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MATTINS

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2011

Hebdomadary O Lord, open our lips,
 ALL **And our mouth shall proclaim your praise.**

Hebdomadary O God, make speed to save us.
 ALL **O Lord, make haste to help us.**

ALL **Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and shall be for ever. Amen.**
Alleluia. (not in Lent)

OR



O Lord, o-pen our lips;



And our mouth shall pro - claim your praise.



Glo-ry to the Father, and to the Son, and to the Ho-ly Spi - rit;



as it was in the be-ginning, is now and shall be for e-ver. A-men.



Al - le - lu - ia.

The Invitatory

On Sundays (except in Lent) and Greater and Lesser Holy Days:

Te Deum laudamus

On Sundays in Lent, ferial days and simple Holy Days:

Venite

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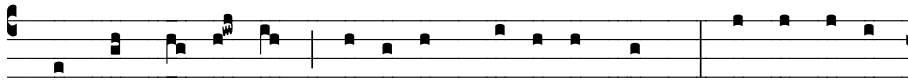
Te Deum Laudamus

May be sung full: or antiphonally as indicated:

Cantor:

A:

B:



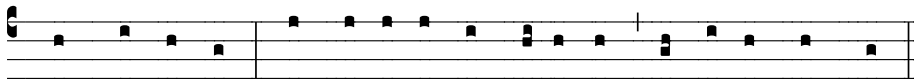
We praise you, O God; we acclaim you as the Lord. All cre -a-tion

A:



worships you, the Father e-verlasting. To you all angels, all the

B:



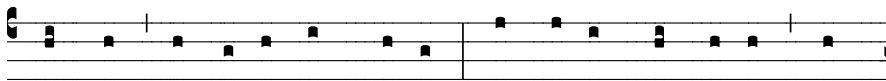
pow'rs of heaven, the cheru-bim and seraphim sing in endless praise:

Full:



Ho - ly, ho - ly, ho -ly, Lord God of power and might. Heaven

A:



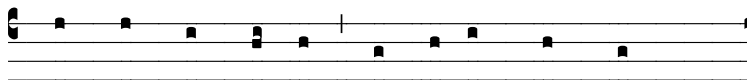
and earth are full of your glo-ry. The glorious compa-ny of

B:



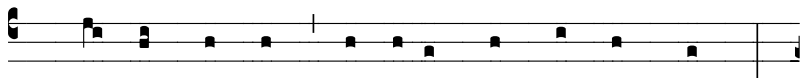
a-postles praise you. The noble fel-lowship of prophets praise you.

A:



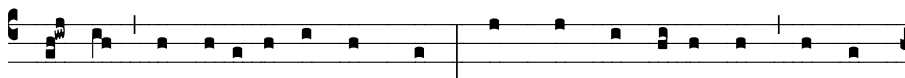
The white-robed army of martyrs praise you.

B:



Throughout the world the ho-ly Church acclaim's you:

Full:

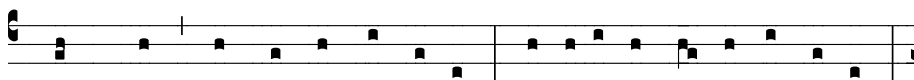


Fath-er of majesty unbounded; Your true and only Son, worthy



of all worship; and the Ho-ly Spi-rit, advocate and guide.

A:



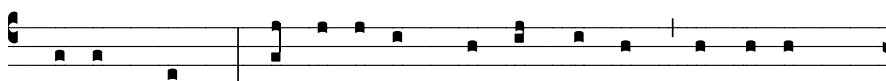
You, Christ, are the king of glo-ry, the e-ternal Son of the Father.

B:



When you took our flesh to set us free you humbly chose the

A:

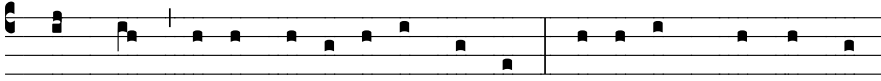


Virgin's womb. You o-vercame the sting of death and opened

B:

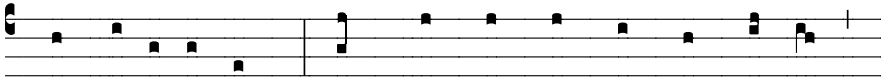


the kingdom of heav'n to all be-lievers. You are seated at God's



right hand in the glo-ry of the Fath-er. We be-lieve that you will

Full:



come to be our judge. Come then, Lord, and help your people,



bought with the price of your own blood, and bring us



with your saints to glo-ry e-verlast - ing.

Te Deum Laudamus

We praise you, O God,
We acclaim you as the Lord.

All creation worships you,
the Father everlasting.

To you all angels, all the powers of heaven,
cherubim and seraphim sing in endless praise,

**Holy, holy, holy Lord, God of power and might;
heaven and earth are full of your glory.**

The glorious company of apostles praise you;
the noble fellowship of prophets praise you.

The white-robed army of martyrs praise you;
throughout the world the holy Church acclaims you.

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

You are the King of glory, O Christ,
the eternal Son of the Father.

When you took our flesh to set us free,
you humbly chose the Virgin's womb.

You overcame the sting of death,
and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory,
we believe that you will come to be our judge.

**Come then, Lord, and help your people,
bought with the price of your own blood;
and bring us with your saints
to glory everlasting.**

Invitatory Antiphons

Monday

Come, let us sing to the Lord: let us come before his presence with thanksgiving.

Tuesday

God rules over all the earth: come, let us adore him.

Wednesday

Come, let us worship our Lord and Saviour.

Thursday

The Lord is our light and our life: come let us adore him.

Friday

Harden not your hearts today; listen to the voice of the Lord.

Saturday

At the name of Jesus, let every tongue proclaim: He is Lord.

BVM on Saturdays

Hail Mary, full of grace, the Lord is with you; come let us adore Him. (Alleluia)

MARTYRS

Come, let us worship the Lord; He is the King of Martyrs. (Alleluia)

BISHOPS & PASTORS

Christ is the good shepherd; come, let us adore him. (Alleluia)

DOCTORS

Christ is the true wisdom; come, let us adore him. (Alleluia)

SAINTS - not Apostles or Martyrs

The Lord is glorious in his saints; come, let us adore Him. (Alleluia)

ADVENT

until Dec 17

Let us worship the One who is to come, our Lord and King.

Dec 17 - 23

The Lord is at hand; come, let us adore him.

LENT

Ash Wednesday until Lent 5:

Christ the Lord was tempted and suffered for us; come, let us adore him.

Fifth Week of Lent:

Come, let us worship the Lord; he became obedient unto death.

LOW SUNDAY to ASCENSION

The Lord is risen indeed, Alleluia.

ASCENSION to PENTECOST

Christ has promised us the Holy Spirit: come, let us adore him. Alleluia.

Psalm 95

Antiphon - read by Hebdomadary and repeated by all.

Come, let us sing to the Lord;
let us shout for joy to the rock of our salvation.
Let us come before his presence with thanksgiving
and raise a loud shout to him with psalms. *(Antiphon)*

For the Lord is a great God,
and a great king above all gods.
In his hand are the caverns of the earth,
and the heights of the hills are his also.
The sea is his, for he made it,
and his hands have moulded the dry land. *(Antiphon)*

Come, let us bow down and bend the knee,
and kneel before the Lord our Maker.
For he is our God, and we are the people of his pasture
and the sheep of his hand. *(Antiphon)*

O that today you would hearken to his voice!
“Harden not your hearts, as your forebears did in the wilderness,
at Meribah, and on that day at Massah, when they tempted me.
“They put me to the test, though they had seen my works.
(Antiphon)

Forty years long I detested that generation and said,
‘This people are wayward in their hearts;
they do not know my ways.’
So I swore in my wrath, ‘They shall not enter into my rest.’”
(Antiphon)

Glory to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now and shall be for ever. Amen.
(Antiphon)

Invitatory Antiphons

MONDAY

Iubilemus Deo (LH 179)

VI

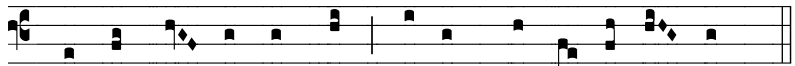


Let us shout for joy to God, the rock of our sal-va-tion.

TUESDAY

Regem magnum Dominum (LH 179)

E



The Lord is a great king: O come, let us a-dore him.

WEDNESDAY

Dominum qui fecit nos (LH 179)

VI



It is the Lord who made us: come, let us a-dore him.

THURSDAY

Adoremus (LH 180)

E



Let us worship the Lord, for he made us.

FRIDAY

Dominum Deum nostrum (LH 180)

E



The Lord is our God: come, let us a-dore him.

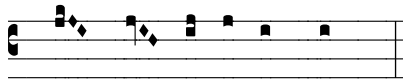
SATURDAY

Populus Domini (LH 180)

D



We are the Lord's people and the sheep of his pasture:



come, let us a-dore him.

COMMON OF SAINTS

MARTYRS Regem martyrum Dominum (LH 273)

E



The Lord is the king of mar -tyrs: O come, let us a-dore him.

DOCTORS Fontem sapientiae (LH 301)

VI



Christ is the true wis - dom: O come, let us a - dore him.

PASTORS Christum, pastorum principem (LH 289)

VI



Christ is the good shep -herd: O come, let us a - dore him.

SAINTS Mirabilem in sanctis (LH 311)

VI



The Lord is glorious in his saints: O come, let us a - dore him.

Of the BVM on Saturday

Christum, Mariae Filium (LH 255)

VI

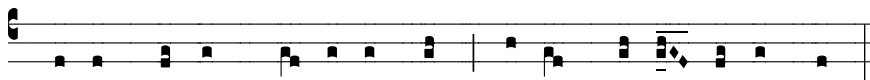


Christ, the Son of Ma - ry : O come, let us a - dore him.

IN ADVENT

Regem venturum (LH 4)

VI



The Lord will come: he is our king; O come, let us a-dore him.

Prope est iam Dominus (LH 10)

VI



The Lord is at hand: O come, let us a-dore him.

IN EASTERTIDE

Surrexit Dominus vere (LH 79)

VI



The Lord is ri - sen in- deed, al - le - - lu - - ia.

SUNDAY WEEK 1

INVITATORY **Te Deum Laudamus** (except in Lent)

We praise you, O God,
We acclaim you as the Lord.

All creation worships you,
the Father everlasting.

To you all angels, all the powers of heaven,
cherubim and seraphim sing in endless praise,

**Holy, holy, holy Lord, God of power and might;
heaven and earth are full of your glory.**

The glorious company of apostles praise you;
the noble fellowship of prophets praise you.

The white-robed army of martyrs praise you;
throughout the world the holy Church acclaims you.

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

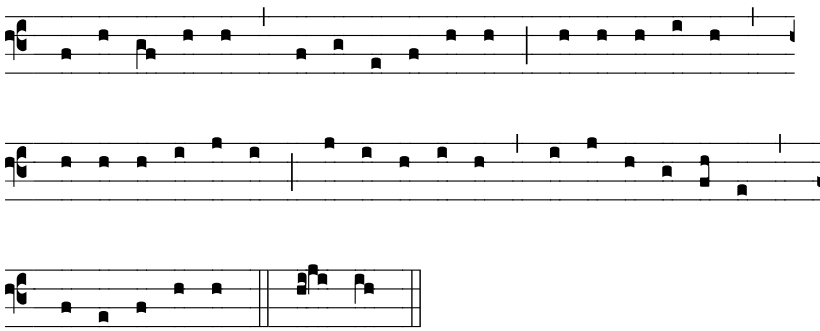
You are the King of glory, O Christ,
the eternal Son of the Father.

When you took our flesh to set us free,
you humbly chose the Virgin's womb.

You overcame the sting of death,
and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory,
we believe that you will come to be our judge.

**Come then, Lord, and help your people,
bought with the price of your own blood;
and bring us with your saints
to glory everlasting.**



- 1 Father, we praise you, now the night is over,
Active and watchful, stand we all before you;
Singing, we offer prayer and adoration:
Thus we adore you.
- 2 Monarch of all things, fit us for your kingdom;
Banish our weakness, health and wholeness sending;
Bring us to heaven, where your saints united
Joy without ending.
- 3 All-holy Father, Son and equal Spirit,
Trinity blessed, send us your salvation;
Yours is the glory, evermore resounding,
Filling creation.

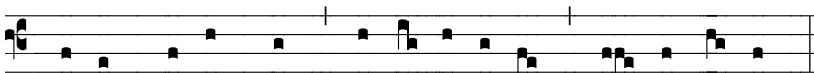
Percy Dearmer (1867-1936), altd.



Proclaim the good news * of his salva- tion from day to day.



- 1 Sing to the Lórd a new song; *
sing to the Lord, áll the whóle earth.
- 2 Sing to the Lórd and bless his name; *
proclaim the good news of his salvation from day to day.
- 3 Declare his glory among the nations *
and his wonders among all peoples.
- 4 For great is the Lord and greatly to be praised; *
he is more to be feared than áll gods.
- 5 As for all the gods of the nations, they are but idols; *
but it is the Lord who made the heavens.
- 6 O the majesty and magnificence óf his presence! *
O the power and the splendour óf his sanctuary!
- 7 Ascribe to the Lord, you families óf the peoples; *
ascribe to the Lord honour ánd power.
- 8 Ascribe to the Lord the honour due his name; *
bring offerings and come into his courts.
- 9 Worship the Lord in the beauty of holiness; *
let the whole earth tremble before him.
- 10 Tell it out among the nations: "The Lórd is king! *
he has made the world so firm that it cannot be moved;
he will judge the peoples with equity."
- 11 Let the heavens rejoice and let the earth be glad; †
let the sea thunder and áll that is in it; *
let the field be joyful and áll that is therein.
- 12 Then shall all the trees of the wood shout for joy
before the Lórd when he comes, *
when he comes to judge the earth.
- 13 He will judge the world with righteousness *
and the peoples with his truth.



Proclaim the good news of his salva- tion from day to day.

Heaven and earth, O Lord, are full of your glory

and all creation resounds with your praise.
As your Son has appeared in the likeness of our flesh
so may all creation share in the beauty of holiness;
through Jesus Christ our Lord. **Amen.**

Psalm 97

Dominus regnavit

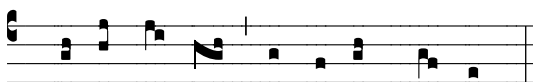
Dominus regnavit

IIIg



The Lord is king; * let the earth re - joice!

- 1 The Lord is king; lét the éarth rejoice; *
let the multítude óf the ísles be glad.
- 2 Clouds and darkness are róund abóut him, *
righteousness and justice are the foundátions óf his throne.
- 3 A fire góes befóre him *
and burns up his enemíes on évery side.
- 4 His líghtnings light úp the world; *
the earth sées it and ís afraid.
- 5 The mountains melt like wax at the presence of thê Lord, * †
at the presence of the Lórd of the whóle earth.
- 6 The heavens declare his righteousness, *
and all the peoples sée his glóry.
- 7 Confounded be all who worship carved images
and delíght in fálse gods! *
Bow down befóre him, áll you gods.
- 8 Zion hears and is glad and the cities of Judah rejoice, *
because of your judgements, Ô Lord. †
- 9 For you are the Lord: most high óver áll the earth; *
you are exalted fár above áll gods.
- 10 The Lord loves thóse who hate évil; *
he preserves the lives of his saints
and delivers them from the hánd of the wícked.
- 11 Light has sprung up fór the ríghteous, *
and joyful gladness for those who áre true-héarted.
- 12 Rejoice in the Lórd, you ríghteous, *
and give thánks to his hóly name.



The Lord is king; let the earth re - joice!

All creation was astonished at your appearing, O Christ,
for in your presence no one living can be justified,
yet you have redeemed us and we rejoice in your salvation:

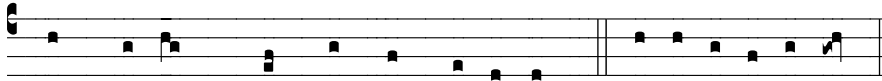
grant that your righteousness may illuminate our hearts
to the glory of your Name. **Amen.**

Psalm 148

Laudate Dominum

Laudate

1a



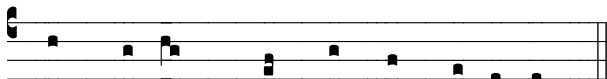
Praise the Lord! * Praise him from the heavens.

- 1 Hallelujah!
Praise the Lord from the heavens; *
práise him ín the heights.
- 2 Praise him, all you angels of his; *
práise him, áll his host.
- 3 Praise him, sun and moon; *
praise him, áll you shíning stars.
- 4 Praise him, heaven of heavens, *
and you waters abóve the héavens.
- 5 Let them praise the náme óf the Lord; *
for he commanded and they wére créated.
- 6 He made them stand fast for éver and éver; *
he gave them a law which sháll not páss away.
- 7 Praise the Lord from the earth, *
you sea-mónsters and áll deeps;
- 8 Fire and hail, snow and fog, *
tempestuous wind, dóing hís will;
- 9 Mountains and all hills, *
fruit trées and all cégars;
- 10 Wild beasts and all cattle, *
creeping thínks and wíngèd birds;
- 11 Kings of the éarth and all péoples, *
princes and all rúlers óf the world;
- 12 Yóung men and máidens, *
old and yóung togéther.
- 13 Let them praise the name of thê Lord, * †
for his name only ís exálted,
his splendour is óver éarth and heaven.

14 He has raised up strength for his peoplê †
and praise for all his lóyal sérvants, *
the children of Israel, a people who are near him.
Hállélújah!

In Lent:

14 He has raised up strength for his peoplê †
and praise for all his lóyal sérvants, *
the children of Israel, a people whó are néar him.



Praise the Lord! Praise him from the heavens.

O glorious God,
the whole of creation proclaims your marvellous work:
increase in us a capacity to wonder and delight in it,
that heaven's praise may echo in our hearts
and our lives be spent as good stewards of the earth;
through Jesus Christ our Lord. **Amen.**



Alle - lu - ia, * al - le - lu - ia, al - le - lu - ia.

- 1 Blessed are you, the Gód of our fáthers, *
worthy to be praised and exálted for éver.
 - 2 Blessed is your hóly and glórious name, *
worthy to be praised and exálted for éver.
 - 3 Blessed are you, glorious in your hóly témple, *
worthy to be praised and exálted for éver.
 - 4 Blessed are yóu who behóld the depths, *
worthy to be praised and exálted for éver.
 - 5 Blessed are you, enthroned on the chérubim, *
worthy to be praised and exálted for éver.
 - 6 Blessed are you on the thróne of your kíngdom, *
worthy to be praised and exálted for éver.
 - 7 Blessed are you in the héights of héaven, *
worthy to be praised and exálted for éver.
- Bless the Father, the Son, and the Hóly Spírit, *
worthy to be praised and exálted for éver.

READING

Through the year the Antiphon is proper

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hólý cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to wor**ship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

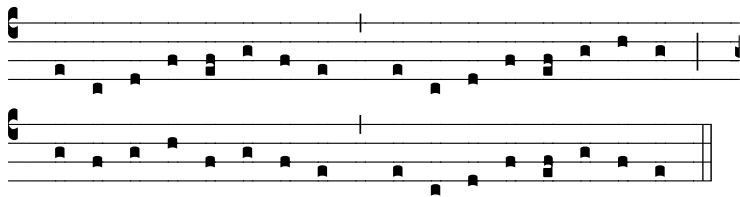
to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

MONDAY WEEK 1

INVITATORY: Come, let us sing to the Lord: let us come before his presence with thanksgiving.

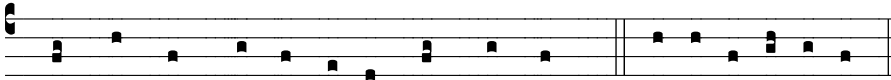
HYMN - *through the year*

IV



- 1 O splendour of God's glory bright,
True light begotten of his light,
Full light of light, light's living spring,
O day, our days illumining.
- 2 Come, righteous sun of heavenly love,
Pour down your radiance from above;
And shed the Holy Spirit's ray
On every thought and sense today.
- 3 With prayer the Father we implore,
The Father glorious evermore:
Almighty, source of grace and power,
Be with us in temptation's hour,
- 4 To guide whatever we may do,
With love all envy to subdue,
To give us grace to bear all wrong,
Transforming sorrow into song.
- 5 All laud to you, O Father, be,
To you, O Son, eternally;
To you, the Spirit, equal praise
From joyful hearts we ever raise.

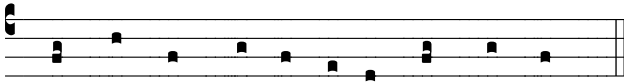
Robert Bridges (1844-1930), altd.;
from **Splendor paternae gloriae**



Commit * your way to the Lord and trust him.

- 1 Do not fret yourself because of évildóers; *
do not be jealous of thóse who dó wrong.
- 2 For they shall soon wíther like the grass, *
and like the gréen grass fáde away.
- 3 Put your trust in the Lórd and dó good; *
dwell in the land and féed on its ríches.
- 4 Take delíght ín the Lord, *
and he shall gíve you your héart's desire.
- 5 Commit your way to the Lord and pút your trúst in him, *
and he will bríng it tó pass.
- 6 He will make your righteousness as clear as thê light * †
and your just dealing ás the nóonday.
- 7 Be still before the Lord *
and wait pátientlý for him.
- 8 Do not fret yourself over the óne who próspers, *
the one who succéeds in évil schemes.
- 9 Refrain from ánger, leave ráge alone; *
do not fret yourself; it leads ónly to évil.
- 10 For evildoers sháll be cút off, *
but those who wait upon the Lord sháll posséss the land.
- 11 In a little while the wícked shall bé no more; *
you shall search out their place, but théy will nót be there.
- 12 But the lowly sháll posséss the land; *
they will delight in gbúndance óf peace.
- 13 The wicked plot agáinst the ríghteous *
and gnásh at them wíth their teeth.
- 14 The Lord láughs at the wícked, *
because he sées that their dáy will come.
- 15 The wicked draw their sword and bend thêir bow †
to strike down the póor and néedy, *
to slaughter those who are úpright ín their ways.
- 16 Their sword shall go thróugh their ówn heart, *
and their bów shall be bróken.
- 17 The little thát the ríghteous have *
is better than great ríches óf the wícked.

18 For the power of the wicked shall be bróken, *
but the Lord uphólds the ríghteous.



Commit your way to the Lord and trust him.

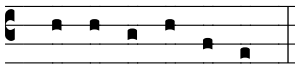
Psalm 37, Part II Novit Dominus

Custodi

VIIIg



Mark out * those who are honest; ob - serve the upright.



19 The Lord cares for the líves of the gódlý, *
and their inheritance shall lást for éver.

20 They shall not be ashámed in bád times, *
and in days of famine théý shall háve enough.

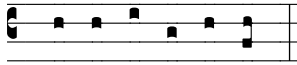
- 21 As for the wicked, they shall perîsh, * †
and the enemies of the Lord, like the glory of
the méadows, shall vánish;
they shall vánish like smoke.
- 22 The wicked borrow ánd do nót repay, *
but the righteous are generóus in gíving.
- 23 Those who are blessed by God sháll posséss the land, *
but those who are cursed by hím shall bé destroyed.
- 24 Our steps are directed by thê Lord; * †
he strengthens those in whose wáy hé delights.
- 25 If they stumble, they shall not fall headlong, *
for the Lord hólds them bý the hand.
- 26 I have been young and now I âm old, * †
but never have I seen the ríghteous forsáken,
or their children bégging bread.
- 27 The righteous are always generous ín their lénding, *
and their children shall bé a bléssing.
- 28 Turn from évil ánd do good, *
and dwell in the lánd for éver.
- 29 For the Lórd loves jústice; *
he does not forsáke his fáithful ones.
- 30 They shall be kept sáfe for éver, *
but the offspring of the wícked shall bé destroyed.
- 31 The righteous sháll posséss the land *
and dwell in ít for éver.
- 32 The mouth of the righteous útters wísdóm, *
and their tongue spéaks what ís right.
- 33 The law of their Gód is ín their heart, *
and their footsteps sháll not fálder.
- 34 The wicked spý on the ríghteous *
and seek occásion to kíl them.
- 35 The Lord will not abándon them tó their hand, *
nor let them be found gúilty when bróught to trial.
- 36 Wait upon the Lord and keep hís way; * †
he will raise you up tó posséss the land,
and when the wicked are cut off, yóu will sée it.
- 37 I have seen the wicked ín their árrogance, *
flourishing like a trée in fúll leaf.
- 38 I went by and, behóld, they wére not there; *
I searched for them, but théy could nót be found.

Haurietis aquas

Vc



With re-joic-ing you * will draw wa-ter from the wells of sal-va-tion.



- 1 The wilderness and the dry land shall rejoice, *
the desert shall blossom and burst into song.
- 2 They shall see the glory of the Lord, *
the májesty of our God.
- 3 Stréngthen the weáry hands, *
and make firm the feeble knees.
- 4 Say to the anxious, "Be strong, fear not; †
your God is coming with judgment, *
coming with judgment to sáve you."
- 5 Then shall the eyes of the blind be opened, *
and the éars of the déaf unstopped;
- 6 Then shall the lame léap like a hart, *
and the tongue of the dúmb sing for joy.
- 7 For waters shall break forth in the wilderness, *
and stréams in the désert;
- 8 The ransomed of the Lord shall return with singing, *
with everlasting joy on their heads.
- 9 Joy and gládnness shall be theirs, *
and sorrow and síghing shall flée away.

READING

Benedictus

Vlf



Bless-ed be the Lord, * the God of Is-ra - el.

(Blessed be the Lord, **the** Gód of Ísrael; *)
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to wor**ship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

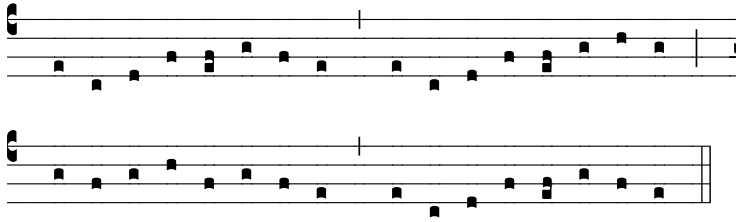
In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

INVITATORY: God rules over all the earth: come, let us adore him.

HYMN - through the year

IV



- 1 Light of our darkness, Word of God,
Sent to illumine earthly night,
You we salute with singing hearts,
Bathed in the splendour of your light.
- 2 Sword that can pierce the inmost soul,
Stripping whatever thoughts are there,
Cut to the marrow of our minds;
Enter our hearts and lay them bare.
- 3 Vessel of God's abundant life,
Bearer of truth that sets us free,
Breaking the deadly grasp of sin,
Work in our hearts your mystery.
- 4 Word that has overcome the world,
Seed of immortal destiny,
Grow in our hearts, that we may live
Sharing your deathless victory.
- 5 All praise to God our risen Lord,
And God the Father, ever be;
To God the Holy Paraclete
Be equal praise eternally. Amen.

Richard Connolly (1830-1903)

Domine Deus meus

VIIIg

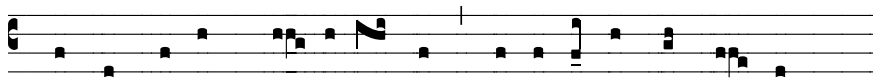


- Lord, my God, * how excel-lent is your greatness!
- 1 Bless the Lord, O mÿ soul; * †
○ Lord my God, how excellent is your gréatness!
you are clothed with majestý and spléndour.
- 2 You wrap yourself with líght as wíth a cloak *
and spread out the heavens líke a cúrtain.
- 3 You lay the beams of your chambers in the waters âbove; * †
you make the clóuds your cháriot;
you ride on the wíngs of thé wind.
- 4 You make the wínds your méssengers *
and flames of fire your sérvants.
- 5 You have set the earth upón its foundátions, *
so that it never shall móve at ány time.
- 6 You covered it with the deep as wíth a mántle; *
the waters stood higher thán the móuntains.
- 7 At yóur rebúke they fled; *
at the voice of your thunder they hástened áway.
- 8 They went up into the hills
and down to the valleys bèneath, * †
to the places you had appóinted fór them.
- 9 You set the limits that they should not pass; *
they shall not again cóver thé earth.
- 10 You send the springs ínto the vâlleys; *
they flow betwéen the móuntains.
- 11 All the beasts of the field drínk their fíll from them, *
and the wild ásses quénch their thirst.

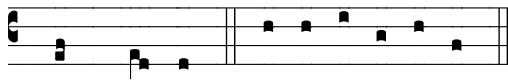
- 12 Beside them the birds of the áir *máke* their nests *
and sing among the bránches.
- 13 You water the mountains from your dwelling *ôn high*; * †
the earth is fully satisfied by the frúit *óf* your works.
- 14 You make grass grow for flocks and herds *
and plánts to *sérve* mankind;
- 15 That they may bring forth *fóod fráom* the earth, *
and wine to gládden *óur* hearts,
- 16 Oil to make a chéerful *cóuntenance*, *
and bread to stréngthen *thé* heart.
- 17 The trees of the Lórd are fúll of sap, *
the cedars of Lebanon *whích* he plánted,
- 18 In which the bírds *búild* their nests, *
and in whose tops the stork *mákes* his dwélling.
- 19 The high hills are a refuge *fór* the móuntain goats, *
and the stony cliffs *fór* the rock bádggers.
- 20 You appointed the moon to *márk* the séasons, *
and the sun knows the time *of* its sétting.
- 21 You make darkness *thát* it *máy* be night, *
in which all the béasts of the fórest prowl.
- 22 The lions roar after their prey *
and séek their *fóod* from God.
- 23 The sun rises and they slip away *
and lay themselves *dówn* in *théir* dens.
- 24 Man goes *fóρθ* *tó* his work *
and to his labour until the évening.
- 25 O Lord, how manifold are *yóur* works! * †
in wisdom *yóu* have *máde* them all;
the earth is fúll of your créatures.
- 26 Yonder is the great and wide sea
with its living things too mány to númer, *
créatures both smáll and great.
- 27 There move the ships, and there is *thát* Leviathan, *
which you have *máde* for the spórt of it.
- 28 All *of* them lóok to you *
to give them their *fóod* in due séason.
- 29 You give it to *thém*, they *gáther* it; *
you open your hand and they are filled with *góod* things.
- 30 You hide your face and they are terrífied; * †
you *táke* *awáy* their breath

In Domino (Isa 45.25)

Va



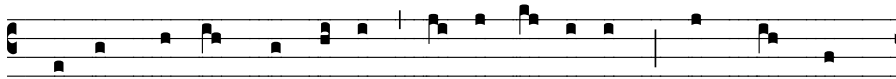
In God the Lord * all the offspring of Is-ra - el shall tri - umph



and glo - ry.

- 1 You shall be called priests of the Lord; *
you shall be named ministers of our God.
- 2 You shall enjoy the wealth of the nations, *
and in their riches you shall glory.
- 3 Instead of your shame you shall have a double portion; *
instead of dishonour you shall rejoice in your heritage.
- 4 For I the Lord love justice, I hate robbery and wrongdoing; * †
I will faithfully give them their recompense,
and make an everlasting covenant with them.
- 5 Their descendants shall be known among the nations, *
and their offspring among the peoples;
- 6 all who see them will acknowledge them: *
that they are a people whom the Lord has blessed.

READING



The Lord has raised up for us * a mighty Sa-viour, born from the



house of his servant Da-vid.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to wor**ship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

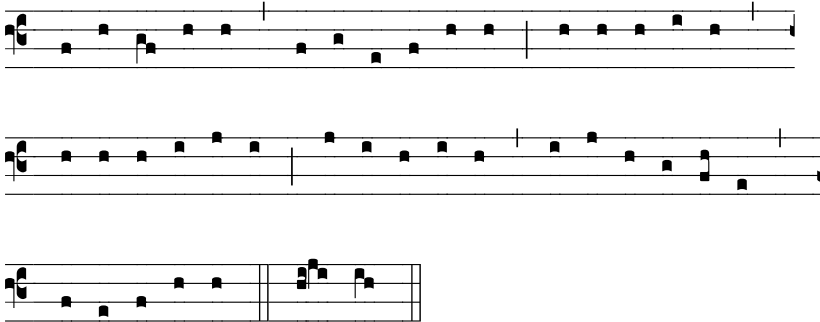
WEDNESDAY WEEK 1

INVITATORY:

Come, let us worship our Lord and Saviour.

HYMN

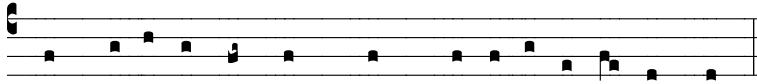
VI



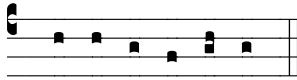
- 1 See, now the shadows of the night are fading,
Sunlight arising, dawn of day in splendour;
Spirit enlightened, to the mighty Father,
Pray we devoutly.
- 2 That in his mercy he may always keep us,
Eager and ready for his holy service;
Then may he give us, of a father's goodness,
Joy in his kingdom.
- 3 This may he grant us, God for ever blessed,
Father eternal, Son and Holy Spirit:
His is the glory, evermore resounding,
Filling creation.

Editors from *Ecce iam noctis*

Fundamenta eius



On the ho- ly mountain * stands the ci- ty he has founded.

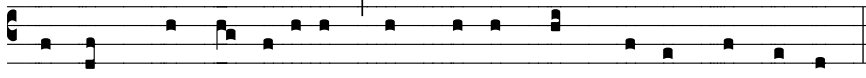


- 1 On the holy mountain stands the city hé has fúunded; *
the Lord loves the gates of Zion
more than all the dwéllings of Jácob.
- 2 Glorious things are spóken óf you, *
O cíty óf our God.
- 3 I count Egypt and Babylon among thóse who knów me; *
behold Philistia, Tyre and Ethiopia:
in Zíon wére they born.
- 4 Of Zion it shall be said, "Everyóne was bórn in her, *
and the Most High himsélf shall sustáin her."
- 5 The Lord will record as he enróls the péoples, *
"These álsó were bórn there."
- 6 The singers and the dáncers will say, *
"All my fresh spríngs are ín you."

Lord,
in the vision of your heavenly Jerusalem
you reveal among us the promise of your glory:
may that glory be ours
as we claim our citizenship in the kingdom
where you are alive and reign
one God, for ever and ever. **Amen.**

Intret

Va



O Lord, * let my pe-ti-tion come be- fore your presence, O my God.



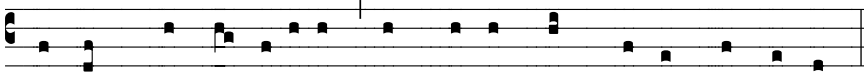
- 1 O Lord, my Gód, my Sáviour, *
by day and níght I crý to you.
- 2 Let my prayer enter ínto your présence; *
incline your ear to my lámentátion.
- 3 For I am fúll of tróuble; *
my life is at the brínk of thé grave.
- 4 I am counted among those who go down to thê Pit; * †
I have become like óne who hás no strength;
- 5 Lost among the dead, *
like the slain who líe in thé grave,
- 6 Whom you remember nô more, * †
for they are cut óff fróm your hand.
- 7 You have laid me in the depths of the Pit, *
in dark places and ín the ábyss.
- 8 Your anger weighs upón me héavily, *
and all your great waves óverwhélm me.
- 9 You have put my friends far frôm me; †
you have made me to bé abhórred by them; *
I am in prison and cánnót gét free.
- 10 My sight has failed me because of tróublê; * †
Lord, I have called upón you dáily;
I have stretched óut my hánds to you.
- 11 Do you work wónders fór the dead? *
will those who have died stand úp and gíve you thanks?
- 12 Will your loving-kindness be declared in thê grave? * †
your faithfulness in the lánd of destrúction?
- 13 Will your wonders be known in the dark? *
or your righteousness in the country where áll is forgóttén?
- 14 But as for me, O Lord, I crý to yóu for help; *
in the morning my prayer cómes befóre you.
- 15 Lord, why have yóu rejécted me? *
why have you hídden your fáce from me?
- 16 Ever since my youth,

I have been wretched and at the point of death; *
I have borne your terrors with a troubled mind.

17 Your blazing anger has swept over me; * †
your terrors have destroyed me;

18 They surround me all day long like a flood; *
they encompass me on every side.

19 My friend and my neighbour you have put away from me, *
and darkness is my only companion.

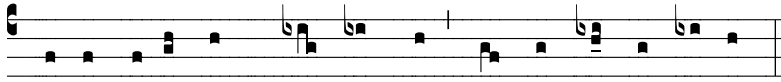


O Lord, let my pe-ti-tion come be- fore your presence, O my God.

In the depths of our isolation,
we cry to you, Lord God;
give light in our darkness
and bring us out of the prison of our despair;
through Jesus Christ our Lord. **Amen.**

Cunctis diebus (Isa 38.20)

E



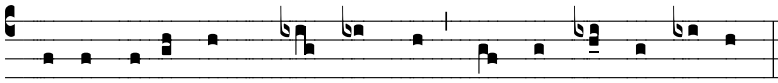
The Lord is at hand * to save me all the days of my life.



- 1 I said, In the noontide of my dáys I múst depart, *
for the rest of my years I am consigned to the gátes of Shéol.
- 2 I said, I shall not see the Lord in the lánd of the líving. *
I shall look upon mortals no more among
the inhábítants óf the world.
- 3 My dwelling is taken from mē, †
pulled up líke a shépherd's tent: *
like a weaver you roll up my life, to cút it fróm the loom.
- 4 From dawn to night you are compassing mÿ end, * †
I cry for hélp until mórning.
- 5 Like a swallow or a crane I clamour; *
I móan like á dove.
- 6 My eyes are weary with lóoking úpward. *
O Lord, pay heed, bé my sáfeguard.
- 7 Lord, my héart will líve for you, *
my spirit will líve for yóu alone.
- 8 You will cúre me and gíve me life; *
my sufferíng will túrn to health.
- 9 You have kept my soul from the pít of nóthingness. *
You have cast all my síns behind your back.
- 10 For Sheol cannot thank yôu; †
death cánnót práise you; *
those who go down into the pit cannot hópe for your fáithfulness.

11 The living, the living, they thank you, ás I dó this day, *
the father makes known to his children your fáithfulness.

12 The Lord is at hand to save m^e; †
so let us sound the music óf our práises, *
all our life long in the hóuse of thé Lord.



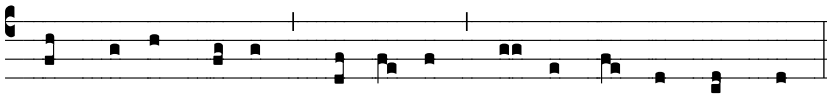
The Lord is at hand to save me all the days of my life.

READING

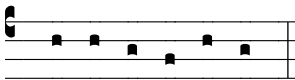
THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

Ferial Antiphon:

De manu omnium (cf Lk 1.71)



From the hands of all * who hate us, set us free, Lord our God.



Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his peóple and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to **worship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

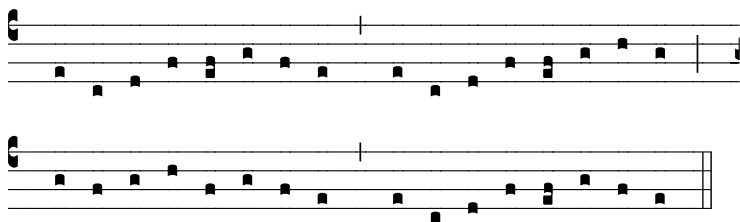
to give his people **knowledge** óf salvátion *
by the forgíveness óf their sins.

THURSDAY WEEK 1

INVITATORY: The Lord is our light and our life: come let us adore him.

HYMN

IV



- 1 Great Lord of splendour, source of light,
Your gentle rays dispel our night.
The reign of darkness yields to dawn;
The rising sun brings morning bright.
- 2 Lord Jesus, day-star from on high,
Your rising welcomes in our dawn,
True morning star which never sets,
Enlightening all who are forlorn.
- 3 More radiant than the noonday sun,
Life-giving grace to every soul,
Shine in the darkness of our hearts;
Complete your healing, make us whole.
- 4 Yours is a realm of truth and life,
Of justice, peace and righteousness:
Your praise we sing, O Trinity,
Forever God in holiness.

Gethsemani Abbey, altd.:
from *Lucis largitor splendide*

Ego dormivi

VIIIc



I lie down * and go to sleep: I wake a- gain be-cause



the Lord sustains me, al-le - lu- ia, al- le - lu - ia.

OR (In Lent) Exsurge, Domine

VIf



Rise up, O Lord, * set me free, O my God.

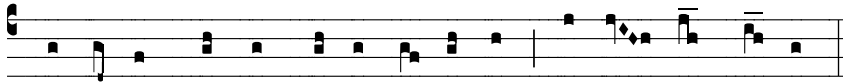
- 1 Lord, how many adversaries I have! * †
how many there are who rise up against me!
- 2 How many there are who say of me, *
"There is no help for him in his God."
- 3 But you, O Lord, are a shield about me; *
you are my glory, the one who lifts up my head.
- 4 I call aloud upon the Lord, *
and he answers me from his holy hill;
- 5 I lie down and go to sleep; *
I wake again, because the Lord sustains me.
- 6 I do not fear the multitudes of people *
who set themselves against me all around.
- 7 Rise up, O Lord; set me free, O my God; * †
surely, you will strike all my enemies across the face,
you will break the teeth of the wicked.
- 8 Deliverance belongs to the Lord.
Your blessing be upon your people!

Arise, O Lord; deliver your people
 and rouse us from the sleep of sin:
 for as your Son offered up prayer with tears
 in the days of his flesh,
 so hear his heavenly intercession for us;
 that though we may be tempted in every way, as he was,
 we likewise may not fall away from you;
 through Jesus Christ our Lord. **Amen.**

Psalm 5 Verba mea auribus

Intende voci

VIIIg



Give ear and hearken * to my cry for help, my King and my God.



- 1 Give ear to my words, Ô Lord; * †
 consider my méditation.
- 2 Hearken to my cry for help, my King and my God,*
 for I máke my práyer to you.
- 3 In the morning, Lórd, you héar my voice; *
 early in the morning I make my appéal and wátch for you.
- 4 For you are not a God who takes pléasure in wíckedness,*
 and evíl cánnót dwéll with you.
- 5 Braggarts cannot stand in yôur sight; * †
 you hate all thóse who work wíckedness.
- 6 You destroy those who speak lies; *
 the bloodthirsty and deceitful, O Lórd, you ábhor.
- 7 But as for me, through the greatness of your mercy,
 I will gó into your house; *
 I will bow down towards your holy témple in áwe of you.

- 8 Lead me, O Lord, in your rightêousness, †
because of those who lîe in wáit for me; *
make your way stráight befóre me.
- 9 For there is no truth in thêir mouth; * †
there is destrúction ín their heart;
- 10 Their throat is an open grave; *
they fláttér wíth their tongue.
- 11 Declare them guilty, O God; *
let them fall, because of thêir schemes. †
- 12 Because of their many transgréssions cást them out, *
for they have rebélléd agáinst you.
- 13 But all who take refuge in yóu *will* be glad; *
they will sing out their jóy for éver.
- 14 You will shelter them, *
so that those who love your name may exult ín you. †
- 15 For you, O Lord, will bléss the ríghteous; *
you will defend them with your fávour as wíth a shield.

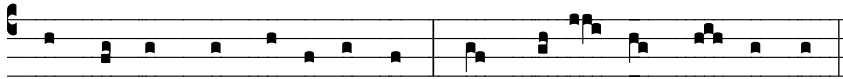


Give ear and hearken to my cry for help, my King and my God.

O Lord, our King and our God,
whose own dear Son trod for us the path of suffering
and was delivered up into the hands of the wicked:
lead us in the way of righteousness
and make straight our path through all temptations,
O Lord, our shield and defence. **Amen.**

Salvum me fac

VIIIg



Turn, O Lord, and de -li-ver me; * save me for your mer- cy's sake.

- 1 Lord, do not rebuke me in your anger; *
do not púnish me in your wrath.
- 2 Have pity on me, Lórd, for Í am weak; *
heal me, Lord, fór my bónes are racked.
- 3 My spirit shákes with térror; *
how lóng, O Lórd, how long?
- 4 Turn, O Lórd, and delíver me; *
save me fór your mércy's sake.
- 5 For in death nó one remémbers you; *
and who will give you thánks in thé grave?
- 6 I grow weary becáuse of my gróaning; *
every night I drench my bed
and flóod my cóuch with tears.
- 7 My eyes are wasted wíth grief * †
and worn away because of áll my éemies.
- 8 Depart from me, all evildoers, *
for the Lord has heard the sóund of my wéeping.
- 9 The Lord has heard my súpplícation; *
the Lórd accépts my prayer.
- 10 All my enemies shall be confóunded and quáke with fear; *
they shall turn back and suddénly be pút to shame.

From the death of sin, raise us up, O Lord,
that with a troubled spirit and penitential tears
our prayer may find favour in your sight;
through Jesus Christ our Lord. **Amen.**

Canticle A SONG OF DELIVERANCE Ecce Deus

Isaiah 12.2-6

Conversus est (Isa 12.1)

VIIIg



Your anger, Lord, * turned a-way from me, and you comforted me.



- 1 Surely, it is Gód who sáves me; *
I will trust in hím and not bé afraid.

- 2 For the Lord is my stronghold ánd my súde defence, *
and he will bé my Sáviour.
- 3 Therefore you will draw water wíth rejóicing *
from the wélls of salvátion,
- 4 And on that dáy *you* will say, *
Give thanks to the Lord and cáll upón his name;
- 5 make his deeds known amóng the péoples; *
see that they remember that his náme is exálted.
- 6 Sing the praises of the Lord, for hé has dóne great things, *
and this is knówn in áll the world.
- 7 Cry aloud, inhabitants of Zíon, ring óut your joy, *
for the great one in the midst of you is the Holy Óne of Ísrael.

READING

In sanctitate

VIIa



Ho- ly and righteous, * let us worship the Lord, and he will set us



free from all who hate us.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to **worship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

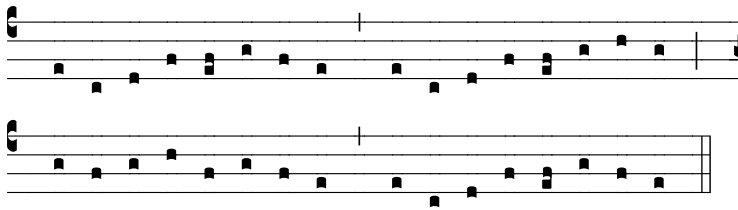
to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

FRIDAY WEEK 1

INVITATORY: Harden not your hearts today; listen to the voice of the Lord.

HYMN - through the year

IV



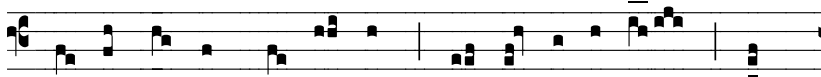
- 1 Eternal glory fills the heaven,
Our only hope, in mercy given:
Christ Jesus, whom a virgin bore,
Son of the Father evermore.
- 2 The morning star shines bright and clear
Announcing that the day is near.
Lord, grant us strength our hearts to raise,
That we this day may sing your praise.
- 3 Night's shadows flee: Lord, on us shine;
Our darkness turn to light divine;
Then in that light our life may rest,
Renewed by grace, and by you blest.
- 4 Let faith assume the foremost part,
Be firmly rooted in the heart;
And joyous hope in second place,
Then love may reign, your greatest grace.
- 5 All glory to the Father be,
And to the Son, eternally;
And to the Spirit, equal praise
From joyful hearts we ever raise.

From *Aeterna caeli gloria*

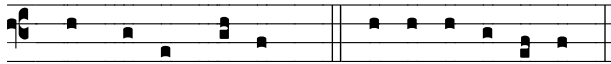
tr. Editors of Hymns for Prayer & Praise.

Ne discedas a me

11d



Be not far from me, O Lord: * for trouble is near and



there is none to help.

- 1 My God, my God, why have you forsaken me? *
and are so far from my cry
and from the words of my distress?
- 2 O my God, I cry in the daytime, but you do not answer; *
by night as well, but I find no rest.
- 3 Yet you are the Holy One, *
enthroned upon the praises of Israel.
- 4 Our forefathers put their trust in you; *
they trusted and you delivered them.
- 5 They cried out to you and were delivered; *
they trusted in you and were not put to shame.
- 6 But as for me, I am a worm and no man, * †
scorned by all and despised by the people.
- 7 All who see me laugh me to scorn; *
they curl their lips and wag their heads, saying,
- 8 "He trusted in the Lord; let him deliver him; *
let him rescue him, if he delights in him."
- 9 Yet you are he who took me out of the womb, *
and kept me safe upon my mother's breast.
- 10 I have been entrusted to you ever since I was born; *
you were my God when I was still in my mother's womb.

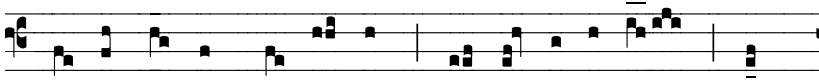
- 11 Be not far from me, for trouble is near, *
and there is none to help.
- 12 Many young bulls encircle me; *
strong bulls of Báshān surround me.
- 13 They open wide their jaws at me, *
like a ravener and a roaring lion.
- 14 I am poured out like water; †
all my bones are out of joint; *
my heart within my breast is melting wax.
- 15 My mouth is dried out like a pot-sherd;
my tongue sticks to the roof of my mouth; *
and you have laid me in the dust of the grave.
- 16 Packs of dogs close me in, †
and gangs of evildoers circle around me; *
they pierce my hands and my feet;
I can count all my bones.
- 17 They stare and gloat over me; * †
they divide my garments among them;
they cast lots for my clothing.
- 18 Be not far away, O Lord; *
you are my strength; hasten to help me.
- 19 Save me from the sword, *
my life from the power of the dog.
- 20 Save me from the lion's mouth, *
my wretched body from the horns of wild bulls.
- 21 I will declare your name to my people; *
in the midst of the congregation I will praise you.
- 22 Praise the Lord, you that fear him; * †
stand in awe of him, O offspring of Israel;
all you of Jacob's line, give glory.
- 23 For he does not despise nor abhor the poor in their poverty; †
neither does he hide his face from them; *
but when they cry to him he hears them.
- 24 My praise is of him in the great assembly; *
I will perform my vows in the presence of those who worship him.
- 25 The poor shall eat and be satisfied, †
and those who seek the Lord shall praise him: *
"May your heart live for ever!"
- 26 All the ends of the earth shall remember and turn to the Lord,*
and all the families of the nations shall bow before him.
- 27 For kingship belongs to the Lord; *

he rules óver the nátions.

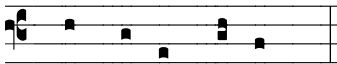
28 To him alone all who sleep in the earth bow dówn in wórship; *
all who go down to the dust fáll befóre him.

29 My soul shall live fór him; †
my descéndants shall sérve him; *
they shall be known as the Lórd's for éver.

30 They shall come and make known to a péople yét unborn *
the saving déeds that hé has done.



Be not far from me, O Lord: for trouble is near and



there is none to help.

Merciful God, your Son came to free us from sin,
overcoming death and rising in triumph:
may we, who are redeemed by his blood
be made ready to meet you face to face;
this we ask for Jesus' sake. **Amen.**

Deus adiuvat me

VIIIg



The Lord is my helper; * be-hold, it is the Lord who sustains my life.



- 1 Save me, O God, by yôur name; * †
in your míght, defénd my cause.
- 2 Hear my prayer, O God; *
give ear to the wórds of mý mouth.
- 3 For the arrogant have risen up against mē, †
and the rúthless have sóught my life, *
those who have nó regárd for God.
- 4 Behold, Gód is my hélper; *
it is the Lórd who sustáins my life.
- 5 Render evil to thóse who spý on me; *
in your faithfulnéss, destróy them.
- 6 I will offer you a fréewill sácrifice *
and praise your name, O Lórd, for ít is good.
- 7 For you have rescued me from évery tróuble, *
and my eye has seen the rúin óf my foes.

O living God,
reach through the violence of the proud
and the despair of the weak
to create in Jesus Christ
a free people to praise your holy Name. **Amen.**

Canticle SALVATOR MUNDI

- 1 Jesus, Saviour of the world, come to us in your mércy; *
we look to you to sáve and hélp us.
- 2 By your cross and your life laid down you sét your péople free; *
we look to you to sáve and hélp us.
- 3 When they were ready to perish you sáved your discíples; *
we look to you to cóme to óur help.
- 4 In the greatness of your mércy, lóose us fróm our chains; *
forgive the sins of áll your péople.
- 5 Make yourself known as our Saviour and míghty deliverer. *
Save and help us that wé may práise you.
- 6 Come now and dwell with us, Lórd Christ Jésus; *
hear our prayer and be wíth us álways.
- 7 And when you come in your glorý, * †
make ús to be óne with you,
and to share the life of your kíngdom.

READING

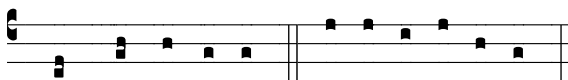
THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

Ferial Antiphon:

Per viscera (Lk 1.78)



In the tender * compas - sion of our God, the dawn from on high



shall break u-pon us.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énéemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énéemies,

free to wor**ship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowl**ed**ge** óf salvátion *
by the forgíveness óf their sins.

In the tender **compás**sion óf our God *
the dawn from on high shall bréak upón us,

to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.



In the tender compas - sion of our God, the dawn from on high



shall break u-pon us.

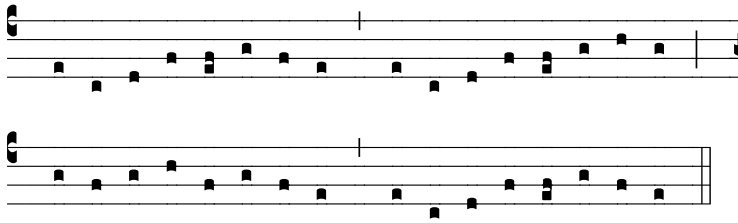
SATURDAY WEEK 1

INVITATORY:

At the name of Jesus, let every tongue proclaim: He is Lord.

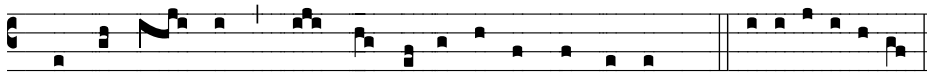
HYMN - through the year

IV



- 1 The light of morning fills the sky,
in golden dawn day lays its claim:
swift climbing, searching shafts of light,
dispelling darkness, sin and shame.
- 2 Away, all unreality,
away, despair born of the night!
The fear and guilt that dark creates
the light has banished from our sight.
- 3 So, Lord, when that last morning breaks
for which, while here, we long and pray;
then may it to your people prove
the dawning of your glorious day.
- 4 To God the Father, glory be,
and to his well-beloved Son,
who with the Spirit dwell in us:
immortal Trinity in One.

Aurora iam spargit polum (7/8 C)
tr. after E Caswall 1849



Let God a - rise * and let his e-nemies be scattered.

- 1 Let God arise and let his enemies be scattered; *
let those who hate him flee before him.
- 2 Let them vanish like smoke when the wind drives it away; *
as the wax melts at the fire,
so let the wicked perish at the presence of God.
- 3 But let the righteous be glad and rejoice before God; *
let them also be merry and joyful.
- 4 Sing to God, sing praises to his name; †
exalt him who rides upon the heavens; *
Yahweh is his name, rejoice before him!
- 5 Father of orphans, defender of widows, *
God in his holy habitation!
- 6 God gives the solitary a home
and brings forth prisoners into freedom; *
but the rebels shall live in dry places.
- 7 O God, when you went forth before your people, *
when you marched through the wilderness,
- 8 The earth shook and the skies poured down rain, †
at the presence of God, the God of Sinai, *
at the presence of God, the God of Israel.
- 9 You sent a gracious rain, O God, upon your inheritance; *
you refreshed the land when it was weary.
- 10 Your people found their home in it; *
in your goodness, O God,
you have made provision for the poor.

- 11 The Lord gave the word; * †
great was the company of women who bore the tidings:
- 12 "Kings with their armies are fleeing away; *
the women at home are dividing the spoils."
- 13 Though you lingered among the sheepfolds, * †
you shall be like a dove whose wings are covered with silver,
whose feathers are like green gold.
- 14 When the Almighty scattered kings, *
it was like snow falling in Zalmon.
- 15 O mighty mountain, O hill of Bashan! *
O rugged mountain, O hill of Bashan!
- 16 Why do you look with envy, O rugged mountain, †
at the hill which God chose for his resting place? *
truly, the Lord will dwell there for ever.
- 17 The chariots of God are twenty thousand,
even thousands of thousands; *
the Lord comes in holiness from Sinai.
- 18 You have gone up on high and led captivity captive; †
you have received gifts even from your enemies, *
that the Lord God might dwell among them.
- 19 Blessed be the Lord day by day, *
the God of our salvation, who bears our burdens.
- 20 He is our God, the God of our salvation; *
God is the Lord, by whom we escape death.
- [21 God shall crush the heads of his enemies, *
and the hairy scalp of those who go on still in their wickedness.
22 The Lord has said, "I will bring them back from Bashan; *
I will bring them back from the depths of the sea;
23 That your foot may be dipped in blood, *
the tongues of your dogs in the blood of your enemies."]

- 24 They see your procéssion, Ó God, *
your procession into the sanctuary, my Gód and mý King.
- 25 The singers go before, musicians fóllo^w áfter, *
in the midst of maidens playing upon the hánd-drums.
- 26 Bless God in the cóngregátion; *
bless the Lord, you that are of the fóuntain of Ísrael.
- 27 There is Benjamin, least of the tribes, at thê head; †
the princes of Judah ín a cómpany; *
and the princes of Zebulón and Náphtali.
- 28 Send fóρθ your stréngth, O God; *
establish, O God, what yóu have wróught for us.
- 29 Kings sháll bring gifts to you, *
for your temple's sáke at Jerúsalem.
- 30 Rebuke the wild béast of the reeds, *
and the peoples, a herd of wild búlls with íts calves.
- 31 Trample down those who lust áfter sílver; *
scatter the peoples thát delíght in war.
- 32 Let tribute be brought óut of Égypt; *
let Ethiopia stretch óut her hánds to God.
- 33 Sing to God, O kíngdoms óf the earth; *
sing práises tó the Lord.
- 34 He rides in the heavens, the áncient héavens; *
he sends forth his vóice, his míghty voice.
- 35 Ascribe power tó God; * †
his majesty is óver Ísrael;
his stréngth is ín the skies.
- 36 How wonderful is God in his hóly pláces! *
the God of Israel giving strength and power to his people!
Bléssèd bé God!



Let God a - rise and let his e-nemies be scattered.
Blessèd be God whose victory creates a new people,
who makes his home among the weak,
who delivers us from death,
and who brings joy and blessings beyond our imagining.
Blessèd be God for ever. **Amen.**

Canticle A SONG OF THE REDEEMING SPIRIT Wisdom 10.15-19, 20b-21

Optavi (Wisd 7.7)



Vlll

I prayed * and understanding was gi - ven me: I called on God and



the spi - rit of wis - dom came to me.

- 1 Wisdom freed from a nation óf opprésors *
a holy péople and blámeless race.
- 2 She entered the soul of a sérvant óf the Lord, *
withstood dread kings with wónders ánd signs.
- 3 To the saints she gave the rewárd of their lábours, *
and led them bý a márvellous way;
- 4 she was their shelter bý day * †
and their stárlight thróugh the night.
- 5 She brought them across the Red Sea, *
led them through míghty wáters,
- 6 but their enemies she swállowed ín the waves *
and spat them out from the dépths of thé abyss.
- 7 Lord, the righteous sang hýmns tó your name, *
and praised with one voice yóur protécting hand,
- 8 for Wisdom opened the móuth óf the dumb, *
and gave spéech to the tóngues of babes.

READING

THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

Ferial Antiphon:

In viam pacis (Lk 1.79)



In-to the way of peace * guide our feet, Lord our God.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised óf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to wor**ship** hím withóut fear, *
holy and righteous in his sight
all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

SUNDAY WEEK 2

INVITATORY Te Deum Laudamus (except in Lent)

We praise you, O God,
We acclaim you as the Lord.

All creation worships you,
the Father everlasting.

To you all angels, all the powers of heaven,
cherubim and seraphim sing in endless praise,

**Holy, holy, holy Lord, God of power and might;
heaven and earth are full of your glory.**

The glorious company of apostles praise you;
the noble fellowship of prophets praise you.

The white-robed army of martyrs praise you;
throughout the world the holy Church acclaims you.

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

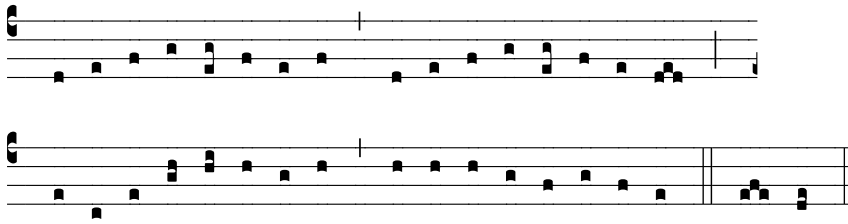
You are the King of glory, O Christ,
the eternal Son of the Father.

When you took our flesh to set us free,
you humbly chose the Virgin's womb.

You overcame the sting of death,
and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory,
we believe that you will come to be our judge.

**Come then, Lord, and help your people,
bought with the price of your own blood;
and bring us with your saints
to glory everlasting.**



- 1 This is the day the Lord has made,
The Lord who calls all time his own;
Let heaven rejoice, let earth be glad,
And songs of praise surround his throne.
- 2 Blest be the Lord who came to us,
Bestowing heavenly truth and grace;
Who came in God the Father's name
To save this sinful human race.
- 3 This is the day he rose from death,
And Satan's futile empire fell;
Now through the world his triumph spread
And all his mighty wonders tell.
- 4 To God the Father, glory be,
And to his well-beloved Son,
Who with the Spirit dwell in us:
Immortal Trinity in One.

Isaac Watts (1674-1748), altd.
Editors, Hymns for Prayer & Praise

Iubilate

IV*



O be joyful * be - fore the face of our king, the Lord,



for he will come to judge the world.

- 1 Sing to the Lórd a néw song, *
for he has done márvellóús things.
- 2 With his right hánd and his hóly arm *
has he won for himsélf the víctory.
- 3 The Lórd has made knówn his víctory; *
his righteousness has he openly shown in the síght of the nátions.
- 4 He remembers his mercy and faithfulness to the hóuse of Ísrael, *
and all the ends of the earth have seen the víctory óf our God.
- 5 Shout with joy to the Lórd, áll you lands; *
lift up your vóice, rejóice and sing.
- 6 Sing to the Lord with thê harp, * †
with the hárp and the vóice of song.
- 7 With trumpets and the sound of the horn *
shout with joy before the Kíng, the Lord.
- 8 Let the sea make a noise and áll that is ín it, *
the lands and thóse who dwéll therein.
- 9 Let the rivers clap thêir hands, * †
and let the hills ring out with jóy before the Lord,
when he cómes to júdge the earth.
- 10 In righteousness sháll he júdge the world, *
and the péoples with équity.

O God, mindful of your promises, you have visited and redeemed your people:
as we rejoice in the power of your victory, so hasten the day of your appearing;
through Jesus Christ our Lord. **Amen.**

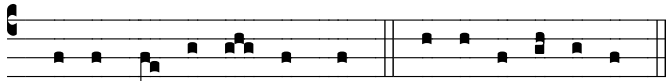
Psalm 99 *Dominus regnavit*

Exaltate

Vlf



Proclaim the greatness * of the Lord our God, and worship him



u-pon his ho-ly mountain.

- 1 The Lord is king; let the péople trémble; *
he is enthroned upon the cherubim; lét the éarth shake.
- 2 The Lord is gréat in Zíon; *
he is high abóve all péoples.
- 3 Let them confess his name, which is gréat and áwesome; *
he ís the Hóly One.
- 4 “O mighty King, lover of justíce, †
you have estáblished équity; *
you have executed justice and righteounéss in Jácob.”
- 5 Proclaim the greatness of the Lord our God
and fall down béfore his fóotstool; *
he ís the Hóly One.
- 6 Moses and Aaron among hís priests, †
and Samuel among those who cáll upón his name, *
they called upon the Lórd and he ánswered them.
- 7 He spoke to them out of the píllar óf cloud; *
they kept his testimonies and the decrée that he gáve them.
- 8 “O Lord our God, you answered them índeed; * †
you were a Gód who forgáve them,
yet punished them fór their évil deeds.”
- 9 Proclaim the greatness of the Lord ôur God †
and worship him upón his hóly hill; *
for the Lord our Gód is the Hóly One.



Proclaim the greatness of the Lord our God, and worship him



u-pon his ho-ly mountain.

O Lord our king, exalted on high,
yet stooping to the measure of our lowliness,
you have called us to be holy for you are holy:
as in our worship we confess your glory,
so may our lives be directed in righteousness;
through Jesus Christ our Lord. **Amen.**

Psalm 149 Cantate Domino

Filii Sion

VIIIc



Children of Zi - on * be joy-ful and praise your king.

- 1 Hallelujah!
Sing to the Lórd a nów song; *
sing his praise in the congregation óf the fáithful.
- 2 Let Israel rejóice in his máker; *
let the children of Zion be jóyful ín their king.
- 3 Let them praise his náme *in* the dance; *
let them sing praise to him with tímbrel ánd harp.

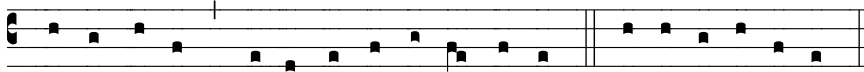
- 4 For the Lord takes pleasure in his people *
and adorns the p^oor with vⁱctory.
- 5 Let the faithful rejoice in triumph; *
let them be j^oyful on their beds.
- 6 Let the praises of G^od be in their throat *
and a two-edged sw^ord in their hand;
- 7 To wreak vengeance on the nations *
and punishment on the peoples;
- 8 To bind their kings in chains *
and their nobles with links of iron;
- 9 To inflict on them the judgement decreed; * †
this is glory for all his faithful people.
_ Hallelujah!

In Lent:

- 8 To bind their kings in chains * †
and their nobles with links of iron;
- 9 To inflict on them the judgement decreed;
this is glory for all his faithful people.



Children of Zi - on be joy-ful and praise your king.



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

- 1 Bless the Lord áll créated things, *
sing his praise and exált him for éver.
- 2 Bless the Lórd you héavens, *
sing his praise and exált him for éver.
- 1 *The Heavenly Order*
- 3 You angels of the Lord, O bless thê Lord †
all you his hósts, O bléss the Lord, *
bless the Lord you waters above the heavens,
sing his praise and exált him for éver.
- 4 Sun and moon, O bless thê Lord †
you stars of héav'n, O bléss the Lord, *
bless the Lord all rain and dew,
sing his praise and exált him for éver.
- 5 All winds that blow, O bless thê Lord †
you fíre and heat, O bléss the Lord, *
bless the Lord scorching wind and bitter cold,
sing his praise and exált him for éver.
- 6 Dews and falling snows, O bless thê Lord †
you nights and dáys, O bléss the Lord, *
bless the Lord light and darkness,
sing his praise and exált him for éver.
- 7 Frost and cold, O bless thê Lord †
you íce and snow, O bléss the Lord, *
bless the Lord lightnings and clouds,
sing his praise and exált him for éver.

II *The Earth and its Creatures*

- 8 O let the earth bless thê Lord, †
you mountains and hills, O bléss the Lord, *
bless the Lord all that grows in the ground,
sing his praise and exált him for éver.
- 9 You springs, O bless thê Lord †
you seas and rivers, O bléss the Lord, *
bless the Lord you whales and all that swim in the waters,
sing his praise and exált him for éver.
- 10 All birds of the air, O bless thê Lord †
you beasts and cáttle, O bléss the Lord, *
bless the Lord all people on earth,
sing his praise and exált him for éver.

III *The People of God*

- 11 O People of God bless thê Lord, †
you priests of the Lórd, O bléss the Lord *
bless the Lord you servants of the Lord,
sing his praise and exált him for éver.
- 12 All you of upright spirit, O bless thê Lord †
You that are holy and humble in héart, O bléss the Lord, *
Hananiah, Azariah, and Mishael, O bless the Lord
sing his praise and exált him for éver.

Bless the Father, the Son and the Hóly Spírit, *
sing his praise and exált him for éver.



Alle - lu - ia, al - le - lu - ia, al - le - lu - ia.

READING

BENEDICITE

A Song of Creation

(Adapted from Trier)



Bless the Lord all cre - a - - ted things



Bless him hea - vens and an - gels of the Lord, all
Bless him po - wers, bless him sun and moon, all



Sing and praise him for e - - - ver - more.



wa - ters over hea - ven, sing praise to the Lord.
stars in the heavens, sing praise to the Lord.



Bless the Lord you day - time and night - time;



Bless him all rainfall and dew, and you light - ning;
Scorching wind, bit - ter cold, snow - fall and ice - storm



Bless the Lord, light and dark - - - ness.



Fire and heat, frost and cold, bless the Lord.
Snow and ice, hail and clouds, bless the Lord.



O let the earth bless the Lord, let it



All mountains and hills, all that grows on the
all that swim in the wa - ters, all birds of the



praise him and wor - ship him for e - ver - more.



earth, and you ri - vers and seas and springs;

air, and all cat - tle and beasts, bless the Lord.



Sing praise to the Lord you peo - - ple



You ho - ly and humble, O bless the Lord,
you up-right of spi - rit, O bless the Lord:



Praise and bless him for e - - ver - more.



All you priests and you ser - vants of his.
Bless the Fa - ther, the Son and the Spirit.

THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

(The antiphon is proper)

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to **worship** hím withóut fear, *
holy and righteous in his sight
all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowl**edge óf salvátion *
by the forgíveness óf their sins.

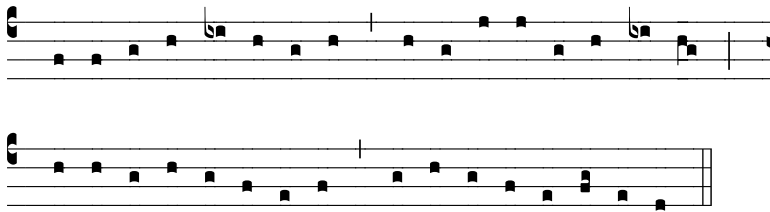
In the tender **comp**ássion óf our God *

the dawn from on high shall bréak upón us,
to shine on those who dwell in darkness and **the** shádów
of death,*
and to guide our feet intó the wáy of peace.

MONDAY WEEK 2

INVITATORY: Come, let us sing to the Lord: let us come before his presence with thanksgiving.

HYMN - *through the year*



- 1 O God of light, the dawning day
Gives us new promise of your love.
Each fresh beginning is your gift,
Like gentle dew from heaven above.
- 2 Your blessings, Father, never fail:
Your Son, who is our daily bread,
The Holy Spirit of your love,
By whom each day your Church is led.
- 3 Make us the servants of your peace,
Renew our strength, remove all fear;
Be with us, Lord, throughout this day,
For all is joy if you are near.
- 4 To Father, Son and Spirit blest,
One only God, we humbly pray;
Show us the splendour of your light
In death, the dawn of perfect day.

James Quinn, SJ

Diligam te

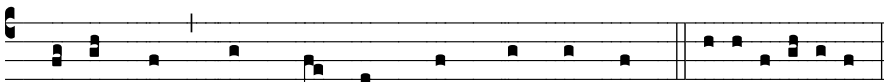
Vlf



I love you, * Lord, my strength and my stronghold.

- 1 I love yóu, O Lórd my strength, *
O Lord my stronghold, my crág and my háven.
- 2 My God, my rock in whom I put mÿ trust, * †
my shield, the horn of my salvation ánd my réfuge;
you are wóthy óf praise.
- 3 I will cáll upón the Lord, *
and so shall I be sáved from my énemies.
- 4 The breakers of déath rolled óver me, *
and the torrents of oblivion máde me áfraid.
- 5 The cords of héll entángled me, *
and the snares of déath were sét for me.
- 6 I called upon the Lórd in mý distress *
and cried óut to my Gód for help.
- 7 He heard my voice from his héavenly dwélling; *
my cry of anguish cáme to his ears.
- 8 The earth reeled ánd rocked; * †
the róots of the móuntains shook;
they reeled becáuse of his ánger.
- 9 Smoke rose from his nostrils
and a consuming fire óut óf his mouth; *
hot burning coals blazed fóρθ from him.
- 10 He parted the héavens and cáme down *
with a storm cloud únder his feet.
- 11 He mounted on chérubím and flew; *
he swooped on the wíngs of thé wind.

- 12 He wrapped dárkness abóut him; *
he made dark waters and thick clóuds his pavílion.
- 13 From the brightness of his présence, thróugh the clouds, *
burst háilstones and cóals of fire.
- 14 The Lord thundered óut of héaven; *
the Most High úttered his voice.
- 15 He loosed his árrows and scáttered them; *
he hurled thunderbólts and róuted them.
- 16 The beds of the seas were uncovêred, †
and the foundations óf the wórlD laid bare, *
at your battle cry, O Lord,
at the blast of the bréath of your nóstrils.
- 17 He reached down from on hígh and grásped me; *
he drew me óut of great wáters.
- 18 He delivered me from my strong enemies
and from thóse who háted me; *
for they were too míghty fór me.
- 19 They confronted me in the day of mý disáster; *
but the Lórd was mý support.
- 20 He brought me out ínto an ópen place; *
he rescued me because he delíghted ín me.



I love you, Lord, my strength and my stronghold.

Psalm 18, Part II

Vivit Dominus

VIII²



My Lord lives! * Bless-ed is my Rock, the God of my salva-tion.



- 21 The Lord rewarded me because of my righteous déaling; *
because my hands were clean hé rewárded me;
- 22 For I have kept the wáys óf the Lord *
and have not offénded agáinst my God;
- 23 For all his judgements áre befóre my eyes, *
and his decrees I have not pút awáy from me;
- 24 For I have been blámeless wíth him *
and have kept mysélf from iníquity;
- 25 Therefore the Lord rewardêd me †
according to my ríghteous déaling, *
because of the cleanness of my hánds in hís sight.
- 26 With the faithful you show yourself fáithfúl, O God; *
with the forthright you shów yourself fóρθright.
- 27 With the pure you shów yoursélf pure, *
but with the crookedd yóu are wíly.
- 28 You will save a lówly péople, *
but you will húmble the háughty eyes.
- 29 You, O Lórd, áre my lamp; *
my God, you máke my dárkness bright.

- 30 With you I will break an enclósure; *
with the help of my God I will scále aný wall.
- 31 As for God, his ways are perfêct; †
the words of the Lord are triéd ín the fire; *
he is a shield to áll who trúst in him.
- 32 For who is Gód, bút the Lord? *
who is the rók, excépt our God?
- 33 It is God who gírds me abóut with strength *
and mákes my wáy secure.
- 34 He makes me sure-fóoted líke a deer *
and lets me stand fírm on thé heights.
- 35 He trains my hánds for báttle *
and my arms for bending éven a bów of bronze.
- 36 You have given me your shield of victôry; * †
your right hand álsó sustáins me;
your loving cáre makes mé great.
- 37 You lengthen my stríde benéath me, *
and my ánkles do nót give way.
- 38 I pursue my enemies and óvertáke them; *
I will not turn back till I háve destróyed them.
- 39 I strike them down ánd they cánnót rise; *
they fall deféated át my feet.
- 40 You have girded me with strength for the battlê; * †
you have cast down my adversáries benéath me;
you have put my énemíes to flight.
- 41 I destroy those who hate mê; †
they cry out, but there is nóne to hélp them; *
they cry to the Lord, but he dóes not ánsver.
- 42 I beat them small like dúst befóre the wind; *
I trample them líke múd in thé streets.

- 43 You deliver me from the strife of the péoples; *
you put me at the héad of the nátions.
- 44 A people I have not known shall serve mē; †
no sooner shall they hear than they sháll obéy me; *
strangers will críngé befóre me.
- 45 The foreign péoples will lóse heart; *
they shall come trembling out of their stróngholds.
- 46 The Lord lives! Blésséd ís my rock! *
Exalted is the God of mý salvátion!
- 47 He is the God who gáve me víctory *
and cast down the péoples benéath me.
- 48 You rescued me from the fury of my enēmies; †
you exalted me above those who róse agáinst me; *
you saved me fróm my déadly foe;
- 49 Therefore will I extol you among the nátions, Ó Lord, *
and sing práises tó your name.
- 50 He multiplies the victories of hís king; * †
he shows loving-kindness to hís anóinted,
to David and his descéndants for éver.



My Lord lives! Bless-ed is my Rock, the God of my salva-tion.

Guard us, O Lord, with the shield of faith
and fight for us with the sword of the Spirit,
that in all our spiritual warfare against the powers of darkness
we may gain the victory
through Jesus Christ our Lord. **Amen.**

Laudamus

If



Now our God * we praise your glo-rious name and give you thanks.

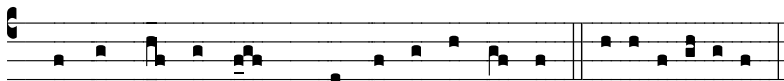


- 1 Blessed are you, God of Israel, for éver and éver, *
for yours is the greatness, the power,
the glory, the splendour ánd the májesty.
- 2 Everything in heaven ánd on éarth is yours; *
yours is the kingdom, O Lord,
and you are exalted as héad abóve all.
- 3 True wealth and hónour cóme from you *
and you are exalted as héad ovér all.
- 4 In your hánd are pówér and might; *
yours it is to give pówér and stréngth to all,
- 5 And now we give you thánks, our God, *
and práise your glórious name.
- 6 For áll things cóme from you, *
and of your ówn have we gíven you.

READING

Benedictus

Vlf



Bless-ed be the Lord, * the God of Is-ra - el.

(Blessed be the Lord, **the** Gód of Ísrael; *)
he has come to his péople and sét them free.

He has raised up for us a míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to wor**ship** hím withóut fear, *
holy and righteous in his sight
all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowl**ed**ge** óf salváti**o**n *
by the forgiveness óf their sins.

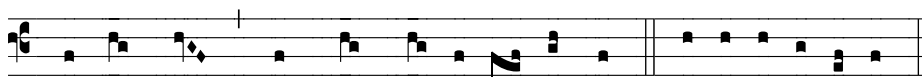
In the tender **compássi**o**n** óf our God *
the dawn from on high shall bréak up**o**n us,

to shine on those who dwell in darkness and **the** shádó**w** of death, *
and to guide our feet intó the wáy of peace.

Psalm 70 *Deus in adjutorium*

Domine Deus

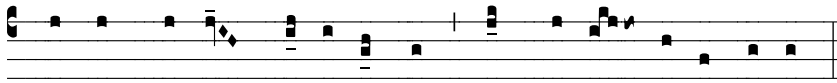
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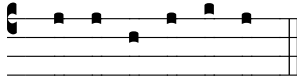
O Lord God, * make haste to de - li - ver me.

- 1 Be pleased, O Gód, to delíver me; *
O Lord, make háste to hélp me.
- 2 Let those who seek my life be ashamed
and altogether dîsmayed; * †
let those who take pleasure in mý misfórtune
draw báck and bé disgraced.
- 3 Let those who say to me “Aha!” and gloat óver mé turn back, *
becáuse they áre ashamed.
- 4 Let all who seek you rejóice and be glád in you; *
let those who love your salvation say for ever, “Gréat is thé Lord!”
- 5 But as for me, I am póor and néedy; *
come to me spéedilý, O God.
- 6 You are my helper and mý delíverer; *
O Lórd, do not tárry.

O God, our helper and defender,
deliver us in our weakness,
answer our longings
and vindicate our faith,
that we may see your glory
in Jesus Christ our Lord. **Amen.**

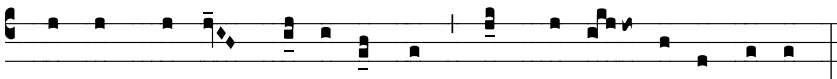


O Lord my God, * de- li -ver me from the hand of the wicked.



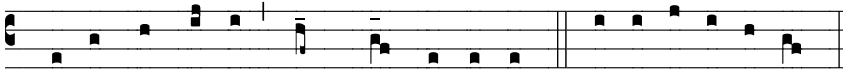
- 1 In you, O Lord, have I taken refuge; *
let me néver bé ashamed.
- 2 In your righteousness, deliver mé and sét me free; *
incline your ear to mé and sáve me.
- 3 Be my strong rock, a cástle to kéepe me safe; *
you are my crág and my strónghold.
- 4 Deliver me, my God, from the hánd of the wícked, *
from the clutches of the evildoer and the oppréssor.
- 5 For you are my hópe, Ó Lord God, *
my confídence since Í was young.
- 6 I have been sustained by you ever since I wás born; †
from my mother's womb yóu have béen my strength; *
my praise shall be álways óf you.
- 7 I have become a portent to manÿ; * †
but you are my réfuge and my strength.
- 8 Let my mouth be full of your praise *
and your glóry áll the dáy long.
- 9 Do not cast me óff in my óld age; *
forsake me nó when my stréngth fails.
- 10 For my enemies are tálking agáinst me, *
and those who lie in wait for my life take cóunsel togétHER.
- 11 They say, "God has forsakên him; †
go after hím and séize him; *
because there is nóne who will save."

- 12 O God, bé not fár from me; *
come quickly to hélp me, Ó my God.
- 13 Let those who set themselves against me
be put to sháme and bé disgraced; *
let those who seek to do me evil
be covered with scórn and réproach.
- 14 But I shall always wáit in pátiénce, *
and shall práise you móre and more.
- 15 My mouth shall recount your mighty acts
and saving déeds *á*ll day long; *
though I cannot know the númer óf them.
- 16 I will begin with the mighty wórks of the Lórd God; *
I will recall your ríghteousness, yóurs alone.
- 17 O God, you have taught me sínce *Í* was young, *
and to this day I tell of your wónderfúl works.
- 18 And now that I am old and grey-headed, O God,
dó not forsáke me, *
till I make known your strength to this generation
and your power to áll who áre to come.
- 19 Your righteousness, O God, reaches tó the héavens; *
you have done great things; whó is like yóu, O God?
- 20 You have showed me great troubles ánd advérsities, *
but you will restore my life
and bring me up again from the deep pláces óf the earth.
- 21 You stréngthen me móre and more; *
you enfóld and cómfort me,
- 22 Therefore I will praise you upon the lyre for your
fáithfulness, Ó my God; *
I will sing to you with the harp, O Holy Óne of Ísrael.
- 23 My lips will sing with joy whén I pláy to you, *
and so will my soul, which yóu have rédeemed.
- 24 My tongue will proclaim your ríghteousness *á*ll day long, *
for they are ashamed and disgraced who sóught to dó me harm.



O Lord my God, de- li -ver me from the hand of the wicked.

Faithful God, living Saviour,
in youth and old age, in weakness and adversity,
from the womb to the grave, may we know your protection
and proclaim your great salvation in Jesus Christ our Lord. **Amen.**



Let every spi - rit * sing praise to the Lord.

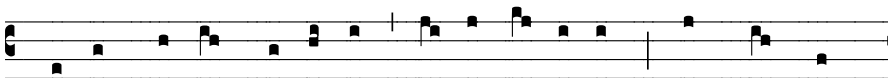
- 1 The souls of the righteous are ín the hánd of God *
and no torment will éver tóuch them.
- 2 In the eyes of the foolish, they seemed to háve died; * †
and their departure was thought to bé an affliction.
- 3 And their going from us to be their destruction; *
bút they áre at peace.
- 4 For though, in the sight of others, théy were púnished, *
their hope is of ímmortálicity.
- 5 Having been disciplined a little, they will recéive great good, *
because God tested them and found them wórthy óf himself.
- 6 Like gold in the fúrnace, he tríed them *
and, like a burnt offering, hé accépted them.
- 7 In the time of their visitation, théy will shíne forth *
and will run like spárks through the stúbble.
- 8 They will govern nations and rule óver péoples *
and God will reign over thém for éver.

READING

THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

Antiphon *Errexit Dominus nobis*

VIIa



The Lord has raised up for us * a mighty Sa-viour, born from the



house of his servant Da-vid.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his peóple and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hólý cóvenant.

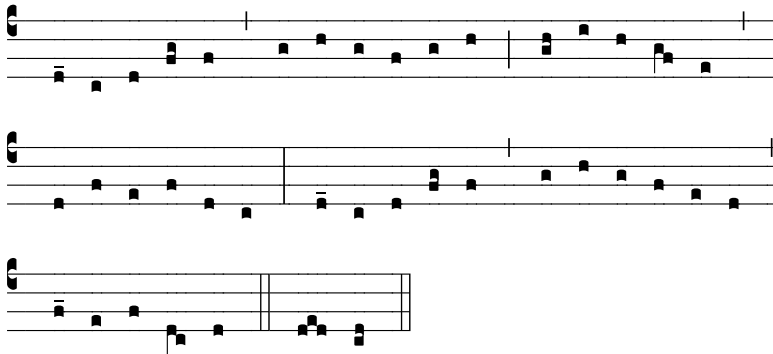
This was the oath he swore to **our** fáther Ábraham, *

to set us free from the hánds of our énemies,
 free to **worship** hím withóut fear, *
 holy and righteous in his sight all the dáys of óur life.
 You, my child, shall be called the **prophet** óf the Móst High, *
 for you will go before the Lórd to prepare his way,
 to give his people **knowledg**e óf salvátion *
 by the forgíveness óf their sins.
 In the tender **comp**ássion óf our God *
 the dawn from on high shall bréak upón us,
 to shine on those who dwell in darkness and **th**e shádów of death, *
 and to guide our feet into the wáy of peace.

WEDNESDAY WEEK 2

INVITATORY: Come, let us worship our Lord and Saviour.

HYMN

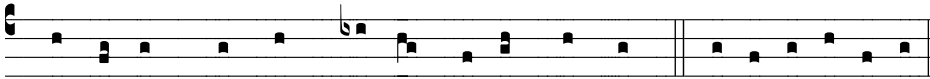


- 1 Word out of silence, with the Father dwelling,
 Full of his Godhead, splendid with his glory,
 Reached into chaos, mortal ages telling
 News of his goodness.
- 2 Taking our nature, to the world proclaiming
 Time for repentance, summoned his disciples;
 Healing all illness, scorn and hatred bearing,
 Feasted with sinners.
- 3 Dying he conquered, prince of life victorious,
 Bringing release to spirits long-imprisoned;
 Rising to heaven, now he reigns all-glorious,
 One with the Father.
- 4 Christ our redeemer, bearer of salvation,
 Humbly your people render thanks and glory:
 Called forth from darkness, we your priestly nation,
 Sing forth your praises.

Michael Casey, OCSO, altd.

Laetetur

Dg



Let the hearts * of those who seek the Lord re - joice.

- 1 Give thanks to the Lord and call upon his name; *
make known his deeds among the peoples.
- 2 Sing to him, sing praises to him, * †
and speak of all his marvellous works.
- 3 Glory in his holy name; *
let the hearts of those who seek the Lord rejoice.
- 4 Search for the Lord and his strength; * †
continually seek his face.
- 5 Remember the marvels he has done, *
his wonders and the judgements of his mouth,
- 6 O offspring of Abraham his servant, *
O children of Jacob his chosen.
- 7 He is the Lord our God; *
his judgements prevail in all the world.
- 8 He has always been mindful of his covenant, *
the promise he made for a thousand generations:
- 9 The covenant he made with Abraham, *
the oath that he swore to Isaac,
- 10 Which he established as a statute for Jacob, *
an everlasting covenant for Israel,
- 11 Saying, "To you will I give the land of Canaan *
to be your allotted inheritance."

Eduxit Deus

IVe



The Lord God * led forth his people with e-xul- ta- tion, and his



chos-en with shouts of joy.

- 23 Israel cáme into Égypt, *
and Jacob became a sojourner in the lánd of Ham.
- 24 The Lord made his people excéedingly frúitful; *
he made them stronger thán their énemies;
- 25 Whose heart he turned, so that they háted his péople, *
and dealt unjustly wíth his sérvants.
- 26 He sent Móses his sérvant, *
and Aaron whom hé had chósen.
- 27 They worked his sígns amóng them, *
and portents in the lánd of Ham.
- 28 He sent darkness ánd it gréw dark; *
but the Egyptians rebélled agáinst his words.
- 29 He turned their wáters ínto blood *
and cáused their físh to die.
- 30 Their land was óverrún by frogs, *
in the very chámbers óf their kings.
- 31 He spoke and there came swárms of ínsects *
and gnats within áll their bórders.
- 32 He gave them háilstones instéad of rain, *
and flames of fire throughóut their land.
- 33 He blasted their vines and their fíg trees *
and shattered every tree in their cóuntry.
- 34 He spoke and the locúst came, * †
and young locusts wíthout number,
- 35 Which ate up all the green plants in their land *
and devoured the frúit of théir soil.
- 36 He struck down the first-born óf their land, *
the first-fruits of áll their strength.
- 37 He led out his people with silver ánd gold; * †
in all their tribes there was not óne that stumbled.
- 38 Egypt was glad of their going, *

because they wére afráid of them.

39 He spread out a clóud for a cóvering *
and a fire to give light in the night séason.

40 They ásked and quáils appeared, *
and he satisfied them with bréad from héaven.

41 He opened the róck and wáter flowed, *
so the river ran in the dry pláces.

42 For God remémbered his hólý word *
and Abrahám his sérvant.

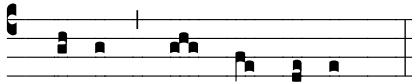
43 So he led forth his péople with gládness, *
his chósen with shóuts of joy.

44 He gave his people the lánds of the nátions, *
and they took the frúit of óthers' toil,

45 That they might kéeep his státutes *
and observe his laws. [In Lent: _ ánd obsérve his laws.]
Hállélújah!



The Lord God led forth his people with e-xul- ta- tion, and his



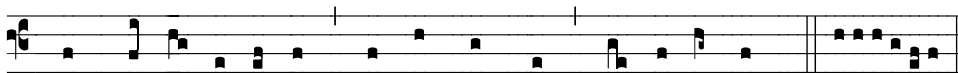
chos-en with shouts of joy.

O God of Abraham, Isaac and Jacob,
you redeemed us from the slavery of sin for freedom as your children:
feed us on our way with the bread of heaven and quench our thirst with living water;
through Jesus Christ our Lord. **Amen.**

Canticle A SONG OF GOD'S HERALD Super montem excelsum Isaiah 40.9-11

Paratus esto (Amos 4.12)

11d



Stand ready, Is-ra - el, * to meet your Lord, for he will come.

- 1 Go up tó a high móuntain, *
O Zion, hérald óf joy;
- 2 lift úp your vóice in strength, *
Jerusalem, hérald óf joy;
- 3 Líft it úp, fear not; *
say to the cities of Júdah, "Behóld, your God!
- 4 Behold, the Lórd cómes in might, *
comes to rúle with his míghty arm;
- 5 behold, his rewárd is wíth him, *

His recompense before him.

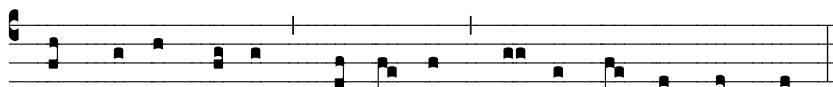
- 6 Like a shepherd will he feed his flock, *
gathering the lambs in his arms;
- 7 he will hold them to his breast *
and gently lead those that are with young.”

READING

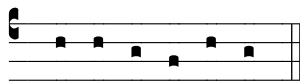
THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

De manu omnium (cf Lk 1.71)

lg



From the hands of all * who hate us, set us free, Lord our God.



Blessed be the Lord, **the** Gód of Ísrael; *

he has come to his péople and sét them free.

He has raised up for us a míghty Sáviour, *

born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †

that he would save **us** fróm our énemies, *

from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *

and to remember his hólý cóvenant.

This was the oath he swore to **our** fáther Ábraham, *

to set us free from the hánds of our énemies,

free to **worship** hím withóut fear, *

holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *

for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *

by the forgiveness óf their sins.

In the tender **compásson** óf our God *

the dawn from on high shall bréak upón us,

to shine on those who dwell in darkness and **the** shádów of death, *

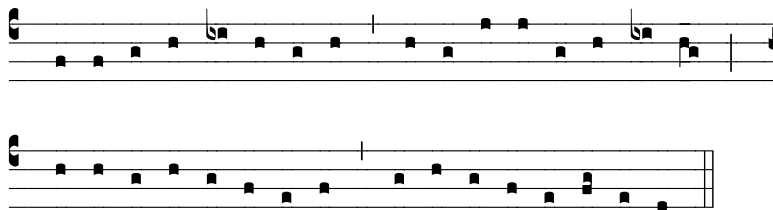
and to guide our feet intó the wáy of peace.

THURSDAY WEEK 2

INVITATORY: The Lord is our light and our life: come let us adore him.

HYMN

1



- 1 The beauty of the rising sun,
Begins to flood the world with light;
Awakened, nature glows with life
In form and colour new and bright.
- 2 Lord Jesus Christ, since time began
The morning sun you far outshone;
We turn to you with joyous praise
And ask the blessings you have won.
- 3 You are God's knowledge infinite,
His Word that brought all things to be:
Answer our prayer that we may love
And come to see your mystery
- 4 Give us your light, that we may learn
To walk the path of life with care;
May all our ways and actions show
The gifts the Father longs to share.
- 5 Most loving Father, hear our prayer
Through Jesus Christ, your only Son;
Both with the Holy Spirit reign
For ever Three and ever One.

The Anglican Office Book, altd

In veritate tua



In your faithfulness, * Lord, hear and answer me.

- 1 Lord, hear my prayer,
and in your faithfulness heed my supplications; *
answer me in your righteousness.
- 2 Enter not into judgement with your servant, *
for in your sight shall no one living be justified.
- 3 For my enemy has sought my life; †
he has crushed me to the ground; *
he has made me live in dark places like those who are long dead.
- 4 My spirit faints within me; *
my heart within me is desolate.
- 5 I remember the time past;
I muse upon all your deeds; *
I consider the works of your hands.
- 6 I spread out my hands to you; *
my soul gasps to you like a thirsty land.
- 7 O Lord, make haste to answer me; my spirit fails me; *
do not hide your face from me
or I shall be like those who go down to the Pit.
- 8 Let me hear of your loving-kindness in the morning,
for I put my trust in you; *
show me the road that I must walk,
for I lift up my soul to you.
- 9 Deliver me from my enemies, O Lord, *
for I flee to you for refuge. †
- 10 Teach me to do what pleases you, for you are my God; *
let your good Spirit lead me on level ground.
- 11 Revive me, O Lord, for your name's sake; *
for your righteousness' sake, bring me out of trouble.
- 12 Of your goodness, destroy my enemies
and bring all my foes to naught, *
for truly I am your servant.



In your faithfulness, Lord, hear and answer me.

God of justice, we fail to act justly and depend upon the power of righteousness:

look with compassion upon those surrounded by danger
and guide us all along the path of life;
through Jesus Christ our Lord. **Amen.**

Psalm 108 Paratum cor meum

Psallam tibi

IV*



I will praise you * among the na-tions, for your loving-kindness

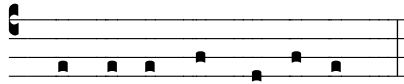


is greater than the heavens.

- 1 My heart is firmly fixed, O Gód, my héart is fixed; *
I will síng and make mélody.
- 2 Wake up, my spirit; awáke, lúte and harp; *
I myself will wáken thé dawn.
- 3 I will confess you among the peoples, Ô Lord; * †
I will sing praises to you amóng the nátions.
- 4 For your loving-kindness is greater than the heavens, *
and your faithfulness réaches tó the clouds.
- 5 Exalt yourself above the heavens, O God, *
and your glory over all thê earth. †
- 6 So that those who are dear to you may bé delivered, *
save with your right hánd and ánsver me.
- 7 God spoke from his holy place ând said, * †
“I will exult and párcel out Shéchem;
I will divide the válley of Súccoath.
- 8 Gilead is míne and Manásseh is mine; *
Ephraim is my helmet and Júdah my scéptre.
- 9 Moab is my wash-basín, †
on Edom I throw down my sándal to cláim it, *
and over Philistia will I shóut in tríumph.”
- 10 Who will lead me into the strong citý? * †
who will bring me ínto Édom?
- 11 Have you not cast us off, O God? *
you no longer go out, O Gód, with our ármies.
- 12 Grant us your help agáinst the énýmy, *
for vain ís the hélp of man.
- 13 With God we will do váliant deeds, *
and he shall tread our énemies únder foot.



I will praise you among the na-tions, for your loving-kindness



is greater than the heavens.

O God,
whose steadfast love never ceases and whose compassion never fails:
come with the dawning of the new day and reveal your power in our lives,
that your glory may be exalted in all the earth;
through Jesus Christ our Lord. **Amen.**

Deus

VIIIg



May God * be merci - ful to us and give us his blessing.

- 1 May God be merciful to ús and bléss us, *
show us the light of his countenánce and cóme to us.
- 2 Let your ways be knówn upón earth, *
your saving health amóng all nátions.
- 3 Let the peoples práise yóu, O God; *
let all the péoples práise you.
- 4 Let the nations be glád and sing fôr joy, *
for you judge the péoples with équity
and guide all the nátions upón earth.
- 5 Let the peoples práise yóu, O God; *
let all the péoples práise you.
- 6 The earth has brought fórth her íncrease; *
may God, our own God, gíve us his bléssing.
- 7 May God gíve us his bléssing, *
and may all the ends of the earth stánd in áwe of him.

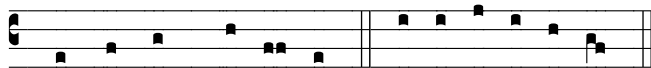
In the face of Jesus Christ,
your light and glory have blazed forth to all the nations, O God;
with all your people,
may we make known your grace
and live out your ways of peace. **Amen.**

- 1 Seek the Lord while he wills to be found; * †
call upon him when he draws near.
- 2 Let the wicked forsake their ways *
and the evil ones their thoughts;
- 3 And let them turn to the Lord, and he will have compassion, *
and to our God, for he will richly pardon.
- 4 For my thoughts are not your thoughts, *
nor your ways my ways, says the Lord.
- 5 For as the heavens are higher than the earth, * †
so are my ways higher than your ways,
and my thoughts than your thoughts.
- 6 For as rain and snow fall from the heavens *
and return not again, but water the earth,
- 7 Bringing forth life and giving growth, *
seed for sowing and bread for eating,
- 8 So is my word that goes forth *from* my mouth; *
it will not return to me empty;
- 9 But it will accomplish that which I have purposed, *
and prosper in that for which I sent it.

READING



Ho- ly and righteous, * let us worship the Lord, and he will set us



free from all who hate us.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** mighty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hólý cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to **worship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

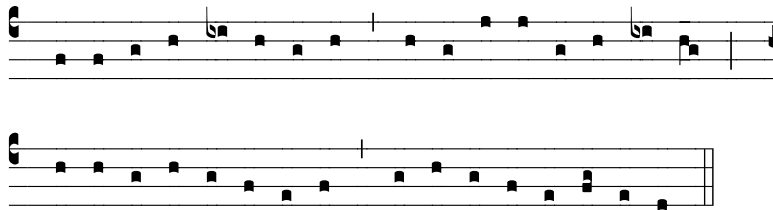
In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

FRIDAY WEEK 2

INVITATORY: Harden not your hearts today; listen to the voice of the Lord.

HYMN

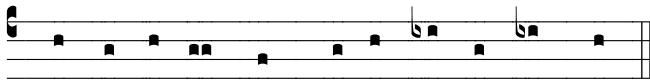


- 1 Steadfast through all the endless years
Your righteous kingdom stands secure,
And your dominion evermore,
Throughout the ages shall endure.
- 2 Obedient to the Father's will,
You came, incarnate Son, to earth,
And stooped so humbly from your throne
To share with us a lowly birth.
- 3 O Lord, you came on us to shine,
True light from the eternal light;
And now the Father's brightness rests
On those who long have dwelt in night.
- 4 O see how everything that breathes
Its homage gives, in deed and word,
The glory of almighty God,
The Father's image, Christ our Lord.
- 5 We bless you, Father, fount of light,
And Christ, your well-beloved Son,
Who with the Spirit dwell in us:
Immortal Trinity in One.

James Brownlie (1857-1925), altd.; from the Greek

- 12 But you, O Lord, endure for ever, *
and your náme from áge to age.
- 13 You will arise and have compassion on Zíon, †
for it is time to have mércy upón her; *
indeed, the appóinted tíme has come.
- 14 For your servants love her véry rúbble, *
and are moved to pity éven fór her dust.
- 15 The nations shall féar your náme, O Lord, *
and all the kings of the éarth your glóry.
- 16 For the Lord will búild up Zíon, *
and his glóry will appear.
- 17 He will look with favour on the práyer of the hómeless; *
he will nót despíse their plea.
- 18 Let this be written for a future génerátion, *
so that a people yet unbórn may práise the Lord.
- 19 For the Lord looked down from his hólý pláce on high; *
from the heavens hé behéld the earth;
- 20 That he might hear the gróan of the cáptive *
and set free thóse condénned to die;
- 21 That they may declare in Zion the name of thê Lord, * †
and his práise in Jerúsalem;
- 22 When the peoples are gathered together, *
and the kingdoms álsó, to sérve the Lord.
- 23 He has brought down my stréngth befóre my time; *
he has shortened the númer óf my days;
- 24 And I said, “O mý God, †
do not take me away in the mídst of mý days; *
your years endure throughout all génerátions.
- 25 In the beginning, O Lord, you laid the foundátions óf the earth, *
and the heavens are the wórk of yóur hands;

- 26 They shall perish, but you will endure; †
 they all shall wear out like a garment; *
 as clothing you will change them, and they shall be changed;
- 27 But you are always the same, *
 and your years will never end. †
- 28 The children of your servants shall continue, *
 and their offspring shall stand fast in your sight.”



Let my cry - ing come be-fore you, O Lord God.

Eternal Father, you have built your Church on the rock of faith
 so that the gates of hell prevail not against us:
 as with tears of penitence we confess our frailty,
 so reclothe us with the garments of everlasting joy;
 through Jesus Christ our Lord. **Amen.**

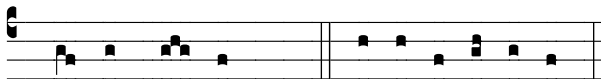
Psalm 101 Misericordiam et iudicium

Tibi, Domine, psallam

Vif



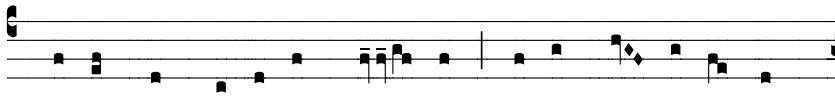
To you, Lord, will I sing prais - es: * I will strive to fol - low



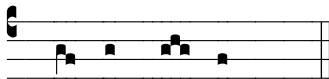
a blameless course.

- 1 I will sing of mercy and justice; *
 to you, O Lord, will I sing praises.
- 2 I will strive to follow a blamelèss course; †
 oh when will you come to me? *
 I will walk with sincerity of héart withín my house.

- 3 I will set no worthless thing before my eyes; *
I hate the doers of evil deeds;
they shall not remain with me.
- 4 A crooked heart shall be far from me; *
I will not know evil.
- 5 Those who in secret slander their neighbours I will destroy; *
those who have a haughty look and a proud heart I cannot abide.
- 6 My eyes are upon the faithful in the land, that they may
dwell with me, *
and only those who lead a blameless life shall be my servants.
- 7 Those who act deceitfully shall not dwell in my house, *
and those who tell lies shall not continue in my sight.
- 8 I will soon destroy all the wicked in the land, *
that I may root out all evildoers from the city of the Lord.



To you, Lord, will I sing praises: I will strive to follow



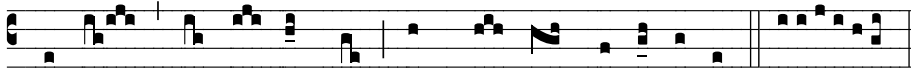
a blameless course.

Purify our hearts, O Lord,
and teach us to seek your Kingdom first;
that the world may see our good works
and glorify you, our Father in heaven,
through your Son, Jesus Christ our Lord. **Amen.**

Canticle A SONG OF THE SERVANT Isaiah 53.3-6

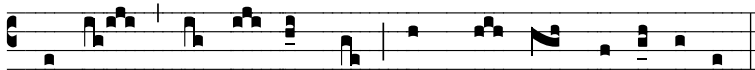
Attendite (Lam 1.18)

VIII



O hear, * all you peoples, and be - hold my suffer- ing.

- 1 He was despised; he wás rejécted, *
a man of sorrows, acquáinted wíth grief.
- 2 As one from whom people híde their fáces, *
he was despised, and wé estéemed him not.
- 3 Ours were the sufferings hê bore, * †
ours the tórments hé endured,
- 4 while we thought he was being punished, *
struck by Gód and bróught low.
- 5 He was pierced fór our sins, *
bruised fór no fáult but ours.
- 6 His punishmént has wón our peace, *
and by his wóunds we áre healed.
- 7 We had all strayed líke sheep, * †
all táking our ówn way;
- 8 but the Lord laid on him *
the gúilt of ús all.



O hear, all you peoples, and be - hold my suffer- ing.

READING

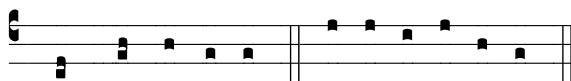
THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

Per viscera (Lk 1.78)

VIIIg



In the tender * compas - sion of our God, the dawn from on high



shall break u-pon us.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us a míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énimies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hólý cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énimies,

free to **worship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to preparé his way,

to give his people **knowledge** óf salváion *
by the forgíveness óf their sins.

In the tender **compásson** óf our God *
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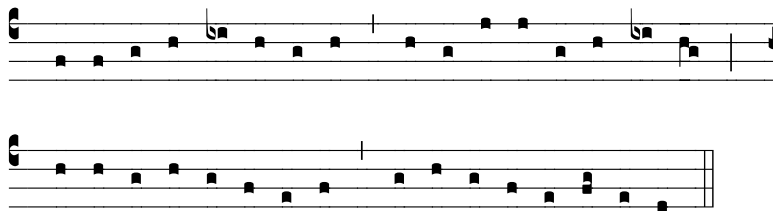
to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

SATURDAY WEEK 2

INVITATORY:

At the name of Jesus, let every tongue proclaim: He is Lord.

HYMN



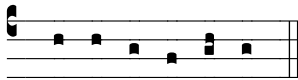
- 1 The Father's glory, Christ our light,
With love and mercy comes to bless
Our fallen world, and be the way
That leads from sin to holiness.
- 2 Christ yesterday and Christ today,
For all eternity the same,
The image of our hidden God:
Eternal wisdom is his name.
- 3 He keeps his word from age to age,
Is with us to the end of days:
A cloud by day, a flame by night,
To go before us on his ways.
- 4 We bless you, Father, fount of light,
And Christ, your well-beloved Son,
Who with the Spirit dwell in us:
Immortal Trinity in One.

Stanbrook Abbey

Quam admirabile



How ex - alt -ed * is your name, O Lord, in all the world.



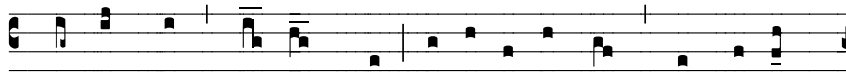
- 1 O Lórd our góvornor, *
how exalted is your náme in áll the world!
- 2 Out of the mouths of ínfants and children *
your majesty is praised abóve the héavens.
- 3 You have set up a stronghold against your adversaries, *
to quell the enemy and the avengêr. †
- 4 When I consider your heavens, the wórk of your fíngers, *
the moon and the stars you have sét ín their cóurses,
- 5 What is man that you should be mindful ôf him? * †
the son of man that yóu should séek him out?
- 6 You have made him little lower than the angels; *
you adorn him with glóry and hónour.
- 7 You give him mastery over the wórk of yóur hands; *
and put all things únder hís feet,
- 8 All shéep and óxen, *
even the wíld beasts óf the field,
- 9 The birds of the air, the físh of the sea, *
and whatsoever walks in the páths óf the sea.
- 10 O Lórd our góvornor, *
how exalted is your náme in áll the world!

O God the Word and Son of God, exalted is your name in all creation,
 yet you have stooped to become one with us:
 as you have ordained humanity the steward of your creation,
 so minister through us the mystery of your salvation;
 to the glory of your holy Name. **Amen.**

Psalm 45 *Eruclavit cor meum*

Unxit te Deus

Vllc



Therefore God, * your own God, has a-nointed you with the oil



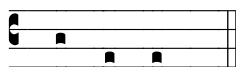
of glad-ness.

- 1 My heart is stirring with a noblê song; †
 let me recite what I have fáshioned fór the king; *
 my tongue shall be the pen óf a skilled wríter.
- 2 You are the fairest of men; *
 gráce flows fróm your lips,
 because God has bléssed you for éver.
- 3 Strap your sword upon your thigh, O míghty wárrior, *
 in your pride and ín your májesty.
- 4 Ride out and conquer ín the cáuse of truth *
 and for the sáke of jústice.
- 5 Your right hand will shów you márvellous things; *
 your arrows are very sharp, O míghty wárrior.
- 6 The peoples are fálling át your feet, *
 and the king's enemíes are lósing heart.
- 7 Your throne, O God, endures for ever and evêr, * †
 a sceptre of righteousness is the sceptre óf your kíngdom;
 you love righteousness and háte iníquity;
- 8 Therefore God, your God, hás anóinted you *
 with the oil of gladness abóve your féllows.
- 9 All your garments are fragrant with myrrh, áloes and cássia, *
 and the music of strings from ivory pálaces mákes you glad.
- 10 Kings' daughters stand among the ladies of thê court; * †
 on your ríght hand ís the queen,
 adorned with the góld of Óphir.
- 11 "Hear, O daughter; consider and lísten clóselý; *
 forget your people ánd your fáther's house.
- 12 The king will have pleasure in your beautÿ; * †
 he ís your master; therefore dó him hónour.

- 13 The people of Tyre are here with a gift; *
the rich among the people séek your fávoir.”
- 14 All glorious is the princéss as she énters; *
her gówn is clóth-of-gold.
- 15 In embroidered apparel she is brought to thê king; * †
after her the bridesmaids follow ín procéssion.
- 16 With joy and gladness they are brought, *
and enter into the pálace óf the king.
- 17 “In place of fathers, O kíng, you sháll have sons; *
you shall make them princes óver áll the earth.
- 18 I will make your name to be remembered
from one generation tó anóther; *
therefore nations will praise you for éver and éver.”



Therefore God, your own God, has a-nointed you with the oil



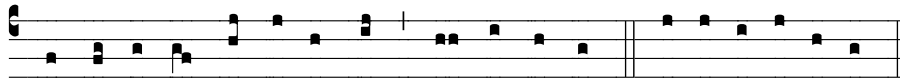
of glad-ness.

You have anointed us, O Lamb of God, with the oil of gladness
and clothed us in the garments of salvation:
come and unite us in the joy of heaven wedded to earth;
through Jesus Christ our Lord. **Amen.**

Psalm 57 *Miserere mei, Deus*

Miserere

VIIIg



Be mer-ci -ful * to me, O God, be mer-ci - ful.

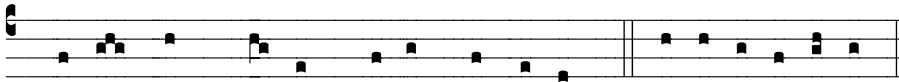
- 1 Be merciful to me, O God, be merciful,
for I have taken refuge in you; * †
in the shadow of your wings will I take refuge
until this time of trouble has gone by.
- 2 I will call upon the Most High God, *
the God who maintains my cause.
- 3 He will send from heaven and save me; †
he will confound those who trample upon me; *
God will send forth his love and his faithfulness.
- 4 I lie in the midst of lions that devour the people; *
their teeth are spears and arrows,
their tongue a sharp sword.
- 5 They have laid a net for my feet and I am bowed low; *
they have dug a pit before me but have fallen into it themselves.
- 6 Exalt yourself above the heavens, O God, *
and your glory over all the earth.
- 7 My heart is firmly fixed, O God, my heart is fixed; *
I will sing and make melody.
- 8 Wake up, my spirit; †
awake, lute and harp; *
I myself will waken the dawn.
- 9 I will confess you among the peoples, O Lord; * †
I will sing praise to you among the nations.

- 10 For your loving-kindness is greater than the heavens, *
and your faithfulness reaches to the clouds.
- 11 Exalt yourself above the heavens, O God, *
and your glory over all the earth.

Tender God, gentle protector in time of trouble:
pierce the gloom of despair and give us, with all your people,
the song of freedom and the shout of praise,
in Jesus Christ our Lord. **Amen.**

Dominus (1 Sam 2.10)

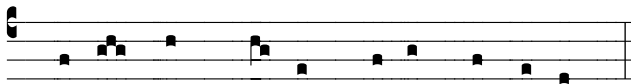
lg



The Lord God * will judge the ends of the earth.

- 1 My heart rejoices in the Lord, my strength is in my God. * †
My mouth derides my enemies,
because I rejoice in your salvation.
- 2 There is none holy like the Lord, there is none besides you; *
there is no rock like our God.
- 3 Cease your proud boasting; †
let no word of arrogance pass your lips; *
for the Lord is a God of knowledge, and by him actions are weighed.
- 4 The bows of the mighty are broken, *
but the feeble gird on strength.
- 5 Those with plenty must labour for bread, * †
but the hungry need work no more.
- 6 The childless wife has children now, *
but the mother of many is forlorn.

- 7 It is the Lórd who gives life and death; *
he brings down to Shéol and ráises up.
- 8 It is the Lord who gives povertý and ríches; *
he brings low, and he álsó éxalts.
- 9 He raises up the poor from thê dust; †
he lifts the needy fróm the ásh heap, *
to give them a place among the great, to set them in séats of hónour.
- 10 For the foundations of the éarth áre the Lord's, *
and on them hé has sét the world.
- 11 He will guard the feet of his faithfûl ones, †
but the wicked shall be cut óff in dárkness; *
for not by míght shall a mán prevail.
- 12 The adversaries of the Lord shall be bróken to piéces; *
while the Most High thunders in the héavens.
- 13 The Lord will judge the ends of thê earth; * †
he will give stréngth tó his king,
and exalt the power of hís anóinted.



The Lord God will judge the ends of the earth.

READING

SUNDAY WEEK 3

INVITATORY Te Deum Laudamus (except in Lent)

We praise you, O God,
We acclaim you as the Lord.

All creation worships you,
the Father everlasting.

To you all angels, all the powers of heaven,
cherubim and seraphim sing in endless praise,

**Holy, holy, holy Lord, God of power and might;
heaven and earth are full of your glory.**

The glorious company of apostles praise you;
the noble fellowship of prophets praise you.

The white-robed army of martyrs praise you;
throughout the world the holy Church acclaims you.

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

You are the King of glory, O Christ,
the eternal Son of the Father.

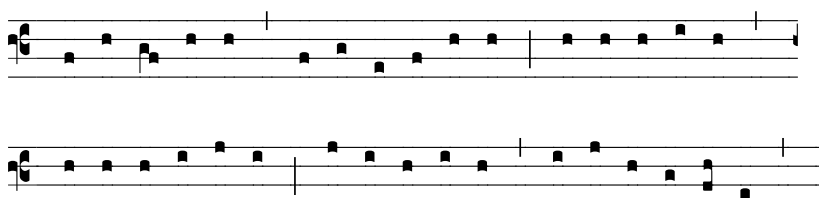
When you took our flesh to set us free,
you humbly chose the Virgin's womb.

You overcame the sting of death,
and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory,
we believe that you will come to be our judge.

**Come then, Lord, and help your people,
bought with the price of your own blood;
and bring us with your saints
to glory everlasting.**

HYMN





- 1 Father, we praise you, now the night is over,
Active and watchful, stand we all before you;
Singing, we offer prayer and adoration:
Thus we adore you.

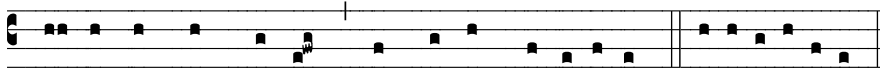
- 2 Monarch of all things, fit us for your kingdom;
Banish our weakness, health and wholeness sending;
Bring us to heaven, where your saints united
Joy without ending.

- 3 All-holy Father, Son and equal Spirit,
Trinity blessed, send us your salvation;
Yours is the glory, evermore resounding,
Filling creation.

Percy Dearmer (1867-1936), altd.

Illuminatio mea

VIIIg



You, O Lord, are my light * and you are my salvation.

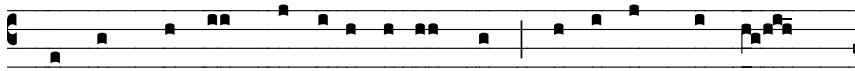
- 1 The Lord is my light and my salvation; †
whóm then sháll I fear? *
the Lord is the strength of my life;
of whom then sháll I bé afraid?
- 2 When evildoers came upon me to éat úp my flesh, *
it was they, my foes and my adversaries,
who stúmbled ánd fell.
- 3 Though an army should encámp agáinst me, *
yet my heart sháll not bé afraid;
- 4 And though war should rise úp agáinst me, *
yet will I pút my trúst in him.
- 5 One thing have I asked of the Lórd; one thínɡ I seek; *
that I may dwell in the house of the Lord all the dáys of mý life;
- 6 To behold the fair beauty of the Lord *
and to seek him in his templê. †
- 7 For in the day of trouble he shall keep me sáfe in his shéltér; *
he shall hide me in the secrecy of his dwelling
and set me hígħ upón a rock.
- 8 Even nów he lifts úp my head *
above my enemies róund abóut me;
- 9 Therefore I will offer in his dwelling an oblation
with sóunds of great gládness; *
I will sing and make músic tó the Lord.
- 10 Hearken to my voice, O Lórd, whén I call; *
have mercy on mé and ánsver me.
- 11 You speak in my heart and sáy, “Séek my face.” *
Your fáce, Lord, wíll I seek.
- 12 Hide nót your fáce from me, *
nor turn away your servánt ín displéasure.
- 13 You have been my helpêr; †
cást me nót away; *
do not forsake me, O God of mý salvátion.
- 14 Though my father and my móther forsáke me, *
the Lórd will sustáin me.

- 15 Show mé your wáy, O Lord; *
lead me on a level path, becáuse of my énemies.
- 16 Deliver me not into the hand of my adversaries, *
for false witnesses have risen úp agáinst me,
and also thóse who speak málice.
- 17 What if I had not believed
that I should see the góodness óf the Lord *
in the lánd of the líving!
- 18 O tarry and awáit the Lord's pléasure;
be strong and he shall comfort your heart; *
wait pátiently fór the Lord.



You, O Lord, are my light and you are my salvation.

O God our defender, give us the light of truth and wisdom
that all our hope may be fixed on you,
and on your Son, Jesus the Christ. **Amen.**



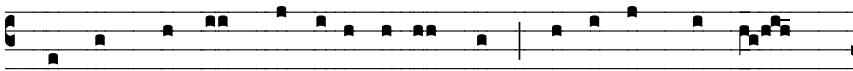
O God, my God, * eagerly I seek you, that I might be- hold



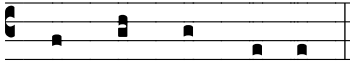
your power and glo -ry.

- 1 O God, you are my God; eagerly I seek yôu; * †
my soul thirsts for you, my flêsh fáints for you,
as in a barren and dry land where there is no wáter;
- 2 Therefore I have gazed upon you ín your hóly place, *
that I might behold your power and your glóry.
- 3 For your loving-kindness is béttér than life itself; *
my líps shall gíve you praise.
- 4 So will I bless you as lóng ás I live *
and lift up my hánds in yóur name.
- 5 My soul is content, as with márrow and fátness, *
and my mouth praises yóu with jóyful lips,
- 6 When I remember yóu upón my bed, *
and meditate on you ín the night wátches.
- 7 For you have béen my hélper, *
and under the shadow of your wíngs I will rejoice.
- 8 My soul clíngs to you; *
your ríght hand hólds me fast.
- 9 May those who seek my lífe to destróy it *
go down into the dépths of thé earth;
- 10 Let them fall upon the édge of the sword, *
and let them be fóod for jáckals.

11 But the king will rejoice in God; †
 all those who swear by him will be glad, *
 for the mouth of those who speak lies shall be stopped.



O God, my God, * eagerly I seek you, that I might be- hold



your power and glo -ry.

To you we come, O Lord,
 the true goal of all human desiring, beyond all earthly beauty,
 gentle protector, strong deliverer; in the night you are our confidence:
 from first light be our joy. **Amen.**

Psalm 150 Laudate Dominum

In sanctis eius

Vif



Praise God * in his ho- ly temple!

- 1 Hallelujah!
 Praise God in his hóly témples; *
 praise him in the fírmament of his power.
- 2 Praise him fór his míghty acts; *
 praise him for his éxcellent gréatness.
- 3 Praise him with the blást of the rám's-horn; *
 práise him with lýre and harp.
- 4 Praise him with tímbrel ánd dance; *
 práise him with stríngs and pipe.

Through the year the Antiphon is proper

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to wor**ship** hím withóut fear, *
holy and righteous in his sight
all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

to shine on those who dwell in darkness and **the** shádów
of death, *
and to guide our feet intó the wáy of peace.

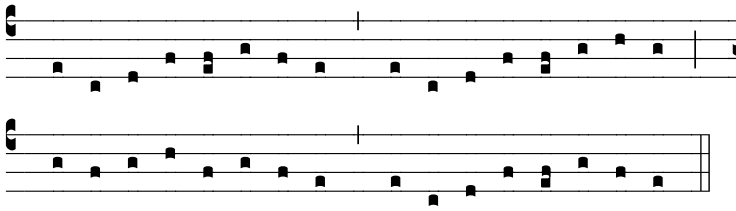
MONDAY WEEK 3

INVITATORY:

Come, let us sing to the Lord: let us come before his presence with thanksgiving.

HYMN

IV



- 1 O splendour of God's glory bright,
True light begotten of his light,
Full light of light, light's living spring,
O day, our days illumining.
- 2 Come, righteous sun of heavenly love,
Pour down your radiance from above;
And shed the Holy Spirit's ray
On every thought and sense today.
- 3 With prayer the Father we implore,
The Father glorious evermore:
Almighty, source of grace and power,
Be with us in temptation's hour,
- 4 To guide whatever we may do,
With love all envy to subdue,
To give us grace to bear all wrong,
Transforming sorrow into song.
- 5 All laud to you, O Father, be,
To you, O Son, eternally;
To you, the Spirit, equal praise
From joyful hearts we ever raise.

Robert Bridges (1844-1930), altd.;
From Splendor paternae gloriae

Psalm 64 Exaudi, Deus

A timore

lid



From fear * of the e-nemy pro - tect my life, O Lord God.

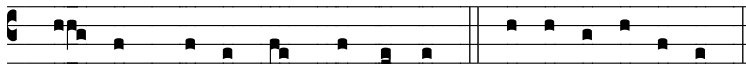
- 1 Hear my voice, O Gód, when Í complain; *
protect my life from féar of the ényemy.
- 2 Hide me from the conspiracy óf the wícked, *
from the mob of évíldóers.

- 3 They sharpen their tóngue *like* a sword, *
and aim their bitter wórds like árrows,
- 4 That they may shoot down the blámeless from ámbush; *
they shoot without warning ánd are nót afraid.
- 5 They hold fast tó their évil course; *
they plan how théy may híde their snares.
- 6 They say, “Who will see ús? †
who will fínd óut our crimes? *
we have thought óut a pérfect plot.”
- 7 The human mind and héart are a mýstery; *
but God will loose an arrow at them,
and suddenly they will be wóunded.
- 8 He will make them trip over thèir tongues, * †
and all who sée them will sháke their heads.
- 9 Everyone will stand in awe and declare God’s deeds; *
they will récogníse his works.
- 10 The righteous will rejoice in the Lord and pút their trúst in him, *
and all who are true of héart will glóry.

Cut through the malice of our hearts with the sword of your word;
unmask the conspiracy of our evil with the light of your goodness;
wound the pride of our rebellion with the grace that makes righteous;
and bring near the day when love shall reign in joy. **Amen.**

Psalm 65 *Te decet hymnus*
Te decet

VIIIg

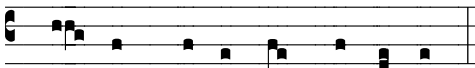


You are * to be praised in Si - on.

- 1 You are to be praised, O Gód, in Zíon; *
to you shall vows be perfórméd in Jerúsalem.
- 2 To you that hear práyer shall áll flesh come, *
because of thèir transgréssions.
- 3 Our sins are strónger than wé are, *
but yóu will blót them out.
- 4 Happy are they whom you choose
and draw to your cóurts to dwéll there! *
they will be satisfied by the beauty of your house,
by the holíness óf your témple.
- 5 Awesome things will you show us in your righteousness,
O God of óur salvátion, *
O Hope of all the ends of the earth and of the séas that are fár away.
- 6 You make fast the móuntains bý your power; *
they are gírded abóut with might.

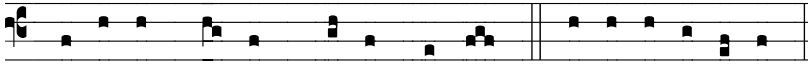
- 7 You still the roaring of thê seas, * †
the róaring óf their waves,
and the clamour óf the péoples.
- 8 Those who dwell at the ends of the earth will tremble
át your márvellous signs; *
you make the dawn and the dúsk to síng for joy.
- 9 You visit the earth and water it abundántly; †
you make it véry plénteous; *
the river of God is fúll of wáter.

- 10 You prepare the grain, *
for so you provide for thê earth. †
- 11 You drench the furrows and smooth óut the rídes; *
with heavy rain you soften the ground and bléss its íncrease.
- 12 You crown the yéar with your góodness, *
and your paths overflów with plénty.
- 13 May the fields of the wilderness be rích for grázing, *
and the hills be clóthed with joy.
- 14 May the meadows cover themselves wíth flocks, †
and the valleys clóak themsélves with grain; *
let them shóut for jóy and sing.



You are to be praised in Si - on.

May the richness of your creation, O God,
and the mystery of your sovereign rule,
lead us to that heavenly city
where all peoples will bring their wealth,
forsake their sins and find their true joy
in Jesus Christ our Lord. **Amen.**



Blessed are they all * who fear the Lord.

- 1 In the days to come *
the mountain of the house of the Lord
- 2 shall tower as the highest of mountains *
and be raised above the hills.
- 3 There shall all the nations flow; *
many peoples shall come and say,
- 4 "Let us go up to the mountain of the Lord, *
to the house of the God of Jacob,
- 5 that he may teach us his ways *
that we may walk in his paths."
- 6 For the law shall go out from Zion, *
from Jerusalem the word of the Lord.
- 7 He shall judge between the nations *
and decide for many peoples.
- 8 They shall beat their swords into ploughshares, *
and their spears into pruning-hooks;
- 9 nation shall not lift sword against nation; *
they shall never train for war again.
- 10 O people of Jacob, come, *
let us walk in the light of the Lord.

READING

THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

Benedictus

Vlf



Bless-ed be the Lord, * the God of Is-ra - el.

(Blessed be the Lord, **the** Gód of Ísrael; *)
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hólý cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to **worship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
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In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

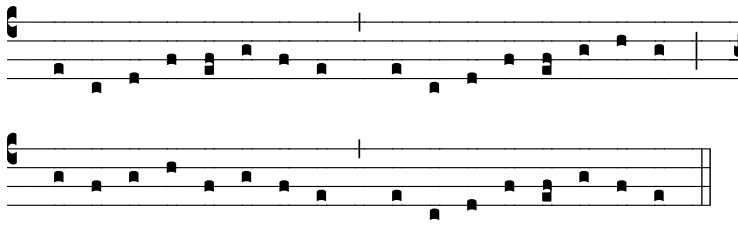
to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

TUESDAY WEEK 3

INVITATORY: God rules over all the earth: come, let us adore him.

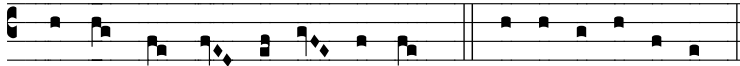
HYMN

IV



- 1 Light of our darkness, Word of God,
Sent to illumine earthly night,
You we salute with singing hearts,
Bathed in the splendour of your light.
- 2 Sword that can pierce the inmost soul,
Stripping whatever thoughts are there,
Cut to the marrow of our minds;
Enter our hearts and lay them bare.
- 3 Vessel of God's abundant life,
Bearer of truth that sets us free,
Breaking the deadly grasp of sin,
Work in our hearts your mystery.
- 4 Word that has overcome the world,
Seed of immortal destiny,
Grow in our hearts, that we may live
Sharing your deathless victory.
- 5 All praise to God our risen Lord,
And God the Father, ever be;
To God the Holy Paraclete
Be equal praise eternally. Amen.

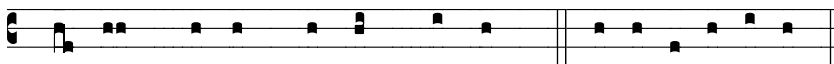
Richard Connolly (1830-1903)



His name is great * in Is - ra - el.

- 1 In Júdah is Gód known; *
his name is gréat in Ísrael.
- 2 At Salem is his tábernácle, *
and his dwelling is in Zíon.
- 3 There he broke the flashing arrôws, * †
the shield, the sword and the wéapons of báttle.
- 4 How glorious you are! *
more splendid than the everlásting móuntains!
- 5 The strong of heart have been dêspoiled; †
they sínk into sleep; *
none of the wárríors can líft a hand.
- 6 At your rebuke, O Gód of Jácob, *
both horse and ríder líe stunned.
- 7 What térror yóu inspire! *
who can stand before you when yóu are ángry?
- 8 From heaven yóu pronounced júdgement; *
the earth was afráid and wás still;
- 9 When God rose úp to júdgement *
and to save all the oppressed of thé earth.
- 10 Truly, wrathful Édom will gíve you thanks, *
and the remnant of Hámath will kéeep your feasts.
- 11 Make a vow to the Lord your Gód and kéeep it; *
let all around him bring gifts to him who is wóorthy
tó be feared.
- 12 He breaks the spírit of prínces, *
and strikes terror in the kíngs of thé earth.

Majestic and gracious God, more awesome than the agents of war,
more powerful than the wrath of nations,
your love has created a people of your own;
restrain the violence of the peoples and draw the despised of the earth
into the joyful life of your kingdom. **Amen.**

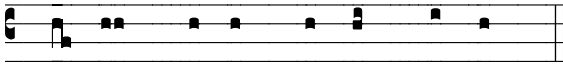


You are * the God who works wonders.

- 1 I will cry aloud to God; *
I will cry aloud and hé will héar me.
- 2 In the day of my trouble I sought thê Lord; * †
my hands were stretched out by níght and díd not tire;
I refused to be cómforted.
- 3 I think of Gód, I am réstless, *
I ponder and my spírit faints.
- 4 You will not lét my éyelids close; *
I am troubled and I cánnót speak.
- 5 I consider the days ôf old; * †
I remémber the yéars long past;
- 6 I commune with my heart in the night; *
I pónder and séarch my mind.
- 7 Will the Lord cast me óff for éver? *
will he no more shów his fávor?
- 8 Has his loving-kindness come to an énd for éver? *
has his promise fáiled for évermore?
- 9 Has God forgotten tó be grácious? *
has he, in his anger, withhéléd his compásson?
- 10 And I sáid, "My gríef is this: *
the right hand of the Most Hígh has lóst its power."
- 11 I will remember the works of thê Lord, * †
and call to mind your wónders of óld time.
- 12 I will meditate on all your acts *
and pónder your míghty deeds.
- 13 Your way, O Gód, is hóly; *
who is so great a gód as óur God?
- 14 You are the Gód who works wónders *
and have declared your power amóng the péoples.
- 15 By your strength you have redéemed your péople, *
the children of Jácob and Jóseph.
- 16 The waters saw you, Ô God; †
the waters sáw you and trémbléd; *
the very dépths were sháken.
- 17 The clouds poured out wáter; the skies thúndered; *
your árrows flashed tó and fro;
- 18 The sound of your thunder was in the whirlwînd; †
your líghtnings lit úp the world; *
the earth trémbléd and shook.
- 19 Your way was in thê sea, †

and your paths in the great wáters, *
yet your fóotsteps wére not seen.

20 You led your péople líke a flock *
by the hand of Móses and Áaron.

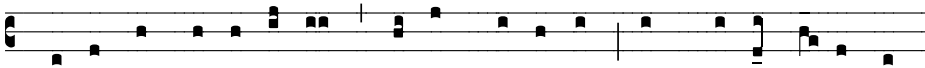


You are the God who works wonders.

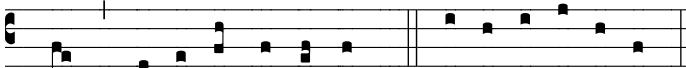
Majestic God, you led your people like a flock
and delivered them by your mighty power in times of old:
do not forget your people in their troubles
and raise up your power to sustain the poor and helpless,
for the honour of your Name. **Amen.**

Canticle A SONG OF THE NEW JERUSALEM Surge illuminare Isaiah 60.1-3, 11ab, 14cd, 18-19
Super te Jerusalem (Isa 60.3)

IVa



O-ver you, Je -ru-sa- lem, * the Lord will a- rise, and the glo- ry of the



Lord will appear o-ver you.

- 1 Arise, shine, fór your líght has come; *
the glory of the Lord has risen upón you.
- 2 Though night still covers thê earth * †
and darkness cóvers the nátions.
- 3 Over you will the Lord arise, *
over you will his glóry áppear.
- 4 Nations will stream to yôur light * †
and kings to your dáwning bríghtness.
- 5 Your gates will always be open; *
day or night, they will néver bé shut.
- 6 They will call you, The Cítý óf the Lord, *
the Zion of the Holy Óne of Ísrael.
- 7 Violence will no more be héard *ín* your land, *
ruin or destruction withín your bórders;
- 8 you will name your wáalls, Salvátion, *
you will cáll your gátes, Praise.
- 9 No longer will the sun bé your líght by day, *
no longer the moon gíve you líght by night;
- 10 the Lord will be yóur etérnal light; *
your God will bé your glóry.

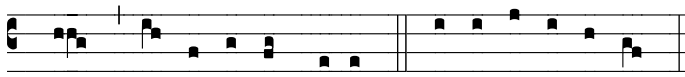
THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

Errexit Dominus nobis

VIIa



The Lord has raised up for us * a mighty Sa-viour, born from the



house of his servant Da-vid.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hólý cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to **worship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

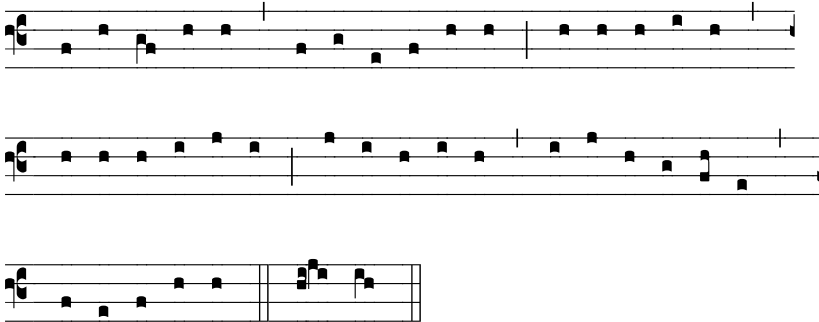
WEDNESDAY WEEK 3

INVITATORY:

Come, let us worship our Lord and Saviour.

HYMN

VI

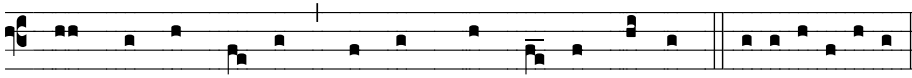


- 1 See, now the shadows of the night are fading,
Sunlight arising, dawn of day in splendour;
Spirit enlightened, to the mighty Father,
Pray we devoutly.
- 2 That in his mercy he may always keep us,
Eager and ready for his holy service;
Then may he give us, of a father's goodness,
Joy in his kingdom.
- 3 This may he grant us, God for ever blessed,
Father eternal, Son and Holy Spirit:
His is the glory, evermore resounding,
Filling creation.

Editors: from Ecce iam noctis

Auribus percipite

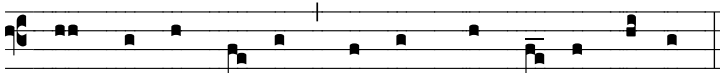
E



Hear this, you peoples; * all you who dwell in the world.

- 1 Hear this, áll you péoples;
hearken, all you who dwell in the world, *
you of high degree and low, rich and póor togéther.
- 2 My mouth shall spéak of wísdóm, *
and my heart shall meditate on únderstánding.
- 3 I will incline my ear tó a próverb *
and set forth my ríddle upón the harp.
- 4 Why should I be afráid in évil days, *
when the wickedness of those at my héels surróunds me,
- 5 The wickedness of those who put their trúst ín their goods, *
and boast of théir great ríches?
- 6 We can never ransom ourselves, *
or deliver to God the price of ôur life; †
- 7 For the ransom of our life ís so great, *
that we should never have enóugh to páy it,
- 8 In order to live for éver and éver, *
and néver sée the grave.
- 9 For we see that the wise die alsô; †
like the dull and stúpid they pérish *
and leave their wealth to thóse who come áfter them.
- 10 Their graves shall be their homes for evêr, †
their dwelling places from generation to génerátion, *
though they call the lands áfter their ówn names.
- 11 Even though honoured, they cannot líve for éver; *
they are like the béasts that pérish.

- 12 Such is the way of those who foolishly trúst *ín* themselves, *
and the end of those who delíght ín their ówn words.
- 13 Like a flock of sheep they are destined tó die; †
Death ís their shépherd; *
they go down straightwáy to thé grave.
- 14 Their form shall waste áway, * †
and the land of the déad shall bé their home.
- 15 But God will ransom my life; *
he will snatch me fróm the grásp of death.
- 16 Do not be envious when sóme becóme rich, *
or when the grandeur of their hóuse incréases;
- 17 For they will carry nothing awáy *át* their death, *
nor will their grándeur fóllow them.
- 18 Though they thought highly of themselves while thêy lived, * †
and were práised for théir success,
- 19 They shall join the company of their forebears, *
who will never sée the líght again.
- 20 Those who are honoured, but have no únderstánding, *
are like the béasts that pérish.

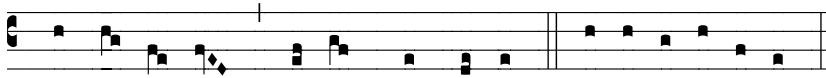


Hear this, you peoples; all you who dwell in the world.

O God, you have taught us that it profits us nothing
to have gained the whole world and to lose our souls:
enrich with heavenly wisdom the poor in spirit
and turn our hearts from the pursuit of vanities;
through Jesus Christ our Lord. **Amen.**

Deus deorum

VIIIg



The God of gods, * the Lord, has spo-ken.

- 1 The Lord, the God of góds, has spóken; *
he has called the earth from the rising of the sún to its sétting.
- 2 Out of Zion, perfect ín its béauty, *
God reveals himsélf in glóry.
- 3 Our God will come and will not keep silénce; * †
before him there is a consúming flame,
and round abóut him a ráging storm.
- 4 He calls the heavens and the éarth *fróm* above *
to witness the judgement óf his péople.
- 5 “Gather before me my lóyal fóllowers, *
those who have made a covenant with me
and sealed it with sácrifice.”
- 6 Let the heavens declare the ríghtness óf his cause; *
for Gód himsélf is judge.
- 7 Hear, O my people, and I wíll speak: †
“O Israel, I will bear wítness agáinst you; *
for Í am Gód, your God.
- 8 I do not accuse you because of your sácrífices; *
your offerings are álways befóre me.
- 9 I will take no búll-calf *fróm* your stalls, *
nor he-goats óut of yóur pens;
- 10 For the beasts of the forest *âre* mine, * †
the herds in their thóusands upón the hills.
- 11 I know every bird in the sky, *
and the creatures of the fields are ín my sight.

- 12 If I were hungry, I would not tell you, *
for the whole world is mine and all that is in it.
- 13 Do you think I eat the flesh of bulls, *
or drink the blood of goats?
- 14 Offer to God a sacrifice of thanksgiving *
and make good your vows to the Most High.
- 15 Call upon me in the day of trouble; *
I will deliver you and you shall honour me.”
- 16 But to the wicked God says: * †
“Why do you recite my statutes,
and take my covenant upon your lips;
- 17 Since you refuse discipline, *
and toss my words behind your back?
- 18 When you see a thief, you make him your friend, *
and you cast in your lot with adulterers.
- 19 You have loosed your lips for evil, *
and harnessed your tongue to a lie.
- 20 You are always speaking evil of your brother *
and slandering your own mother’s son.
- 21 These things you have done and I kept still, *
and you thought that I am like you.”
- 22 “I have made my accusation; *
I have put my case in order before your eyes.
- 23 Consider this well, you who forget God, *
lest I rend you and there be none to deliver you.
- 24 Whoever offers me the sacrifice of thanksgiving honours me; *
but to those who keep in my way will I show the salvation of God.”

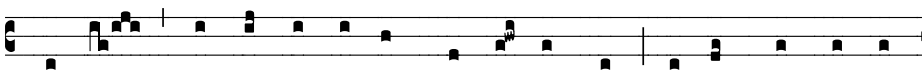


The God of gods, the Lord, has spoken.

O God, you desire mercy and not sacrifice,
the knowledge of you rather than burnt offerings:
rule and direct our hearts in the way of true religion
and save us in the day of your appearing;
through Jesus Christ our Lord. **Amen.**

Canticle A SONG OF EZEKIEL Tollam quippe vos Ezekiel 36.24-28
Optavi (PM 392 : Wisd 7.7)

VIII



I prayed * and understanding was given me: I called on God and



the spi-rit of wis-dom came to me.

- 1 I will take you from the nations, †
and gather you from évery cOUNTRY,
and bring you hóme to your ówn land.
- 2 I will pour clean water upon yôu, †
purify you from áll defilement,
and cleanse you from áll your ídols.
- 3 A new heart I will give you, and put a new spirit within yôu; †
I will take from your bÓdy the héart of stone
and gíve you a héart of flesh.
- 4 I will put my spirit within yôu, †
make you wálk *in* my ways;
and observe my décrees.
- 5 You shall dwell in the land I gave to your forebêars; †
you shall bé my péople;
and Í will bé your God.

READING

THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

De manu omnium (cf Lk 1.71)

lg



From the hands of all * who hate us, set us free, Lord our God.



Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *

to set us free from the hánds of our éemies,
free to wor**ship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

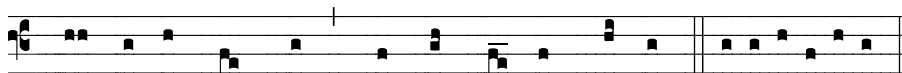
to give his people **knowl**e**dge** óf salvátion *
by the forgíveness óf their sins.

In the tender **compá**ssion óf our God *
the dawn from on high shall bréak upón us,

to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

Visita nos, Domine

E



Vi - sit us, Lord God, * with your sav - ing mer-cy.

- 1 Hallelujâh! †
Give thanks to the Lórd, for hé is good, *
for his mercy endúres for éver.
- 2 Who can declare the mighty acts of thê Lord * †
or shów forth áll his praise?
- 3 Happy are those who act with justice *
and always dó what ís right!
- 4 Remember me, O Lord,
with the favour you háve for your péople, *
and visit me with your sáving help;
- 5 That I may see the prosperity of your êlect †
and be glad with the gladness óf your péople, *
that I may glory with yóur inhéritance.
- 6 We have sinned ás our fórebears did; *
we have done wróng and dealt wickedly.
- 7 In Egypt they did not consider your marvellôus works, †
nor remember the abúndance óf your love; *
they defied the Most High át the Réd Sea.
- 8 But he saved them fór his náme's sake, *
to máke his pówer known.
- 9 He rebuked the Red Sea ánd it dried up, *
and he led them through the deep as thróugh a désert.
- 10 He saved them from the hand of thóse who háted them *
and redeemed them from the hánd of the énemy.
- 11 The waters covered théir oppréssors; *
not óne of thém was left.

- 12 Then they believed his words *
and sang him songs of praise.
- 13 But they soon forgot his deeds *
and did not wait for his counsel.
- 14 A craving seized them in the wilderness, *
and they put God to the test in the desert.
- 15 He gave them what they asked, *
but sent leanness into their soul.
- 16 They envied Moses in the camp, *
and Aaron, the holy one of the Lord.
- 17 The earth opened and swallowed Dathan *
and covered the company of Abiram.
- 18 Fire blazed up against their company, *
and flames devoured the wicked.

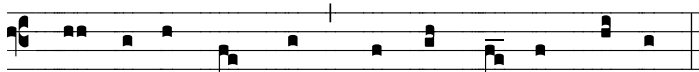
Psalm 106: Part II *Et fecerunt vitulum*

- 19 Israel made a bull-calf at Horeb *
and worshipped a molten image;
- 20 And so they exchanged their Glory *
for the image of an ox that feeds on grass.
- 21 They forgot God their saviour, *
who had done great things in Egypt,
- 22 Wonderful deeds in the land of Ham, *
and fearful things at the Red Sea.
- 23 So he would have destroyed them, †
had not Moses his chosen stood before him in the breach, *
to turn away his wrath from consuming them.
- 24 They refused the pleasant land *
and would not believe his promise.
- 25 They grumbled in their tents *
and would not listen to the voice of the Lord.
- 26 So he lifted his hand against them, *
to overthrow them in the wilderness,
- 27 To cast out their seed among the nations, *
and to scatter them throughout the lands.
- 28 They joined themselves to Baal-Peor *
and ate sacrifices offered to the dead.
- 29 They provoked him to anger with their actions, *
and a plague broke out among them.
- 30 Then Phinehas stood up and interceded, *
and the plague came to an end.

- 31 This was reckoned to him as righteousness *
throughout all generations for ever.
- 32 Again they provoked his anger at the waters of Meribah, *
so that he punished Moses because of them;
- 33 For they so embittered his spirit *
that he spoke rash words with his lips.
- 34 They did not destroy the peoples *
as the Lord had commanded them.
- 35 They intermingled with the heathen *
and learned their pagan ways,
- 36 So that they worshipped their idols, *
which became a snare to them.
- 37 They sacrificed their sons *
and their daughters to evil spirits.
- 38 They shed innocent blood, †
the blood of their sons and daughters, *
which they offered to the idols of Canaan,
and the land was defiled with blood.
- 39 Thus they were polluted by their actions *
and went whoring in their evil deeds;
- 40 Therefore the wrath of the Lord was kindled against his people *
and he abhorred his inheritance.
- 41 He gave them over to the hand of the heathen, *
and those who hated them ruled over them.
- 42 Their enemies oppressed them, *
and they were humbled under their hand.
- 43 Many a time did he deliver them, †
but they rebelled through their own devices, *
and were brought down in their iniquity.
- 44 Nevertheless, he saw their distress, * †
when he heard their lamentation.
- 45 He remembered his covenant with them *
and relented in accordance with his great mercy.
- 46 He caused them to be pitied *
by those who held them captive.
- 47 Save us, O Lord our God, †
and gather us from among the nations, *
that we may give thanks to your holy name
and glory in your praise.
- 48 Blessed be the Lord, the God of Israel, †
from everlasting and to everlasting; *
and let all the people say, "Amen!"
Hallelujah!

In Lent:

48 Blessèd be the Lord, the God of Israël, †
from everlasting and to éverlásting; *
and let all the péople sáy, "Amen!"



Vi - sit us, Lord God, with your sav - ing mer-cy.

O God almighty, who in your enduring goodness
recall your erring children to unending life:
spare us who declare the mighty acts of your salvation,
for we have sinned, as all our forebears;
this we ask through Jesus Christ our Lord. **Amen.**

Canticle THE BREAD OF HEAVEN

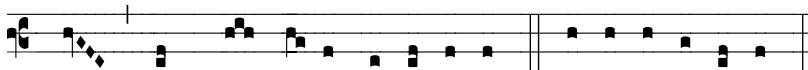
Wisdom 16.20-21,26

Angelorum esca (Wisd 16.20)

lld



You, O Lord, * gave your peo-ple an - gels' food, and you sent



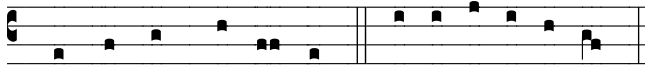
them bread from heaven, al- le -lu - ia.

- 1 You gave your péople ángels' food *
and sent them bréad from héaven,
- 2 bread ready to eat, without lábour ón their part, *
rich in pleasure, and súiting évery taste.
- 3 The food which yôu gave * †
showed your sweetness towáreds your chíldren.
- 4 It served the desire of those who ate, *
and met the líking of évery soul.
- 5 That the children you lóve might léarn, O God, *
that not through cultivating cróps are théy fed,
- 6 but all thóse who trúst in you *
are sustained bý your wórd alone.

READING



Ho- ly and righteous, * let us worship the Lord, and he will set us



free from all who hate us.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
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Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
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to set us free from the hánds of our énemies,

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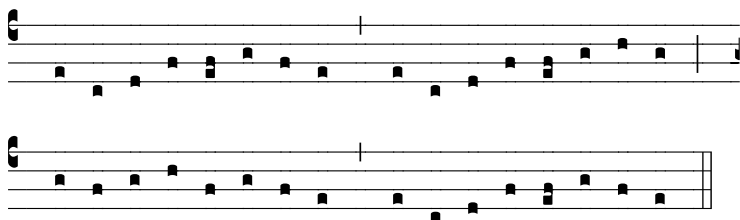
FRIDAY WEEK 3

INVITATORY:

Harden not your hearts today; listen to the voice of the Lord.

HYMN

IV



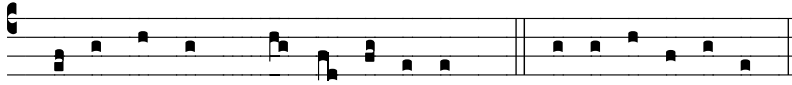
- 1 Eternal glory fills the heaven,
Our only hope, in mercy given:
Christ Jesus, whom a virgin bore,
Son of the Father evermore.
- 2 The morning star shines bright and clear
Announcing that the day is near.
Lord, grant us strength our hearts to raise,
That we this day may sing your praise.
- 3 Night's shadows flee: Lord, on us shine;
Our darkness turn to light divine;
Then in that light our life may rest,
Renewed by grace, and by you blest.
- 4 Let faith assume the foremost part,
Be firmly rooted in the heart;
And joyous hope in second place,
Then love may reign, your greatest grace.
- 5 All glory to the Father be,
And to the Son, eternally;
And to the Spirit, equal praise
From joyful hearts we ever raise.

From *Aeterna caeli gloria*

tr. Editors of Hymns for Prayer & Praise.



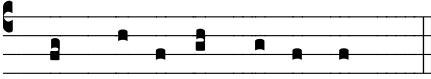
Have mercy * on me, O God.



Blot out, O Lord,* all my of-fences.

- 1 Have mercy on me, O God,
according to your loving-kindness; *
in your great compassion blot out my offences.
- 2 Wash me through and through from my wickedness *
and cleanse me from my sin.
- 3 For I know my transgressions, *
and my sin is éver before me.
- 4 Against you only have I sinned * †
and done what is évil in your sight.
- 5 And so you are justified when you speak *
and upright in your júdgement.
- 6 Indeed, I have been wicked from my birth, *
a sinner from my móther's womb.
- 7 For behold, you look for truth déep within me, *
and will make me understand wísdom sécretly.
- 8 Purge me from my sin ánd I sháll be pure; *
wash me and I sháll be clean indeed.
- 9 Make me hear of jój and gládness, *
that the body you have bróken máy rejoice.
- 10 Hide your fáce from my sins *
and blot out all my iniquities.
- 11 Create in mé a clean héart, O God, *
and renew a right spirit within me.
- 12 Cast me not awáy from your présence *
and take not your holy Spírit from me.
- 13 Give me the joy of your sáving hélp again *
and sustain me with your bountíful Spírit.
- 14 I shall teach your wáys to the wícked, *
and sinners sháll retúrn to you.
- 15 Deliver mé from déath, O God, *
and my tongue shall sing of your righteousness, O God of my salvátion.

- 16 Ópen my líps, O Lord, *
and my mouth sháll procláim your praise.
- 17 Had you desired it, I would have óffered sácrifice, *
but you take no delight in burnt-ófferings.
- 18 The sacrifice of God is a tróubled spírit; *
a broken and contrite heart, O God, yóu will nót despise.
- 19 Be favourable and grácious to Zíon, *
and rebuild the wálls of Jerúsalem.
- 20 Then you will be pleased with the appointed sacrifices,
with burnt-offerings ánd oblátions; *
then shall they offer young bullocks upon your áltar.



Have mercy on me, O God.



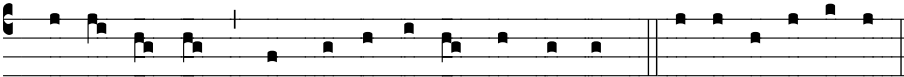
Blot out, O Lord, all my of-fences.

Take away, O Lord, the sin that corrupts us;
restore by grace your own image within us;
give us the sorrow that heals and the joy that praises,
that we may take our place among your people,
in Jesus Christ our Lord. **Amen.**

Psalm 79 Deus, venerunt

Propitius esto (PM 184)

VIIIc

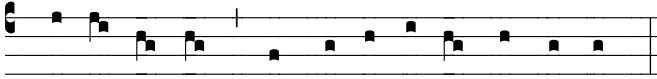


De -li - ver us * and forgive us our sins, O Lord.

- 1 O God, the heathen have come into your inherítance; †
they have profaned your hóly témples; *
they have made Jerusalem a héap of rúbble.
- 2 They have given the bodies of your servants as food
for the bírds of the air, *
and the flesh of your faithful ones to the béasts of thé field.
- 3 They have shed their blood like water on every
síde of Jerúsalem, *
and there was nó one to búry them.
- 4 We have become a reproach tó our néighbours, *
an object of scorn and derision to thóse aróund us.
- 5 How long will you be angry, Ô Lord? * †
will your fury blaze like fíre for éver?
- 6 Pour out your wrath upon the heathen who have not known you *
and upon the kingdoms that have not cálléd upón your name.

- 7 For they háve devoured Jácob *
and made his dwélling a rúin.
- 8 Remember not our pâst sins; †
let your compassion be swíft to méet us; *
for we have been bróught verý low.
- 9 Help us, O God our Saviour, for the glóry óf your name; *
deliver us and forgive us our síns, for your náme's sake.
- 10 Why should the heathen say, "Where is thêir God?" * †
Let it be known among the héathen and ín our sight
that you avenge the shedding óf your sérvants' blood.

- 11 Let the sorrowful sighing of the prisoners cóme befóre you, *
and by your great might spare those who áre
condémned to die.
- 12 May the revilings with which they reviled yóu, O Lord, *
return sevenfold ínto their bósoms.
- 13 We are your people and the sheep of your pastûre; * †
we will give you thánks for éver
and show forth your práise from áge to age.



De -li - ver us and forgive us our sins, O Lord.

O God, the shepherd of your erring people:
remember not our offences
but hear the sorrowful sighing of the prisoners
and, in your merciful judgement,
deliver those who stand helpless before you;
through Jesus Christ our Lord. **Amen.**

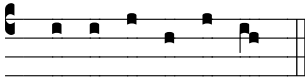
Canticle A SONG OF GOD'S SERVANTS Congrega omnes Ecclesiasticus 36.13-22

Ostende (PM 257 Eccl 36.1)

IIIa

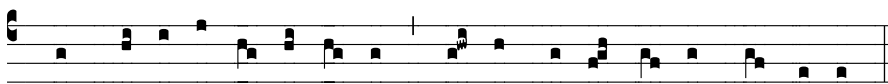


Have mercy * u-pon us, O Lord: show us the light of your compassion.



- 1 Gather all the tríbes of Jácob, *
and give them their inheritance, as át the beginning.
- 2 Have mercy, O Lord, on the people cáalled bý your name, *
on Israel, whom you have treated ás a first-born.

- 3 Have pity on the city óf your sánctuary, *
on Jerusalem, the pláce of yóur rest.
- 4 Fill Zion with the celebration óf your wóndrous deeds, *
and your sanctuary with your glóry.
- 5 Bear witness to those whom you created ín the beginníng, *
and fulfil the prophecies spóken ín your name.
- 6 Give those who wáit for you théir reward *
and let your prophets be fóund trustwóthy.
- 7 Listen, O Lord, to the práyers of your sérvants, *
according to the blessing of Aaron ón your péople.
- 8 Let all who live on éarth acknówledge *
that you are the Lord, the éverlásting God.



Have mercy u-pon us, O Lord: show us the light of your compassion.

READING

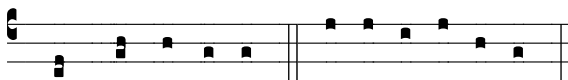
THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

Per viscera (Lk 1.78)

VIIIg



In the tender * compas - sion of our God, the dawn from on high



shall break u-pon us.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to **worship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

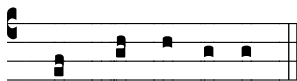
to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

In the tender **compás**sion óf our God *
the dawn from on high shall **bréak** upón us,

to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.



In the tender compas - sion of our God, the dawn from on high



shall break u-pon us.

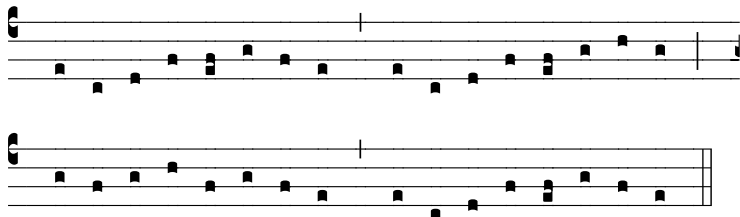
SATURDAY WEEK 3

INVITATORY:

At the name of Jesus, let every tongue proclaim: He is Lord.

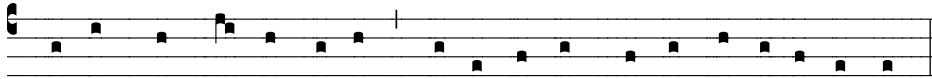
HYMN

IV

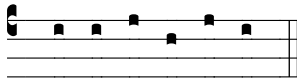


- 1 The light of morning fills the sky,
in golden dawn day lays its claim:
swift climbing, searching shafts of light,
dispelling darkness, sin and shame.
- 2 Away, all unreality,
away, despair born of the night!
The fear and guilt that dark creates
the light has banished from our sight.
- 3 So, Lord, when that last morning breaks
for which, while here, we long and pray;
then may it to your people prove
the dawning of your glorious day.
- 4 To God the Father, glory be,
and to his well-beloved Son,
who with the Spirit dwell in us:
immortal Trinity in One.

Aurora iam spargit polum (7/8 C)
tr. after **E Caswall 1849**



The Lord has cho - sen Si - on; * he has de - sired her for his ha - bi - ta - tion.



- 1 Lord, remémber Dávid *
and all the hárdships hé endured;
- 2 How he swore an oath to thê Lord *
and vowed a vow to the Mighty Óne of Jácob:
- 3 “I will not come under the roof of my house, *
nor climb úp into my bed;
- 4 I will not allow my eyes tô sleep, *
nor let my éyelids slumber;
- 5 Until I find a place for the Lord, *
a dwelling for the Mighty Óne of Jácob.”
- 6 “The Ark! We heard it wás in Éphratha; *
we found it in the fiélds of Jéarim.
- 7 Let us gó to God’s dwélling place; *
let us fall upon our knees befóre his fóotstool.”
- 8 Arise, O Lord, into your résting-place, *
you and the árks of yóur strength.
- 9 Let your priests be clóthed with ríghteousness; *
let your faithful péople síng with joy.
- 10 For your sérvant Dávid’s sake, *
do not turn away the face of yóur anóinted.
- 11 The Lord has sworn an óath to Dávid; *
in truth, he will not bréak it:
- 12 “A son, the frúit of your bódý *
will l sét upón your throne.
- 13 If your children keep my covenant
and my testimonies that Í shall téach them, *
their children will sit upon your thróne for évermore.”
- 14 For the Lord has chósen Zíon, *
he has desired her for his hábitátion:
- 15 “This shall be my resting-pláce for éver; *
here will I dwell, for Í delight in her.
- 16 I will surely bléss her provísions, *
and satisfy her póor with bread.
- 17 I will clothe her priésts with salvátion, *

and her faithful people will rejoice and sing.

18 There will I make the horn of Dávid flourish; *
I have prepared a lamp for my anointed.

19 As for his enemies, I will clothe *thém* with shame; *
but as for him, his crown will shine.”

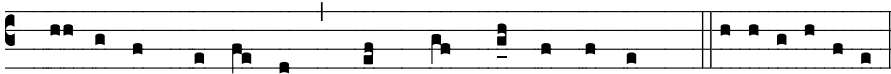


The Lord has cho - sen Si - on; he has de- sired her for his ha-bi - ta - tion.

Jesus, Son of David, Mighty One of God,
you have called us to be priests of the new covenant:
clothe us with righteousness, make us faithful
and give us hearts to shout for joy in your salvation.
To you be glory for ever! **Amen.**

Psalm 144 *Benedictus Dominus*
Beatus populus (PM 341)

VIIIg



Bless-ed are the people * for whom God is the Lord.

- 1 Blessèd bé the Lórd my rock! *
who trains my hands to fight and my fíngers to báttle;
- 2 My help and my fortress, my stronghold and my deliverer, *
my shield in whom I trust,
who subdues the péoples únder me.
- 3 O Lord, what are we that you should cáre for us? *
mere mortals that you should thínk of us?
- 4 We are líke a púff of wind; *
our days are líke a pássing shádw.
- 5 Bow your heavens, O Lórd, and cóme down; *
touch the móuntains and théy shall smoke.
- 6 Hurl the líghtning and scáttér them; *
shoot out your árrows and róut them.
- 7 Stretch out your hand from ón high; * †
rescue me and deliver me fróm the great wáters,
from the hand of fóreign péoples,
- 8 Whose mouths spéak decéitfully *
and whose right hand is ráised in fálsehood.
- 9 O God, I will sing to you a nów song; *
I will play to you on a tén-stringed lyre.
- 10 You give victory tó kings * †
and have rescued Dávid your sérvant.

- 11 Rescue me from the hurtful sword *
and deliver me from the hand of fóreign péoples,
- 12 Whose mouths spéak decéitfully *
and whose right hand is ráised in fálsehood.
- 13 May our sons be like plants well núrtured fróm their youth, *
and our daughters like sculptured corners óf a pálace.
- 14 May our barns be filled to óverflówing *
with all mánnér óf crops;
- 15 May the flocks in our pastures
increase by thousands and téns of thóusands; *
may our cáttle be fát and sleek.

16 May there be no breaching of the walls, no going into exile, *
no wailing in the public squares.

17 Happy are the people of whom *this* is so! *
happy are the people whose Gód is thé Lord!



Bless-ed are the people for whom God is the Lord.

Eternal God, whose Son struggled against the forces
which enfeeble and enslave your people:
shield us from evil and all deception,
that we may enter your truth and enjoy the abundance of his risen life;
who with you and the Holy Spirit
is alive and reigns for ever and ever. **Amen.**

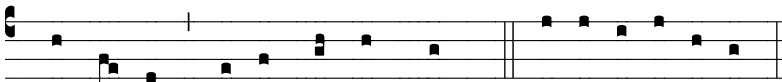
Canticle A SONG OF THE MESSIAH Populus, qui ambulabat
Isaiah 9.2-7

Verbum caro (PM 381 : Jn 1.14,16)

VIIIg



The Word be-came flesh * and lived a-mong us; we have seen



his glo - ry, full of grace and truth.

1 The people who walked in darkness have seen a great light; *
those who dwelt in a land of deep darkness,
on them has light shined.

2 You have made their gladness greater, *
you have made their joy increase.

3 For to us a child is born, to us a son is given: *
and the government shall be upon his shoulder.

4 And his name will be called: *
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.

5 Of the increase of his government and of peace *
there will be no end.

6 For the throne of David and for his royal power, *
to establish it and sustain it with justice and righteousness.

7 From this time onwards and for ever: *
the zeal of the Lord of hosts will do this.

THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

In viam pacis (Lk 1.79)

lg



In-to the way of peace * guide our feet, Lord our God.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hólý cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to **worship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

SUNDAY WEEK 4

INVITATORY Te Deum Laudamus (except in Lent)

We praise you, O God,
We acclaim you as the Lord.

All creation worships you,
the Father everlasting.

To you all angels, all the powers of heaven,
cherubim and seraphim sing in endless praise,

**Holy, holy, holy Lord, God of power and might;
heaven and earth are full of your glory.**

The glorious company of apostles praise you;
the noble fellowship of prophets praise you.

The white-robed army of martyrs praise you;
throughout the world the holy Church acclaims you.

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

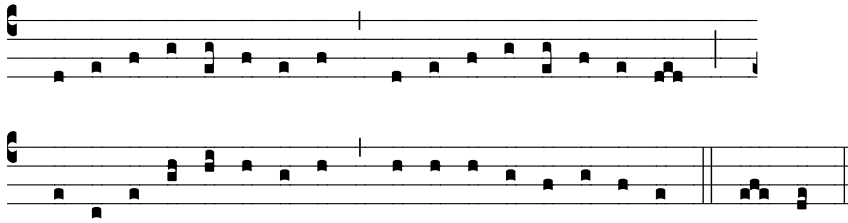
You are the King of glory, O Christ,
the eternal Son of the Father.

When you took our flesh to set us free,
you humbly chose the Virgin's womb.

You overcame the sting of death,
and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory,
we believe that you will come to be our judge.

**Come then, Lord, and help your people,
bought with the price of your own blood;
and bring us with your saints
to glory everlasting.**



- 1 This is the day the Lord has made,
The Lord who calls all time his own;
Let heaven rejoice, let earth be glad,
And songs of praise surround his throne.
- 2 Blest be the Lord who came to us,
Bestowing heavenly truth and grace;
Who came in God the Father's name
To save this sinful human race.
- 3 This is the day he rose from death,
And Satan's futile empire fell;
Now through the world his triumph spread
And all his mighty wonders tell.
- 4 To God the Father, glory be,
And to his well-beloved Son,
Who with the Spirit dwell in us:
Immortal Trinity in One.

Isaac Watts (1674-1748), altd.
Editors, Hymns for Prayer & Praise



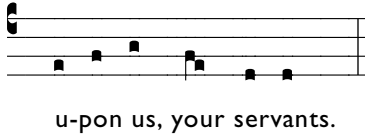
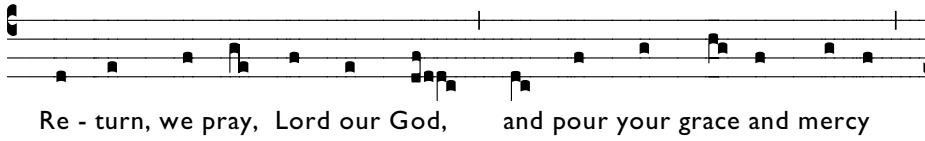
Re - turn, we pray, Lord our God, * and pour your grace and mercy



u-pon us, your servants.

- 1 Lord, you have béen our réfuge *
from one generation tó anóther.
- 2 Before the mountains were bróught forth, †
or the lánd and the éarth were born, *
from áge tó áge yóu are God.
- 3 You turn us báck tó the dúst and say, *
“Gó báck, O chíld of earth.”
- 4 For a thousand years in your sight are like yesterday when it ís past * †
and like a wátch ín the night.
- 5 You sweep us away like a dream; *
we fade away súddenly like the grass.
- 6 In the morning it is gréen and flóurishes; *
in the evening it is dried úp and wíthered.
- 7 For we consume away in yóur displéasure; *
we are afraid because of your wrathfúl índignátion.
- 8 Our iniquities you have sét befóre you, *
and our secret sins in the líght of your cóuntenance.
- 9 When you are angry, áll our dáys are gone; *
we bring our years to an énd like á sigh.
- 10 The span of our life is seventy years, †
perhaps in strength éven éighty; *
yet the sum of them is but labour and sorrow,
for they pass away quíckly and wé are gone.
- 11 Who regards the power of yóur wrath? * †
who rightly fears your índignátion?
- 12 So teach us to number our days *
that we may apply our héarts to wísdóm.
- 13 Return, O Lord; how lóng will you tárry? *
be gracíous tó your sérvants.
- 14 Satisfy us by your loving-kindness ín the mórning; *
so shall we rejoice and be glad all the dáys of óur life.

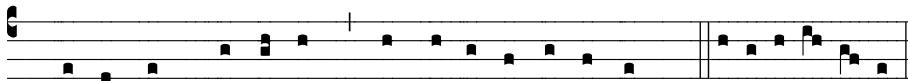
- 15 Make us glad by the measure of the days that yóu afflicted us *
and the years in which we súffered advérsity.
- 16 Show your servants your works *
and your splendour to their childrên. †
- 17 May the graciousness of the Lord our Gód be upón us; *
prosper the work of our hands;
prósper our hándiwork.



Eternal Father,
our refuge from generation to generation,
in Christ your salvation has dawned for your people:
prosper the work of our hands
that the promise of your glorious kingdom
may be fulfilled in our midst;
through Jesus Christ our Lord. **Amen.**

Regnavit Dominus

IVe



The Lord our God is king; * in glo-ry is he ar-rayed.

- 1 The Lord is king; he has put on spléndid appárel; *
the Lord has put on his apparel
and gírded hímsélf with strength.
- 2 He has máde the whole wórld so sure *
that it cánnót bé moved;
- 3 Ever since the world began,
your throne has béen estáblished; *
you are from éverlásting.
- 4 The waters have lifted up, Ô Lord, †
the waters have lífted úp their voice; *
the waters have lífted úp their póunding waves.
- 5 Mightier than the sound of many watêrs, †
mightier than the bréakers óf the sea, *
mightier is the Lórd who dwélls on high.
- 6 Your testimonies are verÿ sure, * †
and holiness adórns your hóuse, O Lord,
for ever ánd for évermore.

You have established your throne, O Lord,
above the chaos of this world:
may your truth, which is for everlasting,
be ours, now and for ever. **Amen.**



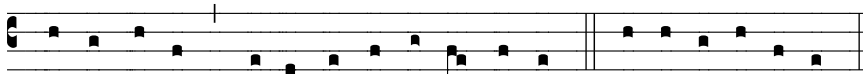
O be joyful in God * all you lands.

- 1 Be joyful in the Lord, all yôu lands; * †
serve the Lórd with gládness
and come before his présence with a song.
- 2 Know this: The Lord himself îs God; * †
he himself has máde us and wé are his;
we are his people and the shéep of his pásture.
- 3 Enter his gates with thanksgiving; †
go into his cóurts with praise; *
give thanks to him and cáll upón his name.
- 4 For the Lord îs good; †
his mercy is éverlásting; *
and his faithfulness endúres from áge to age.

As we enter your courts of light, O Lord,
may we rejoice in your power to save
and praise your faithfulness, day by day;
through Jesus Christ our Lord. **Amen.**

Canticle A SONG OF CREATION

Benedicite (OR as on p 63)



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

- 1 Bless the Lord áll créated things, *
sing his praise and exált him for éver.
 - 2 Bless the Lórd you héavens, *
sing his praise and exált him for éver.
- 1 *The Heavenly Order*
- 3 You angels of the Lord, O bless thê Lord †
all you his hósts, O bléss the Lord, *
bless the Lord you waters above the heavens,
sing his praise and exált him for éver.
 - 4 Sun and moon, O bless thê Lord †
you stars of héav'n, O bléss the Lord, *
bless the Lord all rain and dew,
sing his praise and exált him for éver.
 - 5 All winds that blow, O bless thê Lord †
you fíre and heat, O bléss the Lord, *

bless the Lord scorching wind and bitter cold,
sing his praise and exált him for éver.

6 Dews and falling snows, O bless thê Lord †
you nights and dáys, O bléss the Lord, *
bless the Lord light and darkness,
sing his praise and exált him for éver.

7 frost and cold, O bless thê Lord †
you íce and snow, O bléss the Lord, *
bless the Lord lightnings and clouds,
sing his praise and exált him for éver.

II *The Earth and its Creatures*

8 O let the earth bless thê Lord, †
you mountains and hílls, O bléss the Lord, *
bless the Lord all that grows in the ground,
sing his praise and exált him for éver.

9 You springs, O bless thê Lord †
you seas and rívers, O bléss the Lord, *
bless the Lord you whales and all that swim in the waters,
sing his praise and exált him for éver.

10 All birds of the air, O bless thê Lord †
you beasts and cáttle, O bléss the Lord, *
bless the Lord all people on earth,
sing his praise and exált him for éver.

III *The People of God*

11 O People of God bless thê Lord, †
you priests of the Lórd, O bléss the Lord *
bless the Lord you servants of the Lord,
sing his praise and exált him for éver.

12 All you of upright spirit, O bless thê Lord †
You that are holy and humble in héart, O bléss the Lord, *
Hananiah, Azariah, and Mishael, O bless the Lord
sing his praise and exált him for éver.

Bless the Father, the Son and the Hóly Spírit,
sing his praise and exált him for éver.



Alle - lu - ia, al-le - lu - ia, al- le - lu - ia.

BENEDICITE

A Song of Creation

(Adapted from Trier)



Bless the Lord all cre - a - - ted things



Bless him hea - vens and an - gels of the Lord, all
Bless him po - wers, bless him sun and moon, all



Sing and praise him for e - - - ver - more.



wa - ters over hea - ven, sing praise to the Lord.
stars in the heavens, sing praise to the Lord.



Bless the Lord you day - time and night - time;



Bless him all rainfall and dew, and you light - ning;
Scorching wind, bitter cold, snowfall and ice - storm



Bless the Lord, light and dark - - - ness.



Fire and heat, frost and cold, bless the Lord.
Snow and ice, hail and clouds, bless the Lord.



O let the earth bless the Lord, let it



All mountains and hills, all that grows on the
all that swim in the wa - ters, all birds of the



praise him and wor - ship him for e - ver - more.



earth, and you ri - vers and seas and springs;
air, and all cat - tle and beasts, bless the Lord.



Sing praise to the Lord you peo - - ple



You ho - ly and humble, O bless the Lord,
you up - right of spi - rit, O bless the Lord:



Praise and bless him for e - - ver - more.



All you priests and you ser - vants of his.
Bless the Fa - ther, the Son and the Spirit.

READING

THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

(The Antiphon is proper)

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hólý cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to wor**ship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

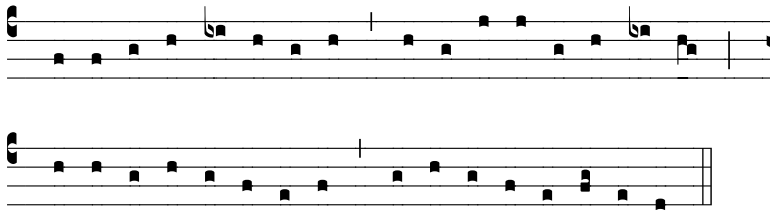
to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

MONDAY WEEK 4

INVITATORY:

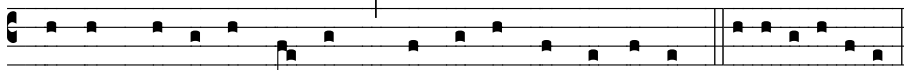
Come, let us sing to the Lord: let us come before his presence with thanksgiving.

HYMN



- 1 O God of light, the dawning day
Gives us new promise of your love.
Each fresh beginning is your gift,
Like gentle dew from heaven above.
- 2 Your blessings, Father, never fail:
Your Son, who is our daily bread,
The Holy Spirit of your love,
By whom each day your Church is led.
- 3 Make us the servants of your peace,
Renew our strength, remove all fear;
Be with us, Lord, throughout this day,
For all is joy if you are near.
- 4 To Father, Son and Spirit blest,
One only God, we humbly pray;
Show us the splendour of your light
In death, the dawn of perfect day.

James Quinn, SJ



You are my portion, O Lord, * in the land of the liv-ing.

- 1 I cry to the Lord with mÿ voice; * †
to the Lord I make loud súpplicátion.
- 2 I pour out my complaint before him *
and tell him áll my tróuble.
- 3 When my spirit languishes withín me, you knów my path; *
in the way wherein I walk they have hídden a tráp for me.
- 4 I look to my right hand and find nó one who knóws me; *
I have no place to flee to and nó one cáres for me.
- 5 I cry out to you, Ô Lord; * †
I say, “Yóu are my réfuge,
my portion in the lánd of the líving.”
- 6 Listen to my cry for help, for I have been brought verÿ low; * †
save me from thóse who pursúe me,
for they áre too stróng for me.
- 7 Bring me out of prison, that I may give thánks tó your name; *
when you have dealt bountifully with me,
the righteous will gáther aróund me.

God of compassion,
you regard the forsaken
and give hope to the crushed in spirit:
hear those who cry to you in distress,
that they may be joined to the company
of those who raise a song of thanksgiving
to your glory, O Father,
through the Son and in the Holy Spirit. **Amen.**



O my soul * bless the Lord and his ho -ly name.

- 1 Bless the Lórd, Ó my soul, *
and all that is within me, bléss his hóly name.
- 2 Bless the Lórd, Ó my soul, *
and forget not áll his bénéfits.
- 3 He forgíves áll your sins *
and heals áll your infírmities;
- 4 He redeems your lífe *fróm* the grave *
and crowns you with mercy and lóving-kíndness;
- 5 He satisfíes you with góod things, *
and your youth is renéwed like an éagle's.
- 6 The Lord éxecutes ríghteousness *
and judgements for áll who áre oppressed.
- 7 He made his ways knówn to Móses *
and his works to the children of Ísrael.
- 8 The Lord is full of compásson and mércy, *
slow to anger and of great kíndness.
- 9 He will not álways accúse us, *
nor will he keep his ánger for éver.
- 10 He has not dealt with us accórding tó our sins, *
nor rewarded us according tó our wíckedness.
- 11 For as the heavens are hígh abóve the earth, *
so is his mercy great upon thóse who féar him.
- 12 As far as the éást is fróm the west, *
so far has he remóved our síns from us.

- 13 As a father cares for his children, *
so does the Lord care for those who féar him.
- 14 For he himself knows whereóf wé are made; *
he remembers rs thát we áre but dust.
- 15 Our dáys are líke the grass; *
we flourish like a flówer óf the field;
- 16 When the wind goes óver it, ít is gone, *
and its place shall knów it nó more.
- 17 But the merciful goodness of the Lord
endures for ever on those who féar him, *
and his righteousness on children's children;
- 18 On those who kéeep his cóvenant *
and remember his commándments and dó them.
- 19 The Lord has set his thróne in héaven, *
and his kingship has dominion óver all.
- 20 Bless the Lord, you angels óf his, †
you mighty ones who dó his bídding, *
and hearken to the vóice of his word.
- 21 Bless the Lórd, all yóu his hosts, *
you ministers of his who dó his will.
- 22 Bless the Lord, all you works óf his, †
in all places of his domínion; *
bless the Lórd, O mý soul.



O my soul bless the Lord and his ho -ly name.

As your merciful goodness endures for ever, O Lord,
remember the frailty of your children;
deal with us not according to our sins
but, in your compassion, redeem our life
and crown us with your mercy and loving-kindness;
through Jesus Christ our Lord. **Amen.**

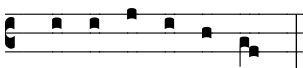
Canticle A SONG OF GOD'S REIGN Magnus es, Domine Tobit 13.1-8

Exaltate (Tob 13.6)

Vlla



E-xalt him, * the King of the a-ges, in the pre - sence of the living.



1 Blessed be God who lives for éver, *

- whose reign endures throughout all áges.
- 2 he leads down to Hadês, †
and he brings up fróm the gréat abyss, *
there is nothing that cán escápe his hand.
- 3 Declare God's praises befóre the nátions, *
you who are the children of Ísrael.
- 4 For if our God has scattered yóu amóng them, *
there too has he shówn you his gréatness.
- 5 Exalt him in the presence óf the líving, *
because he is our God and our Fáther for éver.
- 6 Though God punishes you fór your wíckedness, *
mercy will be shówn to yóu all.
- 7 God will gather you from évery nátion, *
from wherever you háve been scáttered.
- 8 When you turn to the Lord with áll your héart and soul, *
God will hide his fáce from yóu no more.
- 9 See what the Lórd has dóné for you; *
and give him thánks with a lóud voice.
- 10 Bless the Lórd of ríghteousness, *
and exalt the Kíng of the áges.

- 11 In the land of my exile I acknowledge him, *
and show his power and majesty to a nátion of sinners:
- 12 “Turn you sinners, and do what is right *in* his eyes; *
who knows whether he may not welcome you
and shów you mércy.”
- 13 As for me, I will exált my God, *
and my soul will rejoice in the Kíng of héaven.
- 14 Let all people spéak of his májesty, *
and give him thánks in Jerúsalem.



E-xalt him, the King of the a-ges, in the pre - sence of the living.

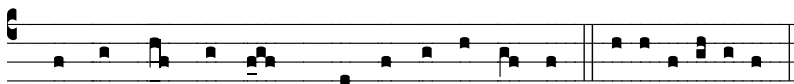
READING

THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

Ferial Antiphon

Benedictus (PM 116)

Vif



Bless-ed be the Lord, * the God of Is-ra - el.

(Blessed be the Lord, **the** Gód of Ísrael; *)
he has come to his péople and sét them free.

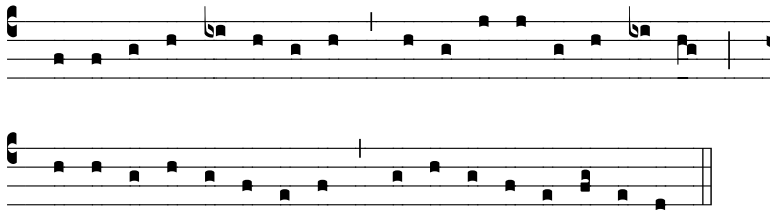
He has raised up for us a míghty Sáviour, *
born of the house of his sérvant Dávid.

TUESDAY WEEK 4

INVITATORY:

God rules over all the earth: come, let us adore him.

HYMN



- 1 We bless you, Father, Lord of life,
To whom all living beings tend,
The source of holiness and grace,
Our first beginning and our end.
- 2 We give you thanks, redeeming Christ,
Who bore our weight of sin and shame:
In dark defeat, you conquered sin,
And death, by dying, overcame.
- 3 Come, Holy Spirit, searching fire,
Whose flame all evil burns away;
With light and love come down to us,
In silence and in peace to stay.
- 4 We praise you, Trinity in One,
Sublime in majesty and might,
Who reign for ever, Lord of all,
In splendour and unending light.

Stanbrook Abbey

Exaltare

VIIIg



Rise up, * O judge of the world!

- 1 O Lord Gód of véngeance, *
O God of véngeance, shów yourself.
- 2 Rise up, O Judge of thê world; * †
give the arrogánt their júst deserts.
- 3 How long shall the wicked, O Lord, *
how long shall the wicked tríumph?
- 4 They bluster ín their ínsolence; *
all evildoers are fúll of bóasting.
- 5 They crush your people, Ô Lord, * †
and afflict your chósén nátion.
- 6 They murder the widow and the stranger *
and put the órphans tó death.
- 7 Yet they say, “The Lórd dóes not see, *
the God of Jacob tákes no nóvice.”
- 8 Consider well, you dullards amóng the péople; *
when will you fóols undérstand?
- 9 He that planted the éar, does hé not hear? *
he that formed the éye, does hé not see?
- 10 He who admonishes the nations, will hé not púnish? *
he who teaches all the world, has hé no knówledge?
- 11 The Lord knóws our húman thoughts; *
how like a púff of wínd they are.
- 12 Happy are they whom yóu instrúct, O Lord! *
whom you teach óut of yóur law;
- 13 To give them rést in évil days, *
until a pit is dúg for the wicked.
- 14 For the Lord will not abándon his péople, *
nor will hé forsáke his own.
- 15 For judgement wíll agáin be just, *
and all the true of héart will fóllow it.
- 16 Who rose up for me agáinst the wicked? *
who took my part agáinst the évildóers?
- 17 If the Lord had not cóme tó my help, *
I should soon have dwelt in the lánd of sílence.

- 18 As often as I said, "My foot has slipped," *
your love, O Lord, upheld me.
- 19 When many cares *fill* my mind, *
your consolations cheer my soul.
- 20 Can a corrupt tribunal have any part with you, *
one which frames evil into law?
- 21 They conspire against the life of the just * †
and condemn the innocent to death.
- 22 But the Lord has become my stronghold, *
and my God the rock of my trust.
- 23 He will turn their wickedness back upon them †
and destroy them in their own malice; *
the Lord our God will destroy them.



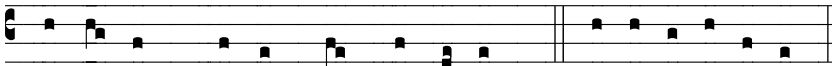
Rise up, O judge of the world!

Lord our God, judge of all,
before whom no secrets are hidden:
let your justice shine forth
and your righteousness direct the hearts and minds
of all your people,
now and for ever. **Amen.**

Psalm 92 *Bonum est confiteri*

Bonum est

VIIIg



It is good * to give thanks to the Lord.

- 1 It is a good thing to give thanks *to* the Lord, *
and to sing praises to your name, O Most High;
- 2 To tell of your loving-kindness early in the morning *
and of your faithfulness in the night season;
- 3 On the psaltery and on the lyre *
and to the melody of the harp.
- 4 For you have made me glad by your acts, O Lord; *
and I shout for joy because of the works of your hands.
- 5 Lord, how great *are* your works! *
your thoughts are very deep.
- 6 The dullard does not know, nor does the fool *understand*, *
that though the wicked grow like weeds,
and all the workers of iniquity flourish,
- 7 They flourish only to be destroyed for ever; *
but you, O Lord, are exalted for evermore.

8 For lo, your enemies, O Lord, lo, your enemies shall perish, *
and all the workers of iniquity shall be scattered.

9 But my horn you have exalted like the horns of wild bulls; *
I am anointed with fresh oil.

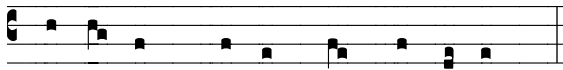
10 My eyes also gloat over my enemies, *
and my ears rejoice to hear the doom of the wicked
who rise up against me.

11 The righteous shall flourish like a palm tree, *
and shall spread abroad like a cedar of Lebanon.

12 Those who are planted in the house of the Lord * †
shall flourish in the courts of our God;

13 They shall still bear fruit in old age; *
they shall be green and succulent;

14 That they may show how upright the Lord is, *
my rock, in whom there is no fault.



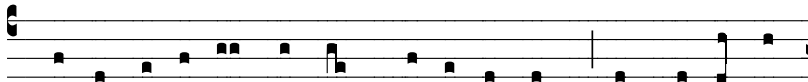
It is good to give thanks to the Lord.

Establish your people, O Lord, in the way that leads to righteousness,
so that we may with confidence come into your presence and sing your praise;
through Jesus Christ our Lord. **Amen.**

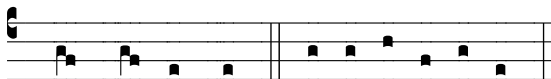
Canticle A SONG OF REDEMPTION Jeremiah 31.10-14

Populus meus (Jer 31.14)

IV*



I shall satisfy * the priests with abundance, and my people



with my bounty.

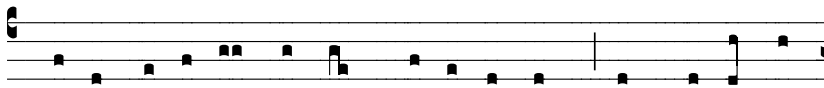
1 Hear the word of the Lord, O nations; *
tell it on the far-off shores:

2 "He who scattered Israel will gather *
and guard them as a shepherd his flock."

3 For the Lord has ransomed Jacob, *
redeemed them from a foe too strong.

4 They will come and sing for joy on Zion's height, *
radiant at the bounty of the Lord:

- 5 the gráin, the new wíne, the oil, *
the yóung of flóck and herd.
- 6 Their life like a wátered gárden, *
 they will néver wánt again.
- 7 Then will maidens show their jóy *ín* the dance;*
 men, young and óld, will réjoice.
- 8 I shall turn their mourning ínto gládness, *
 give comfort and jóy for their sórrow.
- 9 I shall satisfy the príests with abúndance, *
 and fill my people wíth my bóunty.



I shall sa- tis- fy the priests with a- bundance, and my people



with my bounty.

READING



The Lord has raised up for us * a mighty Sa-viour, born from the



house of his servant Da-vid.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us a míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to **worship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

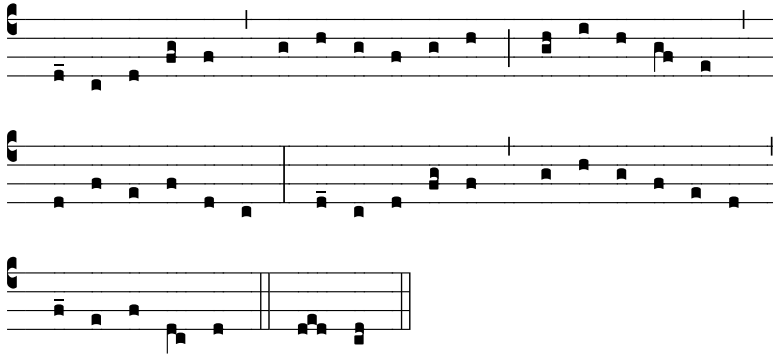
to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

WEDNESDAY WEEK 4

INVITATORY:

Come, let us worship our Lord and Saviour.

HYMN

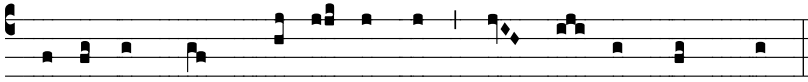


- 1 Word out of silence, with the Father dwelling,
Full of his Godhead, splendid with his glory,
Reached into chaos, mortal ages telling
News of his goodness.
- 2 Taking our nature, to the world proclaiming
Time for repentance, summoned his disciples;
Healing all illness, scorn and hatred bearing,
Feasted with sinners.
- 3 Dying he conquered, prince of life victorious,
Bringing release to spirits long-imprisoned;
Rising to heaven, now he reigns all-glorious,
One with the Father.
- 4 Christ our redeemer, bearer of salvation,
Humbly your people render thanks and glory:
Called forth from darkness, we your priestly nation,
Sing forth your praises.

Michael Casey, OCSO, altd.

Confitebor

VIIIg



I will give thanks * to you, O Lord, for you have heard me.



- 1 You tyrant, why do you boast of wickedness *
against the gódlý áll day long?
- 2 You plot ruín; †
your tongue is like a shárpened rázor, *
O worker óf decéption.
- 3 You love évil móre than good *
and lying more than spéaking thé truth.
- 4 You lóve all wórd^s that hurt, *
O yóu decéitful tongue.
- 5 O that God would demolish you uttêrly, * †
topple you and snatch you fróm your dwélling
and root you out of the lánd of the líving!
- 6 The righteous shall see and tremble, *
and they shall laugh, sayíng, †
- 7 “This is the one who did not take Gód for a réfuge, *
but trusted in great wealth and relíed upon wickedness.”
- 8 But I am like a green olive tree ín the hóuse of God; *
I trust in the mercy of God for éver and éver.
- 9 I will give you thanks for whát yóu have done *
and declare the goodness of your name in the presence óf the gódlý.

Faithful God, full of mercy, nourish your people in a world of violence;
through prayer and the scriptures
give us the life-giving water of truth and the rich goodness of your presence;
in Jesus Christ our Lord. **Amen.**

Avertit Dominus

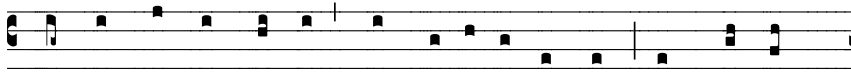
VIIIg



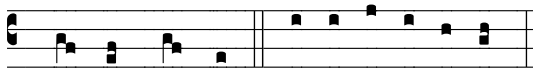
The Lord has restored * the fortunes of his people.

- 1 The fool has said in his heart, "There is no God." *
All are corrupt and commit abominable acts;
there is none who does any good.
- 2 God looks down from heaven upon us all, *
to see if there is any who is wise,
if there is one who seeks after God.
- 3 Everyone has proved faithless; †
all alike have turned bad; *
there is none who does good; no, not one.
- 4 Have they no knowledge, those evildoers *
who eat up my people like bread
and do not call upon God?
- 5 See how greatly they tremble, such trembling as never was, * †
for God has scattered the bones of the enemy;
they are put to shame, because God has rejected them.
- 6 O that Israel's deliverance would come out of Zion! * †
when God restores the fortunes of his people,
Jacob will rejoice and Israel be glad.

In you, O God,
all reality holds together;
without you, all falls into corruption;
do not abandon us to our folly
but give us hearts that seek you
and, at the last, joy in your heavenly city;
through Jesus Christ our Lord. **Amen.**



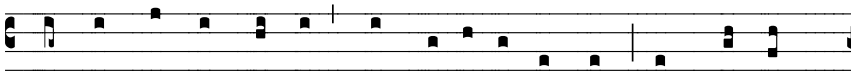
In-cline your ear to me; * Lord, I call u-pon you hear my words



and answer me.

- 1 Bow down your ear, O Lórd, and áns^{er} me, *
for I am póor and in mí^sery.
- 2 Keep watch over my life, for Í am fáithful; *
save your sérvant who trústs in you.
- 3 Be merciful to me, O Lord, fór you áre my God; *
I call upon you áll the dáy long.
- 4 Gladden the sóul of your sérvant, *
for to you, O Lord, Í lift úp my soul.
- 5 For you, O Lord, are góod and forgí^{ng}, *
and great is your love towards all who cáll upon you.
- 6 Give ear, O Lórd, tó my prayer, *
and attend to the voice of my súpplícátions.
- 7 In the time of my trouble I will cáll upon you, *
for you will áns^{er} me.
- 8 Among the gods there is nóne like you, O Lord, *
nor ánything líke your works.
- 9 All nations you have made will come and wórship you, O Lord, *
and gló^rify your name.
- 10 For you are great; you do wóndrous things; *
and you alóne are God.
- 11 Teach me your way, Ô Lord, †
and I will wálk *in* your truth; *
knit my heart to you that Í may féar your name.

- 12 I will thank you, O Lord my Gód, with áll my heart, *
and glorify your náme for évermore.
- 13 For great is your lóve towárd me; *
you have delivered me from the néthermóst Pit.
- 14 The arrogant rise up against me, Ô God, †
and a band of violént men séeks my life; *
they have not set yóu befóre their eyes.
- 15 But you, O Lord, are gracious and fúll of compásson, *
slow to anger and full of kíndness ánd truth.
- 16 Turn to me and have mercy upon mê; * †
give your stréngth to your sérvant;
and save the chíld of your hándmaid.
- 17 Show me a sign of your favôur, †
so that those who hate me may sée it and bé ashamed; *
because you, O Lord, have helped me and cómfortéd me.



In-cline your ear to me; Lord, I call u-pon you hear my words

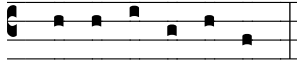


and answer me.

God of mercy, who in your great love drew your Son from the depths of the Pit:
bring your people from death to life, that we may rejoice in your compassion
and praise you now and for ever. **Amen.**



In the Lord * all the offspring of Is-ra - el shall tri - umph and glo - ry.



- 1 I will greatly rejoice *in* the Lord *
my soul shall exult in my God.
- 2 For he has clothed me in the garments of salvation *
he has wrapped me in the cloak of integrity.
- 3 As a bridegroom decks himself with a garland *
and as a bride adorns herself with jewels.
- 4 For as the earth puts forth her blóssom; *
and as a garden causes what is sown in it to spríng up,
- 5 so the Lord God will cause ríghteousnéss and praise *
to spring forth before áll the nátions.
- 6 For Zion's sake I will nót keep sílent *
and for Jerusalem's sáke I will not rest;
- 7 until her integrity shines out like the dawn, *
and her salvation like a blázíng torch.
- 8 The nations will see your víndicátion *
and all the kíngs your glóry.
- 9 Then you shall be called by a new name *
which the mouth of the Lórd will give.
- 10 You shall be a crown of beauty in the hánd of the Lord *
and a royal diadem in the hánd of your God.

READING

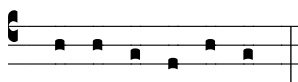
THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

De manu omnium (cf Lk 1.71)

lg



From the hands of all * who hate us, set us free, Lord our God.



Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to wor**ship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

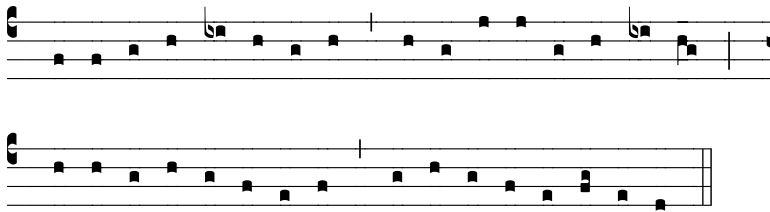
In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

THURSDAY WEEK 4

INVITATORY: The Lord is our light and our life: come let us adore him.

HYMN



- 1 The beauty of the rising sun,
Begins to flood the world with light;
Awakened, nature glows with life
In form and colour new and bright.
- 2 Lord Jesus Christ, since time began
The morning sun you far outshone;
We turn to you with joyous praise
And ask the blessings you have won.
- 3 You are God's knowledge infinite,
His Word that brought all things to be:
Answer our prayer that we may love
And come to see your mystery
- 4 Give us your light, that we may learn
To walk the path of life with care;
May all our ways and actions show
The gifts the Father longs to share.
- 5 Most loving Father, hear our prayer
Through Jesus Christ, your only Son;
Both with the Holy Spirit reign
For ever Three and ever One.

The Anglican Office Book, altd



O praise * the name of the Lord, you who stand in the house



of the Lord our God.

- 1 Hallelujâh! †
Praise the náme *ó*f the Lord; *
give praise, you sérvants *ó*f the Lord,
- 2 You who stand in the hóuse *ó*f the Lord, *
in the courts of the hóuse of *ó*ur God.
- 3 Praise the Lord, f*ó*r the Lórd is good; *
sing praises to his name, for *í*t is l*ó*vely.
- 4 For the Lord has chosen Jácob f*ó*r himself *
and Israel for his *ó*wn posséssion.
- 5 For I know thát the Lórd is great, *
and that our Lórd is *á*b*ó*ve all gods.
- 6 The Lord does whatever pleases him, in héaven *á*nd on earth, *
in the séas and *á*ll the deeps.
- 7 He brings up rain clouds from the ends of thê earth; * †
he sends out líghtning wíth the rain,
and brings the winds ót of his stórehouse.
- 8 It was he who struck down the first-bórn of Égypt, *
the first-born bóth of mán and beast.
- 9 He sent signs and wonders into the midst of yóu, O Égypt, *
against Pharaoh and *á*ll his sérvants.
- 10 He overthrew mány nátions *
and put míghty kíngs to death:
- 11 Sihon, king of the Amôrites, †
and Og, the kíng of Báshan, *
and all the kíngdoms of Cánaan.
- 12 He gave their land to bé an inhéritance, *
an inheritance for Isr*á*él his péople.
- 13 O Lord, your name is éverlásting; *
your renown, O Lord, endúres from áge to age.
- 14 For the Lord gives his péople jústice *
and shows compassion t*ó* his sérvants.
- 15 The idols of the heathen are silver *â*nd gold, * †
the wórk of húman hands.
- 16 They have mouths, but they cannot speak; *

eyes have they, bût they cánnòt see.

17 They have ears, bût they cánnòt hear; *
neither is there any bréath in théir mouth.

18 Those who máke them are líke them, *
and so are all who pút their trúst in them.

19 Bless the Lord, O hóuse of Ísrael; *
O house of Áaron, bléss the Lord.

20 Bless the Lord, O hóuse of Lévi; *
you who féar the Lord, bléss the Lord.

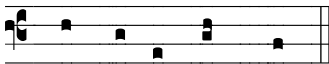
21 Blessèd be the Lord óut of Zíon, *
who dwells in Jerusalem.
Hállélújah!

In Lent:

21 Blessèd be the Lord óut of Zíon, *
who dwélls in Jerúsalem.



O praise the name of the Lord, you who stand in the house



of the Lord our God.

We praise you, gracious God,
and we bless your holy Name
because you have taken pity on your servants,
you have preserved us from falsehood and deceit,
you have given us a rich heritage
and made us your own possession;
in Jesus Christ our Lord. **Amen.**

Psalm 137 Super flumina

Hymnum



Sing for us * one of the songs of Si - on.

1 By the waters of Babylon wé sat dówn and wept, *
when we remembered yóu, O Zíon.

2 As for our hárps, we húng them up *
on the trees in the mídst of thát land.

3 For those who led us away captive asked us for â song, †
and our oppréssors cállèd for mirth: *
“Sing us one of the sóns of Zíon.”

4 How shall we síng the Lórd's song *
upón an álien soil?

VIIIg

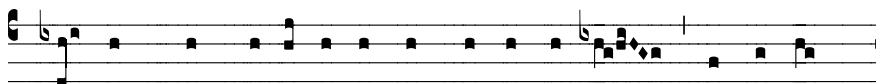
- 5 If I forget you, Ó Jerúsalem, *
let my right hánd forgét its skill.
- 6 Let my tongue cleave to the roof of my mouth
if I do nót remémber you, *
if I do not set Jerusalem abóve my highest joy.
- [7 Remember the day of Jerusalem, O Lord,
against the people of Edom, *
who said, "Down with it! down with it!
even to the ground!"
- 8 O Daughter of Babylon, doomed to destruction, *
happy the one who pays you back
for what you have done to us!
- 9 Happy shall he be who takes your little ones, *
and dashes them against the rock!]

God of our joys and sorrows, comfort the exiled, console the oppressed
and bring us in joy to our true home, where your faithful servants sing your praise,
Father, Son and Holy Spirit,
for all eternity. **Amen.**

Canticle A SONG OF JOY Isaiah 42.10-16

Gaude (Zech 9.9.)

la



Re - jice * and be joyful, O daughter of Si - on, for be-hold,



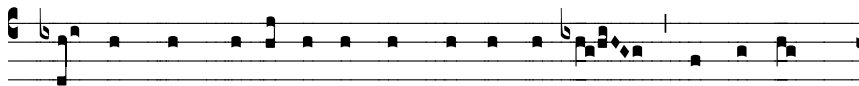
I will come to you and I will dwell in the midst of you,



says the Lord.

- 1 Sing to the Lórd a nów song *
his praise from the énd of thé earth.
- 2 Let the sea roar and áll that fills it *
the islands and thóse who inhábit them.
- 3 Let the desert and its cities líft úp their voice *
the villages that Kédar inhábits.
- 4 Let the inhabitants of Séla síng for joy *
let them shout from the tóps of the móuntains.
- 5 Let them give glóry tó the Lord *
and declare his práise in the cóastlands.
- 6 The Lord goes forth líke a sóldier *
like a warrior he stírs up his fúry.

- 7 He cries out, he shouts aloud *
he shows himself mighty against his foes.
- 8 I will lay waste mountains and hills, †
and shrivel all their green herbs *
I will turn rivers into desert wastes, and dry up all the pools.
- 9 Then will I lead the blind by a road they do not know *
by paths they have not known I will guide them.
- 10 I will turn the darkness before them into light *
the rough places into level ground.



Re - joice and be joyful, O daughter of Si - on, for be-hold,



I will come to you and I will dwell in the midst of you,

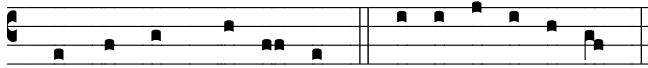


says the Lord.

READING



Ho- ly and righteous, * let us worship the Lord, and he will set us



free from all who hate us.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us a míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to **worship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

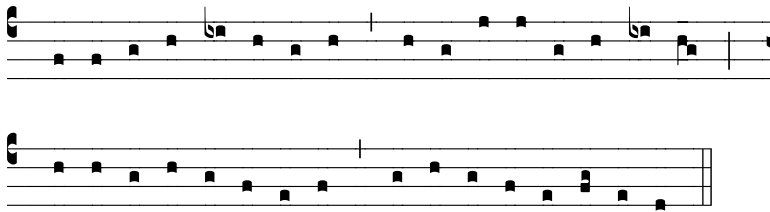
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to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

FRIDAY WEEK 4

INVITATORY: Harden not your hearts today; listen to the voice of the Lord.

HYMN



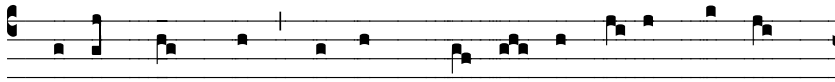
- 1 Steadfast through all the endless years
Your righteous kingdom stands secure,
And your dominion evermore,
Throughout the ages shall endure.
- 2 Obedient to the Father's will,
You came, incarnate Son, to earth,
And stooped so humbly from your throne
To share with us a lowly birth.
- 3 O Lord, you came on us to shine,
True light from the eternal light;
And now the Father's brightness rests
On those who long have dwelt in night.
- 4 O see how everything that breathes
Its homage gives, in deed and word,
The glory of almighty God,
The Father's image, Christ our Lord.
- 5 We bless you, Father, fount of light,
And Christ, your well-beloved Son,
Who with the Spirit dwell in us:
Immortal Trinity in One.

James Brownlie (1857-1925), altd.; from the Greek

Psalm 40 *Expectans, expectavi*

Respexit me

VIIIg



The Lord heard me: * he stooped to me and listened to my



suppli- ca - tion.

- 1 I waited patiently upón the Lord; *
he stooped to mé and héard my cry.
- 2 He lifted me out of the desolate pit, out of the mire and clay; *
he set my feet upon a high cliff and máde my fóoting sure.
- 3 He put a new song in my mouth, a song of praise to ôur God; * †
many shall sée and stánd in awe
and put their trúst in thé Lord.
- 4 Happy are they who trúst in the Lord! *
they do not resort to evil spirits or túrn to fálse gods.
- 5 Great things are they that you have done, O Lord mý God! †
how great your wonders ánd your pláns for us! *
there is none who can bé compáred with you.
- 6 O that I could make them knówn and téll them! *
but they are móre than Í can count.
- 7 In sacrifice and offering you táke no pléasure *
you have given me éars to héar you;
- 8 Burnt-offering and sin-offering yóu have nót required, *
and so I sáid, "Behóld, I come.
- 9 In the roll of the book it is written concérning me: *
'I love to do your will, O my God;
your law is déep in mý heart.'

- 10 I proclaimed righteousness in the great congregation; *
 behold, I did not restrain my lips; and that, O Lord, you know.
- 11 Your righteousness have I not hidden in my heart; †
 I have spoken of your faithfulness and your deliverance; *
 I have not concealed your love and faithfulness from
 the great congregation.
- 12 You are the Lord; †
 do not withhold your compassion from me; *
 let your love and your faithfulness keep me safe for ever,
- 13 For innumerable troubles have crowded upon me; †
 my sins have overtaken me and I cannot see; *
 they are more in number than the hairs of my head,
and my heart fails me.
- 14 Be pleased, O Lord, to deliver me; *
 O Lord, make haste to help me.
- 15 Let them be ashamed and altogether dismayed †
 who seek after my life to destroy it; *
 let them draw back and be disgraced
 who take pleasure in my misfortune.
- 16 Let those who say "Aha!" and gloat over me be confounded, *
because they are ashamed.
- 17 Let all who seek you rejoice in you and be glad; *
 let those who love your salvation continually say, "Great is the Lord!"
- 18 Though I am poor and afflicted, *
 the Lord will have regard for me.
- 19 You are my helper and my deliverer; *
 do not tarry, O my God.



The Lord heard me: he stooped to me and listened to my



suppli- ca - tion.

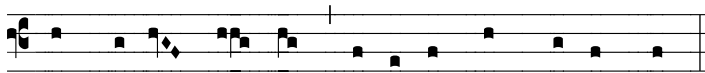
Free us from our sins, O God,
 and may we never be ashamed
 to confess you to all the nations,
 through your Son, our Redeemer,
 Jesus Christ, the Lord of all. **Amen.**



Heal my soul, * O Lord, for I have sinned against you.

- 1 Happy are they who consider the p^óor and n^éedy! *
the Lord will deliver them in the t^íme of tr^óuble.
- 2 The Lord preserves them and keeps them ^âlive, †
so that they may be háppy ^ín the land; *
he does not hand them over to the w^íll of their ^éemies.
- 3 The Lord sustains them ^ón their síck-bed *
and ministers to them ^ín their íllness.
- 4 I said, “Lord, be merciful t^ô me; * †
heal me, for I have s^ínned ag^áinst you.”
- 5 My enemies are saying wicked things about me: *
“When will he die ^ánd his name p^érish?”
- 6 Even if they come to see me, they speak empty ^ý words; * †
their heart coll^écts false r^úmours;
they go outsíde and spr^éad them.
- 7 All my enemies whisper together about m^ê * †
and devise évil ag^áinst me.

- 8 "A deadly thing," they say, "has fastened on him; *
he has taken to his bed and will néver get úp again."
- 9 Even my best friend, whom I trustêd, †
who bróke bréad with me, *
has lifted up his heel and túrned agáinst me.
- 10 But you, O Lord, be merciful to mé and ráise me up, *
and I sháll repáy them.
- 11 By this I know yóu are pléased with me, *
that my enemy does not tríumph óver me.
- 12 In my integrity you hóld me fast, *
and shall set me before your fáce for éver.
- 13 Blessèd be the Lord Gód of Ísrael, *
from age to age. Ámen. Ámen.



Heal my soul, O Lord, for I have sinned against you.

Heavenly Father,
whose Son suffered denial and betrayal of trust from those who shared his bread:
raise us up, O Lord, and prevent us in the time of trial from falling away from you;
through Jesus Christ our Lord. **Amen.**

Canticle A SONG OF HUMILITY Venite et revertamur Hosea 6.1-6

- 1 Come, let us return to thê Lord * †
for he has torn us and hé will héal us;
he has struck us and hé will bínd us up.
- 2 After two days he will revive ús; †
on the third day hé will ráise us up *
that we may líve befóre him.
- 3 Let us set oursélves to knów the Lord *
his going forth is as sùre as thé dawn.
- 4 He will come to ús ás the showers *
as the spring rains that wáter thé earth.
- 5 What am I to dó with you, Éphraim? *
What am I to dó with you, Júdah?
- 6 Your love is líke a mórning cloud *
like the dew that goes éarly áway.
- 7 Therefore I have hewn them bý the próphets *
I have slain them by the wórds of mý mouth.
- 8 For I desire steadfast love ánd not sácrifice *

the knowledge of God, nót burnt offerings.

READING

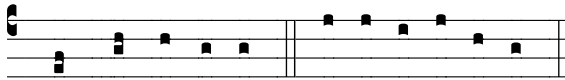
THE GOSPEL CANTICLE *Benedictus Dominus Deus Israel*

Per viscera (Lk 1.78)

VIIIg



In the tender * compas - sion of our God, the dawn from on high



shall break u-pon us.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us a mighty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
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from the hands of áll who háte us.

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This was the oath he swore to **our** fáther Ábraham, *
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free to **worship** hím withóut fear, *
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You, my child, shall be called the **prophet** óf the Móst High, *
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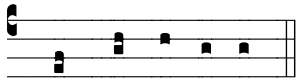
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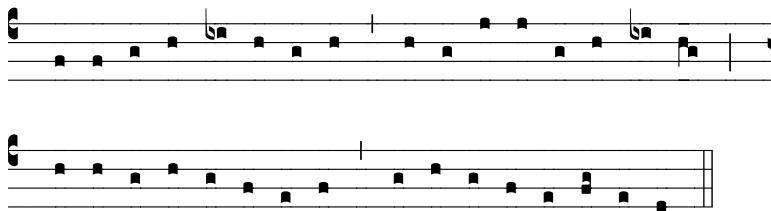


shall break u-pon us.

SATURDAY WEEK 4

INVITATORY: At the name of Jesus, let every tongue proclaim: He is Lord.

HYMN

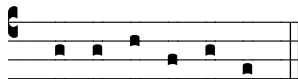


- 1 The Father's glory, Christ our light,
With love and mercy comes to bless
Our fallen world, and be the way
That leads from sin to holiness.
- 2 Christ yesterday and Christ today,
For all eternity the same,
The image of our hidden God:
Eternal wisdom is his name.
- 3 He keeps his word from age to age,
Is with us to the end of days:
A cloud by day, a flame by night,
To go before us on his ways.
- 4 We bless you, Father, fount of light,
And Christ, your well-beloved Son,
Who with the Spirit dwell in us:
Immortal Trinity in One.

Stanbrook Abbey



Do not a-bandon me, O Lord God, * the strength of my salva- tion.



- 1 Deliver me, O Lord, from évildóers; *
protect me fróm the víolent,
- 2 Who devise évil ín their hearts *
and stir up strífe all dáy long.
- 3 They have sharpened their tongues líke a sérpent; *
adder's poison is únder théir lips.
- 4 Keep me, O Lord, from the hánds of the wícked; *
protect me from the víolent,
who are detérmined to tríp me up.
- 5 The proud have hidden a snare fôr me †
and stretched óut a nét of cords; *
they have set traps for mé alóng the path.
- 6 I have said to the Lord, "Yóu áre my God; *
listen, O Lord, to my súpplícátion.
- 7 O Lord God, the strength of mý salvátion, *
you have covered my head in the dáy of báttle.
- 8 Do not grant the desires of the wicked, Ô Lord, * †
nor let their évil plans próspér.
- 9 Let not those who surround me lift up their heads; *
let the evil of their lips óverw hélm them.
- 10 Let hot burning coals fáll upón them; *
let them be cast into the mire, never to ríse up ágain."
- 11 A slanderer shall not be estáblished ón the earth, *
and evil shall hunt dówn the láwless.

12 I know that the Lord will maintain the cause of the poor * †
and render justice to the needy.

13 Surely, the righteous will give thanks to your name, *
and the upright shall continue in your sight.



Do not abandon me, O Lord God, * the strength of my salvation.

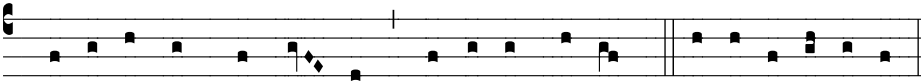
Lord our God, our sure stronghold,
hear the voice of our pleading
and deliver us from every evil.
Strengthen us as we strive
for the poor and the oppressed
and establish your justice in all the earth;
through Jesus Christ our Lord. **Amen.**

Psalm 83

Deus, quis similis?

Tu solus Altissimus

Vlf



You alone are the Most High * over all the earth.

- 1 O God, do not be silent; *
do not keep still nor hold your peace, O God;
- 2 For your enemies are in tumult, *
and those who hate you have lifted up their heads.
- 3 They take secret counsel against your people *
and plot against those whom you protect.
- 4 They have said, "Come, let us wipe them out from among the nations; *
let the name of Israel be remembered no more."
- 5 They have conspired together; *
they have made an alliance against you:
- 6 The tents of Edom and the Ishmaelites, *
the Moabites and the Hagarenes;
- 7 Gebal and Ammon and Amalek, *
the Philistines and those who dwell in Tyre.
- 8 The Assyrians also have joined them, *
and have come to help the people of Lot.
- 9 Do to them as you did to Midian, *
to Sisera and to Jabin at the river of Kishon:
- 10 They were destroyed at Endor; *
they became like dung upon the ground.

Lord God, Most High over all the world:
reveal your presence among the nations
who seek no glory but their own,
and draw them into that unity
which is your will for all your people
in Jesus Christ our Lord. **Amen.**

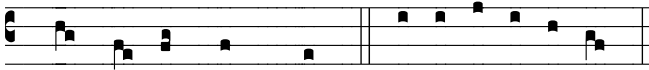
Canticle A SONG OF NEW LIFE Clamavi de tribulatione Jonah 2.2-9

Dum tribularer (Jonah 2.2)

Vlla



When in distress * I called to you, O God, from the depths of hell,



and you answered me.

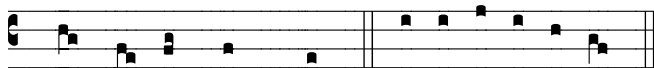
- 1 I called to you, O God, out of my distress
and you answered me; *
out of the belly of Sheol I cried, and you heard my voice.
- 2 You cast me into the deep, into the heart of the seas, †
and the flood surrounded me, *
all your waves and billows passed over me.
- 3 Then I said, I am driven away from your sight; *
how shall I ever look again upon your holy temple?
- 4 The waters closed in over me; †
the deep was round about me; *
weeds were wrapped about my head
at the roots of the mountains.
- 5 I went down to the land beneath the earth, *
yet you brought up my life from the depths, O God.
- 6 As my life was ebbing away, I remembered you, O God, *
and my prayer came to you, into your holy temple.

7 Those who pay regard to vain idols forsáke their true lóyalty, *
but I, with the voice of thanksgiving, will sácrífice to you.

8 What I have vówed Í will pay, *
for deliverance belóngs tó the Lord!



When in distress * I called to you, O God, from the depths of hell,



and you answered me.

READING

In viam pacis (Lk 1.79)

lg



In-to the way of peace * guide our feet, Lord our God.

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hóly cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to **worship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgiveness óf their sins.

In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.