

COME,
REST IN HIS LOVE:

A Book of Prayers

St John the Evangelist Catholic Church
5655 Stadium Parkway
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Acknowledgments

Acknowledgments

Excerpts from Christian Prayer – Morning and Evening Prayer:

English translation of the Liturgy of the Hours: Roman Missal: Opening Prayers, the original texts of the Alternative Opening Prayers and concluding rite
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Excerpts from USCCB website – Scripture, Rosary & Scriptural Stations of the Cross”

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Excerpts from Directory of Devotional Prayer, Congregation of Holy Cross

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Book Cover

Our heartfelt and sincere thanks go to Silvia Garcia for her stunning art found on the cover page. We are so proud to have such an excellent and gifted and creative artist in our parish.

Printing Services

We are grateful to Allegra printers, Rockledge, FL, for their fine work.

Foreword

Advent 2013

Come, Rest in His Love: A book of Prayers

When Pope Benedict XVI announced the Year of Faith running from October 11, 2012 to November 24, 2013, one of his avowed and fervent hopes was *"to lead people out of the desert, towards the place of life, towards friendship with the Son of God, toward the One who gives us life, and life in abundance."* During this past one year celebrated as the Year of Faith, we have had several avenues open to us to find that unique place of life and the One who gives us life as never before. Prayer, undisputedly, is a distinct and unique Christian heritage and a time-tested and privileged mode of befriending Jesus. Yes, prayer brings us closer to God as in prayer we desire to conform our will to His will. St. James in his letter assures us that when we *"draw near to God He will draw near to us."* (4:8). Prayer is the life line that sustains our relationship with God. One of the promises made by deacons and priests at the time of their ordination is to pray the prayer of the Church daily without fail. What has been the prerogative of the priests, monks and religious so far is now open to all the baptized. The prayer of the Church, or often known as the Breviary or the Divine Office, or the Liturgy of the Hour, is now the privilege of every faithful in the Church.

As an offshoot of the Year of Faith, we at St. John the Evangelist Catholic Community, would desire to pray the same prayers joining their brothers and sisters all over the world giving praise to God as the day begins. What better way to begin the day than to pray this prayer of the Church and celebrate the Eucharist. Starting from the First Week of Advent 2013, we in our parish would pray the Morning Prayer. To assist us in this endeavor we have put together the prayers for the Morning Prayer and along with it have also included several other frequently used prayers such as prayers needed at the Eucharist, Adoration, Rosary, Litanies, Confession etc. A special section is included to familiarize us with the holy men in the Congregation of Holy Cross. Though far from exhaustive, this book can serve as the compendium of prayers for various occasions. We wish to thank Joe Boniface for his labor of love with his nimble-fingers in computerizing the prayers.

We invite you to use this powerful spiritual resource to pray in community and/or alone and cherish your friendship with the Trinity. ***Come, Rest in His presence and know that He cares.***

Very Rev. Brad Beaupré, C.S.C., V.F.,
Pastor

Rev. John Britto Antony, C.S.C.,
Parochial Vicar

Benedictus (Canticle of Zechariah)

(Luke 1:68-79)

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

He has raised up for us a mighty savior,
born of the house of his servant David.

Through his holy prophets he promised of old
that he would save us from our enemies;
from the hands of all who hate us.

He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight
all the days of our life.

You, my child, shall be called the Prophet of
the Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the
shadow of death,
and to guide our feet into the way of peace.

Magnificat (Canticle of Mary)

(Luke 1:46-55)

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.

From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever.

Proper of Seasons

Responsory for Easter Season after scripture reading

This is the day the Lord has made; let us rejoice and be glad, alleluia.

Sunday Antiphons to Cantic of Zechariah

Antiphons for Ordinary Time:

Ant. #1: Whoever gives you a cup of water in my name because you are a follower of Christ, shall not go unrewarded, says the Lord.

Ant #2: Come, follow me, says the Lord; I will make you fishers of men.

Ant #3: Lord, if you will, you can make me clean. And Jesus said: I do will it; you are made clean.

Ant #4: No one pours new wine into old wineskins; new wine should be put in new wineskins.

Antiphons for Advent:

Ant. 1st Sunday: The Holy Spirit will come upon you, Mary; you have no need to be afraid. You will carry in your womb the Son of God, alleluia.

Ant. 2nd Sunday: I am sending my angel before me to prepare the way for my coming.

Ant. 3rd Sunday: When John, in prison, heard of the works of Christ, he sent two of his disciples with this question: Are you the One whose coming was foretold, or should we look for another?

Ant. 4th Sunday: Believe me, the kingdom of God is at hand; I tell you solemnly, your Savior will not delay his coming.

Antiphons for Lent:

1st Sunday: Jesus was led by the Spirit into the desert to be tempted by the devil; and when he had fasted for forty days and forty nights, he was hungry.

2nd Sunday: Our Lord Jesus Christ abolished death, and through the Gospel he revealed eternal life.

3rd Sunday: Destroy this temple, says the Lord, and in three days I will rebuild it. He was speaking of the temple of his body.

MORNING PRAYER

4th Sunday: It was unheard of for anyone to open the eyes of a man born blind until the coming of Christ, the Son of God.

5th Sunday: Our friend Lazarus has fallen asleep; let us go and wake him.

Antiphons for Octave of Easter:

Sunday Ant: Very early on the morning after the Sabbath, when the sun had just risen, they came to the tomb, alleluia.

Monday Ant: Go quickly and tell his disciples: The Lord is risen, alleluia.

Tuesday Ant: Jesus called her by name: Mary. She turned to him and said: Rabboni. Then he said to her: Do not touch me; I have not yet ascended to my Father, alleluia.

Wednesday Ant: Beginning with Moses and the prophets, Jesus interpreted for them all that had been written of him in the Scriptures, alleluia.

Thursday Ant: Jesus stood in the midst of his disciples and said: Peace be with you, alleluia.

Friday Ant: This was the third time Jesus had shown himself to his disciples after he had risen from the dead, alleluia.

Saturday Ant: When Jesus had risen from the dead on the morning after the sabbath, he appeared first to Mary Magdalene, from whom he had cast out seven devils, alleluia.

Sunday Concluding Prayers

Concluding Prayers for Ordinary Time:

- A) Father of heaven and earth, hear our prayers, and show us the way to peace in the world. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. – Amen.
- B) All-powerful and ever-living God, direct your love that is within us, that our efforts in the name of your Son may bring mankind to unity and peace. We ask this through Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. – Amen.
- C) Lord our God, help us to love you with all our hearts and to love all men as you love them. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.
- D) Father, watch over your family and keep us safe in your care, for all our hope is in you. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. – Amen.

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- E) God our Father, you have promised to remain for ever with those who do what is just and right. Help us to live in your presence. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. – Amen.
- F) Father, your love never fails, hear our call. Keep us from danger and provide for all our needs. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. – Amen.
- G) Almighty God, our hope and our strength, without you we falter. Help us to follow Christ and to live according to your will. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. – Amen.
- H) Lord, be merciful to your people. Fill us with your gifts and make us always eager to serve you in faith, hope, and love. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. – Amen.
- I) Father of all that is good, keep us faithful in serving you, for to serve you is our lasting joy. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. – Amen.
- J) God our Father, your light of truth guides us to the way of Christ. May all who follow him reject what is contrary to the gospel. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. – Amen.
- K) God our Father, gifts without measure flow from your goodness to bring us your peace. Our life is your gift. Guide our life's journey, for only your love makes us whole. Keep us strong in your love. We ask this through Christ our Lord.
- L) Almighty God, every good thing comes from you. Fill our hearts with love for you, increase our faith, and by your constant care protect the good you have given us. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. – Amen.
- M) Father, your love for us surpasses all our hopes and desires. Forgive our failings, keep us in your peace and lead us in the way of salvation. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. – Amen.
- N) O God, who manifest your almighty power above all by pardoning and showing mercy, bestow, we pray, your grace abundantly upon us and make those hastening to attain your promises heirs to the treasures of heaven. Through our Lord Jesus

MORNING PRAYER

Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. – Amen.

Concluding Prayers for Advent:

1st Sunday: All-powerful God, increase our strength of will for doing good that Christ may find an eager welcome at his coming and call us to his side in the kingdom of heaven where he lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

2nd Sunday: God of power and mercy, open our hearts in welcome. Remove the things that hinder us from receiving Christ with joy, so that we may share his wisdom and become one with him when he comes in glory, for he lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

3rd Sunday: Lord God, may we, your people, who look forward to the birthday of Christ experience the joy of salvation and celebrate that feast with love and thanksgiving. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

4th Sunday: Lord, fill our hearts with your love, and as you revealed to us by an angel the coming of your Son as man, so lead us through his suffering and death to the glory of his resurrection, for he lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Concluding Prayers for Lent:

1st Sunday: Father, through our observance of Lent, help us to understand the meaning of your Son's death and resurrection, and teach us to reflect it in our lives. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

2nd Sunday: God our Father, help us to hear your Son. Enlighten us with your word, that we may find the way to your glory. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen.

3rd Sunday: Father, you have taught us to overcome our sins by prayer, fasting and works of mercy. When we are discouraged by our weakness, give us confidence in your love. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen.

4th Sunday: Father of peace, we are joyful in your Word, your Son Jesus Christ, who reconciles us to you. Let us hasten toward Easter with the eagerness of faith and love. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen.

MORNING PRAYER

5th Sunday: Father, help us to be like Christ your Son, who loved the world and died for our salvation. Inspire us by his love, guide us by his example, who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen.

Concluding Prayers for Easter:

1. Prayer: God our Father, by raising Christ your Son you conquered the power of death and opened for us the way to eternal life. Let our celebration today raise us up and renew our lives by the Spirit that is within us. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.
2. Prayer: Father, you give your Church constant growth by adding new members to your family. Help us put into action in our lives the baptism we have received with faith. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.
3. Prayer: Father, by this Easter mystery you touch our lives with the healing power of your love. You have given us the freedom of the sons of God. May we who now celebrate your gift find joy in it for ever in heaven. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.
4. Prayer: God our Father, on this solemn feast you give us the joy of recalling the rising of Christ to new life. May the joy of our annual celebration bring us to the joy of eternal life. We ask this through our Lord Jesus Christ, you Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.
5. Prayer: Father, you gather the nations to praise your name. May all who are reborn in baptism be one in faith and love. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.
6. Prayer: Eternal Father, you gave us the Easter mystery as our covenant of reconciliation. May the new birth we celebrate show its effects in the way we live. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.
7. Prayer: Father of love, by the outpouring of your grace you increase the number of those who believe in you. Watch over your chosen family. Give undying life to all who have been born again in baptism. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

MORNING PRAYER

Instructions for Morning Prayer

The following section provides Morning Prayer in daily, 4-week cycle order. Directives indicate 'Leader' and 'All' parts. There are some options that may be exercised in addition to the format provided.

– Opening: There is an alternate opening listed below that may replace the daily opening prayer.

– Intercessions: Option 1) Leader and All take the parts as written or, Option 2) the Leader offers both lines of the intercession and the people respond with the italicized text from the first intercession listed.

– Antiphons: You will also find that the Antiphons may have aptly labeled alternate verses based on the Season being observed. Use only the respective Antiphon option.

– Dismissal: Also note that a Priest or Deacon leading the prayer may use an appropriate Dismissal prayer at their discretion. Such as

Priest: The Lord be with you.

All: And with your Spirit.

Priest: May almighty God bless you, the Father, and the Son, and the Holy Spirit.

All: Amen.

Priest: Let us go in peace.

All: Thanks be to God.

There are references within the text to find pages for commonly used prayers, as well as, specific prayers to be used from The Proper of Seasons.

Items in brackets [] are for notation only.

Alternate Opening for Morning Prayer

Leader: O Lord, open our lips.

All: And we shall proclaim your praise.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

MORNING PRAYER

Lenten Season Opening Versicle and Response

Leader: Grant to us, O Lord, a heart renewed;

All: Recreate in us, your own Spirit, Lord!

Give glory to the Father almighty, to Christ his beloved Son, to the Spirit who dwells in our hearts, both now and forever. Amen.

Week I - Sunday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: As morning breaks I look to you, O God, to be my strength this day, alleluia.

Advent: *On that day sweet wine will flow from the mountains, milk and honey from the hills, alleluia.*

Lent, 1st Sunday: *I will praise you all my life, O Lord; in your-name I will lift up my hands.*

Lent, 5th Sunday: *My God, you have become my help.*

Easter, 5th Sunday: *Whoever thirsts will drink freely of life-giving water, alleluia.*

Psalm 63:2-9

A soul thirsting for God

[*Whoever has left the darkness of sin, yearns for God.*]

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

My body pines for you
like a dry, weary land without water.
So I gaze on you in the sanctuary,
to see your strength and your glory.

For your love is better than life;
my lips will speak your praise.
So I will bless you all my life,
in your name I will lift up my hands.
My soul shall be filled as with a banquet,
my mouth shall praise you with joy.

On my bed I remember you.
On you I muse through the night
for you have been my help;
In the shadow of your wings I rejoice.
My soul clings to you;
your right hand holds me fast.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Psalm-prayer

Father, creator of unfailing light, give that same light to those who call to you. May our lips praise you; our lives proclaim your goodness; our works give you honor, and our voices celebrate you for ever.

Antiphon:

Ordinary Time: As morning breaks I look to you, O God, to be my strength this day, alleluia.

Advent: *On that day sweet wine will flow from the mountains, milk and honey from the hills, alleluia.*

Lent, 1st Sunday: *I will praise you all my life, O Lord; in your-name I will lift up my hands.*

Lent, 5th Sunday: *My God, you have become my help.*

Easter, 5th Sunday: *Whoever thirsts will drink freely of life-giving water, alleluia.*

Antiphon 2:

Ordinary Time: From the midst of the flames the three young men cried out with one voice: Blessed be God, alleluia.

Advent: *The mountains and hills will sing praise to God; all the trees of the forest will clap their hands, for he is coming, the Lord of a kingdom that lasts for ever, alleluia.*

Lent, 1st Sunday: *Sing a hymn of praise to our God; praise him above all for ever.*

Lent, 5th Sunday: *Free us by your wonderful works; deliver us from the power of death.*

Easter, 5th Sunday: *Worship the Lord who made the heavens and the earth, springs of water and the mighty sea, alleluia.*

Canticle — Daniel 3: 57-88, 56

Let all creatures praise the Lord

[*All you servants of the Lord, sing praise to him (Revelation 19: 5).*]

Bless the Lord, all you works of the Lord,

Praise and exalt him above all forever,

Angels of the Lord, bless the Lord.

You heavens, bless the Lord.

All you waters above the heavens, bless the Lord.

All you hosts of the Lord, bless the Lord.

Sun and moon, bless the Lord.

Stars of heaven, bless the Lord,

Every shower and dew, bless the Lord.

All you winds, bless the Lord.

Fire and heat, bless the Lord.

Cold and chill, bless the Lord.

Dew and rain, bless the Lord.

Frost and chill, bless the Lord.

Week I - Sunday, Morning Prayer

Ice and snow, bless the Lord.
Nights and days, bless the Lord.
Light and darkness, bless the Lord.
Lightnings and clouds, bless the Lord.

Let the earth bless the Lord.
Praise and exalt him above all forever.
Mountains and hills, bless the Lord.
Everything growing from the earth, bless the Lord.
You springs, bless the Lord.
Seas and rivers, bless the Lord.
You dolphins and all water creatures, bless the Lord.
All you birds of the air, bless the Lord.
All you beasts, wild and tame, bless the Lord.
You sons of men, bless the Lord.

O Israel, bless the Lord.
Praise and exalt him above all forever.
Priests of the Lord, bless the Lord.
Servants of the Lord, bless the Lord.
Spirits and souls of the just, bless the Lord.
Holy men of humble heart, bless the Lord.
Hananiah, Azariah, Mishael, bless the Lord.
Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit.
Let us praise and exalt him above all forever.
Blessed are you, Lord, in the firmament of heaven.
Praiseworthy and glorious and exalted above all forever.

Leader: Glory to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and will be for ever. Amen.

Antiphon:

Ordinary Time: From the midst of the flames the three young men cried out with one voice: Blessed be God, alleluia.

Advent: *The mountains and hills will sing praise to God; all the trees of the forest will clap their hands, for he is coming, the Lord of a kingdom that lasts for ever, alleluia.*

Lent, 1st Sunday: *Sing a hymn of praise to our God; praise him above all for ever.*

Lent, 5th Sunday: *Free us by your wonderful works; deliver us from the power of death.*

Easter, 5th Sunday: *Worship the Lord who made the heavens and the earth, springs of water and the mighty sea, alleluia.*

Antiphon 3:

Ordinary Time: Let the people of Zion rejoice in their King, alleluia.

Advent: A great prophet will come to Jerusalem; of that people he will make a new creation.

Lent, 1st Sunday: The Lord delights in his people; he honors the humble with victory.

Lent, 5th Sunday: The hour has come for the Son of Man to be glorified.

Easter, 5th Sunday: The saints will rejoice in glory, alleluia.

Psalm 149

The joy of God's holy people

[*Let the sons of the Church, the children of the new people, rejoice in Christ, their King (Hesychius).*]

Sing a new song to the Lord,
his praise in the assembly of the faithful.

Let Israel rejoice in its maker,
let Zion's sons exult in their king.

Let them praise his name with dancing
and make music with timbrel and harp.

For the Lord takes delight in his people.
He crowns the poor with salvation.

Let the faithful rejoice in their glory,
shout for joy and take their rest.

Let the praise of God be on their lips
and a two-edged sword in their hand,

to deal out vengeance to the nations
and punishment on all the peoples;

to bind their kings in chains

and their nobles in fetters of iron;

to carry out the sentence pre-ordained;

this honor is for all his faithful.

Leader: Glory to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and will be for ever. Amen.

Psalm-Prayer

Let Israel rejoice in you, Lord, and acknowledge you as creator and redeemer. We put our trust in your faithfulness and proclaim the wonderful truths of salvation. May your loving kindness embrace us now and for ever.

Antiphon:

Ordinary Time: Let the people of Zion rejoice in their King, alleluia.

Advent: A great prophet will come to Jerusalem; of that people he will make a new creation.

Lent, 1st Sunday: The Lord delights in his people; he honors the humble with victory.

Lent, 5th Sunday: The hour has come for the Son of Man to be glorified.

Easter, 5th Sunday: The saints will rejoice in glory, alleluia.

READING *Revelation 7: 9-12*

I saw before me a huge crowd which no one could count from every nation and race, people and tongue. They stood before the throne and the Lamb, dressed in long white robes and holding palm branches in their hands. They cried out in a loud voice, "Salvation is from our God, who is seated on the throne, and from the Lamb!" All the angels who were standing around the throne and the elders and the four living creatures fell down before the throne to worship God. They said: "Amen! Praise and glory, wisdom and thanksgiving and honor, power and might, to our God forever and ever. Amen!"

RESPONSORY

Leader: Christ, Son of the living God, have mercy on us.

All: Christ, Son of the living God, have mercy on us.

Leader: You are seated at the right hand of the Father,

All: have mercy on us.

Leader: Glory to the Father and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever.

All: Christ, Son of the living God, have mercy on us.

CANTICLE OF ZECHARIAH

Antiphon: *(as in the Proper of Seasons. See page 10)*

CANTICLE OF ZECHARIAH *(see page 8)*

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: *(as in the Proper of Seasons. See page 10)*

INTERCESSIONS

Leader: Christ is the sun that never sets, the true light that shines on every man. Let us call out to him in praise:

All: *Lord, you are our life and our salvation.*

Leader: Creator of the stars, we thank you for your gift, the first rays of the dawn,

All: and we commemorate your resurrection.

Leader: May your Holy Spirit teach us to do your will today,

Week I - Sunday, Morning Prayer

All: and may your Wisdom guide us always.

Leader: Each Sunday give us the joy of gathering as your people,

All: around the table of your word and your body.

Leader: From our hearts we thank you,

All: for your countless blessings.

OUR FATHER

Leader: Remember us, Lord, when you come to your kingdom and teach us how to pray:

All: Our Father, who art in heaven . . .

Concluding Prayer

(as in the proper of seasons see page 11)

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week I - Monday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: I lift up my heart to you, O Lord, and you will hear my morning prayer.

Easter: *All those who love your name will rejoice in you, alleluia.*

Psalm 5: 2-10, 12-13

A morning prayer asking for help

[Those who welcome the Word as the guest of their hearts will have abiding joy.]

To my words give ear, O Lord,
give heed to my groaning.
Attend to the sound of my cries,
my King and my God.

It is you whom I invoke, O Lord.
In the morning you hear me;

in the morning I offer you my prayer,
watching and waiting.

You are no God who loves evil;
no sinner is your guest.

The boastful shall not stand their ground
before your face.

You hate all who do evil:
you destroy all who lie.

The deceitful and bloodthirsty man
the Lord detests.

But I through the greatness of your love
have access to your house.

I bow down before your holy temple,
filled with awe.

Lead me, Lord, in your justice,
because of those who lie in wait;
make clear your way before me.

Week I - Monday, Morning Prayer

No truth can be found in their mouths,
Their heart is all mischief,
their throat a wide-open grave,
all honey their speech.

All those you protect shall be glad
and ring out their joy.

You shelter them; in you they rejoice,
those who love your name.

It is you who bless the just man, Lord:
you, surround him with favor as with a shield.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Psalm-prayer

Lord, all justice and all goodness come from you; you hate evil and abhor lies. Lead us,
your servants, in the path of your justice, so that all who hope in you may
rejoice with the Church and in Christ.

Antiphon:

Ordinary Time: I lift up my heart to you, O Lord, and you will hear my morning prayer.

Easter: *All those who love your name will rejoice in you, alleluia.*

Antiphon 2:

Ordinary Time: We praise your glorious name, O Lord, our God.

Easter: *Yours is the kingdom, Lord, and yours the primacy over all the rulers of the earth, alleluia.*

Canticle --- 1 Chronicles 29: 10-13

Glory and honor are due to God alone

[*Blessed be the God and Father of our Lord Jesus Christ (Ephesians 1: 3).*]

Blessed may you be, O Lord,
God of Israel our father,
from eternity to eternity.

Yours, O Lord, are grandeur and power,
majesty, splendor, and glory.

For all in heaven and on earth is yours;
yours, O Lord, is the sovereignty:
you are exalted as head over all.

Week I - Monday, Morning Prayer

Riches and honor are from you,
and you have dominion over all.
In your hands are power and might;
it is yours to give grandeur and strength to all.

Therefore, our God, we give you thanks
and praise the majesty of your name.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: We praise your glorious name, O Lord, our God.

Easter: *Yours is the kingdom, Lord, and yours the primacy over all the rulers of the earth, alleluia.*

Antiphon 3:

Ordinary Time: Adore the Lord in his holy court.

Easter: *The Lord is enthroned as king for ever, alleluia*

Psalm 29

A tribute of praise to the Word of God

[*The Father's voice proclaimed: "This is my beloved son" (Matthew 3: 17).*]

O give the Lord, you sons of God,
give the Lord glory and power;
give the Lord the glory of his name.
Adore the Lord in his holy court.

The Lord's voice resounding on the waters,
the Lord on the immensity of waters;
the voice of the Lord, full of power,
the voice of the Lord, full of splendor.

The Lord's voice shattering the cedars,
the Lord shatters the cedars of Lebanon;
he makes Lebanon leap like a calf
and Sirion like a young wild-ox.

The Lord's voice flashes flames of fire.

The Lord's voice shaking the wilderness,
the Lord shakes the wilderness of Kadesh;
the Lord's voice rending the oak tree
and stripping the forest bare.

The God of glory thunders.
In his temple they all cry: "Glory!"

Week I - Monday, Morning Prayer

The Lord sat enthroned over the flood;
the Lord sits as king for ever.

The Lord will give strength to his people,
the Lord will bless his people with peace.

Psalm-prayer

You live for ever, Lord and King. All things of the earth justly sing your glory and honor. Strengthen your people against evil, that we may rejoice in your peace and trust in your eternal promise.

Antiphon:

Ordinary Time: Adore the Lord in his holy court.

Easter: *The Lord is enthroned as king for ever, alleluia*

READING 2 Thessalonians 3: 10b-13

Anyone who would not work should not eat. We hear that some of you are unruly, not keeping busy but acting like busy-bodies. We enjoin all such, and we urge them strongly in the Lord Jesus Christ, to earn the food they eat by working quietly. You must never grow weary of doing what is right, brothers.

RESPONSORY

Leader: Blessed be the Lord our God, blessed from age to age.

All: Blessed be the Lord our God, blessed from age to age.

Leader: His marvelous works are beyond compare,

All: blessed from age to age.

Leader: Glory to the Father . . .

All: Blessed be the Lord our God, blessed from age to age.

CANTICLE OF ZECHARIAH

Antiphon: Blessed be the Lord our God.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: Blessed be the Lord our God.

INTERCESSIONS

Leader: We esteem Christ above all men, for he was filled with grace and the Holy Spirit. In faith let us implore him:

All: *Give us your Spirit, Lord.*

Leader: Grant us a peaceful day,

All: when evening comes we will praise you with joy and purity of heart.

Week I - Monday, Morning Prayer

Leader: Let your splendor rest upon us today,

All: direct the work of our hands.

Leader: May your face shine upon us and keep us in peace,

All: may your strong arm protect us.

Leader: Look kindly on all who put their trust in our prayers,

All: fill them with every bodily and spiritual grace.

OUR FATHER

Leader: Now let us pray as Christ the Lord has taught us:

All: Our Father, who art in heaven ...

Concluding Prayer

Father, may everything we do begin with your inspiration and continue with your saving help. Let our work always find its origin in you and through you reach completion. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week I - Tuesday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: The man whose deeds are blameless and whose heart is pure will climb the mountain of the Lord.

Easter: *The one who came down from heaven has ascended above all the heavens, alleluia.*

Psalm 24

The Lord's entry into his temple

[*Christ opened heaven for us in the manhood he assumed (Saint Irenaeus).*]

The Lord's is the earth and its fullness,
the world and all its peoples.

It is he who set it on the seas;
on the waters he made it firm.

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

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

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

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

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

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

Psalm-prayer

King of glory, Lord of power and might, cleanse our hearts from all sin, preserve the innocence of our hands, and keep our minds from vanity, so that we may deserve your blessing in your holy place.

Antiphon:

Ordinary Time: The man whose deeds are blameless and whose heart is pure will climb the mountain of the Lord.

Easter: *The one who came down from heaven has ascended above all the heavens, alleluia.*

Antiphon 2:

Ordinary Time: Praise the eternal King in all your deeds.

Easter: *Keep this day as a festival day and give praise to the Lord, alleluia.*

Canticle --- Tobit 13: 1-8

God afflicts but only to heal

[*Blessed be the God and Father of our Lord Jesus Christ,
who in his great love for us has brought us to a new birth (1 Peter 1:3).*]

Blessed be God who lives forever,
because his kingdom lasts for all ages.

For he scourges and then has mercy;
he casts down to the depths of the nether world,
and he brings up from the great abyss.
No one can escape his hand.

Praise him, you Israelites, before the Gentiles,
for though he has scattered you among them,
he has shown you his greatness even there.

Exalt him before every living being,
because he is the Lord our God,
our Father and God forever.

He scourged you for your iniquities,
but will again have mercy on you all.
He will gather you from all the Gentiles
among whom you have been scattered.

When you turn back to him with all your heart,
to do what is right before him,

then he will turn back to you,
and no longer hide his face from you.

So now consider what he has done for you,
and praise him with full voice.

Bless the Lord of righteousness,
and exalt the King of the ages.

In the land of my exile I praise him,
and show his power and majesty to a sinful nation.

"Turn back, you sinners! do the right before him:
perhaps he may look with favor upon you
and show you mercy."

"As for me, I exalt my God,
and my spirit rejoices in the King of heaven.

Let all men speak of his majesty,
and sing his praises in Jerusalem."

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: Praise the eternal King in all your deeds.

Easter: Keep this day as a festival day and give praise to the Lord, alleluia.

Antiphon 3:

Ordinary Time: The loyal heart must praise the Lord.

Easter: The mercy of the Lord fills the earth, alleluia.

Psalm 33

Song of praise for God's continual care

[*Through the Word all things were made (John 1: 3).*]

Ring out your joy to the Lord, O you just;
For praise is fitting for loyal hearts.

Give thanks to the Lord upon the harp,
with a ten-stringed lute sing him songs.

O sing him a song that is new,
play loudly, with all your skill.

For the word of the Lord is faithful
and all his works to be trusted.

The Lord loves justice and right
and fills the earth with his love.

By his word the heavens were made,

Week I - Tuesday, Morning Prayer

by the breath of his mouth all the stars.
He collects the waves of the ocean;
he stores up the depths of the sea.

Let all the earth fear the Lord,
all who live in the world revere him.
He spoke; and it came to be.
He commanded; it sprang into being.

He frustrates the designs of the nations,
he defeats the plans of the peoples.
His own designs shall stand for ever,
the plans of his heart from age to age.

They are happy, whose God is the Lord,
the people he has chosen as his own.
From the heavens the Lord looks forth,
he sees all the children of men.

From the place where he dwells he gazes
on all the dwellers on the earth,
he who shapes the hearts of them all
and considers all their deeds.

A king is not saved by his army,
nor a warrior preserved by his strength.
A vain hope for safety is the horse;
despite its power it cannot save.

The Lord looks on those who revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine.

Our soul is waiting for the Lord.
The Lord is our help and our shield.
In him do our hearts find joy.
We trust in his holy name.

May your love be upon us, O Lord,
as we place all our hope in you.

Psalm-prayer

Nourish your people, Lord, for we hunger for your word. Rescue us from the death of sin and fill us with your mercy, that we may share your presence and the joys of all the saints.

Antiphon:

Ordinary Time: The loyal heart must praise the Lord.

Easter: *The mercy of the Lord fills the earth, alleluia.*

READING *Romans 13: 11-14*

You know the time in which we are living. It is now the hour for you to wake from sleep, for our salvation is closer than when we first accepted the faith. The night is far spent; the day draws near. Let us cast off deeds of darkness and put on the armor of light. Let us live honorably as in daylight; not in carousing and drunkenness, not in sexual excess and lust, not in quarreling and jealousy. Rather, put on the Lord Jesus Christ and make no provision for the desires of the flesh.

RESPONSORY

Leader: My God stands by me, all my trust is in him.

All: My God stands by me, all my trust is in him.

Leader: I find my refuge in him, and I am truly free;

All: all my trust is in him.

Leader: Glory to the Father ...

All: My God stands by me, all my trust is in him.

CANTICLE OF ZECHARIAH

Ant: God has raised up for us a mighty Savior, as he promised through the words of his holy prophets.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and will be for ever. Amen.

Ant: God has raised up for us a mighty Savior, as he promised through the words of his holy prophets.

INTERCESSIONS

Leader: Beloved brothers and sisters, we share a heavenly calling under Christ, our high priest. Let us praise him with shouts of joy:

All: *Lord, our God and our Savior.*

Leader: Almighty King, through baptism you conferred on us a royal priesthood,

All: inspire us to offer you a continual sacrifice of praise.

Leader: Help us to keep your commandments,

All: that through the power of the Holy Spirit we may live in you and you in us.

Leader: Give us your eternal wisdom,

All: to be with us today and to guide us.

Week I - Tuesday, Morning Prayer

Leader: May our companions today be free of sorrow,
All: and filled with joy.

OUR FATHER

Leader: With longing for the coming of God's kingdom, let us offer our prayer to the Father:

All: Our Father, who art in heaven . . .

Concluding Prayer

God our Father, hear our morning prayer and let the radiance of your love scatter the gloom of our hearts. The light of heaven's love has restored us to life: free us from the desires that belong to darkness. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week I - Wednesday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: O Lord, in your light we see light itself.

Easter: *You, O Lord, are the source of life, alleluia.*

Psalm 36

The malice of sinners and God's goodness
[*No follower of mine wanders in the dark; he shall have
the light of life (John 8: 12).*]

Sin speaks to the sinner
in the depths of his heart.
There is no fear of God
before his eyes.

He so flatters himself in his mind
that he knows not his guilt.
In his mouth are mischief and deceit.
All wisdom is gone.

He plots the defeat of goodness
as he lies on his bed.
He has set his foot on evil ways,
he clings to what is evil.

Your love, Lord, reaches to heaven;
your truth to the skies.
Your justice is like God's mountain,
your judgments like the deep.

To both man and beast you give protection.
O Lord, how precious is your love.
My God, the sons of men
find refuge in the shelter of your wings.

They feast on the riches of your house;
they drink from the stream of your delight.
In you is the source of life
and in your light we see light.

Week I - Wednesday, Morning Prayer

Keep on loving those who know you,
doing justice for upright hearts.
Let the foot of the proud not crush me
nor the hand of the wicked cast me out.

See how the evil-doers fall!
Flung down, they shall never arise.

Psalm-prayer

Lord, you are the source of unfailing light. Give us true knowledge of your mercy so that we may renounce our pride and be filled with the riches of your house.

Antiphon:

Ordinary Time: O Lord, in your light we see light itself.

Easter: You, O Lord, are the source of life, alleluia.

Antiphon 2:

Ordinary Time: O God, you are great and glorious; we marvel at your power.

Easter: You sent forth your Spirit, O Lord, and all things were created, alleluia.

Canticle --- *Judith 16:2-3a,13-15*

God who created the world takes care of his people
[*They were singing a new song* (Revelation 5: 9).]

Strike up the instruments,
a song to my God with timbrels,
chant to the Lord with cymbals.
Sing to him a new song,
exalt and acclaim his name.

A new hymn I will sing to my God.
O Lord, great are you and glorious,
wonderful in power and unsurpassable.

Let your every creature serve you;
for you spoke, and they were made,
you sent forth your spirit, and they were created;
no one can resist your word.

The mountains to their bases, and the seas, are
shaken;
the rocks, like wax, melt before your glance.
But to those who fear you
you are very merciful.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: O God, you are great and glorious; we marvel at your power.

Easter: You sent forth your Spirit, O Lord, and all things were created, alleluia.

Antiphon 3:

Ordinary Time: Exult in God's presence with hymns of praise.

Easter: God is King over all the earth; make music for him with all your skill, alleluia.

Psalm 47

The Lord Jesus is King of all

[*He is seated at the right hand of the Father, and his kingdom will have no end.*]

All peoples, clap your hands,
cry to God with shouts of joy!
For the Lord, the Most High, we must fear,
great king over all the earth.

He subdues peoples under us
and nations under our feet.
Our inheritance, our glory, is from him,
given to Jacob out of love.

God goes up with shouts of joy;
the Lord goes up with trumpet blast.
Sing praise for God, sing praise,
sing praise to our king, sing praise.

God is king of all the earth.
Sing praise with all your skill.
God is king over the nations;
God reigns on his holy throne.

The princes of the peoples are assembled
with the people of Abraham's God.
The rulers of the earth belong to God,
to God who reigns over all.

Psalm-prayer

God, King of all peoples and all ages, it is your victory we celebrate as we sing with all the skill at our command. Help us always to overcome evil by good, that we may rejoice in your triumph for ever.

Antiphon:

Ordinary Time: Exult in God's presence with hymns of praise.

Easter: God is King over all the earth; make music for him with all your skill, alleluia.

READING *Tobit 4:15a. 16a. 18a. 19*

Do to no one what you yourself dislike. Give to the hungry some of your bread, and to the naked some of your clothing. Seek counsel from every wise man. At all times bless the Lord God, and ask him to make all your paths straight and to grant success to all your endeavors and plans.

RESPONSORY

Leader: Incline my heart according to your will, O God.

All: Incline my heart according to your will, O God.

Leader: Speed my steps along your path,

All: according to your will, O God.

Leader: Glory to the Father . . .

All: Incline my heart according to your will, O God.

CANTICLE OF ZECHARIAH

Antiphon: Show us your mercy, Lord; remember your holy covenant.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: Show us your mercy, Lord; remember your holy covenant.

INTERCESSIONS

Leader: Let us give thanks to Christ and offer him continual praise, for he sanctifies us and calls us his brothers:

All: *Lord, help your brothers to grow in holiness.*

Leader: With single-minded devotion we dedicate the beginnings of this day to the honor of your resurrection,

All: may we make the whole day pleasing to you by our works of holiness.

Leader: As a sign of your love, you renew each day for the sake of our well-being and happiness,

All: renew us daily for the sake of your glory.

Leader: Teach us today to recognize your presence in all men,

All: especially in the poor and in those who mourn.

Leader: Grant that we may live today in peace with all men,

All: never rendering evil for evil.

OUR FATHER

Leader: Gathering our prayers and praises into one, let us offer the prayer Christ himself taught us:

All: Our Father, who art in heaven . . .

Concluding Prayer

God, our Savior, hear our morning prayer: help us to follow the light and live the truth. In you we have been born again as sons and daughters of light: may we be your witnesses before all the world. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week I - Thursday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Awake, lyre and harp, with praise let us awake the dawn.

Easter: *Be exalted, O God, high above the heavens, alleluia.*

Psalm 57

[Morning prayer in affliction

This psalm tells of our Lord's passion (Saint Augustine).]

Have mercy on me, God, have mercy
for in you my soul has taken refuge.
In the shadow of your wings I take refuge
till the storms of destruction pass by.

I call to God the Most High,
to God who has always been my help.
May he send from heaven and save me
and shame those who assail me.

May God send his truth and his love.

My soul lies down among lions,
who would devour the sons of men.
Their teeth are spears and arrows,
their tongue a sharpened sword.

God, arise above the heavens;
may your glory shine on earth!

They laid a snare for my steps,
my soul was bowed down.
They dug a pit in my path
but fell in it themselves.

My heart is ready, O God,
my heart is ready.
I will sing, I will sing your praise.
Awake, my soul,
awake, lyre and harp,
I will awake the dawn.

Week I - Thursday, Morning Prayer

I will thank you, Lord, among the peoples,
among the nations I will praise you
for your love reaches to the heavens
and your truth to the skies.

O God, arise above the heavens;
may your glory shine on earth!

Psalm-prayer

Lord, send your mercy and your truth to rescue us from the snares of the devil, and we will praise you among the peoples and proclaim you to the nations, happy to be known as companions of your Son.

Antiphon:

Ordinary Time: Awake, lyre and harp, with praise let us awake the dawn.

Easter: *Be exalted, O God, high above the heavens, alleluia.*

Antiphon 2:

Ordinary Time: My people, says the Lord, will be filled with my blessings.

Easter: *The Lord has ransomed his people, alleluia.*

Canticle --- Jeremiah 31:10 1.1

The happiness of a people who have been redeemed

[*Jesus was to die ... to gather God's scattered children into one fold (John 11: 51, 52).*]

Hear the word of the Lord, O nations,
proclaim it on distant coasts, and say:
He who scattered Israel, now gathers them together,
he guards them as a shepherd his flock.

The Lord shall ransom Jacob,
he shall redeem him from the hand of his conqueror.

Shouting, they shall mount the heights of Zion,
they shall come streaming to the Lord's blessings:
the grain, the wine, and the oil,
the sheep and the oxen;
they themselves shall be like watered gardens,
never again shall they languish.

Then the virgins shall make merry and dance,
and young men and old as well.
I will turn their mourning into joy,
I will console and gladden them after their sorrows.
I will lavish choice portions upon the priests,
and my people shall be filled with my blessings, says the Lord.

Week I - Thursday, Morning Prayer

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: My people, says the Lord, will be filled with my blessings.

Easter: *The Lord has ransomed his people, alleluia.*

Antiphon 3:

Ordinary Time: The Lord is great and worthy to be praised in the city of our God.

Easter: *Such is our God, he will be our guide for ever, alleluia.*

Psalm 48

Thanksgiving for the people's deliverance

[*He took me up a high mountain and showed me Jerusalem,
God's holy city (Revelation 21: 10).*]

The Lord is great and worthy to be praised
in the city of our God.

His holy mountain rises in beauty,
the joy of all the earth.

Mount Zion, true pole of the earth,
the Great King's city!

God, in the midst of its citadels,
has shown himself its stronghold.

For the kings assembled together,
together they advanced.

They saw; at once they were astounded;
dismayed, they fled in fear.

A trembling seized them there,
like the pangs of birth.

By the east wind you have destroyed
the ships of Tarshish.

As we have heard, so we have seen
in the city of our God,
in the city of the Lord of hosts
which God upholds for ever.

O God, we ponder your love
within your temple.

Your praise, O God, like your name
reaches to the ends of the earth.

With justice your right hand is filled.

Week I - Thursday, Morning Prayer

Mount Zion rejoices;
the people of Judah rejoice
at the sight of your judgments.

Walk through Zion, walk all round it;
count the number of its towers.

Review all its ramparts,
examine its castles,

that you may tell the next generation
that such is our God,
our God for ever and always.
It is he who leads us.

Psalm-prayer

Father, the body of your risen Son is the temple not made by human hands and the defending wall of the new Jerusalem. May this holy city, built of living stones, shine with spiritual radiance and witness to your greatness in the sight of all nations.

Antiphon:

Ordinary Time: The Lord is great and worthy to be praised in the city of our God.

Easter: *Such is our God, he will be our guide for ever, alleluia.*

READING *Isaiah 66:1-2*

Thus says the Lord: The heavens are my throne, and the earth is my footstool. What kind of house can you build for me; what is to be my resting place? My hand made all these things when all of them came to be, says the Lord. This is the one whom I approve: the lowly and afflicted man who trembles at my word.

RESPONSORY

Leader: From the depths of my heart I cry to you; hear me, O Lord.

All: From the depths of my heart I cry to you; hear me, O Lord.

Leader: I will do what you desire;

All: hear me, O Lord.

Leader: Glory to the Father . . .

All: From the depths of my heart I cry to you; hear me, O Lord.

CANTICLE OF ZECHARIAH

Antiphon: Let us serve the Lord in holiness, and he will save us from our enemies.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and will be for ever. Amen.

Week I - Thursday, Morning Prayer

Antiphon: Let us serve the Lord in holiness, and he will save us from our enemies.

INTERCESSIONS

Leader: The Lord Jesus Christ has given us the light of another day. In return we thank him as we cry out:

All: *Lord, bless us and bring us close to you.*

Leader: You offered yourself in sacrifice for our sins,

All: accept our intentions and our work today.

Leader: You bring us joy by the light of another day,

All: let the morning star rise in our hearts.

Leader: Give us strength to be patient with those we meet today,

All: and so imitate you.

Leader: Make us aware of your mercy this morning, Lord,

All: and let your strength be our delight.

OUR FATHER

Leader: Let us make our prayers and praise complete by offering the Lord's prayer:

All: Our Father, who art in heaven . . .

Concluding Prayer

All-powerful and ever-living God, at morning, noon, and evening we pray: cast out from our hearts the darkness of sin and bring us to the light of your truth, Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week I - Friday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Lord, you will accept the true sacrifice offered on your altar.

Easter: *Remember me, Lord God, when you come into your kingdom, alleluia.*

Psalm 51

O God, have mercy on me

[*Your inmost being must be renewed, and you must put
on the new man (Ephesians 4: 23-24).*]

Have mercy on me, God, in your kindness.

In your compassion blot out my offense.

O wash me more and more from my guilt
and cleanse me from my sin.

My offenses truly I know them;

my sin is always before me.

Against you, you alone, have I sinned;

what is evil in your sight I have done.

That you may be justified when you give sentence

and be without reproach when you judge.

O see, in guilt I was born,

a sinner was I conceived.

Indeed you love truth in the heart;

then in the secret of my heart teach me wisdom.

O purify me, then I shall be clean;

O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,

that the bones you have crushed may revive.

From my sins turn away your face

and blot out all my guilt.

A pure heart create for me, O God,

put a steadfast spirit within me.

Do not cast me away from your presence,

nor deprive me of your holy spirit.

Week I - Friday, Morning Prayer

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

O rescue me, God, my helper,
and my tongue shall ring out your goodness.

O Lord, open my lips
and my mouth shall declare your praise.

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

In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
holocausts offered on your altar.

Psalm-prayer

Father, he who knew no sin was made sin for us, to save us and restore us to your friendship. Look upon our contrite heart and afflicted spirit and heal our troubled conscience, so that in the joy and strength of the Holy Spirit we may proclaim your praise and glory before all the nations.

Antiphon:

Ordinary Time: Lord, you will accept the true sacrifice offered on your altar.

Easter: Remember me, Lord God, when you come into your kingdom, alleluia.

Antiphon 2:

Ordinary Time: All the descendants of Israel will glory in the Lord's gift of victory.

Easter: Truly you are a hidden God, the God of Israel, the Savior, alleluia.

Canticle --- Isaiah 45: 15-25

People of all nations will become disciples of the Lord
[*Every knee shall bend at the name of Jesus (Philippians 2:10).*]

Truly with you God is hidden,
the God of Israel, the savior!
Those are put to shame and disgrace
who vent their anger against him.
Those go in disgrace
who carve images.

Week I - Friday, Morning Prayer

Israel, you are saved by the Lord, saved forever!
You shall never be put to shame or disgrace
in future ages.

For thus says the Lord,
the creator of the heavens,
who is God,
the designer and maker of the earth
who established it,
not creating it to be a waste,
but designing it to be lived in:

I am the Lord, and there is no other.
I have not spoken from hiding
nor from some dark place of the earth.
And I have not said to the descendants of Jacob,
"Look for me in an empty waste."
I, the Lord, promise justice,
I foretell what is right.

Come and assemble, gather together,
you fugitives from among the Gentiles!
They are without knowledge who bear wooden idols
and pray to gods that cannot save.

Come here and declare
in counsel together:
Who announced this from the beginning
and foretold it from of old?
Was it not I, the Lord,
besides whom there is no other God?
There is no just and saving God but me.

Turn to me and be safe,
all you ends of the earth,
for I am God; there is no other!
By myself I swear,
uttering my just decree
and my unalterable word:

To me every knee shall bend;
by me every tongue shall swear,
saying, "Only in the Lord
are just deeds and power.

Before him in shame shall come

Week I - Friday, Morning Prayer

all who vent their anger against him.
In the Lord shall be the vindication and the glory
of all the descendants of Israel."

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: All the descendants of Israel will glory in the Lord's gift of victory.

Easter: Truly you are a hidden God, the God of Israel, the Savior, alleluia.

Antiphon 3:

Ordinary Time: Let us go into God's presence singing for joy.

Easter: Serve the Lord with gladness, alleluia.

Psalm 100

The joyful song of those entering God's Temple

[*The Lord calls his ransomed people to sing songs of victory (Saint Athanasius).*]

Cry out with joy to the Lord, all the earth.

Serve the Lord with gladness.

Come before him, singing for joy.

Know that he, the Lord, is God.

He made us, we belong to him,

we are his people, the sheep of his flock.

Go within his gates, giving thanks.

Enter his courts with songs of praise.

Give thanks to him and bless his name.

Indeed, how good is the Lord,

eternal his merciful love.

He is faithful from age to age.

Psalm-prayer

With joy and gladness we cry out to you, Lord, and ask you: open our hearts to sing your praises and announce your goodness and truth.

Ordinary Time: Let us go into God's presence singing for joy.

Easter: Serve the Lord with gladness, alleluia.

READING *Ephesians 4:29-32*

Never let evil talk pass your lips; say only the good things men need to hear, things that will really help them. Do nothing that will sadden the Holy Spirit with whom you were sealed against the day of redemption. Get rid of all bitterness, all passion and anger, harsh words, slander, and malice of every kind. In place of these, be kind to one another,

Week I - Friday, Morning Prayer

compassionate, and mutually forgiving, just as God has forgiven you in Christ.

RESPONSORY

Leader: At daybreak, be merciful to me.

All: At daybreak, be merciful to me.

Leader: Make known to me the path that I must walk.

All: Be merciful to me.

Leader: Glory to the Father ...

All: At daybreak, be merciful to me.

CANTICLE OF ZECHARIAH

Antiphon: The Lord has come to his people and set them free.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: The Lord has come to his people and set them free.

INTERCESSIONS

Leader: Through his cross the Lord Jesus brought salvation to the human race. We adore him and in faith we call out to him:

All: *Lord, pour out your mercy upon us.*

Leader: Christ, Rising Sun, warm us with your rays,

All: and restrain us from every evil impulse.

Leader: Keep guard over our thoughts, words and actions,

All: and make us pleasing in your sight this day.

Leader: Turn your gaze from our sinfulness,

All: and cleanse us from our iniquities.

Leader: Through your cross and resurrection,

All: fill us with the consolation of the Spirit.

OUR FATHER

Leader: We pattern our prayer on the prayer of Christ our Lord, and say:

All: Our Father, who art in heaven . . .

Concluding Prayer

God our Father, you conquer the darkness of ignorance by the light of your Word. Strengthen within our hearts the faith you have given us; let not temptation ever quench the fire that your love has kindled within us. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week I - Saturday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Dawn finds me ready to welcome you, my God.

Easter: Lord, in your love, give me life, alleluia.

Psalm 119: 145-152

[XIX (Koph)]

I call with all my heart; Lord, hear me,

I will keep your commands.

I call upon you, save me

and I will do your will.

I rise before dawn and cry for help,

I hope in your word.

My eyes watch through the night

to ponder your promise.

In your love hear my voice, O Lord;

give me life by your decrees.

Those who harm me unjustly draw near:

they are far from your law.

But you, O Lord, are close:

your commands are truth.

Long have I known that your will

is established for ever.

Psalm-prayer

Save us by the power of your hand, Father, for our enemies have ignored your words.

May the fire of your word consume our sins, and its brightness illumine our hearts.

Antiphon:

Ordinary Time: Dawn finds me ready to welcome you, my God.

Easter: Lord, in your love, give me life, alleluia.

Antiphon 2:

Ordinary Time: The Lord is my strength, and I shall sing his praise, for he has become my savior.

Week I - Saturday, Morning Prayer

Easter: *Those who were victorious sang the hymn of Moses, the servant of God, and the hymn of the Lamb, alleluia.*

Canticle --- *Exodus 15: 1-4a, 8-13, 17-18*

Hymn of victory after the crossing of the Red Sea

[*Those who had conquered the beast were singing the song of Moses, God's servant (see Revelation 15: 2-3).*]

I will sing to the Lord, for he is gloriously triumphant;
horse and chariot he has cast into the sea.

My strength and my courage is the Lord,
and he has been my savior.
He is my God, I praise him;
the God of my father, I extol him.

The Lord is a warrior,
Lord is his name!
Pharaoh's chariots and army he hurled into the sea.
At a breath of your anger the waters piled up,
the flowing waters stood like a mound,
the flood waters congealed in the midst of the sea.

The enemy boasted, "I will pursue and overtake them;
I will divide the spoils and have my fill of them;
I will draw my sword; my hand shall despoil them!"
When your wind blew, the sea covered them;
like lead they sank in the mighty waters.

Who is like to you among the gods, O Lord?
Who is like to you, magnificent in holiness?
O terrible in renown, worker of wonders,
when you stretched out your right hand, the earth
swallowed them!

In your mercy you led the people you redeemed;
in your strength you guided them to your holy
dwelling.

And you brought them in and planted them on the
mountain of your inheritance –
the place where you made your seat, O Lord,
the sanctuary, O Lord, which your hands established.
The Lord shall reign forever and ever.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: The Lord is my strength, and I shall sing his praise, for he has become my savior.

Easter: *Those who were victorious sang the hymn of Moses, the servant of God, and the hymn of the Lamb, alleluia.*

Antiphon 3:

Ordinary Time: O praise the Lord, all you nations.

Easter: *Strong and steadfast is his love for us, alleluia.*

Psalm 117

Praise for God's loving compassion

[*I affirm that ... the Gentile peoples are to praise God because of his mercy (Romans 15: 8-9).*]

O praise the Lord, all you nations,
acclaim him, all you peoples
Strong is his love for us;
he is faithful for ever.

Psalm-prayer

God our Father, may all nations and peoples praise you. May Jesus, who is called faithful and true and who lives with you eternally, possess our hearts for ever.

Antiphon:

Ordinary Time: O praise the Lord, all you nations.

Easter: *Strong and steadfast is his love for us, alleluia.*

READING *2 Peter 1: 10-11*

Be solicitous to make your call and election permanent, brothers; surely those who do so will never be lost. On the contrary, your entry into the everlasting kingdom of our Lord and Savior Jesus Christ will be richly provided for.

RESPONSORY

Leader: I cry to you, O Lord, for you are my refuge.

All: I cry to you, O Lord, for you are my refuge.

Leader: You are all I desire in the land of the living;

All: for you are my refuge.

Leader: Glory to the Father. . .

All: I cry to you, O Lord, for you are my refuge.

CANTICLE OF ZECHARIAH

Antiphon: Lord, shine on those who dwell in darkness and the shadow of death.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: Lord, shine on those who dwell in darkness and the shadow of death.

INTERCESSIONS

Leader: Let us all praise Christ. In order to become our faithful and merciful high priest before the Father's throne, he chose to become one of us, a brother in all things. In prayer we ask of him:

All: *Lord, share with us the treasure of your love.*

Leader: Sun of Justice, you filled us with light at our baptism,

All: we dedicate this day to you.

Leader: At every hour of the day, we give you glory,

All: in all our deeds, we offer you praise.

Leader: Mary, your mother, was obedient to your word,

All: direct our lives in accordance with that word.

Leader: Our lives are surrounded with passing things; set our hearts on things of heaven,

All: so that through faith, hope and charity we may come to enjoy the vision of your glory.

OUR FATHER

Leader: Now let us offer together the prayer our Lord Jesus Christ taught us:

All: Our Father, who art in heaven . . .

Concluding Prayer

Lord, free us from the dark night of death. Let the light of resurrection dawn within our hearts to bring us to the radiance of eternal life. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week II - Sunday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Blessed is he who comes in the name of the Lord, alleluia.

Advent: Zion is our mighty citadel, our saving Lord its wall and its defense; throw open the gates, for our God is here among us, alleluia.

Lent, 2nd Sunday: The right hand of the Lord has shown its power; the right hand of the Lord has raised me up.

Lent, Passion (Palm) Sunday: The great crowd that had gathered for the feast cried out to the Lord: Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Easter, 6th Sunday: This is the day which the Lord has made, alleluia.

Psalm 118

Song of joy for salvation

[*This Jesus is the stone which, rejected by you builders, has become the chief stone supporting all the rest (Acts 4: 11).*]

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

Let the sons of Israel say:

"His love endures for ever."

Let the sons of Aaron say:

"His love endures for ever."

Let those who fear the Lord say:

"His love endures for ever."

I called to the Lord in my distress;
he answered and freed me.

The Lord is at my side; I do not fear.

What can man do against me?

The Lord is at my side as my helper:

I shall look down on my foes.

It is better to take refuge in the Lord
than to trust in men:

it is better to take refuge in the Lord
than to trust in princes.

Week II - Sunday, Morning Prayer

The nations all encompassed me;
in the Lord's name I crushed them.
They compassed me, compassed me about;
in the Lord's name I crushed them.
They compassed me about like bees;
they blazed like a fire among thorns.
In the Lord's name I crushed them.

I was hard-pressed and was falling
but the Lord came to help me.
The Lord is my strength and my song;
he is my savior.
There are shouts of joy and victory
in the tents of the just.

The Lord's right hand has triumphed;
his right hand raised me.
The Lord's right hand has triumphed;
I shall not die, I shall live
and recount his deeds.
I was punished, I was punished by the Lord,
but not doomed to die.

Open to me the gates of holiness:
I will enter and give thanks.
this is the Lord's own gate
where the just may enter.
I will thank you for you have answered
and you are my savior.

The stone which the builders rejected
has become the corner stone.
This is the work of the Lord,
a marvel in our eyes.
This day was made by the Lord;
we rejoice and are glad.

O Lord, grant us salvation;
O Lord, grant success.
Blessed in the name of the Lord
is he who comes.
We bless you from the house of the Lord;
the Lord God is our light.

Go forward in procession with branches
even to the altar.

Week II - Sunday, Morning Prayer

You are my God, I thank you.
My God, I praise you.
Give thanks to the Lord for he is good;
for his love endures for ever.

Psalm-prayer

Lord God, you have given us the great day of rejoicing: Jesus Christ, the stone rejected by the builders has become the cornerstone of the Church, our spiritual home. Shed upon your Church the rays of your glory, that it may be seen as the gate of salvation open to all nations. Let cries of joy and exultation ring out from its tents, to celebrate the wonder of Christ's resurrection.

Antiphon:

Ordinary Time: Blessed is he who comes in the name of the Lord, alleluia.

Advent: *Zion is our mighty citadel, our saving Lord its wall and its defense; throw open the gates, for our God is here among us, alleluia.*

Lent, 2nd Sunday: *The right hand of the Lord has shown its power; the right hand of the Lord has raised me up.*

Lent, Passion (Palm) Sunday: *The great crowd that had gathered for the feast cried out to the Lord: Blessed is he who comes in the name of the Lord. Hosanna in the highest.*

Easter, 6th Sunday: *This is the day which the Lord has made, alleluia.*

Antiphon 2:

Ordinary Time: Let us sing a hymn of praise to our God, alleluia.

Advent: *Come to the waters, all you who thirst; seek the Lord while he can be found, alleluia.*

Lent, 2nd Sunday: *Let us sing the hymn of the three young men which they sang in the fiery furnace, giving praise to God.*

Lent, Passion (Palm) Sunday: *God grant that with the angels and the children we may be faithful, and sing with them to the conqueror of death: Hosanna in the highest.*

Easter, 6th Sunday: *Blessed are you, Lord our God, in the firmament of heaven. You are worthy of praise for ever, alleluia.*

Canticle --- Daniel 3: 52-57

Let all creatures praise the Lord

[*The Creator ... is blessed for ever (Romans 1:25).*]

Blessed are you, O Lord, the God of our fathers,
praiseworthy and exalted above all forever.

And blessed is your holy and glorious name,
praiseworthy and exalted above all for all ages.

Blessed are you in the temple of your holy glory,
praiseworthy and glorious above all for ever.

Week II - Sunday, Morning Prayer

Blessed are you on the throne of your kingdom,
praiseworthy and exalted above all forever.

Blessed are you who look into the depths
from your throne upon the cherubim,
praiseworthy and exalted above all forever.

Blessed are you in the firmament of heaven,
praiseworthy and glorious forever.

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

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: Let us sing a hymn of praise to our God, alleluia.

Advent: Come to the waters, all you who thirst; seek the Lord while he can be found, alleluia.

Lent, 2nd Sunday: Let us sing the hymn of the three young men which they sang in the fiery furnace, giving praise to God.

Lent, Passion (Palm) Sunday: God grant that with the angels and the children we may be faithful, and sing with them to the conqueror of death: Hosanna in the highest.

Easter, 6th Sunday: Blessed are you, Lord our God, in the firmament of heaven. You are worthy of praise for ever, alleluia.

Antiphon 3:

Ordinary Time: Praise the Lord for his infinite greatness, alleluia.

Advent: Our God will come with great power to enlighten the eyes of his servants, alleluia.

Lent, 2nd Sunday: Praise the Lord in his heavenly power.

Lent, Passion (Palm) Sunday: Blessed is he who comes in the name of the Lord; peace in heaven and glory in the highest.

Easter, 6th Sunday: Worship God who is seated upon the throne; sing to him in praise: Amen, alleluia.

Psalm 150

Praise the Lord

[*Let mind and heart be in your song: this is to glorify
God with your whole self (Hesychius).*]

Praise God in his holy place,
praise him in his mighty heavens.
Praise him for his powerful deeds,
praise his surpassing greatness.

Week II - Sunday, Morning Prayer

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

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

Psalm-prayer

Lord God, maker of heaven and earth and of all created things, you make your just ones holy and you justify sinners who confess your name. Hear us as we humbly pray to you: give us eternal joy with your saints.

Antiphon:

Ordinary Time: Praise the Lord for his infinite greatness, alleluia.

Advent: *Our God will come with great power to enlighten the eyes of his servants, alleluia.*

Lent, 2nd Sunday: *Praise the Lord in his heavenly power.*

Lent, Passion (Palm) Sunday: *Blessed is he who comes in the name of the Lord; peace in heaven and glory in the highest.*

Easter, 6th Sunday: *Worship God who is seated upon the throne; sing to him in praise: Amen, alleluia.*

READING *Ezekiel 36:25-28*

I will sprinkle clean water upon you to cleanse you from all your impurities, and from all your idols I will cleanse you. I will give you a new heart and place a new spirit within you, taking from your bodies your stony hearts and giving you natural hearts. I will put my spirit within you and make you live by my statutes, careful to observe my decrees. You shall live in the land I gave your fathers; you shall be my people, and I will be your God.

RESPONSORY

Leader: We give thanks to you, O God, as we call upon your name.

All: We give thanks to you, O God, as we call upon your name.

Leader: We cry aloud how marvelous you are,

All: as we call upon your name.

Leader: Glory to the Father . . .

All: We give thanks to you, O God, as we call upon your name.

CANTICLE OF ZECHARIAH

Antiphon: *(as in the Proper of Seasons. See page 10)*

CANTICLE OF ZECHARIAH *(see page 8)*

Leader: Glory to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: *(as in the Proper of Seasons. See page 10)*

INTERCESSIONS

Leader: Let us give thanks to our Savior who came into this world as God's presence among us. Let us call upon him:

All: *Christ, King of Glory, be our light and our joy.*

Leader: Lord Jesus, you are the rising Sun, the firstfruits of the future resurrection,

All: grant that we may not sit in the shadow of death but walk in the light of life.

Leader: Show us your goodness, present in every creature,

All: that we may contemplate your glory everywhere.

Leader: Do not allow us to be overcome by evil today,

All: but grant that we may overcome evil through the power of good.

Leader: You were baptized in the Jordan and anointed by the Holy Spirit,

All: grant that we may this day give thanks to your Holy Spirit.

OUR FATHER

Leader: Remember us, Lord, when you come to your kingdom and teach us how to pray:

All: Our Father, who art in heaven . . .

Concluding Prayer

(as in the proper of seasons see page 11)

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week II - Monday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: When will I come to the end of my pilgrimage and enter the presence of God?

Easter: *As a deer longs for flowing streams, so my soul longs for you, my God, alleluia.*

Psalm 42

Longing for the Lord's presence in his Temple
*[Let all who thirst come; let all who desire it drink from
the life-giving water (Revelation 22: 17).]*

Like the deer that yearns
for running streams,
so my soul is yearning
for you, my God.

My soul is thirsting for God,
the God of my life;
when can I enter and see
the face of God?

My tears have become my bread,
by night, by day,
as I hear it said all the day long:
"Where is your God?"

These things will I remember
as I pour out my soul:
how I would lead the rejoicing crowd
into the house of God,
amid cries of gladness and thanksgiving,
the throng wild with joy.

Why are you cast down, my soul,
why groan within me?
Hope in God; I will praise him still,
my savior and my God.

Week II - Monday, Morning Prayer

My soul is cast down within me
as I think of you,
from the country of Jordan and Mount Hermon,
from the Hill of Mizar.

Deep is calling on deep,
in the roar of waters:
your torrents and all your waves.
swept over me.

By day the Lord will send
his loving kindness;
by night I will sing to him,
praise the God of my life.

I will say to God, my rock:
"Why have you forgotten me?
Why do I go mourning,
oppressed by the foe?"

With cries that pierce me to the heart,
my enemies revile me,
saying to me all the day long:
"Where is your God?"

Why are you cast down, my soul,
why groan within me?
Hope in God; I will praise him still,
my savior and my God.

Psalm-prayer

Father in heaven, when your strength takes possession of us we no longer say: Why are you cast down, my soul? So now that the surging waves of your indignation have passed over us, let us feel the healing calm of your forgiveness. Inspire us to yearn for you always, like the deer for running streams, until you satisfy every longing in heaven.

Antiphon:

Ordinary Time: When will I come to the end of my pilgrimage and enter the presence of God?

Easter: As a deer longs for flowing streams, so my soul longs for you, my God, alleluia.

Antiphon 2:

Ordinary Time: Lord, show us the radiance of your mercy.

Easter: Fill Zion with your praises, Lord, and let your wonders be proclaimed, alleluia.

Week II - Monday, Morning Prayer

Canticle --- Sirach 36:1-5, 10-13

Prayer of entreaty for the holy city, Jerusalem

[*This is eternal life: to know you, the one true God, and Jesus Christ whom you have sent (John 17:3).*]

Come to our aid, O God of the universe,
and put all the nations in dread of you!
Raise your hand against the heathen,
that they may realize your power.

As you have used us to show them your holiness,
so now use them to show us your glory.
Thus they will know, as we know,
that there is no God but you.

Give new signs and work new wonders;
show forth the splendor of your right hand and arm.

Gather all the tribes of Jacob,
that they may inherit the land as of old.
Show mercy to the people called by your name;
Israel, whom you named your first-born.

Take pity on your holy city,
Jerusalem, your dwelling place.
Fill Zion with your majesty,
your temple with your glory.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: Lord, show us the radiance of your mercy.

Easter: *Fill Zion with your praises, Lord, and let your wonders be proclaimed, alleluia.*

Antiphon 3:

Ordinary Time: The vaults of heaven ring with your praise, O Lord.

Easter: *The glory of God illumines the city; the Lamb of God is its light, alleluia.*

Psalm 19A

Praise of the Lord, Creator of all

[*The dawn from on high shall break upon us . . . to
guide our feet into the way of peace (Luke 1:78,79).*]

The heavens proclaim the glory of God
and the firmament shows forth the work of his hands.

Week II - Monday, Morning Prayer

Day unto day takes up the story
and night unto night makes known the message.

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

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

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

Psalm-prayer

To enlighten the world, Father, you sent to us your Word as the sun of truth and justice
shining upon mankind. Illumine our eyes that we may discern your glory in the many
works of your hand.

Antiphon:

Ordinary Time: The vaults of heaven ring with your praise, O Lord.

Easter: The glory of God illumines the city; the Lamb of God is its light, alleluia.

READING *Jeremiah 15: 15-16*

Remember me, Lord, visit me,
and avenge me on my persecutors.

Because of your long-suffering banish me not;
know that for you I have borne insult.

When I found your words, I devoured them;
they became my joy and the happiness of my heart,

Because I bore your name,
O Lord, God of hosts.

RESPONSORY

Leader: Sing for joy, God's chosen ones, give him the praise that is due.

All: Sing for joy, God's chosen ones, give him the praise that is due.

Leader: Sing a new song to the Lord;

All: give him the praise that is due.

Leader: Glory to the Father . . .

All: Sing for joy, God's chosen ones, give him the praise that is due.

CANTICLE OF ZECHARIAH

Antiphon: Blessed be the Lord, for he has come to his people and set them free.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: Blessed be the Lord, for he has come to his people and set them free.

INTERCESSIONS

Leader: Our Savior has made us a nation of priests to offer acceptable sacrifice to the Father. Let us call upon him in gratitude:

All: *Preserve us in your ministry, Lord.*

Leader: Christ, eternal priest, you conferred the holy priesthood on your people,

All: grant that we may offer spiritual sacrifices acceptable to the Father.

Leader: In your goodness pour out on us the fruits of your Spirit,

All: patience, kindness and gentleness.

Leader: May we love you and possess you, for you are love,

All: and may every action of our lives praise you.

Leader: May we seek those things which are beneficial to our brothers, without counting the cost,

All: to help them on the way to salvation.

OUR FATHER

Leader: Now let us pray as Christ the Lord has taught us:

All: Our Father, who art in heaven . . .

Concluding Prayer

Almighty Father, you have brought us to the light of a new day: keep us safe the whole day through from every sinful inclination. May all our thoughts, words and actions aim at doing what is pleasing in your sight. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week II - Tuesday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Lord, send forth your light and your truth.

Easter: *You have come to Mount Zion and to the city of the living God, alleluia.*

Psalm 43

Longing for the Temple

[I have come into the world to be its light (John 12:46)]

Defend me, O God, and plead my cause
against a godless nation.

From deceitful and cunning men
rescue me, O God.

Since you, O God, are my stronghold,
why have you rejected me?

Why do I go mourning
oppressed by the foe?

O send forth your light and your truth;
let these be my guide.

Let them bring me to your holy mountain
to the place where you dwell.

And I will come to the altar of God,
the God of my joy.

My redeemer, I will thank you on the harp,
O God, my God.

Why are you cast down, my soul,
why groan within me?

Hope in God; I will praise him still,
my savior and my God.

Psalm-prayer

Almighty Father, source of everlasting light, send forth your truth into our hearts and pour over us the brightness of your light.

Antiphon:

Ordinary Time: Lord, send forth your light and your truth.

Easter: You have come to Mount Zion and to the city of the living God, alleluia.

Antiphon 2:

Ordinary Time: Lord, keep us safe all the days of our life.

Easter: Lord, you have preserved my life from destruction, alleluia.

Canticle --- Isaiah 38: 10-14, 17-20

Anguish of a dying man and joy in his restoration

[*I am living, I was dead ... and I hold the keys of death* (Revelation 1: 17, 18).]

Once I said,

"In the noontime of life I must depart!

To the gates of the nether world I shall be consigned
for the rest of my years."

I said, "I shall see the Lord no more
in the land of the living.

No longer shall I behold my fellow men
among those who dwell in the world."

My dwelling, like a shepherd's tent;
is struck down and borne away from me;
you have folded up my life, like a weaver
who severs the last thread.

Day and night you give me over to torment;
I cry out until the dawn.

Like a lion he breaks all my bones;
day and night you give me over to torment.

Like a swallow I utter shrill cries;
I moan like a dove.

My eyes grow weak, gazing heaven-ward:
O Lord, I am in straits; be my surety!

You have preserved my life
from the pit of destruction,
when you cast behind your back
all my sins.

For it is not the nether world that gives you thanks,
nor death that praises you;
neither do those who go down into the pit
await your kindness.

Week II - Tuesday, Morning Prayer

The living, the living give you thanks,
as I do today.

Fathers declare to their sons,
O God, your faithfulness.

The Lord is our savior;
we shall sing to stringed instruments
in the house of the Lord
all the days of our life.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: Lord, keep us safe all the days of our life,

Easter: Lord, you have preserved my life from destruction, alleluia.

Antiphon 3:

Ordinary Time: To you, O God, our praise is due in Zion.

Easter: You have visited the earth and brought life-giving rain to fill it with plenty, alleluia.

Psalm 65

Solemn thanksgiving

[Zion represents heaven (Origen).]

To you our praise is due
in Zion, O God.

To you we pay our vows,
you who hear our prayer.

To you all flesh will come
with its burden of sin.

Too heavy for us, our offenses,
but you wipe them away.

Blessed is he whom you choose and call
to dwell in your courts.

We are filled with the blessings of your house,
of your holy temple.

You keep your pledge with wonders,
O God our savior,
the hope of all the earth
and of far distant isles.

Week II - Tuesday, Morning Prayer

You uphold the mountains with your strength,
you are girded with power.
You still the roaring of the seas,
the roaring of their waves
and the tumult of the peoples.

The ends of the earth stand in awe
at the sight of your wonders.
The lands of sunrise and sunset
you fill with your joy.

You care for the earth, give it water,
you fill it with riches.
Your river in heaven brims over
to provide its grain.

And thus you provide for the earth;
you drench its furrows,
you level it, soften it with showers,
you bless its growth.

You crown the year with your goodness.
Abundance flows in your steps,
in the pastures of the wilderness it flows.

The hills are girded with joy,
the meadows covered with flocks,
the valleys are decked with wheat.
They shout for joy, yes, they sing.

Psalm-prayer

Lord God, hope of all the earth, hear the humble prayer of your children as we sing your praises. Pour out your Spirit on us so that our lives may bear fruit abundantly.

Antiphon:

Ordinary Time: To you, O God, our praise is due in Zion.

Easter: *You have visited the earth and brought life-giving rain to fill it with plenty, alleluia.*

READING *1 Thessalonians 5: 2-6*

You know very well that the day of the Lord is coming like a thief in the night. Just when people are saying, "Peace and security," ruin will fall on them with the suddenness of pains overtaking a woman in labor, and there will be no escape. You are not in the dark brothers, that the day should catch you off guard, like, a thief. No, all of you are children of light and of the day. We belong neither to darkness nor to night; therefore let us not be asleep like the rest, but awake and sober!

RESPONSORY

Leader: Lord, listen to my cry; all my trust is in your promise

All: Lord, listen to my cry; all my trust is in your promise.

Leader: Dawn finds me watching, crying out for you,

All: all my trust is in your promise.

Leader: Glory to the Father ...

All: Lord, listen to my cry; all my trust is in your promise.

CANTICLE OF ZECHARIAH

Antiphon: Lord, save us from the hands of all who hate us.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: Lord, save us from the hands of all who hate us.

INTERCESSIONS

Leader: Let us bless our Savior who enlightens the world by his resurrection. Let us humbly beg him:

All: *Keep us, Lord, on your path.*

Leader: Lord Jesus, we honor your resurrection in our morning prayer,

All: the hope of your glory enlightens our day.

Leader: Accept, Lord, our prayers and petitions,

All: as the firstfruits of our day.

Leader: Grant that we may progress today in your love,

All: and that all things may work together for our good and the good of all.

Leader: Make our light shine so brightly before men,

All: that seeing our good works they may give glory to the Father.

OUR FATHER

Leader: With longing for the coming of God's kingdom, let us offer our prayer to the Father:

All: Our Father, who art in heaven . . .

Concluding Prayer

Lord Jesus Christ, true light of the world, you guide all mankind to salvation. Give us the courage, strength and grace to build a world of justice and peace, ready for the coming of that kingdom, where you live and reign with the Father and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week II - Wednesday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: O God, all your ways are holy; what god can compare with our God?

Easter: *The waters saw you, O God; you led your people through the sea, alleluia.*

Psalm 77

Recalling God's works

[*We suffer all kinds of afflictions and yet are not overcome (2 Corinthians 4: 8).*]

I cry aloud to God,
cry aloud to God that he may hear me.

In the day of my distress I sought the Lord.
My hands were raised at night without ceasing;
my soul refused to be consoled.
I remembered my God and I groaned.
I pondered and my spirit fainted.

You withheld sleep from my eyes.
I was troubled, I could not speak.
I thought of the days of long ago
and remembered the years long past.
At night I mused within my heart.
I pondered and my spirit questioned.

"Will the Lord reject us for ever?
Will he show us his favor no more?
Has his love vanished for ever?
Has his promise come to an end?
Does God forget his mercy
or in anger withhold his compassion?"

I said: "This is what causes my grief;
that the way of the Most High has changed."
I remember the deeds of the Lord,
I remember your wonders of old,
I muse on all your works
and ponder your mighty deeds.

Week II - Wednesday, Morning Prayer

Your ways, O God, are holy.
What god is great as our God?
You are the God who works wonders.
You showed your power among the peoples.
Your strong arm redeemed your people,
the sons of Jacob and Joseph.

The waters saw you, O God,
the waters saw you and trembled;
the depths were moved with terror.
The clouds poured down rain,
the skies sent forth their voice;
your arrows flashed to and fro.

Your thunder rolled round the sky,
your flashes lighted up the world.
The earth was moved and trembled
when your way led through the sea,
your path through the mighty waters,
and no one saw your footprints.

You guided your people like a flock
by the hand of Moses and Aaron.

Psalm-prayer

Father, you established your ancient covenant by signs and wonders, but more wondrously you confirmed the new one through the sacrifice of your Son. Guide your Church through the pathways of life, that we may be led to the land of promise and celebrate your name with lasting praise.

Antiphon:

Ordinary Time: O God, all your ways are holy; what god can compare with our God?

Easter: *The waters saw you, O God; you led your people through the sea, alleluia.*

Antiphon 2:

Ordinary Time: my heart leaps up with joy to the Lord, for he humbles only to exalt us.

Easter: *The Lord puts to death and raises to life, alleluia.*

Canticle --- 1 Samuel 2: 1-10

The humble find joy in God

[He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things (Luke 1: 52-53).]

My heart exults in the Lord,
my horn is exalted in my God.

Week II - Wednesday, Morning Prayer

I have swallowed up my enemies;
I rejoice in my victory.
There is no Holy One like the Lord;
there is no Rock like our God.

Speak boastfully no longer,
nor let arrogance issue from your mouths.
For an all-knowing God is the Lord,
a God who judges deeds.

The bows of the mighty are broken,
while the tottering gird on strength,
The well-fed hire themselves out for bread,
while the hungry batten on spoil.
The barren wife bears seven sons
While the mother of many languishes.

The Lord puts to death and gives life;
he casts down to the nether world;
he raises up again.
The Lord makes poor and makes rich,
he humbles, he also exalts.

He raises the needy from the dust;
from the ash heap he lifts up the poor,
to seat them with nobles
and make a glorious throne their heritage.

For the pillars of the earth are the Lord's.
and he has set the world upon them.
He will guard the footsteps of his faithful ones,
but the wicked shall perish in the darkness.
For not by strength does man prevail;
the Lord's foes shall be shattered.

The Most High in heaven thunders;
the Lord judges the ends of the earth.
Now may he give strength to his king
and exalt the horn of his anointed!

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: my heart leaps up with joy to the Lord, for he humbles only to exalt us.

Easter: *The Lord puts to death and raises to life, alleluia.*

Antiphon 3:

Ordinary Time: The Lord is king, let the earth rejoice.

Easter: *A light has dawned for the just; joy has come to the upright of heart, alleluia.*

Psalm 97

The glory of the Lord in his decrees for the world
[*This psalm foretells a world-wide salvation and that
peoples of all nations will believe in Christ (Saint Athanasius).*]

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

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

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

Let those who serve idols be ashamed,
those who boast of their worthless gods.
All you spirits, worship him.

Zion hears and is glad;
the people of Judah rejoice
because of your judgments, O Lord.

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

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

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

Psalm prayer

Father, you clothe the sky with light and the depths of the ocean with darkness. Among

Week II - Wednesday, Morning Prayer

the sons of men you work wonders, and rain terror upon the enemy. Look upon your servants. Do not try us by fire but bring us rejoicing to the shelter of your home.

Antiphon:

Ordinary Time: The Lord is king, let the earth rejoice.

Easter: A light has dawned for the just; joy has come to the upright of heart, alleluia.

Reading *Romans 8:35-39*

Who will separate us from the love of Christ? Trial, or distress, or persecution, or hunger, or nakedness, or danger, or the sword? As Scripture says: "For your sake we are being slain all the day long; we are looked upon as sheep to be slaughtered." Yet in all this we are more than conquerors because of him who has loved us. For I am certain that neither death nor life, neither angels nor principalities, neither the present nor the future, nor powers, neither height nor depth nor any other creature, will be able to separate us from the love of God that comes to us in Christ Jesus, our Lord.

RESPONSORY

Leader: I will bless the Lord all my life long.

All: I will bless the Lord all my life long.

Leader: With a song of praise ever on my lips,

All: all my life long.

Leader: Glory to the Father ...

All: I will bless the Lord all my life long.

CANTICLE OF ZECHARIAH

Antiphon: Let us serve the Lord in holiness all the days of our life.

CANTICLE OF ZECHARIAH (*see page 8*)

Antiphon: Let us serve the Lord in holiness all the days of our life.

INTERCESSIONS

Leader: Blessed be God our Savior, who promised to remain with his Church all days, until the end of the world. Let us give him thanks and call out:

All: *Remain with us, Lord.*

Leader: Remain with us the whole day, Lord,

All: let your grace be a sun that never sets.

Leader: We dedicate this day to you as an offering,

All: do not let us offer anything that is evil.

Leader: May your gift of light pervade this whole day,

All: that we may be the salt of the earth and the light of the world.

Week II - Wednesday, Morning Prayer

Leader: May the love of your Holy Spirit direct our hearts and our lips,

All: and may we always act in accordance with your will.

OUR FATHER

Leader: Gathering our prayers and praises into one, let us offer the prayer Christ himself taught us:

All: Our Father, who art in heaven . . .

Concluding Prayer

Lord, as a new day dawns send the radiance of your light to shine in our hearts. Make us true to your teaching; keep us free from error and sin. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week II - Thursday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Stir up your mighty power, Lord; come to our aid.

Easter: *I am the vine; you are the branches, alleluia.*

Psalm 80

Lord, come, take care of your vineyard

[*Come, Lord Jesus* (Revelation 22: 20).]

O shepherd of Israel, hear us,
you who lead Joseph's flock,
shine forth from your cherubim throne
upon Ephraim, Benjamin, Manasseh.

O Lord, rouse up your might,

O Lord, come to our help.

God of hosts, bring us back;
let your face shine on us and we shall be saved.

Lord God of hosts, how long
will you frown on your people's plea?
You have fed them with tears for their bread,
an abundance of tears for their drink.
You have made us the taunt of our neighbors,
our enemies laugh us to scorn.

God of hosts, bring us back;
let your face shine on us, and we shall be saved.

You brought a vine out of Egypt;
to plant it you drove out the nations.
Before it you cleared the ground;
It took root and spread through the land.

The mountains were covered with its shadow,
the cedars of God with its boughs.
It stretched out its branches to the sea,
to the Great River it stretched out its shoots.

Then why have you broken down its walls?

Week II - Thursday, Morning Prayer

It is plucked by all who pass by.
It is ravaged by the boar of the forest,
devoured by the beasts of the field.

God of hosts, turn again, we implore,
look down from heaven and see.

Visit this vine and protect it,
the vine your right hand has planted.
Men have burnt it with fire and destroyed it.
May they perish at the frown of your face.

May your hand be on the man you have chosen,
the man you have given your strength.
And we shall never forsake you again:
give us life that we may call upon your name.

God of hosts, bring us back;
let your face shine on us and we shall be saved.

Psalm-prayer

Lord God, eternal shepherd, you so tend the vineyard you planted that now it extends its branches even to the farthest coast. Look down on your Church and come to us. Help us remain in your Son as branches on the vine, that, planted firmly in your love, we may testify before the whole world to your great power working everywhere.

Antiphon:

Ordinary Time: Stir up your mighty power, Lord; come to our aid.

Easter: I am the vine; you are the branches, alleluia.

Antiphon 2:

Ordinary Time: The Lord has worked marvels for us; make it known to the ends of the world.

Easter: Rejoicing, you will draw water from the wellsprings of the Savior, alleluia.

Canticle --- Isaiah 12: 1-6

Joy of God's ransomed people

[If anyone thirsts, let him come to me and drink (John 7:37).]

I give you thanks, O Lord;
though you have been angry with me,
your anger has abated; and you have consoled me

God indeed is my savior;
I am confident and unafraid.
My strength and my courage is the Lord,
and he has been my savior.

Week II - Thursday, Morning Prayer

With joy you will draw water
at the fountain of salvation, and say on that day:
Give thanks to the Lord, acclaim his name;
among the nations make known his deeds,
proclaim how exalted is his name.

Sing praise to the Lord for his glorious achievement;
let this be known throughout all the earth.

Shout with exultation, O city of Zion,
for great in your midst
is the Holy One of Israel!

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ord. Time: The Lord has worked marvels for us; make it known to the ends of the world.

Easter: Rejoicing, you will draw water from the wellsprings of the Savior, alleluia.

Antiphon 3:

Ordinary Time: Ring out your joy to God our strength.

Easter: The Lord has fed us with the finest wheat, alleluia.

Psalm 81

Solemn renewal of the Covenant

[*See that no one among you has a faithless heart (Hebrews 3: 12).*]

Ring out your joy to God our strength,
shout in triumph to the God of Jacob.

Raise a song and sound the timbrel,
the sweet-sounding harp and the lute,
blow the trumpet at the new moon,
when the moon is full, on our feast.

For this is Israel's law,
a command of the God of Jacob.
He imposed it as a rule on Joseph,
when he went out against the land of Egypt.

A voice I did not know said to me:
"I freed your shoulder from the burden;
your hands were freed from the load.
You called in distress and I saved you.

I answered, concealed in the storm cloud,
at the waters of Meribah I tested you.

Week II - Thursday, Morning Prayer

Listen, my people, to my warning,
O Israel, if only you would heed!

Let there be no foreign god among you,
no worship of an alien god.
I am the Lord your God,
who brought you from the land of Egypt.
Open wide your mouth and I will fill it.

But my people did not heed my voice
and Israel would not obey,
so I left them in their stubbornness of heart
to follow their own designs.

O that my people would heed me,
that Israel would walk in my ways!
At once I would subdue their foes,
turn my hand against their enemies.

The Lord's enemies would cringe at their feet
and their subjection would last for ever.
But Israel I would feed with finest wheat
and fill them with honey from the rock."

Psalm-prayer

Lord God, open our mouths to proclaim your glory. Help us to leave sin behind and to rejoice in professing your name.

Antiphon:

Ordinary Time: Ring out your joy to God our strength.

Easter: The Lord has fed us with the finest wheat, alleluia.

READING *Romans 14: 12-13, 17-19*

Everyone of us will have to give an account of himself before God. Therefore we must no longer pass judgment on one another. Instead you should resolve to put no stumbling block or hindrance in your brother's way. The kingdom of God is not a matter of eating or drinking, but of justice, peace, and the joy that is given by the Holy Spirit. Whoever serves Christ in this way pleases God and wins the esteem of men. Let us, then, make it our aim to work for peace and to strengthen one another.

RESPONSORY

Leader: In the early hours of the morning, I think of you, O Lord.

All: In the early hours of the morning, I think of you, O Lord.

Leader: Always you are there to help me.

All: I think of you, O Lord.

Week II - Thursday, Morning Prayer

Leader: Glory to the Father . . .

All: In the early hours of the morning, I think of you, O Lord.

CANTICLE OF ZECHARIAH

Antiphon: Give your people knowledge of salvation, Lord, and forgive us our sins.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: Give your people knowledge of salvation, Lord, and forgive us our sins.

INTERCESSIONS

Leader: Blessed be God, our Father, who protects his children and never spurns their prayers. Let us humbly implore him:

All: *Enlighten us, Lord.*

Leader: We thank you, Lord, for enlightening us through your Son,

All: fill us with his light throughout the day.

Leader: Let your wisdom lead us today, Lord,

All: that we may walk in the newness of life.

Leader: May we bear hardships with courage for your name's sake,

All: and be generous in serving you.

Leader: Direct our thoughts, feelings and actions this day,

All: help us to follow your providential guidance.

OUR FATHER

Leader: Let us make our prayers and praise complete by offering

All: Our Father, who art in heaven . . .

Concluding Prayer

Lord, true light and source of all light, listen to our morning prayer. Turn our thoughts to what is holy and may we ever live in the light of your love. We ask this through our Lord Jesus Christ, your Son who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week II - Friday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: A humble, contrite heart, O God, you will not spurn.

Easter: *Have courage, my son; your sins are forgiven, alleluia.*

Psalm 51

O God, have mercy on me

[*Your inmost being must be renewed, and you must
put on the new man (Ephesians 4: 23-24).*]

Have mercy on me, God, in your kindness.

In your compassion blot out my offense.

O wash me more and more from my guilt
and cleanse me from my sin:

My offenses truly I know them;

my sin is always before me.

Against you, you alone, have I sinned;
what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge.

O see, in guilt I was born,
a sinner was I conceived.

Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom

O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,
that the bones you have crushed may revive.

From my sins turn away your face
and blot out all my guilt.

A pure heart create for me, O God,
put a steadfast spirit within me.

Do not cast me away from your presence,
nor deprive me of your holy spirit.

Week II - Friday, Morning Prayer

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

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

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

In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
holocausts offered on your altar.

Psalm-prayer

Father, he who knew no sin was made sin for us, to save us and restore us to your friendship. Look upon our contrite heart and afflicted spirit and heal our troubled conscience, so that in the joy and strength of the Holy Spirit we may proclaim your praise and glory before all the nations.

Antiphon:

Ordinary Time: A humble, contrite heart, O God, you will not spurn.

Easter: Have courage, my son; your sins are forgiven, alleluia.

Antiphon 2:

Ordinary Time: Even in your anger, Lord, you will remember compassion.

Easter: You go forth to save your people, to save your anointed one, alleluia.

Canticle --- Habakkuk 3: 2-4, 13a, 15-19

God comes to judge

[*Lift up your heads for your redemption is at hand (Luke 21: 28).*]

O Lord, I have heard your renown,
and feared, O Lord, your work.
In the course of the years revive it,
In the course of the years make it known;
In your wrath remember compassion!

God comes from Teman,
the Holy One from Mount Paran.

Week II - Friday, Morning Prayer

Covered are the heavens with his glory,
and with his praise the earth is filled.

His splendor spreads like the light;
rays shine forth from beside him,
where his power is concealed.
You come forth to save your people,
to save your anointed one.

You tread the sea with your steeds
amid the churning of the deep waters.
I hear, and my body trembles;
at the sound, my lips quiver.

Decay invades my bones,
my legs tremble beneath me.
I await the day of distress
that will come upon the people who attack us.

For though the fig tree blossom not
nor fruit be on the vines,
though the yield of the olive fail
and the terraces produce no nourishment,

Though the flocks disappear from the fold
and there be no herd in the stalls,
yet will I rejoice in the Lord
and exult in my saving God.

God, my Lord, is my strength;
he makes my feet swift as those of hinds
and enables me to go upon the heights.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: Even in your anger, Lord, you will remember compassion.

Easter: You go forth to save your people, to save your anointed one, alleluia.

Antiphon 3:

Ordinary Time: O praise the Lord, Jerusalem!

Easter: Zion, give praise to your God; he has brought peace to your borders, alleluia.

Psalm 147: 12-20

[*Come, I will show you the bride of the Lamb*
(Revelation 21: 9).]

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

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

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

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

He makes his word known to Jacob,
to Israel his laws and decrees.
He has not taught them his decrees.

Psalm-prayer

Lord, you established peace within the borders of Jerusalem. Give the fullness of peace now to your faithful people. May peace rule us in this life and possess us in eternal life. You are about to fill us with the best of wheat; grant that what we see dimly now as in a mirror, we may come to perceive clearly in the brightness of your truth.

Antiphon:

Ordinary Time: O praise the Lord, Jerusalem!

Easter: Zion, give praise to your God; he has brought peace to your borders, alleluia.

READING *Ephesians 2: 13-16*

Now in Christ Jesus you who once were far off have been brought near through the blood of Christ. It is he who is our peace, and who made the two of us one by breaking down the barrier of hostility that kept us apart. In his own flesh he abolished the law with its commands and precepts; to create in himself one new man from us who had been two and to make peace, reconciling both of us to God in one body through his cross, which put that enmity to death.

RESPONSORY

Leader: The Lord, the Most High, has done good things for me. In need I shall cry out to him.

All: The Lord, the Most High, has done good things for me.

Leader: In need I shall cry out to him. May he send his strength to rescue me.

All: In need I shall cry out to him.

Leader: Glory to the Father . . .

All: The Lord, the Most High, has done good things for me.

CANTICLE OF ZECHARIAH

Antiphon: Through the tender compassion of our God the dawn from on high shall break upon us.

CANTICLE OF ZECHARIAH *(see page 8)*

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: Through the tender compassion of our God the dawn from on high shall break upon us.

INTERCESSIONS

Leader: Let us adore Christ who offered himself to the Father through the Holy Spirit to cleanse us from the works of death. Let us adore him and call upon him with sincere hearts:

All: *In your will is our peace, Lord.*

Leader: From your generosity we have received the beginning of this day,

All: grant us also the beginning of new life.

Leader: You created all things, and now you provide for their growth,

All: may we always perceive your handiwork in creation.

Leader: With your own blood, you ratified the new and eternal covenant,

All: may we remain faithful to that covenant by following your precepts.

Leader: On the cross, blood and water flowed from your side,

All: may this saving stream wash away our sins and gladden the City of God.

OUR FATHER

Leader: We pattern our prayer on the prayer of Christ our Lord, and say:

All: Our Father, who art in heaven . . .

Concluding Prayer

All-powerful Father, as now we bring you our songs of praise, so may we sing your goodness in the company of your saints for ever. We ask this through our Lord Jesus

Week II - Friday, Morning Prayer

Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week II - Saturday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: As morning breaks we sing of your mercy, Lord, and night will find us proclaiming your fidelity.

Easter: *You have filled me with gladness, Lord; I will sing for joy at the works of your hands, alleluia.*

Psalm 92

Praise of God the Creator

[Sing in praise of Christ's redeeming work (Saint Athanasius).]

It is good to give thanks to the Lord,
to make music to your name, O Most High,
to proclaim your love in the morning
and your truth in the watches of the night,
on the ten-stringed lyre and the lute,
with the murmuring sound of the harp.

Your deeds, O Lord, have made me glad;
for the work of your hands I shout with joy.
O Lord, how great are your works!
How deep are your designs!
The foolish man cannot know this
and the fool cannot understand.

Though the wicked spring up like grass
and all who do evil thrive:
they are doomed to be eternally destroyed.
But you, Lord, are eternally on high.
See how your enemies perish;
all doers of evil are scattered.

To me you give the wild-ox's strength;
you anoint me with the purest oil.
My eyes looked in triumph on my foes;
my ears heard gladly of their fall.
The just will flourish like the palm-tree
and grow like a Lebanon cedar.

Planted in the house of the Lord
they will flourish in the courts of our God,
still bearing fruit when they are old,
still full of sap, still green,
to proclaim that the Lord is just;
in him, my rock, there is no wrong.

Psalm-prayer

Take our shame away from us, Lord, and make us rejoice in your saving works. May all who have been chosen by your Son always abound in works of faith, hope and love in your service.

Antiphon:

Ordinary Time: As morning breaks we sing of your mercy, Lord, and night will find us proclaiming your fidelity.

Easter: You have filled me with gladness, Lord; I will sing for joy at the works of your hands, alleluia.

Antiphon 2:

Ordinary Time: Extol the greatness of our God.

Easter: It is I who bring death and I who give life. I inflict injury and I bring healing, alleluia.

Canticle --- Deuteronomy 32: 1-12

God's kindness to his people

[How often I have longed to gather your children as a hen gathers her brood under her wing (Matthew 23:37).]

Give ear, O heavens, while I speak;
let the earth hearken to the words of my mouth!
May my instruction soak in like the rain,
and my discourse permeate like the dew,
like a downpour upon the grass,
like a shower upon the crops:

For I will sing the Lord's renown.
Oh, proclaim the greatness of our God!
The Rock-how faultless are his deeds,
how right all his ways!
A faithful God, without deceit,
how just and upright he is!

Yet basely has he been treated by his degenerate children,
a perverse and crooked race!
Is the Lord to be thus repaid by you,

Week II - Saturday, Morning Prayer

O stupid and foolish people?
Is he not your father who created you?
Has he not made you and established you?

Think back on the days of old,
reflect on the years of age upon age.
Ask your father and he will inform you,
ask your elders and they will tell you:

When the Most High assigned the nations their heritage,
when he parceled out the descendants of Adam,
he set up the boundaries of the peoples
after the number of the sons of God;
while the Lord's own portion was Jacob,
his hereditary share was Israel.

He found them in a wilderness,
a wasteland of howling desert.
He shielded them and cared for them,
guarding them as the apple of his eye.

As an eagle incites its nestlings forth
by hovering over its brood,
so he spread his wings to receive them"
and bore them up on his pinions.
The Lord alone was their leader,
no strange god was with him.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: Extol the greatness of our God.

Easter: It is I who bring death and I who give life. I inflict injury and I bring healing, alleluia.

Antiphon 3:

Ordinary Time: How wonderful is your name, O Lord, in all creation.

Easter: You have crowned your Anointed One with glory and honor, alleluia.

Psalm 8

The majesty of the Lord and man's dignity
[*The Father gave Christ lordship of creation and made
him head of the Church (Ephesians 1:22).*]

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

Week II - Saturday, Morning Prayer

Your majesty is praised above the heavens;
on the lips of children and of babes
you have found praise to foil your enemy,
to silence the foe and the rebel.

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

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

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

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

Psalm-prayer

Almighty Lord, how wonderful is your name. You have made every creature subject to you; make us worthy to give you service.

Antiphon:

Ordinary Time: How wonderful is your name, O Lord, in all creation.

Easter: You have crowned your Anointed One with glory and honor, alleluia.

READING *Romans 12:13-21*

Look on the needs of the saints as your own; be generous in offering hospitality. Bless your persecutors; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Have the same attitude toward all. Put away ambitious thoughts and associate with those who are lowly. Do not be wise in your own estimation. Never repay injury with injury. See that your conduct is honorable in the eyes of all. If possible, live peaceably with everyone. Beloved, do not avenge yourselves; leave that to God's wrath, for it is written: " 'Vengeance is mine; I will repay,' says the Lord." But "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; by doing this you will heap burning coals upon his head." Do not be conquered by evil but conquer evil with good.

RESPONSORY

Week II - Saturday, Morning Prayer

Leader: It is my joy, O God, to praise you with song.

All: It is my joy, O God, to praise you with song.

Leader: To sing as I ponder your goodness,

All: to praise you with song.

Leader: Glory to the Father ...

All: It is my joy, O God, to praise you with song.

CANTICLE OF ZECHARIAH

Antiphon: Lord, guide our feet into the way of peace.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: Lord, guide our feet into the way of peace.

INTERCESSIONS

Leader: Let us celebrate the kindness and wisdom of Christ. He offers his love and understanding to all men, especially to the suffering. Let us earnestly pray to him:

All: *Perfect us in love, Lord.*

Leader: This morning we recall your resurrection,

All: and we long for the benefits of your redemption.

Leader: Grant that we bear witness to you today, Lord,

All: and offer an acceptable gift to the Father through you.

Leader: Enable us to see your image in all men,

All: and to serve you in them.

Leader: Lord Jesus, you are the true vine and we are the branches,

All: allow us to remain in you, to bear much fruit, and to give glory to the Father.

OUR FATHER

Leader: Now let us offer together the prayer our Lord Jesus Christ taught us:

All: Our Father, who art in heaven . . .

Concluding Prayer

Lord, we praise you with our lips, and with our lives and hearts. Our very existence is a gift from you; to you we offer all that we have and are. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week III - Sunday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Glorious is the Lord on high, alleluia.

Advent: The Lord is coming without delay. He will reveal things kept hidden and show himself to all mankind, alleluia.

Lent, 3rd Sunday: Your decrees, O Lord, are to be trusted; your truth is more powerful than the roaring of the seas.

Easter, 3rd and 7th Sunday: The Lord is king, robed in splendor, alleluia.

Psalm 93

Splendor of God the Creator

[*The Lord our mighty God now reigns supreme; let us rejoice and be glad and give him praise (Revelation 19: 6-7).*]

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

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

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

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

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

Psalm-prayer

All power and all authority in heaven and on earth have been given to you, Lord Jesus; you rule with decrees that are firm and trustworthy. Be with us always so that we may make disciples whose holiness will be worthy of your house.

Antiphon:

Ordinary Time: Glorious is the Lord on high, alleluia.

Advent: The Lord is coming without delay. He will reveal things kept hidden and show himself to all mankind, alleluia.

Lent, 3rd Sunday: Your decrees, O Lord, are to be trusted; your truth is more powerful than the roaring of the seas.

Easter, 3rd and 7th Sunday: The Lord is king, robed in splendor, alleluia.

Antiphon 2:

Ordinary Time: To you, Lord, be highest glory and praise for ever, alleluia.

Advent: Mountains and hills shall be level, crooked paths straight, rough ways smooth. Come, Lord, do not delay, alleluia.

Lent, 3rd Sunday: Springs of water, bless the Lord; praise and exalt him above all for ever.

Easter, 3rd and 7th Sunday: All creation will be freed; all peoples will know the glory and freedom of God's children, alleluia.

Canticle --- Daniel 3: 57-88,56

Let all creatures praise the Lord

[*All you servants of the Lord, sing praise to him (Revelation 19: 5).*]

Bless the Lord, all you works of the Lord.

Praise and exalt him above all forever.

Angels of the Lord, bless the Lord.

You heavens, bless the Lord.

All you waters above the heavens, bless the Lord.

All you hosts of the Lord, bless the Lord.

Sun and moon, bless the Lord.

Stars of heaven, bless the Lord.

Every shower and dew, bless the Lord.

All you winds, bless the Lord.

Fire and heat, bless the Lord.

Cold and chill, bless the Lord.

Dew and rain, bless the Lord.

Frost and chill, bless the Lord.

Ice and snow, bless the Lord.

Nights and days, bless the Lord.

Light and darkness, bless the Lord.

Lightnings and clouds, bless the Lord.

Let the earth bless the Lord.

Praise and exalt him above all forever.

Mountains and hills, bless the Lord.

Week III - Sunday, Morning Prayer

Everything growing from the earth, bless the Lord
You springs, bless the Lord.
Seas and rivers, bless the Lord.
You dolphins and all water creatures, bless the Lord.
All you birds of the air, bless the Lord.
All you beasts, wild and tame, bless the Lord.
You sons of men, bless the Lord.

O Israel, bless the Lord.
Praise and exalt him above all forever.
Priests of the Lord, bless the Lord.
Servants of the Lord, bless the Lord.
Spirits and souls of the just, bless the Lord.
Holy men of humble heart, bless the Lord.
Hananiah, Azariah, Mishael, bless the Lord.
Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit.
Let us praise and exalt him above all forever.
Blessed are you, Lord, in the firmament of heaven,
Praiseworthy and glorious and exalted above all
forever.

Antiphon:

Ordinary Time: To you, Lord, be highest glory and praise for ever, alleluia.

Advent: *Mountains and hills shall be level, crooked paths straight, rough ways smooth.
Come, Lord, do not delay, alleluia.*

Lent, 3rd Sunday: *Springs of water, bless the Lord; praise and exalt him above all for
ever.*

Easter, 3rd and 7th Sunday: *All creation will be freed; all peoples will know the glory
and freedom of God's children, alleluia.*

Antiphon 3:

Ordinary Time: Praise the Lord from the heavens, alleluia.

Advent: *I shall enfold Zion with my salvation and shed my glory around Jerusalem,
alleluia.*

Lent, 3rd Sunday: *All kings and peoples of the earth, give praise to God.*

Easter, 3rd and 7th Sunday: *The name of the Lord is praised in heaven and on earth,
alleluia.*

Psalm 148

Praise to the Lord, the Creator

*[Praise and honor, glory and power for ever to him
who sits upon the throne and to the Lamb (Revelation 5:13).]*

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

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

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

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

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

all earth's kings and peoples,
earth's princes and rulers;
young men and maidens,
old men together with children.

Let them praise the name of the Lord
for he alone is exalted.
The splendor of his name
reaches beyond heaven and earth.

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

Psalm-prayer

Lord, extolled in the heights by angelic powers, you are also praised by all earth's

Week III - Sunday, Morning Prayer

creatures, each in its own way. With all the splendor of heavenly worship, you still delight in such tokens of love as earth can offer. May heaven and earth together acclaim you as King; may the praise that is sung in heaven resound in the heart of every creature on earth.

Antiphon:

Ordinary Time: Praise the Lord from the heavens, alleluia.

Advent: *I shall enfold Zion with my salvation and shed my glory around Jerusalem, alleluia.*

Lent, 3rd Sunday: *All kings and peoples of the earth, give praise to God.*

Easter, 3rd and 7th Sunday: *The name of the Lord is praised in heaven and on earth, alleluia.*

READING *Ezekiel 37:12b-14*

Thus says the Lord God: O my people, I will open your graves and have you rise from them, and bring you back to the land of Israel. Then you shall know that I am the Lord, when I open your graves and have you rise from them, O my people! I will put my spirit in you that you may live, and I will settle you upon your land; thus you shall know that I am the Lord. I have promised, and I will do it, says the Lord.

RESPONSORY

Leader: Christ, Son of the living God, have mercy on us.

All: Christ, Son of the living God, have mercy on us.

Leader: You are seated at the right hand of the Father,

All: have mercy on us.

Leader: Glory to the Father . . .

All: Christ, Son of the living God, have mercy on us.

CANTICLE OF ZECHARIAH

Antiphon: *(as in the Proper of Seasons. See page 10)*

CANTICLE OF ZECHARIAH (see page 8)

Leader: Glory to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: *(as in the Proper of Seasons. See page 10)*

INTERCESSIONS

Leader: Father, you sent the Holy Spirit to enlighten the hearts of men; hear us as we pray:

All: *Enlighten your people, Lord.*

Leader: Blessed are you, O God, our light,

All: you have given us a new day resplendent with your Glory.

Week III - Sunday, Morning Prayer

Leader: You enlightened the world through the resurrection of your Son,
All: through your Church shed this light on all men.

Leader: You gave the disciples of your only-begotten Son the Spirit's gift of understanding,

All: through the same Spirit keep the Church faithful to you.

Leader: Light of nations, remember those who remain in darkness,

All: open their eyes and let them recognize you, the only true God.

OUR FATHER

Leader: Remember us, Lord, when you come to your kingdom and teach us how to pray:

All: Our Father, who art in heaven . . .

Concluding Prayer

(as in the proper of seasons see page 11)

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week III - Monday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Blessed are they who dwell in your house, O Lord.

December 17-23: The Lord, the ruler over the kings of the earth, will come; blessed are they who are ready to go and welcome him.

Easter: My heart and my flesh rejoice in the living God, alleluia.

PSALM 84

Longing for God's Temple

*[Here we do not have a lasting city; we seek a home
that is yet to come (Hebrews 13: 14).]*

How lovely is your dwelling place,
Lord, God of hosts.

My soul is longing and yearning,
is yearning for the courts of the Lord.
My heart and my soul ring out their joy
to God, the living God.

The sparrow herself finds a home
and the swallow a nest for her brood;
she lays her young by your altars,
Lord of hosts, my king and my God.

They are happy, who dwell in your house,
for ever singing your praise.
They are happy, whose strength is in you,
in whose hearts are the roads to Zion.

As they go through the Bitter Valley
they make it a place of springs,
the autumn rain covers it with blessings.
They walk with ever growing strength,
they will see the God of gods in Zion.

O Lord God of hosts, hear my prayer,
give ear, O God of Jacob.
Turn your eyes, O God, our shield,
look on the face of your anointed.

Week III - Monday, Morning Prayer

One day within your courts
is better than a thousand elsewhere.
The threshold of the house of God
I prefer to the dwellings of the wicked.

For the Lord God is a rampart, a shield;
he will give us his favor and glory.
The Lord will not refuse any good
to those who walk without blame.

Lord, God of hosts,
happy the man who trusts in you!

Psalm-prayer

Bless your people, Lord. You have given us the law that we may walk from strength to strength and raise our minds to you from this valley of tears. May we receive the gifts you have gained for us.

Antiphon:

Ordinary Time: Blessed are they who dwell in your house, O Lord.

December 17-23: The Lord, the ruler over the kings of the earth, will come; blessed are they who are ready to go and welcome him.

Easter: My heart and my flesh rejoice in the living God, alleluia.

Antiphon 2:

Ordinary Time: Come, let us climb the mountain of the Lord.

December 17-23: Sing a new song to the Lord; proclaim his praises to the ends of the earth.

Easter: The house of the Lord has been raised on high, and all the nations will go up to it, alleluia.

Canticle --- Isaiah 2: 2-5

The mountain of the Lord's dwelling towers above every mountain
[*All peoples shall come and worship in your presence (Revelation 15: 4).*]

In days to come,
the mountain of the Lord's house
shall be established as the highest mountain
and raised above the hills.

All nations shall stream toward it;
many peoples shall come and say:
"Come, let us climb the Lord's mountain,
to the house of the God of Jacob,
that he may instruct us in his ways,
and we may walk in his paths."

Week III - Monday, Morning Prayer

For from Zion shall go forth instruction,
and the word of the Lord from Jerusalem.

He shall judge between the nations,
and impose terms on many peoples.
They shall beat their swords into plowshares
and their spears into pruning hooks;
one nation shall not raise the sword against another,
nor shall they train for war again.

O house of Jacob, come,
let us walk in the light of the Lord!

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: Come, let us climb the mountain of the Lord.

December 17-23: *Sing a new song to the Lord; proclaim his praises to the ends of the earth.*

Easter: *The house of the Lord has been raised on high, and all the nations will go up to it, alleluia.*

Antiphon 3:

Ordinary Time: Sing to the Lord and bless his name.

December 17-23: *When the Son of Man comes to earth, do you think he will find faith in men's hearts?*

Easter: *Proclaim this among the nations: the Lord is king, alleluia.*

Psalm 96

The Lord, king and judge of the world
[*A new theme now inspires their praise of God; they
belong to the Lamb (see Revelation 14: 3).]*

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

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

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

Week III - Monday, Morning Prayer

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

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

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

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

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

at the presence of the Lord for he comes,
he comes to rule the earth.

With justice he will rule the world,
he will judge the peoples with his truth.

Psalm-prayer

Lord, you have renewed the face of the earth. Your church throughout the world sings you a new song, announcing your wonders to all. Through a virgin, you have brought forth a new birth in our world; through your miracles, a new power; through your suffering, a new patience; in your resurrection, a new hope, and in your ascension, new majesty.

Antiphon:

Ordinary Time: Sing to the Lord and bless his name.

December 17-23: *When the Son of Man comes to earth, do you think he will find faith in men's hearts?*

Easter: *Proclaim this among the nations: the Lord is king, alleluia.*

READING James 2: 12-17

Always speak and act as men destined for judgment under the law of freedom. Merciless is the judgment on the man who has not shown mercy; but mercy triumphs over judgment. My brothers, what good is it to profess faith without practicing it? Such faith has no power to save one, has it? If a brother or sister has nothing to wear and no food for the day, and you say to them, "Good-bye and good luck! Keep warm and well fed," but do not meet their bodily needs, what good is that? So it is with the faith that does nothing in practice. It is thoroughly lifeless.

RESPONSORY

Leader: Blessed be the Lord our God, blessed from age to age.

All: Blessed be the Lord our God, blessed from age to age.

Leader: His marvelous works are beyond compare,

All: blessed from age to age.

Leader: Glory to the Father ...

All: Blessed be the Lord our God, blessed from age to age.

CANTICLE OF ZECHARIAH

Antiphon: Blessed be the Lord our God.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: Blessed be the Lord our God.

INTERCESSIONS

Leader: Man was created to glorify God through his deeds. Let us earnestly pray:

All: *May we give glory to your name, Lord.*

Leader: We bless you, Creator of all things,

All: for you have given us the goods of the earth and brought us to this day.

Leader: Look with favor on us as we begin our daily work,

All: let us be fellow workers with you.

Leader: Make our work today benefit our brothers and sisters,

All: that with them and for them we may build an earthly city, pleasing to you.

Leader: Grant joy and peace to us,

All: and to all we meet this day.

OUR FATHER

Leader: Now let us pray as Christ the Lord has taught us;

All: Our Father, who art in heaven . . .

Concluding Prayer

Lord God, king of heaven and earth, direct our minds and bodies throughout this day, and make us holy. Keep us faithful to your law in thought, word and deed. Be our helper now and always, free us from sin, and bring us to salvation in that kingdom where you live and reign with the Father and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week III - Tuesday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Lord, you have blessed your land; you have forgiven the sins of your people.

December 17-23: The Lord will come from his holy place to save his people.

Easter: You will turn back, O God, and bring us to life, and your people will rejoice in you, alleluia.

Psalm 85

Our salvation is near

[*God blessed the land when our Savior came to earth (Origen).*]

O Lord, you once favored your land
and revived the fortunes of Jacob,
you forgave the guilt of your people
and covered all their sins.

You averted all your rage,
you calmed the heat of your anger.

Revive us now, God, our helper!
Put an end to your grievance against us.
Will you be angry with us for ever,
will your anger never cease?

Will you not restore again our life
that your people may rejoice in you?
Let us see, O Lord, your mercy
and give us your saving help.

I will hear what the Lord God has to say,
a voice that speaks of peace,
peace for his people and his friends
and those who turn to him in their hearts.
His help is near for those who fear him
and his glory will dwell in our land.

Mercy and faithfulness have met;
justice and peace have embraced.
Faithfulness shall spring from the earth
and justice look down from heaven.

The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps.

Psalm-prayer

Show us your mercy, Lord; our misery is known to us. May no evil desires prevail over us, for your glory and love dwell in our hearts.

Antiphon:

Ordinary Time: Lord, you have blessed your land; you have forgiven the sins of your people.

December 17-23: The Lord will come from his holy place to save his people.

Easter: You will turn back, O God, and bring us to life, and your people will rejoice in you, alleluia.

Antiphon 2:

Ordinary Time: My soul has yearned for you in the night, and as morning breaks I watch for your coming,

December 17-23: Zion is our mighty citadel, our Saving Lord its wall and its defense; throw open the gates, for our God is here among us, alleluia.

Easter: We have placed all our hope in the Lord, and he has given us his peace, alleluia.

Canticle --- Isaiah 26: 1-4, 7-9, 12

Hymn after the defeat of the enemy

[*The city wall had twelve foundation stones (see Revelation 21: 14).*]

A strong city have we;
he sets up walls and ramparts to protect us.
Open up the gates
to let in a nation that is just,
one that keeps faith.

A nation of firm purpose you keep in peace;
in peace, for its trust in you.
Trust in the Lord forever!
For the Lord is an eternal Rock.

The way of the just is smooth;
the path of the just you make level.
Yes, for your way and your judgments, O Lord,
we look to you;
your name and your title
are the desire of our souls.

My soul yearns for you in the night,
yes, my spirit within me keeps vigil for you;

when your judgment dawns upon the earth,
the world's inhabitants learn justice.

O Lord, you mete out peace to us,
for it is you who have accomplished all we have done.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: My soul has yearned for you in the night, and as morning breaks I
watch for your coming,

*December 17-23: Zion is our mighty citadel, our Saving Lord its wall and its defense;
throw open the gates, for our God is here among us, alleluia.*

Easter: We have placed all our hope in the Lord, and he has given us his peace, alleluia.

Antiphon 3:

Ordinary Time: Lord, let the light of your face shine upon us.

*December 17-23: Lord, make known your will throughout the earth; proclaim your
salvation to every nation.*

Easter: The earth has yielded its fruit; let the nations be glad and sing for joy, alleluia.

Psalm 67

People of all nations will worship the Lord

[*You must know that God is offering his salvation to all the world (Acts 28: 28).*]

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

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

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

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

The earth has yielded its fruit
for God, our God, has blessed us.
May God still give us his blessing
till the ends of the earth revere him.

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

Psalm-prayer

Be gracious and bless us, Lord, and let your face shed its light on us, so that we can make you known with reverence and bring forth a harvest of justice.

Antiphon:

Ordinary Time: Lord, let the light of your face shine upon us.

December 17-23: *Lord, make known your will throughout the earth; proclaim your salvation to every nation.*

Easter: *The earth has yielded its fruit; let the nations be glad and sing for joy, alleluia.*

READING 1 John 4: 12-15

No one has ever seen God. Yet if we love one another God dwells in us, and his love is brought to perfection in us. The way we know we remain in him and he in us is that he has given us of his Spirit. We have seen for ourselves, and can testify, that the Father has sent the Son as savior of the world. When anyone acknowledges that Jesus is the Son of God, God dwells in him and he in God.

RESPONSORY

Leader: My God stands by me, all my trust is in him.

All: My God stands by me, all my trust is in him.

Leader: I find refuge in him, and I am truly free;

All: all my trust is in him.

Leader: Glory to the Father ...

All: My God stands by me, all my trust is in him.

CANTICLE OF ZECHARIAH

Antiphon: God has raised up for us a mighty Savior, as he promised of old through his holy prophets.

CANTICLE OF ZECHARIAH (see page 8)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: God has raised up for us a mighty Savior, as he promised of old through his holy prophets.

INTERCESSIONS

Leader: Lord Jesus, by your blood you have purchased for yourself a new people. We adore you and beseech you:

All: *Remember your people, Lord.*

Leader: Our King and our Redeemer, hear the praises of your Church at the beginning of this day,

All: teach her to glorify your majesty without ceasing.

Week III - Tuesday, Morning Prayer

Leader: You are our hope and our strength, in you we trust,

All: may we never despair.

Leader: Look kindly upon our weakness and hasten to our aid,

All: for without you we can do nothing.

Leader: Remember the poor and the afflicted, do not let this day be a burden to them,

All: but a consolation and a joy.

OUR FATHER

Leader: With longing for the coming of God's kingdom, let us offer our prayer to the Father:

All: Our Father, who art in heaven . . .

PRAYER

God our Father, yours is the beauty of creation and the good things you have given us. Help us to begin this day joyfully in your name and to spend it in loving service of you and our fellow man. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week III - Wednesday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Give joy to your servant, Lord; to you I lift up my heart.

December 17-23: *The Lord, the mighty God, will come forth from Zion to set his people free.*

Easter: *People of every nation shall come and worship you, O Lord, alleluia.*

Psalm 86

The prayer of the poor man in distress

[*Blessed be God who comforts us in all our trials* (2 Corinthians 1: 3, 4).]

Turn your ear, O Lord, and give answer
for I am poor and needy.

Preserve my life, for I am faithful:
save the servant who trusts in you.

You are my God, have mercy on me, Lord,
for I cry to you all the day long.
Give joy to your servant, O Lord,
for to you I lift up my soul.

O Lord, you are good and forgiving,
full of love to all who call.
Give heed, O Lord, to my prayer
and attend to the sound of my voice.

In the day of distress I will call
and surely you will reply.
Among the gods there is none like you, O Lord;
nor work to compare with yours.

All the nations shall come to adore you
and glorify your name, O Lord:
for you are great and do marvelous deeds,
you who alone are God.

Show me, Lord, your way
so that I may walk in your truth.
Guide my heart to fear your name.

I will praise you, Lord my God, with all my heart

and glorify your name for ever;
for your love to me has been great:
you have saved me from the depths of the grave.

The proud have risen against me;
ruthless men seek my life:
to you they pay no heed.

But you, God of mercy and compassion,
slow to anger, O Lord,
abounding in love and truth,
turn and take pity on me.

O give your strength to your servant
and save your handmaid's son.
Show me a sign of your favor
that my foes may see to their shame
that you console me and give me your help.

Psalm-prayer

God of mercy and goodness, when Christ called out to you in torment, you heard him and gave him victory over death because of his love for you. We already know the affection you have for us; fill us with a greater love of your name, and we will proclaim you more boldly before men and happily lead them to celebrate your glory.

Antiphon:

Ordinary Time: Give joy to your servant, Lord; to you I lift up my heart.

December 17-23: The Lord, the mighty God, will come forth from Zion to set his people free.

Easter: People of every nation shall come and worship you, O Lord, alleluia.

Antiphon 2:

Ordinary Time: Blessed is the upright man, who speaks the truth.

December 17-23: I shall not cease to plead with God for Zion until he sends his Holy One in all his radiant beauty.

Easter: Our eyes will see the King in all his radiant beauty, alleluia.

Canticle --- Isaiah 33: 13-16

God's flawless judgment

[*What God has promised is for you, for your children,
and for those still far away (Acts 2: 39).*]

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

On Zion sinners are in dread,
trembling grips the impious;
"Who of us can live with the consuming fire?
Who of us can live with the everlasting flames?"

He who practices virtue and speaks honestly,
who spurns what is gained by oppression,
brushing his hands
free of contact with a bribe,
stopping his ears lest he hear of bloodshed,
closing his eyes lest he look on evil.

He shall dwell on the heights,
his stronghold shall be the rocky fastness,
his food and drink
in steady supply.

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

Antiphon:

Ordinary Time: Blessed is the upright man, who speaks the truth.

December 17-23: I shall not cease to plead with God for Zion until he sends his Holy One in all his radiant beauty.

Easter: Our eyes will see the King in all his radiant beauty, alleluia.

Antiphon 3:

Ordinary Time: Let us celebrate with joy in the presence of our Lord and King.

December 17-23: The Spirit of the Lord rests upon me; he has sent me to preach his joyful message to the poor.

Easter: All peoples will see the saving power of our God, alleluia.

Psalm 98

The Lord triumphs in his judgment

[*This psalm tells of the Lord's first coming and that people of all nations will believe in him (Saint Athanasius).*]

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

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

All the ends of the earth have seen

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

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

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

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

Psalm-prayer

Lord Jesus, you have revealed your justice to all nations. We stood condemned, and you came to be judged in our place. Send your saving power on us and, when you come in glory, bring your mercy to those for whom you were condemned.

Antiphon:

Ordinary Time: Let us celebrate with joy in the presence of our Lord and King.

December 17-23: The Spirit of the Lord rests upon me; he has sent me to preach his joyful message to the poor.

Easter: All peoples will see the saving power of our God, alleluia.

READING *Job 1:21; 2: 10b*

Naked I came forth from my mother's womb, and naked I shall go back again. The Lord gave and the Lord has taken away; blessed be the name of the Lord! We accept good things from God; and should we not accept evil?

RESPONSORY

Leader: Incline my heart according to your will, O God.

All: Incline my heart according to your will, O God.

Leader: Speed my steps along your path,

All: according to your will, O God.

Leader: Glory to the Father . . .

All: Incline my heart according to your will, O God.

CANTICLE OF ZECHARIAH

Antiphon: Show us your mercy, Lord; remember your holy covenant.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: Show us your mercy, Lord; remember your holy covenant.

INTERCESSIONS

Leader: Christ nourishes and supports the Church for which he gave himself up to death. Let us ask him:

All: *Remember your Church, Lord.*

Leader: You are the Good Shepherd who has given life and light today,

All: make us grateful for these gifts.

Leader: Look with mercy on the flock you have gathered together in your name,

All: let no one whom the Father has given you perish.

Leader: Lead your Church in the way of your commandments,

All: may your Holy Spirit keep her faithful.

Leader: Nourish the Church at the banquet of your Word and Bread,

All: strengthened by this food may she follow you in joy.

OUR FATHER

Leader: Gathering our prayers and praises into one, let us offer the prayer Christ himself taught us:

All: Our Father, who art in heaven . . .

Concluding Prayer

Lord, as daylight fills the sky, fill us with your holy light. May our lives mirror our love for you whose wisdom has brought us into being, and whose care guides us on our way. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week III - Thursday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Glorious things are said of you, O city of God.

December 17-23: To you, O Lord, I lift up my soul; come and rescue me, for you are my refuge and my strength.

Easter: City of God, you are the source of our life; with music and dance we shall rejoice in you, alleluia.

Psalm 87

Jerusalem is mother of us all

[*The heavenly Jerusalem is a free woman; she is our mother (Galatians 4: 26).*]

On the holy mountain is his city
cherished by the Lord.

The Lord prefers the gates of Zion
to all Jacob's dwellings.

Of you are told glorious things,
O city of God!

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

It is he, the Lord Most High,
who gives each his place.

In his register of peoples he writes:

"These are her children,"

and while they dance they will sing:

"In you all find their home."

Psalm-prayer

Lord God, your only Son wept over ancient Jerusalem, soon to be destroyed for its lack of faith. He established the new Jerusalem firmly upon rock and made it the mother of the faithful. Make us rejoice in your Church, and grant that all people may be reborn into the freedom of your Spirit.

Antiphon:

Ordinary Time: Glorious things are said of you, O city of God.

December 17-23: To you, O Lord, I lift up my soul; come and rescue me, for you are my refuge and my strength.

Easter: City of God, you are the source of our life; with music and dance we shall rejoice in you, alleluia.

Antiphon 2:

Ordinary Time: The Lord, the mighty conqueror, will come; he will bring with him the prize of victory.

December 17-23: Bless those, O Lord, who have waited for your coming; let your prophets be proved true.

Easter: Like a shepherd he will gather the lambs in his arms and carry them close to his heart, alleluia.

Canticle --- Isaiah 40: 10-17

The Good Shepherd: God most high and most wise

[*See, I come quickly; I have my reward in hand (Revelation 22: 12).*]

Here comes with power
the Lord God,
who rules by his strong arm;
here is his reward with him,
his recompense before him.

Like a shepherd he feeds his flock;
in his arms he gathers the lambs,
carrying them in his bosom,
and leading the ewes with care.

Who has cupped in his hand the waters of the sea,
and marked off the heavens with a span?
Who has held in a measure the dust of the earth,
weighed the mountains in scales
and the hills in a balance?

Who has directed the spirit of the Lord,
or has instructed him as his counselor?
Whom did he consult to gain knowledge?
Who taught him the path of judgment,
or showed him the way of understanding?

Behold, the nations count as a drop of the bucket,
as rust on the scales;
the coastlands weigh no more than powder.

Lebanon would not suffice for fuel,

nor its animals be enough for holocausts.
Before him all the nations are as nought,
as nothing and void he accounts them.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: The Lord, the mighty conqueror, will come; he will bring with him the prize of victory.

December 17-23: Bless those, O Lord, who have waited for your coming; let your prophets be proved true.

Easter: Like a shepherd he will gather the lambs in his arms and carry them close to his heart, alleluia.

Antiphon 3:

Ordinary Time: Give praise to the Lord our God, bow down before his holy mountain.

December 17-23: Turn to us, O Lord, make haste to help your people.

Easter: Great is the Lord in Zion; he is exalted above all the peoples, alleluia.

Psalm 99

Holy is the Lord our God

[Christ, higher than the Cherubim, when you took our lowly nature you transformed our sinful world (Saint Athanasius).]

The Lord is king; the peoples tremble.
He is throned on the cherubim; the earth quakes.
The Lord is great in Zion.

He is supreme over all the peoples.
Let them praise his name, so terrible and great.
He is holy, full of power.

You are a king who loves what is right;
you have established equity, justice and right;
you have established them in Jacob.

Exalt the Lord our God;
bow down before Zion, his footstool.
He the Lord is holy.

Among his priests were Aaron and Moses,
among those who invoked his name was Samuel.
They invoked the Lord and he answered.

To them he spoke in the pillar of cloud.
They did his will; they kept the law,
which he, the Lord, had given.

O Lord our God, you answered them.
For them you were a God who forgives;
yet you punished all their offenses.

Exalt the Lord our God;
bow down before his holy mountain
for the Lord our God is holy.

Psalm-prayer

God, you are the source of all holiness. Though no one can see you and live, you give life most generously, and in an even greater way restore it. Sanctify your priests through your life-giving Word, and consecrate your people in his blood until our eyes see your face.

Antiphon:

Ordinary Time: Give praise to the Lord our God, bow down before his holy mountain.

December 17-23: Turn to us, O Lord, make haste to help your people.

Easter: Great is the Lord in Zion; he is exalted above all the peoples, alleluia.

READING 1 Peter 4: 8-11a

Let your love for one another be constant, for love covers a multitude of sins. Be mutually hospitable without complaining. As generous distributors of God's manifold grace, put your gifts at the service of one another, each in the measure he has received. The one who speaks is to deliver God's message. The one who serves is to do it with the strength provided by God. Thus, in all of you God is to be glorified through Jesus Christ.

RESPONSORY

Leader: From the depths of my heart I cry to you; hear me, O Lord.

All: From the depths of my heart I cry to you; hear me, O Lord.

Leader: I will do what you desire;

All: hear me, O Lord.

Leader: Glory to the Father . . .

All: From the depths of my heart I cry to you; hear me, O Lord.

CANTICLE OF ZECHARIAH

Antiphon: Let us serve the Lord in holiness, and he will save us from our enemies.

CANTICLE OF ZECHARIAH (see page 8)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: Let us serve the Lord in holiness, and he will save us from our enemies.

INTERCESSIONS

Leader: Let us joyfully cry out in thanks to God the Father whose love guides and nourishes his people:

All: *May you be glorified, Lord, for all ages.*

Leader: Most merciful Father, we praise you for your love,

All: for you wondrously created us and even more wondrously restored us to grace.

Leader: At the beginning of this day fill our hearts with zeal for serving you,

All: so that our thoughts and actions may redound to your glory.

Leader: Purify our hearts of every evil desire,

All: make us intent on doing your will.

Leader: Open our hearts to the needs of all men,

All: fill us with brotherly love.

OUR FATHER

Leader: Let us make our prayers and praise complete by offering the Lord's prayer:

All: Our Father, who art in heaven . . .

Concluding Prayer

All-powerful and ever-living God, shine with the light of your radiance on a people who live in the shadow of death. Let the dawn from on high break upon us: your Son our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week III - Friday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: You alone I have grieved by my sin; have pity on me, O Lord.

December 17-23: *Our King will come from Zion; the Lord, God-is-with-us, is his mighty name.*

Easter: *Lord, wash away my guilt, alleluia.*

Psalm 51

O God, have mercy on me

[*Your inmost being must be renewed, and you must put on the new man* (Ephesians 4: 23-24).]

Have mercy on me, God, in your kindness.

In your compassion blot out my offense.

O wash me more and more from my guilt
and cleanse me from my sin.

My offenses truly I know them;
my sin is always before me.

Against you, you alone, have I sinned;
what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge.

O see, in guilt I was born,
a sinner was I conceived.

Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.

O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,
that the bones you have crushed may revive.

From my sins turn away your face
and blot out all my guilt.

A pure heart create for me, O God,
put a steadfast spirit within me.

Week III - Friday, Morning Prayer

Do not cast me away from your presence,
nor deprive me of your holy spirit.

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

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

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

In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
holocausts offered on your altar.

Psalm-prayer

Father, he who knew no sin was made sin for us, to save us and restore us to your friendship. Look upon our contrite heart and afflicted spirit and heal our troubled conscience, so that in the joy and strength of the Holy Spirit we may proclaim your praise and glory before all the nations.

Antiphon:

Ordinary Time: You alone I have grieved by my sin; have pity on me, O Lord.

December 17-23: *Our King will come from Zion; the Lord, God-is-with-us, is his mighty name.*

Easter: *Lord, wash away my guilt, alleluia.*

Antiphon 2:

Ordinary Time: Truly we know our offenses, Lord, for we have sinned against you.

December 17-23: *Wait for the Lord and he will come to you with his saving power.*

Easter: *Christ bore our sins in his own body as he hung upon the cross, alleluia.*

Canticle --- Jeremiah 14: 17-21

The lament of the people in war and famine

[*The kingdom of God is at hand. Repent and believe the Good News (Mark 1:15).*]

Let my eyes stream with tears
day and night, without rest,
over the great destruction which overwhelms

Week III - Friday, Morning Prayer

the virgin daughter of my people,
over her incurable wound.

If I walk out into the field,
look! those slain by the sword;
if I enter the city,
look! those consumed by hunger.
Even the prophet and the priest
forage in a land they know not.

Have you cast Judah off completely?
Is Zion loathsome to you?
Why have you struck us a blow
that cannot be healed?

We wait for peace, to no avail;
for a time of healing, but terror comes instead.
We recognize, O Lord, our wickedness,
the guilt of our fathers;
that we have sinned against you.

For your name's sake spurn us not,
disgrace not the throne of your glory;
remember your covenant with us, and break it not.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: Truly we know our offenses, Lord, for we have sinned against you.

December 17-23: Wait for the Lord and he will come to you with his saving power.

Easter: Christ bore our sins in his own body as he hung upon the cross, alleluia.

Antiphon 3:

Ordinary Time: The Lord is God; we are his people, the flock he shepherds.

December 17-23: Eagerly I watch for the Lord; I wait in joyful hope for the coming of God my Savior.

Easter: Come into the Lord's presence singing for joy, alleluia.

Psalm 100

The joyful song of those entering God's temple
[The Lord calls his ransomed people
to sing songs of victory (Saint Athanasius).]

Cry out with joy to the Lord, all the earth.

Serve the Lord with gladness.

Come before him, singing for joy.

Week III - Friday, Morning Prayer

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

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

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

Psalm-prayer

God, devoted to us as a Father, you created us as a sign of your power, and elected us your people to show your goodness. Accept the thanks your children offer, that all men may enter your courts praising you in song.

Antiphon:

Ordinary Time: The Lord is God; we are his people, the flock he shepherds.

December 17-23: *Eagerly I watch for the Lord; I wait in joyful hope for the coming of God my Savior.*

Easter: *Come into the Lord's presence singing for joy, alleluia.*

READING 2 Corinthians 12: 7-10

As to the extraordinary revelations, in order that I might not become conceited I was given a thorn in the flesh, an angel of Satan to beat me and keep me from getting proud. Three times I begged the Lord that this might leave me. He said to me, "My grace is enough for you, for in weakness power reaches perfection." And so I willingly boast of my weaknesses instead, that the power of Christ may rest upon me. Therefore I am content with weakness, with mistreatment, with distress, with persecutions and difficulties for the sake of Christ; for when I am powerless, it is then that I am strong.

RESPONSORY

Leader: At daybreak, be merciful to me.

All: At daybreak, be merciful to me.

Leader: Make known to me the path that I must walk.

All: Be merciful to me.

Leader: Glory to the Father . . .

All: At daybreak, be merciful to me.

CANTICLE OF ZECHARIAH

Antiphon: The Lord has come to his people and set them free.

CANTICLE OF ZECHARIAH (see page 8)

Week III - Friday, Morning Prayer

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: The Lord has come to his people and set them free.

INTERCESSIONS

Leader: Raising our eyes to Christ, who was born and died and rose again for his people, let us cry out:

All: *Save those you have redeemed by your blood, Lord.*

Leader: Blessed are you, Jesus, redeemer of mankind; you did not hesitate to undergo your passion and death,

All: to redeem us by your precious blood.

Leader: You promised that you would provide living water, the fountain of eternal life,

All: pour forth your Spirit upon all men.

Leader: You send disciples to preach the Gospel to all nations,

All: help them to extend the victory of your cross.

Leader: You have given the sick and the suffering a share in your cross,

All: give them patience and strength.

OUR FATHER

Leader: We pattern our prayer on the prayer of Christ our Lord, and say:

All: Our Father, who art in heaven . . .

Concluding Prayer

Father all-powerful, let your radiance dawn in our lives, that we may walk in the light of your law with you as our leader. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week III - Saturday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Lord, you are near to us, and all your ways are true.

December 17-23: Our God will come from Lebanon; he shall be as brilliant as the sun.

Easter: The words I have spoken to you are spirit and life, alleluia.

Psalm 119: 145-152

[XIX (Koph)]

I call with all my heart; Lord, hear me,
I will keep your commands.
I call upon you, save me
and I will do your will.

I rise before dawn and cry for help,
I hope in your word.
My eyes watch through the night
to ponder your promise.

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

But you, O Lord, are close:
your commands are truth.
Long have I known that your will
is established for ever.

Psalm-prayer

Save us by the power of your hand, Father, for our enemies have ignored your words.
May the fire of your word consume our sins and its brightness illumine our hearts.

Antiphon:

Ordinary Time: Lord, you are near to us, and all your ways are true.

December 17-23: Our God will come from Lebanon; he shall be as brilliant as the sun.

Easter: The words I have spoken to you are spirit and life, alleluia.

Antiphon 2:

Ordinary Time: Wisdom of God, be with me, always at work in me.

Week III - Saturday, Morning Prayer

December 17-23: *May the Holy One from heaven come down like gentle rain; may the earth burst into blossom and bear the tender Savior.*

Easter: *Lord, you have built your temple and altar on your holy mountain, alleluia.*

Canticle --- Wisdom 9: 1-6, 9-11

Lord, give me wisdom

[*I will inspire you with wisdom which your adversaries will be unable to resist (Luke 21: 15).*]

God of my fathers, Lord of mercy,
you who have made all things by your word
and in your wisdom have established man
to rule the creatures produced by you,
to govern the world in holiness and justice,
and to render judgment in integrity of heart:

Give me Wisdom, the attendant at your throne,
and reject me not from among your children;
for I am your servant, the son of your handmaid,
a man weak and short-lived
and lacking in comprehension of judgment and of
laws.

Indeed, though one be perfect among the sons of
men,
if Wisdom, who comes from you, be not with him,
he shall be held in no esteem.

Now with you is Wisdom, who knows your works
and was present when you made the world;
who understands what is pleasing in your eyes
and what is conformable with your commands.

Send her forth from your holy heavens
and from your glorious throne dispatch her
that she may be with me and work with me,
that I may know what is your pleasure.

For she knows and understands all things,
and will guide me discreetly in my affairs
and safeguard me by her glory.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: Wisdom of God, be with me, always at work in me.

December 17-23: *May the Holy One from heaven come down like gentle rain; may the*

earth burst into blossom and bear the tender Savior.

Easter: Lord, you have built your temple and altar on your holy mountain, alleluia.

Antiphon 3:

Ordinary Time: The Lord remains faithful to his promise for ever.

December 17-23: Israel, prepare yourself to meet the Lord, for he is coming.

Easter: I am the way, the truth and the life, alleluia.

Psalm 117

Praise for God's loving compassion

[*I affirm that ... the Gentile peoples are to praise God because of his mercy (Romans 15: 8-9).*]

O praise the Lord, all you nations,
acclaim him, all you peoples!

Strong is his love for us;
he is faithful for ever.

Psalm-prayer

God our Father, may all nations and peoples praise you. May Jesus, who is called faithful and true and who lives with you eternally, possess our hearts for ever.

Antiphon:

Ordinary Time: The Lord remains faithful to his promise for ever.

December 17-23: Israel, prepare yourself to meet the Lord, for he is coming.

Easter: I am the way, the truth and the life, alleluia.

READING *Philippians 2: 2-4, 14-16*

Make my joy complete by your unanimity, possessing the one love, united in spirit and ideals. Never act out of rivalry or conceit; rather, let all parties think humbly of others as superior to themselves, each of you looking to others' interests rather than his own.

In everything you do, act without grumbling or arguing; prove yourselves innocent and straightforward, children of God beyond reproach in the midst of a twisted and depraved generation—among whom you shine like the stars in the sky while holding fast to the word of life. As I look to the Day of Christ, you give me cause to boast that I did not run the race in vain or work to no purpose.

RESPONSORY

Leader: I cry to you, O Lord, for you are my refuge.

All: I cry to you, O Lord, for you are my refuge.

Leader: You are all I desire in the land of the living,

All: for you are my refuge.

Leader: Glory to the Father . . .

All: I cry to you, O Lord, for you are my refuge.

CANTICLE OF ZECHARIAH

Antiphon: Lord, shine on those who dwell in darkness and the shadow of death.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: Lord, shine on those who dwell in darkness and the shadow of death.

INTERCESSIONS

Leader: With confidence let us pray to the Father who willed that the Virgin Mary should surpass all creatures in heaven and earth:

All: *Look upon the Mother of your Son and hear our prayer.*

Leader: We are grateful to you, Father of mercy, for you gave us Mary to be our mother and our model,

All: through her intercession cleanse our hearts.

Leader: You inspired Mary to be attentive to your word and faithful in your service,

All: through her intercession give us the gifts of the Holy Spirit.

Leader: You strengthened Mary at the foot of the cross and filled her with joy at the resurrection of your Son,

All: through her intercession relieve our distress and strengthen our hope.

OUR FATHER

Leader: Now let us offer together the prayer our Lord Jesus Christ taught us:

All: Our Father, who art in heaven . . .

Concluding Prayer

God our Father, fountain and source of our salvation, may we proclaim your glory every day of our lives, that we may sing your praise for ever in heaven. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week IV - Sunday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Praise the Lord, for his loving kindness will never fail, alleluia.

Advent: Sound the trumpet in Zion; the day of the Lord is near; he comes to save us, alleluia.

If this Sunday occurs on December 24, the antiphon is said as follows:

Bethlehem in Judah's land, how glorious your future! The king who will rule my people comes from you.

Lent, 4th Sunday: O God, my God, I give you thanks; you are my God, I shall proclaim your glory.

Easter, 4th Sunday: I shall not die but live and proclaim the works of the Lord, alleluia.

Psalm 118

Song of joy for salvation

[*This Jesus is the stone which, rejected by you builders, has become the chief stone supporting all the rest (Acts 4: 11).*]

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

Let the sons of Israel say:
"His love endures for ever."

Let the sons of Aaron say:
"His love endures for ever."

Let those who fear the Lord say:
"His love endures for ever."

I called to the Lord in my distress;
he answered and freed me.
The Lord is at my side; I do not fear.
What can man do against me?
The Lord is at my side as my helper:
I shall look down on my foes.

It is better to take refuge in the Lord
than to trust in men:
it is better to take refuge in the Lord
than to trust in princes.

Week IV - Sunday, Morning Prayer

The nations all encompassed me;
in the Lord's name I crushed them.
They compassed me, compassed me about;
in the Lord's name I crushed them.
They compassed me about like bees;
they blazed like a fire among thorns.
In the Lord's name I crushed them.

I was hard-pressed and was falling
but the Lord came to help me.
The Lord is my strength and my song;
he is my savior.
There are shouts of joy and victory
in the tents of the just.

The Lord's right hand has triumphed;
his right hand raised me.
The Lord's right hand has triumphed;
I shall not die, I shall live
and recount his deeds.
I was punished, I was punished by the Lord,
but not doomed to die.

Open to me the gates of holiness:
I will enter and give thanks.
This is the Lord's own gate
where the just may enter.
I will thank you for you have answered
and you are my savior.

The stone which the builders rejected
has become the corner stone.
This is the work of the Lord,
a marvel in our eyes.
This day was made by the Lord;
we rejoice and are glad.

O Lord, grant us salvation;
O Lord, grant success.
Blessed in the name of the Lord
is he who comes.
We bless you from the house of the Lord;
the Lord God is our light.

Go forward in procession with branches
even to the altar.
You are my God, I thank you.

Week IV - Sunday, Morning Prayer

My God, I praise you.
Give thanks to the Lord for he is good;
for his love endures for ever.

Psalm-prayer

Lord God, you have given us the great day of rejoicing: Jesus Christ, the stone rejected by the builders, has become the cornerstone of the Church, our spiritual home. Shed upon your Church the rays of your glory, that it may be seen as the gate of salvation open to all nations. Let cries of joy and exultation ring out from its tents, to celebrate the wonder of Christ's resurrection.

Antiphon:

Ordinary Time: Praise the Lord, for his loving kindness will never fail, alleluia.

Advent: *Sound the trumpet in Zion; the day of the Lord is near; he comes to save us, alleluia.*

If this Sunday occurs on December. 24, the antiphon is said as follows:

Bethlehem in Judah's land, how glorious your future! The king who will rule my people comes from you..

Lent, 4th Sunday: *O God, my God, I give you thanks; you are my God, I shall proclaim your glory.*

Easter, 4th Sunday: *I shall not die but live and proclaim the works of the Lord, alleluia.*

Antiphon 2:

Ordinary Time: Alleluia! Bless the Lord, all you works of the Lord, alleluia!

Advent: *The Lord is here; go out to meet him, saying: Great his birth, eternal his kingdom: Strong God, Ruler of all, Prince of Peace, alleluia.*

If this Sunday occurs on December. 24, the antiphon is said as follows:

Lift up your heads and see; your redemption is now at hand.

Lent, 4th Sunday: *God of might, deliver us; free us from the power of the enemy.*

Easter, 4th Sunday: *Blessed be your holy and glorious name, O Lord, alleluia.*

Canticle --- Daniel 3: 52-57

Let all creatures praise the Lord

[*The Creator ... is blessed for ever (Romans 1:25).*]

Blessed are you, O Lord, the God of our fathers,
praiseworthy and exalted above all forever.

And blessed is your holy and glorious name,
praiseworthy and exalted above all for all ages.

Blessed are you in the temple of your holy glory,
praiseworthy and glorious above all forever.

Blessed are you on the throne of your kingdom,
praiseworthy and exalted above all forever.

Week IV - Sunday, Morning Prayer

Blessed are you who look into the depths
from your throne upon the cherubim,
praiseworthy and glorious above all forever.

Blessed are you in the firmament of heaven,
praiseworthy and glorious forever.

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

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: Alleluia! Bless the Lord, all you works of the Lord, alleluia!

Advent: *The Lord is here; go out to meet him, saying: Great his birth, eternal his kingdom: Strong God, Ruler of all, Prince of Peace, alleluia.*

If this Sunday occurs on December 24, the antiphon is said as follows:

Lift up your heads and see; your redemption is now at hand.

Lent, 4th Sunday: *God of might, deliver us; free us from the power of the enemy.*

Easter, 4th Sunday: *Blessed be your holy and glorious name, O Lord, alleluia.*

Antiphon 3:

Ordinary Time: Let everything that breathes give praise to the Lord, alleluia.

Advent: *Your all-powerful Word, O Lord, will come to earth from his throne of glory, alleluia.*

If this Sunday occurs on December 24, the antiphon is said as follows:

The day has come at last when Mary will bring forth her firstborn Son.

Lent, 4th Sunday: *Praise God for his mighty deeds.*

Easter, 4th Sunday: *Give honor and praise to our God; all that he does is perfect and all his ways are true. Alleluia.*

Psalm 150

Praise the Lord

[*Let mind and heart be in your song: this is to glorify
God with your whole self (Hesychius).*]

Praise God in his holy place,
praise him in his mighty heavens.
Praise him for his powerful deeds,
praise his surpassing greatness.

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

Week IV - Sunday, Morning Prayer

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

Psalm-prayer

Lord God, maker of heaven and earth and of all created things, you make your just ones holy and you justify sinners who confess your name. Hear us as we humbly pray to you: give us eternal joy with your saints.

Antiphon:

Ordinary Time: Let everything that breathes give praise to the Lord, alleluia.

Advent: *Your all-powerful Word, O Lord, will come to earth from his throne of glory, alleluia.*

If this Sunday occurs on December 24, the antiphon is said as follows:

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Lent, 4th Sunday: *Praise God for his mighty deeds.*

Easter, 4th Sunday: *Give honor and praise to our God; all that he does is perfect and all his ways are true. Alleluia.*

READING 2 Timothy 2: 8, 11-13

Remember that Jesus Christ, a descendant of David, was raised from the dead. You can depend on this:

If we have died with him we shall also live with him;
If we hold out to the end we shall also reign with him.

But if we deny him he will deny us. If we are unfaithful he will still remain faithful, for he cannot deny himself.

RESPONSORY

Leader: We give thanks to you, O God, as we call upon your name.

All: We give thanks to you, O God, as we call upon your name.

Leader: We cry aloud how marvelous you are,

All: as we call upon your name.

Leader: Glory to the Father . . .

All: We give thanks to you, O God, as we call upon your name.

CANTICLE OF ZECHARIAH

Antiphon: *(as in the Proper of Seasons. See page 10)*

CANTICLE OF ZECHARIAH *(see page 8)*

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Week IV - Sunday, Morning Prayer

Antiphon: *(as in the Proper of Seasons. See page 10)*

INTERCESSIONS

Leader: Open your hearts to praise the God of power and goodness, for he loves us and knows our needs:

All: *We praise you, Lord, and trust in you.*

Leader: We bless you, almighty God, King of the universe, because you called us while we were yet sinners,

All: to acknowledge your truth and to serve your majesty.

Leader: O God, you opened the gates of mercy for us,

All: let us never turn aside from the path of life.

Leader: As we celebrate the resurrection of your beloved Son,

All: help us to spend this day in the spirit of joy.

Leader: Give to your faithful, O Lord, a prayerful spirit of gratitude,

All: that we may thank you for all your gifts.

OUR FATHER

Leader: Remember us, Lord, when you come to your kingdom and teach us how to pray:

All: Our Father, who art in heaven . . .

Concluding Prayer

(as in the proper of seasons see page 11)

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week IV - Monday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Each morning, Lord, you fill us with your kindness.

December 17-23: *The Lord, the ruler over the kings of the earth, will come; blessed are they who are ready to go and welcome him.*

Easter: *Let the splendor of the Lord our God be upon us, alleluia.*

Psalm 90

May we live in the radiance of God

[*There is no time with God: a thousand years, a single day: it is all one (2 Peter 3: 8).*]

O Lord, you have been our refuge
from one generation to the next.
Before the mountains were born
or the earth or the world brought forth,
you are God, without beginning or end.

You turn men back to dust
and say: "Go back, sons of men."
To your eyes a thousand years
are like yesterday, come and gone,
no more than a watch in the night.

You sweep men away like a dream,
like grass which springs up in the morning.
In the morning it springs up and flowers:
by evening it withers and fades.

So we are destroyed in your anger,
struck with terror in your fury.
Our guilt lies open before you;
our secrets in the light of your face.

All our days pass away in your anger.
Our life is over like a sigh.
Our span is seventy years
or eighty for those who are strong.

Week IV - Monday, Morning Prayer

And most of these are emptiness and pain.
They pass swiftly and we are gone.
Who understands the power of your anger
and fears the strength of your fury?

Make us know the shortness of our life
that we may gain wisdom of heart.
Lord, relent! Is your anger for ever?
Show pity to your servants.

In the morning, fill us with your love;
we shall exult and rejoice all our days.
Give us joy to balance our affliction
for the years when we knew misfortune.

Show forth your work to your servants;
let your glory shine on their children.
Let the favor of the Lord be upon us:
give success to the work of our hands,
give success to the work of our hands.

Psalm-prayer

Eternal Father, you give us life despite our guilt and even add days and years to our lives in order to bring us wisdom. Make us love and obey you, so that the works of our hands may always display what your hands have done, until the day we gaze upon the beauty of your face.

Antiphon:

Ordinary Time: Each morning, Lord, you fill us with your kindness.

December 17-23: The Lord, the ruler over the kings of the earth, will come; blessed are they who are ready to go and welcome him.

Easter: Let the splendor of the Lord our God be upon us, alleluia.

Antiphon 2:

Ordinary Time: From the farthest bounds of earth, may God be praised!

December 17-23: Sing a new song to the Lord, proclaim his praises to the ends of the earth.

Easter: I will turn darkness into light before them, alleluia.

Canticle --- Isaiah 42: 10-16

God victor and savior

[*They were singing a new hymn before the throne of God (Revelation 14: 3).*]

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

Let the sea and what fills it resound,

Week IV - Monday, Morning Prayer

the coastlands, and those who dwell in them.

Let the steppe and its cities cry out,
the villages where Kedar dwells;

let the inhabitants of Sela exult,
and shout from the top of the mountains.

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

The Lord goes forth like a hero,
like a warrior he stirs up his ardor;
he shouts out his battle cry,
against his enemies he shows his might:

I have looked away, and kept silence,
I have said nothing, holding myself in;
but now, I cry out as a woman in labor,
gasping and panting.

I will lay waste mountains and hills,
all their herbage I will dry up;
I will turn the rivers into marshes,
and the marshes I will dry up.

I will lead the blind on their journey;
by paths unknown I will guide them.
I will turn darkness into light before them,
and make crooked ways straight.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: From the farthest bounds of earth, may God be praised!

December 17-23: Sing a new song to the Lord, proclaim his praises to the ends of the earth.

Easter: I will turn darkness into light before them, alleluia.

Antiphon 3:

Ordinary Time: You who stand in his sanctuary, praise the name of the Lord.

December 17-23: When the Son of Man comes to earth, do you think he will find faith in men's hearts?

Easter: The Lord does whatever he wills, alleluia.

Psalm 135: 1-12

Praise for the wonderful things God does for us

[*He has won you for himself ... and you must proclaim what he has done for you: he has called you out of darkness into his own wonderful light (1 Peter 2: 9).*]

Week IV - Monday, Morning Prayer

Praise the name of the Lord,
praise him, servants of the Lord,
who stand in the house of the Lord,
in the courts of the house of our God.

Praise the Lord for the Lord is good.
Sing a psalm to his name for he is loving.
For the Lord has chosen Jacob for himself
and Israel for his own possession.

For I know the Lord is great,
that our Lord is high above all gods.
The Lord does whatever he wills,
in heaven, on earth, in the seas.

He summons clouds from the ends of the earth;
makes lightning produce the rain;
from his treasures he sends forth the wind.

The first-born of the Egyptians he smote,
of man and beast alike.
Signs and wonders he worked
in the midst of your land, O Egypt,
against Pharaoh and all his servants.

Nations in their greatness he struck
and kings in their splendor he slew.
Sihon, king of the Amorites,
Og, the king of Bashan,
and all the kingdoms of Canaan.
He let Israel inherit their land;
on his people their land he bestowed.

Psalm-prayer

Father, your name and your memory last for ever. We stand to pray in your house and praise you with psalms of joy. We ask you in your kindness to have mercy on us in our lowliness.

Antiphon:

Ordinary Time: You who stand in his sanctuary, praise the name of the Lord.

December 17-23: *When the Son of Man comes to earth, do you think he will find faith in men's hearts?*

Easter: *The Lord does whatever he wills, alleluia.*

READING *Judith 8: 25-27*

We should be grateful to the Lord our God, for putting us to the test, as he did our forefathers. Recall how he dealt with Abraham, and how he tried Isaac, and all that

Week IV - Monday, Morning Prayer

happened to Jacob in Syrian Mesopotamia while he was tending the flocks of Laban, his mother's brother. Not for vengeance did the Lord put them in the crucible to try their hearts, nor has he done so with us. It is by way of admonition that he chastises those who are close to him.

RESPONSORY

Leader: Sing for joy, God's chosen ones, give him the praise that is due.

All: Sing for joy, God's chosen ones, give him the praise that is due.

Leader: Sing a new song to the Lord;

All: give him the praise that is due.

Leader: Glory to the Father . . .

All: Sing for joy, God's chosen ones, give him the praise that is due.

CANTICLE OF ZECHARIAH

Antiphon: Blessed be the Lord, for he has come to his people and set them free.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: Blessed be the Lord, for he has come to his people and set them free.

INTERCESSIONS

Leader: Because Christ hears and saves those who hope in him, let us pray:

All: *We praise you, Lord, we hope in you.*

Leader: We thank you because you are rich in mercy,

All: and for the abundant love with which you have loved us.

Leader: With the Father you are always at work in the world,

All: make all things new through the power of your Holy Spirit.

Leader: Open our eyes and the eyes of our brothers,

All: to see your wonders this day.

Leader: You call us today to your service,

All: make us stewards of your many gifts.

OUR FATHER

Leader: Now let us pray as Christ the Lord has taught us:

All: Our Father, who art in heaven . . .

Week IV - Monday, Morning Prayer

Concluding Prayer

God our creator, you gave us the earth to cultivate and the sun to serve our needs. Help us to spend this day for your glory and our neighbor's good. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week IV - Tuesday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: I will sing to you, O Lord; I will learn from you the way of perfection.

December 17-23: The Lord will come from his holy place to save his people.

Easter: Whoever does the will of my Father will enter the kingdom of heaven, alleluia.

Psalm 101

Avowal of a good ruler

[*If you love me, keep my commandments (John 14: 15).*]

My song is of mercy and justice;
I sing to you, O Lord.
I will walk in the way of perfection.
O when, Lord, will you come?

I will walk with blameless heart
within my house;
I will not set before my eyes
whatever is base.

I will hate the ways of the crooked;
they shall not be my friends.
The false-hearted must keep far away;
the wicked I disown.

The man who slanders his neighbor in secret
I will bring to silence.
The man of proud looks and haughty heart
I will never endure.

I look to the faithful in the land
that they may dwell with me.
He who walks in the way of perfection
shall be my friend.

No man who practices deceit
shall live within my house.
No man who utters lies shall stand
before my eyes.

Morning by morning I will silence

all the wicked in the land,
uprooting from the city of the Lord
all who do evil.

Psalm-prayer

So that your people may walk in innocence, you came to us, Lord Jesus, and told us to be holy as your Father is holy. Help your children to love what is truly perfect, so that we may neither speak what is evil nor do what is wrong. Let us stand in your sight and celebrate with you the Father's love and justice.

Antiphon:

Ordinary Time: I will sing to you, O Lord; I will learn from you the way of perfection.

December 17-23: The Lord will come from his holy place to save his people.

Easter: Whoever does the will of my Father will enter the kingdom of heaven, alleluia.

Antiphon 2:

Ordinary Time: Lord, do not withhold your compassion from us.

December 17-23: Zion is our mighty citadel, our saving Lord its wall and its defense; throw open the gates, for our God is here among us, alleluia.

Easter: Let all the nations, O Lord, know the depths of your loving mercy for us, alleluia.

Canticle --- Daniel 3: 26, 27, 29, 34-41

Azariah's prayer in the furnace

[*With your whole hearts turn to God and he will blot out all your sins (Acts 3: 19).*]

Blessed are you, and praiseworthy,
O Lord, the God of our fathers,
and glorious forever is your name.

For you are just in all you have done;
all your deeds are faultless, all your ways right,
and all your judgments proper.

For we have sinned and transgressed
by departing from you,
and we have done every kind of evil.

For your name's sake, do not deliver us up forever,
or make void your covenant.

Do not take away your mercy from us,
for the sake of Abraham, your beloved,
Isaac your servant, and Israel your holy one,
to whom you promised to multiply their offspring
like the stars of heaven,
or the sand on the shore of the sea.

For we are reduced, O Lord, beyond any other nation,

brought low everywhere in the world this day
because of our sins.

We have in our day no prince, prophet, or leader,
no holocaust, sacrifice, oblation, or incense,
no place to offer first fruits, to find favor with you.

But with contrite heart and humble spirit
let us be received;
as though it were holocausts of rams and bullocks,
or thousands of fat lambs,
so let our sacrifice be in your presence today
as we follow you unreservedly;
for those who trust in you cannot be put to shame.

And now we follow you with our whole heart,
we fear you and we pray to you.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: Lord, do not withhold your compassion from us.

*December 17-23: Zion is our mighty citadel, our saving Lord its wall and its defense;
throw open the gates, for our God is here among us, alleluia.*

Easter: Let all the nations, O Lord, know the depths of your loving mercy for us, alleluia.

Antiphon 3:

Ordinary Time: O God, I will sing to you a new song.

*December 17-23: Lord, make known your will throughout the earth; proclaim your
salvation to every nation.*

Easter: The Lord is my refuge and my savior, alleluia.

Psalm 144: 1-10

Prayer for victory and peace

[*I can do all things in him who strengthens me* (Philippians 4: 13).]

Blessed be the Lord, my rock,
who trains my arms for battle,
who prepares my hands for war.

He is my love, my fortress;
he is my stronghold, my savior,
my shield, my place of refuge.
He brings peoples under my rule.

Lord, what is man that you care for him,
mortal man, that you keep him in mind;

man, who is merely a breath,
whose life fades like a passing shadow?

Lower your heavens and come down;
touch the mountains; wreath them in smoke.
Flash your lightnings; rout the foe,
shoot your arrows and put them to flight.

Reach down from heaven and save me;
draw me out from the mighty waters,
from the hands of alien foes
whose mouths are filled with lies,
whose hands are raised in perjury.

To you, O God, will I sing a new song;
I will play on the ten-stringed harp
to you who give kings their victory,
who set David your servant free.

Psalm-prayer

Lord, God of strength, you gave your Son victory over death. Direct your Church's fight against evil in the world. Clothe us with the weapons of light and unite us under the one banner of love, that we may receive our eternal reward after the battle of earthly life.

Antiphon:

Ordinary Time: O God, I will sing to you a new song.

December 17-23: *Lord, make known your will throughout the earth; proclaim your salvation to every nation.*

Easter: *The Lord is my refuge and my savior, alleluia.*

READING *Isaiah 55: 1-3*

All you who are thirsty, come to the water! You who have no money, come, receive grain and eat; Come, without paying and without cost, drink wine and milk! Why spend your money for what is not bread; your wages for what fails to satisfy? Heed me, and you shall eat well, you shall delight in rich fare. Come to me heedfully, listen, that you may have life. I will renew with you the everlasting covenant, the benefits assured to David.

RESPONSORY

Leader: Lord, listen to my cry; all my trust is in your promise.

All: Lord, listen to my cry; all my trust is in your promise.

Leader: Dawn finds me watching; crying out for you.

All: All my trust is in your promise.

Leader: Glory to the Father . . .

All: Lord, listen to my cry; all my trust is in your promise.

CANTICLE OF ZECHARIAH

Antiphon: Lord, save us from the hands of all who hate us.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: Lord, save us from the hands of all who hate us.

INTERCESSIONS

Leader: To the God who gives us the joy of praising him this morning, and who strengthens our hope, let us pray:

All: *Hear us, O Lord, for the glory of your name.*

Leader: We thank you, God and Father of Jesus our Savior,

All: for the knowledge and immortality you have given us through him.

Leader: Make us humble of heart,

All: help us to serve one another out of reverence for Christ.

Leader: Pour out your Spirit on us, your servants,

All: make us sincere in our love for each other.

Leader: You instructed man to labor and to exercise dominion over the earth,

All: may our work honor you and sanctify our brothers and sisters.

OUR FATHER

Leader: With longing for the coming of God's kingdom, let us offer our prayer to the Father:

All: Our Father, who art in heaven . . .

Concluding Prayer

Increase in us, Lord, the faith you have given us, and bring to a harvest worthy of heaven the praise we offer you at the beginning of this new day. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week IV - Wednesday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: My heart is ready, O God, my heart is ready.

December 17-23: *The Lord, the mighty God, will come forth from Zion to set his people free.*

Easter: *O God, arise above the heavens, alleluia.*

Psalm 108

Praise of God and a plea for help

[*Since the Son of God has been exalted above the heavens, his glory is proclaimed through all the earth (Arnobius).*]

My heart is ready, O God;
I will sing, sing your praise.
Awake, my soul;
awake, lyre and harp.
I will awake the dawn.

I will thank you, Lord, among the peoples,
among the nations I will praise you,
for your love reaches to the heavens
and your truth to the skies.
O God, arise above the heavens;
may your glory shine on earth!

O come and deliver your friends;
help with your right hand and reply.
From his holy place God has made this promise:
"I will triumph and divide the land of Shechem;
I will measure out the valley of Succoth.

Gilead is mine and Manasseh.
Ephraim I take for my helmet,
Judah for my commander's staff.
Moab I will use for my washbowl,
on Edom I will plant my shoe.
Over the Philistines I will shout in triumph."

But who will lead me to conquer the fortress?

Who will bring me face to face with Edom?
Will you utterly reject us, O God,
and no longer march with our armies?

Give us help against the foe:
for the help of man is vain.
With God we shall do bravely
and he will trample down our foes.

Psalm-prayer

Accept the prayers of your servants, Lord, and prepare our hearts to praise your holy name. Come to our aid in times of trouble, and make us worthy to sing you songs of thanksgiving.

Antiphon:

Ordinary Time: My heart is ready, O God, my heart is ready.

December 17-23: The Lord, the mighty God, will come forth from Zion to set his people free.

Easter: O God, arise above the heavens, alleluia.

Antiphon 2:

Ordinary Time: The Lord has robed me with grace and salvation.

December 17-23: I shall not cease to plead with God for Zion until he sends his Holy One in all his radiant beauty.

Easter: The Lord will make praise and justice blossom before all the nations (alleluia).

Canticle --- Isaiah 61: 10-62: 5

The prophet's joy in the vision of a new Jerusalem
[*I saw the holy city, new Jerusalem, with the beauty
of a bride adorned for her husband (Revelation 21: 2).*]

I rejoice heartily in the Lord,
in my God is the joy of my soul;
for he has clothed me with a robe of salvation,
and wrapped me in a mantle of justice,
like a bridegroom adorned with a diadem,
like a bride bedecked with her jewels.

As the earth brings forth its plants,
and a garden makes its growth spring up,
so will the Lord God make justice and praise
spring up before all the nations.

For Zion's sake I will not be silent,
for Jerusalem's sake I will not be quiet,
until her vindication shines forth like the dawn

and her victory like a burning torch.

Nations shall behold your vindication,
and all kings your glory;
you shall be called by a new name
pronounced by the mouth of the Lord.
You shall be a glorious crown in the hand of the Lord,
a royal diadem held by your God.

No more shall men call you "Forsaken,"
or your land "Desolate,"
but you shall be called "My delight,"
and your land "Espoused."
For the Lord delights in you,
and makes your land his spouse.

As a young man marries a virgin,
your Builder shall marry you;
and as a bridegroom rejoices in his bride
so shall your God rejoice in you.

Antiphon:

Ordinary Time: The Lord has robed me with grace and salvation.

December 17-23: *I shall not cease to plead with God for Zion until he sends his Holy One in all his radiant beauty.*

Easter: *The Lord will make praise and justice blossom before all the nations (alleluia).*

Antiphon 3:

Ordinary Time: I will praise my God all the days of my life.

December 17-23: *The Spirit of the Lord rests upon me; he has sent me to preach his joyful message to the poor.*

Easter: *Zion, the Lord, your God, will reign for ever, alleluia.*

Psalms 146

Those who trust in God know what it is to be happy

[*To praise God in our lives means all we do must be for his glory (Arnobius).*]

My soul, give praise to the Lord;
I will praise the Lord all my days,
make music to my God while I live.

Put no trust in princes,
in mortal men in whom there is no help.
Take their breath, they return to clay
and their plans that day come to nothing.

He is happy who is helped by Jacob's God,

whose hope is in the Lord his God,
who alone made heaven and earth,
the seas and all they contain.

It is he who keeps faith for ever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free,
the Lord who gives sight to the blind,
who raises up those who are bowed down,
the Lord who protects the stranger
and upholds the widow and orphan.

It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age.

Psalm-prayer

God of glory and power, those who have put all their trust in you are happy indeed. Shine the brightness of your light on us, that we may love you always with a pure heart.

Antiphon:

Ordinary Time: I will praise my God all the days of my life.

***December 17-23:** The Spirit of the Lord rests upon me; he has sent me to preach his joyful message to the poor.*

***Easter:** Zion, the Lord, your God, will reign for ever; alleluia.*

READING Deuteronomy 4: 39-40a

Know, and fix in your heart, that the Lord is God in the heavens above and on earth below, and that there is no other. You must keep his statutes and commandments which I enjoin on you today.

RESPONSORY

Leader: I will bless the Lord all my life long.

All: I will bless the Lord all my life long.

Leader: With a song of praise ever on my lips,

All: all my life long.

Leader: Glory to the Father . . .

All: I will bless the Lord all my life long.

CANTICLE OF ZECHARIAH

Antiphon: Let us serve the Lord in holiness all the days of our life.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: Let us serve the Lord in holiness all the days of our life.

INTERCESSIONS

Leader: Christ, the splendor of the Father's glory, enlightens us with his word. With deep love we call upon him:

All: *Hear us, King of eternal glory.*

Leader: Blessed are you, the alpha and the omega of our faith,

All: for you called us out of darkness into your marvelous light.

Leader: You enabled the blind to see, the deaf to hear,

All: help our unbelief.

Leader: Lord, keep us in your love, preserve our community,

All: do not let us become separated from one another.

Leader: Give us strength in temptation, endurance in trial,

All: and gratitude in prosperity.

OUR FATHER

Leader: Gathering our prayers and praises into one, let us offer the prayer Christ himself taught us:

All: Our Father, who art in heaven . . .

Concluding Prayer

Father, keep in mind your holy covenant, sealed with the blood of the Lamb. Forgive the sins of your people and let this new day bring us closer to salvation. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week IV - Thursday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: At daybreak, be merciful to me, O Lord.

December 17-23: *To you, O Lord, I lift up my soul; come and rescue me, for you are my refuge and my strength.*

Easter: *Be true to your name, O Lord, and preserve my life, alleluia*

Psalm 143:1-11

Prayer in distress

[A man is not justified by observance of the law but only through faith in Jesus Christ (Galatians 2: 16).]

Lord, listen to my prayer:

turn your ear to my appeal.

You are faithful, you are just; give answer.

Do not call your servant to judgment

for no one is just in your sight.

The enemy pursues my soul;

he has crushed my life to the ground;

he has made me dwell in darkness

like the dead, long forgotten.

Therefore my spirit fails;

my heart is numb within me.

I remember the days that are past:

I ponder all your works.

I muse on what your hand has wrought

and to you I stretch out my hands.

Like a parched land my soul thirsts for you.

Lord, make haste and answer;

for my spirit fails within me.

Do not hide your face

lest I become like those in the grave.

In the morning let me know your love
for I put my trust in you.
Make me know the way I should walk:
to you I lift up my soul.

Rescue me, Lord, from my enemies;
I have fled to you for refuge.
Teach me to do your will
for you, O Lord, are my God.
Let your good spirit guide me
in ways that are level and smooth.

For your name's sake, Lord, save my life;
in your justice save my soul from distress.

Psalm-prayer

Lord Jesus, early in the morning of your resurrection, you made your love known and brought the first light of dawn to those who dwell in darkness. Your death has opened a path for us. Do not enter into judgment with your servants; let your Holy Spirit guide us together into the land of justice.

Antiphon:

Ordinary Time: At daybreak, be merciful to me, O Lord.

December 17-23: To you, O Lord, I lift up my soul; come and rescue me, for you are my refuge and my strength.

Easter: Be true to your name, O Lord, and preserve my life, alleluia

Antiphon 2:

Ordinary Time: The Lord will make a river of peace flow through Jerusalem.

December 17-23: Bless those, O Lord, who have waited for your coming; let your prophets be proved true.

Easter: I will see you again and your hearts will rejoice, alleluia.

Canticle --- Isaiah 66: 10-14a

Joys of heaven

[*The heavenly Jerusalem is a free woman and our mother (Galatians 4: 26).*]

Rejoice with Jerusalem and be glad because of her,
all you who love her;
exult, exult with her,
all you who were mourning over her!

Oh, that you may suck fully
of the milk of her comfort,
that you may nurse with delight
at her abundant breasts!

For thus says the Lord:

Lo, I will spread prosperity over her like a river,
and the wealth of the nations like an overflowing
torrent.

As nurslings, you shall be carried in her arms,
and fondled in her lap;
as a mother comforts her son,
so will I comfort you;
in Jerusalem you shall find your comfort.

When you see this, your heart shall rejoice,
and your bodies flourish like the grass.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: The Lord will make a river of peace flow through Jerusalem.

December 17-23: Bless those, O Lord, who have waited for your coming; let your prophets be proved true.

Easter: I will see you again and your hearts will rejoice, alleluia.

Antiphon 3:

Ordinary Time: Let us joyfully praise the Lord our God.

December 17-23: Turn to us, O Lord, make haste to help your people.

Easter: The Lord rebuilds Jerusalem and heals the brokenhearted, alleluia.

Psalm 147: 1-11

The loving kindness of God who can do all he wills

[*You are God: we praise you; you are the Lord: we acclaim you.*]

Praise the Lord for he is good;
sing to our God for he is loving:
to him our praise is due.

The Lord builds up Jerusalem
and brings back Israel's exiles,
he heals the broken-hearted,
he binds up all their wounds.
He fixes the number of the stars;
he calls each one by its name.

Our Lord is great and almighty;
his wisdom can never be measured.
The Lord raises the lowly;
he humbles the wicked to the dust.

O sing to the Lord, giving thanks;
sing psalms to our God with the harp.

He covers the heavens with clouds;
he prepares the rain for the earth,
making mountains sprout with grass
He provides the beasts with their food
and young ravens that call upon him.

His delight is not in horses
nor his pleasure in warriors' strength.
The Lord delights in those who revere him,
in those who wait for his love.

Psalm-prayer

God our Father, great builder of the heavenly Jerusalem, you know the number of the stars and call each of them by name. Heal hearts that are broken, gather together those who have been scattered, and enrich us all from the plenitude of your eternal wisdom.

Antiphon:

Ordinary Time: Let us joyfully praise the Lord our God.

December 17-23: Turn to us, O Lord, make haste to help your people.

Easter: The Lord rebuilds Jerusalem and heals the brokenhearted, alleluia.

READING *Romans 8:18-21*

The sufferings of the present are as nothing compared with the glory to be revealed in us. Indeed, the whole created world eagerly awaits the revelation of the sons of God. Creation was made subject to futility, not of its own accord but by him who once subjected it; yet not without hope, because the world itself will be freed from its slavery to corruption and share in the glorious freedom of the children of God.

RESPONSORY

Leader: In the early hours of the morning, I think of you, O Lord.

All: In the early hours of the morning, I think of you, O Lord.

Leader: Always you are there to help me,

All: I think of you, O Lord.

Leader: Glory to the Father . . .

All: In the early hours of the morning, I think of you, O Lord.

CANTICLE OF ZECHARIAH

Antiphon: Give your people knowledge of salvation, Lord, and forgive us our sins.

CANTICLE OF ZECHARIAH (*see page 8*)

Week IV - Thursday, Morning Prayer

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: Give your people knowledge of salvation, Lord, and forgive us our sins.

INTERCESSIONS

Leader: Let us pray to God, who gives salvation to his people:

All: *You are our life, O Lord.*

Leader: Blessed are you, Father of our Lord Jesus Christ, for by your mercy we have been reborn to a living hope,

All: through the resurrection of Jesus Christ from the dead.

Leader: You made man in your image and renewed him in Christ,

All: mold us into the likeness of your Son.

Leader: Pour out your love through the Holy Spirit,

All: heal our hearts, wounded by hatred and jealousy.

Leader: Today grant work to laborers, bread to the hungry, joy to the sorrowful,

All: grace and redemption to all men.

OUR FATHER

Leader: Let us make our prayers and praise complete by offering the Lord's prayer:

All: Our Father, who art in heaven . . .

Concluding Prayer

Lord, let the knowledge of salvation enlighten our hearts, so that, freed from fear and from the power of our enemies, we may serve you faithfully all the days of our life. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week IV - Friday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Create a clean heart in me, O God; renew in me a steadfast spirit.

December 17-23: *Our King will come from Zion; the Lord, God-is-with-us, is his mighty name.*

Easter: *Christ gave himself up for us as a sacrificial offering to God, alleluia.*

Psalm 51

O God, have mercy on me

[*Your inmost being must be renewed, and you must put on the new man* (Ephesians 4: 23-24).]

Have mercy on me, God, in your kindness.

In your compassion blot out my offense.

O wash me more and more from my guilt
and cleanse me from my sin.

My offenses truly I know them;
my sin is always before me.

Against you, you alone, have I sinned;
what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge.

O see, in guilt I was born,
a sinner was I conceived.

Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.

O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,
that the bones you have crushed may revive.

From my sins turn away your face
and blot out all my guilt.

A pure heart create for me, O God,
put a steadfast spirit within me.

Week IV - Friday, Morning Prayer

Do not cast me away from your presence,
nor deprive me of your holy spirit.

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

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

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

In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
holocausts offered on your altar.

Psalm-prayer

Father, he who knew no sin was made sin for us, to save us and restore us to your friendship. Look upon our contrite heart and afflicted spirit and heal our troubled conscience, so that in the joy and strength of the Holy Spirit we may proclaim your praise and glory before all the nations.

Antiphon:

Ordinary Time: Create a clean heart in me, O God; renew in me a steadfast spirit.

December 17-23: Our King will come from Zion; the Lord, God-is-with-us, is his mighty name.

Easter: Christ gave himself up for us as a sacrificial offering to God, alleluia.

Antiphon 2:

Ordinary Time: Rejoice, Jerusalem, for through you all men will be gathered to the Lord.

December 17-23: Wait for the Lord and he will come to you with his saving power.

Easter: Jerusalem, city of God, you will shine with a radiant light, alleluia.

Canticle --- Tobit 13: 8-11, 13-15

Thanksgiving for the people's deliverance
[He showed me the holy city Jerusalem which shone
with the glory of God (Revelation 21: 10-11).]

Week IV - Friday, Morning Prayer

Let all men speak of the Lord's majesty,
and sing his praises in Jerusalem.

O Jerusalem, holy city,
he scourged you for the works of your hands,
but will again pity the children of the righteous.

Praise the Lord for his goodness,
and bless the King of the ages,
so that his tent may be rebuilt in you with joy.

May he gladden within you all who were captives;
all who were ravaged may he cherish within you
for all generations to come.

A bright light will shine to all parts of the earth;
many nations shall come to you from afar,
and the inhabitants of all the limits of the earth,
drawn to you by the name of the Lord God,
bearing in their hands their gifts for the King of
heaven.

Every generation shall give joyful praise in you,
and shall call you the chosen one,
through all ages forever.

Go, then, rejoice over the children of the righteous,
who shall be gathered together
and shall bless the Lord of the ages.

Happy are those who love you,
and happy those who rejoice in your prosperity.

Happy are all the men who shall grieve over you,
over all your chastisements, for they shall rejoice in you
as they behold all your joy forever.

My spirit blesses the Lord, the great King.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: Rejoice, Jerusalem, for through you all men will be gathered to the Lord.

December 17-23: *Wait for the Lord and he will come to you with his saving power.*

Easter: *Jerusalem, city of God, you will shine with a radiant light, alleluia.*

Antiphon 3:

Ordinary Time: Zion, praise your God, who sent his Word to renew the earth.

December 17-23: Eagerly I watch for the Lord; I wait in joyful hope for the coming of God my Savior.

Easter: I saw the new Jerusalem, coming down from heaven, alleluia.

Psalm 147: 12-20

The restoration of Jerusalem

[*Come, I will show you the bride of the Lamb (Revelation 21: 9).*]

O praise the Lord, Jerusalem!

Zion, praise your God!

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

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

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

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

Psalm-prayer

All-powerful God, it is through your Church, generously endowed with gifts of grace and fortified by the Holy Spirit, that you send out your word to all nations. Strengthen your Church with the best of all food and make it dauntless in faith. Multiply its children to celebrate with one accord the mysteries of your love at the altar on high.

Antiphon:

Ordinary Time: Zion, praise your God, who sent his Word to renew the earth.

December 17-23: Eagerly I watch for the Lord; I wait in joyful hope for the coming of God my Savior.

Easter: I saw the new Jerusalem, coming down from heaven, alleluia.

READING *Galatians 2: 16, 19-20*

Knowing that a man is not justified by legal observance but by faith in Jesus Christ, we too have believed in him in order to be justified by faith in Christ, not by observance of the law; for by works of the law no one will be justified. It was through the law that I died to the law, to live for God. I have been crucified with Christ, and the life I live now is not my own; Christ is living in me. I still live my human life, but it is a life of faith in the Son of God, who loved me and gave himself for me.

RESPONSORY

Leader: The Lord, the Most High, has done good things for me. In need I shall cry out to him.

All: The Lord, the Most High, has done good things for me.

Leader: In need I shall cry out to him. May he send his strength to rescue me.

All: In need I shall cry out to him.

Leader: Glory to the Father . . .

All: The Lord, the Most High, has done good things for me.

CANTICLE OF ZECHARIAH

Antiphon: Through the tender compassion of our God the dawn from on high shall break upon us.

CANTICLE OF ZECHARIAH (*see page 8*)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: Through the tender compassion of our God the dawn from on high shall break upon us.

INTERCESSIONS

Leader: We trust in God's concern for every person he has created and redeemed, through his Son. Let us, therefore, renew our prayer to him:

All: *Fulfill the good work you have begun in us, Lord.*

Leader: O God of mercy, guide us toward spiritual growth,

All: fill our minds with the thoughts of truth, justice and love.

Leader: For your name's sake, do not abandon us for ever,

All: and do not annul your covenant.

Leader: Accept us, for our hearts are humble and our spirits contrite,

All: and those who trust in you shall not be put to shame.

Leader: You have called us to a prophetic vocation in Christ,

All: help us proclaim your mighty deeds.

OUR FATHER

Leader: We pattern our prayer on the prayer of Christ our Lord, and say:

All: Our Father, who art in heaven . . .

Concluding Prayer

Lord, fill our hearts with your love as morning fills the sky. By living your law may we have your peace in this life and endless joy in the life to come. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Week IV - Saturday, Morning Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: We do well to sing to your name, Most High, and proclaim your mercy at daybreak.

December 24: *Bethlehem in Judah's land, how glorious your future! The king who will rule my people comes from you.*

Easter: *How wonderful are your works, O Lord, alleluia.*

Psalm 92

Praise of God the creator

[*Sing in praise of Christ's redeeming work (Saint Athanasius)*]

It is good to give thanks to the Lord,
to make music to your name, O Most High,
to proclaim your love in the morning
and your truth in the watches of the night,
on the ten-stringed lyre and the lute,
with the murmuring sound of the harp.

Your deeds, O Lord, have made me glad;
for the work of your hands I shout with joy.
O Lord, how great are your works!
How deep are your designs!
The foolish man cannot know this
and the fool cannot understand.

Though the wicked spring up like grass
and all who do evil thrive:
they are doomed to be eternally destroyed.
But you, Lord, are eternally on high.
See how your enemies perish;
all doers of evil are scattered.

To me you give the wild-ox's strength;
you anoint me with the purest oil.
My eyes looked in triumph on my foes;
my ears heard gladly of their fall.
The just will flourish like the palm-tree

and grow like a Lebanon cedar.

Planted in the house of the Lord,
they will flourish in the courts of our God,
still bearing fruit when they are old,
still full of sap, still green,
to proclaim that the Lord is just.
In him, my rock, there is no wrong.

Psalm-prayer

Take our shame away from us, Lord, and make us rejoice in your saving works. May all who have been chosen by your Son always abound in works of faith, hope and love in your service.

Antiphon:

Ordinary Time: We do well to sing to your name, Most High, and proclaim your mercy at daybreak.

***December 24:** Bethlehem in Judah's land, how glorious your future! The king who will rule my people comes from you.*

***Easter:** How wonderful are your works, O Lord, alleluia.*

Antiphon 2:

Ordinary Time: I will create a new heart in you, and breathe into you a new spirit.

***December 24:** Lift up your heads and see; your redemption is now at hand.*

***Easter:** I will pour cleansing water upon you, alleluia.*

Canticle --- Ezekiel 36: 24-28

The Lord will renew his people

[*They will be his own people, and God himself will be with them, their own God (Revelation 21: 3).*]

I will take you away from among the nations,
gather you from all the foreign lands,
and bring you back to your own land.

I will sprinkle clean water upon you
to cleanse you from all your impurities,
and from all your idols I will cleanse you.

I will give you a new heart
and place a new spirit within you,
taking from your bodies your stony hearts
and giving you natural hearts.

I will put my spirit within you
and make you live by my statutes,

Week IV - Saturday, Morning Prayer

careful to observe my decrees.

You shall live in the land I gave your fathers;
you shall be my people,
and I will be your God.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:

Ordinary Time: I will create a new heart in you, and breathe into you a new spirit.

December 24: Lift up your heads and see; your redemption is now at hand.

Easter: I will pour cleansing water upon you, alleluia.

Antiphon 3:

Ordinary Time: On the lips of children and infants you have found perfect praise.

December 24: The day has come at last when Mary will bring forth her firstborn Son.

Easter: All things are yours, and you are Christ's. And Christ is God's, alleluia.

Psalm 8

The majesty of the Lord and man's dignity
[*The Father gave Christ lordship of creation and made
him head of the Church (Ephesians 1: 22).*]

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

Your majesty is praised above the heavens;
on the lips of children and of babes
you have found praise to foil your enemy,
to silence the foe and the rebel.

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

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

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

How great is your name, O Lord our God,

through all the earth!

Psalm-prayer

Almighty Lord, how wonderful is your name. You have made every creature subject to you; make us worthy to give you service.

Antiphon:

Ordinary Time: On the lips of children and infants you have found perfect praise.

December 24: The day has come at last when Mary will bring forth her firstborn Son.

Easter: All things are yours, and you are Christ's. And Christ is God's, alleluia.

READING 2 Peter 3: 13-15a

What we await are new heavens and a new earth where, according to his promise, the justice of God will reside. So, beloved, while waiting for this, make every effort to be found without stain or defilement, and at peace in his sight. Consider that our Lord's patience is directed toward salvation.

RESPONSORY

Leader: It is my joy, O God, to praise you with song.

All: It is my joy, O God, to praise you with song.

Leader: To sing as I ponder your goodness,

All: to praise you with song.

Leader: Glory to the Father ...

All: It is my joy, O God, to praise you with song.

CANTICLE OF ZECHARIAH

Antiphon: Lord, guide our feet into the way of peace.

CANTICLE OF ZECHARIAH (see page 8)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: Lord, guide our feet into the way of peace.

INTERCESSIONS

Leader: Let us adore God, who has given hope and life to the world, through his Son, and let us humbly ask him:

All: *Lord, hear us.*

Leader: Lord, Father of all; you have brought us to the dawn of this day,

All: make us live with Christ and praise your glory.

Leader: You have poured out faith, hope and love upon us,

All: keep them firmly rooted in our hearts.

Week IV - Saturday, Morning Prayer

Leader: Lord, let our eyes be always raised up to you,

All: so that we may swiftly answer your call.

Leader: Protect us from the snares and enticements of evil,

All: keep our feet from stumbling.

OUR FATHER

Leader: Now let us offer together the prayer our Lord Jesus Christ taught us:

All: Our Father, who art in heaven . . .

Concluding Prayer

All-powerful and ever-living God, splendor of true light, and never-ending day: let the radiance of your coming banish from our minds the darkness of sin. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

EVENING PRAYER

EVENING PRAYER

Friday Week I - Evening Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Lord, lay your healing hand upon me, for I have sinned.

Easter: : *Christ became poor for our sake, that we might become rich, alleluia.*

Psalm 41

Prayer of a sick person

[*One of you will betray me, yes, one who eats with me (Mark 14: 18).*]

Happy the man who considers the poor and the weak.

The Lord will save him in the day of evil,
will guard him, give him life, make him happy in the land
and will not give him up to the will of his foes.

The Lord will help him on his bed of pain,
he will bring him back from sickness to health.

As for me, I said: "Lord, have mercy on me,
heal my soul for I have sinned against you."

My foes are speaking evil against me.

"How long before he dies and his name be forgotten?"

They come to visit me and speak empty words,
their hearts full of malice, they spread it abroad.

My enemies whisper together against me.

They all weigh up the evil which is on me:

"Some deadly thing has fastened upon him,
he will not rise again from where he lies."

Thus even my friend, in whom I trusted,
who ate my bread, has turned against me.

Friday Week I - Evening Prayer

But you, O Lord, have mercy on me.
Let me rise once more and I will repay them.
By this I shall know that you are my friend,
if my foes do not shout in triumph over me.
If you uphold me I shall be unharmed
and set in your presence for evermore.

Blessed be the Lord, the God of Israel
from age to age. Amen. Amen.

Psalm-prayer

Lord Jesus, healer of soul and body, you said: Blessed are the merciful, they will obtain mercy. Teach us to come to the aid of the needy in a spirit of brotherly love, that we in turn may be received and strengthened by you.

Antiphon:

Ordinary Time: Lord, lay your healing hand upon me, for I have sinned.

Easter: : *Christ became poor for our sake, that we might become rich, alleluia.*

Antiphon 2:

Ordinary Time: The mighty Lord is with us; the God of Jacob is our stronghold.

Easter: The streams of the river gladden the city of God, alleluia.

Psalm 46

God our refuge and strength

[*He shall be called Emmanuel, which means: God-with-us (Matthew 1: 23).*]

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

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

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

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

Friday Week I - Evening Prayer

Come, consider the works of the Lord,
he redoubtable deeds he has done on the earth.
He puts an end to wars over all the earth;
the bow he breaks, the spear he snaps.
He burns the shields with fire.
"Be still and know that I am God,
supreme among the nations, supreme on the earth!"

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

Psalm-prayer

All powerful Father, the refuge and strength of your people, you protect in adversity and defend in prosperity those who put their trust in you. May they persevere in seeking your will and find their way to you through obedience.

Antiphon. 3:

Ordinary Time: All nations will come and worship before you, O Lord.

Easter: Let us sing to the Lord, glorious in his triumph, alleluia.

Canticle - Revelation 15: 3-4

Hymn of adoration

Mighty and wonderful are your works,
Lord God Almighty!
Righteous and true are your ways,
O King of the nations!

Who would dare refuse you honor,
or the glory due your name, O Lord?
Since you alone are holy,
all nations shall come
and worship in your presence.
Your mighty deeds are clearly seen.

READING Romans 15: 1-6

We who are strong in faith should be patient with the scruples of those whose faith is weak; we must not be selfish. Each should please his neighbor so as to do him good by building up his spirit. Thus, in accord with Scripture, Christ did not please himself: "The reproaches they uttered against you fell on me." Everything written before our time was written for our instruction, that we might derive hope from the lessons of patience and the words of encouragement in the Scriptures. May God, the source of all patience and encouragement, enable you to live in perfect harmony with one another according to the spirit of Christ Jesus, so that with one heart and voice you may glorify God the Father of our Lord Jesus Christ.

RESPONSORY

Leader: Christ loved us and washed away our sins, in his own blood.

All: Christ loved us and washed away our sins, in his own blood.

Leader: He made us a nation of kings and priests,

All: in his own blood.

Leader: Glory to the Father . . .

All: Christ loved us and washed away our sins, in his own blood.

CANTICLE OF MARY

Antiphon:. The Lord has come to the help of his servants, for he has remembered his promise of mercy.

CANTICLE OF MARY (*see page 9*)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon:. The Lord has come to the help of his servants, for he has remembered his promise of mercy.

INTERCESSIONS

Leader: Blessed be God, who hears the prayers of the needy, and fills the hungry with good things. Let us pray to him in confidence:

All: *Lord, show us your mercy.*

Leader: Merciful Father, upon the cross Jesus offered you the perfect evening sacrifice,

All: we pray now for all the suffering members of his Church.

Leader: Release those in bondage, give sight to the blind,

All: shelter the widow and the orphan.

Leader: Clothe your faithful people in the armor of salvation,

All: and shield them from the deceptions of the devil.

Leader: Let your merciful presence be with us, Lord, at the hour of our death,

All: may we be found faithful and leave this world in your peace.

Leader: Lead the departed into the light of your dwelling place,

All: that they may gaze upon you for all eternity.

OUR FATHER

Leader: Now let us offer together the prayer our Lord Jesus Christ taught us:

All: Our Father, who art in heaven . . .

Friday Week I - Evening Prayer

Concluding Prayer

God our Father, help us to follow the example of your Son's patience in suffering. By sharing the burden he carries, may we come to share his glory in the kingdom where he lives with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Friday Week II - Evening Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Lord, keep my soul from death, never let me stumble.

Easter: *The Lord has rescued my life from the grasp of hell, alleluia.*

Psalm 116: 1-9

Thanksgiving

[*We must endure many trials before entering God's kingdom (Acts 14: 21) .*]

I love the Lord for he has heard
the cry of my appeal;
for he turned his ear to me
in the day when I called him.

They surrounded me, the snares of death,
with the anguish of the tomb;
they caught me, sorrow and distress.
I called on the Lord's name.

O Lord my God, deliver me!

How gracious is the Lord, and just;
our God has compassion.
The Lord protects the simple hearts;
I was helpless so he saved me.

Turn back, my soul, to your rest
for the Lord has been good;
he has kept my soul from death,
my eyes from tears
and my feet from stumbling.

I will walk in the presence of the Lord
in the land of the living.

Psalm-prayer

God of power and mercy, through your Son's passion and resurrection you have freed us from the bonds of death and the anguish of separation from you. Be ever with us on our pilgrimage; then we shall sing rather than weep. Keep our feet from stumbling, so that we may be able to follow you until we come to eternal rest.

Antiphon 2:

Ordinary Time: My help comes from the Lord, who made heaven and earth.

Easter: The Lord watches over his people, and protects them as the apple of his eye, alleluia.

Psalm 121

Guardian of his people

[*Never again will they hunger and thirst, never again know scorching heat (Revelation 7: 16).*]

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

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

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

The Lord will guard you from evil,
he will guard your soul.
The Lord will guard your going and coming
both now and for ever.

Psalm-prayer

Lord Jesus Christ, you have prepared a quiet place for us in your Father's eternal home. Watch over our welfare on this perilous journey, shade us from the burning heat of day, and keep our lives free of evil until the end.

Antiphon 3 :

Ordinary Time: King of all the ages, your ways are perfect and true.

Easter: The Lord is my strength, I shall always praise him, for he has become my Savior, alleluia.

Canticle – Revelation 15: 3-4

Hymn of adoration

Mighty and wonderful are your works,
Lord God Almighty!
Righteous and true are your ways,

Friday Week II - Evening Prayer

O King of the nations!

Who would dare refuse you honor,
or the glory due your name, O Lord?

Since you alone are holy,
all nations shall come
and worship in your presence.
Your mighty deeds are clearly seen.

READING 1 Corinthians 2: 6-10a

There is a certain wisdom which we express among the spiritually mature. It is not a wisdom of this age, however, nor of the rulers of this age, who are men headed for destruction. No, what we utter is God's wisdom: a mysterious, a hidden wisdom. God planned it before all ages for our glory. None of the rulers of this age knew the mystery; if they had known it, they would never have crucified the Lord of glory. Of this wisdom it is written: "Eye has not seen, ear has not heard, nor has it so much as dawned on man what God has prepared for those who love him."

Yet God has revealed this wisdom to us through the Spirit.

RESPONSORY

Leader: Christ died for our sins to make of us an offering to God.

All: Christ died for our sins to make of us an offering to God.

Leader: He died to this world of sin, and rose in the power of the Spirit.

All: To make of us an offering to God.

Leader: Glory to the Father . . .

All: Christ died for our sins to make of us an offering to God.

CANTICLE OF MARY

Antiphon: Remember your mercy, Lord, the promise of mercy you made to our fathers.

CANTICLE OF MARY (*see page 9*)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: Remember your mercy, Lord, the promise of mercy you made to our fathers.

INTERCESSIONS

Leader: Let us bless Christ, the compassionate and merciful Lord, who wipes away the tears of those who weep. Let us cry out to him in love and ask:

All: *Have mercy on your people, Lord.*

Friday Week II - Evening Prayer

Leader: Lord Jesus, you console the humble,

All: be attentive to the tears of the poor.

Leader: Merciful God, hear the cries of the dying,

All: comfort them with your presence.

Leader: Make exiles aware of your providential care,

All: may they return to their home on earth and finally enter their home in heaven.

Leader: Be merciful to sinners who have fallen away from your love,

All: reconcile them to yourself and to your Church.

Leader: Save our brothers who have died,

All: let them share in the fullness of redemption.

OUR FATHER

Leader: Now let us offer together the prayer our Lord Jesus Christ taught us:

All: Our Father, who art in heaven . . .

Concluding Prayer

God our Father, the contradiction of the cross proclaims your infinite wisdom. Help us to see that the glory of your Son is revealed in the suffering he freely accepted. Give us faith to claim as our only glory the cross of our Lord Jesus Christ, who lives with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Friday Week III - Evening Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon I:

Ordinary Time: Great is the Lord, our God, transcending all other gods.

December 17-23: *Our King will come from Zion; the Lord, God-is-with-us, is his mighty name.*

Easter: *I, the Lord, am your savior and redeemer, alleluia.*

Psalm 135

Praise for the wonderful things God does for us

[He has won us for himself ... and you must proclaim what he has done for you. He has called you out of darkness into his own wonderful light (see 1 Peter 2: 9).]

I

Praise the name of the Lord,
praise him, servants of the Lord,
who stand in the house of the Lord
in the courts of the house of our God.

Praise the Lord for the Lord is good.
Sing a psalm to his name for he is loving.
For the Lord has chosen Jacob for himself
and Israel for his own possession.

For I know the Lord is great,
that our Lord is high above all gods.
The Lord does whatever he wills,
in heaven, on earth, in the seas.

He summons clouds from the ends of the earth;
makes lightning produce the rain;
from his treasures he sends forth the wind.

The first-born of the Egyptians he smote,
of man and beast alike.

Signs and wonders he worked
in the midst of your land, O Egypt,
against Pharaoh and all his servants.

Nations in their greatness he struck

Friday Week III - Evening Prayer

and kings in their splendor he slew.
Sihon, king of the Amorites,
Og, the king of Bashan,
and all the kingdoms of Canaan.
He let Israel inherit their land;
on his people their land he bestowed.

Antiphon 2:

Ordinary Time: House of Israel, bless the Lord! Sing psalms to him, for he is merciful.

December 17-23: Wait for the Lord, and he will come to you with his saving power.

Easter: Blessed is the kingdom of David our father which has come among us, alleluia.

II

Lord, your name stands for ever,
unforgotten from age to age:
for the Lord does justice for his people;
the Lord takes pity on his servants.

Pagan idols are silver and gold,
the work of human hands.
They have mouths but they cannot speak;
they have eyes but they cannot see.

They have ears but they cannot hear;
there is never a breath on their lips.
Their makers will come to be like them
and so will all who trust in them!

Sons of Israel, bless the Lord!
Sons of Aaron, bless the Lord!
Sons of Levi, bless the Lord!
You who fear him, bless the Lord!

From Zion may the Lord be blessed,
He who dwells in Jerusalem!

Psalm-prayer

Father, your name and your memory last for ever. We stand to pray in your house and praise you with psalms of joy. We ask you in your kindness to have mercy on us in our lowliness.

Antiphon 3: All nations will come and worship before you, O Lord.

December 17-23: Eagerly I watch for the Lord; I wait in joyful hope for the coming of God my Savior.

Easter: Let us sing to the Lord, glorious in his triumph, alleluia.

Friday Week III - Evening Prayer

Canticle – Revelation 15: 3-4

Hymn of adoration

Mighty and wonderful are your works,
Lord God Almighty!
Righteous and true are your ways,
O King of the nations!

Who would dare refuse you honor,
or the glory due your name, O Lord?

Since you alone are holy,
all nations shall come
and worship in your presence.
Your mighty deeds are clearly seen.

READING James 1:2-8

My brothers, count it pure joy when you are involved in every sort of trial. Realize that when your faith is tested this makes for endurance. Let endurance come to its perfection so that you may be fully mature and lacking in nothing. If any of you is without wisdom, let him ask it from the God who gives generously and ungrudgingly to all, and it will be given him. Yet he must ask in faith, never doubting, for the doubter is like the surf tossed and driven by the wind. A man of this sort, devious and erratic in all that he does, must not expect to receive anything from the Lord.

RESPONSORY

Leader: Christ loved us and washed away our sins, in his own blood.

All: Christ loved us and washed away our sins, In his own blood.

Leader: He made us a nation of kings and priests,

All: in his own blood.

Leader: Glory to the Father . . .

All: Christ loved us and washed away our sins, In his own blood.

CANTICLE OF MARY

Antiphon: The Lord has come to the help of his servants, for he has remembered his promise of mercy.

CANTICLE OF MARY (*see page 9*)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: The Lord has come to the help of his servants, for he has remembered his promise of mercy.

INTERCESSIONS

Leader: Because of our sins the Father gave the Lord Jesus up to death, and for our justification he raised him up again. Let us pray:

All: *Have mercy on your people, Lord.*

Leader: Hear our prayers and spare us as we confess our sins,

All: grant us forgiveness and peace.

Leader: Your Apostle said: "Where sin abounds, grace abounds all the more,"

All: forgive us our transgressions.

Leader: Lord, we have sinned, yet we have also acknowledged your infinite mercy,

All: bring us to conversion.

Leader: Save your people from their sins, Lord,

All: make them pleasing to you.

Leader: You opened Paradise to the thief who believed in you,

All: do not close the gates of heaven to the faithful departed.

OUR FATHER

Leader: Now let us offer together the prayer our Lord Jesus Christ taught us:

All: Our Father, who art in heaven . . .

Concluding Prayer

Father, in your loving plan Christ your Son became the price of our-salvation. May we be united with him in his suffering so that we may experience the power of his resurrection in the kingdom where he lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Friday Week IV - Evening Prayer

Leader: God, come to my assistance.

All: Lord, make haste to help us.

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

PSALMODY

Antiphon 1:

Ordinary Time: Day after day I will bless you, Lord; I will tell of your marvelous deeds.

December 17-23: *Our King will come from Zion; the Lord, God-is-with-us, is his mighty name.*

Easter: *God so loved the world that he gave us his only Son, alleluia.*

Psalm 145

Praise of God's majesty

[*Lord, you are the Just One, who was and who is (Revelation 16: 5) .*]

I

I will give you glory, O God my King,
I will bless your name for ever.

I will bless you day after day
and praise your name for ever.
The Lord is great, highly to be praised,
his greatness cannot be measured.

Age to age shall proclaim your works,
shall declare your mighty deeds,
shall speak of your splendor and glory,
tell the tale of your wonderful works.

They will speak of your terrible deeds,
recount your greatness and might.
They will recall your abundant goodness;
age to age shall ring out your justice.

The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his, creatures.

Friday Week IV - Evening Prayer

All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God,

to make known to men your mighty deeds
and the glorious splendor of your reign.

Yours is an everlasting kingdom;
your rule lasts from age to age.

Antiphon 2:

Ordinary Time: To you alone, Lord, we look with confidence; you are ever close to those who call upon you.

December 17-23: Wait for the Lord and he will come to you with his saving power.

Easter: To the King of ages, immortal and invisible, be all honor and glory, alleluia.

II

The Lord is faithful in all his words
and loving in all his deeds.

The Lord supports all who fall
and raises all who are bowed down.

The eyes of all creatures look to you
and you give them their food in due time.

You open wide your hand,
grant the desires of all who live.

The Lord is just in all his ways
and loving in all his deeds.

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

He grants the desires of those who fear him,
he hears their cry and he saves them.

The Lord protects all who love him;
but the wicked he will utterly destroy.

Let me speak the praise of the Lord,
let all mankind bless his holy name
for ever, for ages unending.

Psalm-prayer

Lord, be near to all who call upon you in truth, and increase the dedication of those who revere you. Hear their prayers and save them, that they may always love you and praise your holy name.

Antiphon 3:

Ordinary Time: King of all the ages, your ways are perfect and true.

December 17-23: *Eagerly I watch for the Lord; I wait in joyful hope for the coming of God my Savior.*

Easter: *The Lord is my strength, I shall always praise him, for he has become my savior, alleluia.*

Canticle – Revelation 15: 3-4
Hymn of adoration

Mighty and wonderful are your works,
Lord God Almighty!
Righteous and true are your ways,
O King of the nations!

Who would dare refuse you honor,
or the glory due your name, O Lord?

Since you alone are holy,
all nations shall come
and worship in your presence.
Your mighty deeds are clearly seen .

READING Romans 8:1-2, 10-11

There is no condemnation now for those who are in Christ Jesus. The law of the spirit, the spirit of life in Christ Jesus, has freed you from the law of sin and death. If Christ is in you the body is dead because of sin, while the spirit lives because of justice. If the Spirit of him who raised Jesus from the dead dwells in you, then he who raised Christ from the dead will bring your mortal bodies to life also, through his Spirit dwelling in you.

RESPONSORY

Leader: Christ died for our sins to make of us an offering to God.

All: Christ died for our sins to make of us an offering to God.

Leader: He died to this world of sin, and rose in the power of the Spirit,

All: to make of us an offering to God.

Leader: Glory to the Father . . .

All: Christ died for for our sins to make of us an offering to God.

CANTICLE OF MARY

Antiphon: Remember your mercy, Lord, the promise of mercy you made to our fathers.

CANTICLE OF MARY (*see page 9*)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Friday Week IV - Evening Prayer

Antiphon: Remember your mercy, Lord, the promise of mercy you made to our fathers.

INTERCESSIONS

Leader: Let us pray to Christ, the source of hope for all who know his name:

All: *Lord, have mercy.*

Leader: Christ, our frail humanity is prone to fall,

All: strengthen us through your help.

Leader: Left to itself, our nature is inclined to sin,

All: let your love always restore it to grace.

Leader: Lord, sin offends you, repentance pleases you,

All: do not punish us in your wrath even when we have sinned.

Leader: You forgave the penitent woman, and placed the wandering sheep on your shoulders,

All: do not deprive us of your mercy.

Leader: By your death on the cross you opened the gates of heaven,

All: admit into your kingdom all who hoped in you.

OUR FATHER

Leader: Now let us offer together the prayer our Lord Jesus Christ taught us:

All: Our Father, who art in heaven . . .

Concluding Prayer

God our Father, you brought salvation to all mankind through the suffering of Christ your Son. May your people strive to offer themselves to you as a living sacrifice and be filled with the abundance of your love. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen.

Leader: Let us bless the Lord.

All: Thanks be to God.

Prayers to the Holy Spirit

To The Holy Spirit

O God, all hearts are open to you, and every wish and secret is known. Cleanse our thoughts by the inpouring of the Holy Spirit, and grant us the grace to love you perfectly and praise you worthily. May the Holy Comforter, who proceeds from you, O Lord, enlighten our minds and teach us all truth as your Son has promised. O Lord, let the power of the Holy Spirit be with us, gently cleansing our hearts and guarding us against danger. O God, you have instructed the hearts of the faithful by the light of the Holy Spirit. Grant that through the same Holy Spirit we may be truly wise and rejoice in his consolation. Amen.

For the Invocation of the Seven Gifts of The Holy Spirit

Lord Jesus, as God's Spirit came down and rested upon you, may the same Spirit rest upon us, bestowing his sevenfold gifts. Grant us the gift of ***understanding***, by which your precepts may enlighten our minds. And grant us ***counsel***, by which we may follow in your footsteps on the path of righteousness. Grant us ***courage***, by which we may ward off the Enemy's attacks. Grant us ***knowledge***, by which we can distinguish good from evil. Grant us ***piety***, by which we may acquire compassionate hearts. Grant us ***fear***, by which we may draw back from evil and submit to what is good. Lastly, grant us ***wisdom***, that we may taste fully the life-giving sweetness of your love. You live and reign forever and ever. Amen. (*Saint Bonaventure*)

Prayers To the Blessed Virgin Mary

Salve Regina (Latin)

Salve Regina, mater misericordiae:
Vita, dulcedo, et spes nostra, salve.
Ad te clamamus, exsules, filii Hevae.
Ad te suspiramus, gementes et flentes in hac lacrimarum valle.
Eia erfo, Adocata nostra, illos tuos
misericordes oculos ad nos converte.
Et Jesum, benedictum fructum ventris tui,
nobis post hoc exilium ostende.
O Clemens, O pia, O dulcis Virgo Maria.

Salve Regina (English)

Hail Holy Queen,
Mother of mercy,
Our life, our sweetness, and our hope.
To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs, mourning and weeping
In this valley of tears.
Turn then, most gracious advocate,
Thine eyes of mercy towards us.
And after this, our exile,
Show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

V. Pray for us O holy mother of God.

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

Angelus

V. The Angel of the Lord declared unto Mary:

R. And she conceived of the Holy Spirit.

*Hail Mary full of grace, the Lord is with thee. Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for
us sinners, now and at the hour of our death. Amen.*

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

Hail Mary...

V. And the Word was made flesh:

R. And dwelt among us.

Hail Mary...

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

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

Let us pray. Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the Incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His resurrection. Through the same Christ, our Lord. Amen.

Ave Regina Caelorum (Hail, O Queen of Heaven)

(After the Presentation to Holy Saturday)

Hail, O Queen of Heaven Enthroned!
Hail, by angels mistress owned!
Root of Jesse, Gate of morn,
Whence the world's true light was born.
Glorious Virgin, joy to you!
Loveliest whom in Heaven we see.
Fairest thou where all are fair,
Plead with Christ our sins to spare.

V. Grant that I may praise you, O sacred Virgin.

R. Give me strength against thine enemies.

Regina Caeli (Queen of Heaven)

(From the Easter Vigil to Pentecost)

V. Queen of heaven, rejoice, alleluia.

R. For He whom thou didst merit to bear, alleluia.

V. Has risen, as He said, alleluia.

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 resurrection of Thy Son, our Lord Jesus Christ, didst vouchsafe to give joy to the world; grant, we beseech Thee, that through His Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

Memorare in Honor of Mary

REMEMBER, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly to thee, O Virgin of virgins, my Mother. To thee I come, before thee I stand sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Prayers to St. Joseph

Prayer to St. Joseph

To you, O blessed Joseph, we have recourse in our afflictions, and, having implored the help of your holy Spouse, we now, with hearts filled with confidence, earnestly beg you also to take us under your protection. By that charity with which you were united to the Immaculate Virgin Mother of God, and by that fatherly love with which you cherished the Child Jesus, we beseech you and we humbly pray that you will look down with gracious eyes upon that inheritance which Jesus Christ purchased by his blood, and will assist us in our need by your power and strength.

Defend, O most watchful guardian of the Holy Family, the chosen offspring of Jesus Christ. Keep from us, O most loving Father, all error and corruption. Aid us from on high, most valiant defender, in this conflict with the powers of darkness. And even as of old you rescued the Child Jesus from the perils of his life, so now defend God's holy Church from the snares of the enemy and from all adversity.

Shield us ever under your patronage that, following your example and strengthened by your help, we may live a holy life, die a happy death, and attain to everlasting bliss in heaven. Amen.

Novena to St. Joseph

O glorious St. Joseph, faithful follower of Jesus Christ, to thee do we raise our hearts and hands to implore thy powerful intercession in obtaining from the benign Heart of Jesus all the helps and graces necessary for our spiritual and temporal welfare, particularly the grace of a happy death, and the special favor we now implore (*state your petition*).

O Guardian of the Word Incarnate, we have confidence that thy prayers on our behalf will be graciously heard before the throne of God. Amen.

(Then say the following seven times in honor of the seven sorrows and joys of St. Joseph.)

V. O Glorious St. Joseph! Through thy love for Jesus Christ and for the glory of His Name,

R. Hear our prayers and obtain our petitions.

V. Jesus, Mary and Joseph,

R. Assist us!

Memorare in Honor of Saint Joseph

Remember, O most chaste spouse of the Virgin Mary, that never has it been known that anyone who asked for your help and sought your intercession was left unaided. Full of confidence in your power, I hasten to you, and beg your protection. Listen, O foster-father of the Redeemer, to my humble prayer, and in your goodness hear and answer me. Amen.

To Obtain a Special Favor

O Blessed St. Joseph, tender-hearted father, faithful guardian of Jesus, chaste spouse of the Mother of God, I pray to you to join with me in praising God the Father through his divine Son who died on the Cross and rose again to give us sinners new life. Through the holy Name of Jesus, pray with us that we may obtain from the eternal Father the favor we ask for... (*place intention here*)

We have been unfaithful to the unfailing love of God the Father; beg of Jesus mercy for us all. Amid the splendors of God's loving presence, do not forget the sorrows of those who suffer, those who pray, those of your most holy Spouse, our Blessed Lady; may the love of Jesus answer our call of confident hope. Amen.

Consecration to St. Joseph

St. Joseph, head of the Holy Family, God chose you among men to be the protector of the Christ Child and the guardian of Virgin Mary. To you whom the Church honors as her patron we joyfully come to consecrate ourselves and to be your adopted children. We feel the great need of your kind protections. Our weakness and proneness to evil would cause us to perish, but for your protecting arm.

Saint Joseph, from heaven where you reign with Jesus and Mary, look upon us who promise to follow your example. Grant that, after fulfilling our Christian duties on earth, we may have the happiness of dying with your name and the names of Jesus and Mary on our lips. Amen.

Other Prayers

Act of Confidence in Divine Mercy

Lord, behold a soul that is in the world so that Thou may exercise Thine admirable mercy to make it shine before heaven and earth. Others glorify Thee by showing, through fidelity and constancy, the power of Thy grace and how sweet and generous Thou art to those who are faithful to Thee. As for me, I will glorify Thee by manifesting how good Thou art to sinners. In me Thou will show that Thy mercy is superior to all our malice, that nothing can exhaust it, and that no relapse, however shameful and culpable it may be, should make a sinner lose hope in Thy forgiveness.

Other Prayers

My beloved Redeemer, I have offended Thee gravely. But it would be worse still if I add to my offenses the horrible outrage of thinking that Thou art not so good as to forgive me.

In vain Thine enemy, who is also mine, sets new snares for me daily. He may cause me to cast away everything except the hope I have in Thy mercy. Even though I fall a hundred times, and my sins were a hundred times more horrible than what they are, I will always continue to hope in Thee. *(of St. Claude de la Colombiere)*

Act of Consecration to the Sacred Heart of Jesus

My adorable Redeemer, I give and consecrate myself totally to Thy Sacred Heart in the fullest and most complete way of which I am capable.

Nail me to Thy Cross by my Baptismal Promises, by the duties of my state of life and by my resolution to serve Thee always. I renew all these before heaven and earth in Thy Sacred Heart.

Thy holy service is for me an easy yoke and its bonds do not burden me. Moreover, I would desire to fasten even more closely its tight knots.

Therefore, I embrace the beloved cross of my vocation even unto death. It shall be all my delight, my pleasure, my glory. God forbid that I should glory, save in the Cross of our Lord Jesus Christ, through which the world is crucified to me, and I to the world. Thy poverty shall be my treasure; Thy sufferings my delight; Thy Person, my only love.

I will never abandon Thee, my Savior; I will unite myself intimately with Thee. I do not fear the narrow path of holiness, because Thou art my light and my strength.

I hope, therefore, O my Lord, that Thou will make me firm to resist all temptations and that Thou will make me victorious over all the enemies of my soul. Continue to stretch out Thy hand over me, and to bestow Thy favors upon me.

By Thy Blood, by Thy Wounds and by Thy Sacred Heart, I implore Thee, O adorable Jesus, by this act of consecration grant that I may become a new creation of Thy love. Amen. *(of St. Claude de la Colombiere)*

Pope Francis' Five Finger Prayer

- 1) The Thumb is the closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "Sweet Obligation."
- 2) The next finger is the Index. Pray for those who Teach you, Instruct you and Heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.
- 3) The following finger is the Tallest. It reminds us of our leaders, the governors and those who have authority. They need God's guidance.

Other Prayers

- 4) The fourth finger is the Ring finger. Even that it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.
- 5) And finally, we have our smallest finger. The smallest of all. Your Pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective. And also, you will be able to pray for your own needs in a better way.

How to Pray the Rosary

(for the following prayer texts see page 224)

1. Make the *Sign of the Cross* and say *The Apostles Creed* [*holding the cross*].
2. Say the *Our Father* [*holding the first large bead*].
3. Say 3 *Hail Marys* [*holding each of the three next beads*].
4. Say the *Glory be to the Father* [*after the three beads*].
5. Announce the First Mystery; then say the *Our Father* (*holding the last large bead*).
6. Say 10 *Hail Marys* [*on each bead of the decade*].
7. Say the *Glory Be to the Father* [*after each decade*].
8. Say the *O My Jesus* [*to conclude the decade*].
9. Announce the Second Mystery; then say the *Our Father*, 10 *Hail Marys*, *Glory Be* and *O My Jesus*. (*for each subsequent decade*).
10. Announce the Third Mystery; then say the *Our Father*, 10 *Hail Marys*, *Glory Be* and *O My Jesus*.
11. Announce the Fourth Mystery; then say the *Our Father*, 10 *Hail Marys*, *Glory Be* and *O My Jesus*.
12. Announce the Fifth Mystery; then say the *Our Father*, 10 *Hail Marys*, *Glory Be* and *O My Jesus*.
13. Conclude by saying the *Hail, Holy Queen*.

Hail, Holy Queen

(concluding the Rosary)

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears! Turn, then, O most gracious Advocate, thine eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

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

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

Let us Pray. O God, whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise, through the same Christ our Lord. Amen.

The Chaplet of Divine Mercy

Recite one Our Father, one Hail Mary, and the Apostles' Creed. Then, on the Our Father beads of the rosary, say the following words:

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.

On the Hail Mary beads, say the following words:

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

At the conclusion of the chaplet, three times recite:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

The Seven Sorrows of Our Lady

- 1) The Prophecy of Holy Simeon. (Lk 2: 34)
- 2) The Flight of the Holy Family into Egypt. (Mt 2: 13b)
- 3) The Loss of the Child Jesus in the Temple. (Lk 2: 45)
- 4) The Encounter of Jesus with His Blessed Mother as He Carries the Cross. (Lk 23: 27)
- 5) The Crucifixion and Death of our Lord Jesus Christ and Mary at the Foot of the Cross. (Jn 19: 26-27)
- 6) The Descent from the Cross, and Jesus in the Arms of His Most Blessed Mother.
“My soul melts away for sorrow; strengthen me according to your word.” (Ps 119: 28)
- 7) The Burial of our Lord, and the Loneliness of the Blessed Virgin. (Mt 27:59-60)

The Method of Praying The Rosary of The Mater Dolorosa

(May be prayed Tuesdays, Fridays and Saturdays)

V. In the name of...(Sign of the Cross)

I believe in God, ... (*Apostles Creed* see page 224)

R. *I believe in the Holy Spirit ...*

V. Our Father ...

R. *Give us this day ...*

V. Hail Mary... } prompt and response verse

R. *Holy Mary...* } is recited three times

V. Glory be to the Father ...

R. *As it was...*

V. Today we will meditate on the *Sorrows of our Lady*. In the *first* sorrow let us contemplate *The Prophecy of Holy Simeon*.

V. Our Father ...

R. *Give us this day ...*

V. Hail Mary... } prompt and response verse

R. *Holy Mary...* } is recited seven times

V. Glory be to the Father ...

R. *As it was...*

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to heaven, especially those in most need of Thy mercy!

V. In the *second* sorrow let us contemplate ...

At the end of the seventh sorrow say:

V. Let us pray for the intentions of the Holy Father, in order to obtain the holy indulgences. (*Our Father, Hail Mary and Glory Be*)

V. Hail, holy Queen, (see page 192)

R. *Mother of Mercy ...*

The Litany of the Mater Dolorosa may be recited at the end of the Rosary.

How to Pray the Rosary

Litany of The Mater Dolorosa

Lord, have mercy. *Lord, have mercy.*
Christ, have mercy. *Christ, have mercy.*
Lord, have mercy. *Lord, have mercy.*
Christ, hear us. *Christ, hear us.*
Christ, graciously hear us.
 Christ, graciously hear us.
God the Father of heaven,
 have mercy on us.
God the Son, Redeemer of the world,
God the Holy Spirit, *have mercy on us.*
Holy Trinity, one God,
Holy Mary, *pray for us.*
Holy Mother of God,
Holy Virgin of virgins,
Crucified Mother,
Sorrowful Mother,
Mournful Mother,
Afflicted Mother,
Forsaken Mother,
Desolate Mother,
Mother bereaved of thy Son,
Mother pierced by a sword,
Mother overwhelmed by grief,
Mother filled with anguish,
Mother crucified in thy heart,
Mother most sad,
Fount of tears,
Mass of suffering,
Mirror of patience,
Rock of constancy,
Anchor of confidence,
Refuge of the abandoned,
Shield of the oppressed, *pray for us.*
Conqueror of the incredulous,
Solace of the wretched,
Medicine of the sick,
Strength of the weak,
Haven of the shipwrecked,

Calmer of tempests,
Recourse of the needy,
Terror of the treacherous,
Inspiration of Prophets,
Treasure of the Faithful,
Staff of Apostles,
Crown of Martyrs,
Light of Confessors,
Pearl of Virgins,
Comfort of Widows,
Joy of all Saints,

V. Lamb of God, who takest away the sins
of the world,
R. *Spare us, O Lord.*

V. Lamb of God, who takest away the sins
of the world,
R. *Graciously hear us, O Lord.*

V. Lamb of God, who takest away the sins
of the world,
R. *Have mercy on us.*

V. Pray for us, most sorrowful Virgin,
R. *That we may be made worthy of the
promises of Christ.*

V. Let us pray.
O God, in whose Passion, according to the
prophecy of Simeon, a sword of grief
pierced through the most sweet soul of Thy
glorious Virgin Mother Mary: grant that
we, who celebrate the memory of her
Sorrows, may obtain the happy effect of
Thy Passion. Who livest and reignest,
world without end.
R. *Amen.*

How to Pray the Rosary

The Mysteries of the Rosary

To be meditated upon while praying the Rosary.

THE JOYFUL MYSTERIES

(Said on Mondays, Saturdays and the Sundays of Advent)

1st JOYFUL MYSTERY: The Annunciation to Mary

The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, favored one! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David, his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her. (Luke 1:26-33, 38)

As an angel proclaimed the conception of Christ in Mary's virginal womb, so do mothers and fathers learn every day of the conception of their child. Let us pray to the Mother of all the Living that every child be treasured and protected from the first moment of conception as an inestimable and wondrous gift of God.

Our Father...

Holy Mary, Mother of Joy: inspire the hearts of all newly pregnant women with the joy of which you sang at the Annunciation...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: deliver all parents from fear, and implant in their hearts a joyful hope...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: pray that joy may embrace the lives of all expectant parents...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: pray for grandparents, that the witness of their joy might be a source of strength to their expectant children...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: be with all new parents, that the miracle of new life silently growing in the womb will awaken in them a commitment to cherish and protect their child...

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Hail Mary, full of grace...

Holy Mary, Mother of Joy: pray that all might be inspired by the wonder of new life and embrace God's overwhelming gift...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: watch over all new parents with your maternal care, from the first moments of new life...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: rejoice with the mother who first feels the stirring of the child in her womb...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: intercede for all parents who long to carry a child in their arms...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Bless adoptive parents and rejoice with them in the beauty of their child...

Hail Mary, full of grace...

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

2nd JOYFUL MYSTERY: The Visitation of Mary

During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled." (Luke 1:39-45)

As the child in Elizabeth's womb leaped for joy when the Blessed Virgin, pregnant with the Son of God, came to meet her, so may our hearts leap with joy at the wonders of new life promised in every expectant mother.

Our Father...

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Holy Mary, Mother of Joy: Inspire us to rejoice with all expectant parents and to support them with our prayers...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Comfort expectant fathers when they are afraid...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Share your courage with all women who fear the coming birth of their child...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Be close to all expectant mothers, as they bear the child of their womb...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Give us the joy of Saint Elizabeth and her son whenever we meet the miracle of new life...

Hail Mary, full of grace ...

Holy Mary, Mother of Joy: Pray that all our laws may protect and defend the innocent life which lives within each mother's womb...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Give courage by your example to those who greet the news of their pregnancy with fear...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Teach us to support all expectant parents and to increase their joy in the miracle of God's work within them...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Ask that God gives us the wisdom to support those tempted to abort their child's life...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Inspire even those who perform abortions with the truth of him whom you bore in your womb...

Hail Mary, full of grace...

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

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3rd JOYFUL MYSTERY: The Nativity of Our Lord

While they were there, the time came for her to have her child, and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn. Now there were shepherds in that region living in the fields and keeping the night watch over their flock. The angel of the Lord appeared to them and the glory of the Lord shone around them, and they were struck with great fear. The angel said to them, "Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all the people. For today in the city of David a savior has been born for you who is Messiah and Lord. And this will be a sign for you: you will find an infant wrapped in swaddling clothes and lying in a manger." (Luke 2: 6-12)

In the birth of every child we see the birth of Christ Jesus in the Bethlehem stable. Let us commend all new mothers and fathers and every newborn child to the protection and intercession of the Mother of God and Mother of all Christians.

Our Father...

Holy Mary, Mother of Joy: Come swiftly to the aid of all who labor in distress...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Give your own courage to mothers who are alone or abandoned...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Implant within the hearts of all grandparents the wonder known by the shepherds at the birth of your Son...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: pray for those who assist with the labor which brings new life: for skill and compassion...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Help us to welcome the gift of new life, as you welcomed the birth of your Son...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Strengthen the joy of all men and women who behold the wonder of new life...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Let the face of the newborn child proclaim the Gospel of Life...

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Hail Mary, full of grace...

Holy Mary, Mother of Joy: Guide the hands and hearts of obstetricians in their holy work...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: help us to proclaim the Gospel of Life in our care for each newborn child...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: be present at the moment of birth to share in our joy...

Hail Mary, full of grace...

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

4th JOYFUL MYSTERY: The Presentation of the Child Jesus in the Temple

Now there was a man in Jerusalem whose name was Simeon. This man was righteous and devout, awaiting the consolation of Israel, and the Holy Spirit was upon him. It had been revealed to him by the Holy Spirit that he should not see death before he had seen the Messiah of the Lord. He came in the Spirit into the temple; and when the parents brought in the child Jesus to perform the custom of the law in regard to him, he took him into his arms and blessed God, saying: "Now, Master, you may let your servant go in peace, according to your word, for my eyes have seen your salvation, which you prepared in sight of all the peoples, a light for revelation to the Gentiles, and glory for your people Israel." (Luke 2:25-32)

As Christ was consecrated to God at his presentation in the temple, so may we consecrate all children to that holiness, purity, and innocence by which they lead us to God. "A little child shall lead them."

Our Father...

Holy Mary, Mother of Joy: watch over every child and keep them safe and close to your Son...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Inspire all mothers to care for their children, as you cared for the child Jesus...

Hail Mary, full of grace...

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Holy Mary, Mother of Joy: Be with all fathers of newborn babies that they might glory in the wonder of new life...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Gently guide new parents as they lead their little ones to your Son...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Pray for the toddler who, like your Son, reaches out in hope to a brand new world...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Hold close to your immaculate heart the innocence and joy of each little child...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Be a model of maternal love for those who need you the most...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Bless with your presence the room of each little child...

Hail Mary, full of grace ...

Holy Mary, Mother of Joy: Welcome home to heaven the soul of the miscarried child...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Rejoice with us, as you did with Saint Joseph, at the first steps and first words of every child...

Hail Mary, full of grace...

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

5th JOYFULMYSTERY: The Finding of Our Lord in the Temple

Each year his parents went to Jerusalem for the feast of Passover, and when he was twelve years old, they went up according to festival custom. After they had completed its days, as they were returning, the boy Jesus remained behind in Jerusalem, but his parents did not know it. Thinking that he was in the caravan, they journeyed for a day and looked for him among their relatives and acquaintances, but not finding him, they returned to Jerusalem to look for him. After three days they found him in the temple, sitting in the

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midst of the teachers, listening to them and asking them questions, and all who heard him were astounded at his understanding and his answers. When his parents saw him, they were astonished, and his mother said to him, "Son, why have you done this to us? Your father and I have been looking for you with great anxiety." And he said to them, "Why were you looking for me? Did you not know that I must be in my Father's house?" But they did not understand what he said to them. (Luke 2:41-50)

As the Christ Child was found in the temple by the Blessed Virgin Mary and Saint Joseph, so we pray for all children, especially those lost and forgotten. May the Gospel of Life impel us to find them when they are most in need and to lead them home to a place where they are treasured, protected, and loved.

Our Father...

Holy Mary, Mother of Joy: Bring joy to the lives of children who are abused in body or mind...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Deliver the abusive adult from the evil of their actions...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Guide those who work to find children who are lost...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Pray for all children unwanted or abandoned, and lead them home...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Be with parents unable to care for their children: teach them patience and holiness...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Teach young parents to treasure their child as you loved the Child Jesus...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Pray for doctors who have abandoned the practice of the faith: lead them home to your Son...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Intercede with your son for all who perform abortions that they may be freed from a blindness to the evil of their actions...

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Hail Mary, full of grace...

Holy Mary, Mother of Joy: Inspire all legislators by your love for us, that they might work for the protection of life...

Hail Mary, full of grace...

Holy Mary, Mother of Joy: Guide, by your holy example, all who seek to lead us and lead them to a love for the Gospel of Life...

Hail Mary, full of grace...

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

THE SORROWFUL MYSTERIES

(Said on Tuesdays, Fridays and the Sundays of Lent)

Introduction

In this time of national tragedy, we turn to the Lord, who knows our suffering and longs to give us his comfort and peace. Yet it was our infirmities that he bore, our sufferings that he endured. Isaiah 53:4a

Apostles' Creed (see page 224)

While we thought of him as stricken, as one smitten by God and afflicted. Isaiah 53:4b

Our Father...

Because God did not make death, nor does he rejoice in the destruction of the living. Wisdom 1:13

Hail Mary ...

For he fashioned all things that they might have being; and the creatures of the world are wholesome. Wisdom 1:14a

Hail Mary ...

And there is not a destructive drug among them nor any domain of the nether world on earth. Wisdom 1:14b

Hail Mary ...

For justice is undying. Wisdom 1:15

Glory Be...

1st SORROWFUL MYSTERY: The Agony in the Garden

Then going out [Jesus] went, as was his custom, to the Mount of Olives, and the disciples followed him. Luke 22:39

Our Father...

When he arrived at the place he said to them, "Pray that you may not undergo the test." Luke 22:40

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Hail Mary ...

After withdrawing about a stone's throw from them and kneeling, he prayed, saying, "Father, if you are willing, take this cup away from me; still, not my will but yours be done." Luke 22:41-42

Hail Mary ...

And to strengthen him an angel from heaven appeared to him. Luke 22:43

Hail Mary ...

He was in such agony and he prayed so fervently that his sweat became like drops of blood falling on the ground. Luke 22:44

Hail Mary ...

The spirit is willing, but the flesh is weak. Matthew 26:41b

Hail Mary ...

I cry aloud to God, cry to God to hear me. Psalm 77:2

Hail Mary ...

On the day of my distress I seek the Lord; by night my hands are raised unceasingly; I refuse to be consoled. Psalm 77:3

Hail Mary ...

My eyes cannot close in sleep; I am troubled and cannot speak. Psalm 77:5

Hail Mary ...

In the night I meditate in my heart; I ponder and my spirit broods: Psalm 77:7bc

Hail Mary ...

Has God's love ceased forever? Has the promise failed for all ages? Psalm 77:9

Hail Mary ...

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Has God forgotten mercy, in anger withheld compassion? Psalm 77:10

Glory Be...

2nd SORROWFUL MYSTERY: The Scourging at the Pillar

Pilate addressed them a third time, "What evil has this man done? I found him guilty of no capital crime." Luke 23:22a

Our Father...

"Therefore I shall have him flogged and then release him." Luke 23:22b

Hail Mary ...

With loud shouts, however, they persisted in calling for his crucifixion, and their voices prevailed. Luke 23:23

Hail Mary ...

The verdict of Pilate was that their demand should be granted. Luke 23:24

Hail Mary ...

Then Pilate took Jesus and had him scourged. John 19:1

Hail Mary ...

So he released the man who had been imprisoned for rebellion and murder, for whom they asked, and he handed Jesus over to them to deal with as they wished. Luke 23:25

Hail Mary ...

How lonely she is now, the once crowded city! Lamentations 1:1a

Hail Mary ...

Widowed is she who was mistress over nations. Lamentations 1:1b

Hail Mary ...

The princess among the provinces has been made a toiling slave. Lamentations 1:1c

How to Pray the Rosary

Hail Mary ...

Bitterly she weeps at night, tears upon her cheeks. Lamentations 1:2a

Hail Mary ...

With not one to console her of all her dear ones. Lamentations 1:2b

Hail Mary ...

Her friends have all betrayed her and become her enemies. Lamentations 1:2c

Glory Be...

3rd SORROWFUL MYSTERY: The Crowning with Thorns

Then the soldiers of the governor took Jesus inside the praetorium and gathered the whole cohort around him. Matthew 27:27

Our Father...

They stripped off his clothes and threw a scarlet military cloak about him. Matthew 27:28

Hail Mary ...

Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. Matthew 27:29a

Hail Mary ...

And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" Matthew 27:29b

Hail Mary ...

They spat upon him and took the reed and kept striking him on the head. Matthew 27:30

Hail Mary ...

And when they had mocked him, they stripped him of the cloak, dressed him in his own clothes, and led him off to crucify him. Matthew 27:31

How to Pray the Rosary

Hail Mary ...

Lord, my God, I call out by day; at night I cry aloud in your presence. Psalm 88:2

Hail Mary ...

You plunged me into the bottom of the pit, into the darkness of the abyss. Psalm 88:7

Hail Mary ...

All day I call on you, Lord; I stretch out my hands to you. Psalm 88:10bc

Hail Mary ...

Why do you reject me, Lord? Why hide your face from me? Psalm 88:15

Hail Mary ...

All the day they surge round like a flood; from every side they close in on me. Psalm 88:18

Hail Mary ...

Because of you companions shun me; my only friend is darkness. Psalm 88:19

Glory Be...

4th SORROWFUL MYSTERY: The Carrying of the Cross

As they led [Jesus] away they took hold of a certain Simon, a Cyrenian, who was coming in from the country; and after laying the cross on him, they made him carry it behind Jesus. Luke 23:26

Our Father...

A large crowd of people followed Jesus, including many women who mourned and lamented him. Luke 23:27

Hail Mary ...

Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children." Luke 23:28

How to Pray the Rosary

Hail Mary ...

"The days are coming when people will say, 'Blessed are the barren, the wombs that never bore and the breasts that never nursed.'" Luke 23: 29

Hail Mary ...

"At that time people will say to the mountains, 'Fall upon us!' and to the hills, 'Cover us!'" Luke 23:30

Hail Mary ...

"For if these things are done when the wood is green what will happen when it is dry?" Luke 23:31

Hail Mary ...

[Jesus said,] "Whoever wishes to come after me must deny himself, take up his cross, and follow me." Mark 8:34

Hail Mary ...

This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking every yoke. Isaiah 58:6

Hail Mary ...

Sharing your bread with the hungry, sheltering the oppressed and the homeless. Isaiah 58:7ab

Hail Mary ...

Clothing the naked when you see them, and not turning your back on your own. Isaiah 58:7cd

Hail Mary ...

Then your light shall break forth like the dawn, and your wound shall quickly be healed. Isaiah 58:8ab

Hail Mary ...

How to Pray the Rosary

Then you shall call, and the Lord will answer, you shall cry for help, and he will say:
Here I am! Isaiah 58:9ab

Glory Be...

5th SORROWFUL MYSTERY: The Crucifixion and Death of Our Lord on the Cross

When they came to the place called the Skull, they crucified him and the criminals there,
one on his right, the other on his left. Luke 23:33

Our Father...

Then Jesus said, "Father, forgive them, they know not what they do." Luke 23:34

Hail Mary ...

"Jesus, remember me when you come into your kingdom." Luke 23:42

Hail Mary ...

And about three o'clock Jesus cried out in a loud voice, "Eli, Eli, lema sabachthani?"
which means, "My God, my God, why have you forsaken me?" Matthew 27:46

Hail Mary ...

Jesus cried out in a loud voice, "Father, into your hands I commend my spirit." Luke
23:46

Hail Mary ...

And bowing his head, he handed over the spirit. John 19:30b

Hail Mary ...

Do not hide your face from me; do not repel your servant in anger. You are my help; do
not cast me off; do not forsake me, God my savior! Psalm 27:9

Hail Mary ...

But I believe I shall enjoy the Lord's goodness in the land of the living. Psalm 27:13

Hail Mary ...

How to Pray the Rosary

Wait for the Lord, take courage; be stouthearted, wait for the Lord! Psalm 27:14

Hail Mary ...

But the souls of the just are in the hand of God, and no torment shall touch them. Wisdom 3:1

Hail Mary ...

They seemed, in the view of the foolish, to be dead; and their passing away was thought an affliction. Wisdom 3:2

Hail Mary ...

But they are in peace. Wisdom 3:3b

Glory Be...

Conclusion

"Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life." John 12:24-25

Hail, Holy Queen (see page 192)

THE GLORIOUS MYSTERIES

(Said on Wednesdays and the Sundays outside of Lent and Advent)

1st GLORIOUS MYSTERY: The Resurrection of Our Lord

Our Lord Jesus Christ, on the third day after his passion and death, rose again in glory, victorious over death and never to die again.

Prayer Intentions

- That all who are dying might join themselves with Christ who died and rose for them
- For those who do not believe

Our Father...

O Holy Mary, hear the cries of those who are dying of AIDS...

Hail Mary, full of grace...

O Holy Mary, with a mother's care look gently on those who suffer with cancer...

Hail Mary, full of grace...

O Holy Mary, cradle the bodies broken with cares of this world...

Hail Mary, full of grace...

O Holy Mary, intercede for those imprisoned by selfishness and sin...

Hail Mary, full of grace...

O Holy Mary, remember those locked in their homes by fear...

Hail Mary, full of grace...

O Holy Mary, look with love on those whose minds betray them...

Hail Mary, full of grace...

O Holy Mary, hear the cry of those who wake to pain...

Hail Mary, full of grace...

O Holy Mary, stand by those who care for people who have grown old...

Hail Mary, full of grace...

O Holy Mary, comfort those who must bury their loved one today...

Hail Mary, full of grace...

How to Pray the Rosary

O Holy Mary, stand vigil by those who are about to die...
Hail Mary, full of grace...

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

2nd GLORIOUS MYSTERY: The Ascension of Our Lord

Our Lord Jesus Christ, forty days after his Resurrection, ascended into heaven with triumph and great glory, in the sight of his most holy mother and all his disciples.

Prayer Intentions

- For run-aways, throw-aways and children who live on the street
- For all who have lost faith

Our Father...

O Holy Mary, hear the cries of those who mourn the dead...
Hail Mary, full of grace...

O Holy Mary, with a mother's care look gently on parents who bury their children...
Hail Mary, full of grace...

O Holy Mary, cradle the lives of those addicted or imprisoned...
Hail Mary, full of grace...

O Holy Mary, intercede for those who seek to live the Gospel of Life...
Hail Mary, full of grace...

O Holy Mary, remember those who have left home...
Hail Mary, full of grace...

O Holy Mary, look with love on young mothers who are afraid...
Hail Mary, full of grace...

O Holy Mary, hear the prayers of those who seek to make our country just...
Hail Mary, full of grace...

O Holy Mary, stand by those who fear their growing old...
Hail Mary, full of grace...

O Holy Mary, lead the children, who are lost, home to those who love them...

How to Pray the Rosary

Hail Mary, full of grace...

O Holy Mary, embrace the orphan and the widow with your love...

Hail Mary, full of grace...

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

3rd GLORIOUS MYSTERY: The Descent of the Holy Ghost upon the Apostles (Pentecost)

Our Lord Jesus Christ, sitting at the right hand of the Father, sent the Holy Spirit into the upper chamber where the apostles were gathered together, with the most Holy Virgin Mary.

Prayer Intentions

- For those whose lives are given in the defense of life
- For all who study and preach the Gospel of Life

Our Father...

O Holy Mary, hear the cries of those who accept the call to fatherhood...

Hail Mary, full of grace...

O Holy Mary, with a mother's care guide all young women in love and in the truth...

Hail Mary, full of grace...

O Holy Mary, cradle the bodies of those who are dying in pain...

Hail Mary, full of grace...

O Holy Mary, intercede for those who seek to be good parents...

Hail Mary, full of grace...

O Holy Mary, remember the children of those who are dying...

Hail Mary, full of grace...

O Holy Mary, hear the cry of those whom we have forgotten...

Hail Mary, full of grace...

O Holy Mary, pray for all doctors that they may embrace a spirit of life...

Hail Mary, full of grace...

O Holy Mary, stand by those who are in despair...

How to Pray the Rosary

Hail Mary, full of grace...

O Holy Mary, guide those tempted by sin and death...

Hail Mary, full of grace...

O Holy Mary, inspire all women by your example of faith...

Hail Mary, full of grace...

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

4th GLORIOUS MYSTERY: The Assumption of the Blessed Virgin Mary into Heaven

The Most Holy Virgin, twelve years after the Resurrection of Our Lord Jesus Christ, passed from this life, and was assumed by the angels into heaven.

Prayer Intentions

- That those who have gone before us in faith might rest in the Lord
- For babies who have died through abortion

Our Father...

O Holy Mary, hear the cries of the mother whose child has been aborted...

Hail Mary, full of grace...

O Holy Mary, with a mother's care strengthen those who have grown weak with age...

Hail Mary, full of grace...

O Holy Mary, cradle the children who have died through our neglect...

Hail Mary, full of grace...

O Holy Mary, intercede for those abused or forgotten...

Hail Mary, full of grace...

O Holy Mary, remember those imprisoned by selfishness or sin...

Hail Mary, full of grace...

O Holy Mary, look with love on those who long for heaven...

Hail Mary, full of grace...

O Holy Mary, hear the prayers of doctors who seek to heal...

How to Pray the Rosary

Hail Mary, full of grace...

O Holy Mary, stand by those who work to save the weakest and littlest among us...

Hail Mary, full of grace...

O Holy Mary, intercede for all who love life and work to protect it...

Hail Mary, full of grace...

O Holy Mary, Teach us by your life to embrace Christ your son...

Hail Mary, full of grace...

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

5th GLORIOUS MYSTERY: The Coronation of Our Lady as Queen of Heaven and Earth

The Most Holy Virgin was crowned in heaven by her divine Son as the saints rejoiced in glory around her throne.

Prayer Intentions

- For all mothers, that they come to know the wonder of their vocation
- For all who are homeless, broken or afraid

Our Father...

O Holy Mary, hear the cries of those who long for heaven...

Hail Mary, full of grace...

O Holy Mary, with a mother's care lead the dying gently home...

Hail Mary, full of grace...

O Holy Mary, walk with those who seek the way home to your Son...

Hail Mary, full of grace...

O Holy Mary, intercede for those who pray to you today...

Hail Mary, full of grace...

O Holy Mary, remember those who lead and govern us...

Hail Mary, full of grace...

O Holy Mary, look with love on those who honor the name of your Son...

How to Pray the Rosary

Hail Mary, full of grace...

O Holy Mary, send an angel to protect all who are lost...

Hail Mary, full of grace...

O Holy Mary, pray for the conversion of all who take life by violence...

Hail Mary, full of grace...

O Holy Mary, intercede with your son for all who have lost their way...

Hail Mary, full of grace...

O Holy Mary, walk closely with us in our search for the truth...

Hail Mary, full of grace...

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

THE LUMINOUS MYSTERIES

(Said on Thursdays)

1st Mystery of Light: Baptism in The Jordan

The Lord Jesus is Baptized in the Jordan River by John the Baptist, as a voice cries to us from the heavens: “This is my beloved Son, hear him!” Let us listen to Christ and, with his grace, work for the protection of every person from conception to natural death.

Our Father...

Holy Mary, Mother of Life: Bless each unborn child, with the abundance of your love...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Nurture the unborn child and make him stronger each day...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Protect the unborn child from all selfishness and sin...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Embrace the unborn child, with the tenderness of your love...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Fill the heart of each unborn child with a love for your Son...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Fill the heart of each unborn child with the wonder of God’s love...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Remember new fathers, whose hearts are afraid: make them strong...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Remember new mothers tempted by abortion...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Stand by grandparents of each child in the womb...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Comfort those whose unborn child has died...
Hail Mary, full of grace...

How to Pray the Rosary

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

2nd Mystery of Light: Self Manifestation at the Wedding at Cana

Self Manifestation at the Wedding at Cana

When they had run out of wine, Jesus blessed water and turned it into wine. May Jesus transform the darkness of sin and death in the proclamation of the Gospel of Life.

Our Father...

Holy Mary, Mother of Life: Help us to Keep your words: Do whatever he tells you...

Hail Mary, full of grace...

Holy Mary, Mother of Life: Be with all newly married couples...

Hail Mary, full of grace...

Holy Mary, Mother of Life: Lead all newly married couples to Jesus, your Son...

Hail Mary, full of grace...

Holy Mary, Mother of Life: Inspire those who prepare for marriage with your faithful love...

Hail Mary, full of grace...

Holy Mary, Mother of Life: Intercede for all couples in the first year of their marriage...

Hail Mary, full of grace...

Holy Mary, Mother of Life: Rejoice with us in the gift of married love...

Hail Mary, full of grace...

Holy Mary, Mother of Life: Be present with all the saints and angels at every wedding...

Hail Mary, full of grace...

Holy Mary, Mother of Life: Stand vigil with parents by the sick bed of their child...

Hail Mary, full of grace...

Holy Mary, Mother of Life: Be with each child on the day of First Communion...

Hail Mary, full of grace...

Holy Mary, Mother of Life: Inspire each parent with your unselfish love...

Hail Mary, full of grace...

How to Pray the Rosary

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

3rd Mystery of Light: Proclamation of the Kingdom of God

Proclamation of the Kingdom of God

Jesus called the crowds to conversion, proclaiming that the Kingdom of God is at hand.
May this world choose life and turn from all that leads to darkness and death.

Our Father...

Holy Mary, Mother of Life: Pray for all new mothers in need of your example...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Pray for all new fathers, that they might be like Saint Joseph
your spouse...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Stand by all godparents who seek to lead their children to
your Son...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Inspire the Church to follow your example of holiness of
life...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Inspire us that we might turn from sin, and be faithful to the
Gospel...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Intercede for parents who do not believe in your Son...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Cradle each little baby in your loving embrace...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Stand vigil by the cribs of crying infants...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Intercede for parents tempted by fear or despair...
Hail Mary, full of grace...

How to Pray the Rosary

Holy Mary, Mother of Life: Remember new parents confused or alone...
Hail Mary, full of grace...

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

4th Mystery of Light: Transfiguration

Transfiguration

The Lord Jesus led Peter, James and John with him to the top of the mountain where he was transfigured in light, and his garments shown whiter than snow. May Christ's glorious light shine on all who dwell in the shadow of darkness and sin.

Our Father...

Holy Mary, Mother of Life: Show us the sacredness of newborn life in Jesus your Son...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Brighten our hearts with the joy of those who see new life...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Through the darkness of sin, lead an aching world to the light of your Son...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Be at the cradle of each newborn child...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Guide the hands and hearts of obstetricians and those who help them...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Hear the cries of women in painful labor...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Stand at the beds of all whose labor brings tears and pain...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Cradle each stillborn child in your maternal tenderness...
Hail Mary, full of grace...

How to Pray the Rosary

Holy Mary, Mother of Life: Weep with us at the wonder of new life...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Stand vigil with every expecting father...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Be present in each neo-natal unit...
Hail Mary, full of grace...

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

5th Mystery of Light: Institution of The Eucharist

On the night before he suffered, he took bread, blessed it, broke it, gave it to his disciples, and said, Take this, all of you, and eat it. This is my body.. When supper was ended he took a cup filled with wine, gave it to them, and said, Take this, all of you, and drink from it, for this is the cup of my blood. Strengthened by the Holy Eucharist, may we work to proclaim the Gospel of life and defend all who are endangered by the culture of death.

Our Father...

Holy Mary, Mother of Life: Give your courage to newly pregnant mothers...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Intercede for those fearful of a child's impending birth...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Hasten to pray for all expectant parents...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Stand by the relatives and friends of all expectant parents...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Remember those forgotten by the world...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Bless all who shelter pregnant mothers...
Hail Mary, full of grace...

Holy Mary, Mother of Life: Watch over children abandoned or uncared for...
Hail Mary, full of grace...

How to Pray the Rosary

Holy Mary, Mother of Life: Look with compassion on single mothers who expect a child...

Hail Mary, full of grace...

Holy Mary, Mother of Life: Be a model of expectant joy for all your children...

Hail Mary, full of grace...

Holy Mary, Mother of Life: Hasten to proclaim the fruit of your womb to all peoples...

Hail Mary, full of grace...

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

How to Pray the Rosary

Rosary Prayers

(asterisk indicates response portion when prayer is directed by leader)

The Apostles' Creed

I BELIEVE in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord; **who was conceived by the Holy Spirit, born of the Virgin Mary**, suffered under Pontius Pilate, was crucified, died and was buried. He descended into Hell; on the third day He arose again from the dead. He ascended into Heaven, and is seated at the right hand of God, the Father Almighty; from there He will come to judge the living and the dead. * I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Our Father

OUR FATHER, Who art in Heaven, hallowed be Thy Name. Thy kingdom come, Thy will be done on earth as it is in Heaven. * Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

HAIL MARY, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. * Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory Be

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.

O My Jesus

To be said "after the Glory Be to the Father following each decade of the Rosary. All pray it together.

O MY JESUS, forgive us our sins, save us from the fires of Hell, lead all souls to Heaven, especially those who are in most need of Thy mercy.

Hail, Holy Queen

HAIL, holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us. And after this our exile, show unto us the blessed Fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V Pray for us, O holy Mother of God.

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

Litanies

Litany of the Sacred Heart of Jesus

Lord, have mercy	Lord, have mercy
Christ, have mercy	Christ, have mercy
Lord, have mercy	Lord, have mercy
God our Father in heaven	Have mercy on us
God the Son, Redeemer of the world	Have mercy on us
God the Holy Spirit	Have mercy on us
Holy Trinity, one God	Have mercy on us
Heart of Jesus, Son of the eternal Father	Have mercy on us
Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother	Have mercy on us
Heart of Jesus, one with the eternal Word	Have mercy on us
Heart of Jesus, infinite in majesty	Have mercy on us
Heart of Jesus, holy temple of God	Have mercy on us
Heart of Jesus, tabernacle of the Most High	Have mercy on us
Heart of Jesus, house of God and gate of heaven	Have mercy on us
Heart of Jesus, aflame with love for us	Have mercy on us
Heart of Jesus, source of justice and love	Have mercy on us
Heart of Jesus, full of goodness and love	Have mercy on us
Heart of Jesus, well-spring of all virtue	Have mercy on us
Heart of Jesus, worthy of all praise	Have mercy on us
Heart of Jesus, king and center of all hearts	Have mercy on us
Heart of Jesus, treasure-house of wisdom and knowledge	Have mercy on us
Heart of Jesus, in whom there dwells the fullness of God	Have mercy on us
Heart of Jesus, in whom the Father is well pleased	Have mercy on us
Heart of Jesus, from whose fullness we have all received	Have mercy on us
Heart of Jesus, desire of the eternal hills	Have mercy on us
Heart of Jesus, patient and full of mercy	Have mercy on us
Heart of Jesus, generous to all who turn to you	Have mercy on us
Heart of Jesus, fountain of life and holiness	Have mercy on us
Heart of Jesus, atonement for our sins	Have mercy on us
Heart of Jesus, overwhelmed with insults	Have mercy on us

Litanies

Heart of Jesus, broken for our sins	Have mercy on us
Heart of Jesus, obedient even to death	Have mercy on us
Heart of Jesus, pierced by a lance	Have mercy on us
Heart of Jesus, source of all consolation	Have mercy on us
Heart of Jesus, our life and resurrection	Have mercy on us
Heart of Jesus, our peace and reconciliation	Have mercy on us
Heart of Jesus, victim of our sins	Have mercy on us
Heart of Jesus, salvation of all who trust in you	Have mercy on us
Heart of Jesus, hope of all who die in you	Have mercy on us
Heart of Jesus, delight of all the saints	Have mercy on us
Lamb of God, you take away the sins of the world	Have mercy on us
Lamb of God, you take away the sins of the world	Have mercy on us
Lamb of God, you take away the sins of the world	Have mercy on us
Jesus, gentle and humble of heart.	Touch our hearts and make them like your own.

Let us pray.

Father, we rejoice in the gifts of love we have received from the heart of Jesus your Son. Open our hearts to share his life and continue to bless us with his love. We ask this in the name of Jesus the Lord. Amen.

Litany of the Blessed Virgin Mary

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

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

God our Father in heaven
God the Son, Redeemer of the world
God the Holy Spirit
Holy Trinity, one God

Have mercy on us.
Have mercy on us.
Have mercy on us.
Have mercy on us.

Holy Mary
Holy Mother of God
Most honored of Virgins

Pray for us.
Pray for us.
Pray for us.

Mother of Christ
Mother of the Church
Mother of divine grace
Mother most pure
Mother of chaste love
Mother and virgin
Sinless Mother
Dearest of mothers
Model of motherhood
Mother of good counsel
Mother of our Creator
Mother of our Savior
Virgin most wise
Virgin rightly praised
Virgin rightly renowned
Virgin most powerful
Virgin gentle in mercy
Faithful Virgin
Mirror of Justice
Throne of Wisdom
Cause of our Joy

Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.

Shrine of the Spirit
Glory of Israel
Vessel of selfless devotion
Mystical Rose
Tower of David

Pray for us.
Pray for us.
Pray for us.
Pray for us.
Pray for us.

Litany of St. Joseph

(When this litany is prayed in public, the congregation responds to a leader with the words in italics.)

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

God, our Father in Heaven,
have mercy on us
God the Son, Redeemer of the world,
have mercy on us
God the Holy Spirit,
have mercy on us
Holy Trinity, One God,
have mercy on us

Holy Mary, ***pray for us***
Saint Joseph, ***pray for us***
Noble son of the house of David,
pray for us
Light of Patriarchs, ***pray for us***
Husband of the Mother of God,
pray for us
Guardian of the Virgin, ***pray for us***
Foster father of the Son of God,
pray for us
Faithful guardian of Christ, ***pray for us***
Head of the Holy Family, ***pray for us***
Joseph most just, ***pray for us***
Joseph most chaste, ***pray for us***
Joseph most prudent, ***pray for us***
Joseph most strong, ***pray for us***

Joseph most obedient, ***pray for us***
Joseph most faithful, ***pray for us***
Pattern of patience, ***pray for us***
Lover of poverty, ***pray for us***
Model of workers, ***pray for us***
Example of parents, ***pray for us***
Guardian of virgins, ***pray for us***
Pillar of family life, ***pray for us***
Comfort of the troubled, ***pray for us***
Hope of the sick, ***pray for us***
Patron of the dying, ***pray for us***
Terror of evil spirits, ***pray for us***
Protector of the Church, ***pray for us***

Lamb of God, who take away the sins of
the world, ***have mercy on us.***
Lamb of God, who take away the sins of
the world, ***have mercy on us***
Lamb of God, who take away the sins of
the world, ***have mercy on us***

V. God made him master of his household:
R. ***And ruler of all His possessions***

Let us pray.

O God, you were pleased to choose Saint Joseph as the husband of Mary and the guardian of your Son. Grant that, as we venerate him as our protector on earth, we may deserve to have him as our intercessor in heaven. We ask this through Christ our Lord. ***Amen.***

Litany of St John the Evangelist (1)

Prayer to St. John the Evangelist

O Glorious Saint John, you were so loved by Jesus that you merited to rest your head upon his breast, and to be left in his place as a son to Mary. Obtain for us an ardent love for Jesus and Mary. Let me be united with them now on earth and forever after in heaven.

St. John, Apostle of the Lord

Lead us to Jesus

St. John, Beloved of Jesus

Help us to love Jesus

St. John, Guardian Son of Mary

Make us honor and love Mary

St. John, You did not abandon the Lord in Calvary

Strengthen us in our faith in God

St. John, You died in your heart with Jesus on the cross and when you gave His lifeless body to Mother Mary

Never let us be separated from our Lord

St. John, You are The Evangelist

Teach us to know and serve the Lord

St. John, Our Patron

Protect us from the evil one

St. John, Our Patron

Inspire us in our daily life

St. John, Our Patron

Intercede for us always

Amen.

(Composed by Fr. Joepel Padit for St. John the Evangelist Parish)

Litany of Saint John the Evangelist (2)

V. Lord have mercy.

R. Lord have mercy.

V. Christ have mercy.

R. Christ have mercy.

V. Lord have mercy.

R. Lord have mercy.

V. Christ hear us.

R. Christ graciously hear us.

V. God, the Father of Heaven,

R. Have mercy on us.

V. God, the Son, Redeemer of the world,

R. Have mercy on us.

Litanies

- | | |
|--|---|
| V. God, the Holy Spirit,
R. Have mercy on us. | V. Brother of Saint James,
R. Pray for us. |
| V. Holy Trinity, One God,
R. Have mercy on us. | V. Son of Thunder,
R. Pray for us. |
| V. Saint John the Theologian,
R. Pray for us. | V. Follower of the Baptist,
R. Pray for us. |
| V. Apostle of Christ,
R. Pray for us. | V. Disciple who bore witness,
R. Pray for us. |
| V. Evangelist who bore witness to the
Word of God,
R. Pray for us. | V. Disciple who drank of the heavenly
streams,
R. Pray for us. |
| V. Evangelist who bore witness to the
testimony of Jesus,
R. Pray for us. | V. Disciple at the foot of the Cross,
R. Pray for us. |
| V. Evangelist of the Word made Flesh,
R. Pray for us. | V. Beloved to whom was entrusted the
Virgin Mother,
R. Pray for us. |
| V. Beloved Disciple who reclined on the
Heart of the Lord,
R. Pray for us. | V. Entrusted son of Mary,
R. Pray for us. |
| V. Witness of the Transfiguration,
R. Pray for us. | V. Disciple who ran to the tomb,
R. Pray for us. |
| V. Defender of Virgins,
R. Pray for us. | V. Herald of the Resurrection,
R. Pray for us. |
| V. Defender of chastity,
R. Pray for us. | V. Disciple who cried out "It is the Lord!"
R. Pray for us. |
| V. Teacher of charity,
R. Pray for us. | V. Destroyer of Heresy,
R. Pray for us. |
| V. Disciple who touched the Word of Life,
R. Pray for us. | V. Defender of the Lord's Divinity,
R. Pray for us. |
| V. Evangelist of the Heart of Christ,
R. Pray for us. | V. Defender of the Holy Eucharist,
R. Pray for us. |
| V. Son of Zebedee, the fisherman,
R. Pray for us. | V. Companion of Peter,
R. Pray for us. |
| V. Son of Salome, the myrrh-bearer,
R. Pray for us. | V. Pillar of the Church,
R. Pray for us. |

Litanies

V. Witness cast into a cauldron of boiling oil,

R. Pray for us.

V. Exile of Patmos,

R. Pray for us.

V. Prophet of the New Creation,

R. Pray for us.

V. Bishop and herald at Knock,

R. Pray for us.

V. Our Brother in Christ,

R. Pray for us.

V. Partner in tribulation,

R. Pray for us.

V. Partner in the Kingdom,

R. Pray for us.

V. Partner in patience,

R. Pray for us.

V. Lover of Sunday,

R. Pray for us.

V. Presbyter to the elect,

R. Pray for us.

V. Prophet to the seven churches,

R. Pray for us.

V. Angel of the Apocalypse,

R. Pray for us.

V. Angel of Ephesus,

R. Pray for us.

V. Spiritual father of Timothy,

R. Pray for us.

V. Defender of the aged,

R. Pray for us.

V. Mirror of chastity,

R. Pray for us.

V. Teacher of heavenly charity,

R. Pray for us.

V. Mystical visionary,

R. Pray for us.

V. Seer of the heavenly Jerusalem,

R. Pray for us.

V. Lamb of God who takest away the sins of the world,

R. Spare us, O Lord.

V. Lamb of God who takest away the sins of the world,

R. Graciously hear us, O Lord.

V. Lamb of God who takest away the sins of the world,

R. Have mercy on us.

LET US PRAY:

Almighty and Eternal God, in Your goodness enlighten Your Church, we pray, in the light of the teaching of Saint John the Evangelist, Your Apostle, so that She may come into possession of the everlasting treasures. This we ask of You according to Your will through our Lord Jesus Christ Your Son Who lives and reigns with You in the unity of the Holy Spirit, one God forever and ever.

R. **Amen.**

Litanies

From everlasting death
By your coming as man
By your death and rising to new life
By your gift of the Holy Spirit

Lord, deliver us, we pray.
Lord, deliver us, we pray.
Lord, deliver us, we pray.
Lord, deliver us, we pray.

Be merciful to us sinners
Guide and protect your holy Church
Keep the pope and all the clergy in faithful service
to your Church
Bring all peoples together in trust and peace
Strengthen us in your service
Jesus, Son of the living God

Lord, we ask you, hear our prayer.
Lord, we ask you, hear our prayer.
Lord, we ask you, hear our prayer.
Lord, we ask you, hear our prayer.
Lord, we ask you, hear our prayer.
Lord, we ask you, hear our prayer.

Christ, hear us
Christ, graciously hear us

Christ, hear us.
Christ, graciously hear us.

Let us pray.

God of our ancestors who set their hearts on you, of those who fell asleep in peace, and of those who won the martyrs' violent crown: we are surrounded by these witnesses as by clouds of fragrant incense. In this age we would be counted in this communion of all the saints; keep us always in their good and blessed company. In their midst we make every prayer through Christ who is our Lord forever and ever. Amen.

Litany of The Holy Eucharist (see page 241)

Sanctity in the Congregation of Holy Cross:

St. John the Evangelist Catholic Church at Viera was founded in 2001 and is administered by the Priests of the Congregation of Holy Cross. We are proud to present to you some of our men who lived holy lives within the Congregation. All of us are called to a life of holiness by virtue of our baptism. Some who have shown extraordinary and heroic virtues in the following of the gospel are officially recognized by the Church as saints. The Catholic Church follows very stringent steps in coming to that conclusion. The Congregation for the Causes of Saints at the Vatican is tasked with this responsibility. The following steps are followed in the elevation of a person to sainthood: a) The diocese/congregation makes an official request to the Holy See for an investigation into the life of a candidate for his or her virtuous life. If the Holy See grants it, the candidate is given a title, **Servant of God**; b) When the Congregation for the Causes of Saints ascertains the candidate's life as having been virtuous, the person is given the title of **Venerable**; c) **Beatification** is the penultimate stage before sainthood which is made possible once a miracle is attributed to the intercession of the candidate. This is when the candidate is declared a **"Blessed,"** and; d) **Sainthood or Canonization** is the final stage when the "blessed" is declared a **"Saint,"** by the Holy Father after confirming a second miracle attributed to the intercession of the candidate.

Let me list some of our own members in the tradition of the Congregation of Holy Cross who walked the way of holiness in its various stages.

Saint Brother Andre Bessette C.S.C.,

Brother Andre is the first Holy Cross man to be canonized as a saint. Alfred Bessette was born in Quebec on August 9, 1845. He was one of 12 and was orphaned at the age of 12. Upon entering the Congregation at the Novitiate, Alfred took the name of Andre and made his first vows in the Congregation of Holy Cross 1871. He is known as the "Miracle Man of Montreal" and for his unstinting devotion to St. Joseph, the foster father of Jesus on earth in honor of whom he had built one of the largest basilicas in Montreal. Bro. Andre died on January 6, 1937 at the age of 91. He was beatified by Pope John Paul II on May 23, 1982 and Canonized by Pope Benedict XVI on October 17, 2010. His feast day is celebrated on 6th January.

Saint Andre knew how to speak of the love of God with such intensity that he inspired hope in everyone who met him. He spoke of God as a loving Father, gave people common-sense advice, and was able to empathize with those he counseled. These traits, along with his warm sense of humor, drew people to him.

Prayer to Saint André:

Saint André, your devotion to Saint Joseph is an inspiration to us. You gave your life selflessly to bring the message of His life to others. Pray that we may learn from Saint Joseph, and from you, what it is like to care for Jesus and do His work in the world. St.

Sanctity in the Congregation of Holy Cross:

André, we turn to you in prayer. Whatever the pain and suffering I am going through right now can be alleviated by your intercession for me with Jesus. Please hear my prayers. (You can mention your petitions.)

Prayer to Saint André for Healing

Saint André, I come to you in prayer for healing. (state your intention) You were no stranger to illness. Plagued by stomach problems, you knew suffering on a daily basis, but you never lost faith in God. Thousands of people have sought your healing touch as I do today. Pray that I might be restored to health in body, soul and mind. With St. Joseph as my loving Protector, strengthen my faith and give me peace that I might accept God's will for me no matter what the outcome. Amen.

Prayer for the Intercession of Saint André

Lord, you have chosen Saint André to spread devotion to Saint Joseph, and to dedicate himself to all those who are poor and afflicted. Grant through his intercession the favor that we now request ... (state your intention) Grant us the grace to imitate his piety and charity, so that, with him, we may share the reward promised to all who care for their neighbors out of love for you. We make this prayer in the name of Jesus the Lord. Amen.

Collect from the Memorial of St. André

Lord our God, friend of the lowly, who gave your servant, Saint André Bessette, a great devotion to Saint Joseph and a special commitment to the poor and afflicted, help us through his intercession to follow his example of prayer and love and so come to share with him in your glory. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Blessed Basile Moreau

Basile Moreau was the one who founded the Congregation of Holy Cross at Le Mans, France in the year 1835. He was born in Laigne-en-Belin, in the Diocese of Le Mans, France, on February 11, 1799. He was ordained a priest in 1821. Living through those devastating years of the French Revolution and civil war, he was compelled to revive the disintegrating faith life in France. Responding to this need he organized a group of Auxiliary Priests to preach, teach, and carry the message of Christ to the most neglected towns and villages in France. Thus began the story of the Congregation of Holy Cross whose members serve in more than 18 countries in the world today. Fr. Moreau died on January 20, 1873. He was beatified on September 15, 2007 in Le Mans, France. His cause for canonization continues.

Prayer for the Intercession of Blessed Moreau

Lord Jesus, source of all that is good, you inspired Basile Moreau to found the religious family of Holy Cross to continue your mission among the People of God. May he be for

Sanctity in the Congregation of Holy Cross:

us a model of apostolic life, an example of fidelity, and an inspiration as we strive to follow you. Lord Jesus, you said, “Ask and you shall receive.” We come to ask you that you hear our prayer. It is through the intercession of Basile Moreau that we ask ... (state your intention). May we learn to imitate his holiness and service and look to him confidently in times of need. Amen.

Collect from the Memorial of Blessed Moreau

O God, who in your ineffable Providence, chose your priest, Blessed Basile, to imitate the virtues of the Holy Family and respond to the needs of the Church, grant, we beseech you, that, supported by his prayers and example, we may have the strength to boldly confess the Cross of Christ as our only hope. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

Servants of God:

Servant of God Theotonius Ganguly, C.S.C.: He was born in Hasnabad, Bangladesh, on February 18, 1920. He was ordained a priest on June 6, 1946 to the Diocese of Dhaka. In 1947, he was sent to the University of Notre Dame, Indiana to earn a master’s and doctorate. He was the first Bengali Christian to obtain a doctorate in Philosophy in 1951. Having known the Congregation of Holy Cross, he decided to join the same and professed his first vows on August 16, 1952 at the end of his novitiate year. He was ordained an Auxiliary Bishop on October 7, 1960 to the Archdiocese of Dhaka and became the Archbishop on November 23, 1967. He died of a sudden heart attack on September 2, 1977. His cause for Sainthood was opened by the Archdiocese of Dhaka in September 2006 thus declaring him a Servant of God.

Servant of God Flavian Laplante, C.S.C.: Flavian was born on July 27, 1907, in St. Louis-de-Richelieu, Quebec, Canada. On August 15, 1923 he received his religious habit and on August 16, 1928, he made his final vows. His life took a serious turn from teaching at Notre Dame College in Quebec when he was assigned to the mission in East Bengal in 1932. After many years of teaching and administrative assignments Flavian went to assist those who suffered the Japanese Army raids on Chittagong. While in Chittagong he devoted his life to the fishermen of the area. His heart then went out to care for the orphans from the Chakati Refugee Camp at Diang which was about 10 miles from Chittagong. This place has been known as the Miriam Ashram or the “Marian Hermitage.” After 49 years of service to the poor in Bangladesh Brother Flavian breathed his last on June 19, 1981. The Diocese of Chittagong in Bangladesh has initiated the cause of his sainthood on February 13, 2009 thus declaring him a Servant of God.

Servant of God Vincent McCauley, C.S.C.: Vincent McCauley was born on March 8, 1906, in Council Bluffs, Iowa. His life changed dramatically when he left Creighton University where he was enrolled as a freshman to join the Congregation of Holy Cross

Sanctity in the Congregation of Holy Cross:

after listening to a Holy Cross Priest preach a mission at his parish in the fall of 1924. He was ordained a Holy Cross Priest on June 24, 1934. His missionary zeal made him embrace Foreign Missions in Bengal in 1936 but was cut short due to illness and was made to come back to the US in May 1944. After his recovery he served as the formation staff at the Foreign Mission Seminary in Washington. His ardent desire to be a missionary became a reality in 1958 when he was sent to Uganda leading the Congregation's new mission. While there McCauley was appointed bishop of the newly created Diocese of Fort Portal where he had to build the diocese from scratch. He was ordained a bishop on May 17, 1961. From October 1962 to December 1965 he participated in all four sessions of the Second Vatican Council. In his characteristic manner he guided the fledging diocese in supporting countless refugees, widows, orphans and migrants in the region during the political turmoil of 1960's and 70's. He is distinctly known for establishing an East African seminary and the Catholic University of Eastern Africa. He died on November 1, 1982. The cause for his canonization began in August 2006 by the diocese of Fort Portal, Uganda thus becoming a Servant of God.

Servant of God Patrick Peyton, C.S.C.: Patrick was born on January 9, 1909, in Attymass, County Mayo, Ireland. He left Ireland for Scranton, Pennsylvania, USA in 1928. Both he and his brother Tom joined the Holy Cross Seminary in the fall of 1929. In his second year of Theology at the Catholic University in Washington D.C., he fell seriously ill with tuberculosis which forced him to be removed from school. At the suggestion of his fellow confrere he prayed a novena to Mary with fervent faith and was miraculously cured. Since then he decided to dedicate his life to Mary. He and his brother were ordained on June 15, 1941. He soon started the Family Rosary Crusade and Radio Broadcast. He is known as the "Rosary Priest," as he had dedicated 51 years of his life to Mary, the Mother of God. All his priestly life he tirelessly promoted the powerful prayer of the Rosary. He had organized several huge Rosary Rallies in the Philippines and South America. He is the one who first proclaimed the famous phrases such as "The family that prays together stays together" and "A world at prayer is a world at peace." He died on January 3, 1992 and on June 1, 2001 the formal cause of his Canonization was introduced by the Congregation of Holy Cross. He is thus called the Servant of God.

Advancement of the Cause: Rev. Jaques Dujarie, was born on December 9, 1767 in Rennes-en-Grenouilles, France. He was a priest of the diocese of Le Mans, in France. His seminary life was interrupted due to the French Revolution and he was ordained secretly a priest in Paris on December 26, 1795. While serving as pastor in Ruille-sur-Loir, he formed a group of pious women in 1804 who then came to be known as the Sisters of Providence. In September of 1820 he established the Brothers of St. Joseph. Due to illness he turned over the Brothers of St. Joseph to the care of Fr. Moreau. On March 1, 1837 the Brothers of St. Joseph were joined with the Auxiliary Priests that Moreau had already founded to form the Association of Holy Cross. Fr. Dujarie died on February 17, 1838. The request for the cause of his canonization is in its initial stages.

Prayers Related to the Holy Eucharist

Prayer before Mass

O my God, I adore and acknowledge you as my Lord. Everything that I am and possess comes from you. Since you deserve unconditional honor and praise and I am unable to return the fullness of your love, I offer you and unite myself to the unconditional love and obedience of Jesus your Son, who offers himself to you in the mystery of this Eucharist.

As Jesus does, I wish to do; in union with him I offer myself to you. In union with him I surrender myself to your will. In union with him I adore you and give my heart to you.

As Jesus prays, I wish to pray; In union with him I pray for the forgiveness of my enemies. In union with him I pray for the consolation of your Spirit. In union with him I pray that you will receive my spirit.

O my God, deepen my love for Jesus your Son through my participation in this Eucharist so that my thoughts, conduct, actions, and affections may be more deeply conformed to his. Amen.

Prayer to the Eucharistic Heart of Jesus

Eucharistic Heart, sovereign love of the Lord Jesus, who instituted this venerable sacrament in order to remain in our midst and to give us your Body and Blood as heavenly food and drink, I firmly believe, Lord Jesus, in your supreme love which instituted the Holy Eucharist; and here before this Most Blessed Sacrament, it is most appropriate that I adore this love of yours, that I praise and exalt it as the great source of life in your church. Your love is for me a pressing invitation; for you seem to be saying to me:

“See how much I have loved you! In giving you my flesh to eat and my blood to drink, I desire by this union to awaken your charity and to unite you to myself. I desire to transform your soul into me, the bread of eternal life. So give me your heart, live in my life, and you shall live in God.”

I acknowledge, Lord, the longing of your Eucharistic Heart, and for it I give you my sincere thanks. My heart is ready, yes, my heart is ready to accept your invitation. Give me the grace of being penetrated through and through by this divine love, where you invite me, like the disciples before your sacred passion, to take and eat your holy Body and Blood.

Engrave deeply within my heart the firm purpose of being ever faithful to your loving invitation. Grant me the devotion and reverence needed to honor and receive worthily the precious gift of your Eucharistic Heart, the gift of your dying love. With the help of your grace, enable me to celebrate fruitfully the memorial of your passion, to make due reparation for my offenses and ambivalence, to nourish and increase my love for you, and to preserve ever-living within my heart the seeds of a blessed eternity.

Prayer of Preparation for Holy Communion

O Lord Jesus Christ, King of everlasting glory, behold, I desire to come to you and to receive your Body and Blood in this heavenly sacrament, for your honor and glory, and the good of my soul. I desire to receive you because it is your desire and you have so willed it. Blessed be your name forever! I desire to come to you like Magdalene, that I may be delivered from all my evils, and embrace you, my only good. I desire to come to you that I may be happily united to you, that I will henceforth abide in you, and you in me, and that nothing in life or death may ever separate me from you. Amen.

Prayer after Mass (Act of Thanksgiving)

What thanksgiving, O my God, will equal the favor you have bestowed upon me? Not content with having loved me as far as to die for my sake, God of goodness, you chose also to come personally and honor me with your presence, giving yourself to me. O my soul, glorify the Lord your God, confess his goodness, exalt his magnificence, show forth eternally God's mercy. It is with a heart melting and filled with gratitude, O my sweet Savior, that I return thanks to you for the graces you have chosen to grant me. I have been unfaithful, cowardly, and quibbling, but I will not be ungrateful. I will eternally remember that this day you have given yourself to me, and throughout the remainder of my life I will give myself entirely to you. Amen.

Anima Christi (Prayer to The Most Holy Redeemer)

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within your wounds, hide me. Separated from you let me never be. From the malignant enemy, defend me, that I may praise you in the company of your saints for all eternity. Amen.

Litany of the Holy Eucharist

Lord, have mercy	Lord, have mercy
Christ, have mercy	Christ, have mercy
Lord, have mercy	Lord, have mercy
Jesus, the Most High	have mercy on us
Jesus, the Holy One	have mercy on us
Jesus, Word of God	have mercy on us
Jesus, only son of the Father	have mercy on us
Jesus, Son of Mary	have mercy on us
Jesus, crucified for us	have mercy on us
Jesus, risen from the dead	have mercy on us
Jesus, reigning in glory	have mercy on us
Jesus, coming in glory	have mercy on us
Jesus, our Lord	have mercy on us
Jesus, our hope	have mercy on us
Jesus, our peace	have mercy on us
Jesus, our Savior	have mercy on us
Jesus, our salvation	have mercy on us
Jesus, our resurrection	have mercy on us
Jesus, Judge of all	have mercy on us
Jesus, Lord of the Church	have mercy on us
Jesus, Lord of creation	have mercy on us
Jesus, Lover of all	have mercy on us
Jesus, life of the world	have mercy on us
Jesus, freedom for the imprisoned	have mercy on us
Jesus, joy of the sorrowing	have mercy on us
Jesus, giver of the Spirit	have mercy on us
Jesus, giver of good gifts	have mercy on us
Jesus, source of new life	have mercy on us

Prayers Related to the Holy Eucharist

Jesus, Lord of life	have mercy on us
Jesus, eternal high priest	have mercy on us
Jesus, priest and victim	have mercy on us
Jesus, true Shepherd	have mercy on us
Jesus, true light	have mercy on us
Jesus, bread of heaven	have mercy on us
Jesus, bread of life	have mercy on us
Jesus, bread of thanksgiving	have mercy on us
Jesus, life-giving bread	have mercy on us
Jesus, holy manna	have mercy on us
Jesus, food for everlasting life	have mercy on us
Jesus, food for our journey	have mercy on us
Jesus, holy banquet	have mercy on us
Jesus, true Sacrifice	have mercy on us
Jesus, divine Victim	have mercy on us
Jesus, Mediator of the new covenant	have mercy on us
Jesus, mystery of the altar	have mercy on us
Jesus, mystery of faith	have mercy on us
Jesus, medicine of immortality	have mercy on us
Jesus, pledge of eternal glory	have mercy on us
Jesus, Lamb of God, you take away the sins of the world	have mercy on us
Jesus, Bearer of our sins, you take away the sins of the world	have mercy on us
Jesus, Redeemer of the world, you take away the sins of the world	have mercy on us
Christ hear us	Christ hear us
Christ, graciously hear us	Christ, graciously hear us
Lord Jesus, hear our prayer	Lord Jesus, hear our prayer

Visit to The Blessed Sacrament

Prayer of Blessed John Newman

I place myself in the presence of him, in whose incarnate presence I am before, I place myself there. I adore you, O my Savior, present here as God and as man, in soul and in body, in true flesh and blood. I acknowledge and confess that I kneel before that sacred humanity, which was conceived in Mary's womb, and lay in Mary's bosom; which grew up to twelve, wrought miracles, and spoke words of wisdom and peace; which in due season hung on the Cross, lay in the tomb, rose from the dead, and now reigns in heaven. I praise, and bless, and give myself wholly to him, who is the true Bread of my soul, and my everlasting joy.

Prayer of Adoration

I adore you, Jesus, true God and true man, present in the Holy Eucharist, kneeling before you and united in spirit with all the faithful on earth and all the saints in heaven. In gratitude for so great a blessing, I love you with all my heart, for you are worthy of all praise and adoration. Lord Jesus Christ, may I never offend you with my lack of love. May your Eucharistic presence refresh me in body and soul. Mary, Mother of the Eucharistic Lord, pray for me and obtain for me a greater love for Jesus. Amen.

Eucharistic Adoration and Benediction

"The worship given to the Trinity of the Father and of the Son and of the Holy Spirit ...must fill our churches also outside the timetable of Masses... This worship must be prominent in all our encounters with the Blessed Sacrament ...Adoration of Christ in this sacrament of love must also find expression in various forms of Eucharistic devotion: personal prayer before the Blessed Sacrament, hours of adoration, period of exposition - short, prolonged, and annual (Forty Hours) - Eucharistic benediction, Eucharistic processions, Eucharistic Congresses ... Let us be generous with our time in going to meet him in adoration and in contemplation that is full of faith and ready to make reparation for the great faults and crimes of the world. May our adoration never cease." (Pope John Paul II)

Exposition.

After the minister exposes the Blessed Sacrament according to the ritual, "O Salutaris" or some other appropriate hymn is sung.

O Saving Victim / O Salutaris

O Saving Victim, opening wide
The gate of heav'n to us below!
Our foes press on from ev'ry side:
Thine aid supply, Thy strength bestow.

To Thy great name be endless praise,
Immortal Godhead, One in Three;
Oh, grant us endless length of days
In our true native land with Thee. Amen.

*O salutaris Hostia
Quae caeli pandis ostium.
Bella premunt hostilia;
Da robur fer auxilium.*

*Uni trinoque Domino
Sit sempiterna gloria:
Qui vitam sine termino
Nobis donet in patria. Amen.*

Psalm 111 (option 1)

Hallelujah!

I will praise the LORD with all my heart
in the assembled congregation of the upright.

Great are the works of the LORD,
studied by all who delight in them.

Majestic and glorious is his work,
his righteousness endures forever.

Eucharistic Adoration and Benediction

He won renown for his wondrous deeds;
gracious and merciful is the LORD.

He gives food to those who fear him,
he remembers his covenant forever.

He showed his powerful deeds to his people,
giving them the inheritance of the nations.

The works of his hands are true and just,
reliable all his decrees,

Established forever and ever,
to be observed with truth and equity.

He sent release to his people,
decreed his covenant forever;
holy and fearsome is his name.

The fear of the LORD is the beginning of wisdom;
prudent are all who practice it.
His praise endures forever.

Psalm 111 (option 2)

Antiphon:

- (A) The Lord is compassionate;
- (B) he gives food to those who fear him;
- (C) As a remembrance of his great deeds.

(1) I will thank the Lord with all my heart in the meeting of the just and their assembly.
Great are the works of the Lord, to be pondered by all who love them.

(2) Majestic and glorious his work, his justice stands firm for ever.
He makes us remember his wonders. The Lord is compassion and love.

(3) He gives food to those who fear him; keeps his covenant ever in mind.
He has shown his might to his people by giving them the lands of the nations.

(4) His works are justice and truth, his precepts are all of them sure,
standing firm for ever and ever; they are made in uprightness and truth.

(5) He has sent deliverance to his people and established his covenant for ever.
Holy his name, to be feared.

(6) To fear the Lord is the first stage of wisdom;
all who do so prove themselves wise. His praise shall last for ever!

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Eucharistic Adoration and Benediction

Antiphon:

- (A) The Lord is compassionate;
- (B) he gives food to those who fear him;
- (C) As a remembrance of his great deeds.

Psalm-prayer

Merciful and gentle Lord, you are the crowning glory of all the saints. Give us, your children, the gift of obedience which is the beginning of wisdom, so that we may do what you command and be filled with your mercy.

Period of Adoration

(It is recommended that there be an extended period for adoration, which may include both silent and communal prayer, hymns, and readings to direct the attention of the faithful to the worship of Christ the Lord.)

Reading: 1 Corinthians 11: 23-26

For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink this cup, you proclaim the death of the Lord until he comes.

Reader: The word of the Lord.

All: Thanks be to God.

Canticle of Mary

Antiphon: You showed your goodness to your sons by giving them the bread from heaven. You filled the hungry with good things, and the rich you sent away empty.

Canticle of Mary (*see page 9*)

Leader: Glory to the Father, and to the Son and to the Holy Spirit

All: As it was in the beginning is now and will be forever. Amen.

Antiphon: You showed your goodness to your sons by giving them the bread from heaven. You filled the hungry with good things, and the rich you sent away empty.

Intercessions

Leader: Christ invites all to the supper in which he gives his body and blood for the life of the world. Let us ask him:

All: Christ, the bread of heaven, grant us everlasting life.

Leader: Christ, Son of the living God, you commanded that this thanksgiving meal be done in memory of you;

All: enrich your Church through the faithful celebration of these mysteries.

Eucharistic Adoration and Benediction

Leader: Christ, eternal priest of the Most high, you have commanded your priest to offer your sacraments;

All: may they help them to exemplify in their lives the meaning of the sacred mysteries which they celebrate.

Leader: Christ, bread from heaven, you form one body out of all who partake of the one bread;

All: refresh all who believe in you with harmony and peace.

Leader: Christ, through your bread you offer the remedy for immortality and the pledge of future resurrection;

All: restore health to the sick and living hope to sinners.

Leader: Christ, our king who is to come, you commanded that the mysteries which proclaim your death be celebrated until you return;

All: grant that all who die in you may share in your resurrection.

Benediction

Toward the end of the Eucharistic Adoration, the minister, kneeling, incenses the Blessed Sacrament while "Tantum Ergo," or some other appropriate hymn, is sung.

Come Adore / Tantum Ergo

Down in adoration falling
Lo! The Sacred Host we hail.
Lo! O'er ancient forms departing,
Newer rites of grace prevail;
Faith for all defects supplying
Where the feeble senses fail.

To the Everlasting Father,
And the Son who reigns on high,
With the Holy Ghost proceeding
Forth from each eternally
Be salvation, honor, blessing,
Might, and endless majesty. Amen.

*Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.*

Eucharistic Adoration and Benediction

*Genitori, Genitoque
Laus et iubilatio
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.*

(Before the blessing, the following is said:)

Presider: You have given them bread from heaven. (Easter: Alleluia)

All: Having all sweetness within it. (Easter: Alleluia).

Presider: Let us pray:

Lord Jesus Christ, You gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of the Kingdom, where you live with the Father and the Holy Spirit, one God, for ever and ever.

All: Amen.

Blessing

After the prayer, a priest or deacon puts on the humeral veil, genuflects, and, taking the monstrance, makes the Sign of the Cross over the people in silence.

Reposition

As the Blessed Sacrament is reposed in the tabernacle, the following, or some other acclamation or hymn, may be used.

The Divine Praises

Blessed be God.

Blessed be his Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

Holy God, We Praise Thy Name

Holy God, we praise thy name!
Lord of all, we bow before thee;
All on earth thy scepter claim,
All in heav'n above adore thee;
Infinite thy vast domain,
Everlasting is thy reign.

Hark! The loud celestial hymn
Angel choirs above are raising;
Cherubim and Seraphim
In unceasing chorus praising,
Fill the heav'ns with sweet accord:
Holy, holy, holy Lord!

Holy Father, Holy Son,
Holy Spirit, Three we name thee,
While in essence only One,
Undivided God we claim thee,
And adoring bend the knee,
While we own the mystery.

O Praise the Lord

O praise the Lord, all ye nations;
Praise Him, all ye people.
For His mercy is confirmed upon us;
and the truth of the Lord endures for ever.
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.

O Sacrament Most Holy

O Sacrament most Holy,
O Sacrament Divine,
All praise and all thanksgiving
Be every moment Thine.

THE ORDER OF MASS

THE ORDER OF MASS

THE INTRODUCTORY RITES

- *Priest:* In the name of the Father, and of the Son, and of the Holy Spirit.
- *People:* **Amen.**

• A •

- The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.

• B •

- Grace to you and peace from God our Father and the Lord Jesus Christ.

• C •

- The Lord be with you.
- **And with your spirit.**

— PENITENTIAL ACT —

- Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

• A •

| CONFESS TO ALMIGHTY GOD and to you, my brothers and sisters, I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, **through my fault, through my fault, through my most grievous fault;** therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

• B •

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

• C •

- You were sent to heal the contrite of heart: Lord, have mercy. [or:] Kyrie, eleison.
- **Lord, have mercy. [or:] Kyrie, eleison.**

- You came to call sinners: Christ, have mercy. [or:] Christe, eleison.
- **Christ, have mercy. [or:] Christe, eleison.**

- You are seated at the right hand of the Father to intercede for us: Lord, have mercy. [or:] Kyrie, eleison.
- **Lord, have mercy. [or:] Kyrie, eleison.**

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

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The Kyrie Eleison

[The Kyrie, eleison (Lord, have mercy) invocations follow, unless they have just occurred in a formula of the Penitential Act.]

- Lord, have mercy. •• **Lord, have mercy.**
- Christ, have mercy •• **Christ, have mercy.**
- Lord, have mercy. •• **Lord, have mercy.**

The Gloria

GLORY TO GOD in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

The Collect (Opening Prayer)

- Let us pray.

[Then the Priest says the Collect prayer, at the end of which the people acclaim:]

- **Amen.**

—•THE LITURGY OF THE WORD •—

The First Reading

The Responsorial Psalm

The Second Reading

[To indicate the end of the readings, the reader acclaims:]

- The word of the Lord.
- **Thanks be to God.**

Acclamation

[Then follows the Gospel Acclamation, after which the Deacon, or the Priest, says:]

- *The Lord be with you.*
- **And with your spirit.**
- A reading from the holy Gospel according to N.
- **Glory to you, O Lord.**

The Gospel

[At the end of the Gospel, the Deacon, or the Priest, acclaims:]

- The Gospel of the Lord.
- **Praise to you, Lord Jesus Christ.**

Homily

[At the end of the Homily, the Symbol or Profession of Faith or Creed, when prescribed, is either sung or said:]

The Profession of Faith

Nicene Creed

I BELIEVE IN ONE GOD, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

THE ORDER OF MASS

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

The Apostles' Creed: (This creed is said during Advent, Lent and Easter Time).

I BELIEVE IN GOD, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, **who was conceived by the Holy Spirit, born of the Virgin Mary**, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

The Prayer of the Faithful

— THE LITURGY OF THE EUCHARIST —

The Preparation of the Gifts

The Prayer over the Offerings

• Blessed are you, Lord God of all creation, for through your goodness we have received the bread we offer you: fruit of the earth and work of human hands, it will become for us the bread of life.

•• **Blessed be God for ever.**

• Blessed are you, Lord God of all creation, for through your goodness we have received the wine we offer you: fruit of the vine and work of human hands, it will become our spiritual drink.

•• **Blessed be God for ever.**

Invitation to Prayer

• Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

•• **May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.**

•• **Amen.**

Prayer over the Offerings

— THE EUCHARISTIC PRAYER —

• The Lord be with you.

•• **And with your spirit.**

THE ORDER OF MASS

- Lift up your hearts.
- **We lift them up to the Lord.**
- Let us give thanks to the Lord our God.
- **It is right and just.**

Preface (*The celebrant prays this prayer*)

[The Priest continues the Preface. At the end he concludes with the people:]

Sanctus

Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Eucharistic Prayer

[During the Eucharistic Prayer, the Priest takes the bread and pronounces the words of the Lord:]

TAKE THIS, ALL OF YOU, AND EAT OF IT, FOR THIS IS MY BODY, WHICH WILL BE GIVEN UP FOR YOU.

[The Priest takes the chalice and pronounces the words of the Lord:]

TAKE THIS, ALL OF YOU, AND DRINK FROM IT, FOR THIS IS THE CHALICE OF MY BLOOD, THE BLOOD OF THE NEW AND ETERNAL COVENANT, WHICH WILL BE Poured OUT FOR YOU AND FOR MANY FOR THE FORGIVENESS OF SINS. DO THIS IN MEMORY OF ME.

[Then the Priest says:]

- The mystery of faith.
 - A •
- **We proclaim your Death, O Lord, and profess your Resurrection until you come again.**
 - B •
- **When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.**
 - C •
- **Save us, Savior of the world, for by your Cross and Resurrection you have set us free.**

[Then the Priest continues the Eucharistic Prayer. At the end, the Priest says the doxology:]

Doxology:

- Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, for ever and ever.
- **Amen.**

The Lord's Prayer

•Priest: At the Savior's command and formed by divine teaching, we dare to say:
OUR FATHER...

[The Priest alone continues, saying:]

- Priest: Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ.
- **For the kingdom, the power and the glory are yours now and for ever.**

THE ORDER OF MASS

The Rite of Peace

• Priest: Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you, look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever .

•• **Amen .**

• The peace of the Lord be with you always.

•• **And with your spirit.**

[Then, if appropriate, the Deacon, or the Priest, adds:]

• Let us offer each other the sign of peace.

The Fraction Rite (Breaking of the Bread)

[As the Priest breaks the host, the people say:]

LAMB of God, you take away the sins of the world, have mercy on us.

LAMB of God, you take away the sins of the world, have mercy on us.

LAMB of God, you take away the sins of the world, grant us peace.

Invitation to Communion

• Priest: Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

[And together with the people the Priest adds once:]

•• **Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**

Prayer after Communion

[When the Communion Rite is finished, the Priest says:]

• Let us pray...

•• **Amen.**

— THE CONCLUDING RITES —

• The Lord be with you.

•• **And with your spirit.**

• May almighty God bless you, the Father, and the Son, and the Holy Spirit.

•• **Amen.**

[The Deacon, or the Priest, then dismisses the people saying:]

• A •

• Go forth, the Mass is ended.

• B •

• Go and announce the Gospel of the Lord.

• C •

• Go in peace, glorifying the Lord by your life.

• D •

• Go in peace.

•• **Thanks be to God.**

Stations of the Cross (Scriptural)

Before each station:

Minister: We adore you, O Christ, and we bless you.

All: Because by your holy cross you have redeemed the world.

After each station:

All: Lord Jesus, help us walk in your steps.

Opening Prayer:

Minister: God of power and mercy, in love you sent your Son that we might be cleansed of sin and live with you forever. Bless us as we gather to reflect on his suffering and death that we may learn from his example the way we should go. We ask this through that same Christ, our Lord.

All: Amen.

First Station: Jesus in the Garden of Gethsemane

Reader: Then Jesus came with them to a place called Gethsemane, and he said to his disciples, "Sit here while I go over there and pray." He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch with me." He advanced a little and fell prostrate in prayer, saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will." When he returned to his disciples he found them asleep. He said to Peter, "So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak." (*Matthew 26:36-41*)

Minister: Lord, grant us your strength and wisdom, that we may seek to follow your will in all things

Second Station: Jesus, Betrayed by Judas, is Arrested

Reader: Then, while [Jesus] was still speaking, Judas, one of the Twelve, arrived, accompanied by a crowd with swords and clubs, who had come from the chief priests, the scribes, and the elders. His betrayer had arranged a signal with them, saying, "the man I shall kiss is the one; arrest him and lead him away securely." He came and immediately went over to him and said, "Rabbi." And he kissed him. At this they laid hands on him and arrested him. (*Mark 14: 43-46*)

Minister: Lord, grant us the courage of our convictions that our lives may faithfully reflect the good news you bring.

Third Station: Jesus is Condemned by the Sanhedrin

Reader: When day came the council of elders of the people met, both chief priests and scribes, and they brought him before their Sanhedrin. They said, "If you are the Messiah,

Stations of the Cross (Scriptural)

tell us," but he replied to them, "If I tell you, you will not believe, and if I question, you will not respond. But from this time on the Son of Man will be seated at the right hand of the power of God." They all asked, "Are you then the Son of God?" He replied to them, "You say that I am." Then they said, "What further need have we for testimony? We have heard it from his own mouth." (*Luke 22: 66-71*)

Minister: Lord, grant us your sense of righteousness that we may never cease to work to bring about the justice of the kingdom that you promised.

Fourth Station: Jesus is Denied by Peter

Reader: Now Peter was sitting outside in the courtyard. One of the maids came over to him and said, "You too were with Jesus the Galilean." But he denied it in front of everyone, saying, "I do not know what you are talking about!" As he went out to the gate, another girl saw him and said to those who were there, "This man was with Jesus the Nazorean." Again he denied it with an oath, "I do not know the man!" A little later the bystanders came over and said to Peter, "Surely you too are one of them; even your speech gives you away." At that he began to curse and to swear, "I do not know the man." And immediately a cock crowed. Then Peter remembered the word that Jesus had spoken: "Before the cock crows you will deny me three times." He went out and began to weep bitterly. (*Matthew 26: 69-75*)

Minister: Lord, grant us the gift of honesty that we may not fear to speak the truth even when difficult.

Fifth Station: Jesus is Judged by Pilate

Reader: The chief priests with the elders and the scribes, that is, the whole Sanhedrin, held a council. They bound Jesus, led him away, and handed him over to Pilate. Pilate questioned him, "Are you the king of the Jews?" He said to him in reply, "You say so." The chief priests accused him of many things. Again Pilate questioned him, "Have you no answer? See how many things they accuse you of." Jesus gave him no further answer, so that Pilate was amazed.... Pilate, wishing to satisfy the crowd, released Barrabas... [and] handed [Jesus] over to be crucified. (*Mark 15: 1-5, 15*)

Minister: Lord, grant us discernment that we may see as you see, not as the world sees.

Sixth Station: Jesus is Scourged and Crowned with Thorns

Reader: Then Pilate took Jesus and had him scourged. And the soldiers wove a crown out of thorns and placed it on his head, and clothed him in a purple cloak, and they came to him and said, "Hail, King of the Jews!" And they struck him repeatedly. (*John 19: 1-3*)

Minister: Lord, grant us patience in times of suffering that we may offer our lives as a sacrifice of praise.

Seventh Station: Jesus Bears the Cross

Reader: When the chief priests and the guards saw [Jesus] they cried out, "Crucify him, crucify him!" Pilate said to them, "Take him yourselves and crucify him. I find no guilt in

Stations of the Cross (Scriptural)

him." ... They cried out, "Take him away, take him away! Crucify him!" Pilate said to them, "Shall I crucify your king?" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified. So they took Jesus, and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha. (*John 19: 6, 15-17*)

Minister: Lord, grant us strength of purpose that we may faithfully bear our crosses each day.

Eighth Station: Jesus is Helped by Simon the Cyrenian to Carry the Cross

Reader: They pressed into service a passer-by, Simon, a Cyrenian, who was coming in from the country, the father of Alexander and Rufus, to carry his cross. (*Mark 15: 21*)

Minister: Lord, grant us willing spirits that we may be your instruments on earth.

Ninth Station: Jesus Meets the Women of Jerusalem

Reader: A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, 'Blessed are the barren, the wombs that never bore and the breasts that never nursed.' At that time, people will say to the mountains, 'Fall upon us!' and to the hills, 'Cover us!' for if these things are done when the wood is green what will happen when it is dry?" (*Luke 23: 27-31*)

Minister: Lord, grant us gentle spirits that we may comfort those who mourn.

Tenth Station: Jesus is Crucified

Reader: When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left. [Then Jesus said, "Father, forgive them, they know not what they do."] (*Luke 23: 33-34*)

Minister: Lord, grant us merciful hearts that we may bring your reconciliation and forgiveness to all.

Eleventh Station: Jesus Promises His Kingdom to the Good Thief

Reader: Now one of the criminals hanging there reviled Jesus, saying, "Are you not the Messiah? Save yourself and us." The other, however, rebuking him, said in reply, "Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal." Then he said, "Jesus, remember me when you come into your kingdom." He replied to him, "Amen, I say to you, today you will be with me in Paradise." (*Luke 23: 39-43*)

Minister: Lord, grant us perseverance that we may never stop seeking you.

Twelfth Station: Jesus Speaks to His Mother and the Disciple

Stations of the Cross (Scriptural)

Reader: Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.
John 19: 25-27

Minister: Lord, grant us constancy that we may be willing to stand by those in need.

Thirteenth Station: Jesus Dies on the Cross

Reader: It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. Jesus cried out in a loud voice, "Father, into your hands I commend my spirit"; and when he had said this he breathed his last. (*Luke 23: 44-46*)

Minister: Lord, grant us trust in you that when our time on earth is ended our spirits may come to you without delay.

Fourteenth Station: Jesus is Placed in the Tomb

Reader: When it was evening, there came a rich man from Arimathea named Joseph, who was himself a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be handed over. Taking the body, Joseph wrapped it [in] clean linen and laid it in his new tomb that he had hewn in the rock. Then he rolled a huge stone across the entrance to the tomb and departed. (*Matthew 27: 57-60*)

Minister: Lord, grant us your compassion that we may always provide for those in need.

Closing Prayer:

Minister: Lord Jesus Christ, your passion and death is the sacrifice that unites earth and heaven and reconciles all people to you. May we who have faithfully reflected on these mysteries follow in your steps and so come to share your glory in heaven where you live and reign with the Father and the Holy Spirit one God, for ever and ever.

All: Amen.

Sacrament of Reconciliation (Confession)

Prayer to Our Lady before Confession

"Mary, Mother of Jesus and my Mother, your Son died on a cross for me. Help me to confess my sins humbly and with trust in the mercy of God, that I may receive his pardon and peace."

--OR --

Prayer before Confession

O my God, be in my heart and on my lips that I may make a sincere and full confession of my sins. Be in the mind and in the words of my confessor that he may see the depth of my weak humanity, and that he may offer me the compassionate and healing balm of the divine Physician, Jesus Christ, who alone can heal and save. Amen.

RECOGNIZING SIN AND GROWING IN HOLINESS

As followers of Jesus, we need to examine our lives and recognize our sinful thoughts, words, deeds, and omissions so that we can bring them to God for forgiveness. Such an examination of conscience should be done regularly, always with trust in God's mercy and love and in the power of the Sacrament of Reconciliation.

We all sin, but we do not all acknowledge our sins. It takes honesty and courage to reflect upon our refusals of God's grace and our rejections of his law of love. Contemporary society is often blind to the reality of sin and sometimes even presents sinful behaviors or lifestyles as positive goods to be sought and desired. In his encyclical *Reconciliation and Penance* (1984), Pope John Paul II suggests that the defining sin of modern times is the "loss of the sense of sin" and reminds us of St. John's warning: "If we say we have no sin, we deceive ourselves, and the truth is not in us" (1 Jn 1:8). Sin is the deliberate violation of God's law. Although sin promises illusory goods or happiness; it results in harm to the sinner, who is always the primary victim of sin.

The Church teaches that there are two kinds of sin: mortal and venial.

Mortal sin is a deliberate and free choice of something known to be seriously wrong that destroys our friendship with God and separates us from him (1 Jn 5:16-17). All of the following three conditions must be met for a sin to be mortal: (1) it must be something serious; (2) it must be done with sufficient knowledge of its gravity; and (3) it must be done with sufficient freedom of the will.

Venial sin is a minor offense against God's law that hurts our relationship with God but does not destroy it.

The Sacrament of Reconciliation is the ordinary way to have our sins forgiven. It is an encounter with the mercy of the living God, who meets us where we are in our weakness and our sins, and it powerfully deepens our psychological and spiritual growth. As the source of many graces, it should be celebrated regularly and whenever the need is felt. Monthly confession is a healthy and effective means of growing closer to God and leading a balanced, Christ-centered lifestyle.

CONTRITION

We need contrition, or sorrow for our sins, to receive the Sacrament of Reconciliation and contrition *must* include a firm purpose to amend our life and avoid the near occasions of sin - that is, the situations, persons, places, and things that lead us to sin. Sorrow for sin is very different

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from sadness or self-hatred. As we draw closer to God, our sense of sin and sorrow for sin become deeper, just as do our joy, peace of heart, and purity of conscience.

Prayer for Contrition

Behold me, O God, as I acknowledge my sins. I detest them with all my heart. I am sincerely sorry for having offended a God so deserving of my love. You have shed your blood for me, and I have been ungrateful. I humbly implore your pardon, and I beg of you, by the goodness you have so often shown me, to grant me the grace to do penance for my sins.

Act of Contrition

O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin.

--OR--

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

Steps involved in Confession

The three most important components in a confession are:

- a) Examination of Conscience;
- b) being truly and sincerely sorry for your sins by confessing them to the priest; and
- c) a firm resolve to change your life and never sin again.

Let us see how we can achieve these goals by following these easy steps:

Compose yourself and pray to the Holy Spirit for the grace needed for self-knowledge. Our God is infinitely merciful and more than you could ever imagine. So place your complete trust in his bountiful mercy. There is no sin that he cannot forgive through the instrumentality of the minister of the sacrament.

- Go to the priest at the place assigned for this purpose. You can either kneel or sit facing the priest and be comfortable. The priest will then greet you.
- Begin by making the Sign of the Cross: In the name of the Father, and of the Son and of the Holy Spirit. Amen.
- Then say: Bless me, Father, for I have sinned. It has been (#) weeks/months/years since my last confession.
- Now is the time to confess your sins both mortal and venial.
- Priest will then give you counsel and assign a penance.
- Pray the act of Contrition
- Wait until the priest absolves you with a prayer and dismisses you

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- Do not forget to spend some time in thanksgiving to God for this wonderful opportunity
- Do not forget to do the penance assigned to you by the priest.

An Aid To Your Examination Of Conscience

Prayer Before Examination of Conscience

O my God, behold me, a poor sinner who humbly comes before you seeking your infinite mercy. Filled with confusion for my excesses, I wish to return to you. Unworthy as I am, I dare to raise my voice in supplication for your infinite mercy. May your heart, O God, be open to my prayer! I beg you, O God, that I may know my heart, that I may thoroughly know myself. Grant that I may see all of my sins, their number, their malice, and their enormity, so that I may be reconciled perfectly with you.

O Holy Spirit, source of light, dissipate the darkness that blinds me; enlighten my mind that I may know all of my faults. Soften my heart, so that I may detest all of my sins.

O Mary, Mother of God and refuge of sinners, pray for me, a poor sinner, as I place all my confidence in you.

Examination of Conscience with The Ten Commandments

1. I am the Lord your God. You shall not have strange gods before me.

- Do I seek to love God with all my heart and with all my soul and with all my strength (Dt 6:5)? Do I put anything or anyone above God? Do I pray daily?
- Have I had any involvement with the occult, witchcraft, wicca, ouija boards, seances (communicating with the spirits of the dead), tarot cards, new age crystals, fortune telling, or the like? Have I put faith in horoscopes?
- Have I received Holy Communion in the state of mortal sin?
- Have I abused the Sacrament of Penance by lying to the priest or deliberately not confessing a mortal sin?
- Have I denied a truth of the faith out of concern for the respect or opinion of others?

2. You shall not take the name of the Lord your God in vain.

- Have I used God's holy name irreverently?
- Have I blasphemed God, the Church, Mary, the saints, or sacred places or things?

3. Remember to keep holy the Lord's Day.

- Do I try to keep Sunday as a day of prayer, rest, and relaxation, avoiding unnecessary work?
- Have I deliberately come late or left early from Mass without a good reason?

4. Honor your father and your mother.

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- Do I honor and respect my parents?
- Have I deliberately hurt my parents?
- Do I treat my children with love and respect?
- Do I support and care for the well-being of all family members?
- Have I neglected family duties?
- Do I honor and obey my lawful superiors?

5. *You shall not kill*

- Have I deliberately harmed anyone?
- Have I had an abortion or encouraged an abortion?
- Have I attempted suicide or seriously considered it?
- Have I abused drugs or alcohol?
- Have I led anyone to sin through bad example or through direct encouragement?

6. *You shall not commit adultery.*

For the married

- Am I faithful to my spouse in thought and action?
- Have I used artificial contraception, or been sterilized?
- Was I married outside the Church without proper permission of the Church?

For the unmarried

- Have I engaged in sexual activity with anyone of either sex?

For all

- Have I deliberately viewed pornographic magazines, videos or internet websites?
- Have I masturbated?
- Have I used impure language or told impure jokes?
- Do I dress modestly?

7. *You shall not steal*

- Have I stolen or accepted stolen goods?
- Have I deliberately destroyed the property of others?
- Have I cheated anyone of what I owe?
- Do I gamble excessively?
- Do I share what I have with the poor and the Church according to my means?
- Have I pirated materials: videos, music, software?

8. *You shall not bear false witness against your neighbor:*

- Have I lied? Have I sworn falsely?
- Have I plagiarized or been academically dishonest?
- Have I gossiped? Have I revealed secrets or confidential information without good reason?
- Have I ruined the good name of others by spreading lies or maliciously revealing their faults and sins?

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9. You shall not desire your neighbor's wife.

- Have I deliberately and consciously permitted sexual thoughts about anyone besides my spouse?
- Do I guard my imagination and senses?
- Have I watched shows, plays, pictures or movies that contain impure scenes with the deliberate intention of being aroused by them? Am I responsible about what I read?

10. You shall not desire your neighbor's goods.

- Am I envious of the possessions, abilities, talents, beauty, or success of others?

You shall love your neighbor as yourself.

- Do I love my neighbor? Is there anyone whom I do not love or refuse to love? Have I wished harm or misfortune on anyone?
- Do I forgive from my heart those who have hurt me? Do I harbor hatred or grudges? Do I pray for my enemies?
- Have I ridiculed or humiliated others?
- Do I seek to help others in need?
- Do I love myself as God loves me? Do I care for my physical, emotional, and spiritual health?
- Do I forgive myself for my sins after bringing them to God in the Sacrament of Reconciliation?

Precepts of the Church

- Have I deliberately missed Mass on a Sunday or Holy Day of obligation without a serious reason?
- Do I go to confession at least once a year when I have serious sins to confess?
- Do I receive Holy Communion, at least once during Easter time?
- Do I take part in the major feasts celebrating Our Lord, the Virgin Mary, and the saints?
- Do I abstain from meat on Fridays during Lent (for ages 14 and over) and on Ash Wednesday and Good Friday (for ages 18-59)?
- Do I fast for one hour before Holy Communion (water and medicine allowed)?
- Do I contribute to support the material needs of the Church?