

MATITUNALE

LAUDS (MORNING PRAYER)

OF

THE FRIDAYS OF LENT

THE SACRED TRIDUUM

EASTER

AND THE FRIDAYS OF PASCHALTIDE

with the Propers for the Ascension, St. Joseph, the Annunciation
St. Mark, Sts. Philip and James, St. Matthias, and the Visitation

According to the Roman Rite

from

The Liturgy of the Hours

Invitatory

O Lord, + open my lips.

And my mouth will proclaim your praise.

The Leader says the antiphon.

During Lent:

Ant. Today if you hear the voice of the Lord, harden not your hearts.

During Holy Week, from Palm Sunday to Holy Thursday:

Ant. Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

Good Friday:

Ant. Come, let us worship Christ, the Son of God, who redeemed us with his blood.

Holy Saturday:

Ant. Come, let us worship Christ, who for our sake suffered death and was buried.

Paschaltide:

Ant. The Lord is risen, alleluia.

PSALM 95 Venite

Verses are said by alternate groups; the Gloria is always said by all.

A Come, let us sing to the Lord
and shout with joy to the Rock who saves us.

B Let us approach him with praise and thanksgiving
and sing joyful songs to the Lord. **Ant.**

A The Lord is God, the mighty God,
the great king over all the gods.

B He holds in his hands the depths of the earth
and the highest mountains as well.

A He made the sea; it belongs to him,
the dry land, too, for it was formed by his hands. **Ant.**

B Come, then, let us bow down and worship,
bending the knee before the Lord, our maker.

A For he is our God and we are his people,
the flock he shepherds. **Ant.**

B Today, listen to the voice of the Lord:
Do not grow stubborn, as your fathers did in the wilderness,

A when at Meriba and Massah
they challenged me and provoked me,
Although they had seen all of my works. **Ant.**

B Forty years I endured that generation.
I said, "They are a people whose hearts go astray
and they do not know my ways."

A So I swore in my anger,
"They shall not enter into my rest." **Ant.**

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

All repeat the antiphon.

Introduction to the Liturgy of the Hours

Christ told us about our need “to pray always and not to lose heart” (Luke 18:1). In his goodness, our Savior modeled how we might do this. Following Jewish custom, Jesus offered prayer at various times of the day and night, would retire to the desert or to the hills to pray, or rise up very early or spend the night in prayer to God. The Gospels frequently show Jesus at prayer, especially when his saving mission is being revealed, as for example at his baptism, before he called the apostles, at his transfiguration, when he healed the sick and raised the dead, and above all at the events leading up to and during his Passion. Jesus’s earthly work was closely bound up with his prayer, and indeed flowed out from it (cf. *GILH* no. 4).

From the very beginning, Christians have likewise “devoted themselves to the apostles’ teaching and fellowship, to the breaking of the bread and the prayers” (Acts 2:42; cf. also Acts 10:3,9, 16:25). The Church satisfies Christ’s precept “to pray always” in accordance with apostolic tradition by celebrating the Eucharist and the Liturgy of the Hours, or Divine Office. “The Liturgy of the Hours extends to the different hours of the day the praise and thanksgiving, the memorial of the mysteries of salvation, the petitions, and the foretaste of heavenly glory, that are present in the eucharistic mystery, ‘the center and high point of the whole life of the Christian community’” (*GILH* no. 12). Along with Mass, the Liturgy of the Hours constitutes the public prayer of the whole Church. It is the image of Christ’s own prayer to the Father, “for where two or three are gathered in my name, I am there among them” (Matthew 18:20). Human time and activity is sanctified by the perpetual sacrifice of prayer.

The liturgical form of the Divine Office goes back to the Desert Fathers, who prayed the psalms at various times during the day and night. The *Apostolic Constitutions* (4th cen.) describe five daytime prayers and one nighttime prayer in its exhortation to “offer up your prayers in the morning, at the third hour, the sixth, the ninth, the evening, and at cock-crowing.” St. John Cassian, describing the prayer of the Egyptian hermits (5th cen.), named eight canonical hours—seven during the day and one during the night—which St. Benedict in his *Rule* (6th cen.) associates with Psalm 119:164, “Seven times a day I praise you,” and Psalm 119:62 “At midnight I rise to praise you.” Since the Second Vatican Council, the modern Liturgy of the Hours, decreed by Pope Paul VI, consists of seven canonical hours, divided into three major hours and four minor hours, as follows:

- Office of Readings – major hour (traditionally prayed during the night and called Matins; now prayed at any convenient time)
- Lauds or Morning Prayer – major hour (at rising)
- Terce or Midmorning Prayer – minor hour (before noon)
- Sext or Midday Prayer – minor hour (at about noon)
- None or Midafternoon Prayer – minor hour (at about 3pm)
- Vespers or Evening Prayer – major hour (at about sunset)
- Compline or Night Prayer – minor hour (just before retiring)

These hours order and sanctify monastic life; clergy and religious are generally obliged to pray all the canonical hours, even if they do not live in a monastery. (Monks and nuns in movies and literature are often depicted chanting together: the Liturgy of the Hours is what they are doing.) The laity too are encouraged to participate as often as possible in the Liturgy of the Hours, whether by joining with those who are obliged to pray the whole liturgy as part of their vocation, by publicly praying the appropriate hour to mark and sanctify significant occasions,

or by praying some or all of the hours individually or within the family as a regular devotion.

The psalms, themselves frequently designated as morning or evening or night prayers, are the backbone of the Liturgy of the Hours. There are psalms of praise and thanksgiving; psalms in times of trial and despair; in times of joy and victory; psalms of trust, contrition, forgiveness, and judgment; for springtime, for harvest, for feast days, for weddings; in the time of sickness, old age, and death; psalms for entry into the sanctuary and for the coming of the Lord. Most every human feeling, thought, hope, or life event has its psalm, and the use of the psalms in the Liturgy of the Hours is the Church's way of entrusting the human heart to God. The tradition of including the Trinitarian doxology as the last verse of every psalm, canticle, or hymn, during which all may bow, goes back to the Church Fathers.

Not every psalm will reflect what each individual is thinking or feeling, but those who pray a psalm in the liturgy do so on behalf of all, in part as an act of compassionate intercession for those whose cares are expressed in the psalm. At the same time, the psalms take root in the hearts of those who pray them, reshaping what they think and feel, unveiling their innermost being, revealing to them the Word. "O Lord, you search me and you know me"; "Even before a word is on my tongue, O Lord, you know it completely" (Ps. 139:1,4). "The unfolding of your words gives light: it imparts wisdom to the simple" (Ps. 119:130).

Lauds (Morning Prayer) and Vespers (Evening Prayer) are the two hinges on which the daily office turns; Lauds is the office of praise and Vespers that of thanksgiving. Lauds sanctifies the morning: St. Basil the Great (4th cen.) says Lauds "is said in the morning [so] that the first stirrings of our mind and will may be consecrated to God and that we may take nothing in hand until we have been gladdened by the thought of God." Celebrated as the light of the a new day is dawning, Lauds also recalls the Resurrection of Jesus Christ, "the true light enlightening all people" (John 1:9) and the "sun of righteousness" (Malachi 4:2). For "God is light and in him there is no darkness at all" (1 John 1:5).

The four-volume *Liturgy of the Hours* contains the English texts of all the canonical hours throughout liturgical year. These books are thick and expensive, and using them can be complex. This *Matitunale* contains the texts of Lauds for the Fridays of the Lenten and Easter seasons (including the Friday after Ash Wednesday), the Sacred Triduum, Easter, and the Ascension, as well those solemnities and feasts whose fixed date may from year to year fall on a Friday during Lent or Easter. It is intended to facilitate a weekly devotional meeting during the Lenten and Easter seasons, and to provide an easily accessible and attractive introduction to the Liturgy of the Hours. Abridged forms of the liturgy are available in print as *Christian Prayer* and *Shorter Christian Prayer*. Increasingly, clergy, religious, and laity alike are using a variety of free, easy-to-use websites and mobile apps to pray the Liturgy of the Hours, including iBreviary (ibreviary.org) and Universalis (universalis.com).

The celebration of the office of Lauds begins with the people standing. The sign of the cross is made over the lips at the opening versicle of the Invitatory. Alternate verses of the psalms are prayed antiphonally—that is, by alternate groups, marked *A* and *B* in this book. All may bow at the invocation of the Trinity at the end of each psalm, canticle, or hymn. The entire office can be said standing, but it is customary to sit for the psalmody after the leader says the first antiphon. The leader may stand or remain seated to proclaim the reading and lead the responsory. All stand as the leader says the antiphon to the last canticle, and make the sign of the cross on themselves at "Blessed be the Lord..." and at the dismissal. Candles may be lit and incense used if a cleric presides.

Lauds

Stand

1. INVITATORY

The Invitatory is always said before the first canonical hour of the day. If the Invitatory has already been said earlier in the day, the opening verse and response for Lauds are:

O God, come to my assistance. +

O Lord, make haste to help me.

All bow during the first part of the Gloria:

Glory to the Father, and to the Son, and to the Holy Spirit.

as it was in the beginning, is now, and will be for ever. Amen. (Alleluia.)

2. HYMN

Sit

3. PSALMODY

The usual scheme for psalmody is:

Antiphon (Leader)

Psalm (Alternate verses by alternate sides)

Glory to the Father... (All)

Antiphon (All)

A short pause may be kept before the leader says the next antiphon.

4. READING

5. RESPONSORY

A period of silence may be observed before the responsory.

Stand

6. GOSPEL CANTICLE

All make the sign of the cross at Blessed be the Lord. All say the Glory to the Father... together, bowing during the first line. All repeat the antiphon.

7. INTERCESSIONS

8. THE LORD'S PRAYER and COLLECT

9. DISMISSAL

Hymns

During Lent: *Iam Christe, sol iustitiae* (10th cen.)

1. Now Christ, O Sun of right - eous - ness,
 2. You give to us the ac - cept - ed time,
 3. O grant, de - spite our deep of - fense,
 4. Soon will that day, your Day, ap - pear,
 5. Your mer - cy earth and heav - en adore,
 let dawn our dark - ened spir - its bless:
 give, too, a heart that mourns for crime,
 We may yet show som pen - i - tence,
 Where - in all things of Na - ture cheer:
 great Trin - i - ty, for ev - er - more.
 the light of grace to us re - store
 let those by mer - cy now be cured
 Where - by, through your su - per - nal grace,
 Then may we too re - joice, O Lord,
 As we, re - newed by grace, will raise
 while day to earth re - turns once more.
 whom lov - ing you have long en - dured.
 Most griev - ous sins will you ef - face.
 once more to you by grace re - stored.
 A new and glo - rious song of praise. A - men.

During the Sacred Triduum: *En acetum, fel, arundo* (St. Venantius Fortunatus, 6th cen.)

1. Lo, with gall His thirst He quench-es! see the thorns up-on His brow!
 2. Faith - ful Cross! a - bove all oth - ers, one and on - ly no-ble Tree!
 3. Lof - ty tree, bend down thy branch-es, to em - brace thy sa-cred load;
 4. Tree, which sole - ly was found wor - thy the world's Vic - tim to sus-tain.
 5. Bless - ing, hon - or, ev - er - last - ing, to the im-mor - tal De - i - ty;
 nails His ten - der flesh are rend-ing! see His side is op - ened now!
 None in fo - liage, none in blos-som, none in fruit thy peers may be;
 oh, re - lax the na - tive ten - sion of that all too ri - gid wood;
 har - bor from the rag - ing tem - pest! ark, that saved the world a - gain!
 to the Fa - ther, Son, and Spir - it, e - qual prais - es ev - er be;
 whence, to cleanse the whole cre - a - tion, streams of blood and wa - ter flow.
 sweet - est wood and sweet - est i - ron! Sweet - est Weight is hung on thee!
 gen - tly, gen - tly bear the members of thy dy - ing King and God.
 Tree, with sa - cred blood a - noint - ed of the Lamb for sin - ners slain.
 glo - ry through the earth and heav - en: Trin - i - ty in Un - i - ty. A - men.

During Paschaltide: *O filii et filiae* (Jean Tisserand, OFM, 15th cen.)

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

1. O sons and daugh - ters, let us sing: The King of heav'n, the glo - rious King,

O'er death to - day rose tri - umph - ing. Al - le - lu - ia!

2. That Easter morn, at break of day,
The holy women went their way
To seek the tomb where Jesus lay. Alleluia!
3. An angel clad in white they see,
Who sat and spoke unto the three:
"Your Lord is gone to Galilee." Alleluia!
4. That night the apostles met in fear.
Amid them came their Lord most dear,
And said, "My peace be on all here." Alleluia!

Verses 5-8 are suitable for the Second Week of Easter:

5. When Thomas first the tidings heard,
How they had seen the risen Lord,
He doubted the disciples' word. Alleluia!
6. "Thomas, behold my side," said He;
"My hands, My feet, My body see,
"and doubt not, but believe in Me." Alleluia!
7. No longer Thomas then denied;
He saw the feet, the hands, the side;
"You are my Lord and God," he cried. Alleluia!
8. How blest are they who have not seen,
And yet who still believe in Him:
For they eternal life shall win. Alleluia!

The following are never omitted:

9. Now let us bless the Lord most high,
Whose name our souls do magnify,
Who is the eternal sacrifice, Alleluia!
10. Whose mercy is forevermore,
Whom earth and heaven both adore:
to Him be praise forevermore. Alleluia!

The Refrain may be repeated once at the end, or (for example, during the Octave of Easter) after each stanza.

Friday after Ash Wednesday

PSALMODY

Ant. 1 Create a clean heart in me, O God; renew in me a steadfast spirit.

Psalm 51 Miserere mei

A Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

B My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

A That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.

B Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

A Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

B A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

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

B O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

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

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

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

Ant. 1 Create a clean heart in me, O God; renew in me a steadfast spirit.

Ant. 2 Rejoice, Jerusalem, for through you all people will be gathered to the Lord.

Canticle: Tobit 13:8–11, 13–15

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

A O Jerusalem, holy city,
he scourged you for the works of your hands,
but will again pity the children of the righteous.

B Praise the Lord for his goodness,
and bless the King of the ages,
so that his tent may be rebuilt in you with joy.

A May he gladden within you all who were captives;
all who were ravaged may he cherish within you
for all generations to come.

B A bright light will shine to all parts of the earth;
many nations shall come to you from afar,
And the inhabitants of all the limits of the earth,
drawn to you by the name of the Lord God,
Bearing in their hands their gifts for the King of heaven.

A Every generation shall give joyful praise in you,
and shall call you the chosen one,
through all ages forever.

B Go, then, rejoice over the children of the righteous,
who shall all be gathered together
and shall bless the Lord of the ages.

A Happy are those who love you,
and happy those who rejoice in your prosperity.

B Happy are all who shall grieve over you,
over all your chastisements,

A For they shall rejoice in you
as they behold all your joy forever.

B My spirit blesses the Lord, the great King.

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

Ant. 2 Rejoice, Jerusalem, for through you all people will be gathered to the Lord.

Ant. 3 Zion, praise your God, who sent his word to renew the earth.

Psalm 147:12–20 Lauda Jerusalem

A O praise the Lord, Jerusalem!

B Zion praise your God!

A He has strengthened the bars of your gates
he has blessed the children within you.
He established peace on your borders,
he feeds you with finest wheat.

B He sends out his word to the earth
and swiftly runs his command.
He showers down snow white as wool,
he scatters hoar-frost like ashes.

A He hurls down hailstones like crumbs.
The waters are frozen at his touch;
he sends forth his word and it melts them:
at the breath of his mouth the waters flow.

B He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees.

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

Ant. 3 Zion, praise your God, who sent his word to renew the earth.

READING

Isaiah 53:11b–12

Through his suffering, my servant shall justify many,
and their guilt he shall bear.

Therefore I will give him his portion among the great,
and he shall divide the spoils with the mighty,

Because he surrendered himself to death
and was counted among the wicked;

And he shall take away the sins of many,
and win pardon for their offenses.

RESPONSORY

God himself will set me free, from the hunter's snare.

God himself will set me free, from the hunter's snare.

From those who would trap me with lying words
and from the hunter's snare.

Glory to the Father, and to the Son, and to the Holy Spirit.

God himself will set me free, from the hunter's snare.

CANTICLE OF ZECHARIAH *Benedictus***Luke 1:68–79**

Ant. When you meet those who are in need of clothing, do not turn away from them, for they are your brothers. Then your light shall break forth like the dawn, and your good deeds shall go before you.

INTERCESSIONS

Let us pray to Christ our Savior, who redeemed us by his death and resurrection:

Lord, have mercy on us.

You went up to Jerusalem to suffer and so enter into your glory; bring your Church to the Passover feast of heaven.

Lord, have mercy on us.

You were lifted high on the cross and pierced by the soldier's lance; heal our wounds.

Lord, have mercy on us.

You made the cross the tree of life; give its fruit to those reborn in baptism.

Lord, have mercy on us.

On the cross you forgave the repentant thief; forgive us our sins.

Lord, have mercy on us.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

Lord, with your loving care
 guide the penance we have begun.
 Help us to persevere with love and sincerity.
 Grant this through our Lord Jesus Christ, your Son,
 who lives and reigns with you and the Holy Spirit,
 one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Friday of the First Week of Lent

PSALMODY

Ant. 1 Lord, you will accept the true sacrifice offered on your altar.

Psalm 51 Miserere mei

A Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

B My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

A That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.

B Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

A Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

B A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

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

B O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

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

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

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

Ant. 1 Lord, you will accept the true sacrifice offered on your altar.

Ant. 2 All the descendants of Israel will glory in the Lord's gift of victory.

Canticle: Isaiah 45:14-25

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

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

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

A I am the Lord, and there is no other.
I have not spoken from hiding
nor from some dark place of the earth,

B And I have not said to the descendants of Jacob,
"Look for me in an empty waste."
I, the Lord, promise justice,
I foretell what is right.

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

B Come here and declare in counsel together:
Who announced this from the beginning
and foretold it from of old?

A Was it not I, the Lord,
besides whom there is no other God?
There is no just and saving God but me.

B Turn to me and be safe,
all you ends of the earth,
for I am God; there is no other!

A By myself I swear,
uttering my just decree
and my unalterable word:

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

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

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

Ant. 2 All the descendants of Israel will glory in the Lord's gift of victory.

Ant. 3 Let us go into God's presence singing for joy.

Psalm 100 Jubilate Deo

A Cry out with joy to the Lord, all the earth.
 Serve the Lord with gladness.
 Come before him, singing for joy.

B Know that he, the Lord, is God.
 He made us, we belong to him,
 we are his people, the sheep of his flock.

A Go within his gates, giving thanks.
 Enter his courts with songs of praise.
 Give thanks to him and bless his name.

B Indeed, how good is the Lord,
 eternal his merciful love.
 He is faithful from age to age.

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

Ant. 3 Let us go into God's presence singing for joy.

READING

Isaiah 53:11b-12

Through his suffering, my servant shall justify many,
 and their guilt he shall bear.

Therefore I will give him his portion among the great,
 and he shall divide the spoils with the mighty,

Because he surrendered himself to death
 and was counted among the wicked;

And he shall take away the sins of many,
 and win pardon for their offenses.

RESPONSORY

God himself will set me free, from the hunter's snare.

God himself will set me free, from the hunter's snare.

From those who would trap me with lying words
and from the hunter's snare.

Glorify to the Father, and to the Son, and to the Holy Spirit.

God himself will set me free, from the hunter's snare.

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. If your virtue does not surpass that of the scribes and the Pharisees, you will never enter the kingdom of heaven.

INTERCESSIONS

Thanks be to Christ the Lord, who brought us life by his death on the cross. With our whole heart let us ask him:

By your death raise us to life.

Teacher and Savior, you have shown us your fidelity and made us a new creation by your passion; keep us from falling again into sin.

By your death raise us to life.

Help us to deny ourselves today, and not deny those in need.

By your death raise us to life.

May we receive this day of penance as your gift, and give it back to you through works of mercy.

By your death raise us to life.

Master our rebellious hearts, and teach us generosity.

By your death raise us to life.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

Grant that your faithful, O Lord, we pray,
may be so conformed to the paschal observances,
that the bodily discipline now solemnly begun
may bear fruit in the souls of all.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Friday of the Second Week of Lent

PSALMODY

Ant. 1 A humble, contrite heart, O God, you will not spurn.

Psalm 51 Miserere mei

A Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

B My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

A That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.

B Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

A Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

B A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

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

B O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

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

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

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

Ant. 1 A humble, contrite heart, O God, you will not spurn.

Ant. 2 Even in your anger, Lord, you will remember compassion.

Canticle: Habakkuk 3:2–4, 13a, 15–19

B O Lord, I have heard your renown,
and feared, O Lord, your work.
In the course of the years revive it,
in the course of the years make it known;
in your wrath remember compassion!

A God comes from Teman,
the Holy One from Mount Paran.
Covered are the heavens with his glory,
and with his praise the earth is filled.

B His splendor spreads like the light;
rays shine forth from beside him,
where his power is concealed.
You come forth to save your people,
to save your anointed one.

A You tread the sea with your steeds
amid the churning of the deep waters.
I hear, and my body trembles;
at the sound, my lips quiver.

B Decay invades my bones,
my legs tremble beneath me.
I await the day of distress
that will come upon the people who attack us.

A For though the fig tree blossom not
nor fruit be on the vines,
Though the yield of the olive fail
and the terraces produce no nourishment,

B Though the flocks disappear from the fold
and there be no herd in the stalls,
Yet will I rejoice in the Lord
and exult in my saving God.

A God, my Lord, is my strength;
he makes my feet swift as those of hinds
and enables me to go upon the heights.

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

Ant. 2 Even in your anger, Lord, you will remember compassion.

Ant. 3 O praise the Lord, Jerusalem!

Psalm 147:12–20 Lauda Jerusalem

A O praise the Lord, Jerusalem!

B Zion praise your God!

A He has strengthened the bars of your gates
he has blessed the children within you.
He established peace on your borders,
he feeds you with finest wheat.

B He sends out his word to the earth
and swiftly runs his command.
He showers down snow white as wool,
he scatters hoar-frost like ashes.

A He hurls down hailstones like crumbs.
The waters are frozen at his touch;
he sends forth his word and it melts them:
at the breath of his mouth the waters flow.

B He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees.

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

Ant. 3 O praise the Lord, Jerusalem!

READING

Isaiah 53:11b–12

Through his suffering, my servant shall justify many,
and their guilt he shall bear.

Therefore I will give him his portion among the great,
and he shall divide the spoils with the mighty,

Because he surrendered himself to death
and was counted among the wicked;

And he shall take away the sins of many,
and win pardon for their offenses.

RESPONSORY

God himself will set me free, from the hunter's snare.

God himself will set me free, from the hunter's snare.

From those who would trap me with lying words
and from the hunter's snare.

Glory to the Father, and to the Son, and to the Holy Spirit.

God himself will set me free, from the hunter's snare.

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. He will bring those evil men to an evil end and entrust his vineyard to other tenants who will give him the harvest at the proper season.

INTERCESSIONS

Let us pray to Christ our Savior, who redeemed us by his death and resurrection:

Lord, have mercy on us.

You went up to Jerusalem to suffer and so enter into your glory; bring your Church to the Passover feast of heaven.

Lord, have mercy on us.

You were lifted high on the cross and pierced by the soldier's lance; heal our wounds.

Lord, have mercy on us.

You made the cross the tree of life; give its fruit to those reborn in baptism.

Lord, have mercy on us.

On the cross you forgave the repentant thief; forgive us our sins.

Lord, have mercy on us.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

Grant, we pray, almighty God,
that, purifying us by the sacred practice of penance,
you may lead us in sincerity of heart
to attain the holy things to come.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Friday of the Third Week of Lent

PSALMODY

Ant. 1 You alone I have grieved by my sin; have pity on me, O Lord.

Psalm 51 Miserere mei

A Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

B My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

A That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.

B Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

A Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

B A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

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

B O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

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

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

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

Ant. 1 You alone I have grieved by my sin; have pity on me, O Lord.

Ant. 2 Truly we know our offenses, Lord, for we have sinned against you.

Canticle: Jeremiah 14:17-21

B Let my eyes stream with tears
day and night, without rest,
Over the great destruction which overwhelms
the virgin daughter of my people,
over her incurable wound.

A If I walk out into the field,
look! those slain by the sword;
If I enter the city,
look! those consumed by hunger.
Even the prophet and the priest forage
in a land they know not.

B Have you cast Judah off completely?
Is Zion loathsome to you?
Why have you struck us a blow that cannot be healed?

A We wait for peace, to no avail;
for a time of healing, but terror comes instead.
We recognize, O Lord, our wickedness,
the guilt of our fathers;
that we have sinned against you.

B For your name's sake spurn us not,
disgrace not the throne of your glory;
remember your covenant with us, and break it not.

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

Ant. 2 Truly we know our offenses, Lord, for we have sinned against you.

Ant. 3 The Lord is God; we are his people, the flock he shepherds.

Psalm 100 Jubilate Deo

A Cry out with joy to the Lord, all the earth.
Serve the Lord with gladness.
Come before him, singing for joy.

B Know that he, the Lord, is God.
He made us, we belong to him,
we are his people, the sheep of his flock.

A Go within his gates, giving thanks.
Enter his courts with songs of praise.
Give thanks to him and bless his name.

B Indeed, how good is the Lord,
eternal his merciful love.
He is faithful from age to age.

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

Ant. 3 The Lord is God; we are his people, the flock he shepherds.

READING

Isaiah 53:11b–12

Through his suffering, my servant shall justify many,
and their guilt he shall bear.

Therefore I will give him his portion among the great,
and he shall divide the spoils with the mighty,

Because he surrendered himself to death
and was counted among the wicked;

And he shall take away the sins of many,
and win pardon for their offenses.

RESPONSORY

God himself will set me free, from the hunter's snare.

God himself will set me free, from the hunter's snare.

From those who would trap me with lying words

and from the hunter's snare.

Glory to the Father, and to the Son, and to the Holy Spirit.

God himself will set me free, from the hunter's snare.

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. Teacher, what is the greatest commandment in the Law? Jesus said to him: you shall love the Lord your God with your whole heart.

INTERCESSIONS

Thanks be to Christ the Lord, who brought us life by his death on the cross. With our whole heart let us ask him:

By your death raise us to life.

Teacher and Savior, you have shown us your fidelity and made us a new creation by your passion; keep us from falling again into sin.

By your death raise us to life.

Help us to deny ourselves today, and not deny those in need.

By your death raise us to life.

May we receive this day of penance as your gift, and give it back to you through works of mercy.

By your death raise us to life.

Master our rebellious hearts, and teach us generosity.

By your death raise us to life.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

Pour your grace into our hearts, we pray, O Lord,
that we may be constantly drawn away from unruly desires
and obey by your own gift the heavenly teaching you give us.
Through our Lord Jesus Christ, your Son,

who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Friday of the Fourth Week of Lent

PSALMODY

Ant. 1 Create a clean heart in me, O God; renew in me a steadfast spirit.

Psalm 51 Miserere mei

A Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

B My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

A That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.

B Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

A Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

B A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

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

B O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

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

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

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

Ant. 1 Create a clean heart in me, O God; renew in me a steadfast spirit.

Ant. 2 Rejoice, Jerusalem, for through you all people will be gathered to the Lord.

Canticle: Tobit 13:8–11, 13–15

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

A O Jerusalem, holy city,
he scourged you for the works of your hands,
but will again pity the children of the righteous.

B Praise the Lord for his goodness,
and bless the King of the ages,
so that his tent may be rebuilt in you with joy.

A May he gladden within you all who were captives;
all who were ravaged may he cherish within you
for all generations to come.

B A bright light will shine to all parts of the earth;
many nations shall come to you from afar,
And the inhabitants of all the limits of the earth,
drawn to you by the name of the Lord God,
Bearing in their hands their gifts for the King of heaven.

A Every generation shall give joyful praise in you,
and shall call you the chosen one,
through all ages forever.

B Go, then, rejoice over the children of the righteous,
who shall all be gathered together
and shall bless the Lord of the ages.

A Happy are those who love you,
and happy those who rejoice in your prosperity.

B Happy are all who shall grieve over you,
over all your chastisements,

A For they shall rejoice in you
as they behold all your joy forever.

B My spirit blesses the Lord, the great King.

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

Ant. 2 Rejoice, Jerusalem, for through you all people will be gathered to the Lord.

Ant. 3 Zion, praise your God, who sent his word to renew the earth.

Psalm 147:12–20 Lauda Jerusalem

A O praise the Lord, Jerusalem!

B Zion praise your God!

A He has strengthened the bars of your gates
he has blessed the children within you.
He established peace on your borders,
he feeds you with finest wheat.

B He sends out his word to the earth
and swiftly runs his command.
He showers down snow white as wool,
he scatters hoar-frost like ashes.

A He hurls down hailstones like crumbs.
The waters are frozen at his touch;
he sends forth his word and it melts them:
at the breath of his mouth the waters flow.

B He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees.

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

Ant. 3 Zion, praise your God, who sent his word to renew the earth.

READING

Isaiah 53:11b–12

Through his suffering, my servant shall justify many,
and their guilt he shall bear.

Therefore I will give him his portion among the great,
and he shall divide the spoils with the mighty,

Because he surrendered himself to death
and was counted among the wicked;

And he shall take away the sins of many,
and win pardon for their offenses.

RESPONSORY

God himself will set me free, from the hunter's snare.

God himself will set me free, from the hunter's snare.

From those who would trap me with lying words
and from the hunter's snare.

Glory to the Father, and to the Son, and to the Holy Spirit.

God himself will set me free, from the hunter's snare.

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. Indeed you know me, says the Lord, and you know where I come from.
Yet I have not come of my own accord; it was my father who sent me.

INTERCESSIONS

Let us pray to Christ our Savior, who redeemed us by his death and resurrection:

Lord, have mercy on us.

You went up to Jerusalem to suffer and so enter into your glory; bring your Church to the Passover feast of heaven.

Lord, have mercy on us.

You were lifted high on the cross and pierced by the soldier's lance; heal our wounds.

Lord, have mercy on us.

You made the cross the tree of life; give its fruit to those reborn in baptism.

Lord, have mercy on us.

On the cross you forgave the repentant thief; forgive us our sins.

Lord, have mercy on us.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

We invoke your mercy in humble prayer, O Lord,
that you may cause us, your servants,
corrected by penance and schooled by good works,
to persevere sincerely in your commands
and come safely to the paschal festivities.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Friday of the Fifth Week of Lent

PSALMODY

Ant. 1 Lord, you will accept the true sacrifice offered on your altar.

Psalm 51 Miserere mei

A Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

B My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

A That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.

B Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

A Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

B A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

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

B O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

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

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

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

Ant. 1 Lord, you will accept the true sacrifice offered on your altar.

Ant. 2 All the descendants of Israel will glory in the Lord's gift of victory.

Canticle: Isaiah 45:14-25

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

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

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

A I am the Lord, and there is no other.
I have not spoken from hiding
nor from some dark place of the earth,

B And I have not said to the descendants of Jacob,
"Look for me in an empty waste."
I, the Lord, promise justice,
I foretell what is right.

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

B Come here and declare in counsel together:
Who announced this from the beginning
and foretold it from of old?

A Was it not I, the Lord,
besides whom there is no other God?
There is no just and saving God but me.

B Turn to me and be safe,
all you ends of the earth,
for I am God; there is no other!

A By myself I swear,
uttering my just decree
and my unalterable word:

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

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

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

Ant. 2 All the descendants of Israel will glory in the Lord's gift of victory.

Ant. 3 Let us go into God's presence singing for joy.

Psalm 100 Jubilate Deo

A Cry out with joy to the Lord, all the earth.
Serve the Lord with gladness.
Come before him, singing for joy.

B Know that he, the Lord, is God.
He made us, we belong to him,
we are his people, the sheep of his flock.

A Go within his gates, giving thanks.
Enter his courts with songs of praise.
Give thanks to him and bless his name.

B Indeed, how good is the Lord,
eternal his merciful love.
He is faithful from age to age.

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

Ant. 3 Let us go into God's presence singing for joy.

READING

Isaiah 52:13–15

See, my servant shall prosper,
he shall be raised high and greatly exalted.
Even as many were amazed at him—
so marred was his look beyond that of man,
and his appearance beyond that of mortals—
So shall he startle many nations,
because of him kings shall stand speechless;
For those who have not been told shall see,
those who have not heard shall ponder it.

RESPONSORY

God himself will set me free, from the hunter's snare.

God himself will set me free, from the hunter's snare.

From those who would trap me with lying words
and from the hunter's snare.

Glorify to the Father, and to the Son, and to the Holy Spirit.

God himself will set me free, from the hunter's snare.

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. The Lord said: I have done you many acts of kindness; for which of them do you want to kill me?

INTERCESSIONS

Thanks be to Christ the Lord, who brought us life by his death on the cross. With our whole heart let us ask him:

By your death raise us to life.

Teacher and Savior, you have shown us your fidelity and made us a new creation by your passion; keep us from falling again into sin.

By your death raise us to life.

Help us to deny ourselves today, and not deny those in need.

By your death raise us to life.

May we receive this day of penance as your gift, and give it back to you through works of mercy.

By your death raise us to life.

Master our rebellious hearts, and teach us generosity.

By your death raise us to life.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

Pardon the offenses of your peoples, we pray, O Lord,
and in your goodness set us free
from the bonds of the sins
we have committed in our weakness.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Thursday of Holy Week

PSALMODY

Ant. 1 Look, O Lord and see my suffering. Come quickly to my aid.

Psalm 80 Qui regis Israel

A O shepherd of Israel, hear us,
 you who lead Joseph's flock,
 shine forth from your cherubim throne
 upon Ephraim, Benjamin, Manasseh.
 O Lord, rouse up your might,
 O Lord, come to our help.

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

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

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

A You brought a vine out of Egypt;
 to plant it you drove out the nations.
 Before it you cleared the ground;
 it took root and spread through the land.

B The mountains were covered with its shadow,
 the cedars of God with its boughs.
 It stretched out its branches to the sea,
 to the Great River it stretched out its shoots.

A Then why have you broken down its walls?
 It is plucked by all who pass by.
 It is ravaged by the boar of the forest,
 devoured by the beasts of the field.

B God of hosts, turn again, we implore,
 look down from heaven and see.
 Visit the vine and protect it,
 the vine your right hand has planted.
 They have burnt it with fire and destroyed it.
 May they perish at the frown of your face.

A May your hand be on the man you have chosen,
 the man you have given your strength.
 And we shall never forsake you again;
 give us life that we may call upon your name.

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

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

Ant. 1 Look, O Lord and see my suffering. Come quickly to my aid.

Ant. 2 God is my savior; I trust in him and shall not fear.

Canticle: Isaiah 12:1-6

B I give you thanks, O Lord;
though you have been angry with me,
your anger has abated, and you have consoled me.

A God indeed is my savior;
I am confident and unafraid.
My strength and my courage is the Lord,
and he has been my savior.

B With joy you will draw water
at the fountain of salvation, and say on that day:
Give thanks to the Lord, acclaim his name;
among the nations make known his deeds,
proclaim how exalted is his name.

A Sing praise to the Lord for his glorious achievement;
let this be known throughout all the earth.

B Shout with exultation, O city of Zion,
for great in your midst
is the Holy One of Israel!

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

Ant. 2 God is my savior; I trust in him and shall not fear.

Ant. 3 The Lord has fed us with the finest wheat; he has filled us with honey
from the rock.

Psalm 81 Exsultate Deo

A Ring out your joy to God our strength,
shout in triumph to the God of Jacob.

B Raise a song and sound the timbrel,
the sweet-sounding harp and the lute;
blow the trumpet at the new moon,
when the moon is full, on our feast.

A For this is Israel's law,
a command of the God of Jacob.
He imposed it as a rule on Joseph,
when he went out against the land of Egypt.

B A voice I did not know said to me:
"I freed your shoulder from the burden;
your hands were freed from the load.
You called in distress and I saved you.

A "I answered, concealed in the storm cloud;
at the waters of Meribah I tested you.
Listen, my people, to my warning.
O Israel, if only you would heed!

B "Let there be no foreign god among you.
no worship of an alien god.
I am the Lord your God,
who brought you from the land of Egypt.
Open wide your mouth and I will fill it.

A "But my people did not heed my voice
and Israel would not obey,
so I left them in their stubbornness of heart
to follow their own designs.

B "O that my people would heed me,
that Israel would walk in my ways!
At once I would subdue their foes,
turn my hand against their enemies.

A "The Lord's enemies would cringe at their feet
and their subjection would last for ever.
But Israel I would feed with finest wheat
and fill them with honey from the rock."

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

**Ant. 3 The Lord has fed us with the finest wheat; he has filled us with honey
from the rock.**

READING

Hebrews 2:9-10

We see Jesus, who for a little while was made lower than the angels, now crowned with glory and honor because of the suffering of death, so that by the grace of God he might taste death for everyone. It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings.

RESPONSORY

By your own blood, Lord, you brought us back to God.

By your own blood, Lord, you brought us back to God.

From every tribe and tongue and people and nation,
you brought us back to God.

Glory to the Father, and to the Son, and to the Holy Spirit.

By your own blood, Lord, you brought us back to God.

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. I have longed to eat this meal with you before I suffer.

INTERCESSIONS

The Father anointed Christ with the Holy Spirit to proclaim forgiveness to those in bondage. Let us humbly call upon the eternal priest:

Lord, have mercy on us.

You went up to Jerusalem to suffer and so enter into your glory; bring your Church to the Passover feast of heaven.

Lord, have mercy on us.

You were lifted high on the cross and pierced by the soldier's lance; heal our wounds.

Lord, have mercy on us.

You made the cross the tree of life; give its fruit to those reborn in baptism.

Lord, have mercy on us.

On the cross you forgave the repentant thief; forgive us our sins.

Lord, have mercy on us.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

God of infinite compassion,
to love you is to be made holy;
fill our hearts with your love.
By the death of your Son
you have given us hope, born of faith;
by his rising again
fulfill this hope
in the perfect love of heaven,
where he lives and reigns with you and the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Good Friday

PSALMODY

Ant. 1 God did not spare his own Son, but gave him up to suffer for our sake.

Psalm 51 Miserere mei

A Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

B My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

A That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.

B Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

A Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

B A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

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

B O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

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

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

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

Ant. 1 God did not spare his own Son, but gave him up to suffer for our sake.

Ant. 2 Jesus Christ loved us, and poured out his own blood for us to wash away our sins.

Canticle: Habakkuk 3:2–4, 13a, 15–19

B O Lord, I have heard your renown,
and feared, O Lord, your work.
In the course of the years revive it,
in the course of the years make it known;
in your wrath remember compassion!

A God comes from Teman,
the Holy One from Mount Paran.
Covered are the heavens with his glory,
and with his praise the earth is filled.

B His splendor spreads like the light;
rays shine forth from beside him,
where his power is concealed.
You come forth to save your people,
to save your anointed one.

A You tread the sea with your steeds
amid the churning of the deep waters.
I hear, and my body trembles;
at the sound, my lips quiver.

B Decay invades my bones,
my legs tremble beneath me.
I await the day of distress
that will come upon the people who attack us.

A For though the fig tree blossom not
nor fruit be on the vines,
Though the yield of the olive fail
and the terraces produce no nourishment,

B Though the flocks disappear from the fold
and there be no herd in the stalls,
Yet will I rejoice in the Lord
and exult in my saving God.

A God, my Lord, is my strength;
he makes my feet swift as those of hinds
and enables me to go upon the heights.

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

Ant. 2 Jesus Christ loved us, and poured out his own blood for us to wash away our sins.

Ant. 3 We worship your cross, O Lord, and we praise and glorify your holy resurrection, for the wood of the cross has brought joy to the world.

Psalm 147:12–20 Lauda Jerusalem

A O praise the Lord, Jerusalem!

B Zion praise your God!

A He has strengthened the bars of your gates
he has blessed the children within you.
He established peace on your borders,
he feeds you with finest wheat.

B He sends out his word to the earth
and swiftly runs his command.
He showers down snow white as wool,
he scatters hoar-frost like ashes.

A He hurls down hailstones like crumbs.
The waters are frozen at his touch;
he sends forth his word and it melts them:
at the breath of his mouth the waters flow.

B He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees.

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

Ant. 3 We worship your cross, O Lord, and we praise and glorify your holy resurrection, for the wood of the cross has brought joy to the world.

READING

Isaiah 52:13–15

See, my servant shall prosper,
he shall be raised high and greatly exalted.
Even as many were amazed at him—
so marred was his look beyond that of man,
and his appearance beyond that of mortals—
So shall he startle many nations,
because of him kings shall stand speechless;
For those who have not been told shall see,
those who have not heard shall ponder it.

In place of the responsory, the following is said:

ANTIPHON Christus factus est

For our sake,

**Christ was obedient,
accepting even death,
death on a cross.**

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. Over his head they hung their accusation: Jesus of Nazareth, King of the Jews.

INTERCESSIONS

For our sake, our Redeemer suffered death and was buried, and rose again. With heartfelt love let us adore him, and pray:

Lord, have mercy on us.

Christ our teacher, for our sake you were obedient even to accepting death; teach us to obey the Father's will in all things.

Lord, have mercy on us.

Christ our life, by your death on the cross you destroyed the power of evil and death; may we die with you to rise with you in glory.

Lord, have mercy on us.

Christ our King, you became an outcast among us, a worm and no man; teach us the humility by which you saved the world.

Lord, have mercy on us.

Christ our salvation, you gave yourself up to death out of love for us; help us to show your love to one another.

Lord, have mercy on us.

Christ our Savior, on the cross you embraced all time with your outstretched arms; unite God's scattered children in your kingdom of salvation.

Lord, have mercy on us.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

Father,
look with love upon your people,
the love which the Lord Jesus Christ showed us
when he delivered himself to evil men
and suffered the agony of the cross,
for he lives and reigns with you and the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Holy Saturday

PSALMODY

Ant. 1 Though sinless, the Lord has been put to death. The world is in mourning for an only son.

Psalm 64 Exaudi, Deus

A Hear my voice, O God, as I complain,
guard my life from dread of the foe.
Hide me from the band of the wicked,
from the throng of those who do evil.

B They sharpen their tongues like swords;
they aim bitter words like arrows
to shoot at the innocent from ambush,
shooting suddenly and recklessly.

A They scheme their evil course;
they conspire to lay secret snares.
They say: "Who will see us?
Who can search out our crimes?"

B He will search who searches the mind
and knows the depths of the heart.
God has shot them with his arrow
and dealt them sudden wounds.
Their own tongue has brought them to ruin
and all who see them mock.

A Then will all men fear;
they will tell what God has done.
They will understand God's deeds.

B The just will rejoice in the Lord
and fly to him for refuge.
All the upright hearts will glory.

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

Ant. 1 Though sinless, the Lord has been put to death. The world is in mourning for an only son.

Ant. 2 From the jaws of hell, Lord, rescue my soul.

Canticle of Hezekiah: Isaiah 38:10–14, 17–20

B Once I said,
 “In the noontime of life I must depart!
 To the gates of the nether world I shall be consigned
 for the rest of my years.”

A I said, “I shall see the Lord no more
 in the land of the living.
 No longer shall I behold my fellow men
 among those who dwell in the world.”

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

A Day and night you give me over to torment;
 I cry out until the dawn.
 Like a lion he breaks all my bones;
 day and night you give me over to torment.

B Like a swallow I utter shrill cries;
 I moan like a dove.
 My eyes grow weak, gazing heavenward:
 O Lord, I am in straits; be my surety!

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

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

A The living, the living give you thanks,
 as I do today.
 Fathers declare to their sons,
 O God, your faithfulness.

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

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

Ant. 2 From the jaws of hell, Lord, rescue my soul.

Ant. 3 I was dead, but now I live forever, and I hold the keys of death and of hell.

Psalm 150 Laudate Dominum

A Praise God in his holy place,
praise him in his mighty heavens.

B Praise him for his powerful deeds,
praise his surpassing greatness.

A O praise him with sound of trumpet,
praise him with lute and harp.

B Praise him with timbrel and dance,
praise him with strings and pipes.

A O praise him with resounding cymbals,
praise him with clashing of cymbals.

B Let everything that lives and that breathes
give praise to the Lord.

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

Ant. 3 I was dead, but now I live forever, and I hold the keys of death and of hell.

READING

Hosea 5:15b–6:2

Thus says the Lord:

In their affliction, they shall look for me:

“Come, let us return to the Lord,
For it is he who has rent, but he will heal us;
he has struck us, but he will bind our wounds.
He will revive us after two days;
on the third day he will raise us up,
to live in his presence.”

In place of the responsory, the following is said:

ANTIPHON *Christus factus est*

For our sake,

**Christ was obedient,
accepting even death,
death on a cross.**

**Therefore God raised him on high
and gave him the name above all other names.**

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. Save us, O Savior of the world. On the cross you redeemed us by the shedding of your blood; we cry out for your help, O God.

INTERCESSIONS

Our Redeemer suffered and was buried for us in order to rise again. With sincere love we adore him, and aware of our needs we cry out:

Lord, have mercy on us.

Christ our Savior, your sorrowing Mother stood by you at your death and burial; in our sorrows may we share your suffering.

Lord, have mercy on us.

Christ our Lord, like the seed buried in the ground, you brought forth for us the harvest of grace; may we die to sin and live for God.

Lord, have mercy on us.

Christ, the Good Shepherd, in death you lay hidden from the world; teach us to love a life hidden with you in the Father.

Lord, have mercy on us.

Christ, the new Adam, you entered the kingdom of death to release all the just since the beginning of the world; may all who lie dead in sin hear your voice and rise to life.

Lord, have mercy on us.

Christ, Son of the living God, through baptism we were buried with you; risen also with you in baptism, may we walk in newness of life.

Lord, have mercy on us.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

All-powerful and ever-living God,
your only Son went down among the dead
and rose again in glory.

In your goodness
raise up your faithful people,
buried with him in baptism,
to be one with him
in the eternal life of heaven,
where he lives and reigns with you
and the Holy Spirit, one God,
for ever and ever.

Amen.

DISMISSAL

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

Amen.

Easter Sunday

Christos anesti! Alithos anesti!



During Easter it may be advantageous to remain standing for the Psalmody.

PSALMODY

Ant. 1 The splendor of Christ risen from the dead has shone on the people redeemed by his blood, alleluia.

Psalm 63:2-9 Deus, Deus meus

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

B My body pines for you
like a dry, weary land without water.

A So I gaze on you in the sanctuary
to see your strength and your glory.

B For your love is better than life,
my lips will speak your praise.

A So I will bless you all my life,
in your name I will lift up my hands.

B My soul shall be filled as with a banquet,
my mouth shall praise you with joy.

A On my bed I remember you.
On you I muse through the night
for you have been my help;

B in the shadow of your wings I rejoice.
My soul clings to you;
your right hand holds me fast.

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

Ant. 1 The splendor of Christ risen from the dead has shone on the people redeemed by his blood, alleluia.

Ant. 2 Our Redeemer has risen from the tomb; let us sing a hymn of praise to the Lord our God, alleluia.

Canticle: Daniel 3:57–88, 56

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

B Angels of the Lord, bless the Lord.
You heavens, bless the Lord.

A All you waters above the heavens, bless the Lord.
All you hosts of the Lord, bless the Lord.

B Sun and moon, bless the Lord.
Stars of heaven, bless the Lord.

A Every shower and dew, bless the Lord.

B All you winds, bless the Lord.

A Fire and heat, bless the Lord.

B Cold and chill, bless the Lord.

A Dew and rain, bless the Lord.

B Frost and chill, bless the Lord.

A Ice and snow, bless the Lord.

B Nights and days, bless the Lord.

A Light and darkness, bless the Lord.

B Lightning and clouds, bless the Lord.

A Let the earth bless the Lord.

Praise and exalt him above all forever.

B Mountains and hills, bless the Lord.

A Everything growing from the earth, bless the Lord.
You springs, bless the Lord.

B Seas and rivers, bless the Lord.

You dolphins and all water creatures, bless the Lord.

A All you birds of the air, bless the Lord.

All you beasts, wild and tame, bless the Lord.

B You sons of men, bless the Lord.

A O Israel, bless the Lord.

Praise and exalt him above all forever.

B Priests of the Lord, bless the Lord.

Servants of the Lord, bless the Lord.

A Spirits and souls of the just, bless the Lord.

Holy men of humble heart, bless the Lord.

B Hananiah, Azariah, Mishael, bless the Lord.

Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit.

Let us praise and exalt him above all forever.

Blessed are you, Lord, in the firmament of heaven.

Praiseworthy and glorious and exalted above all forever.

At the end of this Canticle Glory to the Father **is not said.**

Ant. 2 Our Redeemer has risen from the tomb; let us sing a hymn of praise to the Lord our God, alleluia.

Ant. 3 Alleluia, the Lord is risen as he promised, alleluia.

Psalm 149 Cantate Dominum

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

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

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

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

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

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

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

B to bind their kings in chains
and their nobles in fetters of iron;

A to carry out the sentence pre-ordained;
this honor is for all his faithful.

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

Ant. 3 Alleluia, the Lord is risen as he promised, alleluia.

READING

Acts 10:40b-43

God raised up Jesus on the third day and granted that he be seen, not by all, but only by such witnesses as had been chosen beforehand by God - by us who ate and drank with him after he rose from the dead. He commissioned us to preach to the people and bear witness that he is the one set apart by God as judge of the living and the dead. To him all the prophets testify, saying that everyone who believes in him has forgiveness of sins through his name.

In place of the responsory, the following is said:

ANTIPHON Haec dies

This is the day!

**This is the day
that the Lord has made;
we will rejoice and be glad in it,
alleluia!**

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

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

INTERCESSIONS

Christ is the Lord of life, raised up by the Father; in his turn he will raise us up by his power. Let us pray to him, saying:

Christ our life, save us.

Lord Jesus, light shining in the darkness, you lead your people into life, and give our mortal nature the gift of holiness; may we spend this day in praise of your glory.

Christ our life, save us.

Lord, you walked the way of suffering and crucifixion; may we suffer and die with you, and rise again to share your glory.

Christ our life, save us.

Son of the Father, our master and our brother, you have made us a kingdom of priests for our God; may we offer you our joyful sacrifice of praise.

Christ our life, save us.

King of glory, we look forward to the great day of your coming in splendor, that we may see you face to face, and be transformed in your likeness.

Christ our life, save us.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

O God, who on this day,
through your Only Begotten Son,
have conquered death
and unlocked for us the path to eternity,
grant, we pray, that we who keep
the solemnity of the Lord's Resurrection
may, through the renewal brought by your Spirit,
rise up in the light of life.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Friday within the Octave of Easter

PSALMODY and ANTIPHONS as on Easter Sunday, pp. 44–6

READING

Acts 5:30–32

The God of our ancestors raised Jesus, though you had him killed by hanging him on a tree. God exalted him at his right hand as leader and savior to grant Israel repentance and forgiveness of sins. We are witnesses of these things, as is the holy Spirit that God has given to those who obey him.

In place of the responsory, the following is said:

ANTIPHON *Haec dies*

**This is the day that the Lord has made;
we will rejoice and be glad in it, alleluia!**

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

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

INTERCESSIONS

Let us pray to God the Father, who gave us new life through the risen Christ:

Give us the glory of your Son.

Lord our God, your mighty works have revealed your eternal plan: you created the earth, and you are faithful in every generation. Hear us, Father of mercy.

Give us the glory of your Son.

Purify our hearts with your truth, and guide them in the way of holiness, so that we may do what is pleasing in your sight.

Give us the glory of your Son.

Let your face shine upon us, that we may be freed from sin and filled with your plenty.

Give us the glory of your Son.

You gave the apostles the peace of Christ: grant peace to your people, and to the whole world.

Give us the glory of your Son.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

Almighty ever-living God, who gave us the Paschal Mystery in the covenant you established for reconciling the human race,

so dispose our minds, we pray,
that what we celebrate by professing the faith
we may express in deeds.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Friday of the Second Week of Easter

PSALMODY

Ant. 1 Have courage my son; your sins are forgiven, alleluia.

Psalm 51 Miserere mei

- A** Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.
- B** My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.
- A** That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.
- B** Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.
- A** Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.
- B** A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.
- A** Give me again the joy of your help;
with a spirit of fervor sustain me,
that I may teach transgressors your ways
and sinners may return to you.
- B** O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.
- A** For in sacrifice you take no delight,
burnt offering from me you would refuse,
my sacrifice, a contrite spirit,
a humbled, contrite heart you will not spurn.
- B** In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
holocausts offered on your altar.

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

Ant. 1 Have courage my son; your sins are forgiven, alleluia.

Ant. 2 You go forth to save your people, to save your anointed one, alleluia.

Canticle: Habakkuk 3:2–4, 13a, 15–19

B O Lord, I have heard your renown,
and feared, O Lord, your work.
In the course of the years revive it,
in the course of the years make it known;
in your wrath remember compassion!

A God comes from Teman,
the Holy One from Mount Paran.
Covered are the heavens with his glory,
and with his praise the earth is filled.

B His splendor spreads like the light;
rays shine forth from beside him,
where his power is concealed.
You come forth to save your people,
to save your anointed one.

A You tread the sea with your steeds
amid the churning of the deep waters.
I hear, and my body trembles;
at the sound, my lips quiver.

B Decay invades my bones,
my legs tremble beneath me.
I await the day of distress
that will come upon the people who attack us.

A For though the fig tree blossom not
nor fruit be on the vines,
Though the yield of the olive fail
and the terraces produce no nourishment,

B Though the flocks disappear from the fold
and there be no herd in the stalls,
Yet will I rejoice in the Lord
and exult in my saving God.

A God, my Lord, is my strength;
he makes my feet swift as those of hinds
and enables me to go upon the heights.

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

Ant. 2 You go forth to save your people, to save your anointed one, alleluia.

Ant. 3 Zion, give praise to your God; he has brought peace to your borders, alleluia.

Psalm 147:12–20 Lauda Jerusalem

A O praise the Lord, Jerusalem!

B Zion praise your God!

A He has strengthened the bars of your gates
he has blessed the children within you.
He established peace on your borders,
he feeds you with finest wheat.

B He sends out his word to the earth
and swiftly runs his command.
He showers down snow white as wool,
he scatters hoar-frost like ashes.

A He hurls down hailstones like crumbs.
The waters are frozen at his touch;
he sends forth his word and it melts them:
at the breath of his mouth the waters flow.

B He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees.

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

Ant. 3 Zion, give praise to your God; he has brought peace to your borders, alleluia.

READING

Acts 5:30–32

The God of our ancestors raised Jesus, though you had him killed by hanging him on a tree. God exalted him at his right hand as leader and savior to grant Israel repentance and forgiveness of sins. We are witnesses of these things, as is the holy Spirit that God has given to those who obey him.

RESPONSORY

The Lord is risen from the tomb, alleluia, alleluia.

The Lord is risen from the tomb, alleluia, alleluia.

He hung upon the cross for us,

alleluia, alleluia.

Glory to the Father, and to the Son, and to the Holy Spirit.

The Lord is risen from the tomb, alleluia, alleluia.

Ant. Jesus took bread and when he had given thanks he gave it to those who were at table with him, alleluia.

INTERCESSIONS

God the Father raised up Christ through the Spirit, and will also raise up our mortal bodies. Let us cry out to him:

Lord, raise us to life through your Holy Spirit.

All-holy Father, you accepted the holocaust of your Son in raising him from the dead; accept the offering we make today, and lead us to eternal life.

Lord, raise us to life through your Holy Spirit.

Look with favor on all we do today, that it may be for your glory and the sanctification of the world.

Lord, raise us to life through your Holy Spirit.

May our work today not be in vain but for the good of the whole world, and through it lead us to your kingdom.

Lord, raise us to life through your Holy Spirit.

Open our eyes today to recognize our brothers and sisters, and our hearts to love them, so that we may love and serve each other.

Lord, raise us to life through your Holy Spirit.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

O God, hope and light of the sincere,
 we humbly entreat you to dispose our hearts
 to offer you worthy prayer
 and ever to extol you
 by dutiful proclamation of your praise.
 Through our Lord Jesus Christ, your Son,
 who lives and reigns with you in the unity of the Holy Spirit,
 one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Friday of the Third Week of Easter

PSALMODY

Ant. 1 Lord, wash away my guilt, alleluia.

Psalm 51 Miserere mei

A Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

B My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

A That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.

B Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

A Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

B A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

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

B O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

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

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

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

Ant. 1 Lord, wash away my guilt, alleluia.

Ant. 2 Christ bore our sins in his own body as he hung upon the cross, alleluia.

Canticle: Jeremiah 14:17-21

B Let my eyes stream with tears
day and night, without rest,
Over the great destruction which overwhelms
the virgin daughter of my people,
over her incurable wound.

A If I walk out into the field,
look! those slain by the sword;
If I enter the city,
look! those consumed by hunger.
Even the prophet and the priest forage
in a land they know not.

B Have you cast Judah off completely?
Is Zion loathsome to you?
Why have you struck us a blow that cannot be healed?

A We wait for peace, to no avail;
for a time of healing, but terror comes instead.
We recognize, O Lord, our wickedness,
the guilt of our fathers;
that we have sinned against you.

B For your name's sake spurn us not,
disgrace not the throne of your glory;
remember your covenant with us, and break it not.

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

Ant. 2 Christ bore our sins in his own body as he hung upon the cross,
alleluia.

Ant. 3 Come into the Lord's presence, singing for joy, alleluia.

Psalm 100 Jubilate Deo

A Cry out with joy to the Lord, all the earth.
Serve the Lord with gladness.
Come before him, singing for joy.

B Know that he, the Lord, is God.
He made us, we belong to him,
we are his people, the sheep of his flock.

A Go within his gates, giving thanks.
Enter his courts with songs of praise.
Give thanks to him and bless his name.

B Indeed, how good is the Lord,
eternal his merciful love.
He is faithful from age to age.

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

Ant. 3 Come into the Lord's presence, singing for joy, alleluia.

READING

Acts 5:30–32

The God of our ancestors raised Jesus, though you had him killed by hanging him on a tree. God exalted him at his right hand as leader and savior to grant Israel repentance and forgiveness of sins. We are witnesses of these things, as is the holy Spirit that God has given to those who obey him.

RESPONSORY

The Lord is risen from the tomb, alleluia, alleluia.

The Lord is risen from the tomb, alleluia, alleluia.

He hung upon the cross for us,

alleluia, alleluia.

Glory to the Father, and to the Son, and to the Holy Spirit.

The Lord is risen from the tomb, alleluia, alleluia.

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. Whoever eats my flesh and drinks my blood shall live in me and I in him, alleluia.

INTERCESSIONS

Let us pray to God the Father, who gave us new life through the risen Christ:

Give us the glory of your Son.

Lord our God, your mighty works have revealed your eternal plan; you created the earth, and you are faithful in every generation; hear us, Father of mercy.

Give us the glory of your Son.

Purify our hearts with your truth, and guide them in the way of holiness, so that we may do what is pleasing in your sight.

Give us the glory of your Son.

Let your face shine upon us, that we may be freed from sin and filled with your plenty.

Give us the glory of your Son.

You gave the apostles the peace of Christ; grant peace to your people, and to the whole world.

Give us the glory of your Son.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

Grant, we pray, almighty God, that we, who have come to know the grace of the Lord's Resurrection, may, through the love of the Spirit, ourselves rise to newness of life. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Friday of the Fourth Week of Easter

PSALMODY

Ant. 1 Christ gave himself up for us as a sacrificial offering to God, alleluia.

Psalm 51 Miserere mei

A Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

B My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

A That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.

B Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

A Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

B A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

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

B O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

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

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

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

Ant. 1 Christ gave himself up for us as a sacrificial offering to God, alleluia.

Ant. 2 Jerusalem, city of God, you will shine with a radiant light, alleluia.

Canticle: Tobit 13:8–11, 13–15

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

A O Jerusalem, holy city,
he scourged you for the works of your hands,
but will again pity the children of the righteous.

B Praise the Lord for his goodness,
and bless the King of the ages,
so that his tent may be rebuilt in you with joy.

A May he gladden within you all who were captives;
all who were ravaged may he cherish within you
for all generations to come.

B A bright light will shine to all parts of the earth;
many nations shall come to you from afar,
And the inhabitants of all the limits of the earth,
drawn to you by the name of the Lord God,
Bearing in their hands their gifts for the King of heaven.

A Every generation shall give joyful praise in you,
and shall call you the chosen one,
through all ages forever.

B Go, then, rejoice over the children of the righteous,
who shall all be gathered together
and shall bless the Lord of the ages.

A Happy are those who love you,
and happy those who rejoice in your prosperity.

B Happy are all who shall grieve over you,
over all your chastisements,

A For they shall rejoice in you
as they behold all your joy forever.

B My spirit blesses the Lord, the great King.

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

Ant. 2 Jerusalem, city of God, you will shine with a radiant light, alleluia.

Ant. 3 I saw the new Jerusalem, coming down from heaven, alleluia.

Psalm 147:12–20 Lauda Jerusalem

A O praise the Lord, Jerusalem!

B Zion praise your God!

A He has strengthened the bars of your gates
he has blessed the children within you.
He established peace on your borders,
he feeds you with finest wheat.

B He sends out his word to the earth
and swiftly runs his command.
He showers down snow white as wool,
he scatters hoar-frost like ashes.

A He hurls down hailstones like crumbs.
The waters are frozen at his touch;
he sends forth his word and it melts them:
at the breath of his mouth the waters flow.

B He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees.

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

Ant. 3 I saw the new Jerusalem, coming down from heaven, alleluia.

READING

Acts 5:30–32

The God of our ancestors raised Jesus, though you had him killed by hanging him on a tree. God exalted him at his right hand as leader and savior to grant Israel repentance and forgiveness of sins. We are witnesses of these things, as is the holy Spirit that God has given to those who obey him.

RESPONSORY

The Lord is risen from the tomb, alleluia, alleluia.

The Lord is risen from the tomb, alleluia, alleluia.

He hung upon the cross for us,
alleluia, alleluia.

Glory to the Father, and to the Son, and to the Holy Spirit.

The Lord is risen from the tomb, alleluia, alleluia.

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. Whoever eats my flesh and drinks my blood shall live in me and I in him, alleluia.

INTERCESSIONS

God the Father raised up Christ through the Spirit, and will also raise up our mortal bodies. Let us cry out to him:

Lord, raise us to life through your Holy Spirit.

All-holy Father, you accepted the holocaust of your Son in raising him from the dead; accept the offering we make today, and lead us to eternal life.

Lord, raise us to life through your Holy Spirit.

Look with favor on all we do today, that it may be for your glory and the sanctification of the world.

Lord, raise us to life through your Holy Spirit.

May our work today not be in vain but for the good of the whole world, and through it lead us to your kingdom.

Lord, raise us to life through your Holy Spirit.

Open our eyes today to recognize our brothers and sisters, and our hearts to love them, so that we may love and serve each other.

Lord, raise us to life through your Holy Spirit.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

O God, author of our freedom and of our salvation,
listen to the voice of our pleading
and grant that those you have redeemed
by the shedding of your Son's Blood
may have life through you
and, under your protection,
rejoice for ever unharmed.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Friday of the Fifth Week of Easter

PSALMODY

Ant. 1 Remember me, Lord God, when you come into your kingdom, alleluia.

Psalm 51 Miserere mei

A Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

B My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

A That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.

B Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

A Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

B A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

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

B O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

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

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

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

Ant. 1 Remember me, Lord God, when you come into your kingdom, alleluia.

Ant. 2 Truly you are a hidden God, the God of Israel, the Savior, alleluia.

Canticle: Isaiah 45:14–25

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

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

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

A I am the Lord, and there is no other.
I have not spoken from hiding
nor from some dark place of the earth,

B And I have not said to the descendants of Jacob,
“Look for me in an empty waste.”
I, the Lord, promise justice,
I foretell what is right.

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

B Come here and declare in counsel together:
Who announced this from the beginning
and foretold it from of old?

A Was it not I, the Lord,
besides whom there is no other God?
There is no just and saving God but me.

B Turn to me and be safe,
all you ends of the earth,
for I am God; there is no other!

A By myself I swear,
uttering my just decree
and my unalterable word:

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

A Before him in shame shall come
all who vent their anger against him.
In the Lord shall be the vindication and the glory
of all the descendants of Israel.”

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

Ant. 2 Truly you are a hidden God, the God of Israel, the Savior, alleluia.

Ant. 3 Serve the Lord with gladness, alleluia.

Psalm 100 Jubilate Deo

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

Serve the Lord with gladness.

Come before him, singing for joy.

B Know that he, the Lord, is God.

He made us, we belong to him,

we are his people, the sheep of his flock.

A Go within his gates, giving thanks.

Enter his courts with songs of praise.

Give thanks to him and bless his name.

B Indeed, how good is the Lord,

eternal his merciful love.

He is faithful from age to age.

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

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

Ant. 3 Serve the Lord with gladness, alleluia.

READING

Acts 5:30–32

The God of our ancestors raised Jesus, though you had him killed by hanging him on a tree. God exalted him at his right hand as leader and savior to grant Israel repentance and forgiveness of sins. We are witnesses of these things, as is the holy Spirit that God has given to those who obey him.

RESPONSORY

The Lord is risen from the tomb, alleluia, alleluia.

The Lord is risen from the tomb, alleluia, alleluia.

He hung upon the cross for us,

alleluia, alleluia.

Glory to the Father, and to the Son, and to the Holy Spirit.

The Lord is risen from the tomb, alleluia, alleluia.

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. My commandment is this: love one another as I have loved you, alleluia.

INTERCESSIONS

Let us pray to God the Father, who gave us new life through the risen Christ:

Give us the glory of your Son.

Lord our God, your mighty works have revealed your eternal plan; you created the earth, and you are faithful in every generation; hear us, Father of mercy.

Give us the glory of your Son.

Purify our hearts with your truth, and guide them in the way of holiness, so that we may do what is pleasing in your sight.

Give us the glory of your Son.

Let your face shine upon us, that we may be freed from sin and filled with your plenty.

Give us the glory of your Son.

You gave the apostles the peace of Christ; grant peace to your people, and to the whole world.

Give us the glory of your Son.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

Grant us, Lord, we pray,
that, being rightly conformed to the paschal mysteries,
what we celebrate in joy
may protect and save us with perpetual power.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

The Ascension of the Lord

PSALMODY as on Easter Sunday, pp. 44–6

The following proper antiphons are said by the leader before the psalm or canticle, and repeated by all after the Gloria.

- Ant. 1** Men of Galilee, why are you looking up into the sky? This Jesus who has been taken up into heaven will return in the same way, alleluia. **Ps. 63**
- Ant. 2** Give glory to the King of kings, sing praise to God, alleluia. **Dan. 3**
- Ant. 3** As they watched, he was lifted up, and a cloud took him from their sight, alleluia. **Ps. 149**

READING

Hebrews 10:12–14

Jesus offered one sacrifice for sins and took his seat forever at the right hand of God; now he waits until his enemies are placed beneath his feet. By one offering he has forever perfected those who are being sanctified.

RESPONSORY

Christ ascended into heaven, alleluia, alleluia.

Christ ascended into heaven, alleluia, alleluia.

He led captivity captive,

alleluia, alleluia.

Glory to the Father, and to the Son, and to the Holy Spirit.

Christ ascended into heaven, alleluia, alleluia.

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

- Ant.** I am ascending to my Father and your Father, to my God and your God, alleluia.

INTERCESSIONS

The Lord has been lifted high above the earth and draws all things to himself. Let us cry out to him in our joy:

Lord Jesus, you are the King of glory.

Lord Jesus, King of glory, you were offered once as the victim for sins, and ascended to the right hand of the Father; make perfect for all time those whom you sanctify.

Lord Jesus, you are the King of glory.

Eternal Priest and minister of the new Covenant, you live for ever to make intercession for us; save the people that prays to you.

Lord Jesus, you are the King of glory.

You showed yourself alive after your passion and appeared to the disciples for forty days; confirm our faith today.

Lord Jesus, you are the King of glory.

Today you promised the Spirit to your apostles, to make them your witnesses to the ends of the earth; by the power of the Spirit strengthen our own witness.

Lord Jesus, you are the King of glory.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

Gladden us with holy joys, almighty God,
and make us rejoice with devout thanksgiving,
for the Ascension of Christ your Son
is our exaltation,
and, where the Head has gone before in glory,
the Body is called to follow in hope.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Friday of the Sixth Week of Easter

PSALMODY with ANTIPHONS, READING, and RESPONSORY as on the Friday of the Second Week of Easter, pp. 49–51

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. Because he suffered death, we see Jesus crowned with glory and honor, alleluia.

INTERCESSIONS

If Ascension is transferred to the seventh Sunday after Easter, the Intercessions are as on the Friday of the Second Week of Easter, p. 52.

Christ ascended into heaven to send the Holy Spirit on the apostles. Let us join with one voice in praising him and say:

Send us your Spirit.

Lord Jesus, you ascended into heaven; send us the promise of the Father, that we may be clothed with power from on high.

Send us your Spirit.

Your disciples were to be as wise as serpents and as simple as doves; through your Spirit teach us prudence and simplicity.

Send us your Spirit.

You are seated at the right hand of the Father; pray for us as our Priest and pray in us as our Head.

Send us your Spirit.

Grand that in every trial we may suffer with you, and so be glorified with you.

Send us your Spirit.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

O God, who restore us to eternal life
in the Resurrection of Christ,
raise us up, we pray, to the author of our salvation,
who is seated at your right hand,
so that, when our Savior comes again in majesty,
those you have given new birth in Baptism
may be clothed with blessed immortality.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Friday of the Seventh Week of Easter

PSALMODY with ANTIPHONS, READING, and RESPONSORY as on the Friday of the Third Week of Easter, pp. 53–55

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. Jesus Christ died and is risen from the dead. Now he lives for ever at the right hand of the Father where he intercedes for us, alleluia.

INTERCESSIONS

Honor and glory to God for ever and ever. May he make us rich in hope and in the power of the Holy Spirit. Let us pray:

Lord, come to our aid and save us.

Almighty Father, you know that we are weak, even when we pray. Give us your Spirit to pray on our behalf.

Lord, come to our aid and save us.

Send forth your Spirit, light of radiant joy, to take possession of our hearts.

Lord, come to our aid and save us.

Lord, we are the work of your hands. Do not leave us in captivity to our sins.

Lord, come to our aid and save us.

Help us to show reverence for those who are weak in faith. May we never be hard or impatient with them, but always treat them with love.

Lord, come to our aid and save us.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

O God, who by the glorification of your Christ
and the light of the Holy Spirit
have unlocked for us the gates of eternity,
grant, we pray,
that, partaking of so great a gift,
our devotion may grow deeper
and our faith be strengthened.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

March 19
St. Joseph, Husband of Mary
Solemnity

HYMN St. Theodulph (16th cen.) or another 76.76.D

By all your saints still striving, for all your saints at rest,
 your holy Name, O Jesus, for evermore be blessed.
 You rose, our King victorious, that they might wear the crown
 and ever shine in splendor reflected from your throne.

All praise, O God, for Joseph, the Guardian of your Son,
 who saved him from King Herod when safety there was none.
 He loved him as his father when they to Nazareth came:
 thus Joseph's love for Christ is an image of God's name.

Then let us praise the Father, and worship God the Son,
 and sing to God the Spirit, eternal Three in One,
 till all the ransomed number who stand before the throne
 ascribe all power and glory and praise to God alone.

PSALMODY as on Easter Sunday, pp. 44–6

The following proper antiphons are said by the leader before the psalm or canticle, and repeated by all after the Gloria. The alleluia is omitted during Lent.

- Ant. 1** The shepherds went in haste and found Joseph and Mary, and the infant lying the manger (alleluia). *Ps. 63*
- Ant. 2** Joseph and Mary, the mother of Jesus, marveled at what was said of their child, and Simeon blessed them (alleluia). *Dan. 3*
- Ant. 3** Joseph rose in the night and took the child and his mother into Egypt. There they stayed until the death of Herod (alleluia). *Ps. 149*

READING

2 Samuel 7:28–29

Lord God, you are God and your words are truth; you have made this generous promise to your servant. Do, then, bless the house of your servant that it may be before you forever; for you, Lord God, have promised, and by your blessing the house of your servant shall be blessed forever.

RESPONSORY

God made him the master of his household (alleluia, alleluia).
God made him the master of his household (alleluia, alleluia).
 He gave him charge over all his possessions (alleluia, alleluia),
and made him the master of his household (alleluia, alleluia).
 Glory to the Father, and to the Son, and to the Holy Spirit.
God made him the master of his household (alleluia, alleluia).

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

- Ant.** Joseph lived in the town of Nazareth to fulfill what the prophets had foretold of Christ: He will be called a Nazarean (alleluia).

INTERCESSIONS

The Lord is the giver of holiness. Let us turn to him and pray:

Holy God, raise us up to new life in holiness.

Lord our God, you called our fathers in faith to walk before you in holiness of heart; may we follow in their footsteps, and obey your command to be perfect.

Holy God, raise us up to new life in holiness.

You chose Joseph the righteous to care for your Son in childhood and youth; teach us to care for Christ's body by caring for our brother and sisters.

Holy God, raise us up to new life in holiness.

You entrusted the earth to mankind, to people it and make it prosper; inspire us to work wholeheartedly in this world, seeking always to give you glory.

Holy God, raise us up to new life in holiness.

Father of all mankind, do not forget what your hands have made; grant that all who work may have secure employment and a fitting standard of living.

Holy God, raise us up to new life in holiness.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

Grant, we pray, almighty God,
that by Saint Joseph's intercession
your Church may constantly watch over
the unfolding of the mysteries of human salvation,
whose beginnings you entrusted to his faithful care.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

March 25

The Annunciation of the Lord

Solemnity

“In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin’s name was Mary. And he came to her and said, ‘Hail, full of grace! The Lord is with you.’ But she was much perplexed by his words and pondered what sort of greeting this might be. The angel said to her, ‘Do not be afraid, Mary, for you have found favor with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus. He will be great, and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David. He will reign over the house of Jacob forever, and of his kingdom there will be no end.’”

Luke 1:26–33

HYMN

During Lent: *Ave, Regina caelorum*

During Paschaltide: *Regina caeli, laetare*

} or another

PSALMODY as on Easter Sunday, pp. 44–6

The following proper antiphons are said by the leader before the psalm or canticle, and repeated by all after the Gloria. The alleluia is omitted during Lent.

- Ant. 1** The angel Gabriel was sent to the Virgin Mary, who was engaged to be married to Joseph (alleluia). **Ps. 63**
- Ant. 2** Blessed are you among women, and blessed the fruit of your womb (alleluia). **Dan. 3**
- Ant. 3** Trusting in the Lord’s promise, the Virgin Mary conceived a child, and remaining a virgin, she gave birth to the Savior (alleluia). **Ps. 149**

READING

Philippians 2:6–7

Though he was in the form of God
Jesus did not deem equality with God
something to be grasped at.

Rather, he emptied himself
and took the form of a slave,
being born in the likeness of men.

We was known to be of human estate.

RESPONSORY

Hail Mary, full of grace, the Lord is with you (alleluia, alleluia).

Hail Mary, full of grace, the Lord is with you (alleluia, alleluia).

Blessed are you among women, and blessed is the fruit of your womb (alleluia, alleluia,)

The Lord is with you (alleluia, alleluia).

Glory to the Father, and to the Son, and to the Holy Spirit.

Hail Mary, full of grace, the Lord is with you (alleluia, alleluia).

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. In his great love for us, God sent his Son in the likeness of our sinful nature (alleluia).

INTERCESSIONS

Today we celebrate the beginning of our salvation when the coming of the Lord was announced by the angel. Let us pray with joy in our hearts, saying:

May God's holy Mother intercede for us.

Mary received God's word with joy; may joy fill our hearts as we welcome our Savior.

May God's holy Mother intercede for us.

You looked with love on your lowly servant; in your mercy, Father, remember us and all your children.

May God's holy Mother intercede for us.

Mary, the new Eve, was obedient to your word; may we echo her loving obedience.

May God's holy Mother intercede for us.

May God's holy Mother help all in distress, encourage the fainthearted, console the sorrowful; may she pray for your holy people, for the clergy, and for all women dedicated to your service.

May God's holy Mother intercede for us.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

God our Father,
 your Word became flesh and was born of the Virgin Mary.
 May we become more like Jesus Christ,
 whom we acknowledge as our redeemer, God and man.
 We ask this through Jesus Christ our Lord,
 Who live and reigns with you and Holy Spirit
 One God, forever and ever.

Amen.

DISMISSAL

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

Amen.

April 25

St. Mark, Evangelist

Feast

Saint Mark, †68, a cousin of Barnabas, accompanied Saint Paul on his first missionary journey and later went with him to Rome. He was a disciple of Saint Peter, whose teaching was the basis for Mark's gospel. Mark is said to be the founder of the church in Alexandria.

HYMN *St. Theodulph (16th cen.) or another 76.76.D*

By all your saints still striving, for all your saints at rest,
your holy Name, O Jesus, for evermore be blessed.
You rose, our King victorious, that they might wear the crown
and ever shine in splendor reflected from your throne.

For Mark, O Lord, we praise you, whose weakness grace made strong:
The witness of his Gospel is our victorious song.
May we, in all our weakness, receive your power divine,
and all, as faithful branches, grow strong in you, the Vine.

Then let us praise the Father, and worship God the Son,
and sing to God the Spirit, eternal Three in One,
till all the ransomed number who stand before the throne
ascribe all power and glory and praise to God alone.

PSALMODY as on Easter Sunday, pp. 44–6

The following proper antiphons are said by the leader before the psalm or canticle, and repeated by all after the Gloria.

- Ant. 1** The holy evangelists searched the wisdom of past ages. Through their gospels they confirmed the words of the prophets, alleluia. **Ps. 63**
- Ant. 2** Through the Gospel God called us to believe in the truth and to share the glory of our Lord Jesus Christ, alleluia. **Dan. 3**
- Ant. 3** Many will praise their wisdom; it shall be remembered for ever, alleluia. **Ps. 149**

READING

1 Corinthians 15:1–2a, 3–4

Brothers, I am reminding you of the gospel I preached to you, which you indeed received and in which you also stand. Through it you are also being saved. For I handed on to you as of first importance what I also received: that Christ died for our sins in accordance with the scriptures; that he was buried; that he was raised on the third day in accordance with the scriptures.

RESPONSORY

They proclaimed the Lord's praises, told of his power to save, alleluia, alleluia.
They proclaimed the Lord's praises, told of his power to save, alleluia, alleluia.
And of the wonders he had worked,
alleluia, alleluia.

Glory to the Father, and to the Son, and to the Holy Spirit.

They proclaimed the Lord's praises, told of his power to save, alleluia, alleluia.

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. Through the grace of Jesus Christ, preachers and teachers were sent out as ministers of the faith for all who believe, alleluia.

INTERCESSIONS

Let us sing a song of praise to our Savior, who destroyed the power of death and made clear the path to life and immortality through the Gospel; and let us petition him in humble supplication:

Strengthen your Church in faith and love.

You gave wonderful guidance to your Church through her holy and distinguished teachers; may Christians rejoice always in the splendid legacy given to your Church.

Strengthen your Church in faith and love.

When their holy pastors prayed to you, as Moses had done, you forgave the sins of the people; through the intercession of these holy pastors continue to sanctify and purify your Church.

Strengthen your Church in faith and love.

You anointed your holy ones in the midst of their brothers and called the Holy Spirit down upon them; fill all the leaders of your people with the Holy Spirit.

Strengthen your Church in faith and love.

You yourself are the sole possession of your holy pastors; grant that those you have redeemed with your blood may remain in you.

Strengthen your Church in faith and love.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

O God, who raised up Saint Mark, your Evangelist,
and endowed him with the grace to preach the Gospel,
grant, we pray,
that we may so profit from his teaching
as to follow faithfully in the footsteps of Christ.
Who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

May 3

Sts. Philip and James, Apostles

Feast

Philip (†80) was born at Bethsaida. At first a disciple of John the Baptist, he became a follower of Christ. His name is Greek and he appears to have ministered to the Greek community at Jerusalem. James “the Less” (†62), also known as James the Just, was a cousin of the Lord and the son of Alphaeus. James ruled over the Church at Jerusalem, wrote an epistle, and converted many of the Jewish people to the faith. The relics of both saints are in the Church of the Twelve Holy Apostles at Rome.

HYMN *St. Theodulph* (16th cen.) or another 76.76.D

By all your saints still striving, for all your saints at rest,
your holy Name, O Jesus, for evermore be blessed.
You rose, our King victorious, that they might wear the crown
and ever shine in splendor reflected from your throne.

All praise for James and Philip, blest guides of Jew and Greek,
whose intercession champions the burdens of the weak.
O Lord, grant us to know you, the victor in the strife,
that we with all your servants may wear the crown of life.

Then let us praise the Father, and worship God the Son,
and sing to God the Spirit, eternal Three in One,
till all the ransomed number who stand before the throne
ascribe all power and glory and praise to God alone.

From the Common of Apostles

PSALMODY as on Easter Sunday, pp. 44–6

The following proper antiphons are said by the leader before the psalm or canticle, and repeated by all after the Gloria.

- Ant. 1** Lord, show us the Father, and we shall be satisfied, alleluia. **Ps. 63**
Ant. 2 Have I been with you all this time and still you do not know me? Philip,
whoever sees me, sees my Father also, alleluia. **Dan. 3**
Ant. 3 Do not let your hearts be troubled or afraid; trust in God and trust also in
me; there are many rooms in my Father’s house, alleluia. **Ps. 149**

READING

Ephesians 2:19–22

You are strangers and aliens no longer. No, you are fellow citizens of the saints and members of the household of God. You form a building that rises on the foundation of the apostles and the prophets, with Christ Jesus himself as the capstone. Through him the whole structure is fitted together and takes shape as a holy temple in the Lord; in him you are being built into this temple, to become a dwelling place for God in the Spirit

RESPONSORY

You have made them rulers over all the earth, alleluia, alleluia.
You have made them rulers over all the earth, alleluia, alleluia.
 They will always remember your name, O Lord,
alleluia, alleluia.

Glory to the Father, and to the Son, and to the Holy Spirit.

You have made them rulers over all the earth, alleluia, alleluia.

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. Philip found Nathanael and said to him: We have found the man Moses wrote of in the law, the one of whom the prophets spoke. He is Jesus, son of Joseph, from Nazareth, alleluia.

LITANY

Beloved friends, we have inherited heaven along with the apostles. Let us give thanks to the Father for all his gifts:

The company of the apostles praises you, O Lord.

Praise be to you, Lord, for the banquet of Christ's body and blood given us through the apostles, which refreshes us and gives us life.

The company of the apostles praises you, O Lord.

Praise be to you, Lord, for the feast of your word prepared for us by the apostles, giving us light and joy.

The company of the apostles praises you, O Lord.

Praise be to you, Lord, for your holy Church, founded on the apostles, where we are gathered together into your community.

The company of the apostles praises you, O Lord.

Praise be to you, Lord, for the cleansing power of baptism and penance that you have entrusted to your apostles, through which we are cleansed of our sins.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

O God, who gladden us each year
with the feast day of the Apostles Philip and James,
grant us, through their prayers,
a share in the Passion and Resurrection
of your Only Begotten Son,
so that we may merit to behold you for eternity.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

May 14

St. Matthias, Apostle

Feast

Because he had been a witness to the Lord's resurrection, Saint Matthias was chosen by the other apostles to take the place of Judas. The Acts of the Apostles (1:15–26) tells how he came to be numbered among the Twelve.

HYMN *St. Theodulph (16th cen.) or another 76.76.D*

By all your saints still striving, for all your saints at rest,
your holy Name, O Jesus, for evermore be blessed.
You rose, our King victorious, that they might wear the crown
and ever shine in splendor reflected from your throne.

For one in place of Judas the apostles sought God's choice:
the lot fell to Matthias, for whom we now rejoice.
May we like true apostles your holy Church defend,
and not betray you, Jesus, but serve you to the end.

Then let us praise the Father, and worship God the Son,
and sing to God the Spirit, eternal Three in One,
till all the ransomed number who stand before the throne
ascribe all power and glory and praise to God alone.

Common of Apostles

PSALMODY as on Easter Sunday, pp. 44–6

Ant. 1 My commandment is this: love one another as I have loved you, alleluia.
Ps. 63

Ant. 2 There is no greater love than to lay down your life for your friends,
alleluia. **Dan. 3**

Ant. 3 You are my friends, says the Lord, if you do what I command, alleluia.
Ps. 149

READING and RESPONSORY as on May 3, p. 74

CANTICLE OF ZECHARIAH *Benedictus*

Luke 1:68–79

Ant. On the foundation stones of the heavenly Jerusalem, the names of the
twelve apostles of the Lamb are written; the Lamb of God is the light of
that holy city, alleluia.

LITANY as on May 3, p. 75

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

Father, you called Saint Matthias to share in the mission of the apostles.
By the help of his prayers
may we receive with joy the love you share with us
and be counted among those you have chosen.
We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. **Amen.**

DISMISSAL

May the Lord bless us, +
protect us from all evil
and bring us to everlasting life. **Amen.**

May 31

The Visitation of the Blessed Virgin Mary

Feast

"In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be[a] a fulfillment of what was spoken to her by the Lord.' And Mary said, 'My soul magnifies the Lord. . .'"

Luke 1:39–46

HYMN *Regina caeli* or another

From the Common of the Blessed Virgin Mary

PSALMODY as on Easter Sunday, pp. 44–6

The following proper antiphons are said by the leader before the psalm or canticle, and repeated by all after the Gloria.

- Ant. 1** Mary rose and went with haste into the hill country, to a town of Judah, alleluia. **Ps. 63**
- Ant. 2** When Elizabeth heard Mary's greeting, the infant in her womb leaped for joy, and she was filled with the Holy Spirit, alleluia. **Dan. 3**
- Ant. 3** Blessed are you, Mary, because you believed that the Lord's words to you would be fulfilled, alleluia. **Ps. 149**

READING

Joel 2:27–3:1a

You shall know that I am in the midst of Israel;
I am the Lord your God, and there is no other;
my people shall nevermore be put to shame.

Then afterward I will pour out
my spirit upon all mankind.

Your sons and daughters shall prophesy.

RESPONSORY

The Lord has chosen her, his loved one from the beginning, alleluia, alleluia.

The Lord has chosen her, his loved one from the beginning, alleluia, alleluia.

He has taken her to live with him,

alleluia, alleluia.

Glorify to the Father, and to the Son, and to the Holy Spirit.

The Lord has chosen her, his loved one from the beginning, alleluia, alleluia.

Ant. When Elizabeth heard Mary's greeting, she cried out and said: Who am I that the mother of my Lord should come to me? Alleluia.

INTERCESSIONS

Let us glorify our Savior, who chose the Virgin Mary for his mother. Let us ask him:

May your mother intercede for us, Lord.

Sun of Justice, the immaculate Virgin was the white dawn announcing your rising; grant that we may always live in the light of your coming.

May your mother intercede for us, Lord.

Lord, help us imitate Mary, your mother, who chose the best part; may we seek the food that will sustain us for ever.

May your mother intercede for us, Lord.

Savior of the world, by your redeeming might you preserved your mother beforehand from all stain of sin; keep watch over us, lest we sin.

May your mother intercede for us, Lord.

You are our redeemer, who made the immaculate Virgin Mary your purest home and the sanctuary of the Holy Spirit; make us temples of your Spirit for ever.

May your mother intercede for us, Lord.

THE LORD'S PRAYER

At the Savior's command, and formed by divine teaching, we dare to say:

Our Father . . . Amen.

Almighty ever-living God,
 who, while the Blessed Virgin Mary was carrying your Son in her womb,
 inspired her to visit Elizabeth,
 grant us, we pray,
 that, faithful to the promptings of the Spirit,
 we may magnify your greatness
 with the Virgin Mary at all times.
 Through our Lord Jesus Christ, your Son,
 who lives and reigns with you in the unity of the Holy Spirit,
 one God, for ever and ever.

Amen.

DISMISSAL

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

Amen.

Canticle of Zechariah

Benedictus

Stand as the leader recites the Antiphon. Make the sign of the cross at the first verse, and bow for the Gloria.

Luke 1:68–79

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

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

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

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

A This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,

B free to worship him without fear,
holy and righteous in his sight all the days of our life.

A You, my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his way,

B to give his people knowledge of salvation
by the forgiveness of their sins.

A In the tender compassion of our God
the dawn from on high shall break upon us,

B to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

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

All repeat the Antiphon.