O Guardian Angels of THOSE APPROACHING THEIR FINAL HOUR, strengthen, encourage and defend them against the attacks of their infernal enemy.

O Guardian Angel of THIS COMMUNITY, protect us all, teach us to love, to pray and to win in our combat against temptations.

Amen.



TUESDAY

PRIME

℣. Deus, in adiutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

Now that the daylight fills the
sky

We lift our hearts to God on
high,

That He, in all we do or say,
Would keep us free from
harm today:

Would guard our hearts and
tongues from strife;

From anger's din would
hide our life;
From evil sights would turn
our eyes;
Would close our ears to
vanities.

So we, when this new day is
gone
And night in turn is
drawing on,
With conscience by the world
unstained
Shall praise His name for
victory gained.

To God the Father and the
Son
And Holy Spirit, three in
one,
Be endless glory as before
The world began, so ever-
more.

Amen.

Ant. God is a righteous judge,
* and a God who has
indignation every day.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 7

A Shiggaion of David, which he sang to the LORD concerning Cush a Benjaminite.

¹O LORD my God, in thee do I
take refuge;

save me from all my pursu-
ers, and deliver me,

²lest like a lion they rend me,
dragging me away, with
none to rescue.

³O LORD my God, if I have
done this,

if there is wrong in my
hands,

⁴if I have requited my friend
with evil

or plundered my enemy
without cause,

⁵let the enemy pursue me and
overtake me,

and let him trample my life
to the ground,
and lay my soul in the
dust. *[Selah]*

⁶Arise, O LORD, in thy anger,
lift thyself up against the
fury of my enemies;
awake, O my God; thou
hast appointed a judg-
ment.

⁷Let the assembly of the
peoples be gathered
about thee;
and over it take thy seat on
high.

⁸The LORD judges the peoples;
judge me, O LORD, accord-
ing to my righteousness
and according to the integ-
rity that is in me.

⁹O let the evil of the wicked
come to an end,
but establish thou the righ-
teous,
thou who triest the minds

and hearts,
thou righteous God.

¹⁰My shield is with God,
who saves the upright in
heart.

¹¹God is a righteous judge,
and a God who has indig-
nation every day.

¹²If a man does not repent,
God will whet his sword;
he has bent and strung his
bow;

¹³he has prepared his deadly
weapons,
making his arrows fiery
shafts.

¹⁴Behold, the wicked man
conceives evil,
and is pregnant with mis-
chief,
and brings forth lies.

¹⁵He makes a pit, digging it
out,
and falls into the hole
which he has made.

¹⁶His mischief returns upon
his own head,
and on his own pate his
violence descends.

¹⁷I will give to the LORD the
thanks due to his right-
teousness,
and I will sing praise to the
name of the LORD, the
Most High.

Glória Patri....

Psalm 8

*To the choirmaster: according to The
Gittith. A Psalm of David.*

¹O LORD, our Lord,
how majestic is thy name
in all the earth!

Thou whose glory above the
heavens is chanted

²by the mouth of babes and
infants,

thou hast founded a bulwark
because of thy foes,

to still the enemy and the
avenger.

³When I look at thy heavens,
the work of thy fingers,
the moon and the stars
which thou hast estab-
lished;

⁴what is man that thou art
mindful of him,
and the son of man that
thou dost care for him?

⁵Yet thou hast made him little
less than God,
and dost crown him with
glory and honor.

⁶Thou hast given him domin-
ion over the works of thy
hands;
thou hast put all things
under his feet,

⁷all sheep and oxen,
and also the beasts of the
field,

⁸the birds of the air, and the
fish of the sea,

whatever passes along the
paths of the sea.

⁹O LORD, our Lord,
how majestic is thy name
in all the earth!
Glória Patri....

Psalm 9A

*To the choirmaster: according to Muth-
labben. A Psalm of David.*

¹I will give thanks to the LORD
with my whole heart;
I will tell of all thy wonder-
ful deeds.

²I will be glad and exult in
thee,
I will sing praise to thy
name, O Most High.

³When my enemies turned
back,
they stumbled and per-
ished before thee.

⁴For thou hast maintained
my just cause;

thou hast sat on the throne
giving righteous judgment.

⁵Thou hast rebuked the
nations, thou hast
destroyed the wicked;
thou hast blotted out their
name for ever and ever.

⁶The enemy have vanished in
everlasting ruins;
their cities thou hast
rooted out;
the very memory of them
has perished.

⁷But the LORD sits enthroned
for ever,
he has established his
throne for judgment;

⁸and he judges the world with
righteousness,
he judges the peoples with
equity.

⁹The LORD is a stronghold for
the oppressed,

a stronghold in times of trouble.

¹⁰And those who know thy name put their trust in thee,
for thou, O LORD, hast not forsaken those who seek thee.

¹¹Sing praises to the LORD,
who dwells in Zion!
Tell among the peoples his deeds!

¹²For he who avenges blood is mindful of them;
he does not forget the cry of the afflicted.

¹³Be gracious to me, O LORD!
Behold what I suffer from those who hate me,
O thou who liftest me up from the gates of death,
¹⁴that I may recount all thy praises,
that in the gates of the daughter of Zion

I may rejoice in thy deliverance.

¹⁵The nations have sunk in the pit which they made; in the net which they hid has their own foot been caught.

¹⁶The LORD has made himself known, he has executed judgment; the wicked are snared in the work of their own hands. [*Higgaion. Selah*]

¹⁷The wicked shall depart to Sheol,
all the nations that forget God.

¹⁸For the needy shall not always be forgotten,
and the hope of the poor shall not perish for ever.

¹⁹Arise, O LORD! Let not man

prevail;
let the nations be judged
before thee!

²⁰Put them in fear, O LORD!
Let the nations know that
they are but men! [*Selah*]

Ant. God is a righteous judge,
and a God who has
indignation every day.

Eastertide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Concluding Prayers

*(Use the following, or the Collect
from the Missal)*

O Lord God Almighty, who
has brought us to the begin-

ning of this day, preserve us in the same by Thy power, so that during this day we may not fall into any sin, but that all our words, thoughts and works may be directed to the doing of Thy righteousness. Grant this through Christ our Lord. Amen.

Pater noster *(Silently until)* Et ne nos indúcas in tentationem.

R. Sed líbera nos a malo. Amen.

The Angelus

ANGELUS Dómini nuntiávit Mariæ.

R. Et concépit de Spíritu Sancto.

AVE Mariá, grátia plena, Dóminus tecum; benedícta tu in muliéribus, et benedíctus fructus ventris tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ECCE ancílla Dómini.

℟. Fiat mihi secúndum
verbum tuum.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ET Verbum caro factum
est.

℟. Et habitávit in nobis.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris

tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

℣. Ora pro nobis, Sancta Dei
Génitrix.

℟. Ut digni efficiámur promissiónibus Christi.

Orémus.

Grátiam tuam, quæsumus,
Dómine, méntibus nostris
infúnde: ut qui, Ángelo
nuntíante, Christi Fílii tui
Incarnatiónem cognóvimus,
per passiónem ejus et
crucem, ad resurrectiόνis
glóriam perducámur. Per
eúndem Christum Dóminum
nostrum. Amen.

GLÓRIA Patri, et Fílio, * et
Spirítui Sancto.

℟. Sicut erat in princípio, et
nunc, et semper, * et in
sæcula sæculórum. Amen.

During Easter:

Regína Cæli

℣. Regína cæli lætære, allelúia.

℟. Quia quem meruísti portære, allelúia.

℣. Resurréxit, sicut dixit, allelúia.

℟. Ora pro nobis Deum, allelúia.

℣. Gaude et lætære, Virgo María, allelúia.

℟. Quia surréxit Dóminus vere, allelúia.

Orémus.

Deus, qui per resurrectionem Fílii tui Dómini nostri Iesu Christi mundum lætificáre dignátus es, præsta, quæsumus, ut per eius Genetrícem Vírginem Mariám perpétuæ capiámus gáudia vitæ.

Per Christum Dóminum nos-

trum. Amen.

℣. Glória Patri, et Fílio,
et Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in sæcula
sæculórum. Amen.

(recited 3 times)

Actus Fidei

DÓMINE Deus, firma fide
credo et confíteor ómnia
et síngula quæ sancta Ecclé-
sia Cathólica propónit, quia
tu, Deus, ea ómnia revelásti,
qui es ætérna véritas et
sapiéntia, quæ nec fállere nec
falli potest. In hac fide
vívere et mori státuo. Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



TUESDAY TERCE

℣. Deus, in adiutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

Come, Holy Spirit, in nature
one

With both the Father and
the Son;

Shed forth Thy grace within
our breast

And dwell with us, a ready

guest.

By every power, by heart and
tongue,
By act and deed, Thy praise
be sung:
Inflame with perfect love each
sense
That other souls may
kindle thence.

In this, most gracious Father,
hear
Through Christ Thy equal
Son our prayer,
Who with the Holy Ghost and
Thee
Doth live and reign eter-
nally.
Amen.

Ant. I cry to the LORD, * that he
may answer me.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 119

Tuesday Terce

412

¹In my distress I cry to the
LORD,
that he may answer me:

²"Deliver me, O LORD,
from lying lips,
from a deceitful tongue."

³What shall be given to you?
And what more shall be
done to you,
you deceitful tongue?

⁴A warrior's sharp arrows,
with glowing coals of the
broom tree!

⁵Woe is me, that I sojourn in
Meshech,
that I dwell among the
tents of Kedar!

⁶Too long have I had my
dwelling
among those who hate
peace.

⁷I am for peace;
but when I speak,
they are for war!

Psalm 120

A Song of Ascents.

¹I lift up my eyes to the hills.
From whence does my help
come?

²My help comes from the
LORD,
who made heaven and
earth.

³He will not let your foot be
moved,
he who keeps you will not
slumber.

⁴Behold, he who keeps Israel
will neither slumber nor
sleep.

⁵The LORD is your keeper;
the LORD is your shade
on your right hand.

⁶The sun shall not smite you
by day,
nor the moon by night.

⁷The LORD will keep you from
all evil;
he will keep your life.
⁸The LORD will keep
your going out and your
coming in
from this time forth and for
evermore.

Psalm 121

A Song of Ascents. Of David.

¹I was glad when they said to
me,
"Let us go to the house of
the LORD!"
²Our feet have been standing
within your gates, O Jeru-
salem!
³Jerusalem, built as a city
which is bound firmly
together,
⁴to which the tribes go up,
the tribes of the LORD,
as was decreed for Israel,

to give thanks to the name
of the LORD.

⁵There thrones for judgment
were set,
the thrones of the house of
David.

⁶Pray for the peace of Jerusa-
lem!

"May they prosper who love
you!

⁷Peace be within your walls,
and security within your
towers!"

⁸For my brethren and com-
panions' sake
I will say, "Peace be within
you!"

⁹For the sake of the house of
the LORD our God,
I will seek your good.

Ant. I cry to the LORD, that he
may answer me.

Eastertide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléison. ℣. Christe, eléison. ℞. Christe, eléison. ℣. Kyrie, eléison. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et ne nos indúcas in tentationem.

℞. Sed líbera nos a malo. Amen.

℣. Divínium auxílium máneat semper nobíscum.

℞. Et cum frátribus nostris abséntibus. Amen.



TUESDAY SEXT

℣. Deus, in adiutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God of Truth, O Lord of
might,
Disposing time and change
aright,
Who clothes the splendid
morning ray
And gives the heat at noon
of day:

Extinguish Thou each sinful

fire

And banish every ill desire;
And while Thou keepest the
body whole
Shed forth Thy peace upon
the soul.

Grant this, O Father ever one
With Jesus Christ Thy only
Son
And Holy Ghost, whom all
adore,
Reigning and blest forever-
more.

Amen.

Ant. O thou who art enthroned
in the heavens, * have
mercy on us.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 122

A Song of Ascents.

¹To thee I lift up my eyes,
O thou who art enthroned

Tuesday Sext

419

in the heavens!

²Behold, as the eyes of servants

look to the hand of their master,

as the eyes of a maid

to the hand of her mistress,
so our eyes look to the LORD
our God,

till he have mercy upon us.

³Have mercy upon us, O
LORD, have mercy upon
us,

for we have had more than
enough of contempt.

⁴Too long our soul has been
sated

with the scorn of those who
are at ease,

the contempt of the proud.

Psalm 123

A Song of Ascents. Of David.

¹If it had not been the LORD
who was on our side,

let Israel now say—
2if it had not been the LORD
who was on our side,
when men rose up against
us,
3then they would have swal-
lowed us up alive,
when their anger was
kindled against us;
4then the flood would have
swept us away,
the torrent would have
gone over us;
5then over us would have gone
the raging waters.

6Blessed be the LORD,
who has not given us
as prey to their teeth!
7We have escaped as a bird
from the snare of the fowl-
ers;
the snare is broken,
and we have escaped!

8Our help is in the name of
the LORD,

who made heaven and
earth.

Psalm 124

A Song of Ascents.

¹Those who trust in the LORD
are like Mount Zion,
which cannot be moved,
but abides for ever.

²As the mountains are round
about Jerusalem,
so the LORD is round about
his people,
from this time forth and for
evermore.

³For the scepter of wicked-
ness shall not rest
upon the land allotted to
the righteous,
lest the righteous put forth
their hands to do wrong.

⁴Do good, O LORD, to those
who are good,
and to those who are
upright in their hearts!

⁵But those who turn aside

upon their crooked ways
the LORD will lead away
with evildoers!
Peace be in Israel!

Ant. O thou who art enthroned
in the heavens, have
mercy on us.

Eastertide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

℞. Sed líbera nos a malo.
Amen.

The Angelus

ANGELUS Dómini nuntiávit Mariæ.

℟. Et concépit de Spíritu Sancto.

AVE Mariá, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta Mariá, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ECCE ancílla Dómini.

℟. Fiat mihi secúndum
verbum tuum.

AVE Mariá, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ET Verbum caro factum
est.

℟. Et habitávit in nobis.

A VE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

℣. Ora pro nobis, Sancta Dei
Génitrix.

℟. Ut digni efficiámur promís-
sionibus Christi.

Orémus.

Grátiam tuam, quæsumus,
Dómine, méntibus nostris
infúnde: ut qui, Ángelo

nuntiante, Christi Fílii tui
Incarnatiónem cognóvimus,
per passiónem ejus et
crucem, ad resurrectiós
glóriam perducámur. Per
eúmdem Christum Dóminum
nostrum. Amen.

GLÓRIA Patri, et Fílio, * et
Spirítui Sancto.

℟. Sicut erat in princípíio, et
nunc, et semper, * et in
sæcula sæculórum. Amen.
(recited 3 times)

During Easter:

Regína Cæli

℣. Queen of heaven, rejoice,
alleluia!

℟. for he whom you were
worthy to bear, alleluia!

℣. has risen as he said, alle-
luia!

℟. Pray for us to God, alleluia!

℣. Rejoice and be glad, O
Virgin Mary, alleluia!

R. For the Lord has truly risen, alleluia.

Let us pray.

O God, who through the resurrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

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

R. As it was in the beginning, is now, and ever shall be, * world without end. Amen.

(recited 3 times)

Actus Spei

DÓMINE Deus, spero per grátiam tuam remissionem ómnium peccatórum,

et post hanc vitam ætérnam felicitátem me esse consecutúrum: quia tu promissisti, qui es infinite potens, fidélis, benígnus, et miséricors. In hac spe vívere et mori státuo. Amen.

℣. Divínium auxílium máneat semper nobíscum.

℟. Et cum frátribus nostris abséntibus. Amen.



TUESDAY NONE

℣. Deus, in adjutórium meum inténde.

℟. Dómine ad adjuvándum me festína.

℣. Glória Patri, et Fílio, et Spirítui Sancto.

℞. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God, creation's secret force,
Thy self unmoved, yet
motion's source,
Who from the morn till eve-
ning's ray
Through every change dost
guide the day:

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

Grant this, O Father ever one
With Jesus Christ Thy only
Son
And Holy Ghost, whom all
adore,

Reigning and blest forever-
more.

Amen.

Ant. Blessed is every one * who
fears the LORD.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 125

A Song of Ascents.

¹When the LORD restored the
fortunes of Zion,
we were like those who
dream.

²Then our mouth was filled
with laughter,
and our tongue with
shouts of joy;
then they said among the
nations,

"The LORD has done great
things for them."

³The LORD has done great
things for us;

we are glad.

⁴Restore our fortunes, O
LORD,
like the watercourses in the
Negeb!

⁵May those who sow in tears
reap with shouts of joy!

⁶He that goes forth weeping,
bearing the seed for sowing,
shall come home with shouts
of joy,
bringing his sheaves with
him.

Psalms 126

A Song of Ascents. Of Solomon.

¹Unless the LORD builds the
house,
those who build it labor in
vain.

Unless the LORD watches over
the city,
the watchman stays awake
in vain.

²It is in vain that you rise up

early
and go late to rest,
eating the bread of anxious
toil;
for he gives to his beloved
sleep.

³Lo, sons are a heritage from
the LORD,
the fruit of the womb a
reward.

⁴Like arrows in the hand of a
warrior
are the sons of one's youth.

⁵Happy is the man who has
his quiver full of them!
He shall not be put to shame
when he speaks with his
enemies in the gate.

Psalm 127

A Song of Ascents.

¹Blessed is every one who
fears the LORD,
who walks in his ways!

²You shall eat the fruit of the

labor of your hands;
you shall be happy, and it
shall be well with you.

³Your wife will be like a fruit-
ful vine
within your house;
your children will be like olive
shoots
around your table.

⁴Lo, thus shall the man be
blessed
who fears the LORD.

⁵The LORD bless you from
Zion!
May you see the prosperity
of Jerusalem
all the days of your life!

⁶May you see your children's
children!
Peace be upon Israel!

Ant. Blessed is every one who
fears the LORD.

Eastertide:

Ant. Allelúia, allelúia, allelúia,

allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléison. ℣. Christe, eléison. ℞. Christe, eléison. ℣. Kyrie, eléison. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et ne nos indúcas in tentationem.

℞. Sed líbera nos a malo. Amen.

℣. Divínium auxílium máneat semper nobíscum.

℞. Et cum frátribus nostris abséntibus. Amen.



TUESDAY VESPERS

℣. Deus, in adiutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

Earth's mighty Maker, whose
command

Raised from the sea the
solid land,

And drove each billowy heap
away

And bade the earth stand
firm for aye:

That so the soil might

herbage yield
And blossoms fair to deck
the field,
And golden fruit and harvest
bear
And pleasant food for man
prepare.

Our spirit's rankling wounds
efface
With dewy freshness of Thy
grace,
That grief may cleanse each
deed of ill
And o'er each lust may
triumph still.

Hear Thou our prayer,
Almighty King!
Hear Thou our praises
whilst we sing,
Adoring with the heavenly
host
The Father, Son and Holy
Ghost.

Amen.

Ant. Out of the depths * I cry

to thee, O LORD!

Eastertide (for four Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalms 129

A Song of Ascents.

¹Out of the depths I cry to
thee, O LORD!

²Lord, hear my voice!
Let thy ears be attentive
to the voice of my supplica-
tions!

³If thou, O LORD, shouldst
mark iniquities,
Lord, who could stand?

⁴But there is forgiveness with
thee,
that thou mayest be feared.

⁵I wait for the LORD, my soul
waits,
and in his word I hope;

⁶my soul waits for the LORD
more than watchmen for

the morning,
more than watchmen for
the morning.

⁷O Israel, hope in the LORD!
For with the LORD there is
steadfast love,
and with him is plenteous
redemption.

⁸And he will redeem Israel
from all his iniquities.

Ant. Out of the depths I cry to
thee, O LORD!

Ant. O Israel, * hope in the
LORD.

Psalm 130

A Song of Ascents. Of David.

¹O LORD, my heart is not lifted
up,
my eyes are not raised too
high;
I do not occupy myself with
things
too great and too marvel-

ous for me.

²But I have calmed and
quieted my soul,
like a child quieted at its
mother's breast;
like a child that is quieted
is my soul.

³O Israel, hope in the LORD
from this time forth and for
evermore.

Ant. O Israel, hope in the LORD.

Ant. Remember, O LORD, in
David's favor, * all the
hardships he endured.

Psalm 131

A Song of Ascents.

¹Remember, O LORD, in
David's favor,
all the hardships he
endured;

²how he swore to the LORD
and vowed to the Mighty
One of Jacob,

³"I will not enter my house
or get into my bed;
⁴I will not give sleep to my eyes
or slumber to my eyelids,
⁵until I find a place for the
LORD,
a dwelling place for the
Mighty One of Jacob."

⁶Lo, we heard of it in
Eph'rathah,
we found it in the fields of
Ja'ar.

⁷"Let us go to his dwelling
place;
let us worship at his foot-
stool!"

⁸Arise, O LORD, and go to thy
resting place,
thou and the ark of thy
might.

⁹Let thy priests be clothed
with righteousness,
and let thy saints shout for
joy.

¹⁰For thy servant David's sake
do not turn away the face
of thy anointed one.

¹¹The LORD swore to David a
sure oath
from which he will not turn
back:

"One of the sons of your body
I will set on your throne.

¹²If your sons keep my cove-
nant
and my testimonies which
I shall teach them,
their sons also for ever
shall sit upon your throne."

¹³For the LORD has chosen
Zion;
he has desired it for his
habitation:

¹⁴"This is my resting place for
ever;
here I will dwell, for I have
desired it.

¹⁵I will abundantly bless her
provisions;

I will satisfy her poor with bread.

¹⁶Her priests I will clothe with salvation,
and her saints will shout for joy.

¹⁷There I will make a horn to sprout for David;
I have prepared a lamp for my anointed.

¹⁸His enemies I will clothe with shame,
but upon himself his crown will shed its luster."

Ant. Remember, O LORD, in David's favor, all the hardships he endured.

Ant. Behold, how good and pleasant it is * when brothers dwell in unity!

Psalm 132

A Song of Ascents.

¹Behold, how good and pleasant it is

when brothers dwell in
unity!

²It is like the precious oil
upon the head,
running down upon the
beard,
upon the beard of Aaron,
running down on the collar
of his robes!

³It is like the dew of Hermon,
which falls on the moun-
tains of Zion!

For there the LORD has com-
manded the blessing,
life for evermore.

Ant. Behold, how good and
pleasant it is when
brothers dwell in unity!

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

(from the New Testament)

Ant. My spirit rejoices * in God
my Savior *(Eastertide:*
allelúia, allelúia).

Luke 1:46-55
Canticle of Mary

Magnificat

ánima mea Dóminum,
Et exsultávit spíritus meus
in Deo, salutári meo.

Quia respéxit humilitátem
ancíllae suæ:

ecce enim ex hoc beátam me
dicent omnes generatiónes.
Quia fecit mihi magna qui
potens est:

et sanctum nomen ejus.
Et misericórdia ejus a progé-
nie in progénies
timéntibus eum.

Fecit poténtiam in bráchio
suo:

dispérsit supérbos mente
cordis sui.

Depósuit poténtes de sede,
et exaltávit húmiles.

Esuriéntes implévit bonis
et dívites dimísit inánes.

Suscépit Israel, púerum
suum,

recordátus misericórdiæ
suæ.

Sicut locútus est ad patres
nostros

Abraham, et sémini ejus in
sæcula.

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. My spirit rejoices in God
my Savior (*Eastertide:*
allelúia, allelúia).

✠. Kyrie, eléison. ✠. Kyrie, eléi-
son. ✠. Christe, eléison. ✠.
Christe, eléison. ✠. Kyrie, eléi-
son. ✠. Kyrie, eléison.

Pater noster, qui es in
cælis, sanctificétur
nomen tuum. Advéniat
regnum tuum. Fiat volúntas
tua, sicut in cælo et in terra.
Panem nostrum quotidiánum

da nobis hódie.

R. Et dimítte nobis débita nostra, sicut et nos dimíttimus debitóribus nostris. Et ne nos indúcas in tentatiónem. Sed líbera nos a malo. Amen.

Concluding Prayers

(Collect from the Missal)

V. Divínium auxílium máneat semper nobíscum.

R. Et cum frátribus nostris abséntibus. Amen.



COMPLINE

Go to page 166 for Compline.



WEDNESDAY MATINS

The following is recited three times:

℣. Dómine, † lábia mea
apéries. ℞. Et os meum
annuntiábit laudem
tuam.

Psalm 3

*A Psalm of David, when he fled from
Absalom his son.*

¹O LORD, how many are my
foes!

Many are rising against me;

²many are saying of me,
there is no help for him in
God. *[Selah]*

³But thou, O LORD, art a
shield about me,
my glory, and the lifter of
my head.

⁴I cry aloud to the LORD,
and he answers me from

his holy hill. *[Selah]*

⁵I lie down and sleep;
I wake again, for the LORD
sustains me.

⁶I am not afraid of ten thou-
sands of people
who have set themselves
against me round about.

⁷Arise, O LORD!
Deliver me, O my God!
For thou dost smite all my
enemies on the cheek,
thou dost break the teeth
of the wicked.

⁸Deliverance belongs to the
LORD;
thy blessing be upon thy
people! *[Selah]*

Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.

Amen.

Invitatory (*Antiphon from the Proper of Seasons*)

Ordinary Time:

Ant. In Thy hand, O Lord, * are
the depths of the earth.
(*Repeat antiphon*)

Eastertide:

Ant. Allelúia, allelúia, *
allelúia. (*Repeat antiphon*)

Psalm 94

¹O come, let us sing to the
LORD;

let us make a joyful noise
to the rock of our salva-
tion!

²Let us come into his pres-
ence with thanksgiving;
let us make a joyful noise
to him with songs of
praise!

Entire Invitatory is repeated.

³For the LORD is a great God,
and a great King above all
gods.

⁴In his hand are the depths

of the earth;
the heights of the mountains are his also.

*Latter half of the Invitatory * is repeated.*

⁵The sea is his, for he made it;
for his hands formed the dry land.

At these words, all genuflect:

⁶O COME, LET US WORSHIP AND
BOW DOWN,
LET US KNEEL BEFORE THE
LORD, OUR MAKER!

⁷For he is our God,
and we are the people of his
pasture,
and the sheep of his hand.

Entire Invitatory is repeated.

O that today you would
hearken to his voice!

⁸Harden not your hearts,
as at Mer'ibah,
as on the day at Massah in
the wilderness,

⁹when your fathers tested me,
and put me to the proof,

though they had seen my
work.

*Latter half of the Invitatory * is repeated.*

¹⁰For forty years I loathed
that generation
and said, "They are a
people who err in heart,
and they do not regard my
ways."

¹¹Therefore I swore in my
anger
that they should not enter my
rest.

Entire Invitatory is repeated.

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

*Latter half of the Invitatory * is
repeated, and then the Entire
Invitatory.*

Hymn

Who madest all and dost con-
trol,
Lord, with Thy touch

divine;
Cast out the slumbers of the
soul,
The rest that is not Thine.

Look down, eternal Holiness,
And wash the sins away
Of those who rising to confess,
Outstrip the lingering day.

Most holy Father, hear our
cry
Through Jesus Christ our
Lord most High,
Who with the Holy Ghost and
Thee
Shall live and reign eter-
nally.

Amen.

Ant. O grant us help * against
the foe.

Eastertide (for six Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalm 59

To the choirmaster: according to Shushan Eduth. A Miktam of David; for instruction; when he strove with Aram-naharaim and with Aram-zobah, and when Joab on his return killed twelve thousand of Edom in the Valley of Salt.

¹O God, thou hast rejected us,
broken our defenses;
thou hast been angry; oh,
restore us.

²Thou hast made the land to quake,
thou hast rent it open;
repair its breaches, for it totters.

³Thou hast made thy people suffer hard things;
thou hast given us wine to drink
that made us reel.

⁴Thou hast set up a banner for those who fear thee,
to rally to it from the bow.
[Selah]

⁵That thy beloved may be delivered,
give victory by thy right hand
and answer us!

⁶God has spoken in his sanctuary:

"With exultation I will
divide up Shechem
and portion out the Vale of
Succoth.

⁷Gilead is mine; Manas'seh is
mine;

E'phraim is my helmet;
Judah is my scepter.

⁸Moab is my washbasin;
upon Edom I cast my shoe;
over Philistia I shout in
triumph."

⁹Who will bring me to the
fortified city?

Who will lead me to Edom?

¹⁰Hast thou not rejected us,
O God?

Thou dost not go forth, O
God, with our armies.

¹¹O grant us help against the
foe,

for vain is the help of man!

¹²With God we shall do val-

iantly;
it is he who will tread down
our foes.

Psalm 60

To the choirmaster: with stringed instruments. A Psalm of David.

¹Hear my cry, O God,
listen to my prayer;
²from the end of the earth I
call to thee,
when my heart is faint.

Lead thou me
to the rock that is higher
than I;
³for thou art my refuge,
a strong tower against the
enemy.

⁴Let me dwell in thy tent for
ever!
Oh to be safe under the
shelter of thy wings!
[Selah]

⁵For thou, O God, hast heard

my vows,
thou hast given me the
heritage of those who
fear thy name.

⁶Prolong the life of the king;
may his years endure to all
generations!

⁷May he be enthroned for ever
before God;
bid steadfast love and
faithfulness watch over
him!

⁸So will I ever sing praises to
thy name,
as I pay my vows day after
day.

Ant. O grant us help against
the foe.

Ant. Bless our God, * O peo-
ples.

Psalm 61

*To the choirmaster: according to Jedut-
hun. A Psalm of David.*

¹For God alone my soul waits
in silence;
from him comes my salva-
tion.

²He only is my rock and my
salvation,
my fortress; I shall not be
greatly moved.

³How long will you set upon
a man
to shatter him, all of you,
like a leaning wall, a totter-
ing fence?

⁴They only plan to thrust him
down from his eminence.
They take pleasure in false-
hood.

They bless with their mouths,
but inwardly they curse.
[Selah]

⁵For God alone my soul waits
in silence,
for my hope is from him.

⁶He only is my rock and my
salvation,

my fortress; I shall not be shaken.

⁷On God rests my deliverance
and my honor;
my mighty rock, my refuge
is God.

⁸Trust in him at all times, O
people;
pour out your heart before
him;
God is a refuge for us.
[Selah]

⁹Men of low estate are but a
breath,
men of high estate are a
delusion;
in the balances they go up;
they are together lighter
than a breath.

¹⁰Put no confidence in extor-
tion,
set no vain hopes on rob-
bery;
if riches increase, set not
your heart on them.

¹¹Once God has spoken;
twice have I heard this:
that power belongs to God;
¹²and that to thee, O Lord,
belongs steadfast love.
For thou dost requite a man
according to his work.

Psalm 65

To the choirmaster. A Song. A Psalm.

¹Make a joyful noise to God,
all the earth;
²sing the glory of his name;
give to him glorious praise!
³Say to God, "How terrible are
thy deeds!
So great is thy power that
thy enemies cringe
before thee.
⁴All the earth worships thee;
they sing praises to thee,
sing praises to thy name."
[Selah]

⁵Come and see what God has

done:

he is terrible in his deeds
among men.

⁶He turned the sea into dry
land;

men passed through the
river on foot.

There did we rejoice in him,

⁷who rules by his might for
ever,

whose eyes keep watch on the
nations—

let not the rebellious exalt
themselves. [*Selah*]

⁸Bless our God, O peoples,

let the sound of his praise
be heard,

⁹who has kept us among the
living,

and has not let our feet slip.

¹⁰For thou, O God, hast
tested us;

thou hast tried us as silver
is tried.

¹¹Thou didst bring us into the
net;

thou didst lay affliction on
our loins;

¹²thou didst let men ride over
our heads;

we went through fire and
through water;

yet thou hast brought us
forth to a spacious place.

¹³I will come into thy house
with burnt offerings;

I will pay thee my vows,

¹⁴that which my lips uttered
and my mouth promised
when I was in trouble.

¹⁵I will offer to thee burnt
offerings of fatlings,

with the smoke of the sac-
rifice of rams;

I will make an offering of bulls
and goats. [*Selah*]

¹⁶Come and hear, all you who
fear God,

and I will tell what he has
done for me.

¹⁷I cried aloud to him,

and he was extolled with
my tongue.

¹⁸If I had cherished iniquity
in my heart,
the Lord would not have
listened.

¹⁹But truly God has listened;
he has given heed to the
voice of my prayer.

²⁰Blessed be God,
because he has not
rejected my prayer
or removed his steadfast
love from me!

Ant. Bless our God, O peoples.

Ant. Bless God * in the great
congregation.

Psalm 67A

*To the choirmaster. A Psalm of David.
A Song.*

¹Let God arise, let his
enemies be scattered;
let those who hate him flee
before him!

²As smoke is driven away, so
drive them away;
as wax melts before fire,
let the wicked perish before
God!

³But let the righteous be
joyful;
let them exult before God;
let them be jubilant with
joy!

⁴Sing to God, sing praises to
his name;
lift up a song to him who
rides upon the clouds;
his name is the LORD, exult
before him!

⁵Father of the fatherless and
protector of widows
is God in his holy habita-
tion.

⁶God gives the desolate a
home to dwell in;
he leads out the prisoners
to prosperity;
but the rebellious dwell in

a parched land.

⁷O God, when thou didst go
forth before thy people,
when thou didst march
through the wilderness,
[Selah]

⁸the earth quaked, the
heavens poured down
rain, at the presence of
God;
yon Sinai quaked at the
presence of God, the God
of Israel.

⁹Rain in abundance, O God,
thou didst shed abroad;
thou didst restore thy her-
itage as it languished;

¹⁰thy flock found a dwelling
in it;
in thy goodness, O God,
thou didst provide for
the needy.

¹¹The Lord gives the com-
mand;

great is the host of those
who bore the tidings:

¹²"The kings of the armies,
they flee, they flee!"

The women at home divide
the spoil,

¹³though they stay among
the sheepfolds—

the wings of a dove covered
with silver,

its pinions with green gold.

¹⁴When the Almighty scat-
tered kings there,
snow fell on Zalmon.

¹⁵O mighty mountain, moun-
tain of Bashan;

O many-peaked mountain,
mountain of Bashan!

¹⁶Why look you with envy, O
many-peaked mountain,
at the mount which God
desired for his abode,
yea, where the LORD will
dwell for ever?

¹⁷With mighty chariotry,

twice ten thousand,
thousands upon thou-
sands,
the Lord came from Sinai
into the holy place.

¹⁸Thou didst ascend the high
mount,
leading captives in thy
train,
and receiving gifts among
men,
even among the rebellious,
that the LORD God may
dwell there.

Psalms 67B

¹⁹Blessed be the Lord,
who daily bears us up;
God is our salvation. [*Selah*]
²⁰Our God is a God of salva-
tion;
and to GOD, the Lord,
belongs escape from
death.

²¹But God will shatter the

heads of his enemies,
the hairy crown of him who
walks in his guilty ways.

²²The Lord said,
"I will bring them back
from Bashan,
I will bring them back from
the depths of the sea,
²³that you may bathe your
feet in blood,
that the tongues of your
dogs may have their
portion from the foe."

²⁴Thy solemn processions are
seen, O God,
the processions of my God,
my King, into the sanc-
tuary—

²⁵the singers in front, the
minstrels last,
between them maidens
playing timbrels:

²⁶"Bless God in the great con-
gregation,
the LORD, O you who are of
Israel's fountain!"

27 There is Benjamin, the least
of them, in the lead,
the princes of Judah in
their throng,
the princes of Zeb'ulun, the
princes of Naph'tali.

28 Summon thy might, O God;
show thy strength, O God,
thou who hast wrought
for us.

29 Because of thy temple at
Jerusalem
kings bear gifts to thee.

30 Rebuke the beasts that
dwell among the reeds,
the herd of bulls with the
calves of the peoples.

Trample under foot those who
lust after tribute;
scatter the peoples who
delight in war.

31 Let bronze be brought from
Egypt;
let Ethiopia hasten to
stretch out her hands to
God.

³²Sing to God, O kingdoms of
the earth;
sing praises to the Lord,
[Selah]

³³to him who rides in the
heavens, the ancient
heavens;
lo, he sends forth his voice,
his mighty voice.

³⁴Ascribe power to God,
whose majesty is over
Israel,
and his power is in the
skies.

³⁵Terrible is God in his sanc-
tuary,
the God of Israel,
he gives power and
strength to his people.

Blessed be God!

Ant. Bless God in the great
congregation.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

(from the Old Testament)

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. Allelúia, * allelúia, allelúia.
Lent:

Ant. You who seek God, * let
your hearts revive.

Psalm 68A

*To the choirmaster: according to Lilies.
A Psalm of David.*

¹Save me, O God!

For the waters have come
up to my neck.

²I sink in deep mire,

where there is no foothold;
I have come into deep waters,
and the flood sweeps over
me.

³I am weary with my crying;

my throat is parched.
My eyes grow dim
with waiting for my God.

⁴More in number than the
hairs of my head
are those who hate me
without cause;
mighty are those who would
destroy me,
those who attack me with
lies.

What I did not steal
must I now restore?

⁵O God, thou knowest my
folly;
the wrongs I have done are
not hidden from thee.

⁶Let not those who hope in
thee be put to shame
through me,
O Lord GOD of hosts;
let not those who seek thee
be brought to dishonor
through me,
O God of Israel.

⁷For it is for thy sake that I

have borne reproach,
that shame has covered my
face.

⁸I have become a stranger to
my brethren,
an alien to my mother's
sons.

⁹For zeal for thy house has
consumed me,
and the insults of those
who insult thee have
fallen on me.

¹⁰When I humbled my soul
with fasting,
it became my reproach.

¹¹When I made sackcloth my
clothing,
I became a byword to them.

¹²I am the talk of those who
sit in the gate,
and the drunkards make
songs about me.

¹³But as for me, my prayer is
to thee, O LORD.
At an acceptable time, O

God,
in the abundance of thy
steadfast love answer
me.

With thy faithful help
¹⁴rescue me

from sinking in the mire;
let me be delivered from my
enemies

and from the deep waters.

¹⁵Let not the flood sweep over
me,

or the deep swallow me up,
or the pit close its mouth
over me.

¹⁶Answer me, O LORD, for thy
steadfast love is good;
according to thy abundant
mercy, turn to me.

¹⁷Hide not thy face from thy
servant;

for I am in distress, make
haste to answer me.

¹⁸Draw near to me, redeem
me,

set me free because of my

enemies!

¹⁹Thou knowest my reproach,
and my shame and my
dishonor;
my foes are all known to
thee.

²⁰Insults have broken my
heart,
so that I am in despair.
I looked for pity, but there
was none;
and for comforters, but I
found none.

²¹They gave me poison for
food,
and for my thirst they gave
me vinegar to drink.

²²Let their own table before
them become a snare;
let their sacrificial feasts be
a trap.

²³Let their eyes be darkened,
so that they cannot see;
and make their loins
tremble continually.

24 Pour out thy indignation
upon them,
and let thy burning anger
overtake them.

25 May their camp be a deso-
lation,
let no one dwell in their
tents.

26 For they persecute him
whom thou hast smitten,
and him whom thou hast
wounded, they afflict still
more.

27 Add to them punishment
upon punishment;
may they have no acquittal
from thee.

28 Let them be blotted out of
the book of the living;
let them not be enrolled
among the righteous.

29 But I am afflicted and in
pain;
let thy salvation, O God, set
me on high!

Psalm 68B

30 I will praise the name of
God with a song;
I will magnify him with
thanksgiving.

31 This will please the LORD
more than an ox
or a bull with horns and
hoofs.

32 Let the oppressed see it and
be glad;
you who seek God, let your
hearts revive.

33 For the LORD hears the
needy,
and does not despise his
own that are in bonds.

34 Let heaven and earth praise
him,
the seas and everything
that moves therein.

35 For God will save Zion
and rebuild the cities of
Judah;
and his servants shall dwell
there and possess it;

36 the children of his ser-

vants shall inherit it,
and those who love his
name shall dwell in it.

Lent:

Ant. You who seek God, let
your hearts revive.

Ant. Make haste, * O Lord God,
to deliver me!

Psalm 69

*To the choirmaster. A Psalm of David,
for the memorial offering.*

¹Be pleased, O God, to deliver
me!

O LORD, make haste to help
me!

²Let them be put to shame
and confusion
who seek my life!

Let them be turned back and
brought to dishonor
who desire my hurt!

³Let them be appalled
because of their shame
who say, "Aha, Aha!"

⁴May all who seek thee
 rejoice and be glad in thee!
May those who love thy salva-
 tion
 say evermore, "God is
 great!"
⁵But I am poor and needy;
 hasten to me, O God!
Thou art my help and my
 deliverer;
 O LORD, do not tarry!

Psalm 70

¹In thee, O LORD, do I take
 refuge;
 let me never be put to
 shame!
²In thy righteousness deliver
 me and rescue me;
 incline thy ear to me, and
 save me!
³Be thou to me a rock of
 refuge,
 a strong fortress, to save
 me,
 for thou art my rock and

my fortress.

⁴Rescue me, O my God, from
the hand of the wicked,
from the grasp of the
unjust and cruel man.

⁵For thou, O Lord, art my
hope,
my trust, O LORD, from my
youth.

⁶Upon thee I have leaned
from my birth;
thou art he who took me
from my mother's womb.
My praise is continually of
thee.

⁷I have been as a portent to
many;
but thou art my strong
refuge.

⁸My mouth is filled with thy
praise,
and with thy glory all the
day.

⁹Do not cast me off in the
time of old age;

forsake me not when my
strength is spent.

¹⁰For my enemies speak concerning me,
those who watch for my life
consult together,

¹¹and say, "God has forsaken
him;
pursue and seize him,
for there is none to deliver
him."

¹²O God, be not far from me;
O my God, make haste to
help me!

¹³May my accusers be put to
shame and consumed;
with scorn and disgrace
may they be covered
who seek my hurt.

¹⁴But I will hope continually,
and will praise thee yet
more and more.

¹⁵My mouth will tell of thy
righteous acts,
of thy deeds of salvation all
the day,

for their number is past my
knowledge.

¹⁶With the mighty deeds of
the Lord GOD I will come,
I will praise thy righteous-
ness, thine alone.

¹⁷O God, from my youth thou
hast taught me,
and I still proclaim thy
wondrous deeds.

¹⁸So even to old age and gray
hairs,
O God, do not forsake me,
till I proclaim thy might
to all the generations to
come.

Thy power ¹⁹and thy righ-
teousness, O God,
reach the high heavens.

Thou who hast done great
things,
O God, who is like thee?

²⁰Thou who hast made me see
many sore troubles
wilt revive me again;

from the depths of the earth
thou wilt bring me up
again.

21Thou wilt increase my
honor,
and comfort me again.

22I will also praise thee with
the harp
for thy faithfulness, O my
God;

I will sing praises to thee with
the lyre,
O Holy One of Israel.

23My lips will shout for joy,
when I sing praises to thee;
my soul also, which thou
hast rescued.

24And my tongue will talk of
thy righteous help
all the day long,
for they have been put to
shame and disgraced
who sought to do me hurt.

Lent:

Ant. Make haste, O Lord God,
to deliver me!

Ant. Truly God * is good to the upright.

Psalm 71

A Psalm of Solomon.

¹Give the king thy justice, O God,
and thy righteousness to
the royal son!

²May he judge thy people with
righteousness,
and thy poor with justice!

³Let the mountains bear prosperity for the people,
and the hills, in righteousness!

⁴May he defend the cause of
the poor of the people,
give deliverance to the
needy,
and crush the oppressor!

⁵May he live while the sun
endures,
and as long as the moon,
throughout all genera-

tions!

⁶May he be like rain that falls
on the mown grass,
like showers that water the
earth!

⁷In his days may righteous-
ness flourish,
and peace abound, till the
moon be no more!

⁸May he have dominion from
sea to sea,
and from the River to the
ends of the earth!

⁹May his foes bow down
before him,
and his enemies lick the
dust!

¹⁰May the kings of Tarshish
and of the isles
render him tribute,
may the kings of Sheba and
Seba bring gifts!

¹¹May all kings fall down
before him,
all nations serve him!

¹²For he delivers the needy
when he calls,
the poor and him who has
no helper.

¹³He has pity on the weak and
the needy,
and saves the lives of the
needy.

¹⁴From oppression and vio-
lence he redeems their
life;
and precious is their blood
in his sight.

¹⁵Long may he live,
may gold of Sheba be given
to him!

May prayer be made for him
continually,
and blessings invoked for
him all the day!

¹⁶May there be abundance of
grain in the land;
on the tops of the moun-
tains may it wave;
may its fruit be like Leba-
non;

and may men blossom forth
from the cities
like the grass of the field!
¹⁷May his name endure for
ever,
his fame continue as long
as the sun!
May men bless themselves by
him,
all nations call him blessed!

¹⁸Blessed be the LORD, the
God of Israel,
who alone does wondrous
things.

¹⁹Blessed be his glorious
name for ever;
may his glory fill the whole
earth! Amen and Amen!

²⁰The prayers of David, the
son of Jesse, are ended.

Psalms 72

A Psalm of Asaph.

¹Truly God is good to the

upright,
to those who are pure in
heart.

²But as for me, my feet had
almost stumbled,
my steps had well nigh
slipped.

³For I was envious of the
arrogant,
when I saw the prosperity
of the wicked.

⁴For they have no pangs;
their bodies are sound and
sleek.

⁵They are not in trouble as
other men are;
they are not stricken like
other men.

⁶Therefore pride is their neck-
lace;
violence covers them as a
garment.

⁷Their eyes swell out with
fatness,
their hearts overflow with
follies.

⁸They scoff and speak with
malice;
loftily they threaten
oppression.

⁹They set their mouths
against the heavens,
and their tongue struts
through the earth.

¹⁰Therefore the people turn
and praise them;
and find no fault in them.

¹¹And they say, "How can God
know?
Is there knowledge in the
Most High?"

¹²Behold, these are the
wicked;
always at ease, they
increase in riches.

¹³All in vain have I kept my
heart clean
and washed my hands in
innocence.

¹⁴For all the day long I have
been stricken,
and chastened every morn-

ing.

¹⁵If I had said, "I will speak
thus,"

I would have been untrue
to the generation of thy
children.

¹⁶But when I thought how to
understand this,
it seemed to me a wearisome
task,

¹⁷until I went into the sanctuary
of God;
then I perceived their end.

¹⁸Truly thou dost set them in
slippery places;
thou dost make them fall
to ruin.

¹⁹How they are destroyed in
a moment,
swept away utterly by
terrors!

²⁰They are like a dream when
one awakes,
on awaking you despise
their phantoms.

21 When my soul was embittered,
when I was pricked in
heart,

22 I was stupid and ignorant,
I was like a beast toward
thee.

23 Nevertheless I am continually with thee;
thou dost hold my right
hand.

24 Thou dost guide me with
thy counsel,
and afterward thou wilt
receive me to glory.

25 Whom have I in heaven but
thee?
And there is nothing upon
earth that I desire
besides thee.

26 My flesh and my heart may
fail,
but God is the strength of
my heart and my portion
for ever.

27 For lo, those who are far

from thee shall perish;
thou dost put an end to
those who are false to
thee.

28 But for me it is good to be
near God;
I have made the Lord GOD
my refuge,
that I may tell of all thy
works.

Ant. Allelúia, allelúia, allelúia.

Lent:

Ant. Truly God is good to the
upright.

Reading

(from the Gospel)

✠. Kyrie, eléison. ✠. Kyrie, eléi-
son. ✠. Christe, eléison. ✠.
Christe, eléison. ✠. Kyrie, eléi-
son. ✠. Kyrie, eléison.

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

✠. Sed líbera nos a malo.

Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



WEDNESDAY LAUDS

Psalm 66

*To the choirmaster: with stringed
instruments. A Psalm. A Song.*

¹May God be gracious to us
and bless us
and make his face to shine
upon us, [*Selah*]

²that thy way may be known
upon earth,
thy saving power among all

nations.

³Let the peoples praise thee,
O God;
let all the peoples praise
thee!

⁴Let the nations be glad and
sing for joy,
for thou dost judge the
peoples with equity
and guide the nations upon
earth. [*Selah*]

⁵Let the peoples praise thee,
O God;
let all the peoples praise
thee!

⁶The earth has yielded its
increase;
God, our God, has blessed
us.

⁷God has blessed us;
let all the ends of the earth
fear him!

Ant. Wash me thoroughly *

from my iniquity.

Eastertide (for three Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalm 50

To the choirmaster. A Psalm of David, when Nathan the prophet came to him, after he had gone in to Bathsheba.

¹Have mercy on me, O God,
according to thy steadfast
love;
according to thy abundant
mercy blot out my trans-
gressions.

²Wash me thoroughly from
my iniquity,
and cleanse me from my
sin!

³For I know my transgres-
sions,
and my sin is ever before
me.

⁴Against thee, thee only, have
I sinned,
and done that which is evil

in thy sight,
so that thou art justified in
thy sentence
and blameless in thy judgment.

⁵Behold, I was brought forth
in iniquity,
and in sin did my mother
conceive me.

⁶Behold, thou desirest truth
in the inward being;
therefore teach me wisdom
in my secret heart.

⁷Purge me with hyssop, and
I shall be clean;
wash me, and I shall be
whiter than snow.

⁸Fill me with joy and gladness;
let the bones which thou
hast broken rejoice.

⁹Hide thy face from my sins,
and blot out all my iniquities.

¹⁰Create in me a clean heart,
O God,

and put a new and right
spirit within me.

¹¹Cast me not away from thy
presence,
and take not thy holy Spirit
from me.

¹²Restore to me the joy of thy
salvation,
and uphold me with a
willing spirit.

¹³Then I will teach transgres-
sors thy ways,
and sinners will return to
thee.

¹⁴Deliver me from blood-guilt-
iness, O God,
thou God of my salvation,
and my tongue will sing
aloud of thy deliverance.

¹⁵O Lord, open thou my lips,
and my mouth shall show
forth thy praise.

¹⁶For thou hast no delight in
sacrifice;
were I to give a burnt offer-

ing, thou wouldst not be pleased.

17The sacrifice acceptable to God is a broken spirit;
a broken and contrite heart, O God, thou wilt not despise.

18Do good to Zion in thy good pleasure;
rebuild the walls of Jerusalem,

19then wilt thou delight in right sacrifices,
in burnt offerings and whole burnt offerings;
then bulls will be offered on thy altar.

Ant. Wash me thoroughly from my iniquity.

Ant. Preserve my life * from dread of the enemy.

Psalm 63

To the choirmaster. A Psalm of David.

¹Hear my voice, O God, in my
complaint;
preserve my life from dread
of the enemy,
²hide me from the secret plots
of the wicked,
from the scheming of evil-
doers,
³who whet their tongues like
swords,
who aim bitter words like
arrows,
⁴shooting from ambush at the
blameless,
shooting at him suddenly
and without fear.
⁵They hold fast to their evil
purpose;
they talk of laying snares
secretly,
thinking, "Who can see us?
⁶Who can search out our
crimes?
We have thought out a cun-
ningly conceived plot."
For the inward mind and
heart of a man are deep!

⁷But God will shoot his arrow
at them;
they will be wounded suddenly.

⁸Because of their tongue he
will bring them to ruin;
all who see them will wag
their heads.

⁹Then all men will fear;
they will tell what God has
wrought,
and ponder what he has
done.

¹⁰Let the righteous rejoice in
the LORD,
and take refuge in him!
Let all the upright in heart
glory!

Ant. Preserve my life from
dread of the enemy.

Ant. Praise is due to thee, * O
God, in Zion.

Psalm 64

*To the choirmaster. A Psalm of David.
A Song.*

¹Praise is due to thee,
O God, in Zion;
and to thee shall vows be
performed,

²O thou who hearest
prayer!

To thee shall all flesh come

³on account of sins.

When our transgressions
prevail over us,
thou dost forgive them.

⁴Blessed is he whom thou
dost choose and bring
near,

to dwell in thy courts!

We shall be satisfied with the
goodness of thy house,
thy holy temple!

⁵By dread deeds thou dost
answer us with deliver-
ance,

O God of our salvation,
who art the hope of all the
ends of the earth,

and of the farthest seas;
6who by thy strength hast
established the moun-
tains,
being girded with might;
7who dost still the roaring of
the seas,
the roaring of their waves,
the tumult of the peoples;
8so that those who dwell at
earth's farthest bounds
are afraid at thy signs;
thou makest the outgoings of
the morning and the
evening
to shout for joy.

9Thou visitest the earth and
waterest it,
thou greatly enrichest it;
the river of God is full of water;
thou providest their grain,
for so thou hast prepared
it.

10Thou waterest its furrows
abundantly,
settling its ridges,

softening it with showers,
and blessing its growth.

¹¹Thou crownest the year
with thy bounty;
the tracks of thy chariot
drip with fatness.

¹²The pastures of the wilder-
ness drip,
the hills gird themselves
with joy,

¹³the meadows clothe them-
selves with flocks,
the valleys deck themselves
with grain,
they shout and sing
together for joy.

Ant. Praise is due to thee, O
God, in Zion.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Ant. The Lord will judge * the
ends of the earth (*Eastertide:*
allelúia).

1 Samuel 2:1–10

Canticle of Hannah

¹“My heart exults in the Lord;
my strength is exalted in
the Lord.

My mouth derides my ene-
mies,
because I rejoice in thy
salvation.

²“There is none holy like the
Lord,
there is none besides thee;
there is no rock like our
God.

³Talk no more so very proudly,
let not arrogance come
from your mouth;
for the Lord is a God of
knowledge,
and by him actions are
weighed.

⁴The bows of the mighty are
broken,
but the feeble gird on
strength.

⁵Those who were full have

hired themselves out for
bread,
but those who were hungry
have ceased to hunger.
The barren has borne seven,
but she who has many
children is forlorn.
6The Lord kills and brings to
life;
he brings down to Sheol
and raises up.
7The Lord makes poor and
makes rich;
he brings low, he also
exalts.
8He raises up the poor from
the dust;
he lifts the needy from the
ash heap,
to make them sit with princes
and inherit a seat of honor.
For the pillars of the earth are
the Lord's,
and on them he has set the
world.

9“He will guard the feet of his

faithful ones;
but the wicked shall be cut
off in darkness;
for not by might shall a
man prevail.

¹⁰The adversaries of the Lord
shall be broken to pieces;
against them he will
thunder in heaven.

The Lord will judge the ends
of the earth;
he will give strength to his
king,
and exalt the power of his
anointed.”

Ant. The Lord will judge the
ends of the earth (*Easter-*
tide: allelúia).

***On Feastdays**

Ant. I will sing to my God * a
new song (*Eastertide:*
allelúia).

Judith 16:13–17

Canticle of Judith

¹³I will sing to my God a new song:

O Lord, thou art great and glorious,
wonderful in strength,
invincible.

¹⁴Let all thy creatures serve thee,

for thou didst speak, and they were made.

Thou didst send forth thy Spirit, and it formed them;

there is none that can resist thy voice.

¹⁵For the mountains shall be shaken to their foundations with the waters;

at thy presence the rocks shall melt like wax,

but to those who fear thee thou wilt continue to show mercy.

¹⁶For every sacrifice as a fragrant offering is a small

thing,
and all fat for burnt offerings to thee is a very little thing,
but he who fears the Lord
shall be great for ever.

¹⁷Woe to the nations that rise
up against my people!
The Lord Almighty will take
vengeance on them in
the day of judgment;
fire and worms he will give to
their flesh;
they shall weep in pain for
ever.

Ant. I will sing to my God a
new song (*Eastertide:*
allelúia).

Ant. Praise the Lord, * you
highest heavens.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia.

Psalm 148

¹Praise the LORD!

Praise the LORD from the
heavens,
praise him in the heights!

²Praise him, all his angels,
praise him, all his host!

³Praise him, sun and moon,
praise him, all you shining
stars!

⁴Praise him, you highest
heavens,
and you waters above the
heavens!

⁵Let them praise the name of
the LORD!

For he commanded and
they were created.

⁶And he established them for
ever and ever;
he fixed their bounds
which cannot be passed.

⁷Praise the LORD from the

- earth,
you sea monsters and all
deeps,
⁸fire and hail, snow and frost,
stormy wind fulfilling his
command!
- ⁹Mountains and all hills,
fruit trees and all cedars!
- ¹⁰Beasts and all cattle,
creeping things and flying
birds!
- ¹¹Kings of the earth and all
peoples,
princes and all rulers of the
earth!
- ¹²Young men and maidens
together,
old men and children!
- ¹³Let them praise the name of
the LORD,
for his name alone is
exalted;
his glory is above earth and
heaven.

¹⁴He has raised up a horn for
his people,
praise for all his saints,
for the people of Israel who
are near to him.
Praise the LORD!

Psalm 149

¹Praise the LORD!
Sing to the LORD a new
song,
his praise in the assembly
of the faithful!

²Let Israel be glad in his
Maker,
let the sons of Zion rejoice
in their King!

³Let them praise his name
with dancing,
making melody to him with
timbrel and lyre!

⁴For the LORD takes pleasure
in his people;
he adorns the humble with
victory.

⁵Let the faithful exult in glory;
let them sing for joy on
their couches.

⁶Let the high praises of God
be in their throats
and two-edged swords in
their hands,

⁷to wreak vengeance on the
nations
and chastisement on the
peoples,

⁸to bind their kings with
chains
and their nobles with
fetters of iron,

⁹to execute on them the judg-
ment written!
This is glory for all his
faithful ones.

Praise the LORD!

Psalm 150

¹Praise the LORD!
Praise God in his sanctu-
ary;

praise him in his mighty
firmament!

²Praise him for his mighty
deeds;
praise him according to his
exceeding greatness!

³Praise him with trumpet
sound;
praise him with lute and
harp!

⁴Praise him with timbrel and
dance;
praise him with strings and
pipe!

⁵Praise him with sounding
cymbals;
praise him with loud clash-
ing cymbals!

⁶Let everything that breathes
praise the LORD!
Praise the Lord!

Ant. Praise the Lord, you
highest heavens.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

*(from Proverbs, Sirach, Ecclesiasticus,
or Ecclesiastes)*

Hymn

Earth's dusky veil is torn
away,
Pierced by the sparkling
beams of day;
The world resumes its hues
apace
Soon as the day star shows
its face.

But Thee, O Christ alone we
seek
With conscience pure and
temper meek:
With tears and chants we
humbly pray
That Thou wouldst guide
us through the day.

All praise to God the Father
be;
All thanks, eternal Son, to

thee;
All glory, as is ever meet,
To God the Holy Paraclete.
Amen.

℣. Satisfy us in the morning
with thy steadfast love.

℟. That we may rejoice and be
glad all our days.

Ant. From the hand of all who
hate us, * the Lord has
delivered us (*Eastertide:*
allelúia, allelúia).

Luke 1:68–79

Canticle of Zechariah

Benedíctus Dóminus, Deus
Ísrael,
Quia visitávit, et fecit
redemptiónem plebis
suæ:

Et eréxit cornu salútis nobis
In domo David, púeri sui.
Sicut locútus est per os
sanctórum,
Qui a sæculo sunt, prophe-

tárum ejus:

Salútem ex inimícis nostris,
Ed de manu ómnium, qui
odérunt nos:

Ad faciéndam misericórdiam
cum pátribus nostris:

Et memorári testaménti sui
sancti.

Jusjurándum, quod jurávit
ad Ábraham, patrem
nostrum,

Datúrum se nobis:

Ut sine timóre, de manu
inimicórum nostrórum
liberáti,
serviámus illi:

In sanctitáte et justítia coram
ipso,

Ómnibus diébus nostris.

Et tu, puer, Prophéta Altís-
simi vocáberis:

Praeíbis enim ante fáciem
Dómini, paráre vias ejus:

Ad dandam sciéntiam salútis
plebi ejus,

In remissiónem pecca-
tórum eórum:

Per víscera misericórdiæ Dei

nostri,
In quibus visitávit nos
óriens ex alto:
Illumináre his, qui in ténebris
et in umbra mortis
sedent,
Ad dirigéndos pedes
nostros in viam pacis.
Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. From the hand of all who
hate us, the Lord has
delivered us (*Eastertide:*
allelúia, allelúia).

*(If Prime follows right after Lauds, skip
to the Prayer to Our Guardian
Angels.)*

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Pater noster, qui es in
cælis, sanctificétur
nomen tuum. Advéniat
regnum tuum. Fiat volúntas
tua, sicut in cælo et in terra.
Panem nostrum quotidiánum
da nobis hódie.

℞. Et dimítte nobis débíta
nostra, sicut et nos dimítti-
mus debitóribus nostris. Et
ne nos indúcas in ten-
tatiónem. Sed líbera nos a
malo. Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℞. Et cum frátribus nostris
abséntibus. Amen.

Prayer to Our Guardian Angels

O Pure Spirits whom God
has selected to be our guard-
ians, we are so grateful for
the zeal with which you
execute your commission. We
often forget you, our invisible

friends, to whom a thousand times we owe our preservation.

O Guardian Angels of these HAPPY INFANTS, who are as yet without spot before God, preserve their innocence and make up for all our INADEQUACIES in caring for them.

O Guardian Angels of ADOLESCENTS, who are exposed to so many temptations and dangers, talk to them, inspire them to holiness and, as you comforted St. Eulalia, encourage them to suffer for Christ's sake.

O Guardian Angels of THOSE WHO INSTRUCT THE YOUNG, animate them with your zeal and love, that the young may emulate your purity and innocence, you their invisible friends.

O Guardian Angels of SINNERS and LOVERS OF THE WORLD, guide these unhappy mortals whose

attraction to the world does embitter you. We implore you for their conversion even if you must strike at them.

O Guardian Angels of SENIORS and ELDERS, bring their prayers in behalf of their charges to God. Present their words, their actions and their intentions to God and purify them of all human imperfections. Obtain for them that spirit of fervor, zeal and sacrifice for the sake of God's kingdom.

O Guardian Angels of THOSE APPROACHING THEIR FINAL HOUR, strengthen, encourage and defend them against the attacks of their infernal enemy.

O Guardian Angel of THIS COMMUNITY, protect us all, teach us to love, to pray and to win in our combat against temptations.

Amen.



WEDNESDAY PRIME

- ℣. Deus, in adiutórium meum
inténde.
- ℟. Dómine ad adjuvándum me
festína.
- ℣. Glória Patri, et Fílio, et
Spirítui Sancto.
- ℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

Now that the daylight fills the
sky
We lift our hearts to God on
high,

That He, in all we do or say,
Would keep us free from
harm today:

Would guard our hearts and
tongues from strife;
From anger's din would
hide our life;
From evil sights would turn
our eyes;
Would close our ears to
vanities.

So we, when this new day is
gone
And night in turn is
drawing on,
With conscience by the world
unstained
Shall praise His name for
victory gained.

To God the Father and the
Son
And Holy Spirit, three in
one,
Be endless glory as before
The world began, so ever-

more.

Amen.

Ant. Arise, O LORD; * O God,
lift up thy hand.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 9B

¹Why dost thou stand afar off,
O LORD?

Why dost thou hide thyself
in times of trouble?

²In arrogance the wicked
hotly pursue the poor;
let them be caught in the
schemes which they
have devised.

³For the wicked boasts of the
desires of his heart,
and the man greedy for
gain curses and
renounces the LORD.

⁴In the pride of his counte-

nance the wicked does
not seek him;
all his thoughts are, "There
is no God."

⁵His ways prosper at all times;
thy judgments are on high,
out of his sight;
as for all his foes, he puffs
at them.

⁶He thinks in his heart, "I
shall not be moved;
throughout all generations
I shall not meet adver-
sity."

⁷His mouth is filled with
cursing and deceit and
oppression;
under his tongue are mis-
chief and iniquity.

⁸He sits in ambush in the
villages;
in hiding places he
murders the innocent.
His eyes stealthily watch for
the hapless,

⁹He lurks in secret like a lion in his covert;
he lurks that he may seize the poor,
he seizes the poor when he draws him into his net.

¹⁰The hapless is crushed,
sinks down,
and falls by his might.

¹¹He thinks in his heart, "God has forgotten,
he has hidden his face, he will never see it."

¹²Arise, O LORD; O God, lift up thy hand;
forget not the afflicted.

¹³Why does the wicked renounce God,
and say in his heart, "Thou wilt not call to account"?

¹⁴Thou dost see; yea, thou dost note trouble and vexation,
that thou mayest take it

into thy hands;
the hapless commits himself
to thee;
thou hast been the helper
of the fatherless.

¹⁵Break thou the arm of the
wicked and evildoer;
seek out his wickedness till
thou find none.

¹⁶The LORD is king for ever
and ever;
the nations shall perish
from his land.

¹⁷O LORD, thou wilt hear the
desire of the meek;
thou wilt strengthen their
heart, thou wilt incline
thy ear

¹⁸to do justice to the father-
less and the oppressed,
so that man who is of the
earth may strike terror
no more.

Glória Patri....

Psalm 10

To the choirmaster. Of David.

- ¹In the LORD I take refuge;
how can you say to me,
"Flee like a bird to the
mountains;
²for lo, the wicked bend the
bow,
they have fitted their arrow
to the string,
to shoot in the dark at the
upright in heart;
³if the foundations are
destroyed,
what can the righteous do"?
⁴The LORD is in his holy
temple,
the LORD's throne is in
heaven;
his eyes behold, his eyelids
test, the children of men.
⁵The LORD tests the righteous
and the wicked,
and his soul hates him that
loves violence.
⁶On the wicked he will rain

coals of fire and brimstone;

a scorching wind shall be the portion of their cup.

⁷For the LORD is righteous, he loves righteous deeds; the upright shall behold his face.

Glória Patri....

Psalm 11

To the choirmaster: according to The Sheminith. A Psalm of David.

¹Help, LORD; for there is no longer any that is godly; for the faithful have vanished from among the sons of men.

²Every one utters lies to his neighbor; with flattering lips and a double heart they speak.

³May the LORD cut off all flattering lips, the tongue that makes

great boasts,

⁴those who say, "With our tongue we will prevail, our lips are with us; who is our master?"

⁵"Because the poor are despoiled, because the needy groan, I will now arise," says the LORD;

"I will place him in the safety for which he longs."

⁶The promises of the LORD are promises that are pure, silver refined in a furnace on the ground, purified seven times.

⁷Do thou, O LORD, protect us, guard us ever from this generation.

⁸On every side the wicked prowl, as vileness is exalted among the sons of men.

Ant. Arise, O LORD; O God, lift
up thy hand.

Easter tide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Concluding Prayers

*(Use the following, or the Collect
from the Missal)*

O Lord God Almighty, who
has brought us to the begin-
ning of this day, preserve us
in the same by Thy power, so
that during this day we may
not fall into any sin, but that
all our words, thoughts and
works may be directed to the
doing of Thy righteousness.

Grant this through Christ our Lord. Amen.

Pater noster *(Silently until)* Et ne nos indúcas in tentationem.

R. Sed líbera nos a malo. Amen.

The Angelus

ANGELUS Dómini nuntiávit Mariæ.

R. Et concépit de Spíritu Sancto.

AVE Mariá, grátia plena, Dóminus tecum; benedícta tu in muliéribus, et benedíctus fructus ventris tui, Jesus.

R. Sancta Mariá, Mater Dei, ora pro nobis peccatóribus, nunc et in hora mortis nostræ. Amen.

ECCE ancílla Dómini.

℟. Fiat mihi secúndum
verbum tuum.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ET Verbum caro factum
est.

℟. Et habitávit in nobis.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

℣. Ora pro nobis, Sancta Dei

Génitrix.

℟. Ut digni efficiámur promissionibus Christi.

Orémus.

Grátiam tuam, quæsumus, Dómine, méntibus nostris infúnde: ut qui, Ángelo nuntíante, Christi Fílii tui Incarnatiónem cognóvimus, per passiónem ejus et crucem, ad resurrectiόνis glóriam perducámur. Per eúmdem Christum Dóminum nostrum. Amen.

GLÓRIA Patri, et Fílio, * et Spirítui Sancto.

℟. Sicut erat in princípio, et nunc, et semper, * et in sæcula sæculórum. Amen.
(recited 3 times)

During Easter:

Regína Cæli

℣. Regína cæli lætáre, allelúia.

℟. Quia quem meruísti portáre, allelúia.

℣. Resurréxit, sicut dixit, allelúia.

℟. Ora pro nobis Deum, allelúia.

℣. Gaude et lætáre, Virgo María, allelúia.

℟. Quia surréxit Dóminus vere, allelúia.

Orémus.

Deus, qui per resurrectionem Fílii tui Dómini nostri Iesu Christi mundum lætificáre dignátus es, præsta, quæsumus, ut per eius Genetrícem Vírginem Mariám perpétuæ capiámus gáudia vitæ.

Per Christum Dóminum nostrum. Amen.

℣. Glória Patri, et Fílio, et Spirítui Sancto.

℟. Sicut erat in princípio, et nunc, et semper, et in sæcula sæculórum. Amen.

Actus Fidei

DÓMINE Deus, firma fide
credo et confiteor ómnia
et síngula quæ sancta Ecclé-
sia Cathólica propónit, quia
tu, Deus, ea ómnia revelásti,
qui es ætérna véritas et
sapiéntia, quæ nec fállere nec
falli potest. In hac fide
vívere et mori státuo. Amen.

✠. Divínium auxílium máneat
semper nobíscum.

✠. Et cum frátribus nostris
abséntibus. Amen.



WEDNESDAY TERCE

- ℣. Deus, in adiutórium meum
inténde.
- ℟. Dómine ad adjuvándum me
festína.
- ℣. Glória Patri, et Fílio, et
Spirítui Sancto.
- ℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

Come, Holy Spirit, in nature
one
With both the Father and
the Son;
Shed forth Thy grace within
our breast
And dwell with us, a ready
guest.

By every power, by heart and
tongue,
By act and deed, Thy praise
be sung:
Inflame with perfect love each

sense

That other souls may
kindle thence.

In this, most gracious Father,
hear

Through Christ Thy equal
Son our prayer,
Who with the Holy Ghost and
Thee

Doth live and reign eter-
nally.

Amen.

Ant. I cry to the LORD, * that he
may answer me.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 119

A Song of Ascents.

¹In my distress I cry to the
LORD,
that he may answer me:

²Deliver me, O LORD,

from lying lips,
from a deceitful tongue."

³What shall be given to you?
And what more shall be
done to you,
you deceitful tongue?

⁴A warrior's sharp arrows,
with glowing coals of the
broom tree!

⁵Woe is me, that I sojourn in
Meshech,
that I dwell among the
tents of Kedar!

⁶Too long have I had my
dwelling
among those who hate
peace.

⁷I am for peace;
but when I speak,
they are for war!

Psalms 120

A Song of Ascents.

¹I lift up my eyes to the hills.

Wednesday Terce

537

From whence does my help
come?

²My help comes from the
LORD,
who made heaven and
earth.

³He will not let your foot be
moved,
he who keeps you will not
slumber.

⁴Behold, he who keeps Israel
will neither slumber nor
sleep.

⁵The LORD is your keeper;
the LORD is your shade
on your right hand.

⁶The sun shall not smite you
by day,
nor the moon by night.

⁷The LORD will keep you from
all evil;
he will keep your life.

⁸The LORD will keep
your going out and your

coming in
from this time forth and for
evermore.

Psalms 121

A Song of Ascents. Of David.

- ¹I was glad when they said to
me,
"Let us go to the house of
the LORD!"
- ²Our feet have been standing
within your gates, O Jeru-
salem!
- ³Jerusalem, built as a city
which is bound firmly
together,
- ⁴to which the tribes go up,
the tribes of the LORD,
as was decreed for Israel,
to give thanks to the name
of the LORD.
- ⁵There thrones for judgment
were set,
the thrones of the house of
David.

⁶Pray for the peace of Jerusalem!

"May they prosper who love you!"

⁷Peace be within your walls,
and security within your
towers!"

⁸For my brethren and companions' sake
I will say, "Peace be within
you!"

⁹For the sake of the house of
the LORD our God,
I will seek your good.

Ant. I cry to the LORD, that he
may answer me.

Eastertide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.

Christe, eléison. *℣.* Kyrie, eléison.
℟. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

℟. Sed líbera nos a malo.
Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



WEDNESDAY SEXT

℣. Deus, in adjutórium meum
inténde.

- ℟. Dómine ad adjuvándum me
festína.
- ℣. Glória Patri, et Fílio, et
Spirítui Sancto.
- ℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God of Truth, O Lord of
might,
Disposing time and change
aright,
Who clothes the splendid
morning ray
And gives the heat at noon
of day:

Extinguish Thou each sinful
fire
And banish every ill desire;
And while Thou keepest the
body whole
Shed forth Thy peace upon
the soul.

Grant this, O Father ever one
With Jesus Christ Thy only
Son
And Holy Ghost, whom all
adore,
Reigning and blest forever-
more.
Amen.

Ant. O thou who art enthroned
in the heavens, * have
mercy on us.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 122

A Song of Ascents.

¹To thee I lift up my eyes,
O thou who art enthroned
in the heavens!

²Behold, as the eyes of ser-
vants
look to the hand of their
master,
as the eyes of a maid

to the hand of her mistress,
so our eyes look to the LORD
our God,
till he have mercy upon us.

³Have mercy upon us, O
LORD, have mercy upon
us,
for we have had more than
enough of contempt.

⁴Too long our soul has been
sated
with the scorn of those who
are at ease,
the contempt of the proud.

Psalms 123

A Song of Ascents. Of David.

¹If it had not been the LORD
who was on our side,
let Israel now say—

²if it had not been the LORD
who was on our side,
when men rose up against
us,

³then they would have swal-

lowed us up alive,
when their anger was
kindled against us;
4 then the flood would have
swept us away,
the torrent would have
gone over us;
5 then over us would have gone
the raging waters.

6 Blessed be the LORD,
who has not given us
as prey to their teeth!

7 We have escaped as a bird
from the snare of the fowl-
ers;
the snare is broken,
and we have escaped!

8 Our help is in the name of
the LORD,
who made heaven and
earth.

Psalm 124

A Song of Ascents.

- ¹Those who trust in the LORD
are like Mount Zion,
which cannot be moved,
but abides for ever.
- ²As the mountains are round
about Jerusalem,
so the LORD is round about
his people,
from this time forth and for
evermore.
- ³For the scepter of wicked-
ness shall not rest
upon the land allotted to
the righteous,
lest the righteous put forth
their hands to do wrong.
- ⁴Do good, O LORD, to those
who are good,
and to those who are
upright in their hearts!
- ⁵But those who turn aside
upon their crooked ways
the LORD will lead away
with evildoers!
Peace be in Israel!

Ant. O thou who art enthroned

in the heavens, have
mercy on us.

Eastertide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

℞. Sed líbera nos a malo.
Amen.

The Angelus

ANGELUS Dómini nun-
tiávit Mariæ.

℞. Et concépit de Spíritu

Sancto.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ECCE ancílla Dómini.

℟. Fiat mihi secúndum
verbum tuum.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ET Verbum caro factum
est.

R. Et habitávit in nobis.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

R. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

V. Ora pro nobis, Sancta Dei
Génitrix.

R. Ut digni efficiámur promissiónibus Christi.

Orémus.

Grátiam tuam, quæsumus,
Dómine, méntibus nostris
infúnde: ut qui, Ángelo
nuntíante, Christi Fílii tui
Incarnatiónem cognóvimus,
per passióem ejus et
crucem, ad resurrectiόνis
glóriam perducámur. Per

eúmdem Christum Dóminum
nostrum. Amen.

GLÓRIA Patri, et Fílio, * et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, * et in
sæcula sæculórum. Amen.

(recited 3 times)

During Easter:

Regína Cæli

℣. Queen of heaven, rejoice,
alleluia!

℟. for he whom you were
worthy to bear, alleluia!

℣. has risen as he said, alle-
luia!

℟. Pray for us to God, alleluia!

℣. Rejoice and be glad, O
Virgin Mary, alleluia!

℟. For the Lord has truly
risen, alleluia.

Let us pray.

O God, who through the res-

urrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

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

℟. As it was in the beginning, is now, and ever shall be, * world without end. Amen.

(recited 3 times)

Actus Spei

DÓMINE Deus, spero per grátiam tuam remissionem ómnium peccatórum, et post hanc vitam ætérnam felicitátem me esse consecutúrum: quia tu promísisti, qui es infinite potens,

fidélis, benígnus, et miséri-
cors. In hac spe vívere et mori
státuo. Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



WEDNESDAY NONE

℣. Deus, in adjutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God, creation's secret force,
Thy self unmoved, yet
motion's source,
Who from the morn till eve-
ning's ray
Through every change dost
guide the day:

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

Grant this, O Father ever one
With Jesus Christ Thy only
Son
And Holy Ghost, whom all
adore,
Reigning and blest forever-
more.

Amen.

Ant. Blessed is every one * who
fears the LORD.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 125

A Song of Ascents.

¹When the LORD restored the
fortunes of Zion,
we were like those who
dream.

²Then our mouth was filled
with laughter,
and our tongue with
shouts of joy;
then they said among the
nations,
"The LORD has done great
things for them."

³The LORD has done great
things for us;
we are glad.

⁴Restore our fortunes, O
LORD,

like the watercourses in the
Negeb!

⁵May those who sow in tears
reap with shouts of joy!

⁶He that goes forth weeping,
bearing the seed for sowing,
shall come home with shouts
of joy,
bringing his sheaves with
him.

Psalms 126

A Song of Ascents. Of Solomon.

¹Unless the LORD builds the
house,
those who build it labor in
vain.

Unless the LORD watches over
the city,
the watchman stays awake
in vain.

²It is in vain that you rise up
early
and go late to rest,
eating the bread of anxious
toil;

for he gives to his beloved
sleep.

³Lo, sons are a heritage from
the LORD,
the fruit of the womb a
reward.

⁴Like arrows in the hand of a
warrior
are the sons of one's youth.

⁵Happy is the man who has
his quiver full of them!
He shall not be put to shame
when he speaks with his
enemies in the gate.

Psalms 127

A Song of Ascents.

¹Blessed is every one who
fears the LORD,
who walks in his ways!

²You shall eat the fruit of the
labor of your hands;
you shall be happy, and it
shall be well with you.

³Your wife will be like a fruitful vine
within your house;
your children will be like olive shoots
around your table.

⁴Lo, thus shall the man be blessed
who fears the LORD.

⁵The LORD bless you from Zion!

May you see the prosperity of Jerusalem
all the days of your life!

⁶May you see your children's children!

Peace be upon Israel!

Ant. Blessed is every one who fears the LORD.

Eastertide:

Ant. Allelúia, allelúia, allelúia, allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléison.
℣. Christe, eléison. ℞. Christe, eléison.
℣. Kyrie, eléison. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

℞. Sed líbera nos a malo.
Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℞. Et cum frátribus nostris
abséntibus. Amen.



WEDNESDAY VESPERS

- ℣. Deus, in adiutórium meum
inténde.
- ℟. Dómine ad adjuvándum me
festína.
- ℣. Glória Patri, et Fílio, et
Spirítui Sancto.
- ℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God, Whose hand hath
spread the sky
And all its shining hosts on
high,
And painting it with fiery light
Made it so beauteous and
so bright:

Thou, when the fourth day
was begun,
Didst frame the circle of the
sun,
And set the moon for ordered
change

And planets for their wider
range.

Enlighten Thou the hearts of
men,
Polluted souls make pure
again,
Unloose the bands of guilt
within,
Remove the burden of our
sin.

Hear Thou our prayer,
Almighty King!
Hear Thou our praises
whilst we sing,
Adoring with the heavenly
host
The Father, Son and Holy
Ghost.

Amen.

Ant. Whatever the LORD
pleases * he does.

Eastertide (for four Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalm 134

¹Praise the LORD.

Praise the name of the LORD,
give praise, O servants of
the LORD,

²you that stand in the house
of the LORD,
in the courts of the house
of our God!

³Praise the LORD, for the LORD
is good;
sing to his name, for he is
gracious!

⁴For the LORD has chosen
Jacob for himself,
Israel as his own posses-
sion.

⁵For I know that the LORD is
great,
and that our Lord is above
all gods.

⁶Whatever the LORD pleases
he does,
in heaven and on earth,
in the seas and all deeps.

⁷He it is who makes the
clouds rise at the end of
the earth,
who makes lightnings for
the rain
and brings forth the wind
from his storehouses.

⁸He it was who smote the
first-born of Egypt,
both of man and of beast;
⁹who in thy midst, O Egypt,
sent signs and wonders
against Pharaoh and all his
servants;

¹⁰who smote many nations
and slew mighty kings,

¹¹Sihon, king of the Amorites,
and Og, king of Bashan,
and all the kingdoms of
Canaan,

¹²and gave their land as a
heritage,
a heritage to his people
Israel.

13 Thy name, O LORD, endures
for ever,
thy renown, O LORD,
throughout all ages.

14 For the LORD will vindicate
his people,
and have compassion on
his servants.

15 The idols of the nations are
silver and gold,
the work of men's hands.

16 They have mouths, but they
speak not,
they have eyes, but they
see not,

17 they have ears, but they
hear not,
nor is there any breath in
their mouths.

18 Like them be those who
make them!—
yea, every one who trusts
in them!

19 O house of Israel, bless the

LORD!

O house of Aaron, bless the
LORD!

²⁰O house of Levi, bless the
LORD!

You that fear the LORD,
bless the LORD!

²¹Blessed be the LORD from
Zion,
he who dwells in Jerusa-
lem!

Praise the LORD!

Ant. Whatever the LORD
pleases he does.

Ant. For his steadfast love *
endures for ever.

Psalm 135

¹O give thanks to the LORD,
for he is good,
for his steadfast love
endures for ever.

²O give thanks to the God of
gods,
for his steadfast love

endures for ever.

³O give thanks to the Lord of
lords,
for his steadfast love
endures for ever;

⁴to him who alone does great
wonders,
for his steadfast love
endures for ever;

⁵to him who by understand-
ing made the heavens,
for his steadfast love
endures for ever;

⁶to him who spread out the
earth upon the waters,
for his steadfast love
endures for ever;

⁷to him who made the great
lights,
for his steadfast love
endures for ever;

⁸the sun to rule over the day,
for his steadfast love
endures for ever;

⁹the moon and stars to rule
over the night,

for his steadfast love
endures for ever;

¹⁰to him who smote the first-
born of Egypt,
for his steadfast love
endures for ever;

¹¹and brought Israel out from
among them,
for his steadfast love
endures for ever;

¹²with a strong hand and an
outstretched arm,
for his steadfast love
endures for ever;

¹³to him who divided the Red
Sea in sunder,
for his steadfast love
endures for ever;

¹⁴and made Israel pass
through the midst of it,
for his steadfast love
endures for ever;

¹⁵but overthrew Pharaoh and
his host in the Red Sea,
for his steadfast love
endures for ever;

- 16to him who led his people
through the wilderness,
for his steadfast love
endures for ever;
- 17to him who smote great
kings,
for his steadfast love
endures for ever;
- 18and slew famous kings,
for his steadfast love
endures for ever;
- 19Sihon, king of the Amorites,
for his steadfast love
endures for ever;
- 20and Og, king of Bashan,
for his steadfast love
endures for ever;
- 21and gave their land as a
heritage,
for his steadfast love
endures for ever;
- 22a heritage to Israel his ser-
vant,
for his steadfast love
endures for ever.

²³It is he who remembered us
in our low estate,
for his steadfast love
endures for ever;

²⁴and rescued us from our
foes,
for his steadfast love
endures for ever;

²⁵he who gives food to all flesh,
for his steadfast love
endures for ever.

²⁶O give thanks to the God of
heaven,
for his steadfast love
endures for ever.

Ant. For his steadfast love
endures for ever.

Ant. Sing us * one of the songs
of Zion!

Psalm 136

¹By the waters of Babylon,
there we sat down and
wept,

- when we remembered Zion.
- ²On the willows there
we hung up our lyres.
- ³For there our captors
required of us songs,
and our tormentors, mirth,
saying,
"Sing us one of the songs
of Zion!"
- ⁴How shall we sing the LORD's
song
in a foreign land?
- ⁵If I forget you, O Jerusalem,
let my right hand wither!
- ⁶Let my tongue cleave to the
roof of my mouth,
if I do not remember you,
if I do not set Jerusalem
above my highest joy!
- ⁷Remember, O LORD, against
the E'domites
the day of Jerusalem,
how they said, "Raze it, raze
it!
Down to its foundations!"

⁸O daughter of Babylon, you
devastator!

Happy shall he be who
requites you
with what you have done to
us!

⁹Happy shall he be who takes
your little ones
and dashes them against
the rock!

Ant. Sing us one of the songs
of Zion!

Ant. Before the gods * I sing
thy praise.

Psalm 137

A Psalm of David.

¹I give thee thanks, O LORD,
with my whole heart;
before the gods I sing thy
praise;

²I bow down toward thy holy
temple
and give thanks to thy
name for thy steadfast

love and thy faithfulness;
for thou hast exalted above
everything

thy name and thy word.

³On the day I called, thou
didst answer me,
my strength of soul thou
didst increase.

⁴All the kings of the earth
shall praise thee, O LORD,
for they have heard the
words of thy mouth;

⁵and they shall sing of the
ways of the LORD,
for great is the glory of the
LORD.

⁶For though the LORD is high,
he regards the lowly;
but the haughty he knows
from afar.

⁷Though I walk in the midst
of trouble,
thou dost preserve my life;
thou dost stretch out thy
hand against the wrath

of my enemies,
and thy right hand delivers
me.

⁸The LORD will fulfil his
purpose for me;
thy steadfast love, O LORD,
endures for ever.
Do not forsake the work of
thy hands.

Ant. Before the gods I sing thy
praise.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

(from the New Testament)

Ant. He has regarded my low
estate, * and he who is
mighty has done great
things for me *(Eastertide:*
allelúia, allelúia).

Luke 1:46-55 ***Canticle of Mary***

Magníficat

ánima mea Dóminum,
Et exsultávit spíritus meus
in Deo, salutári meo.
Quia respéxit humilitátem
ancíllae suæ:
ecce enim ex hoc beátam me
dicent omnes generatiónes.
Quia fecit mihi magna qui
potens est:
et sanctum nomen ejus.
Et misericórdia ejus a progé-
nie in progénies
timéntibus eum.
Fecit poténtiam in bráchio
suo:
dispérsit supérbos mente
cordis sui.
Depósuit poténtes de sede,
et exaltávit húmiles.
Esuriéntes implévit bonis
et dívites dimísit inánes.
Suscépit Israel, púerum
suum,
recordátus misericórdiæ
suæ.
Sicut locútus est ad patres
nostros
Abraham, et sémini ejus in

sæcula.

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. He has regarded my low
estate, and he who is
mighty has done great
things for me (*Eastertide:*
allelúia, allelúia).

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Pater noster, qui es in
cælis, sanctificétur
nomen tuum. Advéniat
regnum tuum. Fiat volúntas
tua, sicut in cælo et in terra.
Panem nostrum quotidiánum
da nobis hódie.

℞. Et dimítte nobis débíta
nostra, sicut et nos dimítti-

mus debitóribus nostris. Et ne nos indúcas in tentatiónem. Sed líbera nos a malo. Amen.

Concluding Prayers

(Collect from the Missal)

℣. Divínium auxílium máneat semper nobíscum.

℟. Et cum frátribus nostris abséntibus. Amen.



COMPLINE

Go to page 166 for Compline.



THURSDAY MATINS

The following is recited three times:

℣. Dómine, † lábia mea
apéries. ℞. Et os meum
annuntiábit laudem
tuam.

Psalm 3

*A Psalm of David, when he fled from
Absalom his son.*

¹O LORD, how many are my
foes!

Many are rising against me;

²many are saying of me,
there is no help for him in
God. *[Selah]*

³But thou, O LORD, art a
shield about me,
my glory, and the lifter of
my head.

⁴I cry aloud to the LORD,
and he answers me from
his holy hill. *[Selah]*

⁵I lie down and sleep;

I wake again, for the LORD
sustains me.

⁶I am not afraid of ten thou-
sands of people
who have set themselves
against me round about.

⁷Arise, O LORD!

Deliver me, O my God!
For thou dost smite all my
enemies on the cheek,
thou dost break the teeth
of the wicked.

⁸Deliverance belongs to the
LORD;
thy blessing be upon thy
people! [*Selah*]

Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípío, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Invitatory (*Antiphon from the Proper
of Seasons*)

Ordinary Time:

Ant. It is the Lord that made us; * O come, let us worship Him. *(Repeat antiphon)*

Eastertide:

Ant. Allelúia, allelúia, *
allelúia. *(Repeat antiphon)*

Psalm 94

¹O come, let us sing to the LORD;

let us make a joyful noise to the rock of our salvation!

²Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

Entire Invitatory is repeated.

³For the LORD is a great God, and a great King above all gods.

⁴In his hand are the depths of the earth;
the heights of the moun-

tains are his also.

*Latter half of the Invitatory * is repeated.*

⁵The sea is his, for he made it;

for his hands formed the dry land.

At these words, all genuflect:

⁶O COME, LET US WORSHIP AND BOW DOWN,

LET US KNEEL BEFORE THE LORD, OUR MAKER!

⁷For he is our God,
and we are the people of his pasture,
and the sheep of his hand.

Entire Invitatory is repeated.

O that today you would hearken to his voice!

⁸Harden not your hearts,
as at Mer'ibah,
as on the day at Massah in the wilderness,

⁹when your fathers tested me,
and put me to the proof,
though they had seen my work.

*Latter half of the Invitatory * is repeated.*

¹⁰For forty years I loathed
that generation
and said, "They are a
people who err in heart,
and they do not regard my
ways."

¹¹Therefore I swore in my
anger
that they should not enter my
rest.

Entire Invitatory is repeated.

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípío, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

*Latter half of the Invitatory * is
repeated, and then the Entire
Invitatory.*

Hymn

All tender lights, all hues
divine

The night hast swept away;
Shine on us, Lord, and we
shall shine

Bright in an inward way.

Redeemer! send Thy piercing
rays,
That we may bear to be
Set in the light of Thy pure
gaze
And yet rejoice in Thee.

Most holy Father, hear our
cry
Through Jesus Christ, our
Lord most High,
Who with the Holy Ghost and
Thee
Shall live and reign eter-
nally.

Amen.

Ant. Thou hast redeemed to be
* the tribe of thy heritage!

Eastertide (for six Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalm 73

A Maskil of Asaph.

- ¹O God, why dost thou cast
us off for ever?
Why does thy anger smoke
against the sheep of thy
pasture?
- ²Remember thy congregation,
which thou hast gotten
of old,
which thou hast redeemed
to be the tribe of thy
heritage!
Remember Mount Zion,
where thou hast dwelt.
- ³Direct thy steps to the per-
petual ruins;
the enemy has destroyed
everything in the sanctu-
ary!
- ⁴Thy foes have roared in the
midst of thy holy place;
they set up their own signs
for signs.
- ⁵At the upper entrance they
hacked
the wooden trellis with
axes.

⁶And then all its carved wood
they broke down with
hatchets and hammers.

⁷They set thy sanctuary on
fire;
to the ground they dese-
crated the dwelling place
of thy name.

⁸They said to themselves, "We
will utterly subdue
them";
they burned all the meeting
places of God in the land.

⁹We do not see our signs;
there is no longer any
prophet,
and there is none among
us who knows how long.

¹⁰How long, O God, is the foe
to scoff?
Is the enemy to revile thy
name for ever?

¹¹Why dost thou hold back
thy hand,
why dost thou keep thy
right hand in thy bosom?

- 12 Yet God my King is from of
old,
working salvation in the
midst of the earth.
- 13 Thou didst divide the sea by
thy might;
thou didst break the heads
of the dragons on the
waters.
- 14 Thou didst crush the heads
of Leviathan,
thou didst give him as food
for the creatures of the
wilderness.
- 15 Thou didst cleave open
springs and brooks;
thou didst dry up ever
flowing streams.
- 16 Thine is the day, thine also
the night;
thou hast established the
luminaries and the sun.
- 17 Thou hast fixed all the
bounds of the earth;
thou hast made summer
and winter.

- ¹⁸Remember this, O LORD,
how the enemy scoffs,
and an impious people
reviles thy name.
- ¹⁹Do not deliver the soul of
thy dove to the wild
beasts;
do not forget the life of thy
poor for ever.
- ²⁰Have regard for thy cove-
nant;
for the dark places of the
land are full of the habi-
tations of violence.
- ²¹Let not the downtrodden be
put to shame;
let the poor and needy
praise thy name.
- ²²Arise, O God, plead thy
cause; remember
how the impious scoff at
thee all the day!
- ²³Do not forget the clamor of
thy foes,
the uproar of thy adversar-

ies which goes up continually!

Psalm 74

To the choirmaster: according to Do Not Destroy. A Psalm of Asaph. A Song.

¹We give thanks to thee, O
God; we give thanks;
we call on thy name and
recount thy wondrous
deeds.

²At the set time which I
appoint
I will judge with equity.

³When the earth totters, and
all its inhabitants,
it is I who keep steady its
pillars. [*Selah*]

⁴I say to the boastful, "Do not
boast,"
and to the wicked, "Do not
lift up your horn;

⁵do not lift up your horn on
high,

or speak with insolent
neck."

⁶For not from the east or from
the west
and not from the wilder-
ness comes lifting up;

⁷but it is God who executes
judgment,
putting down one and
lifting up another.

⁸For in the hand of the LORD
there is a cup,
with foaming wine, well
mixed;
and he will pour a draught
from it,
and all the wicked of the
earth
shall drain it down to the
dregs.

⁹But I will rejoice for ever,
I will sing praises to the
God of Jacob.

¹⁰All the horns of the wicked
he will cut off,

but the horns of the righteous shall be exalted.

Ant. Thou hast redeemed to be the tribe of thy heritage!

Ant. Thou art the God * who workest wonders.

Psalm 76

To the choirmaster: according to Jeduthun. A Psalm of Asaph.

¹I cry aloud to God,
aloud to God, that he may
hear me.

²In the day of my trouble I
seek the Lord;
in the night my hand is
stretched out without
wearying;
my soul refuses to be com-
forted.

³I think of God, and I moan;
I meditate, and my spirit
faints. [*Selah*]

⁴Thou dost hold my eyelids

from closing;

I am so troubled that I
cannot speak.

⁵I consider the days of old,
I remember the years long
ago.

⁶I commune with my heart in
the night;
I meditate and search my
spirit:

⁷"Will the Lord spurn for ever,
and never again be favor-
able?

⁸Has his steadfast love for
ever ceased?
Are his promises at an end
for all time?

⁹Has God forgotten to be gra-
cious?

Has he in anger shut up
his compassion?" [*Selah*]

¹⁰And I say, "It is my grief
that the right hand of the
Most High has changed."

¹¹I will call to mind the deeds
of the LORD;

yea, I will remember thy
wonders of old.

¹²I will meditate on all thy
work,
and muse on thy mighty
deeds.

¹³Thy way, O God, is holy.
What god is great like our
God?

¹⁴Thou art the God who
workest wonders,
who hast manifested thy
might among the peo-
ples.

¹⁵Thou didst with thy arm
redeem thy people,
the sons of Jacob and
Joseph. [*Selah*]

¹⁶When the waters saw thee,
O God,
when the waters saw thee,
they were afraid,
yea, the deep trembled.

¹⁷The clouds poured out
water;
the skies gave forth thun-

der;
thy arrows flashed on every
side.

18The crash of thy thunder
was in the whirlwind;
thy lightnings lighted up
the world; the earth
trembled and shook.

19Thy way was through the
sea,
thy path through the great
waters;
yet thy footprints were
unseen.

20Thou didst lead thy people
like a flock
by the hand of Moses and
Aaron.

Ant. Thou art the God who
workest wonders.

Ant. Incline your ears * to the
words of my mouth.

Psalm 77A

A Maskil of Asaph.

- ¹Give ear, O my people, to my
teaching;
incline your ears to the
words of my mouth!
- ²I will open my mouth in a
parable;
I will utter dark sayings
from of old,
³things that we have heard
and known,
that our fathers have told
us.
- ⁴We will not hide them from
their children,
but tell to the coming gen-
eration
the glorious deeds of the
LORD, and his might,
and the wonders which he
has wrought.
- ⁵He established a testimony
in Jacob,
and appointed a law in
Israel,
which he commanded our
fathers

to teach to their children;
6that the next generation
might know them,
the children yet unborn,
and arise and tell them to
their children,
7so that they should set
their hope in God,
and not forget the works of
God,
but keep his command-
ments;
8and that they should not be
like their fathers,
a stubborn and rebellious
generation,
a generation whose heart was
not steadfast,
whose spirit was not faith-
ful to God.

9The E'phraimites, armed
with the bow,
turned back on the day of
battle.

10They did not keep God's
covenant,

but refused to walk according to his law.

11 They forgot what he had done,
and the miracles that he had shown them.

12 In the sight of their fathers he wrought marvels in the land of Egypt, in the fields of Zo'an.

13 He divided the sea and let them pass through it, and made the waters stand like a heap.

14 In the daytime he led them with a cloud, and all the night with a fiery light.

15 He cleft rocks in the wilderness, and gave them drink abundantly as from the deep.

16 He made streams come out of the rock, and caused waters to flow down like rivers.

17 Yet they sinned still more
against him,
rebellling against the Most
High in the desert.

18 They tested God in their
heart
by demanding the food
they craved.

19 They spoke against God,
saying,
"Can God spread a table in
the wilderness?"

20 He smote the rock so that
water gushed out
and streams overflowed.

Can he also give bread,
or provide meat for his peo-
ple?"

21 Therefore, when the LORD
heard, he was full of
wrath;
a fire was kindled against
Jacob,
his anger mounted against
Israel;

22 because they had no faith

in God,
and did not trust his saving
power.

²³Yet he commanded the
skies above,
and opened the doors of
heaven;

²⁴and he rained down upon
them manna to eat,
and gave them the grain of
heaven.

²⁵Man ate of the bread of the
angels;
he sent them food in abun-
dance.

²⁶He caused the east wind to
blow in the heavens,
and by his power he led out
the south wind;

²⁷he rained flesh upon them
like dust,
winged birds like the sand
of the seas;

²⁸he let them fall in the midst
of their camp,
all around their habita-
tions.

29And they ate and were well
filled,
for he gave them what they
craved.
30But before they had sated
their craving,
while the food was still in
their mouths,
31the anger of God rose
against them
and he slew the strongest
of them,
and laid low the picked
men of Israel.

Psalm 77B

32In spite of all this they still
sinned;
despite his wonders they
did not believe.
33So he made their days
vanish like a breath,
and their years in terror.
34When he slew them, they
sought for him;
they repented and sought

God earnestly.

³⁵They remembered that God
was their rock,
the Most High God their
redeemer.

³⁶But they flattered him with
their mouths;
they lied to him with their
tongues.

³⁷Their heart was not stead-
fast toward him;
they were not true to his
covenant.

³⁸Yet he, being compassion-
ate,
forgave their iniquity,
and did not destroy them;
he restrained his anger often,
and did not stir up all his
wrath.

³⁹He remembered that they
were but flesh,
a wind that passes and
comes not again.

⁴⁰How often they rebelled
against him in the wil-
derness

and grieved him in the
desert!

41 They tested him again and
again,
and provoked the Holy One
of Israel.

42 They did not keep in mind
his power,
or the day when he
redeemed them from the
foe;

43 when he wrought his signs
in Egypt,
and his miracles in the
fields of Zo'an.

44 He turned their rivers to
blood,
so that they could not
drink of their streams.

45 He sent among them
swarms of flies, which
devoured them,
and frogs, which destroyed
them.

46 He gave their crops to the
caterpillar,
and the fruit of their labor

to the locust.

47He destroyed their vines
with hail,
and their sycamores with
frost.

48He gave over their cattle to
the hail,
and their flocks to thun-
derbolts.

49He let loose on them his
fierce anger,
wrath, indignation, and
distress,
a company of destroying
angels.

50He made a path for his
anger;
he did not spare them from
death,
but gave their lives over to
the plague.

51He smote all the first-born
in Egypt,
the first issue of their
strength in the tents of
Ham.

52Then he led forth his people

like sheep,
and guided them in the
wilderness like a flock.

53He led them in safety, so
that they were not afraid;
but the sea overwhelmed
their enemies.

54And he brought them to his
holy land,
to the mountain which his
right hand had won.

55He drove out nations before
them;
he apportioned them for a
possession
and settled the tribes of
Israel in their tents.

56Yet they tested and rebelled
against the Most High
God,
and did not observe his
testimonies,

57but turned away and acted
treacherously like their
fathers;
they twisted like a deceitful

bow.

⁵⁸For they provoked him to
anger with their high
places;

they moved him to jealousy
with their graven images.

⁵⁹When God heard, he was
full of wrath,
and he utterly rejected
Israel.

⁶⁰He forsook his dwelling at
Shiloh,
the tent where he dwelt
among men,

⁶¹and delivered his power to
captivity,
his glory to the hand of the
foe.

⁶²He gave his people over to
the sword,
and vented his wrath on
his heritage.

⁶³Fire devoured their young
men,
and their maidens had no
marriage song.

⁶⁴Their priests fell by the

sword,
and their widows made no
lamentation.

65 Then the Lord awoke as
from sleep,
like a strong man shouting
because of wine.

66 And he put his adversaries
to rout;
he put them to everlasting
shame.

67 He rejected the tent of
Joseph,
he did not choose the tribe
of E'phraim;

68 but he chose the tribe of
Judah,
Mount Zion, which he
loves.

69 He built his sanctuary like
the high heavens,
like the earth, which he
has founded for ever.

70 He chose David his servant,
and took him from the
sheepfolds;

⁷¹from tending the ewes that
had young he brought
him
to be the shepherd of Jacob
his people,
of Israel his inheritance.

⁷²With upright heart he
tended them,
and guided them with
skilful hand.

Ant. Incline your ears to the
words of my mouth.

Ant. Forgive our sins, * O Lord.

Psalm 78

A Psalm of Asaph.

¹O God, the heathen have
come into thy inheri-
tance;
they have defiled thy holy
temple;
they have laid Jerusalem
in ruins.

²They have given the bodies
of thy servants

to the birds of the air for
food,
the flesh of thy saints to
the beasts of the earth.

³They have poured out their
blood like water
round about Jerusalem,
and there was none to bury
them.

⁴We have become a taunt to
our neighbors,
mocked and derided by
those round about us.

⁵How long, O LORD? Wilt thou
be angry for ever?
Will thy jealous wrath burn
like fire?

⁶Pour out thy anger on the
nations
that do not know thee,
and on the kingdoms
that do not call on thy
name!

⁷For they have devoured
Jacob,
and laid waste his habita-

tion.

⁸Do not remember against us
the iniquities of our fore-
fathers;

let thy compassion come
speedily to meet us,
for we are brought very low.

⁹Help us, O God of our salva-
tion,

for the glory of thy name;
deliver us, and forgive our
sins,

for thy name's sake!

¹⁰Why should the nations say,
"Where is their God?"

Let the avenging of the out-
poured blood of thy ser-
vants

be known among the
nations before our eyes!

¹¹Let the groans of the prison-
ers come before thee;

according to thy great
power preserve those
doomed to die!

¹²Return sevenfold into the
bosom of our neighbors
the taunts with which they
have taunted thee, O
Lord!

¹³Then we thy people, the
flock of thy pasture,
will give thanks to thee for
ever;
from generation to genera-
tion we will recount thy
praise.

Ant. Forgive our sins, O Lord.

Easter tide:

Ant. Allelúia, allelúia, allelúia.

Reading

(from the Old Testament)

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. Allelúia, * allelúia, allelúia.

Lent:

Ant. Sing aloud * to God our strength.

Psalm 79

*To the choirmaster: according to Lilies.
A Testimony of Asaph. A Psalm.*

¹Give ear, O Shepherd of
Israel,
thou who leadest Joseph
like a flock!

Thou who art enthroned
upon the cherubim,
shine forth

²before E'phraim and Ben-
jamin and Manas'seh!
Stir up thy might,
and come to save us!

³Restore us, O God;
let thy face shine, that we
may be saved!

⁴O LORD God of hosts,
how long wilt thou be angry
with thy people's
prayers?

⁵Thou hast fed them with the
bread of tears,
and given them tears to
drink in full measure.

⁶Thou dost make us the scorn
of our neighbors;
and our enemies laugh
among themselves.

⁷Restore us, O God of hosts;
let thy face shine, that we
may be saved!

⁸Thou didst bring a vine out
of Egypt;
thou didst drive out the
nations and plant it.

⁹Thou didst clear the ground
for it;
it took deep root and filled
the land.

¹⁰The mountains were
covered with its shade,
the mighty cedars with its
branches;

¹¹it sent out its branches to
the sea,

and its shoots to the River.

¹²Why then hast thou broken
down its walls,
so that all who pass along
the way pluck its fruit?

¹³The boar from the forest
ravages it,
and all that move in the
field feed on it.

¹⁴Turn again, O God of hosts!
Look down from heaven,
and see;

have regard for this vine,
¹⁵the stock which thy right
hand planted.

¹⁶They have burned it with
fire, they have cut it
down;
may they perish at the
rebuke of thy counte-
nance!

¹⁷But let thy hand be upon
the man of thy right
hand,
the son of man whom thou
hast made strong for

thyself!

¹⁸Then we will never turn
back from thee;
give us life, and we will call
on thy name!

¹⁹Restore us, O LORD God of
hosts!
let thy face shine, that we
may be saved!

Psalm 80

*To the choirmaster: according to The
Gittith. A Psalm of Asaph.*

¹Sing aloud to God our
strength;
shout for joy to the God of
Jacob!

²Raise a song, sound the tim-
brel,
the sweet lyre with the
harp.

³Blow the trumpet at the new
moon,
at the full moon, on our
feast day.

⁴For it is a statute for Israel,
an ordinance of the God of
Jacob.

⁵He made it a decree in
Joseph,
when he went out over the
land of Egypt.

I hear a voice I had not known:

⁶"I relieved your shoulder of
the burden;
your hands were freed from
the basket.

⁷In distress you called, and I
delivered you;

I answered you in the
secret place of thunder;

I tested you at the waters
of Mer'ibah. [*Selah*]

⁸Hear, O my people, while I
admonish you!

O Israel, if you would but
listen to me!

⁹There shall be no strange
god among you;

you shall not bow down to
a foreign god.

¹⁰I am the LORD your God,
who brought you up out of
the land of Egypt.
Open your mouth wide,
and I will fill it.

¹¹"But my people did not
listen to my voice;
Israel would have none of
me.

¹²So I gave them over to their
stubborn hearts,
to follow their own coun-
sels.

¹³O that my people would
listen to me,
that Israel would walk in
my ways!

¹⁴I would soon subdue their
enemies,
and turn my hand against
their foes.

¹⁵Those who hate the LORD
would cringe toward him,
and their fate would last for
ever.

¹⁶I would feed you with the

finest of the wheat,
and with honey from the
rock I would satisfy you."

Lent:

Ant. Sing aloud to God our
strength.

Ant. Thou alone * art the Most
High over all the earth.

Psalm 81

A Psalm of Asaph.

¹God has taken his place in
the divine council;
in the midst of the gods he
holds judgment:

²"How long will you judge
unjustly
and show partiality to the
wicked? [*Selah*]

³Give justice to the weak and
the fatherless;
maintain the right of the
afflicted and the desti-
tute.

⁴Rescue the weak and the
needy;
deliver them from the hand
of the wicked."

⁵They have neither knowledge
nor understanding,
they walk about in dark-
ness;
all the foundations of the
earth are shaken.

⁶I say, "You are gods,
sons of the Most High, all
of you;

⁷nevertheless, you shall die
like men,
and fall like any prince."

⁸Arise, O God, judge the earth;
for to thee belong all the
nations!

Psalm 82

A Song. A Psalm of Asaph.

¹O God, do not keep silence;

Thursday Matins

615

do not hold thy peace or be
still, O God!

²For lo, thy enemies are in
tumult;
those who hate thee have
raised their heads.

³They lay crafty plans against
thy people;
they consult together
against thy protected
ones.

⁴They say, "Come, let us wipe
them out as a nation;
let the name of Israel be
remembered no more!"

⁵Yea, they conspire with one
accord;
against thee they make a
covenant—

⁶the tents of Edom and the
Ish'maelites,
Moab and the Hagrites,

⁷Gebal and Ammon and
Am'alek,
Philistia with the inhabit-
ants of Tyre;

⁸Assyria also has joined them;

they are the strong arm of
the children of Lot.
[Selah]

⁹Do to them as thou didst to
Mid'ian,
as to Sis'era and Jabin at
the river Kishon,

¹⁰who were destroyed at En-
dor,
who became dung for the
ground.

¹¹Make their nobles like Oreb
and Zeeb,
all their princes like Zebah
and Zalmun'na,

¹²who said, "Let us take pos-
session for ourselves
of the pastures of God."

¹³O my God, make them like
whirling dust,
like chaff before the wind.

¹⁴As fire consumes the forest,
as the flame sets the moun-
tains ablaze,

¹⁵so do thou pursue them

with thy tempest
and terrify them with thy
hurricane!

¹⁶Fill their faces with shame,
that they may seek thy
name, O LORD.

¹⁷Let them be put to shame
and dismayed for ever;
let them perish in disgrace.

¹⁸Let them know that thou
alone,
whose name is the LORD,
art the Most High over all
the earth.

Lent:

Ant. Thou alone art the Most
High over all the earth.

Ant. LORD, * thou wast favor-
able to thy land.

Psalm 83

*To the choirmaster: according to The
Gittith. A Psalm of the Sons of Korah.*

¹How lovely is thy dwelling
place,
O LORD of hosts!

²My soul longs, yea, faints
for the courts of the LORD;
my heart and flesh sing for
joy
to the living God.

³Even the sparrow finds a
home,
and the swallow a nest for
herself,
where she may lay her
young,
at thy altars, O LORD of hosts,
my King and my God.

⁴Blessed are those who dwell
in thy house,
ever singing thy praise!
[Selah]

⁵Blessed are the men whose
strength is in thee,
in whose heart are the
highways to Zion.

⁶As they go through the valley
of Baca
they make it a place of
springs;

the early rain also covers it
with pools.

⁷They go from strength to
strength;
the God of gods will be seen
in Zion.

⁸O LORD God of hosts, hear
my prayer;
give ear, O God of Jacob!
[Selah]

⁹Behold our shield, O God;
look upon the face of thine
anointed!

¹⁰For a day in thy courts is
better
than a thousand elsewhere.
I would rather be a door-
keeper in the house of
my God
than dwell in the tents of
wickedness.

¹¹For the LORD God is a sun
and shield;
he bestows favor and
honor.

No good thing does the LORD
withhold
from those who walk
uprightly.

¹²O LORD of hosts,
blessed is the man who
trusts in thee!

Psalm 84

*To the choirmaster. A Psalm of the Sons
of Korah.*

¹LORD, thou wast favorable to
thy land;
thou didst restore the for-
tunes of Jacob.

²Thou didst forgive the iniq-
uity of thy people;
thou didst pardon all their
sin. *[Selah]*

³Thou didst withdraw all thy
wrath;
thou didst turn from thy
hot anger.

⁴Restore us again, O God of

our salvation,
and put away thy indigna-
tion toward us!

⁵Wilt thou be angry with us
for ever?

Wilt thou prolong thy anger
to all generations?

⁶Wilt thou not revive us again,
that thy people may rejoice
in thee?

⁷Show us thy steadfast love,
O LORD,
and grant us thy salvation.

⁸Let me hear what God the
LORD will speak,
for he will speak peace to
his people,
to his saints, to those who
turn to him in their
hearts.

⁹Surely his salvation is at
hand for those who fear
him,
that glory may dwell in our
land.

- ¹⁰Steadfast love and faithfulness will meet;
righteousness and peace
will kiss each other.
- ¹¹Faithfulness will spring up
from the ground,
and righteousness will look
down from the sky.
- ¹²Yea, the LORD will give what
is good,
and our land will yield its
increase.
- ¹³Righteousness will go before
him,
and make his footsteps a
way.

Ant. Allelúia, allelúia, allelúia.
Lent:

Ant. LORD, thou wast favorable
to thy land.

Reading

(from the Gospel)

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.

Christe, eléison. *℣*. Kyrie, eléison.
℟. Kyrie, eléison.

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tatiónem.

℟. Sed líbera nos a malo.
Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



THURSDAY LAUDS

Psalm 66

*To the choirmaster: with stringed
instruments. A Psalm. A Song.*

¹May God be gracious to us

and bless us
and make his face to shine
upon us, *[Selah]*

²that thy way may be known
upon earth,
thy saving power among all
nations.

³Let the peoples praise thee,
O God;
let all the peoples praise
thee!

⁴Let the nations be glad and
sing for joy,
for thou dost judge the
peoples with equity
and guide the nations upon
earth. *[Selah]*

⁵Let the peoples praise thee,
O God;
let all the peoples praise
thee!

⁶The earth has yielded its
increase;

God, our God, has blessed
us.

⁷God has blessed us;
let all the ends of the earth
fear him!

Ant. Against thee, thee only,
have I sinned, * O Lord,
have mercy on me.

Eastertide (for three Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalm 50

*To the choirmaster. A Psalm of David,
when Nathan the prophet came to him,
after he had gone in to Bathsheba.*

¹Have mercy on me, O God,
according to thy steadfast
love;
according to thy abundant
mercy blot out my trans-
gressions.

²Wash me thoroughly from
my iniquity,
and cleanse me from my
sin!

³For I know my transgressions,
and my sin is ever before me.

⁴Against thee, thee only, have I sinned,
and done that which is evil in thy sight,
so that thou art justified in thy sentence
and blameless in thy judgment.

⁵Behold, I was brought forth in iniquity,
and in sin did my mother conceive me.

⁶Behold, thou desirest truth in the inward being;
therefore teach me wisdom in my secret heart.

⁷Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.

⁸Fill me with joy and gladness;

let the bones which thou
hast broken rejoice.

⁹Hide thy face from my sins,
and blot out all my iniqui-
ties.

¹⁰Create in me a clean heart,
O God,
and put a new and right
spirit within me.

¹¹Cast me not away from thy
presence,
and take not thy holy Spirit
from me.

¹²Restore to me the joy of thy
salvation,
and uphold me with a
willing spirit.

¹³Then I will teach transgres-
sors thy ways,
and sinners will return to
thee.

¹⁴Deliver me from blood-guilt-
iness, O God,
thou God of my salvation,
and my tongue will sing

aloud of thy deliverance.

¹⁵O Lord, open thou my lips,
and my mouth shall show
forth thy praise.

¹⁶For thou hast no delight in
sacrifice;
were I to give a burnt offer-
ing, thou wouldst not be
pleased.

¹⁷The sacrifice acceptable to
God is a broken spirit;
a broken and contrite
heart, O God, thou wilt
not despise.

¹⁸Do good to Zion in thy good
pleasure;
rebuild the walls of Jerusa-
lem,

¹⁹then wilt thou delight in
right sacrifices,
in burnt offerings and
whole burnt offerings;
then bulls will be offered on
thy altar.

Ant. Against thee, thee only,
have I sinned, O Lord,
have mercy on me.

Ant. Let my prayer * come
before thee.

Psalm 87

*A Song. A Psalm of the Sons of Korah.
To the choirmaster: according to Maha-
lath Leannoth. A Maskil of Heman the
Ezrahite.*

¹O LORD, my God, I call for
help by day;
I cry out in the night before
thee.

²Let my prayer come before
thee,
incline thy ear to my cry!

³For my soul is full of troubles,
and my life draws near to
Sheol.

⁴I am reckoned among those
who go down to the Pit;
I am a man who has no
strength,

5like one forsaken among the
dead,
like the slain that lie in the
grave,
like those whom thou dost
remember no more,
for they are cut off from thy
hand.

6Thou hast put me in the
depths of the Pit,
in the regions dark and
deep.

7Thy wrath lies heavy upon
me,
and thou dost overwhelm
me with all thy waves.
[Selah]

8Thou hast caused my com-
panions to shun me;
thou hast made me a thing
of horror to them.

I am shut in so that I cannot
escape;

9my eye grows dim through
sorrow.

Every day I call upon thee, O

LORD;

I spread out my hands to thee.

¹⁰Dost thou work wonders for the dead?

Do the shades rise up to praise thee? [*Selah*]

¹¹Is thy steadfast love declared in the grave, or thy faithfulness in Abádon?

¹²Are thy wonders known in the darkness, or thy saving help in the land of forgetfulness?

¹³But I, O LORD, cry to thee; in the morning my prayer comes before thee.

¹⁴O LORD, why dost thou cast me off?

Why dost thou hide thy face from me?

¹⁵Afflicted and close to death from my youth up, I suffer thy terrors; I am helpless.

16 Thy wrath has swept over
me;
thy dread assaults destroy
me.

17 They surround me like a
flood all day long;
they close in upon me
together.

18 Thou hast caused lover and
friend to shun me;
my companions are in
darkness.

Ant. Let my prayer come before
thee.

Ant. LORD, * thou hast been
our dwelling place.

Psalm 89

A Prayer of Moses, the man of God.

1 LORD, thou hast been our
dwelling place
in all generations.

2 Before the mountains were
brought forth,

or ever thou hadst formed
the earth and the world,
from everlasting to ever-
lasting thou art God.

³Thou turnest man back to
the dust,
and sayest, "Turn back, O
children of men!"

⁴For a thousand years in thy
sight
are but as yesterday when
it is past,
or as a watch in the night.

⁵Thou dost sweep men away;
they are like a dream,
like grass which is renewed
in the morning:

⁶in the morning it flourishes
and is renewed;
in the evening it fades and
withers.

⁷For we are consumed by thy
anger;
by thy wrath we are over-

whelmed.

⁸Thou hast set our iniquities
before thee,
our secret sins in the light
of thy countenance.

⁹For all our days pass away
under thy wrath,
our years come to an end
like a sigh.

¹⁰The years of our life are
threescore and ten,
or even by reason of
strength fourscore;
yet their span is but toil and
trouble;
they are soon gone, and we
fly away.

¹¹Who considers the power of
thy anger,
and thy wrath according to
the fear of thee?

¹²So teach us to number our
days
that we may get a heart of
wisdom.

- ¹³Return, O LORD! How long?
Have pity on thy servants!
- ¹⁴Satisfy us in the morning
with thy steadfast love,
that we may rejoice and be
glad all our days.
- ¹⁵Make us glad as many days
as thou hast afflicted us,
and as many years as we
have seen evil.
- ¹⁶Let thy work be manifest to
thy servants,
and thy glorious power to
their children.
- ¹⁷Let the favor of the Lord our
God be upon us,
and establish thou the
work of our hands upon
us,
yea, the work of our hands
establish thou it.

Ant. LORD, thou hast been our
dwelling place.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Ant. The Lord will judge * the
ends of the earth (*Easter-*
tide: allelúia).

Exodus 15:1–19
Canticle of Moses

- ¹“I will sing to the Lord, for he
has triumphed glori-
ously;
the horse and his rider he
has thrown into the sea.
²The Lord is my strength and
my song,
and he has become my
salvation;
this is my God, and I will
praise him,
my father’s God, and I will
exalt him.
³The Lord is a man of war;
the Lord is his name.
⁴“Pharaoh’s chariots and his
host he cast into the sea;
and his picked officers are

sunk in the Red Sea.

⁵The floods cover them;
they went down into the
depths like a stone.

⁶Thy right hand, O Lord,
glorious in power,
thy right hand, O Lord,
shatters the enemy.

⁷In the greatness of thy
majesty thou overthrow-
est thy adversaries;
thou sendest forth thy fury,
it consumes them like
stubble.

⁸At the blast of thy nostrils
the waters piled up,
the floods stood up in a
heap;
the deeps congealed in the
heart of the sea.

⁹The enemy said, 'I will
pursue, I will overtake,
I will divide the spoil, my
desire shall have its fill
of them.

I will draw my sword, my
hand shall destroy them.'

10Thou didst blow with thy
wind, the sea covered
them;
they sank as lead in the
mighty waters.

11“Who is like thee, O Lord,
among the gods?
Who is like thee, majestic
in holiness,
terrible in glorious deeds,
doing wonders?

12Thou didst stretch out thy
right hand,
the earth swallowed them.

13“Thou hast led in thy stead-
fast love the people
whom thou hast
redeemed,
thou hast guided them by
thy strength to thy holy
abode.

14The peoples have heard,
they tremble;
pangs have seized on the
inhabitants of Philistia.

15 Now are the chiefs of Edom
dismayed;
the leaders of Moab, trem-
bling seizes them;
all the inhabitants of
Canaan have melted
away.

16 Terror and dread fall upon
them;
because of the greatness of
thy arm, they are as still
as a stone,
till thy people, O Lord, pass
by,
till the people pass by
whom thou hast pur-
chased.

17 Thou wilt bring them in,
and plant them on thy
own mountain,
the place, O Lord, which
thou hast made for thy
abode,
the sanctuary, O Lord,
which thy hands have
established.

18 The Lord will reign for ever

and ever.”

19For when the horses of
Pharaoh with his chari-
ots and his horsemen
went into the sea,
the Lord brought back the
waters of the sea upon
them; but the people of
Israel walked on dry
ground in the midst of
the sea.

Ant. The Lord will judge the
ends of the earth (*Easter-
tide: allelúia*).

***On Feastdays**

Ant. I will turn their mourning
into joy, * and I will
comfort them, says the
Lord (*Eastertide: allelúia*).

Jeremiah 31:10–14 **Canticle of Jeremiah**

¹⁰“Hear the word of the Lord,
O nations,
and declare it in the coast-
lands afar off;
say, ‘He who scattered Israel
will gather him,
and will keep him as a
shepherd keeps his
flock.’

¹¹For the Lord has ransomed
Jacob,
and has redeemed him
from hands too strong
for him.

¹²They shall come and sing
aloud on the height of
Zion,
and they shall be radiant
over the goodness of the
Lord,
over the grain, the wine, and
the oil,
and over the young of the
flock and the herd;
their life shall be like a
watered garden,
and they shall languish no

more.

¹³Then shall the maidens
rejoice in the dance,
and the young men and the
old shall be merry.

I will turn their mourning into
joy,

I will comfort them, and
give them gladness for
sorrow.

¹⁴I will feast the soul of the
priests with abundance,
and my people shall be
satisfied with my good-
ness, says the Lord.”

Ant. I will turn their mourning
into joy, and I will
comfort them, says the
Lord (*Eastertide: allelúia*).

Ant. Praise the Lord, * you
highest heavens.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia.

Psalm 148

¹Praise the LORD!

Praise the LORD from the
heavens,
praise him in the heights!

²Praise him, all his angels,
praise him, all his host!

³Praise him, sun and moon,
praise him, all you shining
stars!

⁴Praise him, you highest
heavens,
and you waters above the
heavens!

⁵Let them praise the name of
the LORD!

For he commanded and
they were created.

⁶And he established them for
ever and ever;
he fixed their bounds
which cannot be passed.

⁷Praise the LORD from the

- earth,
you sea monsters and all
deeps,
⁸fire and hail, snow and frost,
stormy wind fulfilling his
command!
- ⁹Mountains and all hills,
fruit trees and all cedars!
- ¹⁰Beasts and all cattle,
creeping things and flying
birds!
- ¹¹Kings of the earth and all
peoples,
princes and all rulers of the
earth!
- ¹²Young men and maidens
together,
old men and children!
- ¹³Let them praise the name of
the LORD,
for his name alone is
exalted;
his glory is above earth and
heaven.

¹⁴He has raised up a horn for
his people,
praise for all his saints,
for the people of Israel who
are near to him.
Praise the LORD!

Psalm 149

¹Praise the LORD!
Sing to the LORD a new
song,
his praise in the assembly
of the faithful!

²Let Israel be glad in his
Maker,
let the sons of Zion rejoice
in their King!

³Let them praise his name
with dancing,
making melody to him with
timbrel and lyre!

⁴For the LORD takes pleasure
in his people;
he adorns the humble with
victory.

⁵Let the faithful exult in glory;
let them sing for joy on
their couches.

⁶Let the high praises of God
be in their throats
and two-edged swords in
their hands,

⁷to wreak vengeance on the
nations
and chastisement on the
peoples,

⁸to bind their kings with
chains
and their nobles with
fetters of iron,

⁹to execute on them the judg-
ment written!
This is glory for all his
faithful ones.

Praise the LORD!

Psalm 150

¹Praise the LORD!
Praise God in his sanctu-
ary;

praise him in his mighty
firmament!

²Praise him for his mighty
deeds;
praise him according to his
exceeding greatness!

³Praise him with trumpet
sound;
praise him with lute and
harp!

⁴Praise him with timbrel and
dance;
praise him with strings and
pipe!

⁵Praise him with sounding
cymbals;
praise him with loud clash-
ing cymbals!

⁶Let everything that breathes
praise the LORD!
Praise the Lord!

Ant. Praise the Lord, you
highest heavens.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

*(from Proverbs, Sirach, Ecclesiasticus,
or Ecclesiastes)*

Hymn

Behold the golden dawn arise,
The paling night forsakes
the skies:

Those shades that hid the
world from view
And us to dangerous error
drew.

May this new day be calmly
passed,
May we keep pure while it
shall last,
Nor let our lips from truth
depart
Nor dark designs engage
the heart.

For God all seeing from on
high
Surveys us with a watchful
eye;

Each day our every act He
knows
From early dawn to eve-
ning's close.

All praise to God the Father
be;
All thanks, eternal Son, to
thee;
All glory, as is ever meet,
To God the Holy Paraclete.
Amen.

℣. Satisfy us in the morning
with thy steadfast love.
℟. That we may rejoice and be
glad all our days.

Ant. In holiness * let us serve
the Lord, and he will
deliver us from our
enemies *(Eastertide:*
allelúia, allelúia).

Luke 1:68–79
Canticle of Zechariah

Benedíctus Dóminus, Deus

Ísrael,
Quia visitávit, et fecit
redemptiόνem plebis
suæ:

Et eréxit cornu salútis nobis
In domo David, púeri sui.
Sicut locútus est per os
sanctórum,
Qui a sǣculo sunt, prophe-
tárum ejus:

Salútem ex inimícis nostris,
Ed de manu ómnium, qui
odérunt nos:

Ad faciéndam misericórdiam
cum pátribus nostris:
Et memorári testaménti sui
sancti.

Jusjurándum, quod jurávit
ad Ábraham, patrem
nostrum,

Datúrum se nobis:

Ut sine timóre, de manu
inimicórum nostrórum
liberáti,
serviámus illi:

In sanctitáte et justítia coram
ipso,
Ómnibus diébus nostris.

Et tu, puer, Prophéta Altís-
simi vocáberis:
Praeíbis enim ante fáciem
Dómini, paráre vias ejus:
Ad dandam sciéntiam salútis
plebi ejus,
In remissiónem pecca-
tórum eórum:
Per víscera misericórdiæ Dei
nostri,
In quibus visitávit nos
óriens ex alto:
Illumináre his, qui in ténebris
et in umbra mortis
sedent,
Ad dirigéndos pedes
nostros in viam pacis.
Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. In holiness let us serve
the Lord, and he will
deliver us from our
enemies *(Eastertide:*

allelúia, allelúia).

(If Prime follows right after Lauds, skip to the Prayer to Our Guardian Angels.)

℣. Kyrie, eléison. ℞. Kyrie, eléison. ℣. Christe, eléison. ℞. Christe, eléison. ℣. Kyrie, eléison. ℞. Kyrie, eléison.

Pater noster, qui es in
cælis, sanctificétur
nomen tuum. Advéniat
regnum tuum. Fiat volúntas
tua, sicut in cælo et in terra.
Panem nostrum quotidiánum
da nobis hódie.

℞. Et dimítte nobis débita
nostra, sicut et nos dimítti-
mus debitóribus nostris. Et
ne nos indúcas in ten-
tatiónem. Sed líbera nos a
malo. Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℞. Et cum frátribus nostris
abséntibus. Amen.

Prayer to Our Guardian Angels

O Pure Spirits whom God has selected to be our guardians, we are so grateful for the zeal with which you execute your commission. We often forget you, our invisible friends, to whom a thousand times we owe our preservation.

O Guardian Angels of these HAPPY INFANTS, who are as yet without spot before God, preserve their innocence and make up for all our INADEQUACIES in caring for them.

O Guardian Angels of ADOLESCENTS, who are exposed to so many temptations and dangers, talk to them, inspire them to holiness and, as you comforted St. Eulalia, encourage them to suffer for Christ's sake.

O Guardian Angels of

THOSE WHO INSTRUCT THE YOUNG, animate them with your zeal and love, that the young may emulate your purity and innocence, you their invisible friends.

O Guardian Angels of SINNERS and LOVERS OF THE WORLD, guide these unhappy mortals whose attraction to the world does embitter you. We implore you for their conversion even if you must strike at them.

O Guardian Angels of SENIORS and ELDERS, bring their prayers in behalf of their charges to God. Present their words, their actions and their intentions to God and purify them of all human imperfections. Obtain for them that spirit of fervor, zeal and sacrifice for the sake of God's kingdom.

O Guardian Angels of
THOSE APPROACHING
THEIR FINAL HOUR,

strengthen, encourage and defend them against the attacks of their infernal enemy.

O Guardian Angel of THIS COMMUNITY, protect us all, teach us to love, to pray and to win in our combat against temptations.

Amen.



THURSDAY PRIME

℣. Deus, in adiutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in

sæcula sæculórum.
Amen.

Hymn

Now that the daylight fills the
sky

We lift our hearts to God on
high,

That He, in all we do or say,
Would keep us free from
harm today:

Would guard our hearts and
tongues from strife;

From anger's din would
hide our life;

From evil sights would turn
our eyes;

Would close our ears to
vanities.

So we, when this new day is
gone

And night in turn is
drawing on,

With conscience by the world
unstained

Shall praise His name for
victory gained.

To God the Father and the
Son
And Holy Spirit, three in
one,
Be endless glory as before
The world began, so ever-
more.
Amen.

Ant. I will sing to the LORD, *
because he has dealt
bountifully with me.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 12

To the choirmaster. A Psalm of David.

¹How long, O LORD? Wilt thou
forget me for ever?
How long wilt thou hide thy
face from me?

²How long must I bear pain

in my soul,
and have sorrow in my
heart all the day?
How long shall my enemy be
exalted over me?

³Consider and answer me, O
LORD my God;
lighten my eyes, lest I sleep
the sleep of death;
⁴lest my enemy say, "I have
prevailed over him";
lest my foes rejoice because
I am shaken.

⁵But I have trusted in thy
steadfast love;
my heart shall rejoice in
thy salvation.

⁶I will sing to the LORD,
because he has dealt boun-
tifully with me.

Glória Patri....

Psalm 13

To the choirmaster. Of David.

Thursday Prime

659

- ¹The fool says in his heart,
"There is no God."
They are corrupt, they do
abominable deeds,
there is none that does
good.
- ²The LORD looks down from
heaven upon the chil-
dren of men,
to see if there are any that
act wisely,
that seek after God.
- ³They have all gone astray,
they are all alike corrupt;
there is none that does
good,
no, not one.
- ⁴Have they no knowledge, all
the evildoers
who eat up my people as
they eat bread,
and do not call upon the
LORD?

⁵There they shall be in great
terror,
for God is with the genera-
tion of the righteous.
⁶You would confound the
plans of the poor,
but the LORD is his refuge.

⁷O that deliverance for Israel
would come out of Zion!
When the LORD restores the
fortunes of his people,
Jacob shall rejoice, Israel
shall be glad.
Glória Patri....

Psalm 14

A Psalm of David.

¹O LORD, who shall sojourn
in thy tent?
Who shall dwell on thy holy
hill?

²He who walks blamelessly,

and does what is right,
and speaks truth from his
heart;

³who does not slander with
his tongue,
and does no evil to his
friend,
nor takes up a reproach
against his neighbor;

⁴in whose eyes a reprobate is
despised,
but who honors those who
fear the LORD;

who swears to his own hurt
and does not change;

⁵who does not put out his
money at interest,
and does not take a bribe
against the innocent.

He who does these things
shall never be moved.

Ant. I will sing to the LORD,
because he has dealt
bountifully with me.

Eastertide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Concluding Prayers

*(Use the following, or the Collect
from the Missal)*

O Lord God Almighty, who
has brought us to the begin-
ning of this day, preserve us
in the same by Thy power, so
that during this day we may
not fall into any sin, but that
all our words, thoughts and
works may be directed to the
doing of Thy righteousness.
Grant this through Christ our
Lord. Amen.

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

R. Sed líbera nos a malo.
Amen.

The Angelus

ANGELUS Dómini nun-
tiávit Mariæ.

R. Et concépit de Spíritu
Sancto.

AVE Mariá, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

R. Sancta Mariá, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ECCE ancílla Dómini.

R. Fiat mihi secúndum
verbum tuum.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ET Verbum caro factum
est.

℟. Et habitávit in nobis.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

℣. Ora pro nobis, Sancta Dei
Génitrix.

℟. Ut digni efficiámur promissiónibus Christi.

Orémus.

Grátiam tuam, quæsumus,
Dómine, méntibus nostris
infúnde: ut qui, Ángelo
nuntíante, Christi Fílii tui
Incarnatiónem cognóvimus,
per passióem ejus et
crucem, ad resurrectiόνis
glóriam perducámur. Per
eúmdem Christum Dóminum
nostrum. Amen.

GLÓRIA Patri, et Fílio, * et
Spirítui Sancto.

℟. Sicut erat in princípio, et
nunc, et semper, * et in
sæcula sæculórum. Amen.

(recited 3 times)

During Easter:

Regína Cæli

℣. Regína cæli lætáre, allelúia.

℟. Quia quem meruísti por-
táre, allelúia.

℣. Resurréxit, sicut dixit,

allelúia.

℟. Ora pro nobis Deum,
allelúia.

℣. Gaude et lætare, Virgo
María, allelúia.

℟. Quia surrexit Dóminus
vere, allelúia.

Orémus.

Deus, qui per resurrectionem
Fílii tui Dómini nostri Iesu
Christi mundum lætificáre
dignátus es, præsta,
quæsumus, ut per eius Gen-
etrícem Vírginem Mariám
perpétuæ capiámus gáudia
vitæ.

Per Christum Dóminum nos-
trum. Amen.

℣. Glória Patri, et Fílio,
et Spirítui Sancto.

℟. Sicut erat in princípio, et
nunc, et semper, et in sæcula
sæculórum. Amen.

(recited 3 times)

Actus Fidei

DÓMINE Deus, firma fide credo et confiteor ómnia et síngula quæ sancta Ecclé-sia Cathólica propónit, quia tu, Deus, ea ómnia revelásti, qui es ætérna véritas et sapiéntia, quæ nec fállere nec falli potest. In hac fide vívere et mori státuo. Amen.

✠. Divínium auxílium máneat semper nobíscum.

✠. Et cum frátribus nostris abséntibus. Amen.



THURSDAY TERCE

✠. Deus, in adjutórium meum inténde.

- ℟. Dómine ad adjuvándum me
festína.
- ℣. Glória Patri, et Fílio, et
Spirítui Sancto.
- ℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

Come, Holy Spirit, in nature
one
With both the Father and
the Son;
Shed forth Thy grace within
our breast
And dwell with us, a ready
guest.

By every power, by heart and
tongue,
By act and deed, Thy praise
be sung:
Inflame with perfect love each
sense
That other souls may
kindle thence.

In this, most gracious Father,
hear
Through Christ Thy equal
Son our prayer,
Who with the Holy Ghost and
Thee
Doth live and reign eternally.
Amen.

Ant. I cry to the LORD, * that he
may answer me.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 119

A Song of Ascents.

¹In my distress I cry to the
LORD,

that he may answer me:

²"Deliver me, O LORD,
from lying lips,
from a deceitful tongue."

- ³What shall be given to you?
And what more shall be
done to you,
you deceitful tongue?
- ⁴A warrior's sharp arrows,
with glowing coals of the
broom tree!
- ⁵Woe is me, that I sojourn in
Meshech,
that I dwell among the
tents of Kedar!
- ⁶Too long have I had my
dwelling
among those who hate
peace.
- ⁷I am for peace;
but when I speak,
they are for war!

Psalms 120

A Song of Ascents.

- ¹I lift up my eyes to the hills.
From whence does my help
come?

²My help comes from the
LORD,
who made heaven and
earth.

³He will not let your foot be
moved,
he who keeps you will not
slumber.

⁴Behold, he who keeps Israel
will neither slumber nor
sleep.

⁵The LORD is your keeper;
the LORD is your shade
on your right hand.

⁶The sun shall not smite you
by day,
nor the moon by night.

⁷The LORD will keep you from
all evil;
he will keep your life.

⁸The LORD will keep
your going out and your
coming in

from this time forth and for
evermore.

Psalm 121

A Song of Ascents. Of David.

- ¹I was glad when they said to
me,
"Let us go to the house of
the LORD!"
- ²Our feet have been standing
within your gates, O Jeru-
salem!
- ³Jerusalem, built as a city
which is bound firmly
together,
- ⁴to which the tribes go up,
the tribes of the LORD,
as was decreed for Israel,
to give thanks to the name
of the LORD.
- ⁵There thrones for judgment
were set,
the thrones of the house of
David.

⁶Pray for the peace of Jerusalem!

"May they prosper who love you!"

⁷Peace be within your walls,
and security within your
towers!"

⁸For my brethren and companions' sake

I will say, "Peace be within
you!"

⁹For the sake of the house of
the LORD our God,
I will seek your good.

Ant. I cry to the LORD, that he
may answer me.

Eastertide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-

son. *R̃.* Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

R̃. Sed líbera nos a malo.
Amen.

Ṽ. Divínium auxílium máneat
semper nobíscum.

R̃. Et cum frátribus nostris
abséntibus. Amen.



THURSDAY SEXT

Ṽ. Deus, in adjutórium meum
inténde.

R̃. Dómine ad adjuvándum me

festína.

✠. Glória Patri, et Fílio, et
Spirítui Sancto.

✠. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God of Truth, O Lord of
might,
Disposing time and change
aright,
Who clothes the splendid
morning ray
And gives the heat at noon
of day:

Extinguish Thou each sinful
fire
And banish every ill desire;
And while Thou keepest the
body whole
Shed forth Thy peace upon
the soul.

Grant this, O Father ever one

With Jesus Christ Thy only
Son
And Holy Ghost, whom all
adore,
Reigning and blest forever-
more.
Amen.

Ant. O thou who art enthroned
in the heavens, * have
mercy on us.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 122

A Song of Ascents.

¹To thee I lift up my eyes,
O thou who art enthroned
in the heavens!

²Behold, as the eyes of ser-
vants
look to the hand of their
master,
as the eyes of a maid
to the hand of her mistress,

so our eyes look to the LORD
our God,
till he have mercy upon us.

³Have mercy upon us, O
LORD, have mercy upon
us,
for we have had more than
enough of contempt.

⁴Too long our soul has been
sated
with the scorn of those who
are at ease,
the contempt of the proud.

Psalm 123

A Song of Ascents. Of David.

¹If it had not been the LORD
who was on our side,
let Israel now say—

²if it had not been the LORD
who was on our side,
when men rose up against
us,

³then they would have swal-
lowed us up alive,

when their anger was
kindled against us;
4then the flood would have
swept us away,
the torrent would have
gone over us;
5then over us would have gone
the raging waters.

6Blessed be the LORD,
who has not given us
as prey to their teeth!
7We have escaped as a bird
from the snare of the fowl-
ers;
the snare is broken,
and we have escaped!

8Our help is in the name of
the LORD,
who made heaven and
earth.

Psalms 124

A Song of Ascents.

1Those who trust in the LORD
Thursday Sext 679

are like Mount Zion,
which cannot be moved,
but abides for ever.

²As the mountains are round
about Jerusalem,
so the LORD is round about
his people,
from this time forth and for
evermore.

³For the scepter of wicked-
ness shall not rest
upon the land allotted to
the righteous,
lest the righteous put forth
their hands to do wrong.

⁴Do good, O LORD, to those
who are good,
and to those who are
upright in their hearts!

⁵But those who turn aside
upon their crooked ways
the LORD will lead away
with evildoers!
Peace be in Israel!

Ant. O thou who art enthroned
in the heavens, have

mercy on us.

Eastertide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

℞. Sed líbera nos a malo.
Amen.

The Angelus

ANGELUS Dómini nun-
tiávit Mariæ.

℞. Et concépit de Spíritu
Sancto.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ECCE ancílla Dómini.

℟. Fiat mihi secúndum
verbum tuum.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ET Verbum caro factum
est.

℟. Et habitávit in nobis.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

℣. Ora pro nobis, Sancta Dei
Génitrix.

℟. Ut digni efficiámur promís-
sionibus Christi.

Orémus.

Grátiam tuam, quæsumus,
Dómine, méntibus nostris
infúnde: ut qui, Ángelo
nuntíante, Christi Fílii tui
Incarnatiónem cognóvimus,
per passiónem ejus et
crucem, ad resurrectiόνis
glóriam perducámur. Per

eúmdem Christum Dóminum
nostrum. Amen.

GLÓRIA Patri, et Fílio, * et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, * et in
sæcula sæculórum. Amen.

(recited 3 times)

During Easter:

Regína Cæli

℣. Queen of heaven, rejoice,
alleluia!

℟. for he whom you were
worthy to bear, alleluia!

℣. has risen as he said, alle-
luia!

℟. Pray for us to God, alleluia!

℣. Rejoice and be glad, O
Virgin Mary, alleluia!

℟. For the Lord has truly
risen, alleluia.

Let us pray.

O God, who through the res-

urrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

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

℟. As it was in the beginning, is now, and ever shall be, * world without end. Amen.

(recited 3 times)

Actus Spei

DÓMINE Deus, spero per grátiam tuam remissionem ómnium peccatórum, et post hanc vitam ætérnam felicitátem me esse consecutúrum: quia tu promísisti, qui es infinite potens,

fidélis, benígnus, et miséri-
cors. In hac spe vívere et mori
státuo. Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



THURSDAY NONE

℣. Deus, in adjutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God, creation's secret force,
Thy self unmoved, yet
motion's source,
Who from the morn till eve-
ning's ray
Through every change dost
guide the day:

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

Grant this, O Father ever one
With Jesus Christ Thy only
Son
And Holy Ghost, whom all
adore,
Reigning and blest forever-
more.

Amen.

Ant. Blessed is every one * who
fears the LORD.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 125

A Song of Ascents.

¹When the LORD restored the
fortunes of Zion,
we were like those who
dream.

²Then our mouth was filled
with laughter,
and our tongue with
shouts of joy;
then they said among the
nations,
"The LORD has done great
things for them."

³The LORD has done great
things for us;
we are glad.

⁴Restore our fortunes, O
LORD,

like the watercourses in the
Negeb!

⁵May those who sow in tears
reap with shouts of joy!

⁶He that goes forth weeping,
bearing the seed for sowing,
shall come home with shouts
of joy,
bringing his sheaves with
him.

Psalm 126

A Song of Ascents. Of Solomon.

¹Unless the LORD builds the
house,
those who build it labor in
vain.

Unless the LORD watches over
the city,
the watchman stays awake
in vain.

²It is in vain that you rise up
early
and go late to rest,
eating the bread of anxious
toil;

for he gives to his beloved
sleep.

³Lo, sons are a heritage from
the LORD,
the fruit of the womb a
reward.

⁴Like arrows in the hand of a
warrior
are the sons of one's youth.

⁵Happy is the man who has
his quiver full of them!
He shall not be put to shame
when he speaks with his
enemies in the gate.

Psalms 127

A Song of Ascents.

¹Blessed is every one who
fears the LORD,
who walks in his ways!

²You shall eat the fruit of the
labor of your hands;
you shall be happy, and it
shall be well with you.

³Your wife will be like a fruit-
ful vine
within your house;
your children will be like olive
shoots
around your table.

⁴Lo, thus shall the man be
blessed
who fears the LORD.

⁵The LORD bless you from
Zion!

May you see the prosperity
of Jerusalem
all the days of your life!

⁶May you see your children's
children!

Peace be upon Israel!

Ant. Blessed is every one who
fears the LORD.

Eastertide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléison.
℣. Christe, eléison. ℞. Christe, eléison.
℣. Kyrie, eléison. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

℞. Sed líbera nos a malo.
Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℞. Et cum frátribus nostris
abséntibus. Amen.



THURSDAY VESPERS

- ℣. Deus, in adiutórium meum
inténde.
- ℟. Dómine ad adjuvándum me
festína.
- ℣. Glória Patri, et Fílio, et
Spirítui Sancto.
- ℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

Almighty God, whose will
supreme
Made ocean's flood with life
to teem,
Part in the firmament to fly
And part in ocean depths
to lie:

Appointing fishes in the sea
And fowls in open air to be,
That each, by origin the same,
Its separate dwelling place
might claim:

Grant that Thy servants, by
the tide
Of Blood and Water puri-
fied,
No guilty fall from Thee may
know
Nor death eternal undergo.

Hear Thou our prayer,
Almighty King!
Hear Thou our praises
whilst we sing,
Adoring with the heavenly
host
The Father, Son and Holy
Ghost.

Amen.

Ant. O LORD, * thou hast
searched me and known
me!

Eastertide (for four Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalm 138A

To the choirmaster. A Psalm of David.

Thursday Vespers

694

- ¹O LORD, thou hast searched
me and known me!
- ²Thou knowest when I sit
down and when I rise up;
thou discernest my
thoughts from afar.
- ³Thou searchest out my path
and my lying down,
and art acquainted with all
my ways.
- ⁴Even before a word is on my
tongue,
lo, O LORD, thou knowest it
altogether.
- ⁵Thou dost beset me behind
and before,
and layest thy hand upon
me.
- ⁶Such knowledge is too won-
derful for me;
it is high, I cannot attain it.
- ⁷Whither shall I go from thy
Spirit?
Or whither shall I flee from
thy presence?

- ⁸If I ascend to heaven, thou
art there!
If I make my bed in Sheol,
thou art there!
- ⁹If I take the wings of the
morning
and dwell in the uttermost
parts of the sea,
¹⁰even there thy hand shall
lead me,
and thy right hand shall
hold me.
- ¹¹If I say, "Let only darkness
cover me,
and the light about me be
night,"
¹²even the darkness is not
dark to thee,
the night is bright as the
day;
for darkness is as light with
thee.
- ¹³For thou didst form my
inward parts,
thou didst knit me together
in my mother's womb.

¹⁴I praise thee, for thou art
fearful and wonderful.
Wonderful are thy works!

Ant. O LORD, thou hast
searched me and known
me!

Ant. How precious to me * are
thy thoughts, O God!

Psalm 138B

Thou knowest me right well;
¹⁵my frame was not hidden
from thee,
when I was being made in
secret,
intricately wrought in the
depths of the earth.

¹⁶Thy eyes beheld my
unformed substance;
in thy book were written,
every one of them,
the days that were formed for
me,
when as yet there was none
of them.

- 17How precious to me are thy
thoughts, O God!
How vast is the sum of
them!
- 18If I would count them, they
are more than the sand.
When I awake, I am still
with thee.
- 19O that thou wouldst slay
the wicked, O God,
and that men of blood
would depart from me,
20men who maliciously defy
thee,
who lift themselves up
against thee for evil!
- 21Do I not hate them that hate
thee, O LORD?
And do I not loathe them
that rise up against thee?
- 22I hate them with perfect
hatred;
I count them my enemies.
- 23Search me, O God, and
know my heart!
Try me and know my

thoughts!

²⁴And see if there be any
wicked way in me,
and lead me in the way
everlasting!

Ant. How precious to me are
thy thoughts, O God!

Ant. Deliver me, O LORD, * from
evil men.

Psalm 139

To the choirmaster. A Psalm of David.

¹Deliver me, O LORD, from evil
men;

preserve me from violent
men,

²who plan evil things in their
heart,

and stir up wars continu-
ally.

³They make their tongue
sharp as a serpent's,

and under their lips is the
poison of vipers. *[Selah]*

⁴Guard me, O LORD, from the
hands of the wicked;
preserve me from violent
men,
who have planned to trip
up my feet.

⁵Arrogant men have hidden a
trap for me,
and with cords they have
spread a net,
by the wayside they have
set snares for me. [*Selah*]

⁶I say to the LORD, Thou art
my God;
give ear to the voice of my
supplications, O LORD!

⁷O LORD, my Lord, my strong
deliverer,
thou hast covered my head
in the day of battle.

⁸Grant not, O LORD, the
desires of the wicked;
do not further his evil plot!
[*Selah*]

⁹Those who surround me lift
Thursday Vespers 700

up their head,
let the mischief of their lips
overwhelm them!

¹⁰Let burning coals fall upon
them!

Let them be cast into pits,
no more to rise!

¹¹Let not the slanderer be
established in the land;
let evil hunt down the
violent man speedily!

¹²I know that the LORD main-
tains the cause of the
afflicted,
and executes justice for the
needy.

¹³Surely the righteous shall
give thanks to thy name;
the upright shall dwell in
thy presence.

Ant. Deliver me, O LORD, from
evil men.

Ant. I call upon thee, O LORD;
* make haste to me!

Psalm 140

A Psalm of David.

- ¹I call upon thee, O LORD;
make haste to me!
Give ear to my voice, when
I call to thee!
- ²Let my prayer be counted as
incense before thee,
and the lifting up of my
hands as an evening sacrifice!
- ³Set a guard over my mouth,
O LORD,
keep watch over the door
of my lips!
- ⁴Incline not my heart to any
evil,
to busy myself with wicked
deeds
in company with men who
work iniquity;
and let me not eat of their
dainties!

⁵Let a good man strike or

rebuke me in kindness,
but let the oil of the wicked
never anoint my head;
for my prayer is continually
against their wicked
deeds.

⁶When they are given over to
those who shall
condemn them,
then they shall learn that
the word of the LORD is
true.

⁷As a rock which one cleaves
and shatters on the land,
so shall their bones be
strewn at the mouth of
Sheol.

⁸But my eyes are toward thee,
O LORD God;
in thee I seek refuge; leave
me not defenseless!

⁹Keep me from the trap which
they have laid for me,
and from the snares of evil-
doers!

¹⁰Let the wicked together fall

into their own nets,
while I escape.

Ant. I call upon thee, O LORD;
make haste to me!

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

(from the New Testament)

Ant. He has shown strength
with his arm, * he has
scattered the proud in
the imagination of their
hearts (*Eastertide:* allelúia,
allelúia).

Luke 1:46-55 ***Canticle of Mary***

Magnificat

ánima mea Dóminum,
Et exsultávit spíritus meus
in Deo, salutári meo.

Quia respéxit humilitátem
ancíllae suæ:

ecce enim ex hoc beátam me

dicent omnes generationes.
Quia fecit mihi magna qui
potens est:

et sanctum nomen ejus.
Et misericórdia ejus a progé-
nie in progénies
timéntibus eum.

Fecit poténtiam in bráchio
suo:

dispérsit supérbos mente
cordis sui.

Depósuit poténtes de sede,
et exaltávit húmiles.

Esuriéntes implévit bonis
et dívites dimísit inánes.

Suscépit Israel, púerum
suum,
recordátus misericórdiæ
suæ.

Sicut locútus est ad patres
nostros

Abraham, et sémini ejus in
sæcula.

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.

Amen.

Ant. He has shown strength with his arm, he has scattered the proud in the imagination of their hearts (*Eastertide: allelúia, allelúia*).

℣. Kyrie, eléison. ℞. Kyrie, eléison. ℣. Christe, eléison. ℞. Christe, eléison. ℣. Kyrie, eléison. ℞. Kyrie, eléison.

Pater noster, qui es in cælis, sanctificétur nomen tuum. Advénia regnum tuum. Fiat volúntas tua, sicut in cælo et in terra. Panem nostrum quotidiánum da nobis hódie.

℞. Et dimítte nobis débíta nostra, sicut et nos dimíttimus debitóribus nostris. Et ne nos indúcas in tentatiónem. Sed líbera nos a malo. Amen.

Concluding Prayers

(Collect from the Missal)

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



COMPLINE

Go to page 166 for Compline.



FRIDAY MATINS

The following is recited three times:

℣. Dómine, † lábia mea
apéries. ℟. Et os meum

annuntiábit laudem
tuam.

Psalm 3

*A Psalm of David, when he fled from
Absalom his son.*

¹O LORD, how many are my
foes!

Many are rising against me;

²many are saying of me,
there is no help for him in
God. *[Selah]*

³But thou, O LORD, art a
shield about me,
my glory, and the lifter of
my head.

⁴I cry aloud to the LORD,
and he answers me from
his holy hill. *[Selah]*

⁵I lie down and sleep;
I wake again, for the LORD
sustains me.

⁶I am not afraid of ten thou-
sands of people

who have set themselves
against me round about.

⁷Arise, O LORD!

Deliver me, O my God!
For thou dost smite all my
enemies on the cheek,
thou dost break the teeth
of the wicked.

⁸Deliverance belongs to the
LORD;
thy blessing be upon thy
people! [*Selah*]

Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Invitatory (*Antiphon from the Proper
of Seasons*)

Ordinary Time:

Ant. Let us worship the Lord,
for * He is our Maker.
(*Repeat antiphon*)

Eastertide:

Ant. Allelúia, allelúia, *
allelúia. *(Repeat antiphon)*

Psalm 94

¹O come, let us sing to the
LORD;

let us make a joyful noise
to the rock of our salva-
tion!

²Let us come into his pres-
ence with thanksgiving;
let us make a joyful noise
to him with songs of
praise!

Entire Invitatory is repeated.

³For the LORD is a great God,
and a great King above all
gods.

⁴In his hand are the depths
of the earth;
the heights of the moun-
tains are his also.

Latter half of the Invitatory * is repeated.

⁵The sea is his, for he made
it;
for his hands formed the
dry land.

At these words, all genuflect:

⁶O COME, LET US WORSHIP AND
BOW DOWN,
LET US KNEEL BEFORE THE
LORD, OUR MAKER!

⁷For he is our God,
and we are the people of his
pasture,
and the sheep of his hand.

Entire Invitatory is repeated.

O that today you would
hearken to his voice!

⁸Harden not your hearts,
as at Mer'ibah,
as on the day at Massah in
the wilderness,

⁹when your fathers tested me,
and put me to the proof,
though they had seen my
work.

*Latter half of the Invitatory * is repeated.*

¹⁰For forty years I loathed
that generation
and said, "They are a
people who err in heart,
and they do not regard my

ways."

¹¹Therefore I swore in my
anger
that they should not enter my
rest.

Entire Invitatory is repeated.

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

*Latter half of the Invitatory * is
repeated, and then the Entire
Invitatory.*

Hymn

May the dread Three in One
who sways

All with His sovereign might
Accept from us this hymn of
praise,
His watchers in the night.

For in the night, when all is
still

We spurn our bed and rise,

To find the balm for ghostly
ill
His bounteous hand sup-
plies.

Most holy Father, hear our
cry
Through Jesus Christ, our
Lord most High,
Who with the Holy Ghost and
Thee
Shall live and reign eter-
nally.
Amen.

Ant. Incline thy ear, O LORD, *
and answer me.

Eastertide (for six Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalm 85

A Prayer of David.

¹Incline thy ear, O LORD, and
answer me,
for I am poor and needy.

²Preserve my life, for I am
godly;
save thy servant who trusts
in thee.

Thou art my God; ³be gra-
cious to me, O Lord,
for to thee do I cry all the
day.

⁴Gladden the soul of thy ser-
vant,
for to thee, O Lord, do I lift
up my soul.

⁵For thou, O Lord, art good
and forgiving,
abounding in steadfast love
to all who call on thee.

⁶Give ear, O LORD, to my
prayer;
hearken to my cry of sup-
plication.

⁷In the day of my trouble I call
on thee,
for thou dost answer me.

⁸There is none like thee
among the gods, O Lord,

nor are there any works
like thine.

⁹All the nations thou hast
made shall come
and bow down before thee,
O Lord,
and shall glorify thy name.

¹⁰For thou art great and doest
wondrous things,
thou alone art God.

¹¹Teach me thy way, O LORD,
that I may walk in thy truth;
unite my heart to fear thy
name.

¹²I give thanks to thee, O Lord
my God, with my whole
heart,
and I will glorify thy name
for ever.

¹³For great is thy steadfast
love toward me;
thou hast delivered my
soul from the depths of
Sheol.

¹⁴O God, insolent men have
risen up against me;

a band of ruthless men
seek my life,
and they do not set thee
before them.

¹⁵But thou, O Lord, art a God
merciful and gracious,
slow to anger and abound-
ing in steadfast love and
faithfulness.

¹⁶Turn to me and take pity on
me;
give thy strength to thy
servant,
and save the son of thy
handmaid.

¹⁷Show me a sign of thy favor,
that those who hate me
may see and be put to
shame
because thou, LORD, hast
helped me and comforted
me.

Psalm 86

A Psalm of the Sons of Korah. A Song.

¹On the holy mount stands

the city he founded;
2the LORD loves the gates of
Zion
more than all the dwelling
places of Jacob.

3Glorious things are spoken
of you,
O city of God. *[Selah]*

4Among those who know me
I mention Rahab and
Babylon;
behold, Philistia and Tyre,
with Ethiopia—
"This one was born there,"
they say.

5And of Zion it shall be said,
"This one and that one
were born in her";
for the Most High himself
will establish her.

6The LORD records as he reg-
isters the peoples,
"This one was born there."
[Selah]

7Singers and dancers alike

say,
"All my springs are in you."

Ant. Incline thy ear, O LORD,
and answer me.

Ant. Blessed be * the LORD for
ever!

Psalm 88A

A Maskil of Ethan the Ezrahite.

¹I will sing of thy steadfast
love,
O LORD, for ever;
with my mouth I will pro-
claim thy faithfulness to
all generations.

²For thy steadfast love was
established for ever,
thy faithfulness is firm as
the heavens.

³Thou hast said, "I have made
a covenant with my
chosen one,
I have sworn to David my
servant:

⁴I will establish your descen-

dants for ever,
and build your throne for
all generations.'" [Selah]

⁵Let the heavens praise thy
wonders, O LORD,
thy faithfulness in the
assembly of the holy
ones!

⁶For who in the skies can be
compared to the LORD?
Who among the heavenly
beings is like the LORD,

^{7a}God feared in the council
of the holy ones,
great and terrible above all
that are round about
him?

⁸O LORD God of hosts,
who is mighty as thou art,
O LORD,
with thy faithfulness round
about thee?

⁹Thou dost rule the raging of
the sea;
when its waves rise, thou
stillest them.

- ¹⁰Thou didst crush Rahab
like a carcass,
thou didst scatter thy
enemies with thy mighty
arm.
- ¹¹The heavens are thine, the
earth also is thine;
the world and all that is in
it, thou hast founded
them.
- ¹²The north and the south,
thou hast created them;
Tabor and Hermon joy-
ously praise thy name.
- ¹³Thou hast a mighty arm;
strong is thy hand, high
thy right hand.
- ¹⁴Righteousness and justice
are the foundation of thy
throne;
steadfast love and faithful-
ness go before thee.
- ¹⁵Blessed are the people who
know the festal shout,
who walk, O LORD, in the
light of thy countenance,

- ¹⁶who exult in thy name all
the day,
and extol thy righteousness.
- ¹⁷For thou art the glory of
their strength;
by thy favor our horn is
exalted.
- ¹⁸For our shield belongs to
the LORD,
our king to the Holy One of
Israel.

Psalms 88B

- ¹⁹Of old thou didst speak in
a vision
to thy faithful one, and say:
"I have set the crown upon
one who is mighty,
I have exalted one chosen
from the people.
- ²⁰I have found David, my ser-
vant;
with my holy oil I have
anointed him;

- 21so that my hand shall ever
abide with him,
my arm also shall
strengthen him.
- 22The enemy shall not outwit
him,
the wicked shall not
humble him.
- 23I will crush his foes before
him
and strike down those who
hate him.
- 24My faithfulness and my
steadfast love shall be
with him,
and in my name shall his
horn be exalted.
- 25I will set his hand on the sea
and his right hand on the
rivers.
- 26He shall cry to me, 'Thou art
my Father,
my God, and the Rock of
my salvation.'
- 27And I will make him the
first-born,

the highest of the kings of
the earth.

28My steadfast love I will keep
for him for ever,
and my covenant will stand
firm for him.

29I will establish his line for
ever
and his throne as the days
of the heavens.

30If his children forsake my
law
and do not walk according
to my ordinances,

31if they violate my statutes
and do not keep my com-
mandments,

32then I will punish their
transgression with the
rod
and their iniquity with
scourges;

33but I will not remove from
him my steadfast love,
or be false to my faithful-
ness.

34I will not violate my cove-

nant,
or alter the word that went
forth from my lips.

35 Once for all I have sworn by
my holiness;
I will not lie to David.

36 His line shall endure for
ever,
his throne as long as the
sun before me.

37 Like the moon it shall be
established for ever;
it shall stand firm while the
skies endure." [Selah]

38 But now thou hast cast off
and rejected,
thou art full of wrath
against thy anointed.

39 Thou hast renounced the
covenant with thy ser-
vant;
thou hast defiled his crown
in the dust.

40 Thou hast breached all his
walls;
thou hast laid his strong-

holds in ruins.

⁴¹All that pass by despoil him;
he has become the scorn of
his neighbors.

⁴²Thou hast exalted the right
hand of his foes;
thou hast made all his
enemies rejoice.

⁴³Yea, thou hast turned back
the edge of his sword,
and thou hast not made
him stand in battle.

⁴⁴Thou hast removed the
scepter from his hand,
and cast his throne to the
ground.

⁴⁵Thou hast cut short the
days of his youth;
thou hast covered him with
shame. [*Selah*]

⁴⁶How long, O LORD? Wilt
thou hide thyself for
ever?

How long will thy wrath
burn like fire?

⁴⁷Remember, O Lord, what

the measure of life is,
for what vanity thou hast
created all the sons of
men!

48 What man can live and
never see death?

Who can deliver his soul
from the power of Sheol?
[Selah]

49 Lord, where is thy steadfast
love of old,
which by thy faithfulness
thou didst swear to
David?

50 Remember, O Lord, how thy
servant is scorned;
how I bear in my bosom the
insults of the peoples,

51 with which thy enemies
taunt, O LORD,
with which they mock the
footsteps of thy anointed.

52 Blessed be the LORD for
ever! Amen and Amen.

Ant. Blessed be the LORD for ever!

Ant. Rise up, * O judge of the earth.

Psalm 92

¹The LORD reigns; he is robed in majesty;

the LORD is robed, he is girded with strength.

Yea, the world is established; it shall never be moved;

²thy throne is established from of old;

thou art from everlasting.

³The floods have lifted up, O LORD,

the floods have lifted up their voice,

the floods lift up their roaring.

⁴Mightier than the thunders of many waters,

mightier than the waves of the sea,

the LORD on high is mighty!

⁵Thy decrees are very sure;
holiness befits thy house,
O LORD, for evermore.

Psalm 93

¹O LORD, thou God of vengeance,
thou God of vengeance,
shine forth!

²Rise up, O judge of the earth;
render to the proud their
deserts!

³O LORD, how long shall the
wicked,
how long shall the wicked
exult?

⁴They pour out their arrogant
words,
they boast, all the evildoers.

⁵They crush thy people, O
LORD,
and afflict thy heritage.

⁶They slay the widow and the
sojourner,
and murder the fatherless;
⁷and they say, "The LORD
does not see;
the God of Jacob does not
perceive."

⁸Understand, O dullest of the
people!
Fools, when will you be
wise?

⁹He who planted the ear, does
he not hear?
He who formed the eye,
does he not see?

¹⁰He who chastens the
nations, does he not
chastise?

He who teaches men knowl-
edge,

¹¹the LORD, knows the
thoughts of man,
that they are but a breath.

¹²Blessed is the man whom

thou dost chasten, O
LORD,

and whom thou dost teach
out of thy law

¹³to give him respite from
days of trouble,
until a pit is dug for the
wicked.

¹⁴For the LORD will not
forsake his people;
he will not abandon his
heritage;

¹⁵for justice will return to the
righteous,
and all the upright in heart
will follow it.

¹⁶Who rises up for me against
the wicked?

Who stands up for me
against evildoers?

¹⁷If the LORD had not been my
help,

my soul would soon have
dwelt in the land of
silence.

¹⁸When I thought, "My foot

slips,"
thy steadfast love, O LORD,
held me up.

19 When the cares of my heart
are many,
thy consolations cheer my
soul.

20 Can wicked rulers be allied
with thee,
who frame mischief by
statute?

21 They band together against
the life of the righteous,
and condemn the innocent
to death.

22 But the LORD has become
my stronghold,
and my God the rock of my
refuge.

23 He will bring back on them
their iniquity
and wipe them out for their
wickedness;
the LORD our God will wipe
them out.

Ant. Rise up, O judge of the

earth.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

(from the Old Testament)

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. Allelúia, * allelúia, allelúia.
Lent:

Ant. Sing to the LORD, * bless
his name.

Psalm 95

¹O sing to the LORD a new
song;
sing to the LORD, all the
earth!

²Sing to the LORD, bless his
name;
tell of his salvation from

day to day.

³Declare his glory among the
nations,
his marvelous works
among all the peoples!

⁴For great is the LORD, and
greatly to be praised;
he is to be feared above all
gods.

⁵For all the gods of the
peoples are idols;
but the LORD made the
heavens.

⁶Honor and majesty are
before him;
strength and beauty are in
his sanctuary.

⁷Ascribe to the LORD, O fami-
lies of the peoples,
ascribe to the LORD glory
and strength!

⁸Ascribe to the LORD the glory
due his name;
bring an offering, and come
into his courts!

⁹Worship the LORD in holy

array;
tremble before him, all the
earth!

¹⁰Say among the nations,
"The LORD reigns!

Yea, the world is estab-
lished, it shall never be
moved;

he will judge the peoples
with equity."

¹¹Let the heavens be glad,
and let the earth rejoice;
let the sea roar, and all that
fills it;

¹²let the field exult, and
everything in it!

Then shall all the trees of the
wood sing for joy

¹³before the LORD, for he
comes,

for he comes to judge the
earth.

He will judge the world with
righteousness,

and the peoples with his
truth.

Psalm 96

¹The LORD reigns; let the
earth rejoice;
let the many coastlands be
glad!

²Clouds and thick darkness
are round about him;
righteousness and justice
are the foundation of his
throne.

³Fire goes before him,
and burns up his adversar-
ies round about.

⁴His lightnings lighten the
world;
the earth sees and trem-
bles.

⁵The mountains melt like wax
before the LORD,
before the Lord of all the
earth.

⁶The heavens proclaim his
righteousness;
and all the peoples behold

his glory.

⁷All worshipers of images are
put to shame,
who make their boast in
worthless idols;
all gods bow down before
him.

⁸Zion hears and is glad,
and the daughters of
Judah rejoice,
because of thy judgments,
O God.

⁹For thou, O LORD, art most
high over all the earth;
thou art exalted far above
all gods.

¹⁰The LORD loves those who
hate evil;
he preserves the lives of his
saints;
he delivers them from the
hand of the wicked.

¹¹Light dawns for the righ-
teous,
and joy for the upright in
heart.

¹²Rejoice in the LORD, O you
righteous,
and give thanks to his holy
name!

Lent:

Ant. Sing to the LORD, bless his
name.

Ant. For he has done * marvel-
ous things!

Psalm 97

A Psalm.

¹O sing to the LORD a new
song,
for he has done marvelous
things!

His right hand and his holy
arm

have gotten him victory.

²The LORD has made known
his victory,

he has revealed his vindi-
cation in the sight of the
nations.

³He has remembered his

steadfast love and faith-
fulness
to the house of Israel.
All the ends of the earth have
seen
the victory of our God.

⁴Make a joyful noise to the
LORD, all the earth;
break forth into joyous
song and sing praises!

⁵Sing praises to the LORD with
the lyre,
with the lyre and the sound
of melody!

⁶With trumpets and the
sound of the horn
make a joyful noise before
the King, the LORD!

⁷Let the sea roar, and all that
fills it;
the world and those who
dwell in it!

⁸Let the floods clap their
hands;
let the hills sing for joy

together
9before the LORD, for he comes
to judge the earth.
He will judge the world with
righteousness,
and the peoples with
equity.

Psalm 98

1The LORD reigns; let the
peoples tremble!

He sits enthroned upon the
cherubim; let the earth
quake!

2The LORD is great in Zion;
he is exalted over all the
peoples.

3Let them praise thy great
and terrible name!
Holy is he!

4Mighty King, lover of justice,
thou hast established
equity;

thou hast executed justice
and righteousness in

Jacob.

⁵Extol the LORD our God;
worship at his footstool!
Holy is he!

⁶Moses and Aaron were
among his priests,
Samuel also was among
those who called on his
name.

They cried to the LORD, and
he answered them.

⁷He spoke to them in the
pillar of cloud;
they kept his testimonies,
and the statutes that he
gave them.

⁸O LORD our God, thou didst
answer them;
thou wast a forgiving God
to them,
but an avenger of their
wrongdoings.

⁹Extol the LORD our God,
and worship at his holy
mountain;

for the LORD our God is
holy!

Lent:

Ant. For he has done marvelous things!

Ant. Shout with joy * to the LORD, all the lands!

Psalm 99

A Psalm for the thank offering.

¹Make a joyful noise to the LORD, all the lands!

²Serve the LORD with gladness!

Come into his presence with singing!

³Know that the LORD is God!
It is he that made us, and we are his;
we are his people, and the sheep of his pasture.

⁴Enter his gates with thanksgiving,

and his courts with praise!
Give thanks to him, bless
his name!

⁵For the LORD is good;
his steadfast love endures
for ever,
and his faithfulness to all
generations.

Psalm 100

A Psalm of David.

¹I will sing of loyalty and of
justice;
to thee, O LORD, I will sing.

²I will give heed to the way
that is blameless.

Oh when wilt thou come to
me?

I will walk with integrity of
heart
within my house;

³I will not set before my eyes
anything that is base.

- I hate the work of those who
fall away;
it shall not cleave to me.
- ⁴Perverseness of heart shall
be far from me;
I will know nothing of evil.
- ⁵Him who slanders his neighbor secretly
I will destroy.
The man of haughty looks
and arrogant heart
I will not endure.
- ⁶I will look with favor on the
faithful in the land,
that they may dwell with
me;
he who walks in the way that
is blameless
shall minister to me.
- ⁷No man who practices deceit
shall dwell in my house;
no man who utters lies
shall continue in my presence.

⁸Morning by morning I will
destroy
all the wicked in the land,
cutting off all the evildoers
from the city of the LORD.

Ant. Allelúia, allelúia, allelúia.

Lent:

Ant. Shout with joy to the
LORD, all the lands!

Reading

(from the Gospel)

✠. Kyrie, eléison. ✠. Kyrie, eléi-
son. ✠. Christe, eléison. ✠.
Christe, eléison. ✠. Kyrie, eléi-
son. ✠. Kyrie, eléison.

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

✠. Sed líbera nos a malo.
Amen.

✠. Divínium auxílium máneat
semper nobíscum.

℟. Et cum fratribus nostris
absentibus. Amen.



FRIDAY LAUDS

Psalm 66

To the choirmaster: with stringed instruments. A Psalm. A Song.

¹May God be gracious to us
and bless us
and make his face to shine
upon us, [Selah]

²that thy way may be known
upon earth,
thy saving power among all
nations.

³Let the peoples praise thee,
O God;
let all the peoples praise

thee!

⁴Let the nations be glad and
sing for joy,
for thou dost judge the
peoples with equity
and guide the nations upon
earth. [*Selah*]

⁵Let the peoples praise thee,
O God;
let all the peoples praise
thee!

⁶The earth has yielded its
increase;
God, our God, has blessed
us.

⁷God has blessed us;
let all the ends of the earth
fear him!

Ant. With a perfect spirit, *
strengthen my heart, O
God.

Eastertide (for three Psalms):

Ant. Allelúia, * allelúia,

allelúia.

Psalm 50

To the choirmaster. A Psalm of David, when Nathan the prophet came to him, after he had gone in to Bathsheba.

¹Have mercy on me, O God,
according to thy steadfast
love;
according to thy abundant
mercy blot out my trans-
gressions.

²Wash me thoroughly from
my iniquity,
and cleanse me from my
sin!

³For I know my transgres-
sions,
and my sin is ever before
me.

⁴Against thee, thee only, have
I sinned,
and done that which is evil
in thy sight,
so that thou art justified in

thy sentence
and blameless in thy judgment.

⁵Behold, I was brought forth
in iniquity,
and in sin did my mother
conceive me.

⁶Behold, thou desirest truth
in the inward being;
therefore teach me wisdom
in my secret heart.

⁷Purge me with hyssop, and
I shall be clean;
wash me, and I shall be
whiter than snow.

⁸Fill me with joy and gladness;
let the bones which thou
hast broken rejoice.

⁹Hide thy face from my sins,
and blot out all my iniqui-
ties.

¹⁰Create in me a clean heart,
O God,
and put a new and right
spirit within me.

¹¹Cast me not away from thy
presence,
and take not thy holy Spirit
from me.

¹²Restore to me the joy of thy
salvation,
and uphold me with a
willing spirit.

¹³Then I will teach transgres-
sors thy ways,
and sinners will return to
thee.

¹⁴Deliver me from blood-guilt-
iness, O God,
thou God of my salvation,
and my tongue will sing
aloud of thy deliverance.

¹⁵O Lord, open thou my lips,
and my mouth shall show
forth thy praise.

¹⁶For thou hast no delight in
sacrifice;
were I to give a burnt offer-
ing, thou wouldst not be
pleased.

17The sacrifice acceptable to
God is a broken spirit;
a broken and contrite
heart, O God, thou wilt
not despise.

18Do good to Zion in thy good
pleasure;
rebuild the walls of Jerusa-
lem,

19then wilt thou delight in
right sacrifices,
in burnt offerings and
whole burnt offerings;
then bulls will be offered on
thy altar.

Ant. With a perfect spirit,
strengthen my heart, O
God.

Ant. His name is great * in
Israel.

Psalm 75

*To the choirmaster: with stringed
instruments. A Psalm of Asaph. A Song.*

¹In Judah God is known,
his name is great in Israel.

²His abode has been established in Salem,
his dwelling place in Zion.

³There he broke the flashing
arrows,
the shield, the sword, and
the weapons of war.
[Selah]

⁴Glorious art thou, more
majestic
than the everlasting mountains.

⁵The stouthearted were
stripped of their spoil;
they sank into sleep;
all the men of war
were unable to use their
hands.

⁶At thy rebuke, O God of
Jacob,
both rider and horse lay
stunned.

- ⁷But thou, terrible art thou!
Who can stand before thee
when once thy anger is
roused?
- ⁸From the heavens thou didst
utter judgment;
the earth feared and was
still,
- ⁹when God arose to establish
judgment
to save all the oppressed of
the earth. [*Selah*]
- ¹⁰Surely the wrath of men
shall praise thee;
the residue of wrath thou
wilt gird upon thee.
- ¹¹Make your vows to the LORD
your God, and perform
them;
let all around him bring
gifts
to him who is to be feared,
- ¹²who cuts off the spirit of
princes,
who is terrible to the kings
of the earth.

Ant. His name is great in Israel.

Ant. It is good * to give thanks
to the LORD.

Psalm 91

A Psalm. A Song for the Sabbath.

¹It is good to give thanks to
the LORD,

to sing praises to thy name,
O Most High;

²to declare thy steadfast love
in the morning,
and thy faithfulness by
night,

³to the music of the lute and
the harp,
to the melody of the lyre.

⁴For thou, O LORD, hast made
me glad by thy work;
at the works of thy hands
I sing for joy.

⁵How great are thy works, O
LORD!

Thy thoughts are very deep!

⁶The dull man cannot know,
the stupid cannot under-
stand this:

⁷that, though the wicked
sprout like grass
and all evildoers flourish,
they are doomed to destruc-
tion for ever,

⁸but thou, O LORD, art on
high for ever.

⁹For, lo, thy enemies, O LORD,
for, lo, thy enemies shall
perish;
all evildoers shall be scat-
tered.

¹⁰But thou hast exalted my
horn like that of the wild
ox;
thou hast poured over me
fresh oil.

¹¹My eyes have seen the
downfall of my enemies,
my ears have heard the
doom of my evil assail-
ants.

12 The righteous flourish like
the palm tree,
and grow like a cedar in
Lebanon.

13 They are planted in the
house of the LORD,
they flourish in the courts
of our God.

14 They still bring forth fruit in
old age,
they are ever full of sap and
green,

15 to show that the LORD is
upright;
he is my rock, and there is
no unrighteousness in
him.

Ant. It is good to give thanks
to the LORD.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Ant. The Lord is my strength *
and my song (*Eastertide:*
allelúia).

***Canticle of
Habakkuk 3:2–19***

²O Lord, I have heard the
report of thee,
and thy work, O Lord, do I
fear.

In the midst of the years
renew it;
in the midst of the years
make it known;
in wrath remember mercy.

³God came from Teman,
and the Holy One from
Mount Paran.

His glory covered the heavens,
and the earth was full of
his praise.

[Selah]

⁴His brightness was like the
light,
rays flashed from his hand;
and there he veiled his
power.

⁵Before him went pestilence,
and plague followed close
behind.

⁶He stood and measured the
earth;
he looked and shook the
nations;
then the eternal mountains
were scattered,
the everlasting hills sank
low.

His ways were as of old.

⁷I saw the tents of Cushan in
affliction;
the curtains of the land of
Mid'ian did tremble.

⁸Was thy wrath against the
rivers, O Lord?

Was thy anger against the
rivers,

or thy indignation against
the sea,

when thou didst ride upon
thy horses,

upon thy chariot of victory?

⁹Thou didst strip the sheath
from thy bow,

and put the arrows to the
string.

[Selah]

Thou didst cleave the earth
with rivers.

¹⁰The mountains saw thee,
and writhed;
the raging waters swept on;
the deep gave forth its voice,
it lifted its hands on high.

¹¹The sun and moon stood
still in their habitation
at the light of thine arrows
as they sped,
at the flash of thy glittering
spear.

¹²Thou didst bestride the
earth in fury,
thou didst trample the
nations in anger.

¹³Thou wentest forth for the
salvation of thy people,
for the salvation of thy
anointed.

Thou didst crush the head of
the wicked,
laying him bare from thigh
to neck.

[Selah]

¹⁴Thou didst pierce with thy

shafts the head of his
warriors,
who came like a whirlwind
to scatter me,
rejoicing as if to devour the
poor in secret.

15Thou didst trample the sea
with thy horses,
the surging of mighty
waters.

16I hear, and my body trem-
bles,
my lips quiver at the sound;
rottenness enters into my
bones,
my steps totter beneath me.
I will quietly wait for the day
of trouble
to come upon people who
invade us.

17Though the fig tree do not
blossom,
nor fruit be on the vines,
the produce of the olive fail
and the fields yield no food,

the flock be cut off from the
fold
and there be no herd in the
stalls,

¹⁸yet I will rejoice in the Lord,
I will joy in the God of my
salvation.

¹⁹God, the Lord, is my
strength;
he makes my feet like
hinds' feet,
he makes me tread upon
my high places.

Ant. The Lord is my strength
and my song (*Eastertide:*
allelúia).

***On Feastsdays**

Ant. I am the Lord, * and there
is no other (*Eastertide:*
allelúia).

Isaiah 45:15–25 **Canticle of Isaiah**

15 Truly, thou art a God who
hidest thyself,
O God of Israel, the Savior.

16 All of them are put to shame
and confounded,
the makers of idols go in
confusion together.

17 But Israel is saved by the
Lord
with everlasting salvation;
you shall not be put to shame
or confounded
to all eternity.

18 For thus says the Lord,
who created the heavens
(he is God!),
who formed the earth and
made it
(he established it;
he did not create it a chaos,
he formed it to be inhab-
ited!):
“I am the Lord, and there is
no other.

19 I did not speak in secret,
in a land of darkness;

I did not say to the offspring
of Jacob,
‘Seek me in chaos.’
I the Lord speak the truth,
I declare what is right.

²⁰“Assemble yourselves and
come,
draw near together,
you survivors of the
nations!

They have no knowledge
who carry about their
wooden idols,
and keep on praying to a god
that cannot save.

²¹Declare and present your
case;
let them take counsel
together!

Who told this long ago?
Who declared it of old?
Was it not I, the Lord?
And there is no other god
besides me,
a righteous God and a Savior;
there is none besides me.

22“Turn to me and be saved,
all the ends of the earth!
For I am God, and there is
no other.

23By myself I have sworn,
from my mouth has gone
forth in righteousness
a word that shall not
return:

‘To me every knee shall bow,
every tongue shall swear.’

24“Only in the Lord, it shall be
said of me,
are righteousness and
strength;
to him shall come and be
ashamed,
all who were incensed
against him.

25In the Lord all the offspring
of Israel
shall triumph and glory.”

Ant. I am the Lord, and there
is no other *(Eastertide:*

allelúia).

Ant. Praise him with timbrel
and dance; * praise him
with strings and pipe!

Eastertide:

Ant. Allelúia, * allelúia,
allelúia.

Psalm 148

¹Praise the LORD!

Praise the LORD from the
heavens,
praise him in the heights!

²Praise him, all his angels,
praise him, all his host!

³Praise him, sun and moon,
praise him, all you shining
stars!

⁴Praise him, you highest
heavens,
and you waters above the
heavens!

- ⁵Let them praise the name of
the LORD!
For he commanded and
they were created.
- ⁶And he established them for
ever and ever;
he fixed their bounds
which cannot be passed.
- ⁷Praise the LORD from the
earth,
you sea monsters and all
deeps,
⁸fire and hail, snow and frost,
stormy wind fulfilling his
command!
- ⁹Mountains and all hills,
fruit trees and all cedars!
- ¹⁰Beasts and all cattle,
creeping things and flying
birds!
- ¹¹Kings of the earth and all
peoples,
princes and all rulers of the

earth!

¹²Young men and maidens
together,
old men and children!

¹³Let them praise the name of
the LORD,
for his name alone is
exalted;
his glory is above earth and
heaven.

¹⁴He has raised up a horn for
his people,
praise for all his saints,
for the people of Israel who
are near to him.

Praise the LORD!

Psalm 149

¹Praise the LORD!
Sing to the LORD a new
song,
his praise in the assembly
of the faithful!

²Let Israel be glad in his
Maker,

- let the sons of Zion rejoice
in their King!
- ³Let them praise his name
with dancing,
making melody to him with
timbrel and lyre!
- ⁴For the LORD takes pleasure
in his people;
he adorns the humble with
victory.
- ⁵Let the faithful exult in glory;
let them sing for joy on
their couches.
- ⁶Let the high praises of God
be in their throats
and two-edged swords in
their hands,
- ⁷to wreak vengeance on the
nations
and chastisement on the
peoples,
- ⁸to bind their kings with
chains
and their nobles with
fettters of iron,
- ⁹to execute on them the judg-
ment written!

This is glory for all his
faithful ones.
Praise the LORD!

Psalm 150

- ¹Praise the LORD!
Praise God in his sanctuary;
praise him in his mighty
firmament!
- ²Praise him for his mighty
deeds;
praise him according to his
exceeding greatness!
- ³Praise him with trumpet
sound;
praise him with lute and
harp!
- ⁴Praise him with timbrel and
dance;
praise him with strings and
pipe!
- ⁵Praise him with sounding
cymbals;
praise him with loud clash-

ing cymbals!

⁶Let everything that breathes
praise the LORD!

Praise the Lord!

Ant. Praise him with timbrel
and dance; praise him
with strings and pipe!

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

*(from Proverbs, Sirach, Ecclesiasticus,
or Ecclesiastes)*

Hymn

Eternal glory of the sky,
Blest hope of frail human-
ity,
The Father's Sole begotten
One
Yet born a spotless Virgin's
Son:

Uplift us with Thine arm of
might
And let our hearts rise pure

and bright,
And ardent in God's praises,
pay
The thanks we owe Him
every day.

The faith that first must be
possessed
Root deep within our
inmost breast,
And joyous hope in second
place,
Then charity, Thy greatest
grace.

All praise to God the Father
be;
All thanks, eternal Son, to
thee;
All glory, as is ever meet,
To God the Holy Paraclete.
Amen.

℣. Satisfy us in the morning
with thy steadfast love.
℟. That we may rejoice and be
glad all our days.

Ant. Through the tender mercy
of our God, * when the
day shall dawn upon us
from on high (*Eastertide:*
allelúia, allelúia).

Luke 1:68–79
Canticle of Zechariah

Benedíctus Dóminus, Deus
Ísrael,
Quia visitávit, et fecit
redemptiónem plebis
suæ:

Et eréxit cornu salútis nobis
In domo David, púeri sui.
Sicut locútus est per os
sanctórum,
Qui a sæculo sunt, prophe-
tárum ejus:

Salútem ex inimícis nostris,
Ed de manu ómnium, qui
odérunt nos:

Ad faciéndam misericórdiam
cum pátribus nostris:
Et memorári testaménti sui
sancti.

Jusjurándum, quod jurávit

ad Ábraham, patrem
nostrum,

Datúrum se nobis:

Ut sine timóre, de manu
inimicórum nostrórum
liberáti,

serviámus illi:

In sanctitáte et justítia coram
ipso,

Ómnibus diébus nostris.

Et tu, puer, Prophéta Altís-
simi vocáberis:

Praeíbis enim ante fáciem
Dómini, paráre vias ejus:

Ad dandam sciéntiam salútis
plebi ejus,

In remissiónem pecca-
tórum eórum:

Per víscera misericórdiæ Dei
nostri,

In quibus visitávit nos
óriens ex alto:

Illumináre his, qui in ténebris
et in umbra mortis
sedent,

Ad dirigéndos pedes
nostros in viam pacis.

Glória Patri, et Fílio,

et Spirítui Sancto.
Sicut erat in princípío, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. Through the tender mercy
of our God, when the day
shall dawn upon us from
on high (*Eastertide: allelúia,*
allelúia).

*(If Prime follows right after Lauds, skip
to the Prayer to Our Guardian
Angels.)*

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Pater noster, qui es in
cælis, sanctificétur
nomen tuum. Advéniat
regnum tuum. Fiat volúntas
tua, sicut in cælo et in terra.
Panem nostrum quotidiánum
da nobis hódie.

℞. Et dimítte nobis débita

nostra, sicut et nos dimittimus debitóribus nostris. Et ne nos indúcas in tentatiónem. Sed líbera nos a malo. Amen.

✠. Divínium auxílium máneat semper nobíscum.

✠. Et cum frátribus nostris abséntibus. Amen.

Prayer to Our Guardian Angels

O Pure Spirits whom God has selected to be our guardians, we are so grateful for the zeal with which you execute your commission. We often forget you, our invisible friends, to whom a thousand times we owe our preservation.

O Guardian Angels of these HAPPY INFANTS, who are as yet without spot before God, preserve their innocence and make up for all our INAD-

EQUACIES in caring for them.

O Guardian Angels of ADOLESCENTS, who are exposed to so many temptations and dangers, talk to them, inspire them to holiness and, as you comforted St. Eulalia, encourage them to suffer for Christ's sake.

O Guardian Angels of THOSE WHO INSTRUCT THE YOUNG, animate them with your zeal and love, that the young may emulate your purity and innocence, you their invisible friends.

O Guardian Angels of SINNERS and LOVERS OF THE WORLD, guide these unhappy mortals whose attraction to the world does embitter you. We implore you for their conversion even if you must strike at them.

O Guardian Angels of SENIORS and ELDERS, bring their prayers in behalf of their charges to God. Present their

words, their actions and their intentions to God and purify them of all human imperfections. Obtain for them that spirit of fervor, zeal and sacrifice for the sake of God's kingdom.

O Guardian Angels of THOSE APPROACHING THEIR FINAL HOUR, strengthen, encourage and defend them against the attacks of their infernal enemy.

O Guardian Angel of THIS COMMUNITY, protect us all, teach us to love, to pray and to win in our combat against temptations.

Amen.



FRIDAY PRIME

℣. Deus, in adiutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

Now that the daylight fills the
sky

We lift our hearts to God on
high,

That He, in all we do or say,
Would keep us free from
harm today:

Would guard our hearts and
tongues from strife;

From anger's din would
hide our life;
From evil sights would turn
our eyes;
Would close our ears to
vanities.

So we, when this new day is
gone
And night in turn is
drawing on,
With conscience by the world
unstained
Shall praise His name for
victory gained.

To God the Father and the
Son
And Holy Spirit, three in
one,
Be endless glory as before
The world began, so ever-
more.

Amen.

Ant. I have no good apart from
thee. * Preserve me, O
God, for in thee I take

refuge.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 15

A Miktam of David.

¹Preserve me, O God, for in
thee I take refuge.

²I say to the LORD, "Thou
art my Lord;

I have no good apart from
thee."

³As for the saints in the land,
they are the noble,
in whom is all my delight.

⁴Those who choose another
god multiply their sor-
rows;
their libations of blood I
will not pour out
or take their names upon
my lips.

⁵The LORD is my chosen
portion and my cup;
thou holdest my lot.

⁶The lines have fallen for me
in pleasant places;
yea, I have a goodly heri-
tage.

⁷I bless the LORD who gives
me counsel;
in the night also my heart
instructs me.

⁸I keep the LORD always
before me;
because he is at my right
hand, I shall not be
moved.

⁹Therefore my heart is glad,
and my soul rejoices;
my body also dwells secure.

¹⁰For thou dost not give me
up to Sheol,
or let thy godly one see the
Pit.

¹¹Thou dost show me the
path of life;
in thy presence there is
fulness of joy,
in thy right hand are pleasures
for evermore.
Glória Patri....

Psalm 16

A Prayer of David.

¹Hear a just cause, O LORD;
attend to my cry!
Give ear to my prayer from
lips free of deceit!
²From thee let my vindication
come!
Let thy eyes see the right!

³If thou triest my heart, if
thou visitest me by night,
if thou testest me, thou wilt
find no wickedness in
me;
my mouth does not trans-
gress.

⁴With regard to the works of
men, by the word of thy
lips

I have avoided the ways of
the violent.

⁵My steps have held fast to
thy paths,
my feet have not slipped.

⁶I call upon thee, for thou wilt
answer me, O God;
incline thy ear to me, hear
my words.

⁷Wondrously show thy stead-
fast love,
O savior of those who seek
refuge
from their adversaries at
thy right hand.

⁸Keep me as the apple of the
eye;
hide me in the shadow of
thy wings,

⁹from the wicked who despoil
me,

my deadly enemies who
surround me.

¹⁰They close their hearts to
pity;
with their mouths they
speak arrogantly.

¹¹They track me down; now
they surround me;
they set their eyes to cast
me to the ground.

¹²They are like a lion eager to
tear,
as a young lion lurking in
ambush.

¹³Arise, O LORD! confront
them, overthrow them!
Deliver my life from the
wicked by thy sword,

¹⁴from men by thy hand, O
LORD,
from men whose portion in
life is of the world.

May their belly be filled with
what thou hast stored up
for them;

may their children have
more than enough;
may they leave something
over to their babes.

¹⁵As for me, I shall behold thy
face in righteousness;
when I awake, I shall be
satisfied with beholding
thy form.

Glória Patri....

Psalm 17A

To the choirmaster. A Psalm of David the servant of the LORD, who addressed the words of this song to the LORD on the day when the LORD delivered him from the hand of all his enemies, and from the hand of Saul. He said:

¹I love thee, O LORD, my
strength.

²The LORD is my rock, and my
fortress, and my deliverer,
my God, my rock, in whom
I take refuge,
my shield, and the horn of

my salvation, my strong-
hold.

³I call upon the LORD, who is
worthy to be praised,
and I am saved from my
enemies.

⁴The cords of death encom-
passed me,
the torrents of perdition
assailed me;

⁵the cords of Sheol entangled
me,
the snares of death con-
fronted me.

⁶In my distress I called upon
the LORD;
to my God I cried for help.
From his temple he heard my
voice,
and my cry to him reached
his ears.

⁷Then the earth reeled and
rocked;
the foundations also of the

mountains trembled
and quaked, because he
was angry.

⁸Smoke went up from his
nostrils,
and devouring fire from his
mouth;
glowing coals flamed forth
from him.

⁹He bowed the heavens, and
came down;
thick darkness was under
his feet.

¹⁰He rode on a cherub, and
flew;
he came swiftly upon the
wings of the wind.

¹¹He made darkness his cov-
ering around him,
his canopy thick clouds
dark with water.

¹²Out of the brightness before
him
there broke through his
clouds
hailstones and coals of fire.

¹³The LORD also thundered in

the heavens,
and the Most High uttered
his voice,
hailstones and coals of fire.

¹⁴And he sent out his arrows,
and scattered them;
he flashed forth lightnings,
and routed them.

¹⁵Then the channels of the
sea were seen,
and the foundations of the
world were laid bare,
at thy rebuke, O LORD,
at the blast of the breath of
thy nostrils.

¹⁶He reached from on high,
he took me,
he drew me out of many
waters.

¹⁷He delivered me from my
strong enemy,
and from those who hated
me;
for they were too mighty for
me.

¹⁸They came upon me in the

- day of my calamity;
but the LORD was my stay.
- ¹⁹He brought me forth into a
broad place;
he delivered me, because
he delighted in me.
- ²⁰The LORD rewarded me
according to my righteousness;
according to the cleanness
of my hands he recompensed me.
- ²¹For I have kept the ways of
the LORD,
and have not wickedly
departed from my God.
- ²²For all his ordinances were
before me,
and his statutes I did not
put away from me.
- ²³I was blameless before him,
and I kept myself from guilt.
- ²⁴Therefore the LORD has recompensed me according
to my righteousness,
according to the cleanness

of my hands in his sight.

Ant. I have no good apart from thee. Preserve me, O God, for in thee I take refuge.

Eastertide:

Ant. Allelúia, allelúia, allelúia, allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléison. ℣. Christe, eléison. ℞. Christe, eléison. ℣. Kyrie, eléison. ℞. Kyrie, eléison.

Concluding Prayers

(Use the following, or the Collect from the Missal)

O Lord God Almighty, who has brought us to the beginning of this day, preserve us in the same by Thy power, so that during this day we may not fall into any sin, but that

all our words, thoughts and works may be directed to the doing of Thy righteousness. Grant this through Christ our Lord. Amen.

Pater noster *(Silently until)* Et ne nos indúcas in tentationem.

R. Sed líbera nos a malo. Amen.

The Angelus

ANGELUS Dómini nuntiávit Mariæ.

R. Et concépit de Spíritu Sancto.

AVE Mariá, grátia plena, Dóminus tecum; benedícta tu in muliéribus, et benedíctus fructus ventris tui, Jesus.

R. Sancta Mariá, Mater Dei, ora pro nobis peccatóribus, nunc et in hora mortis nostræ. Amen.

ECCE ancílla Dómini.

℟. Fiat mihi secúndum
verbum tuum.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ET Verbum caro factum
est.

℟. Et habitávit in nobis.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis

nostræ. Amen.

℣. Ora pro nobis, Sancta Dei
Génitrix.

℟. Ut digni efficiámur promissiónibus Christi.

Orémus.

Grátiam tuam, quæsumus,
Dómine, méntibus nostris
infúnde: ut qui, Ángelo
nuntíante, Christi Fílii tui
Incarnatiónem cognóvimus,
per passiónem ejus et
crucem, ad resurrectiós
glóriam perducámur. Per
eúmdem Christum Dóminum
nostrum. Amen.

GLÓRIA Patri, et Fílio, * et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, * et in
sæcula sæculórum. Amen.

(recited 3 times)

During Easter:

Regína Cæli

℣. Regína cæli lætáre, allelúia.

℟. Quia quem meruísti portáre, allelúia.

℣. Resurréxit, sicut dixit, allelúia.

℟. Ora pro nobis Deum, allelúia.

℣. Gaude et lætáre, Virgo María, allelúia.

℟. Quia surréxit Dóminus vere, allelúia.

Orémus.

Deus, qui per resurrectionem Fílii tui Dómini nostri Iesu Christi mundum lætificáre dignátus es, præsta, quæsumus, ut per eius Genetrícem Vírginem Mariám perpétuæ capiámus gáudia vitæ.

Per Christum Dóminum nostrum. Amen.

℣. Glória Patri, et Fílio, et Spirítui Sancto.

℟. Sicut erat in princípíio, et
nunc, et semper, et in sæcula
sæculórum. Amen.

(recited 3 times)

Actus Fidei

DÓMINE Deus, firma fide
credo et confíteor ómnia
et síngula quæ sancta Ecclé-
sia Cathólica propónit, quia
tu, Deus, ea ómnia revelásti,
qui es ætérna véritas et
sapiéntia, quæ nec fállere nec
falli potest. In hac fide
vívere et mori státuo. Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



FRIDAY TERCE

℣. Deus, in adiutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

Come, Holy Spirit, in nature
one

With both the Father and
the Son;

Shed forth Thy grace within
our breast

And dwell with us, a ready
guest.

By every power, by heart and
tongue,
By act and deed, Thy praise
be sung:
Inflame with perfect love each
sense
That other souls may
kindle thence.

In this, most gracious Father,
hear
Through Christ Thy equal
Son our prayer,
Who with the Holy Ghost and
Thee
Doth live and reign eter-
nally.
Amen.

Ant. I cry to the LORD, * that he
may answer me.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 119

A Song of Ascents.

¹In my distress I cry to the
LORD,
that he may answer me:

²"Deliver me, O LORD,
from lying lips,
from a deceitful tongue."

³What shall be given to you?
And what more shall be
done to you,
you deceitful tongue?

⁴A warrior's sharp arrows,
with glowing coals of the
broom tree!

⁵Woe is me, that I sojourn in
Meshech,
that I dwell among the
tents of Kedar!

⁶Too long have I had my
dwelling
among those who hate
peace.

⁷I am for peace;
but when I speak,
they are for war!

Psalm 120

A Song of Ascents.

¹I lift up my eyes to the hills.
From whence does my help
come?

²My help comes from the
LORD,
who made heaven and
earth.

³He will not let your foot be
moved,
he who keeps you will not
slumber.

⁴Behold, he who keeps Israel
will neither slumber nor
sleep.

⁵The LORD is your keeper;
the LORD is your shade
on your right hand.

⁶The sun shall not smite you
by day,
nor the moon by night.

⁷The LORD will keep you from
all evil;
he will keep your life.
⁸The LORD will keep
your going out and your
coming in
from this time forth and for
evermore.

Psalm 121

A Song of Ascents. Of David.

¹I was glad when they said to
me,
"Let us go to the house of
the LORD!"
²Our feet have been standing
within your gates, O Jeru-
salem!
³Jerusalem, built as a city
which is bound firmly
together,
⁴to which the tribes go up,
the tribes of the LORD,
as was decreed for Israel,

to give thanks to the name
of the LORD.

⁵There thrones for judgment
were set,
the thrones of the house of
David.

⁶Pray for the peace of Jerusa-
lem!

"May they prosper who love
you!

⁷Peace be within your walls,
and security within your
towers!"

⁸For my brethren and com-
panions' sake
I will say, "Peace be within
you!"

⁹For the sake of the house of
the LORD our God,
I will seek your good.

Ant. I cry to the LORD, that he
may answer me.

Eastertide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléison. ℣. Christe, eléison. ℞. Christe, eléison. ℣. Kyrie, eléison. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et ne nos indúcas in tentationem.

℞. Sed líbera nos a malo. Amen.

℣. Divínium auxílium máneat semper nobíscum.

℞. Et cum frátribus nostris abséntibus. Amen.



FRIDAY SEXT

℣. Deus, in adiutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God of Truth, O Lord of
might,
Disposing time and change
aright,
Who clothes the splendid
morning ray
And gives the heat at noon
of day:

Extinguish Thou each sinful
fire
And banish every ill desire;

And while Thou keepest the
body whole
Shed forth Thy peace upon
the soul.

Grant this, O Father ever one
With Jesus Christ Thy only
Son
And Holy Ghost, whom all
adore,
Reigning and blest forever-
more.
Amen.

Ant. O thou who art enthroned
in the heavens, * have
mercy on us.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 122

A Song of Ascents.

¹To thee I lift up my eyes,
O thou who art enthroned
in the heavens!

²Behold, as the eyes of servants
look to the hand of their master,
as the eyes of a maid
to the hand of her mistress,
so our eyes look to the LORD
our God,
till he have mercy upon us.

³Have mercy upon us, O
LORD, have mercy upon
us,
for we have had more than
enough of contempt.
⁴Too long our soul has been
sated
with the scorn of those who
are at ease,
the contempt of the proud.

Psalm 123

A Song of Ascents. Of David.

¹If it had not been the LORD
who was on our side,
let Israel now say—

²if it had not been the LORD
who was on our side,
when men rose up against
us,

³then they would have swal-
lowed us up alive,
when their anger was
kindled against us;

⁴then the flood would have
swept us away,
the torrent would have
gone over us;

⁵then over us would have gone
the raging waters.

⁶Blessed be the LORD,
who has not given us
as prey to their teeth!

⁷We have escaped as a bird
from the snare of the fowl-
ers;

the snare is broken,
and we have escaped!

⁸Our help is in the name of
the LORD,

who made heaven and
earth.

Psalms 124

A Song of Ascents.

¹Those who trust in the LORD
are like Mount Zion,
which cannot be moved,
but abides for ever.

²As the mountains are round
about Jerusalem,
so the LORD is round about
his people,
from this time forth and for
evermore.

³For the scepter of wicked-
ness shall not rest
upon the land allotted to
the righteous,
lest the righteous put forth
their hands to do wrong.

⁴Do good, O LORD, to those
who are good,
and to those who are
upright in their hearts!

⁵But those who turn aside

upon their crooked ways
the LORD will lead away
with evildoers!
Peace be in Israel!

Ant. O thou who art enthroned
in the heavens, have
mercy on us.

Eastertide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

℞. Sed líbera nos a malo.
Amen.

The Angelus

ANGELUS Dómini nuntiávit Mariæ.

℟. Et concépit de Spíritu Sancto.

AVE Mariá, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta Mariá, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ECCE ancílla Dómini.

℟. Fiat mihi secúndum
verbum tuum.

AVE Mariá, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ET Verbum caro factum
est.

℟. Et habitávit in nobis.

A VE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

℣. Ora pro nobis, Sancta Dei
Génitrix.

℟. Ut digni efficiámur promissiónibus Christi.

Orémus.

Grátiam tuam, quæsumus,
Dómine, méntibus nostris
infúnde: ut qui, Ángelo

nuntiante, Christi Fílii tui
Incarnatiónem cognóvimus,
per passiónem ejus et
crucem, ad resurrectiós
glóriam perducámur. Per
eúmdem Christum Dóminum
nostrum. Amen.

GLÓRIA Patri, et Fílio, * et
Spirítui Sancto.

℟. Sicut erat in princípio, et
nunc, et semper, * et in
sæcula sæculórum. Amen.
(recited 3 times)

During Easter:

Regína Cæli

℣. Queen of heaven, rejoice,
alleluia!

℟. for he whom you were
worthy to bear, alleluia!

℣. has risen as he said, alle-
luia!

℟. Pray for us to God, alleluia!

℣. Rejoice and be glad, O
Virgin Mary, alleluia!

R. For the Lord has truly risen, alleluia.

Let us pray.

O God, who through the resurrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

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

R. As it was in the beginning, is now, and ever shall be, * world without end. Amen.
(recited 3 times)

Actus Spei

DÓMINE Deus, spero per grátiam tuam remis-

siónem ómnium peccatórum,
et post hanc vitam ætérnam
felicítatem me esse con-
secutúrum: quia tu promi-
sísti, qui es infinite potens,
fidélis, benígnus, et miséri-
cors. In hac spe vívere et mori
státuo. Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



FRIDAY NONE

℣. Deus, in adjutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et

Spirítui Sancto.

℟. Sicut erat in princípíio, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God, creation's secret force,
Thy self unmoved, yet
motion's source,
Who from the morn till eve-
ning's ray
Through every change dost
guide the day:

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

Grant this, O Father ever one
With Jesus Christ Thy only
Son
And Holy Ghost, whom all

adore,
Reigning and blest forever-
more.

Amen.

Ant. Blessed is every one * who
fears the LORD.

Eastertide:

Ant. Allelúia, * allelúia,
allelúia, allelúia.

Psalm 125

A Song of Ascents.

¹When the LORD restored the
fortunes of Zion,
we were like those who
dream.

²Then our mouth was filled
with laughter,
and our tongue with
shouts of joy;
then they said among the
nations,
"The LORD has done great
things for them."

³The LORD has done great

things for us;
we are glad.

⁴Restore our fortunes, O
LORD,
like the watercourses in the
Negeb!

⁵May those who sow in tears
reap with shouts of joy!

⁶He that goes forth weeping,
bearing the seed for sowing,
shall come home with shouts
of joy,
bringing his sheaves with
him.

Psalm 126

A Song of Ascents. Of Solomon.

¹Unless the LORD builds the
house,
those who build it labor in
vain.

Unless the LORD watches over
the city,
the watchman stays awake
in vain.

²It is in vain that you rise up
early
and go late to rest,
eating the bread of anxious
toil;
for he gives to his beloved
sleep.

³Lo, sons are a heritage from
the LORD,
the fruit of the womb a
reward.

⁴Like arrows in the hand of a
warrior
are the sons of one's youth.

⁵Happy is the man who has
his quiver full of them!
He shall not be put to shame
when he speaks with his
enemies in the gate.

Psalm 127

A Song of Ascents.

¹Blessed is every one who
fears the LORD,

who walks in his ways!

²You shall eat the fruit of the
labor of your hands;
you shall be happy, and it
shall be well with you.

³Your wife will be like a fruit-
ful vine
within your house;
your children will be like olive
shoots
around your table.

⁴Lo, thus shall the man be
blessed
who fears the LORD.

⁵The LORD bless you from
Zion!

May you see the prosperity
of Jerusalem
all the days of your life!

⁶May you see your children's
children!
Peace be upon Israel!

Ant. Blessed is every one who
fears the LORD.

Eastertide:

Ant. Allelúia, allelúia, allelúia,
allelúia.

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

℞. Sed líbera nos a malo.
Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℞. Et cum frátribus nostris
abséntibus. Amen.



FRIDAY VESPERS

- ℣. Deus, in adiutórium meum
inténde.
- ℟. Dómine ad adjuvándum me
festína.
- ℣. Glória Patri, et Fílio, et
Spirítui Sancto.
- ℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

Maker of men from heaven
Thy throne,
Who orderest all things,
God alone;
By whose decree the teeming
earth
To reptile and to beast gave
birth:

The mighty forms that fill the
land
Instinct with life at Thy
command,
Are given subdued to human-
kind
For service in their rank
assigned.

In heaven thine endless joys
bestow
But grant Thy gifts of grace
below;
From chains of strife our
souls release
Bind fast the gentle bands
of peace.

Hear Thou our prayer,
Almighty King!
Hear Thou our praises
whilst we sing,
Adoring with the heavenly
host
The Father, Son and Holy
Ghost.

Amen.

Ant. May my portion, * O LORD,
be in the land of the
living.

Eastertide (for four Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalm 141

*A Maskil of David, when he was in the
cave. A Prayer.*

- ¹I cry with my voice to the
LORD,
with my voice I make sup-
plication to the LORD,
²I pour out my complaint
before him,
I tell my trouble before him.
³When my spirit is faint,
thou knowest my way!

In the path where I walk
they have hidden a trap for
me.

- ⁴I look to the right and watch,
but there is none who
takes notice of me;

no refuge remains to me,
no man cares for me.

⁵I cry to thee, O LORD;
I say, Thou art my refuge,
my portion in the land of
the living.

⁶Give heed to my cry;
for I am brought very low!

Deliver me from my persecu-
tors;
for they are too strong for
me!

⁷Bring me out of prison,
that I may give thanks to
thy name!

The righteous will surround
me;
for thou wilt deal bounti-
fully with me.

Ant. May my portion, O LORD,
be in the land of the
living.

Ant. Blessed be * the LORD, my
rock.

Psalm 143A

A Psalm of David.

¹Blessed be the LORD, my
rock,
who trains my hands for war,
and my fingers for battle;
²my rock and my fortress,
my stronghold and my
deliverer,
my shield and he in whom I
take refuge,
who subdues the peoples
under him.

³O LORD, what is man that
thou dost regard him,
or the son of man that thou
dost think of him?

⁴Man is like a breath,
his days are like a passing
shadow.

⁵Bow thy heavens, O LORD,
and come down!
Touch the mountains that

they smoke!

⁶Flash forth the lightning and
scatter them,
send out thy arrows and
rout them!

⁷Stretch forth thy hand from
on high,
rescue me and deliver me
from the many waters,
from the hand of aliens,
⁸whose mouths speak lies,
and whose right hand is a
right hand of falsehood.

Psalm 143B

⁹I will sing a new song to thee,
O God;
upon a ten-stringed harp I
will play to thee,
¹⁰who givest victory to kings,
who rescuest David thy
servant.

¹¹Rescue me from the cruel
sword,
and deliver me from the

hand of aliens,
whose mouths speak lies,
and whose right hand is a
right hand of falsehood.

¹²May our sons in their youth
be like plants full grown,
our daughters like corner
pillars
cut for the structure of a
palace;

¹³may our garner be full,
providing all manner of
store;
may our sheep bring forth
thousands
and ten thousands in our
fields;

¹⁴may our cattle be heavy
with young,
suffering no mischance or
failure in bearing;
may there be no cry of dis-
tress in our streets!

¹⁵Happy the people to whom
such blessings fall!
Happy the people whose

God is the LORD!

Ant. Blessed be the LORD, my rock.

Ant. Every day * I will bless thee, O Lord.

Psalm 144A

A Song of Praise. Of David.

¹I will extol thee, my God and King,
and bless thy name for ever and ever.

²Every day I will bless thee,
and praise thy name for ever and ever.

³Great is the LORD, and greatly to be praised,
and his greatness is unsearchable.

⁴One generation shall laud thy works to another,
and shall declare thy mighty acts.

⁵On the glorious splendor of

thy majesty,
and on thy wondrous
works, I will meditate.

⁶Men shall proclaim the
might of thy terrible acts,
and I will declare thy great-
ness.

⁷They shall pour forth the
fame of thy abundant
goodness,
and shall sing aloud of thy
righteousness.

⁸The LORD is gracious and
merciful,
slow to anger and abound-
ing in steadfast love.

⁹The LORD is good to all,
and his compassion is over
all that he has made.

¹⁰All thy works shall give
thanks to thee, O LORD,
and all thy saints shall
bless thee!

¹¹They shall speak of the
glory of thy kingdom,

and tell of thy power,
12to make known to the sons
of men thy mighty deeds,
and the glorious splendor
of thy kingdom.
13Thy kingdom is an everlast-
ing kingdom,
and thy dominion endures
throughout all genera-
tions.

Ant. Every day I will bless thee,
O Lord.

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

(from the New Testament)

Ant. He has put down the
mighty from their
thrones,* and exalted
those of low degree (*East-
ertide: allelúia, allelúia*).

Luke 1:46-55
Canticle of Mary

Magnificat

ánima mea Dóminum,
Et exsultávit spíritus meus
in Deo, salutári meo.

Quia respéxit humilitátem
ancíllae suæ:

ecce enim ex hoc beátam me
dicent omnes generatiónes.
Quia fecit mihi magna qui
potens est:

et sanctum nomen ejus.
Et misericórdia ejus a progé-
nie in progénies
timéntibus eum.

Fecit poténtiam in bráchio
suo:

dispérsit supérbos mente
cordis sui.

Depósuit poténtes de sede,
et exaltávit húmiles.

Esuriéntes implévit bonis
et dívites dimísit inánes.

Suscépit Israel, púerum
suum,
recordátus misericórdiæ
suæ.

Sicut locútus est ad patres
nostros

Abraham, et sémini ejus in
sæcula.

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. He has put down the
mighty from their
thrones, and exalted
those of low degree (*East-
ertide: allelúia, allelúia*).

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Pater noster, qui es in
cælis, sanctificétur
nomen tuum. Advéniat
regnum tuum. Fiat volúntas
tua, sicut in cælo et in terra.
Panem nostrum quotidiánum
da nobis hódie.

℞. Et dimítte nobis débita

nostra, sicut et nos dimittimus debitóribus nostris. Et ne nos indúcas in tentatiónem. Sed líbera nos a malo. Amen.

Concluding Prayers

(Collect from the Missal)

℣. Divínium auxílium máneat semper nobíscum.

℟. Et cum frátribus nostris abséntibus. Amen.



COMPLINE

Go to page 166 for Compline.



SATURDAY MATINS

The following is recited three times:

℣. Dómine, † lábia mea
apéries. ℞. Et os meum
annuntiábit laudem
tuam.

Psalm 3

*A Psalm of David, when he fled from
Absalom his son.*

¹O LORD, how many are my
foes!

Many are rising against me;

²many are saying of me,
there is no help for him in
God. *[Selah]*

³But thou, O LORD, art a
shield about me,
my glory, and the lifter of
my head.

⁴I cry aloud to the LORD,
and he answers me from

his holy hill. *[Selah]*

⁵I lie down and sleep;
I wake again, for the LORD
sustains me.

⁶I am not afraid of ten thou-
sands of people
who have set themselves
against me round about.

⁷Arise, O LORD!
Deliver me, O my God!
For thou dost smite all my
enemies on the cheek,
thou dost break the teeth
of the wicked.

⁸Deliverance belongs to the
LORD;
thy blessing be upon thy
people! *[Selah]*

Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.

Amen.

Invitatory (*Antiphon from the Proper of Seasons*)

Ordinary Time:

Ant. Hail Mary, full of grace *
The Lord is with thee.
(*Repeat antiphon*)

Easter tide:

Ant. Hail Mary, full of grace, *
The Lord is with thee,
allelúia. (*Repeat antiphon*)

Psalm 94

¹O come, let us sing to the
LORD;

let us make a joyful noise
to the rock of our salva-
tion!

²Let us come into his pres-
ence with thanksgiving;
let us make a joyful noise
to him with songs of
praise!

Entire Invitatory is repeated.

³For the LORD is a great God,
and a great King above all
gods.

⁴In his hand are the depths
of the earth;
the heights of the moun-
tains are his also.

*Latter half of the Invitatory * is repeated.*

⁵The sea is his, for he made
it;
for his hands formed the
dry land.

At these words, all genuflect:

⁶O COME, LET US WORSHIP AND
BOW DOWN,
LET US KNEEL BEFORE THE
LORD, OUR MAKER!

⁷For he is our God,
and we are the people of his
pasture,
and the sheep of his hand.

Entire Invitatory is repeated.

O that today you would
hearken to his voice!

⁸Harden not your hearts,
as at Mer'ibah,
as on the day at Massah in
the wilderness,

⁹when your fathers tested me,

and put me to the proof,
though they had seen my
work.

*Latter half of the Invitatory * is repeated.*

¹⁰For forty years I loathed
that generation
and said, "They are a
people who err in heart,
and they do not regard my
ways."

¹¹Therefore I swore in my
anger
that they should not enter my
rest.

Entire Invitatory is repeated.

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

*Latter half of the Invitatory * is
repeated, and then the Entire
Invitatory.*

Hymn

Father of mercies infinite
Ruling all things that be,

Saturday Matins

836

Who shrouded in the depth
and height
Art One, and yet art Three:

Accept our chants, accept our
tears,
A mingled stream we pour;
Such stream the laden bosom
cheers
To taste Thy sweetness
more.

Most holy Father, hear our
cry
Through Jesus Christ, our
Lord most High,
Who with the Holy Ghost and
Thee
Shall live and reign eter-
nally.
Amen.

Ant. O God, * let my cry come
to thee!

Eastertide (for six Psalms):

Ant. Allelúia, * allelúia, allelúia.

Psalm 101

A prayer of one afflicted, when he is faint and pours out his complaint before the LORD.

- ¹Hear my prayer, O LORD;
let my cry come to thee!
- ²Do not hide thy face from me
in the day of my distress!
Incline thy ear to me;
answer me speedily in the
day when I call!
- ³For my days pass away like
smoke,
and my bones burn like a
furnace.
- ⁴My heart is smitten like
grass, and withered;
I forget to eat my bread.
- ⁵Because of my loud groaning
my bones cleave to my
flesh.
- ⁶I am like a vulture of the
wilderness,
like an owl of the waste
places;
- ⁷I lie awake,
I am like a lonely bird on

the housetop.

⁸All the day my enemies taunt
me,

those who deride me use
my name for a curse.

⁹For I eat ashes like bread,
and mingle tears with my
drink,

¹⁰because of thy indignation
and anger;

for thou hast taken me up
and thrown me away.

¹¹My days are like an evening
shadow;

I wither away like grass.

¹²But thou, O LORD, art
enthroned for ever;

thy name endures to all
generations.

¹³Thou wilt arise and have
pity on Zion;

it is the time to favor her;
the appointed time has
come.

¹⁴For thy servants hold her
stones dear,

and have pity on her dust.

¹⁵The nations will fear the
name of the LORD,
and all the kings of the
earth thy glory.

¹⁶For the LORD will build up
Zion,

he will appear in his glory;

¹⁷he will regard the prayer of
the destitute,
and will not despise their
supplication.

¹⁸Let this be recorded for a
generation to come,
so that a people yet unborn
may praise the LORD:

¹⁹that he looked down from
his holy height,
from heaven the LORD
looked at the earth,

²⁰to hear the groans of the
prisoners,
to set free those who were
doomed to die;

²¹that men may declare in
Zion the name of the

LORD,
and in Jerusalem his
praise,

²²when peoples gather
together,
and kingdoms, to worship
the LORD.

²³He has broken my strength
in mid-course;
he has shortened my days.

²⁴"O my God," I say, "take me
not hence
in the midst of my days,
thou whose years endure
throughout all genera-
tions!"

²⁵Of old thou didst lay the
foundation of the earth,
and the heavens are the
work of thy hands.

²⁶They will perish, but thou
dost endure;
they will all wear out like a
garment.

Thou changest them like rai-
ment, and they pass

away;

²⁷but thou art the same,
and thy years have no
end.

²⁸The children of thy servants
shall dwell secure;
their posterity shall be
established before thee.

Psalm 102

A Psalm of David.

¹Bless the LORD, O my soul;
and all that is within me,
bless his holy name!

²Bless the LORD, O my soul,
and forget not all his bene-
fits,

³who forgives all your iniquity,
who heals all your diseases,

⁴who redeems your life from
the Pit,

who crowns you with
steadfast love and mercy,

⁵who satisfies you with good
as long as you live

so that your youth is
renewed like the eagle's.

⁶The LORD works vindication
and justice for all who are
oppressed.

⁷He made known his ways to
Moses,
his acts to the people of
Israel.

⁸The LORD is merciful and
gracious,
slow to anger and abound-
ing in steadfast love.

⁹He will not always chide,
nor will he keep his anger
for ever.

¹⁰He does not deal with us
according to our sins,
nor requite us according to
our iniquities.

¹¹For as the heavens are high
above the earth,
so great is his steadfast
love toward those who
fear him;

¹²as far as the east is from the

west,
so far does he remove our
transgressions from us.

¹³As a father pities his children,
so the LORD pities those
who fear him.

¹⁴For he knows our frame;
he remembers that we are
dust.

¹⁵As for man, his days are like
grass;
he flourishes like a flower
of the field;

¹⁶for the wind passes over it,
and it is gone,
and its place knows it no
more.

¹⁷But the steadfast love of the
LORD is from everlasting
to everlasting
upon those who fear him,
and his righteousness to
children's children,

¹⁸to those who keep his covenant

and remember to do his
commandments.

¹⁹The LORD has established
his throne in the heav-
ens,
and his kingdom rules over
all.

²⁰Bless the LORD, O you his
angels,
you mighty ones who do
his word,
hearkening to the voice of
his word!

²¹Bless the LORD, all his hosts,
his ministers that do his
will!

²²Bless the LORD, all his
works,
in all places of his domin-
ion.

Bless the LORD, O my soul!

Ant. O God, let my cry come to
thee!

Ant. Bless the LORD, * O my
soul!

Psalm 103A

¹Bless the LORD, O my soul!

O LORD my God, thou art
very great!

Thou art clothed with honor
and majesty,

²who coverest thyself with
light as with a garment,
who hast stretched out the
heavens like a tent,

³who hast laid the beams
of thy chambers on the
waters,

who makest the clouds thy
chariot,

who ridest on the wings of
the wind,

⁴who makest the winds thy
messengers,
fire and flame thy minis-
ters.

⁵Thou didst set the earth on
its foundations,
so that it should never be

shaken.

⁶Thou didst cover it with the
deep as with a garment;
the waters stood above the
mountains.

⁷At thy rebuke they fled;
at the sound of thy thunder
they took to flight.

⁸The mountains rose, the
valleys sank down
to the place which thou
didst appoint for them.

⁹Thou didst set a bound
which they should not
pass,
so that they might not
again cover the earth.

¹⁰Thou makest springs gush
forth in the valleys;
they flow between the hills,
¹¹they give drink to every
beast of the field;
the wild asses quench their
thirst.

¹²By them the birds of the air
have their habitation;

they sing among the
branches.

¹³From thy lofty abode thou
waterest the mountains;
the earth is satisfied with
the fruit of thy work.

¹⁴Thou dost cause the grass
to grow for the cattle,
and plants for man to cul-
tivate,
that he may bring forth food
from the earth,

¹⁵and wine to gladden the
heart of man,
oil to make his face shine,
and bread to strengthen
man's heart.

¹⁶The trees of the LORD are
watered abundantly,
the cedars of Lebanon
which he planted.

¹⁷In them the birds build
their nests;
the stork has her home in
the fir trees.

¹⁸The high mountains are for

the wild goats;
the rocks are a refuge for
the badgers.

19Thou hast made the moon
to mark the seasons;
the sun knows its time for
setting.

20Thou makest darkness, and
it is night,
when all the beasts of the
forest creep forth.

21The young lions roar for
their prey,
seeking their food from
God.

22When the sun rises, they
get them away
and lie down in their dens.

23Man goes forth to his work
and to his labor until the
evening.

Psalm 103B

24O LORD, how manifold are
thy works!
In wisdom hast thou made

them all;
the earth is full of thy crea-
tures.

²⁵Yonder is the sea, great and
wide,
which teems with things
innumerable,
living things both small
and great.

²⁶There go the ships,
and Leviathan which thou
didst form to sport in it.

²⁷These all look to thee,
to give them their food in
due season.

²⁸When thou givest to them,
they gather it up;
when thou openest thy
hand, they are filled with
good things.

²⁹When thou hidest thy face,
they are dismayed;
when thou takest away
their breath, they die
and return to their dust.

³⁰When thou sendest forth

thy Spirit, they are created;
and thou renewest the face
of the ground.

³¹May the glory of the LORD
endure for ever,
may the LORD rejoice in his
works,

³²who looks on the earth and
it trembles,
who touches the mountains
and they smoke!

³³I will sing to the LORD as
long as I live;
I will sing praise to my God
while I have being.

³⁴May my meditation be
pleasing to him,
for I rejoice in the LORD.

³⁵Let sinners be consumed
from the earth,
and let the wicked be no
more!

Bless the LORD, O my soul!
Praise the LORD!

Ant. Bless the LORD, O my soul!

Ant. Let the hearts of those
who seek the LORD *
rejoice!

Psalm 104A

¹O give thanks to the LORD,
call on his name,
make known his deeds
among the peoples!

²Sing to him, sing praises to
him,
tell of all his wonderful
works!

³Glory in his holy name;
let the hearts of those who
seek the LORD rejoice!

⁴Seek the LORD and his
strength,
seek his presence continu-
ally!

⁵Remember the wonderful
works that he has done,
his miracles, and the judg-
ments he uttered,

⁶O offspring of Abraham his

servant,
sons of Jacob, his chosen
ones!

⁷He is the LORD our God;
his judgments are in all the
earth.

⁸He is mindful of his covenant
for ever,
of the word that he com-
manded, for a thousand
generations,

⁹the covenant which he made
with Abraham,
his sworn promise to Isaac,
¹⁰which he confirmed to
Jacob as a statute,
to Israel as an everlasting
covenant,

¹¹saying, "To you I will give
the land of Canaan
as your portion for an
inheritance."

¹²When they were few in
number,
of little account, and

sojourners in it,
13wandering from nation to
nation,
from one kingdom to
another people,
14he allowed no one to
oppress them;
he rebuked kings on their
account,
15saying, "Touch not my
anoointed ones,
do my prophets no harm!"

16When he summoned a
famine on the land,
and broke every staff of
bread,
17he had sent a man ahead of
them,
Joseph, who was sold as a
slave.
18His feet were hurt with fet-
ters,
his neck was put in a collar
of iron;
19until what he had said came
to pass

the word of the LORD tested
him.

²⁰The king sent and released
him,
the ruler of the peoples set
him free;

²¹he made him lord of his
house,
and ruler of all his posses-
sions,

²²to instruct his princes at his
pleasure,
and to teach his elders
wisdom.

Psalm 104B

²³Then Israel came to Egypt;
Jacob sojourned in the
land of Ham.

²⁴And the LORD made his
people very fruitful,
and made them stronger
than their foes.

²⁵He turned their hearts to
hate his people,
to deal craftily with his

servants.

26He sent Moses his servant,
and Aaron whom he had
chosen.

27They wrought his signs
among them,
and miracles in the land of
Ham.

28He sent darkness, and
made the land dark;
they rebelled against his
words.

29He turned their waters into
blood,
and caused their fish to die.

30Their land swarmed with
frogs,
even in the chambers of
their kings.

31He spoke, and there came
swarms of flies,
and gnats throughout their
country.

32He gave them hail for rain,
and lightning that flashed
through their land.

33He smote their vines and fig
trees,
and shattered the trees of
their country.

34He spoke, and the locusts
came,
and young locusts without
number;

35which devoured all the veg-
etation in their land,
and ate up the fruit of their
ground.

36He smote all the first-born
in their land,
the first issue of all their
strength.

37Then he led forth Israel with
silver and gold,
and there was none among
his tribes who stumbled.

38Egypt was glad when they
departed,
for dread of them had fallen
upon it.

39He spread a cloud for a

covering,
and fire to give light by
night.

40 They asked, and he brought
quails,
and gave them bread from
heaven in abundance.

41 He opened the rock, and
water gushed forth;
it flowed through the desert
like a river.

42 For he remembered his holy
promise,
and Abraham his servant.

43 So he led forth his people
with joy,
his chosen ones with sing-
ing.

44 And he gave them the lands
of the nations;
and they took possession
of the fruit of the peoples'
toil,

45 to the end that they should
keep his statutes,
and observe his laws.

Praise the LORD!

Ant. Let the hearts of those
who seek the LORD
rejoice!

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

(from the Old Testament)

Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípio, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. Allelúia, * allelúia, allelúia.
Lent:

Ant. Help me * when thou
deliverest them.

Psalm 105A

¹Praise the LORD!

O give thanks to the LORD,
for he is good;

for his steadfast love
endures for ever!

²Who can utter the mighty
doings of the LORD,
or show forth all his praise?

³Blessed are they who
observe justice,
who do righteousness at all
times!

⁴Remember me, O LORD,
when thou showest favor
to thy people;
help me when thou deliver-
est them;

⁵that I may see the prosperity
of thy chosen ones,
that I may rejoice in the
gladness of thy nation,
that I may glory with thy
heritage.

⁶Both we and our fathers
have sinned;
we have committed iniq-
uity, we have done wick-
edly.

- ⁷Our fathers, when they were
in Egypt,
did not consider thy wonderful works;
they did not remember the
abundance of thy steadfast love,
but rebelled against the
Most High at the Red Sea.
- ⁸Yet he saved them for his
name's sake,
that he might make known
his mighty power.
- ⁹He rebuked the Red Sea, and
it became dry;
and he led them through
the deep as through a
desert.
- ¹⁰So he saved them from the
hand of the foe,
and delivered them from
the power of the enemy.
- ¹¹And the waters covered
their adversaries;
not one of them was left.
- ¹²Then they believed his
words;

they sang his praise.

¹³But they soon forgot his
works;
they did not wait for his
counsel.

¹⁴But they had a wanton
craving in the wilder-
ness,
and put God to the test in
the desert;

¹⁵he gave them what they
asked,
but sent a wasting disease
among them.

¹⁶When men in the camp
were jealous of Moses
and Aaron, the holy one of
the LORD,

¹⁷the earth opened and swal-
lowed up Dathan,
and covered the company
of Abi'ram.

¹⁸Fire also broke out in their
company;
the flame burned up the
wicked.

- 19 They made a calf in Horeb
and worshiped a molten
image.
- 20 They exchanged the glory of
God
for the image of an ox that
eats grass.
- 21 They forgot God, their
Savior,
who had done great things
in Egypt,
- 22 wondrous works in the land
of Ham,
and terrible things by the
Red Sea.
- 23 Therefore he said he would
destroy them—
had not Moses, his chosen
one,
stood in the breach before
him,
to turn away his wrath
from destroying them.
- 24 Then they despised the
pleasant land,

having no faith in his
promise.

25 They murmured in their
tents,
and did not obey the voice
of the LORD.

26 Therefore he raised his
hand and swore to them
that he would make them
fall in the wilderness,

27 and would disperse their
descendants among the
nations,
scattering them over the
lands.

28 Then they attached them-
selves to the Ba'al of
Pe'or,
and ate sacrifices offered to
the dead;

29 they provoked the LORD to
anger with their doings,
and a plague broke out
among them.

30 Then Phin'ehas stood up
and interposed,

and the plague was stayed.
31And that has been reckoned
to him as righteousness
from generation to genera-
tion for ever.

Psalms 105B

32They angered him at the
waters of Mer'ibah,
and it went ill with Moses
on their account;

33for they made his spirit
bitter,
and he spoke words that
were rash.

34They did not destroy the
peoples,
as the LORD commanded
them,

35but they mingled with the
nations
and learned to do as they
did.

36They served their idols,
which became a snare to

them.

³⁷They sacrificed their sons
and their daughters to the
demons;

³⁸they poured out innocent
blood,
the blood of their sons and
daughters,
whom they sacrificed to the
idols of Canaan;
and the land was polluted
with blood.

³⁹Thus they became unclean
by their acts,
and played the harlot in
their doings.

⁴⁰Then the anger of the LORD
was kindled against his
people,
and he abhorred his heri-
tage;

⁴¹he gave them into the hand
of the nations,
so that those who hated
them ruled over them.

⁴²Their enemies oppressed

them,
and they were brought into
subjection under their
power.

⁴³Many times he delivered
them,
but they were rebellious in
their purposes,
and were brought low
through their iniquity.

⁴⁴Nevertheless he regarded
their distress,
when he heard their cry.

⁴⁵He remembered for their
sake his covenant,
and relented according to
the abundance of his
steadfast love.

⁴⁶He caused them to be pitied
by all those who held them
captive.

⁴⁷Save us, O LORD our God,
and gather us from among
the nations,
that we may give thanks to
thy holy name
and glory in thy praise.

⁴⁸Blessed be the LORD, the
God of Israel,
from everlasting to ever-
lasting!
And let all the people say,
"Amen!"
Praise the LORD!

Lent:

Ant. Help me when thou deliverest them.

Ant. From my distress, *
deliver me, O LORD!

Psalm 106A

¹O give thanks to the LORD,
for he is good;
for his steadfast love
endures for ever!

²Let the redeemed of the LORD
say so,
whom he has redeemed
from trouble

³and gathered in from the
lands,

from the east and from the
west,
from the north and from
the south.

⁴Some wandered in desert
wastes,
finding no way to a city to
dwell in;

⁵hungry and thirsty,
their soul fainted within
them.

⁶Then they cried to the LORD
in their trouble,
and he delivered them from
their distress;

⁷he led them by a straight
way,
till they reached a city to
dwell in.

⁸Let them thank the LORD for
his steadfast love,
for his wonderful works to
the sons of men!

⁹For he satisfies him who is
thirsty,
and the hungry he fills with

good things.

¹⁰Some sat in darkness and
in gloom,
prisoners in affliction and
in irons,

¹¹for they had rebelled
against the words of God,
and spurned the counsel of
the Most High.

¹²Their hearts were bowed
down with hard labor;
they fell down, with none
to help.

¹³Then they cried to the LORD
in their trouble,
and he delivered them from
their distress;

¹⁴he brought them out of
darkness and gloom,
and broke their bonds
asunder.

¹⁵Let them thank the LORD for
his steadfast love,
for his wonderful works to
the sons of men!

¹⁶For he shatters the doors of

bronze,
and cuts in two the bars of
iron.

¹⁷Some were sick through
their sinful ways,
and because of their iniqui-
ties suffered affliction;

¹⁸they loathed any kind of
food,
and they drew near to the
gates of death.

¹⁹Then they cried to the LORD
in their trouble,
and he delivered them from
their distress;

²⁰he sent forth his word, and
healed them,
and delivered them from
destruction.

²¹Let them thank the LORD for
his steadfast love,
for his wonderful works to
the sons of men!

²²And let them offer sacrifices
of thanksgiving,
and tell of his deeds in

songs of joy!

Psalms 106B

²³Some went down to the sea
in ships,
doing business on the great
waters;

²⁴they saw the deeds of the
LORD,
his wondrous works in the
deep.

²⁵For he commanded, and
raised the stormy wind,
which lifted up the waves
of the sea.

²⁶They mounted up to
heaven, they went down
to the depths;
their courage melted away
in their evil plight;

²⁷they reeled and staggered
like drunken men,
and were at their wits' end.

²⁸Then they cried to the LORD
in their trouble,
and he delivered them from

their distress;

²⁹he made the storm be still,
and the waves of the sea
were hushed.

³⁰Then they were glad
because they had quiet,
and he brought them to
their desired haven.

³¹Let them thank the LORD for
his steadfast love,
for his wonderful works to
the sons of men!

³²Let them extol him in the
congregation of the
people,
and praise him in the
assembly of the elders.

³³He turns rivers into a desert,
springs of water into thirsty
ground,

³⁴a fruitful land into a salty
waste,
because of the wickedness
of its inhabitants.

³⁵He turns a desert into pools
of water,

a parched land into springs
of water.

³⁶And there he lets the
hungry dwell,
and they establish a city to
live in;

³⁷they sow fields, and plant
vineyards,
and get a fruitful yield.

³⁸By his blessing they multi-
ply greatly;
and he does not let their
cattle decrease.

³⁹When they are diminished
and brought low
through oppression, trou-
ble, and sorrow,

⁴⁰he pours contempt upon
princes
and makes them wander in
trackless wastes;

⁴¹but he raises up the needy
out of affliction,
and makes their families
like flocks.

⁴²The upright see it and are

glad;
and all wickedness stops
its mouth.

⁴³Whoever is wise, let him
give heed to these things;
let men consider the stead-
fast love of the LORD.

Lent:

Ant. From my distress, deliver
me, O LORD!

Ant. With my mouth * I will
give great thanks to the
LORD.

Psalm 107

A Song. A Psalm of David.

¹My heart is steadfast, O God,
my heart is steadfast!
I will sing and make melody!
Awake, my soul!

²Awake, O harp and lyre!
I will awake the dawn!

³I will give thanks to thee, O
LORD, among the peo-
ples,

I will sing praises to thee
among the nations.

⁴For thy steadfast love is
great above the heavens,
thy faithfulness reaches to
the clouds.

⁵Be exalted, O God, above the
heavens!

Let thy glory be over all the
earth!

⁶That thy beloved may be
delivered,
give help by thy right hand,
and answer me!

⁷God has promised in his
sanctuary:

"With exultation I will
divide up Shechem,
and portion out the Vale of
Succoth.

⁸Gilead is mine; Manas'seh is
mine;
E'phraim is my helmet;
Judah my scepter.

⁹Moab is my washbasin;

upon Edom I cast my shoe;
over Philistia I shout in
triumph."

¹⁰Who will bring me to the
fortified city?

Who will lead me to Edom?

¹¹Hast thou not rejected us,
O God?

Thou dost not go forth, O
God, with our armies.

¹²O grant us help against the
foe,

for vain is the help of man!

¹³With God we shall do val-
iantly;

it is he who will tread down
our foes.

Psalm 108

To the choirmaster. A Psalm of David.

¹Be not silent, O God of my
praise!

²For wicked and deceitful
mouths are opened
against me,

speaking against me with
lying tongues.

³They beset me with words of
hate,
and attack me without
cause.

⁴In return for my love they
accuse me,
even as I make prayer for
them.

⁵So they reward me evil for
good,
and hatred for my love.

⁶Appoint a wicked man
against him;
let an accuser bring him to
trial.

⁷When he is tried, let him
come forth guilty;
let his prayer be counted
as sin!

⁸May his days be few;
may another seize his
goods!

⁹May his children be father-
less,

and his wife a widow!

¹⁰May his children wander
about and beg;
may they be driven out of
the ruins they inhabit!

¹¹May the creditor seize all
that he has;
may strangers plunder the
fruits of his toil!

¹²Let there be none to extend
kindness to him,
nor any to pity his father-
less children!

¹³May his posterity be cut off;
may his name be blotted
out in the second gener-
ation!

¹⁴May the iniquity of his
fathers be remembered
before the LORD,
and let not the sin of his
mother be blotted out!

¹⁵Let them be before the LORD
continually;
and may his memory be
cut off from the earth!

¹⁶For he did not remember to

show kindness,
but pursued the poor and
needy
and the brokenhearted to
their death.

¹⁷He loved to curse; let curses
come on him!

He did not like blessing;
may it be far from him!

¹⁸He clothed himself with
cursing as his coat,
may it soak into his body
like water,
like oil into his bones!

¹⁹May it be like a garment
which he wraps round
him,
like a belt with which he
daily girds himself!

²⁰May this be the reward of
my accusers from the
LORD,
of those who speak evil
against my life!

²¹But thou, O GOD my Lord,
deal on my behalf for thy

name's sake;
because thy steadfast love
is good, deliver me!

²²For I am poor and needy,
and my heart is stricken
within me.

²³I am gone, like a shadow at
evening;
I am shaken off like a
locust.

²⁴My knees are weak through
fasting;
my body has become gaunt.

²⁵I am an object of scorn to
my accusers;
when they see me, they
wag their heads.

²⁶Help me, O LORD my God!
Save me according to thy
steadfast love!

²⁷Let them know that this is
thy hand;
thou, O LORD, hast done it!

²⁸Let them curse, but do thou
bless!

Let my assailants be put to
shame; may thy servant

be glad!

²⁹May my accusers be clothed
with dishonor;
may they be wrapped in
their own shame as in a
mantle!

³⁰With my mouth I will give
great thanks to the LORD;
I will praise him in the
midst of the throng.

³¹For he stands at the right
hand of the needy,
to save him from those who
condemn him to death.

Ant. Allelúia, allelúia, allelúia.

Lent:

Ant. With my mouth I will give
great thanks to the LORD.

Reading

(from the Gospel)

✠. Kyrie, eléison. ✠. Kyrie, eléi-
son. ✠. Christe, eléison. ✠.
Christe, eléison. ✠. Kyrie, eléi-
son. ✠. Kyrie, eléison.

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

R. Sed líbera nos a malo.
Amen.

V. Divínium auxílium máneat
semper nobíscum.

R. Et cum frátribus nostris
abséntibus. Amen.



SATURDAY LAUDS

Psalm 66

*To the choirmaster: with stringed
instruments. A Psalm. A Song.*

¹May God be gracious to us
and bless us
and make his face to shine

upon us, [*Selah*]

²that thy way may be known
upon earth,
thy saving power among all
nations.

³Let the peoples praise thee,
O God;
let all the peoples praise
thee!

⁴Let the nations be glad and
sing for joy,
for thou dost judge the
peoples with equity
and guide the nations upon
earth. [*Selah*]

⁵Let the peoples praise thee,
O God;
let all the peoples praise
thee!

⁶The earth has yielded its
increase;
God, our God, has blessed
us.

⁷God has blessed us;
let all the ends of the earth
fear him!

Ant. Do good to Zion, O Lord,
* in thy good pleasure.

Eastertide (for three Psalms):

Ant. Allelúia, * allelúia,
allelúia.

Psalm 50

*To the choirmaster. A Psalm of David,
when Nathan the prophet came to him,
after he had gone in to Bathsheba.*

¹Have mercy on me, O God,
according to thy steadfast
love;
according to thy abundant
mercy blot out my trans-
gressions.

²Wash me thoroughly from
my iniquity,
and cleanse me from my
sin!

³For I know my transgres-

sions,
and my sin is ever before
me.

⁴Against thee, thee only, have
I sinned,
and done that which is evil
in thy sight,
so that thou art justified in
thy sentence
and blameless in thy judgment.

⁵Behold, I was brought forth
in iniquity,
and in sin did my mother
conceive me.

⁶Behold, thou desirest truth
in the inward being;
therefore teach me wisdom
in my secret heart.

⁷Purge me with hyssop, and
I shall be clean;
wash me, and I shall be
whiter than snow.

⁸Fill me with joy and gladness;
let the bones which thou
hast broken rejoice.

⁹Hide thy face from my sins,
and blot out all my iniqui-
ties.

¹⁰Create in me a clean heart,
O God,
and put a new and right
spirit within me.

¹¹Cast me not away from thy
presence,
and take not thy holy Spirit
from me.

¹²Restore to me the joy of thy
salvation,
and uphold me with a
willing spirit.

¹³Then I will teach transgres-
sors thy ways,
and sinners will return to
thee.

¹⁴Deliver me from blood-guilt-
iness, O God,
thou God of my salvation,
and my tongue will sing
aloud of thy deliverance.

¹⁵O Lord, open thou my lips,
and my mouth shall show
forth thy praise.

¹⁶For thou hast no delight in
sacrifice;
were I to give a burnt offer-
ing, thou wouldst not be
pleased.

¹⁷The sacrifice acceptable to
God is a broken spirit;
a broken and contrite
heart, O God, thou wilt
not despise.

¹⁸Do good to Zion in thy good
pleasure;
rebuild the walls of Jerusa-
lem,

¹⁹then wilt thou delight in
right sacrifices,
in burnt offerings and
whole burnt offerings;
then bulls will be offered on
thy altar.

Ant. Do good to Zion, O Lord,
in thy good pleasure.

Ant. In thy faithfulness, O
Lord, * give ear to my
supplications!

Psalm 142A

A Psalm of David.

¹Hear my prayer, O LORD;
give ear to my supplica-
tions!

In thy faithfulness answer
me, in thy righteousness!

²Enter not into judgment with
thy servant;
for no man living is righ-
teous before thee.

³For the enemy has pursued
me;
he has crushed my life to
the ground;
he has made me sit in
darkness like those long
dead.

⁴Therefore my spirit faints
within me;
my heart within me is

appalled.

- ⁵I remember the days of old,
I meditate on all that thou
hast done;
I muse on what thy hands
have wrought.
- ⁶I stretch out my hands to
thee;
my soul thirsts for thee like
a parched land. [*Selah*]

Psalms 142B

- ⁷Make haste to answer me, O
LORD!
My spirit fails!
Hide not thy face from me,
lest I be like those who go
down to the Pit.
- ⁸Let me hear in the morning
of thy steadfast love,
for in thee I put my trust.
Teach me the way I should
go,
for to thee I lift up my soul.

⁹Deliver me, O LORD, from my
enemies!

I have fled to thee for refuge!

¹⁰Teach me to do thy will,
for thou art my God!

Let thy good spirit lead me
on a level path!

¹¹For thy name's sake, O
LORD, preserve my life!
In thy righteousness bring
me out of trouble!

¹²And in thy steadfast love
cut off my enemies,
and destroy all my adver-
saries,
for I am thy servant.

Ant. In thy faithfulness, O
Lord, give ear to my sup-
plications!

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Ant. The Rock, his work is
perfect; *for all his ways
are justice *(Eastertide:*

allelúia).

Deuteronomy 32:1-22
Canticle of Moses A

¹“Give ear, O heavens, and I
will speak;
and let the earth hear the
words of my mouth.

²May my teaching drop as the
rain,
my speech distil as the dew,
as the gentle rain upon the
tender grass,
and as the showers upon
the herb.

³For I will proclaim the name
of the Lord.
Ascribe greatness to our
God!

⁴“The Rock, his work is per-
fect;
for all his ways are justice.
A God of faithfulness and
without iniquity,
just and right is he.

⁵They have dealt corruptly
with him,
they are no longer his chil-
dren because of their
blemish;
they are a perverse and
crooked generation.

⁶Do you thus requite the Lord,
you foolish and senseless
people?

Is not he your father, who
created you,
who made you and estab-
lished you?

⁷Remember the days of old,
consider the years of many
generations;
ask your father, and he will
show you;
your elders, and they will
tell you.

⁸When the Most High gave to
the nations their inheri-
tance,
when he separated the
sons of men,
he fixed the bounds of the

peoples
according to the number of
the sons of God.

⁹For the Lord's portion is his
people,
Jacob his allotted heritage.

¹⁰"He found him in a desert
land,
and in the howling waste of
the wilderness;
he encircled him, he cared for
him,
he kept him as the apple of
his eye.

¹¹Like an eagle that stirs up
its nest,
that flutters over its young,
spreading out its wings,
catching them,
bearing them on its pin-
ions,

¹²the Lord alone did lead him,
and there was no foreign
god with him.

¹³He made him ride on the
high places of the earth,

and he ate the produce of
the field;
and he made him suck honey
out of the rock,
and oil out of the flinty rock.
¹⁴Curds from the herd, and
milk from the flock,
with fat of lambs and rams,
herds of Bashan and goats,
with the finest of the wheat—
and of the blood of the
grape you drank wine.

¹⁵“But Jesh'urun waxed fat,
and kicked;
you waxed fat, you grew
thick, you became sleek;
then he forsook God who
made him,
and scoffed at the Rock of
his salvation.

¹⁶They stirred him to jealousy
with strange gods;
with abominable practices
they provoked him to
anger.

¹⁷They sacrificed to demons

which were no gods,
to gods they had never
known,
to new gods that had come in
of late,
whom your fathers had
never dreaded.

¹⁸You were unmindful of the
Rock that begot you,
and you forgot the God who
gave you birth.

¹⁹“The Lord saw it, and
spurned them,
because of the provocation
of his sons and his
daughters.

²⁰And he said, ‘I will hide my
face from them,
I will see what their end will
be,
For they are a perverse gen-
eration,
children in whom is no
faithfulness.

²¹They have stirred me to
jealousy with what is no

god;
they have provoked me
with their idols.
So I will stir them to jealousy
with those who are no
people;
I will provoke them with a
foolish nation.
²²For a fire is kindled by my
anger,
and it burns to the depths
of Sheol,
devours the earth and its
increase,
and sets on fire the founda-
tions of the mountains.
Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípío, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Deuteronomy 32:23–43
Canticle of Moses B

²³“And I will heap evils upon
them;

I will spend my arrows
upon them;
24they shall be wasted with
hunger,
and devoured with burning
heat
and poisonous pestilence;
and I will send the teeth of
beasts against them,
with venom of crawling
things of the dust.
25In the open the sword shall
bereave,
and in the chambers shall
be terror,
destroying both young man
and virgin,
the sucking child with the
man of gray hairs.
26I would have said, "I will
scatter them afar,
I will make the remem-
brance of them cease
from among men,"
27had I not feared provocation
by the enemy,
lest their adversaries

should judge amiss,
lest they should say, "Our
hand is triumphant,
the Lord has not wrought
all this."

28 "For they are a nation void
of counsel,
and there is no under-
standing in them.

29 If they were wise, they
would understand this,
they would discern their
latter end!

30 How should one chase a
thousand,
and two put ten thousand
to flight,
unless their Rock had sold
them,
and the Lord had given
them up?

31 For their rock is not as our
Rock,
even our enemies them-
selves being judges.

32 For their vine comes from

the vine of Sodom,
and from the fields of
Gomor'rah;
their grapes are grapes of
poison,
their clusters are bitter;
33their wine is the poison of
serpents,
and the cruel venom of
asps.

34“Is not this laid up in store
with me,
sealed up in my treasuries?
35Vengeance is mine, and rec-
ompense,
for the time when their foot
shall slip;
for the day of their calamity
is at hand,
and their doom comes
swiftly.

36For the Lord will vindicate
his people
and have compassion on
his servants,
when he sees that their power

is gone,
and there is none remain-
ing, bond or free.

³⁷Then he will say, ‘Where are
their gods,
the rock in which they took
refuge,

³⁸who ate the fat of their sac-
rifices,
and drank the wine of their
drink offering?

Let them rise up and help you,
let them be your protection!

³⁹“See now that I, even I, am
he,
and there is no god beside
me;

I kill and I make alive;
I wound and I heal;
and there is none that can
deliver out of my hand.

⁴⁰For I lift up my hand to
heaven,

and swear, As I live for ever,

⁴¹if I whet my glittering sword,
and my hand takes hold on

judgment,
I will take vengeance on my
adversaries,
and will requite those who
hate me.

42I will make my arrows
drunk with blood,
and my sword shall devour
flesh—
with the blood of the slain
and the captives,
from the long-haired heads
of the enemy.’

43“Praise his people, O you
nations;
for he avenges the blood of
his servants,
and takes vengeance on his
adversaries,
and makes expiation for
the land of his people.”

Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípío, et
nunc, et semper,
et in sæcula sæculórum.

Amen.

Ant. The Rock, his work is perfect; for all his ways are justice (*Eastertide: allelúia*).

***On Feastdays**

Ant. Have mercy upon us, O Lord, * the God of all (*Eastertide: allelúia*).

Sirach 36:1-5 **Canticle of Sirach A**

¹Have mercy upon us, O Lord,
the God of all, and look
upon us,

²and cause the fear of thee
to fall upon all the
nations.

³Lift up thy hand against
foreign nations
and let them see thy might.

⁴As in us thou hast been
sanctified before them,

so in them be thou magnified before us;
5and let them know thee, as we have known
that there is not God but thee, O Lord.
Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípio, et nunc, et semper,
et in sæcula sæculórum.
Amen.

Sirach 36:6–13
Canticle of Sirach B

6Show signs anew, and work further wonders;
make thy hand and thy right arm glorious.
7Rouse thy anger and pour out thy wrath;
destroy the adversary and wipe out the enemy.
8Hasten the day, and remember the appointed time,
and let people recount thy

mighty deeds.

⁹Let him who survives be
consumed in the fiery
wrath,
and may those who harm
thy people meet destruc-
tion.

¹⁰Crush the heads of the
rulers of the enemy,
who say, "There is no one
but ourselves."

¹¹Gather all the tribes of
Jacob,
and give them their inheri-
tance, as at the begin-
ning.

¹²Have mercy, O Lord, upon
the people called by thy
name,
upon Israel, whom thou
hast likened to a first-
born son.

¹³Have pity on the city of thy
sanctuary,
Jerusalem, the place of thy
rest.

Glória Patri, et Fílio,

et Spirítui Sancto.
Sicut erat in princípío, et
nunc, et semper,
et in sæcula sæculórum.
Amen.

Ant. Have mercy upon us, O
Lord, the God of all (*Eastertide:*
allelúia).

Ant. Praise God * with loud
clashing cymbals!

Eastertide:

Ant. Allelúia, * allelúia,
allelúia.

Psalm 148

¹Praise the LORD!

Praise the LORD from the
heavens,
praise him in the heights!

²Praise him, all his angels,
praise him, all his host!

³Praise him, sun and moon,

praise him, all you shining
stars!

⁴Praise him, you highest
heavens,
and you waters above the
heavens!

⁵Let them praise the name of
the LORD!

For he commanded and
they were created.

⁶And he established them for
ever and ever;
he fixed their bounds
which cannot be passed.

⁷Praise the LORD from the
earth,
you sea monsters and all
deeps,

⁸fire and hail, snow and frost,
stormy wind fulfilling his
command!

⁹Mountains and all hills,
fruit trees and all cedars!

¹⁰Beasts and all cattle,

creeping things and flying
birds!

¹¹Kings of the earth and all
peoples,
princes and all rulers of the
earth!

¹²Young men and maidens
together,
old men and children!

¹³Let them praise the name of
the LORD,
for his name alone is
exalted;
his glory is above earth and
heaven.

¹⁴He has raised up a horn for
his people,
praise for all his saints,
for the people of Israel who
are near to him.

Praise the LORD!

Psalm 149

¹Praise the LORD!

Sing to the LORD a new
song,
his praise in the assembly
of the faithful!

²Let Israel be glad in his
Maker,
let the sons of Zion rejoice
in their King!

³Let them praise his name
with dancing,
making melody to him with
timbrel and lyre!

⁴For the LORD takes pleasure
in his people;
he adorns the humble with
victory.

⁵Let the faithful exult in glory;
let them sing for joy on
their couches.

⁶Let the high praises of God
be in their throats
and two-edged swords in
their hands,

⁷to wreak vengeance on the
nations
and chastisement on the
peoples,

⁸to bind their kings with
chains
and their nobles with
fetters of iron,
⁹to execute on them the judgment
written!
This is glory for all his
faithful ones.
Praise the LORD!

Psalm 150

¹Praise the LORD!
Praise God in his sanctuary;
praise him in his mighty
firmament!
²Praise him for his mighty
deeds;
praise him according to his
exceeding greatness!

³Praise him with trumpet
sound;
praise him with lute and
harp!

⁴Praise him with timbrel and
dance;
praise him with strings and
pipe!

⁵Praise him with sounding
cymbals;
praise him with loud clash-
ing cymbals!

⁶Let everything that breathes
praise the LORD!
Praise the Lord!

Ant. Praise God with loud
clashing cymbals!

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

*(from Proverbs, Sirach, Ecclesiasticus,
or Ecclesiastes)*

Hymn (Ordinary)

Dawn sprinkles all the East
with light,
Day o'er the earth is gliding
bright,

Morn's glittering rays their
course begin;
Farewell to darkness and
to sin.

Each phantom of the night
depart,
Each thought of guilt
forsake the heart;
Let every ill that darkness
brought
Beneath its shade now
come to nought.

So that last morning dread
and great
Which we with trembling
hope await,
With blessed light for us shall
glow
Who chant the song we
sang below:

All praise to God the Father
be;
All thanks, eternal Son, to
thee;
All glory, as is ever meet,

To God the Holy Paraclete.
Amen.

Christmas Hymn

From lands that see the sun
 arise
To earth's remotest bound-
 aries,
The Virgin born today we sing
The Son of Mary, Christ the
 King.

Blest Author of this earthly
 frame
To take a servant's form He
 came,
That liberating flesh by flesh
Whom He had made might
 live afresh.

The manger and the straw He
 bore,
The cradle He did not
 abhor;
A little milk His infant fare
Who feedeth all the fowl of

air.

All honor, praise and glory be
O Jesus, Virgin born, to
Thee;
All glory, as is ever meet,
To Father and to Paraclete.
Amen.

℣. Blessed art thou amongst
women.

℟. And blessed is the fruit of
thy womb.

Ant. O Blessed Mary, * Mother
of God, Virgin for ever,
temple of the Lord, sanc-
tuary of the Holy Ghost,
thou, without any
example before thee,
didst make thyself well-
pleasing in the sight of
our Lord Jesus Christ;
pray for the people, plead
for the clergy, make
intercession for all who
are vowed to God (*Easter-*

tide: allelúia, allelúia).

Luke 1:68–79
Canticle of Zechariah

Benedíctus Dóminus, Deus
Ísrael,

Quia visitávit, et fecit
redemptiónem plebis
suæ:

Et eréxit cornu salútis nobis

In domo David, púeri sui.

Sicut locútus est per os
sanctórum,

Qui a sæculo sunt, prophe-
tárum ejus:

Salútem ex inimícis nostris,

Ed de manu ómnium, qui
odérunt nos:

Ad faciéndam misericórdiam
cum pátribus nostris:

Et memorári testaménti sui
sancti.

Jusjurándum, quod jurávit
ad Ábraham, patrem
nostrum,

Datúrum se nobis:

Ut sine timóre, de manu

inimicórum nostrórum
liberáti,
serviámus illi:
In sanctitáte et justítia coram
ipso,
Ómnibus diébus nostris.
Et tu, puer, Prophéta Altís-
simi vocáberis:
Praeíbis enim ante fáciem
Dómini, paráre vias ejus:
Ad dandam sciéntiam salútis
plebi ejus,
In remissiónem pecca-
tórum eórum:
Per víscera misericórdiæ Dei
nostri,
In quibus visitávit nos
óriens ex alto:
Illumináre his, qui in ténebris
et in umbra mortis
sedent,
Ad dirigéndos pedes
nostros in viam pacis.
Glória Patri, et Fílio,
et Spirítui Sancto.
Sicut erat in princípío, et
nunc, et semper,
et in sæcula sæculórum.

Amen.

Ant. O Blessed Mary, Mother of God, Virgin for ever, temple of the Lord, sanctuary of the Holy Ghost, thou, without any example before thee, didst make thyself well-pleasing in the sight of our Lord Jesus Christ; pray for the people, plead for the clergy, make intercession for all who are vowed to God (*Easter-tide: allelúia, allelúia*).

(If Prime follows right after Lauds, skip to the Prayer to Our Guardian Angels.)

℣. Kyrie, eléison. ℞. Kyrie, eléison. ℣. Christe, eléison. ℞. Christe, eléison. ℣. Kyrie, eléison. ℞. Kyrie, eléison.

Pater noster, qui es in
cælis, sanctificétur
nomen tuum. Advéniat

regnum tuum. Fiat volúntas tua, sicut in cælo et in terra. Panem nostrum quotidiánum da nobis hódie.

℟. Et dimítte nobis débíta nostra, sicut et nos dimíttimus debitóribus nostris. Et ne nos indúcas in tentatiónem. Sed líbera nos a malo. Amen.

℣. Divínium auxílium máneat semper nobíscum.

℟. Et cum frátribus nostris abséntibus. Amen.

Prayer to Our Guardian Angels

O Pure Spirits whom God has selected to be our guardians, we are so grateful for the zeal with which you execute your commission. We often forget you, our invisible friends, to whom a thousand times we owe our preserva-

tion.

O Guardian Angels of these HAPPY INFANTS, who are as yet without spot before God, preserve their innocence and make up for all our INADEQUACIES in caring for them.

O Guardian Angels of ADOLESCENTS, who are exposed to so many temptations and dangers, talk to them, inspire them to holiness and, as you comforted St. Eulalia, encourage them to suffer for Christ's sake.

O Guardian Angels of THOSE WHO INSTRUCT THE YOUNG, animate them with your zeal and love, that the young may emulate your purity and innocence, you their invisible friends.

O Guardian Angels of SINNERS and LOVERS OF THE WORLD, guide these unhappy mortals whose attraction to the world does embitter you. We implore you

for their conversion even if you must strike at them.

O Guardian Angels of SENIORS and ELDERS, bring their prayers in behalf of their charges to God. Present their words, their actions and their intentions to God and purify them of all human imperfections. Obtain for them that spirit of fervor, zeal and sacrifice for the sake of God's kingdom.

O Guardian Angels of THOSE APPROACHING THEIR FINAL HOUR, strengthen, encourage and defend them against the attacks of their infernal enemy.

O Guardian Angel of THIS COMMUNITY, protect us all, teach us to love, to pray and to win in our combat against temptations.

Amen.



SATURDAY PRIME

℣. Deus, in adiutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

Now that the daylight fills the
sky

We lift our hearts to God on
high,

That He, in all we do or say,
Would keep us free from
harm today:

Would guard our hearts and
tongues from strife;
From anger's din would
hide our life;
From evil sights would turn
our eyes;
Would close our ears to
vanities.

So we, when this new day is
gone
And night in turn is
drawing on,
With conscience by the world
unstained
Shall praise His name for
victory gained.

To God the Father and the
Son
And Holy Spirit, three in
one,
Be endless glory as before
The world began, so ever-
more.
Amen.

Ant. While the King was on His couch, * my nard gave forth its fragrance (*Easter-tide: allelúia*).

Psalm 17B

- ²⁵With the loyal thou dost show thyself loyal;
with the blameless man thou dost show thyself blameless;
- ²⁶with the pure thou dost show thyself pure;
and with the crooked thou dost show thyself perverse.
- ²⁷For thou dost deliver a humble people;
but the haughty eyes thou dost bring down.
- ²⁸Yea, thou dost light my lamp;
the LORD my God lightens my darkness.
- ²⁹Yea, by thee I can crush a troop;

and by my God I can leap
over a wall.

³⁰This God—his way is perfect;
the promise of the LORD
proves true;
he is a shield for all those
who take refuge in him.

³¹For who is God, but the
LORD?
And who is a rock, except
our God?—

³²the God who girded me with
strength,
and made my way safe.

³³He made my feet like hinds'
feet,
and set me secure on the
heights.

³⁴He trains my hands for war,
so that my arms can
bend a bow of bronze.

³⁵Thou hast given me the
shield of thy salvation,
and thy right hand sup-
ported me, and thy help

made me great.

³⁶Thou didst give a wide place
for my steps under me,
and my feet did not slip.

³⁷I pursued my enemies and
overtook them;
and did not turn back till
they were consumed.

³⁸I thrust them through, so
that they were not able
to rise;
they fell under my feet.

³⁹For thou didst gird me with
strength for the battle;
thou didst make my assail-
ants sink under me.

⁴⁰Thou didst make my
enemies turn their backs
to me,
and those who hated me I
destroyed.

⁴¹They cried for help, but
there was none to save,
they cried to the LORD, but
he did not answer them.

⁴²I beat them fine as dust
before the wind;

I cast them out like the
mire of the streets.

⁴³Thou didst deliver me from
strife with the peoples;
thou didst make me the
head of the nations;
people whom I had not
known served me.

⁴⁴As soon as they heard of me
they obeyed me;
foreigners came cringing to
me.

⁴⁵Foreigners lost heart,
and came trembling out of
their fastnesses.

⁴⁶The LORD lives; and blessed
be my rock,
and exalted be the God of
my salvation,

⁴⁷the God who gave me ven-
geance
and subdued peoples
under me;

⁴⁸who delivered me from my
enemies;
yea, thou didst exalt me

above my adversaries;
thou didst deliver me from
men of violence.

⁴⁹For this I will extol thee, O
LORD, among the
nations,
and sing praises to thy
name.

⁵⁰Great triumphs he gives to
his king,
and shows steadfast love to
his anointed,
to David and his descen-
dants for ever.

Glória Patri....

Psalm 18

To the choirmaster. A Psalm of David.

¹The heavens are telling the
glory of God;
and the firmament pro-
claims his handiwork.

²Day to day pours forth
speech,
and night to night declares

knowledge.

³There is no speech, nor are
there words;

their voice is not heard;

⁴yet their voice goes out
through all the earth,
and their words to the end
of the world.

In them he has set a tent for
the sun,

⁵which comes forth like a
bridegroom leaving his
chamber,

and like a strong man runs
its course with joy.

⁶Its rising is from the end of
the heavens,

and its circuit to the end of
them;

and there is nothing hid
from its heat.

⁷The law of the LORD is per-
fect,

reviving the soul;

the testimony of the LORD is
sure,

making wise the simple;
8the precepts of the LORD are
right,
rejoicing the heart;
the commandment of the
LORD is pure,
enlightening the eyes;
9the fear of the LORD is clean,
enduring for ever;
the ordinances of the LORD
are true,
and righteous altogether.
10More to be desired are they
than gold,
even much fine gold;
sweeter also than honey and
drippings of the honey-
comb.
11Moreover by them is thy
servant warned;
in keeping them there is
great reward.
12But who can discern his
errors?
Clear thou me from hidden
faults.

¹³Keep back thy servant also
from presumptuous
sins;
let them not have dominion
over me!

Then I shall be blameless,
and innocent of great
transgression.

¹⁴Let the words of my mouth
and the meditation of my
heart
be acceptable in thy sight,
O LORD, my rock and my
redeemer.

Glória Patri....

Psalm 19

To the choirmaster. A Psalm of David.

¹The LORD answer you in the
day of trouble!

The name of the God of
Jacob protect you!

²May he send you help from
the sanctuary,
and give you support from

Zion!

³May he remember all your offerings,
and regard with favor your burnt sacrifices! *[Selah]*

⁴May he grant you your heart's desire,
and fulfil all your plans!

⁵May we shout for joy over your victory,
and in the name of our God set up our banners!
May the LORD fulfil all your petitions!

⁶Now I know that the LORD will help his anointed;
he will answer him from his holy heaven
with mighty victories by his right hand.

⁷Some boast of chariots, and some of horses;
but we boast of the name of the LORD our God.

⁸They will collapse and fall;
but we shall rise and stand

upright.

⁹Give victory to the king, O
LORD;
answer us when we call.

Ant. While the King was on His
couch, my nard gave
forth its fragrance (*Easter-
tide: allelúia*).

Reading

(from the New Testament)

✠. Kyrie, eléison. ✠. Kyrie, eléi-
son. ✠. Christe, eléison. ✠.
Christe, eléison. ✠. Kyrie, eléi-
son. ✠. Kyrie, eléison.

Concluding Prayers

*(Use the following, or the Collect
from the Missal)*

O Lord God Almighty, who
has brought us to the begin-
ning of this day, preserve us
in the same by Thy power, so
that during this day we may
not fall into any sin, but that

all our words, thoughts and works may be directed to the doing of Thy righteousness. Grant this through Christ our Lord. Amen.

Pater noster *(Silently until)* Et ne nos indúcas in tentatiónem.

R. Sed líbera nos a malo. Amen.

The Angelus

ANGELUS Dómini nuntiávit Mariæ.

R. Et concépit de Spíritu Sancto.

AVE Mariá, grátia plena, Dóminus tecum; benedícta tu in muliéribus, et benedíctus fructus ventris tui, Jesus.

R. Sancta Mariá, Mater Dei, ora pro nobis peccatóribus, nunc et in hora mortis nostræ. Amen.

ECCE ancílla Dómini.

℟. Fiat mihi secúndum
verbum tuum.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ET Verbum caro factum
est.

℟. Et habitávit in nobis.

AVE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis

nostræ. Amen.

℣. Ora pro nobis, Sancta Dei
Génitrix.

℟. Ut digni efficiámur promissiónibus Christi.

Orémus.

Grátiam tuam, quæsumus,
Dómine, méntibus nostris
infúnde: ut qui, Ángelo
nuntíante, Christi Fílii tui
Incarnatiónem cognóvimus,
per passiónem ejus et
crucem, ad resurrectiós
glóriam perducámur. Per
eúmdem Christum Dóminum
nostrum. Amen.

GLÓRIA Patri, et Fílio, * et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, * et in
sæcula sæculórum. Amen.

(recited 3 times)

During Easter:

Regína Cæli

℣. Regína cæli lætære, allelúia.

℟. Quia quem meruísti portære, allelúia.

℣. Resurréxit, sicut dixit, allelúia.

℟. Ora pro nobis Deum, allelúia.

℣. Gaude et lætære, Virgo María, allelúia.

℟. Quia surréxit Dóminus vere, allelúia.

Orémus.

Deus, qui per resurrectionem Fílii tui Dómini nostri Iesu Christi mundum lætificáre dignátus es, præsta, quæsumus, ut per eius Genetrícem Vírginem Mariám perpétuæ capiámus gáudia vitæ.

Per Christum Dóminum nostrum. Amen.

℣. Glória Patri, et Fílio, et Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in sæcula
sæculórum. Amen.

(recited 3 times)

Actus Fidei

DÓMINE Deus, firma fide
credo et confíteor ómnia
et síngula quæ sancta Ecclé-
sia Cathólica propónit, quia
tu, Deus, ea ómnia revelásti,
qui es ætérna véritas et
sapiéntia, quæ nec fállere nec
falli potest. In hac fide
vívere et mori státuo. Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℟. Et cum frátribus nostris
abséntibus. Amen.



SATURDAY TERCE

℣. Deus, in adiutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípio, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

Come, Holy Spirit, in nature
one

With both the Father and
the Son;

Shed forth Thy grace within
our breast

And dwell with us, a ready
guest.

By every power, by heart and
tongue,
By act and deed, Thy praise
be sung:
Inflame with perfect love each
sense
That other souls may
kindle thence.

In this, most gracious Father,
hear
Through Christ Thy equal
Son our prayer,
Who with the Holy Ghost and
Thee
Doth live and reign eter-
nally.
Amen.

Ant. O that His left hand were
under my head, * and
that His right hand
embraced me! (*Eastertide:*
allelúia.)

Psalm 119

¹In my distress I cry to the
LORD,
that he may answer me:

²"Deliver me, O LORD,
from lying lips,
from a deceitful tongue."

³What shall be given to you?
And what more shall be
done to you,
you deceitful tongue?

⁴A warrior's sharp arrows,
with glowing coals of the
broom tree!

⁵Woe is me, that I sojourn in
Meshech,
that I dwell among the
tents of Kedar!

⁶Too long have I had my
dwelling
among those who hate
peace.

⁷I am for peace;
but when I speak,
they are for war!

Psalm 120

A Song of Ascents.

¹I lift up my eyes to the hills.
From whence does my help
come?

²My help comes from the
LORD,
who made heaven and
earth.

³He will not let your foot be
moved,
he who keeps you will not
slumber.

⁴Behold, he who keeps Israel
will neither slumber nor
sleep.

⁵The LORD is your keeper;
the LORD is your shade
on your right hand.

⁶The sun shall not smite you
by day,
nor the moon by night.

⁷The LORD will keep you from
all evil;
he will keep your life.
⁸The LORD will keep
your going out and your
coming in
from this time forth and for
evermore.

Psalm 121

A Song of Ascents. Of David.

¹I was glad when they said to
me,
"Let us go to the house of
the LORD!"
²Our feet have been standing
within your gates, O Jeru-
salem!
³Jerusalem, built as a city
which is bound firmly
together,
⁴to which the tribes go up,
the tribes of the LORD,
as was decreed for Israel,

to give thanks to the name
of the LORD.

⁵There thrones for judgment
were set,
the thrones of the house of
David.

⁶Pray for the peace of Jerusa-
lem!

"May they prosper who love
you!

⁷Peace be within your walls,
and security within your
towers!"

⁸For my brethren and com-
panions' sake
I will say, "Peace be within
you!"

⁹For the sake of the house of
the LORD our God,
I will seek your good.

Ant. O that His left hand were
under my head, and that
His right hand embraced
me! (*Eastertide: allelúia.*)

Reading

(from the New Testament)

℣. Kyrie, eléison. ℞. Kyrie, eléison.
℣. Christe, eléison. ℞. Christe, eléison.
℣. Kyrie, eléison. ℞. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et
ne nos indúcas in tentationem.

℞. Sed libera nos a malo.
Amen.

℣. Divínium auxílium máneat
semper nobíscum.

℞. Et cum frátribus nostris
abséntibus. Amen.



SATURDAY SEXT

℣. Deus, in adiutórium meum
inténde.

℟. Dómine ad adjuvándum me
festína.

℣. Glória Patri, et Fílio, et
Spirítui Sancto.

℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God of Truth, O Lord of
might,
Disposing time and change
aright,
Who clothes the splendid
morning ray
And gives the heat at noon
of day:

Extinguish Thou each sinful

fire

And banish every ill desire;
And while Thou keepest the
body whole
Shed forth Thy peace upon
the soul.

Grant this, O Father ever one
With Jesus Christ Thy only
Son
And Holy Ghost, whom all
adore,
Reigning and blest forever-
more.

Amen.

Ant. I am very dark, but
comely, * O daughters of
Jerusalem; therefore the
King has brought me
into His chambers (*Easter-
tide: allelúia*).

Psalm 122

A Song of Ascents.

¹To thee I lift up my eyes,

O thou who art enthroned
in the heavens!

²Behold, as the eyes of ser-
vants
look to the hand of their
master,
as the eyes of a maid
to the hand of her mistress,
so our eyes look to the LORD
our God,
till he have mercy upon us.

³Have mercy upon us, O
LORD, have mercy upon
us,
for we have had more than
enough of contempt.

⁴Too long our soul has been
sated
with the scorn of those who
are at ease,
the contempt of the proud.

Psalm 123

A Song of Ascents. Of David.

¹If it had not been the LORD

who was on our side,
let Israel now say—
2if it had not been the LORD
who was on our side,
when men rose up against
us,
3then they would have swal-
lowed us up alive,
when their anger was
kindled against us;
4then the flood would have
swept us away,
the torrent would have
gone over us;
5then over us would have gone
the raging waters.

6Blessed be the LORD,
who has not given us
as prey to their teeth!
7We have escaped as a bird
from the snare of the fowl-
ers;
the snare is broken,
and we have escaped!

8Our help is in the name of
Saturday Sext 948

the LORD,
who made heaven and
earth.

Psalm 124

A Song of Ascents.

¹Those who trust in the LORD
are like Mount Zion,
which cannot be moved,
but abides for ever.

²As the mountains are round
about Jerusalem,
so the LORD is round about
his people,
from this time forth and for
evermore.

³For the scepter of wicked-
ness shall not rest
upon the land allotted to
the righteous,
lest the righteous put forth
their hands to do wrong.

⁴Do good, O LORD, to those
who are good,
and to those who are
upright in their hearts!

5But those who turn aside
upon their crooked ways
the LORD will lead away
with evildoers!
Peace be in Israel!

Ant. I am very dark, but
comely, O daughters of
Jerusalem; therefore the
King has brought me
into His chambers (*Easter-
tide: allelúia*).

Reading

(from the New Testament)

✠. Kyrie, eléison. ✠. Kyrie, eléi-
son. ✠. Christe, eléison. ✠.
Christe, eléison. ✠. Kyrie, eléi-
son. ✠. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster (*Silently until*) Et
ne nos indúcas in ten-
tationem.

✠. Sed libera nos a malo.

Amen.

The Angelus

ANGELUS Dómini nuntiávit Mariæ.

℟. Et concépit de Spíritu Sancto.

AVE Mariá, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta Mariá, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ECCE ancílla Dómini.

℟. Fiat mihi secúndum
verbum tuum.

AVE Mariá, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris

tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

ET Verbum caro factum
est.

℟. Et habitávit in nobis.

A VE María, grátia plena,
Dóminus tecum;
benedícta tu in muliéribus, et
benedíctus fructus ventris
tui, Jesus.

℟. Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis
nostræ. Amen.

℣. Ora pro nobis, Sancta Dei
Génitrix.

℟. Ut digni efficiámur promís-
sionibus Christi.

Orémus.

Grátiam tuam, quæsumus,
Dómine, méntibus nostris

infúnde: ut qui, Ángelo
nuntíante, Christi Fílii tui
Incarnatiónem cognóvimus,
per passióem ejus et
crucem, ad resurrectiόνis
glóriam perducámur. Per
eúmdem Christum Dóminum
nostrum. Amen.

GLÓRIA Patri, et Fílio, * et
Spirítui Sancto.

℟. Sicut erat in princípio, et
nunc, et semper, * et in
sæcula sæculórum. Amen.

(recited 3 times)

During Easter:

Regína Cæli

℣. Queen of heaven, rejoice,
alleluia!

℟. for he whom you were
worthy to bear, alleluia!

℣. has risen as he said, alle-
luia!

℟. Pray for us to God, alleluia!

℣. Rejoice and be glad, O

Virgin Mary, alleluia!

℟. For the Lord has truly risen, alleluia.

Let us pray.

O God, who through the resurrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

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

℟. As it was in the beginning, is now, and ever shall be, * world without end. Amen.

(recited 3 times)

Actus Spei

DÓMINE Deus, spero per grátiam tuam remissionem ómnium peccatórum, et post hanc vitam ætérnam felicitátem me esse consecutúrum: quia tu promissisti, qui es infinite potens, fidélis, benígnus, et miséricors. In hac spe vívere et mori státuo. Amen.

✠. Divínium auxílium máneat semper nobíscum.

✠. Et cum frátribus nostris abséntibus. Amen.



SATURDAY NONE

✠. Deus, in adjutórium meum inténde.

✠. Dómine ad adjuvándum me

festína.

✠. Glória Patri, et Fílio, et
Spirítui Sancto.

✠. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn

O God, creation's secret force,
Thy self unmoved, yet
motion's source,
Who from the morn till eve-
ning's ray
Through every change dost
guide the day:

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

Grant this, O Father ever one
With Jesus Christ Thy only

Son
And Holy Ghost, whom all
adore,
Reigning and blest forever-
more.
Amen.

Ant. O Holy Mother of God,
thou art beautiful * and
gentle in thy gladness
(*Eastertide: allelúia*).

Psalm 125

A Song of Ascents.

¹When the LORD restored the
fortunes of Zion,
we were like those who
dream.
²Then our mouth was filled
with laughter,
and our tongue with
shouts of joy;
then they said among the
nations,
"The LORD has done great
things for them."

³The LORD has done great
things for us;
we are glad.

⁴Restore our fortunes, O
LORD,
like the watercourses in the
Negeb!

⁵May those who sow in tears
reap with shouts of joy!

⁶He that goes forth weeping,
bearing the seed for sowing,
shall come home with shouts
of joy,
bringing his sheaves with
him.

Psalm 126

A Song of Ascents. Of Solomon.

¹Unless the LORD builds the
house,
those who build it labor in
vain.

Unless the LORD watches over
the city,

the watchman stays awake
in vain.

²It is in vain that you rise up
early
and go late to rest,
eating the bread of anxious
toil;
for he gives to his beloved
sleep.

³Lo, sons are a heritage from
the LORD,
the fruit of the womb a
reward.

⁴Like arrows in the hand of a
warrior
are the sons of one's youth.

⁵Happy is the man who has
his quiver full of them!
He shall not be put to shame
when he speaks with his
enemies in the gate.

Psalm 127

A Song of Ascents.

¹Blessed is every one who
Saturday None 959

fears the LORD,
who walks in his ways!

²You shall eat the fruit of the
labor of your hands;
you shall be happy, and it
shall be well with you.

³Your wife will be like a fruit-
ful vine
within your house;
your children will be like olive
shoots
around your table.

⁴Lo, thus shall the man be
blessed
who fears the LORD.

⁵The LORD bless you from
Zion!

May you see the prosperity
of Jerusalem
all the days of your life!

⁶May you see your children's
children!
Peace be upon Israel!

Ant. O Holy Mother of God,

thou art beautiful and
gentle in thy gladness
(Eastertide: allelúia).

Reading

(from the New Testament)

✠. Kyrie, eléison. ✠. Kyrie, eléi-
son. ✠. Christe, eléison. ✠.
Christe, eléison. ✠. Kyrie, eléi-
son. ✠. Kyrie, eléison.

Concluding Prayers

(Collect from the Missal)

Pater noster *(Silently until)* Et
ne nos indúcas in ten-
tationem.

✠. Sed líbera nos a malo.
Amen.

✠. Divínium auxílium máneat
semper nobíscum.

✠. Et cum frátribus nostris
abséntibus. Amen.



SATURDAY VESPERS

- ℣. Deus, in adiutórium meum
inténde.
- ℟. Dómine ad adjuvándum me
festína.
- ℣. Glória Patri, et Fílio, et
Spirítui Sancto.
- ℟. Sicut erat in princípío, et
nunc, et semper, et in
sæcula sæculórum.
Amen.

Hymn (Ordinary)

O Trinity of blessed light
O Unity of princely might,
The fiery sun now goes his
way;
Shed Thou within our
hearts Thy ray.

To Thee our morning song of

praise
To Thee our evening prayer
we raise;
Thy glory suppliant we adore
Forever and forevermore.

Hear Thou our prayer,
Almighty King!
Hear Thou our praises
whilst we sing,
Adoring with the heavenly
host
The Father, Son and Holy
Ghost.
Amen.

Advent Hymn

Creator of the stars of night,
Thy people's everlasting
light,
Jesus Redeemer save us all
And hear Thy servants
when they call.

Thou, grieving that the
ancient curse

Should doom to death a
universe
Has found the medicine full
of grace
To save and heal a ruined
race.

Thou camest, the Bridegroom
of the Bride,
As drew the world to eve-
ningtide,
Proceeding from a Virgin
shrine
The spotless Victim all
divine.

At whose dread Name majes-
tic now
All knees must bend, all
hearts must bow;
All things celestial Thee shall
own
And things terrestrial, Lord
alone.

To God the Father, God the
Son
And God the Spirit, three

in one,
Praise, honor, might and
glory be
From age to age eternally.
Amen.

Christmas Hymn

O Jesus, Redeemer of all men,
Who ere created light began
Didst from the sovereign
Father spring,
His power and glory equal-
ling!

The Father's light and splen-
dor Thou,
Their endless hope to Thee
that bow;
Accept the prayers and praise
today
That through the world Thy
servants pay.

The heavens above, the
rolling main
And all that earth's wide

realms contain
With joyous voice now loudly
sing
The glory of their newborn
King.

And we who by Thy precious
Blood
From sin redeemed, are
marked for God
On this the day that saw Thy
birth
Sing the new song of ran-
somed earth.

All honor, praise and glory be
O Jesus, Virgin born, to
Thee;
All glory, as is ever meet,
To Father and to Paraclete.
Amen.

Ant. The LORD is near * to all
who call upon him.

Eastertide (for four Psalms):

Ant. Allelúia, * allelúia,

allelúia.

Psalms 144B

The LORD is faithful in all his
words,
and gracious in all his
deeds.

¹⁴The LORD upholds all who
are falling,
and raises up all who are
bowed down.

¹⁵The eyes of all look to thee,
and thou givest them their
food in due season.

¹⁶Thou openest thy hand,
thou satisfiest the desire of
every living thing.

¹⁷The LORD is just in all his
ways,
and kind in all his doings.

¹⁸The LORD is near to all who
call upon him,
to all who call upon him in
truth.

¹⁹He fulfils the desire of all
who fear him,

he also hears their cry, and
saves them.

²⁰The LORD preserves all who
love him;
but all the wicked he will
destroy.

²¹My mouth will speak the
praise of the LORD,
and let all flesh bless his
holy name for ever and
ever.

Ant. The LORD is near to all
who call upon him.

Ant. I will praise the LORD * as
long as I live.

Psalm 145

¹Praise the LORD!
Praise the LORD, O my soul!
²I will praise the LORD as long
as I live;
I will sing praises to my
God while I have being.

³Put not your trust in princes,
in a son of man, in whom
there is no help.

⁴When his breath departs he
returns to his earth;
on that very day his plans
perish.

⁵Happy is he whose help is
the God of Jacob,
whose hope is in the LORD
his God,

⁶who made heaven and earth,
the sea, and all that is in
them;

who keeps faith for ever;

⁷who executes justice for
the oppressed;

who gives food to the
hungry.

The LORD sets the prisoners
free;

⁸the LORD opens the eyes of
the blind.

The LORD lifts up those who
are bowed down;

the LORD loves the righteous.

⁹The LORD watches over the sojourners,
he upholds the widow and the fatherless;
but the way of the wicked he brings to ruin.

¹⁰The LORD will reign for ever,
thy God, O Zion, to all generations.
Praise the LORD!

Ant. I will praise the LORD as long as I live.

Ant. Our God is gracious, * and a song of praise is seemly.

Psalm 146

¹Praise the LORD!
For it is good to sing praises to our God;
for he is gracious, and a

song of praise is seemly.

²The LORD builds up Jerusalem;

he gathers the outcasts of Israel.

³He heals the brokenhearted,
and binds up their wounds.

⁴He determines the number
of the stars,
he gives to all of them their
names.

⁵Great is our LORD, and abundant
in power;
his understanding is
beyond measure.

⁶The LORD lifts up the down-
trodden,
he casts the wicked to the
ground.

⁷Sing to the LORD with
thanksgiving;
make melody to our God
upon the lyre!

⁸He covers the heavens with
clouds,
he prepares rain for the

earth,
he makes grass grow upon
the hills.

⁹He gives to the beasts their
food,
and to the young ravens
which cry.

¹⁰His delight is not in the
strength of the horse,
nor his pleasure in the legs
of a man;

¹¹but the LORD takes pleasure
in those who fear him,
in those who hope in his
steadfast love.

Ant. Our God is gracious, and
a song of praise is
seemly.

Ant. Praise the LORD, * O Jeru-
salem!

Psalm 147

¹²Praise the LORD, O Jerusa-
lem!

Praise your God, O Zion!

- ¹³For he strengthens the bars
of your gates;
he blesses your sons within
you.
- ¹⁴He makes peace in your
borders;
he fills you with the finest
of the wheat.
- ¹⁵He sends forth his
command to the earth;
his word runs swiftly.
- ¹⁶He gives snow like wool;
he scatters hoarfrost like
ashes.
- ¹⁷He casts forth his ice like
morsels;
who can stand before his
cold?
- ¹⁸He sends forth his word,
and melts them;
he makes his wind blow,
and the waters flow.
- ¹⁹He declares his word to
Jacob,
his statutes and ordi-
nances to Israel.

²⁰He has not dealt thus with
any other nation;
they do not know his ordi-
nances.
Praise the LORD!

Ant. Praise the LORD, O Jeru-
salem!

Eastertide:

Ant. Allelúia, allelúia, allelúia.

Reading

(from the New Testament)

Ant. His mercy is on those who
fear him * from genera-
tion to generation (*Eastertide:*
allelúia, allelúia).

Luke 1:46-55 ***Canticle of Mary***

Magnificat
ánima mea Dóminum,
Et exsultávit spíritus meus
in Deo, salutári meo.
Quia respéxit humilitátem
ancíllae suæ:

ecce enim ex hoc beátam me
dicent omnes generatiónes.
Quia fecit mihi magna qui
potens est:

et sanctum nomen ejus.
Et misericórdia ejus a progé-
nie in progénies
timéntibus eum.

Fecit poténtiam in bráchio
suo:

dispérsit supérbos mente
cordis sui.

Depósuit poténtes de sede,
et exaltávit húmiles.

Esuriéntes implévit bonis
et dívites dimísit inánes.

Suscépit Israel, púerum
suum,
recordátus misericórdiæ
suæ.

Sicut locútus est ad patres
nostros

Abraham, et sémini ejus in
sæcula.

Glória Patri, et Fílio,
et Spirítui Sancto.

Sicut erat in princípio, et
nunc, et semper,

et in sæcula sæculórum.
Amen.

Ant. His mercy is on those who
fear him from generation
to generation (*Eastertide:*
allelúia, allelúia).

℣. Kyrie, eléison. ℞. Kyrie, eléi-
son. ℣. Christe, eléison. ℞.
Christe, eléison. ℣. Kyrie, eléi-
son. ℞. Kyrie, eléison.

Pater noster, qui es in
cælis, sanctificétur
nomen tuum. Advéniat
regnum tuum. Fiat volúntas
tua, sicut in cælo et in terra.
Panem nostrum quotidiánum
da nobis hódie.

℞. Et dimítte nobis débita
nostra, sicut et nos dimítti-
mus debitóribus nostris. Et
ne nos indúcas in ten-
tatiónem. Sed líbera nos a
malo. Amen.

Concluding Prayers

(Collect from the Missal)

℣. Divinum auxilium maneat
semper nobiscum.

℟. Et cum fratribus nostris
absentibus. Amen.



COMPLINE

Go to page 166 for Compline.

Appendix: **The “O” Antiphons**

December 17

O Wisdom that comest out of
the mouth of the Most
High, that reachest from
one end to another, and order-
est all things mightily and
sweetly, come to teach
us the way of prudence!

Latin version:

O Sapiéntia, quæ ex ore Altís-
simi prodiísti, attingens a
fine usque ad finem,
fórtiter suavitérque dispónens
omnia: veni ad docéndum
nos viam prudéntiæ.

December 18

O Adonai, and Ruler of the
house of Israel, Who didst
appear unto Moses in
the burning bush, and gavest
him the law in Sinai, come
to redeem us with an
outstretched arm!

Latin version:

O Ádonai, et Dux domus Ísrael,
qui Moysi in igne flammæ
rubi apparuísti, et ei
in Sina legem dedísti: veni ad
rediméndum nos in
bráchio exténto.

December 19

O Root of Jesse, which standest
for an ensign of the people,
at Whom the kings
shall shut their mouths, Whom
the Gentiles shall seek,
come to deliver us, do
not tarry.

Latin version:

O Radix Jesse, qui stas in
signum populórum, super
quem continébunt reges os
suum, quem Gentes depre-
cabúntur: veni ad liberán-
dum nos, jam noli tardáre.

December 20

O Key of David, and Sceptre of
the house of Israel, that
openeth and no man

shutteth, and shutteth and no
man openeth, come to lib-
erate the prisoner from
the prison, and them that sit in
darkness, and in the
shadow of death.

Latin version:

O Clavis David, et sceptrum
domus Ísrael; qui apéris,
et nemo claudit; claudis,
et nemo apérit: veni, et educ
vinctum de domo cárceris,
sedéntem in ténebris, et
umbra mortis.

December 21

O Dayspring, Brightness of the
everlasting light, Son of
justice, come to give
light to them that sit in dark-
ness and in the shadow of
death!

Latin version:

O Oriens, splendor lucis
ætérnæ, et sol justítiæ:
veni, et illúmina sedéntes
in
ténebris, et umbra mortis.

December 22

O King of the Gentiles, yea, and
desire thereof! O Corner-
stone, that makest of
two one, come to save man,
whom Thou hast made out
of the dust of the earth!

Latin version:

O Rex Géntium, et desiderátus
eárum, lapísque anguláris,
qui facis útraque
unum: veni, et salva hóminem,
quem de limo formásti.

December 23

O Emmanuel, our King and our
Law-giver, Longing of the
Gentiles, yea, and
salvation thereof, come to save
us, O Lord our God!

Latin version:

O Emmánuel, Rex et légifer
noster, exspectátio gén-
tium, et Salvátor eárum:
veni ad salvándum nos
Dómine Deus noster.

Prayer after the Office

To the most holy and undivided Trinity, to the humanity of our Lord Jesus Christ crucified, to the fruitful virginity of the most glorious Mary ever Virgin, and to the company of all the Saints, may eternal praise, honor, power and glory be given by every creature, and to us the remission of all our sins. Amen.

V. Blessed be the womb of the Virgin Mary, which bore the Son of the Eternal Father.

R. And blessed be the breasts which gave sustenance to Christ our Lord.

Our Father. Hail Mary.