

LENT I

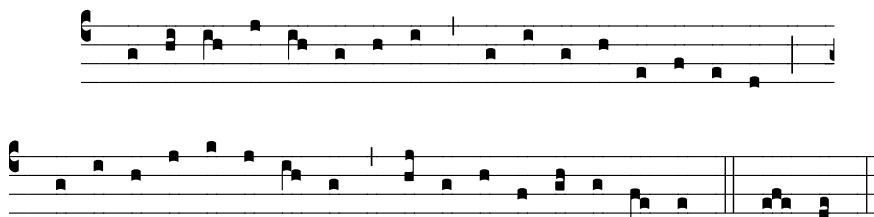
to the Saturday after

LENT 4



MATTINS on weekdays

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



III

- 1 O God, Creator of us all,
from whom we come, to whom we go,
you look with pity on our hearts,
the weakness of our wills you know.
- 2 Forgive us all the wrong we do,
and purify each sinful soul.
What we have darkened, heal with light,
and what we have destroyed, make whole.
- 3 The fast by law and prophets taught,
by you, O Christ, was sanctified.
Bless all our penance, give us strength
to share the cross on which you died.
- 4 O God of mercy, hear our prayer,
with Christ your Son, and Spirit blest,
transcendent Trinity in whom
created things all come to rest.

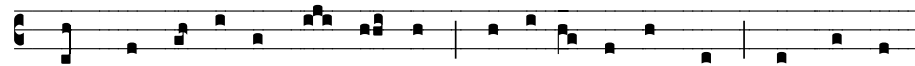
Stanbrook Abbey

BENEDICTUS Antiphon

MONDAYS

Venite (AM 346)

VIIa



Come, O blessed of my Fa - ther, * inhe-rit the kingdom which has been



pre-pared for you from the foundation of the world.

TUESDAYS

Tunc invocabis (AM340)

VIIa

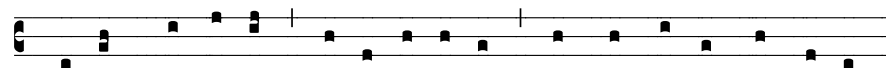


You shall call * and the Lord will answer; you shall cry,

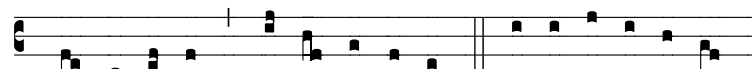


and he says "Here am I."

WEDNESDAYS



Be-hold, we go up * to Je- ru-sa- lem; and the Son of Man will be

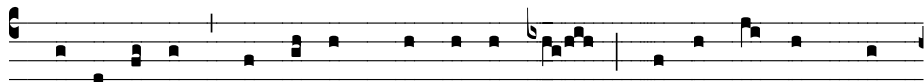


hand-ed o-ver to be cru-ci- fied.

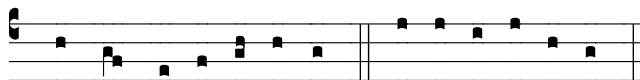
THURSDAYS

Operamini (AS)

VIIIg



Do not labour * for the food that pe- rish- es, but for the food that

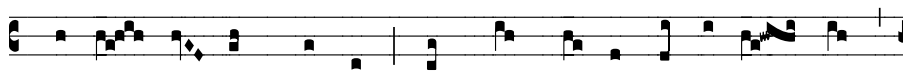


endures to e- ternal life.

FRIDAYS

Pater (AS 189)

VIIIc



The Fa - ther loves the Son * and shows him all that he him - self



is do - ing.

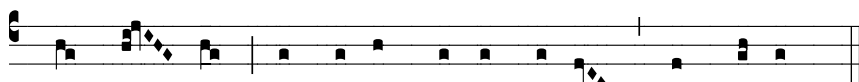
SATURDAYS

Ego sum lux (AS)

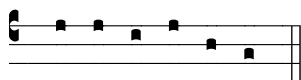
VIIIg



I am * the light of the world; who - e-ver fol-lows me will not walk



in dark - ness, but will have the light of life, says the Lord.



EVENSONG on weekdays

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1 Lord Jesus, Sun of Righteousness,
shine in our darkened hearts, we pray:
dispel the gloom that shades our minds
and be to us as endless day.

2 Give guidance to our wandering ways,
forgive us, Lord, our frequent sin;
restore us by your loving care
to love and joy and peace within.

3 Lord, grant that we in penitence
may offer you our thankful praise,
and through your saving sacrifice
receive your gift of boundless grace.

4 Now nearer draws the day of days
when paradise at last shall bloom,
when we shall be at one with you,
Lord Jesus, risen from the tomb.

5 The universe your glory shows,
all-glorious Father, Spirit, Son;
we shall acclaim your majesty,
eternal Trinity in One.

Iam Christe sol justitiae (10th C)
tr. Anne K LeCroy (b.1930) [metre altd]

MAGNIFICAT Antiphon

MONDAYS

Id



Tru-ly I say, * as you did it to the least of these, you did it



to me, says the Lord.

TUESDAYS

Id



He who sent me * is with me; he has not left me a-lone, for I



do al-ways what is pleas-ing to him.

WEDNESDAYS

VIIa



To sit at my right hand* is not for me to grant, but for whom it



is pre-pared by my Fa-ther.

THURSDAYS

VIIc



The bread of God * is he who comes down from hea-ven and gives life



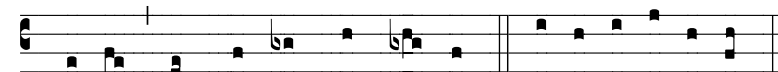
to the world.

FRIDAYS

IVg



As the Fa-ther * rais-es the dead and gives life to them, so al - so



the Son gives life to whom he will.

MATTINS on Sundays

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



- | | |
|--|--|
| <p>1 Now let us all with one accord,
in fellowship with ages past,
keep vigil with our heavenly Lord,
in his temptation and his fast.</p> <p>2 The covenant so long revealed
to those of faith in former time,
Christ by his own example sealed,
the Lord of love, in love sublime.</p> <p>3 Your love, O Lord, our sinful race
has not returned, but falsified;
author of mercy, turn your face
and grant repentance for our pride.</p> | <p>4 Remember, Lord, though frail we be,
in your own image were we made;
help us, lest infidelity
cause your great Name to be betrayed.</p> <p>5 Therefore, we pray you, Lord forgive;
so when our wanderings here shall cease,
we may with you for ever live,
in love and unity and peace.</p> <p>6 Hear us, O Trinity sublime,
and undivided Unity;
so let this consecrated time
bring forth its fruit abundantly.</p> |
|--|--|

Ex more docti mystico (Gregory the Great ?)
tr. Praise the Lord, 1972, altd

FIRST SUNDAY IN LENT Years A, B & C

Benedictus Antiphon

Ductus est Jesus (AM 342)

Je- sus was led up * in-to the wil-derness by the Spi - - rit
to be tempted by the de - vil. And he fasted for-ty days and
for- ty nights, and af-terwards he was hungry.

ld

SECOND SUNDAY IN LENT - YEARS A, B, C

Benedictus Antiphon

Non enim misit

Vlla

Indeed, God did not send * his Son in -to the world to
condemn the world, but in order that the world might be
saved through him.

THIRD SUNDAY IN LENT YEARS A, B, & C

Benedictus Antiphon

Solvite templum hoc (AM 376 Jn 2:19,21)

Va

Destroy this temple, * says the Lord, and in three days I will
raise it up. But he was speaking of the temple of his bo-dy.

FOURTH SUNDAY IN LENT

Benedictus Antiphon

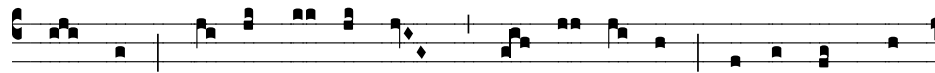
YEAR A

Rabbi (AM 378)

VIIIg²



Rabbi, * how has this man sinned that he was born blind? Je - sus



answered, 'Neither this man sinned; nor his pa - rents he was born blind



so that God's works might be re-vealed in him.

YEAR B

Unus est enim (AM 356)

III d



There is one* who is your mas - - ter, Christ Je - sus, who is

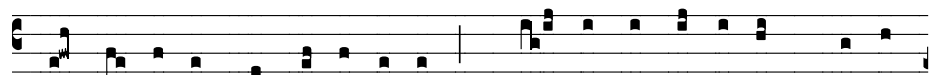


in heaven.

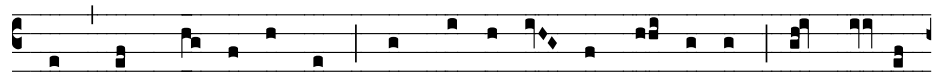
YEAR C

Dixit autem pater (AM 361)

VIIIg



Then the father* said to his servants, "Quick-ly, bring out a robe - the best



one, and put it on him; and put a ring on his finger, and sandals



on his feet.

EVENSONG on Sundays

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1 Loving Creator turn and hear
the cries and prayers, with many a tear
poured forth by all the penitent
who keep this holy fast of Lent.

2 Our hearts to you are open, Lord,
and all our weakness you record;
pour out on all who seek your face
abundance of your pardoning grace.

3 Spare us, good Lord, who now confess
our sinful ways and wickedness,
and for the glory of your Name,
our fainting souls to life reclaim.

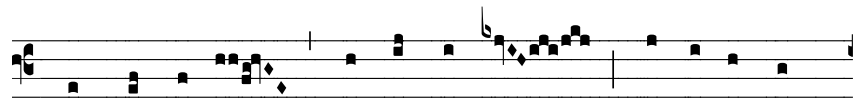
4 Give us the discipline that springs
from abstinence in outward things;
that we, while fasting inwardly,
in heart and soul with you may be.

5 Grant us, O blessed Trinity,
one God, unchanging Unity,
that this our fast of forty days
bear fruit in penitence and praise.

Audi, benigne Conditor (Gregory the Great ?)
tr. after T A Lacey

FIRST SUNDAY IN LENT Years A, B & C

Magnificat Antiphon (First & Second Evensong)



You shall not live * by bread a - lone, but by every



word of God.

Id

SECOND SUNDAY IN LENT - YEARS A, B, C

Magnificat Antiphon - First Evensong



Be-gone Sa - tan! * You shall not tempt the Lord your God.

Magnificat Antiphon - Second Evensong



He who does not ga -ther * with me, scat-ters: he who is not with me



is a-gainst me.

Ig²

Id

THIRD SUNDAY IN LENT YEARS A, B, & C

Magnificat Antiphon First & Second Evensongs

Aquam (AM 369 Jn 4.14)

VIIa



Those who * drink of the wa-ter that I will give them, will ne-ver



be thirsty.

FOURTH SUNDAY IN LENT

Magnificat Antiphon YEARS A, B, & C (First & Second Evensong)

Qui mihi ministrat D 15 (Jn 12:26 AM 640)*

If



Who - e - ver serves me * must fol-low me, that where I am, there shall



my servant be al-so.

THE GOSPEL CANTICLES

Benedictus

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** him 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 salvátion *
by the forgiveness óf their sins.

In the tender **compássi**on óf our God *
the dawn from on high shall bréak upon us,
to shine on those who dwell in darkness and **the** shádow of death, *
and to guide our feet intó the wáy of peace.

Magnificat

My soul proclaims the greatness of thê Lord,
my spirit rejoices **in** Gód my Sáviour *
for he has looked with favour on his lowly sérvant.

From this day all generations **will** cáll me bléssed: *
the Almighty has done great things for me,
and hóly is his name.

He has mercy **on** thóse who féar him *
in every génerátion.

He has shown **the** stréngth of his arm, *
he has scattered the proúd in théir conceit.

He has cast down **the** míghty fróm their thrones, *
and has lifted úp the lowly.

He has filled the **hú**ngry with góod things, *
and the rich he has sént away émpty.

He has come to the help of **his** sérvant Ísrael, *
for he has remembered his promise of mércy,
the promise he **made** to our fáthers, *
to Abraham and his children for éver.