



The Cathedral of Our Lady of Walsingham

Catholic Church and Shrine

The Personal Ordinariate of the Chair of Saint Peter



✠ 11:15 SOLEMN HIGH MASS ✠ THE FIRST SUNDAY IN LENT ✠ 10 MARCH AD 2019 ✠

The Priest sings the opening acclamation.

✠ In the Name of the Father, and of the Son, and of the Holy Ghost. **Amen.**

The Deacon then begins the procession, saying:

Let us proceed in peace.

Then the Priest begins the Litany (Clergy and servers in procession, the People standing).

O God the Father, Creator of heaven and earth,

Have mercy upon us.

O God the Son, Redeemer of the world,

Have mercy upon us.

O God the Holy Ghost, Sanctifier of the faithful,

Have mercy upon us.

O holy, blessed, and glorious Trinity, three persons and one God,

Have mercy upon us.

Saint Mary, Mother of God our Lord Jesus Christ,

Pray for us.

All holy Angels and Archangels, and all holy Orders of blessed Spirits,

Pray for us.

All holy Patriarchs and Prophets; Apostles, Martyrs, Confessors and Virgins; and the blessed Company of Heaven,

Pray for us.

Remember not, Lord our offenses, nor the offenses of our forefathers.

Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood,
(and be not angry with us for ever).

Spare us, good Lord.

From all evil and mischief; from sin; from the crafts and assaults of the devil; from thy wrath;
and from everlasting damnation,

Good Lord, deliver us.

From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred, and malice; and from all uncharitableness,

Good Lord, deliver us.

From all inordinate and sinful affections; and from all the deceits of the world, the flesh, and the devil,

Good Lord, deliver us.

From all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy Word and commandment,

Good Lord, deliver us.

From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine,

Good Lord, deliver us.

From all sedition, privy conspiracy, and rebellion; from violence, battle, and murder; and from dying suddenly and unprepared,

Good Lord, deliver us.

By the mystery of thy holy Incarnation; by thy holy Nativity and Circumcision; by thy Baptism, Fasting, and Temptation,

Good Lord, deliver us.

By thine Agony and Bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial; by thy glorious Resurrection and Ascension;
and by the Coming of the Holy Ghost,

Good Lord, deliver us.

In all time of our tribulation; in all time of our prosperity; in the hour of death, and in the day of judgment,

Good Lord, deliver us.

We sinners do beseech thee to hear us, O Lord God; and that it may please thee
to rule and govern thy holy Church Universal in the right way,

We beseech thee to hear us, good Lord.

That it may please thee to bless Francis our Pope, and Steven our Bishop,

We beseech thee to hear us, good Lord.

That it may please thee to illuminate all Bishops, Priests, and Deacons, and all Ministers of thy Church, with true knowledge and understand-
ing of thy Word; and that both by their preaching and living, they may set it forth, and show it accordingly,

We beseech thee to hear us, good Lord.

That it may please thee to bless and keep all thy people,

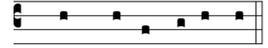
We beseech thee to hear us, good Lord.

That it may please thee to send forth laborers into thy harvest,

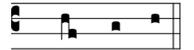
We beseech thee to hear us, good Lord.

That it may please thee to give to all people increase of grace to hear meekly thy Word, and to receive it with pure affection, and to bring forth
the fruits of the Spirit,

We beseech thee to hear us, good Lord.



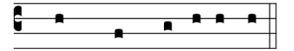
Have mer-cy up-on us.



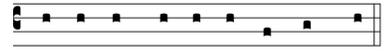
Pray for us.



Spare us, good Lord.



Good Lord, de-liv-er us.



We be-seech thee to hear us, good Lord.

That it may please thee to bring into the way of truth all such as have erred, and are deceived,

We beseech thee to hear us, good Lord.

That it may please thee to give us an heart to love and fear thee, and diligently to live after thy commandments,

We beseech thee to hear us, good Lord.

That it may please thee to strengthen such as do stand; and to comfort and help the weak-hearted; and to raise up those who fall; and finally to beat down Satan under our feet,

We beseech thee to hear us, good Lord.

That it may please thee so to rule the hearts of thy servants, the President of the United States, and all others in authority, that they may above all things seek thy honor and glory,

We beseech thee to hear us, good Lord.

That it may please thee to guide all Judges and Magistrates, giving them grace to execute justice, and to maintain truth,

We beseech thee to hear us, good Lord.

That it may please thee to give to all nations unity, peace, and concord,

We beseech thee to hear us, good Lord.

That it may please thee to show thy pity upon all prisoners and captives, all who are in want, and all who are desolate and oppressed,

We beseech thee to hear us, good Lord.

That it may please thee to give and preserve to our use the kindly fruits of the earth, so that in due time we may enjoy them,

We beseech thee to hear us, good Lord.

That it may please thee to preserve, and provide for, all women in childbirth, all infirm persons, and young children; and all who and to defend all widows and orphans,

We beseech thee to hear us, good Lord.

That it may please thee to preserve all who are in peril by reason of their labor or their travel,

We beseech thee to hear us, good Lord.

That it may please thee to succor, help, and comfort, all who are in danger, necessity, and tribulation,

We beseech thee to hear us, good Lord.

That it may please thee to have mercy upon all men,

We beseech thee to hear us, good Lord.

That it may please thee to give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to amend our lives according to thy Holy Word,

We beseech thee to hear us, good Lord.

That it may please thee to forgive our enemies, persecutors, and slanderers, and to turn their hearts,

We beseech thee to hear us, good Lord.

That it may please thee to grant that, by the intercession of Blessed Mary ever-Virgin, Blessed Michael the Archangel, Blessed John the Baptist, the Holy Apostles Peter and Paul, [as also of Saints John Fisher, Thomas More, Elizabeth Ann Seton, Thomas Becket, and Blessed Miguel Pro, whose relics are here] and of all thy Saints, we may finally attain to thy heavenly kingdom,

We beseech thee to hear us, good Lord.

That it may please thee to grant to all the faithful departed eternal rest and perpetual light,

We beseech thee to hear us, good Lord.

Son of God, we beseech thee to hear us.

Son of God, we beseech thee to hear us.

O Lamb of God, that takest away the sins of the world,

Have mercy upon us.

O Lamb of God, that takest away the sins of the world,

Have mercy upon us.

O Lamb of God, that takest away the sins of the world,

Grant us thy peace.

O Christ, hear us.

O Christ, hear us.



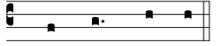
Son of God, we be-seech thee to hear us.



Have mer-cy up-on us.



Grant us thy peace.



O Christ, hear us.

Introit

Invocabit me

Psalm 91:15, 16, & 1

He shall call upon me, and I will hearken unto him; I will deliver him, and bring him to honor: with length of days will I satisfy him.

(Ps.) Whoso dwelleth under the defence of the Most High: shall abide under the shadow of the Almighty, (Bow) Glory be to the Father... (Rise) As it was in the beginning... He shall call upon me...

Kyrie (Plainsong)

The Collect

O Lord, who for our sake didst fast forty days and forty nights: give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness and true holiness, to thy honour and glory; who livest and reignest with the Father, in the unity of the Holy Spirit, ever one God, world without end. **Amen.**

The Lesson: *Deuteronomy 26:4-10*

Moses said to the people, "The priest shall take the basket of first fruits from your hand, and set it down before the altar of the Lord your God.

"And you shall make response before the Lord your God, 'A wandering Aramean was my father; and he went down into Egypt and sojourned there, few in number; and there he became a nation, great, mighty, and populous. And the Egyptians treated us harshly, and afflicted us, and laid upon us hard bondage. Then we cried to the Lord the God of our fathers, and the Lord heard our voice, and saw our affliction, our toil, and our oppression; and the Lord brought us out of Egypt with a mighty hand and an outstretched arm, with great terror, with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey.

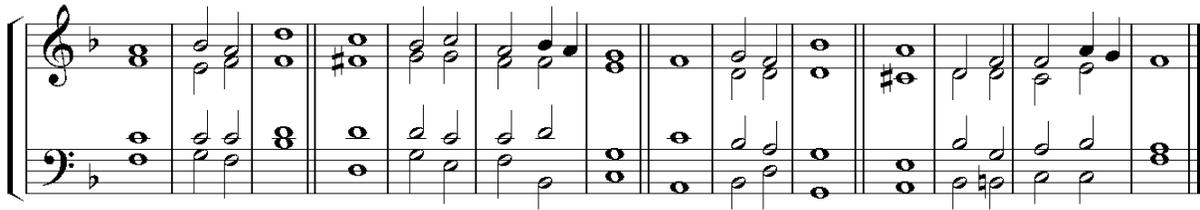
And behold, now I bring the first of the fruit of the ground, which you O Lord have given me.' And you shall set it down before the Lord your God, and worship before the Lord your God."

V. The Word of the Lord.

R. **Thanks be to God.**

The Psalm: Psalm 91 [Qui habitat]

Chant, Francis Edward Gladstone (1845-1928)



Whoso dwelleth under the defence of the | **Most** | High:
shall abide under the | shadow · of | the Al- | mighty.
I will say unto the Lord, Thou art my | hope, and · my | stronghold:
my | God, in | him will · I | trust.
There shall no evil happen | un-to | thee:
neither shall any | plague come | nigh thy | dwelling.
For he shall give his angels | **charge** | over thee:
to | keep · thee in | all thy | ways.
They shall bear thee | in their | hands;
that thou hurt not thy | foot a- | gainst a | stone.
Thou shalt go upon the | lion · and | adder:
the young lion and the dragon shalt thou | **tread** | under · thy | feet.
Because he hath set his love upon me, therefore will | I de- | liver him:
I will set him up be- | cause he · hath | known my | Name.
He shall call upon me, and | I will | hear him:
yea I am with him in trouble, I will de- | liver him · and | bring him · to | honour.

The Epistle: Romans 10:8-13

Brethren, what does the scripture say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and bestows his riches upon all who call upon him. For, "every one who calls upon the name of the Lord will be saved."

V. The Word of the Lord.

R. **Thanks be to God.**

Congregation stands as the ministers rise.

The Tract

Qui habitat

Psalm 91:1-7, 11-16

Whoso dwelleth under the defence of the Most High: shall abide under the shadow of the Almighty.
V. I will say unto the Lord, Thou art my hope and my stronghold: my God, in him will I trust.
V. For he shall deliver thee from the snare of the hunter: and from the noisome pestilence.
V. He shall defend thee under his wings: and thou shalt be safe under his feathers.
V. His faithfulness and truth shall be thy shield and buckler: thou shalt not be afraid for any terror by night.
V. Nor for the arrow that flieth by day; for the pestilence that walketh in darkness: nor for the sickness that destroyeth in the noon-day.
V. A thousand shall fall beside thee, and ten thousand at thy right hand: but it shall not come nigh thee.
V. For he shall give his Angels charge over thee: to keep thee in all thy ways.
V. They shall bear thee in their hands: that thou hurt not thy foot against a stone.
V. Thou shalt go upon the lion and adder: the young lion and the dragon shalt thou tread under thy feet.
V. Because he hath set his love upon me, therefore will I deliver him: I will set him up, because he hath known my Name.
V. He shall call upon me, and I will hear him: yea, I am with him in trouble.
V. I will deliver him, and bring him to honour: with long life will I satisfy him, and show him my salvation.

The Holy Gospel: St. Luke 4:1-13

V. The Lord be with you.

R. **And with thy spirit.**

V. ✠ A reading from the Holy Gospel according to Saint Luke.

R. **Glory be to thee, O Lord.**

At that time, Jesus, full of the Holy Spirit, returned from the Jordan, and was led by the Spirit for forty days in the wilderness, tempted by the devil. And he ate nothing in those days; and when they were ended, he was hungry. The devil said to him, "if you are the Son of God, command this stone to become bread."

And Jesus answered him, "It is written, 'Man shall not live by bread alone.'"

And the devil took him up, and showed him all the kingdoms of the world in a moment of time, and said to him, "To you I will give all this authority and their glory; for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it shall all be yours."

And Jesus answered him, "It is written, 'You shall worship the Lord your God, and him only shall you serve.'"

And he took him to Jerusalem, and set him on the pinnacle of the temple, and said to him, "If you are the Son of God, throw yourself down from here; for it is written, 'He will give his angels charge of you, to guard you,' and 'On their hands they will bear you up, lest you strike your foot against a stone.'"

And Jesus answered him, "It is said, 'You shall not tempt the Lord your God.'"

And when the devil had ended every temptation, he departed from him until an opportune time.

V. The Gospel of the Lord.

R. Praise be to thee, O Christ.

The Homily

Congregation stands as the ministers genuflect.

The Nicene Creed

Missal, page 4

Announcements and Blessings

Offertory Antiphon

Scapulis suis

Psalms 91:4-5

He shall defend thee under his wings, and thou shalt be safe under his feathers:
his faithfulness and truth shall be thy shield and buckler.

Offertory Anthem: "Cast Me Not Away"

Robert Powell (b. 1932)

Cast me not away from thy presence; and take not thy holy spirit from me.
Restore unto me the joy of thy salvation; and uphold me with thy free spirit.
Then will I teach transgressors thy ways; and sinners shall be converted unto thee.
O Lord, open thou my lips; and my mouth shall shew forth thy praise.

Orate Fratres (Pray Brethren...)

Missal, page 11

Prayer over the Offerings

Grant, we beseech thee, O Lord: that we who offer unto thee this sacrifice in the beginning of our Lenten fast, may use such abstinence from carnal feasting; that we may likewise refrain ourselves from all pleasures that may hurt the soul; through Jesus Christ our Lord. Amen.

Sursum Corda (Lift up your hearts...)

Hymn 734

Sanctus & Benedictus (HOLY, HOLY, HOLY...) (Plainsong)

Hymn 798

Memorial Acclamation



Missal, page 14

Pater Noster (Our Father...)

Hymn 722

The Peace

Missal, page 19

Agnus Dei (O Lamb of God...)

Hymn 723

Prayer of Humble Access (We do not presume...)

Missal, page 20

Ecce Agnus Dei (Behold the Lamb of God...)

Missal, page 21

Communion of the Faithful

Communion Guidelines, Missal, page 40

Trisagion (kneeling) (sung thrice)

Alexander Andreyevich Arkhangel'sky (1846-1924)

Ho - ly God, Ho - ly and Might - y,
Ho - ly im - mor - tal one have mer - cy up - on us.

Communion Antiphon

Scapulis suis

Psalms 91:4-5

The Lord shall defend thee under his wings, and thou shalt be safe under his feathers:
his faithfulness and truth shall be thy shield and buckler.

Communion Anthem: "Wash Me Thoroughly"

Samuel Sebastian Wesley (1766-1837)

Wash me thoroughly from my wickedness: and forgive me all my sin.
For I acknowledge my faults: and my sin is ever before me.

Communion Hymn: "Jesus, the Very Thought of Thee" Windsor

Hymn 462i

Prayer of Thanksgiving (Almighty and everliving God...)

Missal, page 22

Postcommunion Prayer

Grant, O Lord: that this holy Sacrament, which we have received, may in such wise deliver us from our former nature; that we may be worthy to enter into the fellowship of thy saving mysteries; through Jesus Christ our Lord. Amen.

Prayer over the People

May thy bounteous blessing, we beseech thee, O Lord, comedown upon thy people: that hope may grow in affliction, virtue be strengthened in temptation, and eternal redemption be assured; through Jesus Christ our Lord. Amen.

Blessing & Dismissal

Missal, pages 23-24

Recessional Hymn: "Forty Days and Forty Nights" Heinlein

Hymn 55

Invocation of Saints (kneeling)