

# **THE DIVINE OFFICE**

RENEWED BY DECREE OF THE MOST HOLY SECOND  
ECUMENICAL COUNCIL OF THE VATICAN AND  
PROMULGATED BY AUTHORITY OF POPE PAUL VI

## **THE LITURGY OF THE HOURS**

ACCORDING TO THE ROMAN RITUAL  
SECOND TYPICAL EDITION (1985)

### **Excerpt from Volume II FIFTH WEEK OF EASTER TIME**

Approved by the Bishops of Scotland for experimental use only  
in the dioceses of Scotland from 3rd-9th May 2026

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## FIFTH SUNDAY OF EASTER

Psalter, Week I

### First Vespers

**V.** O God, come to my assistance.

**R.** O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

### HYMN

#### O Lord, Eternal King and Son (8 8 8 8 LM)

1. O Lord, eternal King and Son,  
for ever at the Father's side:  
you fashioned Adam out of dust,  
and in your image he was formed.
2. The devil snared him by deceit  
in hatred for the human race;  
so from the Virgin's womb you took  
a human body, flesh and form,
3. That by your marriage with our flesh  
you might unite us all to God;  
Redeemer, you would pardon sin  
through gift of cleansing Baptism.
4. On our account you bore the Cross  
and willingly you chose to die;  
you gave your blood in sacrifice,  
the price of our salvation, Lord.
5. Now you are risen, glorified  
with glory from the Father due;  
devoted minds and hearts believe  
that we, through you, shall rise again.
6. O Jesus, be for mind and heart  
our everlasting paschal joy  
and gather us, reborn by grace,  
to share your triumphs evermore.

- D. To you, Lord Jesus, glory be,  
 who shine in victory over death,  
 with God the Father, ever blest,  
 and loving Spirit, ever one. Amen.

Text: *O rex aeternae, Domine*, 5-6th c.

## PSALMODY

**Antiphon 1:** Let the raising of my hands be like an evening oblation, alleluia.

### Psalm 141 (140):1-9

#### A prayer in time of danger

*Clouds of incense, with the prayers of the saints, rose before God from the hand of the Angel (Rv 8:4).*

I have called to you, LORD; O hasten to help me! \*  
 Hear my voice when I cry to you.  
 Let my prayer be as incense before you, \*  
 the raising of my hands like an evening oblation.

Set, O LORD, a guard on my mouth; \*  
 keep watch at the door of my lips!  
 Do not turn my heart to things that are evil, \*  
 to wicked deeds with those who are sinners.

Never allow me to share in their feasting. \*  
 If the upright strike me it is kindness;  
 but let the oil of the wicked not anoint my head. \*  
 Let my prayer be ever against their malice.

If they fall into the merciless hands of their judges, \*  
 they will grasp how kind are my words.  
 As clods of earth ploughed up on the ground, \*  
 so their bones were strewn at the mouth of Sheol.

To you my eyes are turned, O LORD, my Lord. \*  
 In you I take refuge; spare my soul!  
 From the trap they have laid for me, keep me safe; \*  
 keep me from the snares of those who do evil.

Glory be to the Father, and to the Son,  
and to the Holy Spirit,  
as it was in the beginning, is now,  
and ever shall be, world without end. Amen.

The Glory be to the Father is said at the end of all Psalms and Canticles, unless otherwise noted.

**Antiphon:** Let the raising of my hands be like an evening oblation, alleluia.

**Antiphon 2:** You have led my soul out of prison that I may give thanks to your name, alleluia.

Psalm 142 (141)

You are my refuge

*All these things were fulfilled in the Lord at the time of his Passion (St. Hilary).*

With my voice I cry to the LORD; \*  
with my voice I entreat the LORD.  
I pour out my trouble before him; \*  
I tell him all my distress  
while my spirit faints within me. \*  
But you, O Lord, know my path.

On the way where I shall walk, \*  
they have hidden a snare to entrap me.  
Look on my right hand and see: \*  
there is no one who pays me heed.  
No escape remains open to me; \*  
no one cares for my soul.

To you I cry, O LORD. †  
I have said, “You are my refuge, \*  
my portion in the land of the living.”  
Listen, then, to my cry, \*  
for I am brought down very low.

Rescue me from those who pursue me, \*  
for they are stronger than I.

Bring my soul out of prison, \*  
 and I shall give thanks to your name.  
 Around me the upright will assemble, \*  
 because of your goodness to me.

**Antiphon:** You have led my soul out of prison that I may give thanks to your name, alleluia.

**Antiphon 3:** The Son of God learned obedience from what he suffered, and became the source of eternal salvation for all who obey him, alleluia.

**Canticle**

**Phil 2:6-11**

**Christ, the servant of God**

Although he was in the form of God, †  
 Christ Jesus did not regard equality with God \*  
 something to be grasped.

Rather he emptied himself, †  
 taking on the form of a slave \*  
 being born in human likeness;

and found to be in human form, \*  
 he humbled himself,  
 becoming obedient unto death, \*  
 death upon a cross.

And for this, God highly exalted him, †  
 and bestowed upon him the name \*  
 that is above every other name.

So that at the name of Jesus †  
 every knee shall bend \*  
 in the heavens, on the earth, and under the earth,

and every tongue confess †  
 that Jesus Christ is Lord \*  
 to the glory of God the Father.

**Antiphon:** The Son of God learned obedience from what he suffered, and became the source of eternal salvation for all who obey him, alleluia.

## SHORT READING

1 Pt 2:9-10

You are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvellous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

## SHORT RESPONSORY

℞. The disciples rejoiced, \* alleluia, alleluia. The disciples.

℣. When they saw the Lord, \* alleluia, alleluia. Glory be to the Father. The disciples.

## GOSPEL CANTICLE

Lk 1:46-55

**Magnificat antiphon:** If I go away and prepare a place for you, I will come again and take you to myself, that where I am, you also may be, alleluia.

## The soul rejoices in the Lord

My soul proclaims the greatness of the Lord, \*  
 and my spirit rejoices in God my Saviour,  
 for he has looked upon his handmaid in her lowliness; †  
 for behold, from this day forward, \*  
 all generations will call me blessed.

For the Almighty has done great things for me, \*  
 and holy is his name.

His mercy is from age to age \*  
 for those who fear him.

He has made known the strength of his arm, \*  
 and has scattered the proud in their conceit of heart.

He has cast down the mighty from their thrones \*  
 and has exalted those who are lowly.

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

He has helped his servant Israel, \*  
 mindful of his mercy,  
 even as he promised to our fathers, \*  
 to Abraham and his descendants forever.

**Antiphon:** If I go away and prepare a place for you, I will come again and take you to myself, that where I am, you also may be, alleluia.

### INTERCESSIONS

As we invoke Christ, our life and resurrection, let us cry out with confidence:

*Son of the living God, protect your people.*

We pray to you, O Christ, for your Catholic Church;

— sanctify her that your reign may be established among the nations.

We implore you for those afflicted by disease, grief, slavery or exile,

— that they may obtain consolation and help.

We pray for those who stray from your paths,

— that they may receive the grace of your pardon with the joy of new life.

Christ our Savior, who were crucified and rose again, you will also come to judge the world;

— be merciful to us sinners.

We pray to you for all those living in the present age

— and for all who have departed from us in the hope of resurrection.

Our Father.

### Prayer

Almighty ever-living God,  
 constantly accomplish the Paschal Mystery within us,  
 that those you were pleased to make new in Holy Baptism  
 may, under your protective care, bear much fruit  
 and come to the joys of life eternal.

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

## Compline

**Ÿ.** O God, come to my assistance.

**Ṛ.** O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

It is praiseworthy that, after this, a brief examination of conscience occur. In a communal celebration a Penitential Act according to the formulas used at Mass may be inserted here

### HYMN

#### Jesus, Redeemer of the World (8 8 8 8 LM)

Jesus, Redeemer of the world,  
 Word from the Father, God most high,  
 true Light sent forth from unseen Light,  
 and watchful guardian of your own:

O Maker of the universe,  
 you order all our days and hours;  
 restore our bodies, worn by toil,  
 with peace and silence through the night.

Destroyer of the pit of hell,  
 release us from our wicked foe,  
 that he may have no strength to lure  
 the souls you ransomed by your blood.

As we remain for this brief time,  
 our weary bodies seeking rest,  
 Lord, may our flesh so sleep in peace,  
 that lethargy not dull our minds.

To you, Lord Jesus, glory be,  
 who shine in victory over death,  
 with God the Father, ever blest,  
 and loving Spirit, ever one. Amen.

Text: *Iesu, redemptor sæculi*, Author: ca. 10th c.

## PSALMODY

**Antiphon:** Alleluia, alleluia, alleluia.

## Psalm 4

## Thanksgiving

*The Lord has made wonderful the one whom he raised from the dead (St. Augustine).*

O God of justice, give answer when I call; \*  
from anguish you released me, have mercy and hear me!

O you people, how long will my glory be dishonoured, \*  
will you love what is futile and seek what is false?

Know that the LORD works wonders for his faithful one; \*  
the LORD will hear me whenever I call him.

Tremble, do not sin: ponder on your bed and be still. \*  
Offer right sacrifice, and trust in the LORD.

“O that we might see better times,” many say. \*  
Lift up the light of your face on us, O LORD.

You have put into my heart a greater joy \*  
than abundance of grain and new wine can provide.

In peace I will lie down and fall asleep, \*  
for you alone, O LORD, make me dwell in safety.

## Psalm 134 (133)

## Evening prayer in the Temple

*Sing praise to our God, all you his servants and you who fear him, both small and great (Rv 19:5).*

O come and bless the LORD, †  
all you servants of the LORD, \*  
who stand by night in the house of the LORD.

Lift up your hands to the holy place, \*  
and bless the LORD.

May the LORD bless you from Zion, \*  
he who made both heaven and earth.

**Antiphon:** Alleluia, alleluia, alleluia.

**SHORT READING**

**Dt 6:4-7**

Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.

**SHORT RESPONSORY**

**℞.** Into your hands, O Lord, I commend my spirit. \* Alleluia, alleluia. Into your hands.

**℣.** You have redeemed us, Lord God of truth. \* Alleluia, alleluia. Glory be to the Father. Into your hands.

**GOSPEL CANTICLE**

**Lk 2:29-32**

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace, alleluia.

**Christ is the light of the nations and the glory of Israel**

Now you dismiss your servant in peace, \*  
according to your word, O Master

for my eyes have seen your salvation, \*  
which you prepared in the sight of all the peoples:

a light for revelation to the nations, \*  
and the glory of your people Israel.

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace, alleluia.

**Prayer**

Visit us this night, we pray, O Lord,  
so that, as we rise by your strength at daybreak,  
we may rejoice in the Resurrection of your Christ.  
Who lives and reigns for ever and ever.

**Then, the Blessing is said, even in individual recitation:**

May the almighty Lord grant us a quiet night and a perfect end. **R.** Amen.

**FINAL ANTIPHON TO THE BLESSED VIRGIN MARY**

Queen of heaven, rejoice, alleluia.  
The Son whom you merited to bear, alleluia.  
Has risen as he said, alleluia.  
Pray to God for us, alleluia.

## Office of Readings

### Invitatory

**V.** O Lord, open my lips.

**R.** And my mouth shall proclaim your praise.

**Ant.:** The Lord is truly risen, alleluia.

### Psalm 95 (94)

#### An Invitation to Praise God

*Encourage each other daily while it is still today (Heb 3:13).*

*(The antiphon is recited and then repeated)*

Come, let us ring out our joy to the LORD;  
hail the rock who saves us.

Let us come into his presence, giving thanks;  
let us hail him with a song of praise.

*(The antiphon is repeated)*

A mighty God is the LORD,  
a great king above all gods.  
In his hand are the depths of the earth;  
the heights of the mountains are his.  
To him belongs the sea, for he made it,  
and the dry land that he shaped by his hand.

*(The antiphon is repeated)*

O come; let us bow and bend low.  
Let us kneel before the LORD who made us,  
for he is our God, and we the people,  
the people of his pasture, the flock of his hand.

*(The antiphon is repeated)*

O that today you would listen to his voice!  
“Harden not your hearts as at Meribah,  
as on that day at Massah in the desert  
when your forebears put me to the test;  
when they tried me, though they saw my work.

(The antiphon is repeated)

For forty years I abhorred that generation,  
and I said, 'Their heart goes astray;  
this people does not know my ways.'  
Then I took an oath in my anger,  
'Never shall they enter my rest.'"

(The antiphon is repeated)

Glory be to the Father, and to the Son,  
and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

(The antiphon is repeated)

## HYMN

### Rejoice, O Heaven, From on High (8 8 8 8 LM)

1. Rejoice, O heaven, from on high  
and clap your hands, both earth and sea,  
for after death upon the Cross  
Christ rose again and gave us life.
2. The accepted time has now returned:  
we see the day of saving power,  
on which the blood shed by the Lamb  
restored the darkened world to light.
3. His death brought agony to death  
and absolution from all sin;  
his might and power remain unharmed:  
the vanquished gave us victory.
4. This was the foretaste of our hope,  
so that the faithful might believe  
they too may rise again one day  
to gain the crown of blessed life.

5. And filled with joy at such a gift,  
now, therefore, let us praise with zeal  
our bright, resplendent Paschal Lamb  
for giving us such wondrous goods.
6. O Jesus be for mind and heart  
our everlasting paschal joy  
and gather us, reborn by grace,  
to share your triumphs evermore.
- D. To you, Lord Jesus, glory be,  
who shine in victory over death,  
with God the Father, ever blest,  
and loving Spirit, ever one. Amen.

PSALMODY

**Antiphon 1:** Alleluia! The stone was rolled back from the entrance to the tomb, alleluia.

Psalm 1

The two paths people may take

*Blessed are those who, hoping in the Cross, have gone down into the water*  
(from an author of the second century).

Blessed indeed is the man \*  
who follows not the counsel of the wicked,  
nor stands in the path with sinners, \*  
nor abides in the company of scorners,  
but whose delight is the law of the LORD, \*  
and who ponders his law day and night.

He is like a tree that is planted †  
beside the flowing waters, \*  
that yields its fruit in due season,  
and whose leaves shall never fade; \*  
and all that he does shall prosper.

Not so are the wicked, not so! †  
For they, like winnowed chaff, \*  
shall be driven away by the wind.

When the wicked are judged they shall not rise, \*  
 nor shall sinners in the council of the righteous;  
 for the LORD knows the way of the righteous, \*  
 but the way of the wicked will perish.

**Antiphon:** Alleluia! The stone was rolled back from the entrance to the tomb, alleluia.

**Antiphon 2:** Alleluia! Woman, whom do you seek, the Living One among the dead? Alleluia.

## Psalm 2

### The Messiah, King and Victor

*Truly they gathered together against your servant Jesus, whom you anointed (Acts 4:27).*

Why do the nations conspire, \*  
 and the peoples plot in vain?  
 They arise, the kings of the earth; \*  
 princes plot against the LORD and his Anointed.  
 “Let us burst asunder their fetters. \*  
 Let us cast off from us their chains.”

He who sits in the heavens laughs; \*  
 the LORD derides and mocks them.  
 Then he will speak in his anger, \*  
 his rage will strike them with terror.  
 “It is I who have appointed my king \*  
 on Zion, my holy mountain.”

I will announce his decree: †  
 the LORD said to me, “You are my Son. \*  
 It is I who have begotten you this day.

Ask of me and I will make nations your heritage, \*  
 and the ends of the earth as your possession.  
 With a rod of iron you will rule them; \*  
 like a potter’s jar you will shatter them.”

So now, O kings, understand; \*  
take warning, rulers of the earth.  
Serve the LORD with fear; \*  
exult with trembling, embrace correction,  
lest he be angry and you perish on the way, \*  
for suddenly his anger will blaze.

Blessed are all \* who trust in God!

**Antiphon:** Alleluia! Woman, whom do you seek, the Living One among the dead? Alleluia.

**Antiphon 3:** Alleluia! Mary, do not weep, the Lord is risen, alleluia.

**Psalm 3**

**The Lord is my shield**

*He fell asleep and took his rest and rose again, for the Lord upheld him (St. Irenaeus).*

How many are my foes, O LORD! \*  
How many are rising up against me!  
How many are saying about me, \*  
“There is no salvation for him in God.”  
But you, LORD, are a shield about me, \*  
my glory, who lift up my head.  
I cry aloud to the LORD. \*  
From his holy mountain he answers me.  
I lie down, I sleep and I wake, \*  
for the LORD upholds me.  
I will not fear even thousands of people \*  
who are ranged on every side against me.  
Arise, LORD; save me, my God, †  
you who strike all my foes on the cheek, \*  
you who break the teeth of the wicked!  
Salvation belongs to the LORD; \*  
may your blessing be on your people!

**Antiphon:** Alleluia! Mary, do not weep, the Lord is risen, alleluia.

℣. My flesh has flourished anew, alleluia.

℞. And of my own will I give him praise, alleluia.

### FIRST READING

From the Book of Revelation

18:21 – 19:10

#### The wedding feast of the Lamb is foretold

Then a mighty angel took up a stone like a great millstone and threw it into the sea, saying,

“So will Babylon the great city be thrown down with violence,  
and will be found no more;  
and the sound of harpists and musicians, of flute players and trumpeters,  
will be heard in you no more,  
and a craftsman of any craft  
will be found in you no more,  
and the sound of the mill  
will be heard in you no more,  
and the light of a lamp  
will shine in you no more,  
and the voice of bridegroom and bride  
will be heard in you no more,  
for your merchants were the great ones of the earth,  
and all nations were deceived by your sorcery.  
And in her was found the blood of prophets and of saints,  
and of all who have been slain on earth.”

After this I heard what seemed to be the loud voice of a great multitude in heaven, crying out,

“Hallelujah!  
Salvation and glory and power belong to our God,  
for his judgments are true and just;  
for he has judged the great prostitute  
who corrupted the earth with her immorality,  
and has avenged on her the blood of his servants.”

Once more they cried out,

“Hallelujah!  
The smoke from her goes up forever and ever.”

And the twenty-four elders and the four living creatures fell down and worshiped God who was seated on the throne, saying, “Amen. Hallelujah!” And from the throne came a voice saying,

“Praise our God,  
 all you his servants,  
 you who fear him,  
 small and great.”

Then I heard what seemed to be the voice of a great multitude, like the roar of many waters and like the sound of mighty peals of thunder, crying out,

“Hallelujah!  
 For the Lord our God  
 the Almighty reigns.  
 Let us rejoice and exult  
 and give him the glory,  
 for the marriage of the Lamb has come,  
 and his Bride has made herself ready;  
 it was granted her to clothe herself  
 with fine linen, bright and pure”—

for the fine linen is the righteous deeds of the saints.

And the angel said to me, “Write this: Blessed are those who are invited to the marriage supper of the Lamb.” And he said to me, “These are the true words of God.” Then I fell down at his feet to worship him, but he said to me, “You must not do that! I am a fellow servant with you and your brothers who hold to the testimony of Jesus. Worship God.” For the testimony of Jesus is the spirit of prophecy.

**RESPONSORY**

**Cf. Rv 14:2; 19:6; 12:10; 19:5**

**℟.** I heard a voice from heaven like a voice of mighty thunder: Our God the Almighty reigns. \* For now the salvation and power and authority of his Christ have come, alleluia.

**℣.** And a voice went forth from the throne, proclaiming: Sing praise to our God, all you his servants, You who fear him, small and great. \* For now.

## SECOND READING

From the *Sermons* of Saint Maximus of Turin, Bishop

(Sermo 53, 1-2. 4: CCL 23, 214-216)

*Christ is the day*

Through his Resurrection Christ has burst open the gates of hell and let the dead go free; through the newly baptised members of the Church he has renewed the earth and made it blossom afresh with men brought back to life; through the Holy Spirit he has unlocked the doors of heaven, which stand wide open to receive those who rise up from the earth.

Because of Christ's Resurrection the thief ascends to paradise, the bodies of the saints enter the holy city, and the dead are restored to the company of the living. There is an upward movement in the whole of creation, each element raising itself to something higher.

We see hell restoring its victims to the upper regions, earth sending its buried dead to heaven, and heaven presenting those it received to the Lord. In one and the same movement, our Savior's Passion raises men from the depths, lifts them up from the earth, and sets them in the heights.

The Resurrection of Christ is life to the dead, forgiveness to sinners, and glory to the saints. And so the holy prophet [David] summons all creation to join in celebrating the Easter festival: Rejoice and be glad, he cries, on this day which the Lord has made.

The light of Christ is a day that knows no night, a day without end. Christ is this day, says the Apostle; such is the meaning of his words: *Night is almost over; day is at hand* (Rom 13:12). He tells us that night is almost over, not that it is about to fall. By this we are meant to understand that the coming of the light of Christ puts the devil's darkness to flight, leaving no place for any shadow of sin. His everlasting radiance dispels the dark clouds of the past and checks the hidden growth of vice.

The Son is that day to whom the day, which is the Father, communicates the mystery of his divinity. He is the day who says through the mouth of Solomon: *I have caused an unfailing light to rise in heaven* (Sir 24:6).

And just as no night can follow the day of heaven, so the darkness of sin does not follow the justice of Christ. The celestial day is perpetually bright and shining with brilliant light; clouds can never darken its skies. In the same

way, the light of Christ is eternally glowing with luminous radiance and can never be extinguished by the darkness of sin. This is why John the Evangelist says: *The light shines in the darkness, and the darkness has not overpowered it* (Jn 1:5).

And so, my brothers, each of us ought surely to rejoice on this holy day. Let no one, conscious of his sinfulness, withdraw from our common celebration, nor let anyone be kept away from our public prayer by the burden of his guilt. Though a sinner, one should not despair of pardon on this day which is so highly privileged; for if a thief could receive the grace of paradise, how could a Christian be refused forgiveness?

## RESPONSORY

Ps 19 (18): 7a

℞. All the beauty of the Lord surpasses the stars. \* His splendour is in the clouds of heaven, and his name will abide for ever, alleluia.

℣. From one end of the heavens he goes forth, and runs his course to the furthest end. \* His splendour.

## HYMN

Te Deum

O God, we praise you; \* O Lord, we acclaim you.  
 Eternal Father, \* all the earth reveres you.  
 All the angels, \* the heavens and the Powers of heaven,  
 Cherubim and Seraphim \* cry out to you in endless praise:  
 Holy, \* Holy, \* Holy \* Lord God of hosts,  
 heaven and earth are filled \* with the majesty of your glory.

The glorious choir of Apostles \* sings to you,  
 the noble company of prophets \* praises you,  
 the white-robed army of martyrs \* glorifies you,  
 Holy Church throughout the earth \* proclaims you,  
 Father \* of boundless majesty,  
 with your true and only Son, \* worthy of adoration,  
 and the Holy Spirit, \* Paraclete.

You, O Christ, \* are the King of glory,  
 you are \* the Father's everlasting Son;  
 when you resolved to save the human race, \*  
 you did not spurn the Virgin's womb;

you overcame the sting of death \* and opened wide  
the Kingdom of Heaven to those who put their faith in you.

You are seated at the right hand of God \* in the glory of the Father.

We believe you are the Judge \* who is to come.

And so we beg you, help your servants, \* redeemed  
by your most precious blood.

Number them \* among your Saints in eternal glory.

¶ Save your people, Lord, \* and bless your inheritance.

Shepherd them \* and raise them to eternal life.

Day by day, \* we bless you

and praise your name \* for endless ages evermore.

Be gracious, Lord, on this day, \* and keep us from all sin.

Have mercy on us, O Lord, \* have mercy.

May your mercy be upon us, Lord, \* as we place our trust in you.

In you, O Lord, I rest my hope: \* let me never be put to shame.

¶ The last part of the Hymn may be omitted.

### Prayer

Almighty ever-living God,  
constantly accomplish the Paschal Mystery within us,  
that those you were pleased to make new in Holy Baptism  
may, under your protective care, bear much fruit  
and come to the joys of life eternal.

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

**Lauds**

**V.** O God, come to my assistance.

**R.** O Lord, make haste to help me.

Glory be to the Father. As it was (**E.T.** alleluia).

**HYMN****The Morning Light Dawns Crimson Gold (8 8 8 8 LM)**

1. The morning light dawns crimson gold,  
all heaven echoes hymns of praise,  
the world exulting shouts for joy,  
and hell with groaning howls in grief,
  2. For that most strong and mighty King,  
by crushing all the powers of death  
and trampling hell beneath his feet,  
has freed the wretched from their chains.
  3. Enclosed within a tomb of stone,  
secured by strong and zealous guard,  
the Victor rises from the grave,  
in triumph nobly marching forth.
  4. Now grief of hell and cries of woe,  
all pain and sorrow are undone;  
an angel, clothed in light, proclaims:  
The Lord is risen as he said.
  5. O Jesus, be for mind and heart  
our everlasting paschal joy  
and gather us, reborn by grace,  
to share your triumphs evermore.
- D. To you, Lord Jesus, glory be,  
who shine in victory over death,  
with God the Father, ever blest,  
and loving Spirit, ever one. Amen.

Text: *Aurora lucis rutilat*, 5th c.

## PSALMODY

**Antiphon 1:** Whoever is thirsty will receive without cost the water of life, alleluia.

## Psalm 63 (62):2-9

## A soul thirsting for the Lord

*Whoever casts off the works of the night watches for God.*

O God, you are my God; at dawn I seek you; \*  
for you my soul is thirsting.

For you my flesh is pining, \*  
like a dry, weary land without water.

I have come before you in the sanctuary, \*  
to behold your strength and your glory.

Your loving mercy is better than life; \*  
my lips will speak your praise.

I will bless you all my life; \*  
in your name I will lift up my hands.

My soul shall be filled as with a banquet; \*  
with joyful lips, my mouth shall praise you.

When I remember you upon my bed, \*  
I muse on you through the watches of the night.

For you have been my strength; \*  
in the shadow of your wings I rejoice.

My soul clings fast to you; \*  
your right hand upholds me.

**Antiphon:** Whoever is thirsty will receive without cost the water of life, alleluia.

**Antiphon 2:** Worship the Lord who made heaven and earth, the sea and the springs of water, alleluia.

**Canticle Dn 3:57-88, 56**

**Let every creature praise the Lord**

*Sing praise to our God, all you his servants (Rv 19:5).*

Bless the Lord, all you works of the Lord, \*  
praise and highly exalt him forever.

Heavens, bless the Lord, \*  
angels of the Lord, bless the Lord.  
All waters above the heavens, bless the Lord, \*  
all powers, bless the Lord.

Sun and moon, bless the Lord, \*  
stars of heaven, bless the Lord.  
Every shower and dew, bless the Lord, \*  
all winds, bless the Lord.

Fire and heat, bless the Lord, \*  
cold and heat, bless the Lord.  
Dew and rain, bless the Lord, \*  
frost and cold, bless the Lord.

Ice and snows, bless the Lord, \*  
nights and days, bless the Lord.  
Light and darkness, bless the Lord, \*  
lightnings and clouds, bless the Lord.

Let the earth bless the Lord, \*  
praise and highly exalt him forever.

Mountains and hills, bless the Lord, \*  
all that grows on the earth, bless the Lord.  
Seas and rivers, bless the Lord, \*  
springs of water, bless the Lord.

Sea beasts and all that move in the water, bless the Lord, \*  
all birds of heaven, bless the Lord.  
All wild beasts and cattle, bless the Lord, \*  
all you people, bless the Lord.

O Israel, bless the Lord, \*  
praise and highly exalt him forever.

Priests of the Lord, bless the Lord, \*  
servants of the Lord, bless the Lord.

Spirits and souls of the just, bless the Lord, \*  
holy and humble of heart, bless the Lord.

Hananiah, Azariah, Mishael, bless the Lord, \*  
praise and highly exalt him forever.

Let us bless the Father, and the Son, with the Holy Spirit. \*

Let us praise and highly exalt him forever.

Blessed are you in the firmament of heaven, \*  
worthy of praise and highly exalted forever.

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

**Antiphon:** Worship the Lord who made heaven and earth, the sea and the springs of water, alleluia.

**Antiphon 3:** The Saints shall exult in glory, alleluia.

### Psalm 149

#### The exultation of the saints

*Let the children of the Church, the children of the new people, exult in Christ, their King (Hesychius).*

Sing a new song to the LORD, \*  
his praise in the assembly of the faithful.

Let Israel rejoice in its Maker; \*  
let Zion's children exult in their king.

Let them praise his name with dancing, \*  
and make music with timbrel and lyre.

For the LORD takes delight in his people; \*  
he adorns the poor with salvation.

Let the faithful exult in glory, \*  
and rejoice as they take their rest.

Let the praise of God be in their mouths \*  
and a two-edged sword in their hand,

to deal out vengeance to the nations \*  
 and punishment upon the peoples;  
 to bind their kings in chains \*  
 and their nobles in fetters of iron;  
 to carry out the judgment decreed. \*  
 This is an honour for all his faithful.

**Antiphon:** The Saints shall exult in glory, alleluia.

**SHORT READING**

**Acts 10:40-43**

God raised him on the third day and made him to appear, not to all the people but to us who had been chosen by God as witnesses, who ate and drank with him after he rose from the dead. And he commanded us to preach to the people and to testify that he is the one appointed by God to be judge of the living and the dead. To him all the prophets bear witness that everyone who believes in him receives forgiveness of sins through his name.

**SHORT RESPONSORY**

**R.** Christ, Son of the living God, have mercy on us, \* alleluia, alleluia.  
 Christ.

**V.** You have risen from the dead, \* alleluia, alleluia. Glory be to the Father.  
 Christ.

**GOSPEL CANTICLE**

**Lk 1:68-79**

**Benedictus antiphon:** I am the way, the truth, and the life: no one comes to the Father except through me, alleluia.

**The Messiah and his forerunner**

Blessed be the Lord God of Israel: \*  
 for he has visited his people and redeemed them;  
 he has raised up for us a horn of salvation \*  
 in the House of David his servant,  
 as he spoke through the mouth of his holy ones, \*  
 his prophets from ages past:

to grant salvation from our foes, \*  
and from the hand of all who hate us,  
showing mercy to our fathers, †  
remembering his holy covenant, \*  
the oath he swore to Abraham our father;

to grant that, freed from the hand of our foes, \*  
we may serve him without fear  
in holiness and righteousness \*  
all the days of our life.

And you, little child, will be called \*  
the Prophet of the Most High,  
for you will go before the Lord \*  
to make ready his ways:  
to grant knowledge of salvation to his people \*  
by the forgiveness of their sins;

through the tender mercy of our God, \*  
the Dawn from on high will visit us,  
to shine on those who sit in darkness, †  
and those in the shadow of death; \*  
to guide our feet into the way of peace.

Glory be to the Father, and to the Son, \*  
and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be, \*  
world without end. Amen.

The Glory be to the Father is said at the end of all Canticles, unless otherwise noted.

**Antiphon:** I am the way, the truth, and the life: no one comes to the Father except through me, alleluia.

INTERCESSIONS

Let us pray to Christ, the Author of life, whom God raised and who will raise us by his power, as we cry out:

*Christ our life, save us.*

Christ, resplendent light shining in the darkness, Prince of life, and sanctifier of mortal beings,

— may we spend this day in praise of you.

Lord, you walked the way of the Passion and Cross;

— grant that by suffering and dying with you we may also be raised with you.

Son of the Father, our teacher and brother, you made us a kingdom and priests for our God;

— grant that we may offer you with joy a sacrifice of praise.

King of glory, we await the glorious day of your appearing,

— that we may contemplate your face and be made like you.

Our Father.

Prayer

Almighty ever-living God,  
constantly accomplish the Paschal Mystery within us,  
that those you were pleased to make new in Holy Baptism  
may, under your protective care, bear much fruit  
and come to the joys of life eternal.

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

## Daytime Hour

Ÿ. O God, come to my assistance.

Ṛ. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

### HYMN

#### This Day, More Sacred Than the Rest (8 8 8 8 LM)

1. This day, more sacred than the rest,  
shines forth the first and eighth of days,  
which you, firstfruits of those who rise,  
have consecrated to yourself.
  2. O Jesus, raise our souls to you;  
first grant that we may share your life,  
then make our bodies rise to you,  
for ever free from second death,
  3. That soon we may be carried up  
to meet you, Christ, on heaven's clouds,  
to live with you for evermore,  
our Resurrection and our Life.
  4. And as we gaze upon your face,  
conform us to your glory, Lord,  
that we may know you as you are,  
true light and sweetness for our souls.
- D. Filled with your joy and sevenfold grace  
and given to the Father's care,  
then may we see the perfect reign  
of God, the holy Three in One. Amen.

Text: *Dies ætasque ceteris*, Anon., ca. 12th c.

PSALMODY

**Antiphon:** Alleluia, alleluia, alleluia.

Psalm 118 (117)

The cry of joy and salvation

*This is the stone rejected by you, the builders, which has become the cornerstone (Acts 4:11).*

I

Give praise to the LORD, for he is good; \*  
his mercy endures forever.

Let the house of Israel say, \*  
“His mercy endures forever.”

Let the house of Aaron say, \*  
“His mercy endures forever.”

Let those who fear the LORD say, \*  
“His mercy endures forever.”

I called to the LORD in my distress; \*  
the Lord has answered and freed me.

The LORD is at my side; I do not fear. \*  
What can mankind do against me?

The LORD is at my side as my helper; \*  
I shall look in triumph on my foes.

It is better to take refuge in the LORD \*  
than to trust in anyone else;

it is better to take refuge in the LORD \*  
than to trust in princes.

II

The nations all encircled me; \*  
in the name of the LORD I cut them off.

They encircled me all around; \*  
in the name of the LORD I cut them off.

They encircled me about like bees; †  
they blazed like a fire among thorns. \*  
In the name of the LORD I cut them off.

They pushed me, pushed me hard to knock me down, \*  
but the LORD was my helper.  
The LORD is my strength and my song; \*  
he was my saviour.

There are shouts of joy and salvation †  
in the tents of the upright. \*  
“The LORD’s right hand has done mighty deeds.  
The LORD’s right hand is exalted. \*  
The LORD’s right hand has done mighty deeds.”

I shall not die, I shall live \*  
and recount the deeds of the LORD.  
The LORD has punished me severely, \*  
but did not hand me over to death.

### III

Open to me the gates of righteousness: \*  
I will enter and thank the LORD.  
This is the LORD’s own gate, \*  
where the upright enter.  
I will thank you, for you have answered, \*  
and you are my saviour.

The stone that the builders rejected \*  
has become the cornerstone.  
By the LORD has this been done, \*  
a marvel in our eyes.  
This is the day the LORD has made; \*  
let us rejoice in it and be glad.

We beseech you, O LORD, grant salvation; \*  
we beseech you, O LORD, grant success.  
Blest is he who comes \*  
in the name of the LORD.  
We bless you from the house of the LORD; \*  
the LORD is God, and has given us light.

Go forward in procession with branches, \*  
 as far as the horns of the altar.  
 You are my God, I praise you. \*  
 My God, I exalt you.  
 Give praise to the LORD, for he is good; \*  
 his mercy endures forever.

**Antiphon:** Alleluia, alleluia, alleluia.

### Terce

#### SHORT READING

Cf. 1 Cor 15:3b-5

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, and that he appeared to Cephas, then to the twelve.

**R.** The Lord has truly risen, alleluia.

**V.** And has appeared to Simon, alleluia.

### Sext

#### SHORT READING

Eph 2:4-6

God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus.

**R.** The disciples rejoiced, alleluia.

**V.** When they saw the Lord, alleluia.

### None

#### SHORT READING

Rom 6:4

We were buried with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.

**R.** Stay with us, Lord, alleluia.

**V.** For evening draws near, alleluia.

## Prayer

Almighty ever-living God,  
constantly accomplish the Paschal Mystery within us,  
that those you were pleased to make new in Holy Baptism  
may, under your protective care, bear much fruit  
and come to the joys of life eternal.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.

## Second Vespers

**V.** O God, come to my assistance.

**R.** O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

### HYMN

#### As We Await the Lamb's High Feast (8 8 8 8 LM)

1. As we await the Lamb's high feast  
in snow-white robes of saving grace,  
we sing to Christ, our Prince and Head,  
for we have crossed the Red Sea tide.
2. His holy Body, parched and seared  
upon the altar of the Cross,  
his crimson Blood, outpoured for us,  
we taste and so we live for God.
3. Protected on the paschal eve  
from devastating angel sword,  
we were delivered and set free  
from Pharaoh's harsh and bitter rule.
4. And now our Pasch is Christ himself,  
the pure and spotless Lamb once slain,  
unleavened bread of truthfulness,  
who gives his flesh in sacrifice.
5. O worthy Victim, real and true,  
who rends and breaks the power of hell,  
the captives there have been redeemed  
and now enjoy the prize of life.
6. Christ rises from the tomb indeed,  
triumphant Victor from the depths,  
who thrusts the tyrant down in chains  
and clears the way to Paradise.

7. O Jesus, be for mind and heart  
 our everlasting paschal joy  
 and gather us, reborn by grace,  
 to share your triumphs evermore.

D. To you, Lord Jesus, glory be,  
 who shine in victory over death,  
 with God the Father, ever blest,  
 and loving Spirit, ever one. Amen.

Text: *Ad cenam Agni provide*, attributed to St. Nicetus of Remesiana, d. 414.

### PSALMODY

**Antiphon 1:** The Lord is risen and is seated at the right hand of God,  
 alleluia.

#### Psalm 110 (109):1-5, 7

#### The Messiah, King and Priest

*He must reign until he has put all his enemies under his feet* (1 Cor 15:25).

The LORD's revelation to my lord: †  
 "Sit at my right hand, \*  
 until I make your foes your footstool."

The LORD will send from Zion †  
 your sceptre of power: \*  
 rule in the midst of your foes.

With you is princely rule \*  
 on the day of your power.  
 In holy splendour, from the womb before the dawn, \*  
 I have begotten you.

The LORD has sworn an oath he will not change: †  
 "You are a priest forever, \*  
 according to the order of Melchizedek."

The Lord at your right hand \*  
 shatters kings on the day of his wrath.

He shall drink from the stream by the wayside, \*  
 and therefore he shall lift up his head.

**Antiphon:** The Lord is risen and is seated at the right hand of God, alleluia.

**Antiphon 2:** He has delivered us from the power of darkness and transferred us to the kingdom of his Son, alleluia.

**Psalm 114 (113A)**

**Israel is freed from Egypt**

*Know that you, who have renounced this world, have also gone forth from Egypt (St. Augustine).*

When Israel came forth from Egypt, \*  
the house of Jacob from a foreign people,  
Judah became his holy place, \*  
Israel became his domain.

The sea beheld them and fled; \*  
the Jordan turned back on its course.  
The mountains leapt like rams, \*  
and the hills like yearling sheep.

Why was it, sea, that you fled; \*  
that you turned back, Jordan, on your course?  
O mountains, that you leapt like rams; \*  
O hills, like yearling sheep?

Tremble, O earth, before the Lord, \*  
in the presence of the God of Jacob,  
who turns the rock into a pool, \*  
and flint into a spring of water.

**Antiphon:** He has delivered us from the power of darkness and transferred us to the kingdom of his Son, alleluia.

**Antiphon 2:** He was wounded for our transgressions, he was crushed for our sins, and by his wounds we are healed.

**Canticle 1 Pt 2:21-24**

**The freely-offered Passion of Christ, the servant of God**

Christ also suffered for you, †  
 leaving you an example \*  
 that you should follow in his footsteps.

No sin did he commit; \*  
 no guile was found on his lips.

When he was insulted, \*  
 he returned no insult;

when he was made to suffer, \*  
 he made no threats;  
 instead he handed himself over \*  
 to the One who judges justly.

He himself bore our sins \*  
 in his own body on the tree  
 so that we might die to sin †  
 and live for righteousness. \*  
 By his wounds you have been healed.

**Antiphon:** He was wounded for our transgressions, he was crushed for our sins, and by his wounds we are healed.

**Antiphon 3:** Alleluia, our Lord reigns. Let us rejoice and give him glory, alleluia.

When sung, this Canticle includes the Alleluia, as indicated here; when recited, however, it suffices to say the Alleluia at the beginning and end of each strophe.

**Canticle Cf. Rv 19:1-2, 5-7**

**The wedding feast of the Lamb**

Alleluia!  
 Salvation and glory and power to our God, \*  
 (℞ Alleluia!)  
 for his judgments are true and just.  
 ℞ Alleluia (alleluia).

Alleluia!

Sing praise to our God, all you his servants, \*

(**R** Alleluia!)

you who fear him, small and great.

**R** Alleluia (alleluia).

Alleluia!

For the Lord, our God the Almighty reigns. \*

(**R** Alleluia!)

Let us rejoice and exult, and give him the glory.

**R** Alleluia (alleluia).

Alleluia!

The marriage feast of the Lamb has come, \*

(**R** Alleluia!)

and his bride has prepared herself.

**R** Alleluia (alleluia).

**Antiphon:** Alleluia, our Lord reigns. Let us rejoice and give him glory, alleluia.

**SHORT READING**

**Hb 10:12-14**

When Christ had offered for all time a single sacrifice for sins, he sat down at the right hand of God, waiting from that time until his enemies should be made a footstool for his feet. For by a single offering he has perfected for all time those who are being sanctified.

**SHORT RESPONSORY**

**R.** The disciples rejoiced, \* alleluia, alleluia. The disciples.

**V.** When they saw the Lord, \* alleluia, alleluia. Glory be to the Father. The disciples.

## GOSPEL CANTICLE

Lk 1:46-55

**Magnificat antiphon:** Lord, show us the Father, and that will be enough for us. Jesus said to him: Have I been with you for so long a time, and you still do not know me, Philip? Whoever has seen me has seen the Father, alleluia.

**The soul rejoices in the Lord**

My soul proclaims the greatness of the Lord, \*  
 and my spirit rejoices in God my Saviour,  
 for he has looked upon his handmaid in her lowliness; †  
 for behold, from this day forward, \*  
 all generations will call me blessed.

For the Almighty has done great things for me, \*  
 and holy is his name.  
 His mercy is from age to age \*  
 for those who fear him.

He has made known the strength of his arm, \*  
 and has scattered the proud in their conceit of heart.  
 He has cast down the mighty from their thrones \*  
 and has exalted those who are lowly.  
 He has filled the hungry with good things, \*  
 and has sent the rich away empty.

He has helped his servant Israel, \*  
 mindful of his mercy,  
 even as he promised to our fathers, \*  
 to Abraham and his descendants forever.

**Antiphon:** Lord, show us the Father, and that will be enough for us. Jesus said to him: Have I been with you for so long a time, and you still do not know me, Philip? Whoever has seen me has seen the Father, alleluia.

INTERCESSIONS

Let us confidently implore Christ the Lord, who died, rose and always intercedes for us:

*Hear us, victorious King.*

Christ, light and salvation of all nations,

— pour out the fire of your Spirit upon us who proclaim your Resurrection.

Let Israel recognize you as her long awaited Messiah,

— and may all the earth be filled with the knowledge of your glory.

Keep us in the communion of your Saints

— and in their company grant us rest from our labours.

You have vanquished death, your enemy; destroy your enemy in us,

— that we may live for you, the immortal victor.

Christ the Savior, made obedient unto death, you were exalted to the right hand of the Father;

— graciously welcome your brothers and sisters into the kingdom of your glory.

Our Father.

Prayer

Almighty ever-living God,

constantly accomplish the Paschal Mystery within us,

that those you were pleased to make new in Holy Baptism

may, under your protective care, bear much fruit

and come to the joys of life eternal.

Through our Lord Jesus Christ, your Son,

who lives and reigns with you in the unity of the Holy Spirit,

God, for ever and ever.

## Compline

Ÿ. O God, come to my assistance.

℞. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

It is praiseworthy that, after this, a brief examination of conscience occur. In a communal celebration a Penitential Act according to the formulas used at Mass may be inserted here

## HYMN

### Jesus, Redeemer of the World (8 8 8 8 LM)

Jesus, Redeemer of the world,  
Word from the Father, God most high,  
true Light sent forth from unseen Light,  
and watchful guardian of your own:

O Maker of the universe,  
you order all our days and hours;  
restore our bodies, worn by toil,  
with peace and silence through the night.

Destroyer of the pit of hell,  
release us from our wicked foe,  
that he may have no strength to lure  
the souls you ransomed by your blood.

As we remain for this brief time,  
our weary bodies seeking rest,  
Lord, may our flesh so sleep in peace,  
that lethargy not dull our minds.

To you, Lord Jesus, glory be,  
who shine in victory over death,  
with God the Father, ever blest,  
and loving Spirit, ever one. Amen.

Text: *Iesu, redemptor sæculi*, Author: ca. 10th c.

PSALMODY

**Antiphon:** Alleluia, alleluia, alleluia.

Psalm 91 (90)

In the shelter of the Most High

*Behold, I have given you power to tread on serpents and scorpions (Lk 10:19).*

He who dwells in the shelter of the Most High, \*  
and abides in the shade of the Almighty,  
says to the LORD, “My refuge, \*  
my stronghold, my God in whom I trust!”

He will free you from the snare of the fowler, \*  
from the destructive plague;  
he will conceal you with his pinions, †  
and under his wings you will find refuge. \*  
His faithfulness is buckler and shield.

You will not fear the terror of the night, \*  
nor the arrow that flies by day,  
nor the plague that prowls in the darkness, \*  
nor the scourge that lays waste at noon.

A thousand may fall at your side, †  
ten thousand fall at your right: \*  
you it will never approach.

Your eyes have only to look \*  
to see how the wicked are repaid.  
For you, O LORD, are my refuge. \*  
You have made the Most High your dwelling.

Upon you no evil shall fall, \*  
no plague approach your tent.  
For you has he commanded his angels \*  
to keep you in all your ways.

They shall bear you upon their hands, \*  
lest you strike your foot against a stone.

On the lion and the viper you will tread, \*  
and trample the young lion and the serpent.

Since he clings to me in love, I will free him, \*  
protect him, for he knows my name.

When he calls on me, I will answer him; †  
I will be with him in distress; \*  
I will deliver him, and give him glory.

With length of days I will content him; \*  
I will show him my saving power.

**Antiphon:** Alleluia, alleluia, alleluia.

#### SHORT READING

Rv 22:4-5

They will see his face, and his name will be on their foreheads. And night will be no more. They will need no light of lamp or sun, for the Lord God will be their light, and they will reign forever and ever.

#### SHORT RESPONSORY

**R.** Into your hands, O Lord, I commend my spirit. \* Alleluia, alleluia. Into your hands.

**V.** You have redeemed us, Lord God of truth. \* Alleluia, alleluia. Glory be to the Father. Into your hands.

#### GOSPEL CANTICLE

Lk 2:29-32

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace, alleluia.

**Christ is the light of the nations and the glory of Israel**

Now you dismiss your servant in peace, \*  
according to your word, O Master

for my eyes have seen your salvation, \*  
which you prepared in the sight of all the peoples:

a light for revelation to the nations, \*  
and the glory of your people Israel.

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace, alleluia.

**Prayer**

Visit us this night, we pray, O Lord,  
so that, as we rise by your strength at daybreak,  
we may rejoice in the Resurrection of your Christ.  
Who lives and reigns for ever and ever.

**Then, the Blessing is said, even in individual recitation:**

May the almighty Lord grant us a quiet night and a perfect end. **R.** Amen.

**FINAL ANTIPHON TO THE BLESSED VIRGIN MARY**

Queen of heaven, rejoice, alleluia.  
The Son whom you merited to bear, alleluia.  
Has risen as he said, alleluia.  
Pray to God for us, alleluia.

# MONDAY OF THE FIFTH WEEK OF EASTER

## Office of Readings

### Invitatory

**V.** O Lord, open my lips.

**R.** And my mouth shall proclaim your praise.

**Ant.:** The Lord is truly risen, alleluia.

### Psalm 24 (23)

#### The entry of the Lord into his temple

*The gates of heaven were opened to Christ, because he took flesh upon himself (St. Irenaeus).*

*(The antiphon is recited and then repeated)*

The LORD's is the earth and its fullness, \*  
the world, and those who dwell in it.  
It is he who set it on the seas; \*  
on the rivers he made it firm.

*(The antiphon is repeated)*

Who shall climb the mountain of the LORD? \*  
Who shall stand in his holy place?  
The clean of hands and pure of heart, †  
whose soul is not set on vain things, \*  
who has not sworn deceitful words.

*(The antiphon is repeated)*

Blessings from the LORD shall he receive, \*  
and right reward from the God who saves him.  
Such are the people who seek him, \*  
who seek the face of the God of Jacob.

*(The antiphon is repeated)*

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

(The antiphon is repeated)

Who is this king of glory? †  
The LORD, the mighty, the valiant; \*  
the LORD, the valiant in war.

(The antiphon is repeated)

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

(The antiphon is repeated)

Who is this king of glory? †  
He, the LORD of hosts, \*  
he is the king of glory.

(The antiphon is repeated)

## HYMN

### O Godhead, Everlasting Light (8 8 8 8 LM)

1. O Godhead, everlasting light,  
O undivided Trinity,  
though frail, we now confess your name  
and beg you, hear our humble prayer.
2. We place our faith in God most high:  
the Father and his Only Son,  
and God the Spirit ever blest,  
the bond of love uniting both.
3. O holy truth and charity,  
our end and blessed happiness,  
give us belief and hope in you  
and grant us love to reach the goal.
4. You are the source and final end,  
the font from which creation flows;  
true solace dwells in you alone,  
firm hope for all believing hearts.

5. For you alone have caused all things  
and you alone suffice for all;  
for each you are the one true light,  
for those who hope, their great reward.
- D. We ask the Father and the Son  
and beg the Spirit of them both:  
Sustain us with your loving care,  
who reign for ever Three in One. Amen.

Text: *Æterna lux, divinitas*, Anon.

## PSALMODY

**Antiphon 1:** Save me, O Lord, in your mercy, alleluia.

### Psalm 6

#### A man afflicted implores the mercy of the Lord

*Now is my soul troubled . . . Father, save me from this hour (Jn 12:27).*

O LORD, do not rebuke me in your anger; \*  
reprove me not in your rage.

Have mercy on me, LORD, for I languish. †  
LORD, heal me; my bones are shaking, \*  
and my soul is greatly shaken.

But you, O LORD, how long? †  
Return, LORD, rescue my soul. \*  
Save me in your merciful love.

For in death there is no remembrance of you; \*  
who can give you praise from Sheol?

I am exhausted with my groaning; †  
every night I drench my bed with tears, \*  
I bedew my couch with weeping.

My eyes waste away with grief; \*  
they have grown weak surrounded by all my foes.

Leave me, all who do evil, \*  
for the LORD heeds the sound of my weeping.  
The LORD has heard my plea; \*  
the LORD will receive my prayer.  
All my foes will be shamed and greatly shaken, \*  
suddenly put to shame.

**Antiphon:** Save me, O Lord, in your mercy, alleluia.

**Antiphon 2:** The Lord has become a refuge for the poor in distress, alleluia.

**Psalm 9 (9A)**

**Thanksgiving for victory**

*He will come again to judge the living and the dead.*

**I**

I will praise you, LORD, with all my heart; \*  
all your wonders I will confess.  
I will rejoice in you and be glad, \*  
and sing psalms to your name, O Most High.  
See how my enemies turn back, \*  
how they stumble and perish before you.  
You upheld the justice of my cause; \*  
you sat enthroned, an upright judge.  
You have rebuked the nations, destroyed the wicked; \*  
you have wiped out their name forever and ever.  
The foe is destroyed, eternally ruined. \*  
You uprooted their cities; their memory has perished.  
But the LORD sits enthroned forever; \*  
he has set up his throne for judgment.  
He will judge the world with righteousness; \*  
he will govern the peoples with equity.  
For the oppressed, the LORD will be a stronghold, \*  
a stronghold in times of distress.  
Those who know your name will trust you; \*  
you will not forsake those who seek you, O LORD.

**Antiphon:** The Lord has become a refuge for the poor in distress, alleluia.

**Antiphon 3:** I will proclaim your praises at the gates of daughter Zion, alleluia.

## II

Sing psalms to the LORD who dwells in Zion. \*

Tell his mighty works among the peoples,  
for the Avenger of Blood has remembered them, \*  
has not forgotten the cry of the poor.

Have mercy on me, O LORD; †  
see how I suffer from my foes, \*  
you who raise me from the gates of death,  
that I may recount all your praise †  
at the gates of daughter Zion, \*  
and rejoice in your salvation.

The nations have fallen in the pit which they made; \*  
their feet have been caught in the snare they laid.  
The LORD has revealed himself; he has given judgment.\*  
The wicked are snared by the work of their hands.

Let the wicked go down to Sheol, \*  
all the nations forgetful of God:  
for the needy shall not always be forgotten, \*  
nor the hopes of the poor ever perish.

Arise, O LORD, let human strength not prevail! \*  
Let the nations be judged before you.  
Strike them with terror, O LORD; \*  
let the nations know they are but men.

**Antiphon:** I will proclaim your praises at the gates of daughter Zion, alleluia.

**Ÿ.** My heart and my flesh, alleluia.

**Ŕ.** Cry out to the living God, alleluia.

## FIRST READING

From the Book of Revelation

19:11-21

## The victory of the Word of God

I, John, saw heaven opened, and behold, a white horse! The one sitting on it is called Faithful and True, and in righteousness he judges and makes war. His eyes are like a flame of fire, and on his head are many diadems, and he has a name written that no one knows but himself. He is clothed in a robe dipped in blood, and the name by which he is called is The Word of God. And the armies of heaven, arrayed in fine linen, white and pure, were following him on white horses. From his mouth comes a sharp sword with which to strike down the nations, and he will rule them with a rod of iron. He will tread the winepress of the fury of the wrath of God the Almighty. On his robe and on his thigh he has a name written, King of kings and Lord of lords.

Then I saw an angel standing in the sun, and with a loud voice he called to all the birds that fly directly overhead, “Come, gather for the great supper of God, to eat the flesh of kings, the flesh of captains, the flesh of mighty men, the flesh of horses and their riders, and the flesh of all men, both free and slave, both small and great.” And I saw the beast and the kings of the earth with their armies gathered to make war against him who was sitting on the horse and against his army. And the beast was captured, and with it the false prophet who in its presence had done the signs by which he deceived those who had received the mark of the beast and those who worshiped its image. These two were thrown alive into the lake of fire that burns with sulphur. And the rest were slain by the sword that came from the mouth of him who was sitting on the horse, and all the birds were gorged with their flesh.

## RESPONSORY

Rv 19:13, 15c, 16

℞. He was clothed in a garment sprinkled with blood, and his name is called the Word of God. \* He treads the winepress of the fury of the wrath of almighty God, alleluia.

℣. On his garment and on his thigh a name is inscribed: King of kings, and Lord of lords. \* He treads.

## SECOND READING

From the *Orations* of Saint Gregory of Nyssa, Bishop

(*Oratio 1 in Christi resurrectionem: PG 46, 603-606. 626-627*)

*The firstborn of the new creation*

The reign of life has come, the tyranny of death is undone. A new birth has appeared, a new life, a new way of living, the transformation of our very nature! What is this manner of birth? *This birth is not brought about by human generation, by the will of man, or by the desire of the flesh, but by God* (Jn 1:13).

If you wonder how, listen, I will explain in clear language. This new life is conceived by faith, brought forth into the light of day through the rebirth of Baptism, and has the Church as its nursing mother, whose teachings are the breast that nourishes it, and the bread from heaven is its food. The attainment of its maturity is virtuous living; its nuptials are the knowledge of wisdom; its offspring, hope. Its home is the kingdom; its rich inheritance the joys of paradise; its end, not death, but that most blessed and everlasting life prepared for those who are worthy.

*This is the day the Lord has made* (Ps 118 [117]:24), a day far different from those made when the world was first created and which are measured by the passage of time. This is the beginning of a new creation. On this day, as the Prophet says, God makes a new heaven and a new earth. What is this new heaven? you may ask. It is the firmament of our faith in Christ. What is the new earth? A good heart, a heart like the earth, which drinks up the rain that falls on it and yields a rich harvest.

In this new creation, purity of life is the sun, the virtues are the stars, transparent goodness is the air, and *the depths of the riches of wisdom and knowledge* (Rom 11:33), the sea. Sound doctrine and the divine teachings are the grass and plants that feed God's flock, the people whom he shepherds; the keeping of the commandments, the trees bearing fruit.

On this day is created the true man, the man made in the image and likeness of God. For *this day the Lord has made* is the beginning of this new world. Of this day the

Prophet says that it is not like other days, nor is this night like other nights.

But still we have not spoken of the greatest gift it has brought us. This day destroyed the pangs of death and brought to birth the firstborn of the dead.

*I ascend to my Father and to your Father, to my God and to your God* (Jn 20:17). O what wonderful good news! He who for our sake became like us in order to make us his brothers, now presents to his true Father his own humanity in order to draw all his kindred up after him.

**RESPONSORY****1 Cor 15:21-22; 2 Pt 3:13a**

**℟.** Through a man came death and through a man the resurrection from the dead. \* And just as in Adam all die, so also in Christ will all be brought to life, alleluia.

**℣.** In accordance with his promise, we are awaiting a new heaven and a new earth. \* And just as.

**Prayer**

Almighty ever-living God,  
constantly accomplish the Paschal Mystery within us,  
that those you were pleased to make new in Holy Baptism  
may, under your protective care, bear much fruit  
and come to the joys of life eternal.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.

## Lauds

Ÿ. O God, come to my assistance.

Ŕ. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

## HYMN

### O Splendour of the Father's Light (8 8 8 8 LM)

1. O Splendour of the Father's light,  
emitting *glorious* Light from Light,  
true Light of light and source of light,  
the Day illuminating day,
2. Descend into our soul, true Sun,  
resplendent with eternal ray;  
pour out upon our mind and heart  
the Holy Spirit's *radiant* beam.
3. And to the Father let us pray,  
the Father of all majesty,  
the Father of all power and grace:  
may he remove the lure of sin.
4. May he imbue our acts with strength  
and blunt the teeth of *envious* strife,  
in harsh misfortune bring us good,  
and grant the grace to persevere.
5. May he direct and rule our minds,  
in bodies faithful, chaste, and pure;  
may faith enkindled never know  
the deadly poison of deceit.
6. Let Christ himself become our food,  
our faith in him become our drink;  
let us imbibe with deepest joy  
the Spirit's sober drunkenness.

7. Then let this day proceed with joy:  
 our modesty be like the dawn,  
 our faith resplendent as the noon,  
 our soul untouched by dusk and night.
- D. The dawn rides forth along her course;  
 so let our perfect dawn arise:  
 both Son in Father wholly one,  
 and Father wholly in his Word. Amen.

Text: *Splendor paternæ gloriæ*, St. Ambrose, d. 397.

PSALMODY

**Antiphon 1:** All who love your name shall glory in you, alleluia.

**Psalm 5:2-10, 12-13**

**A morning prayer imploring help**

*Those who have welcomed the Word dwelling within them will exult for all eternity.*

To my words give ear, O LORD; \*  
 give heed to my sighs.  
 Attend to the sound of my cry, \*  
 my King and my God.

To you do I pray, O LORD. †  
 In the morning you hear my voice; \*  
 in the morning I plead and watch before you.

You are no God who delights in evil; †  
 no sinner is your guest. \*  
 The boastful shall not stand before your eyes.

All who do evil you despise; \*  
 all who lie you destroy.  
 The deceitful and those who shed blood, \*  
 the LORD detests.

Yet through the greatness of your merciful love, \*  
I enter your house.

I bow down before your holy temple, \*  
in awe of you.

Lead me, LORD, in your justice, †  
because of my foes; \*  
make straight your way before me.

No truth can be found in their mouths, \*  
their heart is all malice,  
their throat a wide-open grave; \*  
with their tongue they flatter.

All who take refuge in you shall be glad, \*  
and ever cry out their joy.

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

It is you who bless the just one, O LORD, \*  
you surround him with your favour like a shield.

**Antiphon:** All who love your name shall glory in you, alleluia.

**Antiphon 2:** Yours, O Lord, is the kingdom, and you are exalted over all rulers, alleluia.

### Canticle 1 Chr 29:10-13

#### To God alone be glory and honour

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

Blessed are you, O LORD, †  
God of Israel, our father, \*  
from eternity unto eternity.

Yours, O LORD, is greatness and power, †  
splendour, victory and majesty; \*  
for all is yours in heaven and on earth.

Yours, O LORD, is the kingdom, \*  
you are exalted as head over all.

Riches and honour are from you, \*  
 and you have dominion over all.  
 In your hand is power and might; \*  
 your hand gives greatness and strength to all.

And now, our God, we give you thanks, \*  
 and we praise your splendid name.

**Antiphon:** Yours, O Lord, is the kingdom, and you are exalted over all rulers, alleluia.

**Antiphon 3:** The Lord sits as king forever, alleluia.

Psalm 29 (28)

A tribute to the Word of the Lord

*Behold, a voice from heaven, saying: “This is my beloved Son” (Mt 3:17)*

Ascribe to the LORD, you heavenly powers, \*  
 ascribe to the LORD glory and strength.  
 Ascribe to the LORD the glory of his name; \*  
 bow down before the LORD, majestic in holiness.

The voice of the LORD upon the waters, †  
 the God of glory thunders; \*  
 the LORD on the immensity of waters;  
 the voice of the LORD full of power; \*  
 the voice of the LORD full of splendour.

The voice of the LORD shatters cedars, \*  
 the LORD shatters the cedars of Lebanon;  
 he makes Lebanon leap like a calf, \*  
 and Sirion like a young wild ox.

The voice of the LORD flashes flames of fire. †  
 The voice of the LORD shakes the wilderness, \*  
 the LORD shakes the wilderness of Kadesh;  
 the voice of the LORD rends the oak tree †  
 and strips the forest bare. \*  
 In his temple they all cry, “Glory!”

The LORD sits enthroned above the flood; \*  
 the LORD sits as king forever.  
 The LORD will give strength to his people, \*  
 the LORD will bless his people with peace.

**Antiphon 3:** The Lord sits as king forever, alleluia.

### SHORT READING

Rom 10:8b-10

The word is near you, in your mouth and in your heart (that is, the word of faith that we proclaim); because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved.

### SHORT RESPONSORY

**R̄.** The Lord has risen from the tomb, \* alleluia, alleluia. The Lord.  
**Ÿ.** For our sake he hung upon the Cross, \* alleluia, alleluia. Glory be to the Father. The Lord.

### GOSPEL CANTICLE

Lk 1:68-79

**Benedictus antiphon:** Whoever loves me will be loved by my Father; and I will love him and reveal myself to him, alleluia.

### The Messiah and his forerunner

Blessed be the Lord God of Israel: \*  
 for he has visited his people and redeemed them;  
 he has raised up for us a horn of salvation \*  
 in the House of David his servant,  
 as he spoke through the mouth of his holy ones, \*  
 his prophets from ages past:  
 to grant salvation from our foes, \*  
 and from the hand of all who hate us,  
 showing mercy to our fathers, †  
 remembering his holy covenant, \*  
 the oath he swore to Abraham our father;

to grant that, freed from the hand of our foes, \*  
we may serve him without fear  
in holiness and righteousness \*  
all the days of our life.

And you, little child, will be called \*  
the Prophet of the Most High,  
for you will go before the Lord \*  
to make ready his ways:  
to grant knowledge of salvation to his people \*  
by the forgiveness of their sins;

through the tender mercy of our God, \*  
the Dawn from on high will visit us,  
to shine on those who sit in darkness, †  
and those in the shadow of death; \*  
to guide our feet into the way of peace.

Glory be to the Father, and to the Son, \*  
and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be, \*  
world without end. Amen.

**Antiphon:** Whoever loves me will be loved by my Father; and I will love him and reveal myself to him, alleluia.

## INTERCESSIONS

Let us exalt Jesus, whom the Father glorified and made heir to all the nations, as we pray:

*Save us by your victory, Lord.*

Christ Jesus, you shattered the gates of hell by your victory, and so destroyed sin and death;

— make us victorious over sin today.

You made death powerless, bestowing new life on us;

— grant that today we may walk in this newness of life.

You granted life to the dead, bringing the whole human race from death to life;

— grant eternal life to all whom we meet.

You brought confusion on the guards at your tomb, but joy to your disciples;

— grant the fullness of joy to those who serve you.

Our Father.

## Prayer

Almighty ever-living God,  
constantly accomplish the Paschal Mystery within us,  
that those you were pleased to make new in Holy Baptism  
may, under your protective care, bear much fruit  
and come to the joys of life eternal.

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

## Daytime Hour

**V.** O God, come to my assistance.

**R.** O Lord, make haste to help me.

Glory be to the Father. As it was (**E.T.** alleluia).

### HYMN

#### Christ Our Salvation, Way and Hope Unfailing (11 11 11 5)

1. Christ our salvation, way and hope unfailing,  
we sing your praises, mind with voice together,  
giver of virtue, source of peace eternal,  
life of the blessed.
2. All that the faithful, by your love enkindled,  
in word or action have or can accomplish,  
all hope and longing that the heart discloses  
show us your power.
3. Lord, in your mercy, grant us peaceful seasons,  
faith firm and constant, pardon for our failures;  
heal all our illness, give us life eternal,  
blessed together.
- D. Let equal praises honour God the Father  
and you our Savior, loving King eternal;  
through all creation let the Spirit's glory  
echo for ever. Amen.

Text: *Vita sanctorum, via, spes salusque*, Walafrid Strabo, O.S.B., d. 849.

## PSALMODY

**Antiphon:** Alleluia, alleluia, alleluia.

**Psalm 19B (18B)****Praise to God, the Lord of the Law**

*Be perfect, as your heavenly Father is perfect (Mt 5:48).*

The law of the LORD is perfect; \*  
it revives the soul.

The decrees of the LORD are steadfast; \*  
they give wisdom to the simple.

The precepts of the LORD are right; \*  
they gladden the heart.

The command of the LORD is clear; \*  
it gives light to the eyes.

The fear of the LORD is pure, \*  
abiding forever.

The judgments of the LORD are true; \*  
they are, all of them, just.

They are more to be desired than gold, \*  
than quantities of gold.

And sweeter are they than honey, \*  
than honey flowing from the comb.

So in them your servant finds instruction; \*  
great reward is in their keeping.

But who can detect their own errors? \*  
From hidden faults acquit me.

From presumption restrain your servant; \*  
may it not rule me.

Then shall I be blameless, \*  
clean from grave sin.

May the spoken words of my mouth, \*  
the thoughts of my heart,  
win favour in your sight, O LORD, \*  
my rock and my redeemer!

Psalm 7

The prayer of the just man falsely accused

*Behold, the Judge is standing before the door (Jas 5:9).*

I

O LORD, my God, I take refuge in you. \*  
Save and rescue me from all my pursuers,  
lest they tear me apart like a lion, \*  
and drag me off with no one to rescue me.

If I have done this, O LORD, my God, \*  
if there is wrong on my hands,  
if I have paid back evil for good, \*  
or plundered my foe without cause:

then let my foe pursue my soul and seize me; †  
let him trample my life to the ground, \*  
and lay my honour in the dust.

O LORD, rise up in your anger; †  
be exalted against the fury of my foes. \*  
Awake for me the justice you have ordered.  
Let the company of peoples gather round you, \*  
as you take your seat above them on high.

The LORD is judge of the peoples. †  
Give judgment for me, O LORD, \*  
for I am righteous and blameless of heart.

Put an end to the evil of the wicked! \*  
Make the righteous stand firm;  
it is you who test mind and heart, \*  
O righteous God!

II

God is a shield before me, \*  
who saves the upright of heart.  
God is a judge, just and powerful and patient, \*  
not exercising anger every day.

Against someone who does not repent, †  
 God will sharpen his sword; \*  
 he bends his bow and makes ready.  
 For such a one he prepares deadly weapons; \*  
 he bars his arrows with fire.

Here is one who conceives iniquity; \*  
 pregnant with malice, he gives birth to lies.  
 He digs a pit and bores it deep; \*  
 and in the trap he has made he falls.  
 His malice recoils on his head; \*  
 on his own skull his violence falls.

I thank the LORD for his righteousness, \*  
 singing to the name of the LORD, the Most High.

**Antiphon:** Alleluia, alleluia, alleluia.

### Terce

#### SHORT READING

Cf. Rv 1:17c-18

The Son of Man laid his right hand on me, saying, “Fear not, I am the first and the last, and the living one. I died, and behold I am alive forevermore, and I have the keys of Death and Hades.

**R̄.** The Lord has truly risen, alleluia.

**V̄.** And has appeared to Simon, alleluia.

### Sext

#### SHORT READING

Col 2:9, 10a, 12

In Christ the whole fullness of deity dwells bodily, and you have been filled in him. You have been buried with Christ in baptism, in which you were also raised with him through faith in the powerful working of God, who raised him from the dead.

**R̄.** The disciples rejoiced, alleluia.

**V̄.** When they saw the Lord, alleluia.

**None**

**SHORT READING**

**2 Tim 2:8, 11**

Remember Jesus Christ, risen from the dead, the offspring of David, as preached in my gospel. The saying is trustworthy, for:

If we have died with him, we will also live with him;  
if we endure, we will also reign with him;  
if we deny him, he also will deny us;  
if we are faithless, he remains faithful—

for he cannot deny himself.

**R̄.** Stay with us, Lord, alleluia.

**V̄.** For evening draws near, alleluia.

**Prayer**

Almighty ever-living God,  
constantly accomplish the Paschal Mystery within us,  
that those you were pleased to make new in Holy Baptism  
may, under your protective care, bear much fruit  
and come to the joys of life eternal.

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

## Vespers

Ÿ. O God, come to my assistance.

Ṛ. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

### HYMN

#### **O Wondrous Maker of the Sky (8 8 8 8 LM)**

1. O wondrous Maker of the sky,  
dividing waters, stream from stream,  
you stem their tide with heaven's dome,  
to curb their mixed, chaotic flow.
  2. You fix a place for sun and stars  
and trace the paths for streams on earth,  
that waters temper scorching rays  
and so preserve the fertile land.
  3. Pour forth on us, Most Holy One,  
the gift of everlasting grace,  
lest by a stroke of fresh deceit  
the ancient sin should wear us down.
  4. Let faith search out and find the light  
and such a beam of light bring forth,  
that all vain idols flee in dread  
and falsehood never cloud its ray.
- D. Most loving Father, hear our prayer,  
and you, O Christ co-equal Son,  
who with the Spirit Paraclete  
now reign for all eternity. Amen.

Text: *Immense caeli conditor*, attributed to St. Gregory the Great, d. 604.

PSALMODY

**Antiphon 1:** Take courage, I have conquered the world, alleluia.

Psalm 11 (10)

The Lord, the assurance of the just

*Blessed are those who hunger and thirst for righteousness, for they shall have their fill (Mt 5:6).*

In the LORD I have taken refuge. †  
How can you say to my soul, \*  
“Fly like a bird to the mountain!

Look, the wicked are bending their bow! †  
They are fixing their arrow on the string, \*  
to shoot the upright of heart in the dark.  
Foundations once destroyed, \*  
what can the just one do?”

The LORD is in his holy temple; \*  
the throne of the LORD is in heaven.  
His eyes behold the world; \*  
his gaze probes the human race.

The LORD inspects the just and the wicked; \*  
the lover of violence he hates.  
He sends fire and brimstone on the wicked, \*  
a scorching wind to fill their cup.

For the LORD is just and loves deeds of justice; \*  
the upright shall behold his face.

**Antiphon:** Take courage, I have conquered the world, alleluia.

**Antiphon 2:** He shall dwell in your tent, he shall abide on your holy mountain, alleluia.

**Psalm 15 (14)**

**Who is worthy in the presence of the Lord?**

*You have approached Mount Zion and the city of the living God (Heb 12:22).*

LORD, who may abide in your tent, \*  
and dwell on your holy mountain?

Whoever walks without fault; †  
who does what is upright, \*  
and speaks the truth from his heart.

Whoever does not slander with his tongue; †  
who does no wrong to a neighbour, \*  
who casts no slur on a friend,  
who looks with scorn on the wicked, \*  
but honours those who fear the LORD.

Who keeps an oath, whatever the cost, \*  
who lends no money at interest,  
and accepts no bribes against the innocent. \*  
Such a one shall never be shaken.

**Antiphon:** He shall dwell in your tent, he shall abide on your holy mountain, alleluia.

**Antiphon 3:** When I am lifted up from the earth, I will draw all things to myself, alleluia.

**Canticle Eph 1:3-10**

**God, the Savior**

Blessed be the God and Father of our Lord Jesus Christ, †  
who has blessed us in Christ \*  
with every spiritual blessing in the heavens;

just as he has chosen us in him †  
before the foundation of the world \*  
to be holy and blameless before him in love.

He destined us for adoption †  
 to himself through Jesus Christ, \*  
 in accord with the good pleasure of his will,  
 to the praise of his glorious grace, \*  
 with which he favoured us in the Beloved.

In him we have redemption through his blood, \*  
 the forgiveness of transgressions,  
 in accord with the riches of his grace \*  
 lavished on us in all wisdom and insight.

He has made known to us the mystery of his will \*  
 in accord with his good pleasure,  
 which he set forth in Christ as a plan, \*  
 a plan for the fullness of times,  
 to recapitulate all things in him, \*  
 things in heaven, and things on earth.

**Antiphon:** When I am lifted up from the earth, I will draw all things to myself, alleluia.

#### SHORT READING

Hb 8:1b-3a

We have such a high priest, one who is seated at the right hand of the throne of the Majesty in heaven, a minister in the holy places, in the true tent that the Lord set up, not man. For every high priest is appointed to offer gifts and sacrifices; thus it is necessary for this priest also to have something to offer.

#### SHORT RESPONSORY

℞. The disciples rejoiced, \* alleluia, alleluia. The disciples.

℣. When they saw the Lord, \* alleluia, alleluia. Glory be to the Father. The disciples.

## GOSPEL CANTICLE

Lk 1:46-55

**Magnificat antiphon:** The Holy Spirit, the Paraclete, whom the Father will send in my name, will teach you all things and remind you of all that I have said to you, alleluia.

**The soul rejoices in the Lord**

My soul proclaims the greatness of the Lord, \*  
 and my spirit rejoices in God my Saviour,  
 for he has looked upon his handmaid in her lowliness; †  
 for behold, from this day forward, \*  
 all generations will call me blessed.

For the Almighty has done great things for me, \*  
 and holy is his name.  
 His mercy is from age to age \*  
 for those who fear him.

He has made known the strength of his arm, \*  
 and has scattered the proud in their conceit of heart.  
 He has cast down the mighty from their thrones \*  
 and has exalted those who are lowly.  
 He has filled the hungry with good things, \*  
 and has sent the rich away empty.

He has helped his servant Israel, \*  
 mindful of his mercy,  
 even as he promised to our fathers, \*  
 to Abraham and his descendants forever.

**Antiphon:** The Holy Spirit, the Paraclete, whom the Father will send in my name, will teach you all things and remind you of all that I have said to you, alleluia.

INTERCESSIONS

With a joyful heart let us invoke Christ, whose humanity the Holy Spirit brought to life and made life-giving:

*Renew and give life to all things, Lord.*

Christ, Savior of the world, King of the new creation, graciously turn our hearts and minds to your kingdom,

— where you are seated at the right hand of the Father.

Lord, you are always living in your Church;

— guide her into all truth through the Holy Spirit.

Show yourself merciful to those who are burdened, to the sick, and to the dying,

— that all may be comforted and strengthened by your loving care.

Christ, unfailing Light, as day now draws to a close, we offer our homage to you

— and we ask you to shed the light of your Resurrection upon our deceased brothers and sisters.

Our Father.

Prayer

Almighty ever-living God,  
constantly accomplish the Paschal Mystery within us,  
that those you were pleased to make new in Holy Baptism  
may, under your protective care, bear much fruit  
and come to the joys of life eternal.

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

## Compline

Ÿ. O God, come to my assistance.

Ŕ. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

It is praiseworthy that, after this, a brief examination of conscience occur. In a communal celebration a Penitential Act according to the formulas used at Mass may be inserted here

### HYMN

#### Christ Our Creator, Who Restore All Ages (11 11 11 5)

Christ our Creator, who restore all ages,  
Judge awe-inspiring, King of kings eternal,  
hear our petitions and receive our praises  
in your compassion.

Through the night watches, grant that we may please you  
with prayers and anthems, Source of light eternal;  
hearten and guide us, grant us true devotion  
and lasting concord.

Send days of blessing, born of righteous virtue,  
that all our actions may reflect your glory;  
grant us your wisdom, life that knows no dying,  
now and for ever.

Lovingly kindle, stir the depths within us,  
make our hearts watchful, filled with fire from heaven,  
that we may ever hold with hands uplifted  
lamps burning brightly.

Let equal praises honour God the Father  
and you our Saviour, loving King eternal;  
through all creation let the Spirit's glory  
echo for ever. Amen.

Text: *O sator rerum, reparator ævi*, ca. 10th c.

PSALMODY

**Antiphon:** Alleluia, alleluia, alleluia.

Psalm 86 (85)

Prayer of the poor in distress

*Blessed be God, who consoles us in all our trials (2 Cor 1:3, 4).*

Turn your ear, O LORD, and answer me, \*  
for I am poor and needy.

Preserve my soul, for I am faithful; \*  
save the servant who trusts in you, my God.

Have mercy on me, O Lord, \*  
for I cry to you all the day long.

Gladden the soul of your servant, \*  
for I lift up my soul to you, O Lord.

O Lord, you are good and forgiving, \*  
full of mercy to all who call to you.

Give ear, O LORD, to my prayer, \*  
and attend to my voice in supplication.

In the day of distress, I will call to you, \*  
and surely you will answer me.

Among the gods there is none like you, O Lord, \*  
nor works to compare with yours.

All the nations you have made shall come; †  
they will bow down before you, O Lord, \*  
and glorify your name,

for you are great and do marvellous deeds, \*  
you who alone are God.

Teach me, O LORD, your way, †  
so that I may walk in your truth, \*  
single-hearted to fear your name.

I will praise you, Lord my God, with all my heart, \*  
and glorify your name forever.

Your mercy to me has been great; \*  
you have saved me from the depths of Sheol.

The proud have risen against me, O God; †  
a band of the ruthless seeks my life. \*  
To you they pay no heed.

But you, O God, are compassionate and gracious, \*  
slow to anger, O Lord,  
abundant in mercy and fidelity; \*  
turn and take pity on me.

O give your strength to your servant, \*  
and save the son of your handmaid.  
Show me the sign of your favour, †  
that my foes may see to their shame, \*  
that you, O LORD, give me comfort and help.

**Antiphon:** Alleluia, alleluia, alleluia.

### SHORT READING

1 Thes 5:9-10

God has not destined us for wrath, but to obtain salvation through our Lord Jesus Christ, who died for us so that whether we are awake or asleep we might live with him.

### SHORT RESPONSORY

**℞.** Into your hands, O Lord, I commend my spirit. \* Alleluia, alleluia. Into your hands.

**℣.** You have redeemed us, Lord God of truth. \* Alleluia, alleluia. Glory be to the Father. Into your hands.

GOSPEL CANTICLE

Lk 2:29-32

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace, alleluia.

**Christ is the light of the nations and the glory of Israel**

Now you dismiss your servant in peace, \*  
according to your word, O Master  
for my eyes have seen your salvation, \*  
which you prepared in the sight of all the peoples:  
a light for revelation to the nations, \*  
and the glory of your people Israel.

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace, alleluia.

**Prayer**

Grant refreshing sleep to our bodies, Lord,  
and make the seeds we have sown by our labours today  
grow into an everlasting harvest.  
Through Christ our Lord.

**Then, the Blessing is said, even in individual recitation:**

May the almighty Lord grant us a quiet night and a perfect end. **R.** Amen.

**FINAL ANTIPHON TO THE BLESSED VIRGIN MARY**

Queen of heaven, rejoice, alleluia.  
The Son whom you merited to bear, alleluia.  
Has risen as he said, alleluia.  
Pray to God for us, alleluia.

## TUESDAY OF THE FIFTH WEEK OF EASTER

### Office of Readings

#### Invitatory

**V.** O Lord, open my lips.

**R.** And my mouth shall proclaim your praise.

**Ant.:** The Lord is truly risen, alleluia.

#### Psalm 100 (99)

#### The joy of those entering the Temple

*The Lord bids the redeemed to sing a song of victory* (St. Athanasius).

*(The antiphon is recited and then repeated)*

Cry out with joy to the LORD, all the earth. †

Serve the LORD with gladness. \*

Come before him, singing for joy.

*(The antiphon is repeated)*

Know that he, the LORD, is God. †

He made us; we belong to him. \*

We are his people, the sheep of his flock.

*(The antiphon is repeated)*

Enter his gates with thanksgiving †

and his courts with songs of praise. \*

Give thanks to him, and bless his name.

*(The antiphon is repeated)*

Indeed, how good is the LORD, †

eternal his merciful love. \*

He is faithful from age to age.

*(The antiphon is repeated)*

HYMN

**O Christ, You Share the Father's Light (8 8 8 8 LM)**

1. O Christ, you share the Father's light,  
yourself, the Light from Light, our day;  
we interrupt the night with song:  
come help us, Lord, and hear our prayer.
2. Remove the darkness from our minds,  
and hordes of demons put to flight;  
drive far from us all drowsy sleep,  
lest sluggish hearts be overcome.
3. And so, O Christ, be merciful  
to us and all believing hearts,  
that what we ask in psalm and hymn  
may profit us, who sing your praise.
- D. O Christ, to you, most loving King,  
and to the Father glory be,  
one with the Spirit Paraclete,  
from age to age for evermore. Amen.

Text: *Consors paterni luminis*, 6-7th c.

## PSALMODY

**Antiphon 1:** The Lord will judge the poor with justice, alleluia.

**Psalm 10 (9B)**

**Thanksgiving**

*Blessed are you who are poor, for yours is the Kingdom of God (Lk 6:20).*

## I

Why, O LORD, do you stand afar off, \*  
and hide yourself in times of distress?  
The poor are devoured by the pride of the wicked; \*  
they are caught in the schemes that others have made.

For the wicked boasts of his soul's desires; \*  
the covetous blasphemes and spurns the LORD.  
In his pride, the wicked does not seek him; \*  
all his thoughts are, "There is no God."

His path is ever untroubled; †  
your judgments are on high, far removed. \*  
All those who oppose him, he derides.  
In his heart he thinks, "Never shall I falter; \*  
never shall misfortune be my lot."

His mouth is full of cursing, guile, oppression; \*  
under his tongue are deceit and evil.  
He sits in ambush in the villages; \*  
in hidden places, he murders the innocent.

The eyes of the wicked keep watch for the helpless. \*  
He lurks in hiding like a lion in his lair;  
he lurks in hiding to seize the poor; \*  
he seizes the poor one and draws him to his snare.

He crouches, preparing to spring, \*  
and the helpless fall prey to his strength.  
He says in his heart, "God forgets, \*  
he hides his face, never will he see."

**Antiphon:** The Lord will judge the poor with justice, alleluia.

**Antiphon 2:** You know, O Lord, our hardship and sorrow, alleluia.

II

Arise, O LORD; lift up your hand, O God! \*

Do not forget the poor!

Why should the wicked man spurn God, \*

saying in his heart, “You will not call to account”?

But you have seen the trouble and sorrow. \*

You note it; you take it in your hands.

The helpless one relies on you, \*

for you are the helper of the orphan.

Break the arm of the wicked and the sinner! \*

Pursue their wickedness till nothing remains!

The LORD is king forever and ever. \*

The nations shall perish from his land.

O LORD, you have heard the desire of the poor. \*

You strengthen their hearts; you turn your ear

to give right judgment for the orphan and oppressed, \*

so that no one on earth may strike terror again.

**Antiphon:** You know, O Lord, our hardship and sorrow, alleluia.

**Antiphon 3:** The words of the Lord are pure, silver refined by fire, alleluia.

Psalm 12 (11)

**A cry for help against oppressors**

*The Father deigned to send his Son for us, who are poor (St. Augustine).*

Save me, O LORD, for the holy ones are no more; \*

the faithful have vanished from the human race.

They babble vanities, one to another, \*

with cunning lips, with divided heart.

May the LORD destroy all cunning lips, \*

the tongue that utters boastful words,

those who say, “We prevail with our tongue; \*  
our lips are our own, who is our master?”

“For the poor who are oppressed and the needy who groan, †  
now will I arise,” says the LORD; \*

“I will grant them the salvation for which they long.”  
The words of the LORD are words without alloy, \*  
silver from the furnace, seven times refined.

It is you, O LORD, who will keep us safe, \*  
and protect us forever from this generation.  
The wicked prowls on every side, \*  
while baseness is exalted by the human race.

**Antiphon:** The words of the Lord are pure, silver refined by fire,  
alleluia.

**V.** Christ, rising from the dead, will die no more, alleluia.

**R.** Death no longer has dominion over him, alleluia.

### FIRST READING

From the Book of Revelation

20:1-15

#### The final struggle with Satan, the dragon

I, John, saw an angel coming down from heaven, holding in his hand the key to the bottomless pit and a great chain. And he seized the dragon, that ancient serpent, who is the devil and Satan, and bound him for a thousand years, and threw him into the pit, and shut it and sealed it over him, so that he might not deceive the nations any longer, until the thousand years were ended. After that he must be released for a little while.

Then I saw thrones, and seated on them were those to whom the authority to judge was committed. Also I saw the souls of those who had been beheaded for the testimony of Jesus and for the word of God, and those who had not worshiped the beast or its image and had not received its mark on their foreheads or their hands. They came to life and reigned with Christ for a thousand years. The rest of the dead did not come to life until the thousand years were ended. This is the first resurrection. Blessed and holy is the one who shares in the first resurrection! Over such the second death has no

power, but they will be priests of God and of Christ, and they will reign with him for a thousand years.

And when the thousand years are ended, Satan will be released from his prison and will come out to deceive the nations that are at the four corners of the earth, Gog and Magog, to gather them for battle; their number is like the sand of the sea. And they marched up over the broad plain of the earth and surrounded the camp of the saints and the beloved city, but fire came down from heaven and consumed them, and the devil who had deceived them was thrown into the lake of fire and sulphur where the beast and the false prophet were, and they will be tormented day and night forever and ever.

Then I saw a great white throne and him who was seated on it. From his presence earth and sky fled away, and no place was found for them. And I saw the dead, great and small, standing before the throne, and books were opened. Then another book was opened, which is the book of life. And the dead were judged by what was written in the books, according to what they had done. And the sea gave up the dead who were in it, Death and Hades gave up the dead who were in them, and they were judged, each one of them, according to what they had done. Then Death and Hades were thrown into the lake of fire. This is the second death, the lake of fire. And if anyone's name was not found written in the book of life, he was thrown into the lake of fire.

#### RESPONSORY

Rv 19:13, 15c, 16

**R̄.** Christ must reign until he puts all enemies under his feet. \* And the last enemy to be destroyed is death, alleluia.

**V̄.** Then death and hell will give up their dead, and hell and death will be cast into the lake of fire. \* And the last.

#### SECOND READING

From the *Commentary on the Gospel of John* by Saint Cyril of Alexandria, Bishop

(Lib. 10, 2: PG 74, 331-334)

*I am the vine, you are the branches*

The Lord calls himself the vine, because he wishes to show us that we ought to remain constantly in our love for him, and also how much we shall benefit

from the fact that we have been united with him; and he compares to the branches those who have been made one with him, and as it were ingrafted and implanted in him, and who have now been made sharers in his own nature, that is, by partaking in the Holy Spirit: for it is the Holy Spirit of Christ that unites us to him.

For on the part of those who come to the vine, their union with him depends upon a deliberate resolution of the will; but his union with us is a matter of his customary love for us. Because we had this good resolution, we made the act of faith that brought us to Christ, and received from him the dignity of adoptive sonship that made us his own kinsmen, according to the words of Saint Paul: *He who is joined to the Lord is one spirit with him* (1 Cor 6:17).

Thus, it is just as in another passage Christ is named as the cornerstone and foundation, because it is upon him that we are being built, and have been called living and spiritual stones, to be a holy priesthood, for a dwelling place of God in the Spirit; and in no other way can we be built for this purpose, unless Christ has been our foundation. So too here, in the same sense, Christ says that he is the vine, since the vine is the parent of its branches, and provides their nourishment.

For from Christ and in Christ we have been reborn in the Spirit, in order to bear the fruit of life; not the fruit of our old and obsolete life, but of one consisting in newness of life and our love for him. We are preserved in our being, since we are as it were grafted into him, and we cling tenaciously to the holy commandment that he has given us; eager to safeguard the blessing of our nobility, that is to say, being careful not to grieve the Holy Spirit who dwells in us, and through whom God is understood to have his home in us.

For John himself in his wisdom shows us how we live in Christ and Christ lives in us, when he says: *By this we know that we abide in him and he in us, because he has given us of his Spirit* (1 Jn 4:13).

For just as the trunk of the vine imparts its own natural properties to each of its branches, so the Only Begotten Word of God implants in his holy people a certain kinship with God the Father and with his own nature, by bestowing the Spirit above all on those who have been united to him by their faith and holiness in all things. He helps them to grow in reverence for God, and instils in them the knowledge of all virtue and goodness.

**R̄.** Remain in me, as I remain in you. \* Just as a branch cannot bear fruit by itself unless it remains on the vine, neither can you unless you remain in me.

**V̄.** I appointed you to go and bear fruit, fruit that will last. \* Just as a branch.

### Prayer

O God, who restore us to eternal life  
in the Resurrection of Christ,  
grant your people constancy in faith and hope,  
that we may never doubt the promises  
of which we have learned from you.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.

## Lauds

Ÿ. O God, come to my assistance.

Ŕ. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

## HYMN

### Now Dawn Proclaims the Sun's Approach (8 8 8 8 LM)

1. Now dawn proclaims the sun's approach  
with rays so welcome to the earth;  
with colour she adorns the world  
and clothes all things in fairest hue.
  2. O Christ, the everlasting Sun,  
you shine on us with living light;  
we turn to you with hymns of praise  
and long to find our joy in you.
  3. You are the Wisdom from on high,  
the Father's Word through whom all things  
in wondrous order shine with light  
and so attract our minds and hearts.
  4. Then, grant us children of the light,  
to walk with zeal and eager step,  
that always by our lives and acts  
we show the Father's light and grace.
  5. Lord, grant that we may always speak  
sincerely, with no trace of guile,  
and that the sweetest joys of truth  
may stir and raise our mind and heart.
- D. O Christ, to you, most loving King,  
and to the Father glory be,  
one with the Spirit Paraclete,  
from age to age for evermore. Amen.

Text: *Pergrata mundo nuntiat*, Anselmo Lentini, O.S.B., d. 1989.

## PSALMODY

**Antiphon 1:** The one who descended is also the one who ascended above all the heavens, alleluia.

## Psalm 24 (23)

## The entry of the Lord into his temple

*The gates of heaven were opened to Christ, because he took flesh upon himself (St. Irenaeus).*

The LORD's is the earth and its fullness, \*  
the world, and those who dwell in it.  
It is he who set it on the seas; \*  
on the rivers he made it firm.

Who shall climb the mountain of the LORD? \*  
Who shall stand in his holy place?  
The clean of hands and pure of heart, †  
whose soul is not set on vain things, \*  
who has not sworn deceitful words.

Blessings from the LORD shall he receive, \*  
and right reward from the God who saves him.  
Such are the people who seek him, \*  
who seek the face of the God of Jacob.

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

Who is this king of glory? †  
The LORD, the mighty, the valiant; \*  
the LORD, the valiant in war.

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

Who is this king of glory? †  
He, the LORD of hosts, \*  
he is the king of glory.

**Antiphon:** The one who descended is also the one who ascended above all the heavens, alleluia.

**Antiphon 2:** Observe the days of rejoicing and give thanks to the Lord, alleluia.

### Canticle Tb 13:1b-8

#### God, chastening and saving

*Blessed be the God and Father of our Lord Jesus Christ, who in his great mercy has given us new birth (1 Pt 1:3).*

Blessed be God, who lives forever, †  
and blessed be his kingdom, \*  
for he punishes but also shows mercy.

He leads down to the depths of Hades, †  
and brings up from ruin by his majesty; \*  
and no one can escape his hand.

Children of Israel, confess him before the nations, †  
for he has scattered you among them, \*  
and even there has shown you his greatness.

Extol him, then, before every living being, †  
for he is our Lord and our Father, \*  
he is our God forever.

He will punish you for your iniquities, \*  
but on all of you he will have mercy,  
he will gather you from all the nations \*  
wherever you have been scattered.

When you turn back to him †  
with all your heart and all your soul \*  
to do what is true before him,  
then he will turn back to you \*  
and no longer hide his face from you.

Now, then, see what he has done for you, \*  
and with full voice, give him your thanks.  
Bless the Lord of righteousness, \*  
and exalt the King of the ages.

In the land of my exile I give him thanks, \*  
 and show his power and grandeur to a nation of sinners.  
 Turn back, you sinners, and do what is right before him. \*  
 Who knows, he may favour you and show you mercy?

To the King of heaven I speak joyfully, \*  
 my soul rejoices all the days of my life.  
 Bless the Lord, all you chosen ones; †  
 and all, give praise to his grandeur. \*  
 Take up days of rejoicing and confess him.

**Antiphon:** Observe the days of rejoicing and give thanks to the Lord,  
 alleluia.

**Antiphon 3:** The merciful love of the Lord fills the earth, alleluia.

Psalm 33 (32)

Praise of the Lord's providence

*All things were made through him (Jn 1:3).*

Ring out your joy to the LORD, O you just; \*  
 for praise is fitting from the upright.  
 Give thanks to the LORD upon the harp; \*  
 with a ten-stringed lute sing him songs.  
 O sing him a song that is new; \*  
 play skillfully, with shouts of joy.

For the word of the LORD is upright, \*  
 and all his works to be trusted.  
 The LORD loves justice and right, \*  
 and his merciful love fills the earth.

By the word of the LORD the heavens were made, \*  
 by the breath of his mouth all their host.  
 As in a flask, he collects the waves of the ocean; \*  
 he stores up the depths of the sea.

Let all the earth fear the LORD, \*  
 all who live in the world revere him.  
 He spoke, and it came to be. \*  
 He commanded; it stood in place.

The LORD frustrates the designs of the nations; \*  
he defeats the plans of the peoples.

The designs of the LORD stand forever, \*  
the plans of his heart from age to age.

Blessed the nation whose God is the LORD, \*  
the people he has chosen as his heritage.

From the heavens the LORD looks forth; \*  
he sees the whole human race.

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

A king is not saved by his great army, \*  
nor a warrior preserved by his great strength.

A vain hope for safety is the horse; \*  
despite its power it cannot save.

Yes, the LORD's eyes are on those who fear him, \*  
who hope in his merciful love,  
to rescue their soul from death, \*  
to keep them alive in famine.

Our soul is waiting for the LORD. \*  
He is our help and our shield.

In him do our hearts find joy. \*  
We trust in his holy name.

May your merciful love be upon us, \*  
as we hope in you, O LORD.

**Antiphon** : The merciful love of the Lord fills the earth, alleluia.

## SHORT READING

Acts 13:30-33

God raised Jesus from the dead, and for many days he appeared to those who had come up with him from Galilee to Jerusalem, who are now his witnesses to the people. And we bring you the good news that what God promised to the fathers, this he has fulfilled to us their children by raising Jesus, as also it is written in the second Psalm,

“You are my Son,  
today I have begotten you.”

## SHORT RESPONSORY

**R̄.** The Lord has risen from the tomb, \* alleluia, alleluia. The Lord.

**V̄.** For our sake he hung upon the Cross, \* alleluia, alleluia. Glory be to the Father. The Lord.

## GOSPEL CANTICLE

Lk 1:68-79

**Benedictus antiphon:** Peace I leave with you, alleluia; my peace I give to you, alleluia.

## The Messiah and his forerunner

Blessed be the Lord God of Israel: \*  
for he has visited his people and redeemed them;  
he has raised up for us a horn of salvation \*  
in the House of David his servant,  
as he spoke through the mouth of his holy ones, \*  
his prophets from ages past:  
to grant salvation from our foes, \*  
and from the hand of all who hate us,  
showing mercy to our fathers, †  
remembering his holy covenant, \*  
the oath he swore to Abraham our father;  
to grant that, freed from the hand of our foes, \*  
we may serve him without fear  
in holiness and righteousness \*  
all the days of our life.

And you, little child, will be called \*  
 the Prophet of the Most High,  
 for you will go before the Lord \*  
 to make ready his ways:  
 to grant knowledge of salvation to his people \*  
 by the forgiveness of their sins;

through the tender mercy of our God, \*  
 the Dawn from on high will visit us,  
 to shine on those who sit in darkness, †  
 and those in the shadow of death; \*  
 to guide our feet into the way of peace.

Glory be to the Father, and to the Son, \*  
 and to the Holy Spirit,  
 as it was in the beginning, is now, and ever shall be, \*  
 world without end. Amen.

**Antiphon:** Peace I leave with you, alleluia; my peace I give to you, alleluia.

### INTERCESSIONS

Let us exult in Christ, who by his own power raised up the temple of his body when it was destroyed, and let us beseech him:

*Grant us the fruits of your Resurrection, Lord.*

Christ our Savior, at your Resurrection you saved the whole world and proclaimed joy to the women and the Apostles;

— make us your witnesses.

You promised the resurrection to all, so that we might rise to new life;

— make us heralds of your Gospel.

You appeared to the Apostles at different times and you breathed the Holy Spirit on them;

— renew the Creator Spirit within us.

You promised your disciples that you would remain with them until the end of the age;

— remain with us today, and abide with us always.

Our Father.

Prayer

O God, who restore us to eternal life  
in the Resurrection of Christ,  
grant your people constancy in faith and hope,  
that we may never doubt the promises  
of which we have learned from you.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.

## Daytime Hour

Ÿ. O God, come to my assistance.

Ṛ. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

## HYMN

### O God, Most Holy Trinity (8 8 8 8 LM)

1. O God, most holy Trinity,  
who order all that you have made,  
assigning daylight hours to work,  
appointing night for quiet rest,
  2. We sing to you at dawn and dusk,  
by night, by day we praise your name;  
preserve us in your glory, Lord,  
through every season, every hour.
  3. Behold your servants bowing low,  
who come to worship and adore;  
unite our thanks and humble prayers  
to hymns of praise from heaven's choirs.
- D. Most loving Father, hear our prayer,  
and you, O Christ co-equal Son,  
who with the Spirit Paraclete  
now reign for all eternity. Amen.

Text: *O sacrosancta Trinitas*, 10-11th c.

PSALMODY

**Antiphon:** Alleluia, alleluia, alleluia.

Psalm 119 (118):1-8

I (Aleph)

**Meditation on the word of the Lord in the Law**

*This is love of God, that we keep his commandments (1 Jn 5:3).*

Blessed are those whose way is blameless, \*  
who walk in the law of the LORD!

Blessed are those who keep his decrees! \*  
With all their hearts they seek him.

They never do anything evil, \*  
but walk in his ways.

You have laid down your precepts \*  
to be carefully kept.

May my ways be firm \*  
in keeping your statutes.

Then I shall not be put to shame \*  
as I fix my eyes on all your commands.

I will thank you with an upright heart, \*  
as I learn your right judgments.

I will keep your statutes; \*  
do not ever forsake me.

Psalm 13 (12)

**The lamentation of the just one who trusts in the Lord**

*May the God of hope fill you with all joy (Rom 15:13).*

How long, O LORD? Will you forget me forever? \*  
How long will you hide your face from me?

How long must I bear grief in my soul, †  
have sorrow in my heart all day long? \*

How long shall my enemy prevail over me?

Look, and answer me, O LORD my God! \*  
 Give light to my eyes lest I fall asleep in death;  
 lest my enemy say, "I have prevailed over him"; \*  
 lest my foes rejoice when they see me fall.

As for me, I trust in your merciful love. †  
 Let my heart rejoice in your salvation. \*  
 will sing to the LORD who has been bountiful with me.

### Psalm 14 (13)

#### The foolishness of the ungodly

*Where sin abounded, grace abounded all the more (Rom 5:20).*

The fool has said in his heart, \*  
 "There is no God."  
 Their deeds are corrupt, depraved; \*  
 no one does any good.

The LORD looks down from heaven \*  
 on the human race,  
 to see if any are wise, \*  
 if any seek God.

All have gone astray, \*  
 depraved, every one;  
 there is no one who does any good; \*  
 no, not even one.

Do none of the evildoers understand? †  
 They eat up my people as if eating bread; \*  
 they never call out to the LORD.

There they shall tremble with fear, \*  
 for God is with the generation of the just.  
 You may mock the plans of the poor, \*  
 but his refuge is the LORD.

Who will bring Israel salvation from Zion? †  
 When the LORD brings about the return of his people, \*  
 then Jacob will be glad and Israel rejoice.

**Antiphon:** Alleluia, alleluia, alleluia.

**Terce****SHORT READING**

Acts 4:11-12

Jesus is the stone that was rejected by you, the builders, which has become the cornerstone. And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved.

**R.** The Lord has truly risen, alleluia.

**V.** And has appeared to Simon, alleluia.

**Sext****SHORT READING**

Cf. 1 Pt 3:21-22a

Baptism now saves you, not as a removal of dirt from the body but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God.

**R.** The disciples rejoiced, alleluia.

**V.** When they saw the Lord, alleluia.

**None****SHORT READING**

Col 3:1-2

If you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.

**R.** Stay with us, Lord, alleluia.

**V.** For evening draws near, alleluia.

**Prayer**

O God, who restore us to eternal life  
in the Resurrection of Christ,  
grant your people constancy in faith and hope,  
that we may never doubt the promises  
of which we have learned from you.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.

## Vespers

Ÿ. O God, come to my assistance.

Ŕ. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

### HYMN

#### O Wondrous Maker of the Sky (8 8 8 8 LM)

1. O mighty Author of the world,  
you thrust chaotic waters back  
and drew the dry land from the deep  
to set the earth unmoved and still,
  2. That burgeoning in fitting growth,  
adorned with radiant bloom and flower,  
she might be fertile, bearing fruit  
and yielding welcome, pleasing food.
  3. Now cleanse with fresh and verdant grace  
the wounded soul that sin has parched,  
that she, by tears, may purge her guilt  
and wear away corrupt desire.
  4. Then let her yield to your commands,  
and keep her safe from evil ways;  
may she delight in all good things  
and know no deed that leads to death.
- D. Most loving Father, hear our prayer,  
and you, O Christ co-equal Son,  
who with the Spirit Paraclete  
now reign for all eternity. Amen.

Text: *Telluris ingens conditor*, attributed to St. Gregory the Great, d. 604.

### PSALMODY

**Antiphon 1:** Now the kingdom of our God has come, and the authority of his Christ, alleluia.

Psalm 20 (19)

Prayer for the victory of the king

*Whoever calls on the name of the Lord shall be saved (Acts 2:21).*

May the LORD answer you in time of trial; \*  
 may the name of Jacob's God protect you.  
 May he send you help from the holy place, \*  
 and give you support from Zion.

May he remember all your offerings, \*  
 and receive your sacrifice with favour  
 May he give you your heart's desire, \*  
 and fulfil every one of your plans.

May we ring out our joy at your victory, †  
 and raise banners in the name of our God. \*  
 May the LORD grant all your prayers.

Now I know the LORD saves his anointed, †  
 and answers from his holy heaven \*  
 with his right hand of saving strength.

Some put their trust in chariots or horses, \*  
 but we in the name of the LORD, our God.  
 They will collapse and fall, \*  
 but we shall rise up and hold firm.

Grant salvation to the king, O LORD, \*  
 give answer on the day we call.

**Antiphon:** Now the kingdom of our God has come, and the authority of his Christ, alleluia.

**Antiphon 2:** You have assumed your power and begun to reign, alleluia.

Psalm 21 (20):2-8, 14

Thanksgiving for the victory of the king

*He accepted life that he might rise and live for ever (St. Irenaeus).*

In your strength, O LORD, the king rejoices; \*  
 how greatly your salvation makes him glad!  
 You have granted him his heart's desire; \*  
 you have not withheld the prayer of his lips.

You came to meet him with blessings of prosperity; \*  
 you have set on his head a crown of pure gold.  
 He asked you for life and this you have given: \*  
 days that will last from age to age.

By your saving help great is his glory; \*  
 you have bestowed upon him majesty and splendour;  
 you have granted him blessings forever, \*  
 made him rejoice with the joy of your presence.

The king has placed his trust in the LORD. \*  
 Through the mercy of the Most High, he is unshaken.  
 O LORD, arise in your strength; \*  
 we shall sing and praise your power.

**Antiphon:** You have assumed your power and begun to reign, alleluia.

**Antiphon 3:** Let your every creature serve you, for you spoke and they were made, alleluia.

### Canticle Rv 4:11; 5:9b-10, 12b

#### Hymn of the redeemed

Worthy are you, O Lord, our God \*  
 to receive glory and honour and power,  
 for you have created all things \*  
 and by your will they came to be and were created.

Worthy are you, O Lord, to receive the scroll \*  
 and to break open its seals,  
 for you were slain \*  
 and with your blood you have ransomed for God  
 those from every tribe and tongue, \*  
 and every people and nation:

and made them a kingdom and priests for our God, \*  
 and they shall reign on the earth.

Worthy is the Lamb that was slain †  
 to receive power and riches and wisdom, \*  
 strength and honour, and glory and blessing.

**Antiphon:** Let your every creature serve you, for you spoke and they were made, alleluia.

**SHORT READING**

1 Pt 2:4-5

As you come to him, a living stone rejected by men but in the sight of God chosen and precious, you yourselves like living stones are being built up as a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ.

**SHORT RESPONSORY**

**R̄.** The disciples rejoiced, \* alleluia, alleluia. The disciples.

**V̄.** When they saw the Lord, \* alleluia, alleluia. Glory be to the Father. The disciples.

**GOSPEL CANTICLE**

Lk 1:46-55

**Magnificat antiphon:** If you loved me, you would indeed be glad that I am going to the Father, alleluia.

**The soul rejoices in the Lord**

My soul proclaims the greatness of the Lord, \*  
 and my spirit rejoices in God my Saviour,  
 for he has looked upon his handmaid in her lowliness; †  
 for behold, from this day forward, \*  
 all generations will call me blessed.

For the Almighty has done great things for me, \*  
 and holy is his name.

His mercy is from age to age \*  
 for those who fear him.

He has made known the strength of his arm, \*  
 and has scattered the proud in their conceit of heart.

He has cast down the mighty from their thrones \*  
 and has exalted those who are lowly.

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

He has helped his servant Israel, \*  
 mindful of his mercy,  
 even as he promised to our fathers, \*  
 to Abraham and his descendants forever.

**Antiphon:** If you loved me, you would indeed be glad that I am going to the Father, alleluia.

### INTERCESSIONS

Let us cry out with joy to Christ, who saw the light of new glory while held in the heart of the earth:

*King of glory, hear us.*

For Bishops, Priests and Deacons, that they may exercise their ministry with zeal

— and present to you a people equipped for every good work, we ask you, O Lord.

For teachers, who strive to serve your Church,

— that they may seek your truth with a pure heart, we ask you, O Lord.

For the faithful of the Church, that they may fight the good fight of faith

— and, finishing the race, receive the rewards of your kingdom, we ask you, O Lord.

You cancelled the sentence of our damnation by nailing it to the Cross;

— break our chains and deliver us from darkness.

By your descent into hell, you threw open its gates;

— welcome our deceased brothers and sisters into your kingdom.

Our Father.

### Prayer

O God, who restore us to eternal life in the Resurrection of Christ,

grant your people constancy in faith and hope,

that we may never doubt the promises of which we have learned from you.

Through our Lord Jesus Christ, your Son,

who lives and reigns with you in the unity of the Holy Spirit,

God, for ever and ever.

**Compline**

**Ÿ.** O God, come to my assistance.

**Ṛ.** O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

It is praiseworthy that, after this, a brief examination of conscience occur. In a communal celebration a Penitential Act according to the formulas used at Mass may be inserted here

**HYMN****Jesus, Redeemer of the World (8 8 8 8 LM)**

Jesus, Redeemer of the world,  
Word from the Father, God most high,  
true Light sent forth from unseen Light,  
and watchful guardian of your own:

O Maker of the universe,  
you order all our days and hours;  
restore our bodies, worn by toil,  
with peace and silence through the night.

Destroyer of the pit of hell,  
release us from our wicked foe,  
that he may have no strength to lure  
the souls you ransomed by your blood.

As we remain for this brief time,  
our weary bodies seeking rest,  
Lord, may our flesh so sleep in peace,  
that lethargy not dull our minds.

To you, Lord Jesus, glory be,  
who shine in victory over death,  
with God the Father, ever blest,  
and loving Spirit, ever one. Amen.

Text: *Iesu, redemptor sæculi*, Author: ca. 10th c.

## PSALMODY

**Antiphon:** Alleluia, alleluia, alleluia.

Psalm 143 (142):1-11

Prayer in distress

*A person is not justified by works of the law but by faith in Jesus Christ*  
(Gal 2:16).

Listen, O LORD, to my prayer; †  
turn your ear to my appeal. \*

You are faithful, you are just; give answer.  
Do not call your servant to judgment, \*  
for no one is righteous in your sight.

The foe has pursued my soul; \*  
he has crushed my life to the ground.  
He has made me dwell in darkness, \*  
like those long dead.

Therefore my spirit fails; \*  
my heart is desolate within me.

I remember the days that are past; \*  
I ponder all your works.

I muse on what your hand has wrought, †  
and to you I stretch out my hands. \*  
My soul is like a parched land before you.

O LORD, make haste and answer me, \*  
for my spirit fails within me.

Do not hide your face from me, \*  
lest I become like those going down to the pit.

In the morning, let me hear your loving mercy, \*  
for in you I place my trust.

Make me know the way I should walk; \*  
to you I lift up my soul.

Rescue me, O LORD, from my foes; \*  
to you have I fled for refuge.

Teach me to do your will, \*  
for you are my God.

Let your good spirit guide me \*  
upon ground that is level.

LORD, save my life for the sake of your name; \*  
in your justice, lead my soul out of distress.

**Antiphon:** Alleluia, alleluia, alleluia.

### SHORT READING

1 Pt 5:8-9a

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

### SHORT RESPONSORY

**R̄.** Into your hands, O Lord, I commend my spirit. \* Alleluia, alleluia. Into your hands.

**V̄.** You have redeemed us, Lord God of truth. \* Alleluia, alleluia. Glory be to the Father. Into your hands.

### GOSPEL CANTICLE

Lk 2:29-32

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace, alleluia.

**Christ is the light of the nations and the glory of Israel**

Now you dismiss your servant in peace, \*  
according to your word, O Master

for my eyes have seen your salvation, \*  
which you prepared in the sight of all the peoples:

a light for revelation to the nations, \*  
and the glory of your people Israel.

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace, alleluia.

**Prayer**

Illumine this night in your kindness, we pray, O Lord,  
and make your servants so sleep in peace,  
that in your name we may wake with joy  
to the brightness of a new day.  
Through Christ our Lord.

**Then, the Blessing is said, even in individual recitation:**

May the almighty Lord grant us a quiet night and a perfect end. **R.** Amen.

**FINAL ANTIPHON TO THE BLESSED VIRGIN MARY**

Queen of heaven, rejoice, alleluia.  
The Son whom you merited to bear, alleluia.  
Has risen as he said, alleluia.  
Pray to God for us, alleluia.

## WEDNESDAY OF THE FIFTH WEEK OF EASTER

### Office of Readings

#### Invitatory

*V.* O Lord, open my lips.

*R.* And my mouth shall proclaim your praise.

*Ant.:* The Lord is truly risen, alleluia.

#### Psalm 24 (23)

#### The entry of the Lord into his temple

*The gates of heaven were opened to Christ, because he took flesh upon himself (St. Irenaeus).*

*(The antiphon is recited and then repeated)*

The LORD's is the earth and its fullness, \*  
the world, and those who dwell in it.

It is he who set it on the seas; \*  
on the rivers he made it firm.

*(The antiphon is repeated)*

Who shall climb the mountain of the LORD? \*  
Who shall stand in his holy place?

The clean of hands and pure of heart, †  
whose soul is not set on vain things, \*  
who has not sworn deceitful words.

*(The antiphon is repeated)*

Blessings from the LORD shall he receive, \*  
and right reward from the God who saves him.

Such are the people who seek him, \*  
who seek the face of the God of Jacob.

*(The antiphon is repeated)*

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

(The antiphon is repeated)

Who is this king of glory? †  
 The LORD, the mighty, the valiant; \*  
 the LORD, the valiant in war.

(The antiphon is repeated)

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

(The antiphon is repeated)

Who is this king of glory? †  
 He, the LORD of hosts, \*  
 he is the king of glory.

(The antiphon is repeated)

## HYMN

### **O Night and Darkness, Clouded Gloom (8 8 8 8 LM)**

1. O night and darkness, clouded gloom,  
 disturbed confusion of the world,  
 the dawn appears, the sky grows pale;  
 disperse and go, for Christ comes forth.
2. The veil of darkness, torn apart,  
 is pierced by sharpened rays of sun;  
 now colour is restored to earth  
 beneath the daystar's shining face.
3. Just so the darkness of our lives  
 and hearts aware of veiled deceit  
 shall pale before the reign of God,  
 laid bare, as clouds are rent by light.
4. In knowing you alone, O Christ,  
 with pure and honest mind and heart,  
 we learn to pray on bended knee,  
 to come to you with tears and praise.

5. Look deeply now into our hearts,  
 examine closely our whole life,  
 where much is tainted by deceit:  
 Lord, cleanse and purge it by your light.
- D. O Christ, to you, most loving King,  
 and to the Father glory be,  
 one with the Spirit Paraclete,  
 from age to age for evermore. Amen.

Text: *Nox et tenebrae et nubila*, Prudentius, d. ca. 405.

PSALMODY

**Antiphon 1:** I will love you, Lord, my strength, alleluia.

**Psalm 18 (17):2-30**

**Thanksgiving for salvation and victory**

*At that hour there was a great earthquake* (Rv 11:13).

I

I love you, LORD, my strength; \*  
 O LORD, my rock, my fortress, my savior;  
 my God, my rock where I take refuge; \*  
 my shield, my saving strength, my stronghold.  
 I cry out, "O praised be the LORD!" \*  
 and see, I am saved from my foes.

The waves of death rose about me; \*  
 the torrents of destruction assailed me;  
 the snares of Sheol surrounded me; \*  
 the traps of death confronted me.

In my anguish I called to the LORD; \*  
 I cried to my God for help.  
 From his temple he heard my voice; \*  
 my cry to him reached his ears.

**Antiphon:** I will love you, Lord, my strength, alleluia.

**Antiphon 2:** The Lord saved me because he wanted me for his own, alleluia.

## II

The earth then reeled and rocked; †  
the mountains were shaken to their base; \*  
they quaked at his terrible anger.

Smoke came forth from his nostrils, †  
and scorching fire from his mouth; \*  
from him were kindled live coals.

He bent the heavens and came down, \*  
a black cloud was under his feet.  
On a cherub, he rode and he flew; \*  
he soared on the wings of the wind.

He made the darkness his covering, \*  
the dark waters of the clouds, his tent.  
A brightness shone out before him, \*  
with hailstones and flashes of fire.

The LORD then thundered in the heavens; †  
the Most High let his voice be heard, \*  
with hail and coals of fire.  
He shot his arrows, scattered the foe, \*  
flashed his lightnings, and put them to flight.

The bed of the ocean was revealed; \*  
the foundations of the world were laid bare  
at your rebuke, O LORD, \*  
at the blast of the breath of your nostrils.

From on high he reached down and seized me; \*  
he drew me forth from the mighty waters.  
He saved me from my powerful foe, \*  
from my enemies, whose strength I could not match.

They assailed me in the day of my misfortune, \*  
but the LORD was my strong support.  
He brought me out to a place of freedom; \*  
he saved me because he loved me.

**Antiphon:** The Lord saved me because he wanted me for his own, alleluia.

**Antiphon 3:** O Lord, give light to my lamp; you will enlighten my darkness, alleluia.

III

The LORD rewarded me because I was righteous, \*  
repaid me, for my hands were clean,  
for I have kept the ways of the LORD, \*  
and have not fallen away from my God.

For his judgments are all before me: \*  
his commands I have not cast aside.  
I have been blameless before him; \*  
I have kept myself from guilt.

The LORD repaid me because I was righteous, \*  
and my hands were clean in his eyes.

With the faithful you show yourself faithful; \*  
with the blameless you show yourself blameless.

With the sincere you show yourself sincere, \*  
but the cunning you outdo in shrewdness;  
for you save a lowly people, \*  
but bring low the eyes that are proud.

It is you who give light to my lamp; \*  
the LORD my God lightens my darkness.

With you I can crush the foe, \*  
with my God I can scale a wall.

**Antiphon:** O Lord, give light to my lamp; you will enlighten my darkness, alleluia.

**V.** God raised Christ from the dead, alleluia.

**R.** That our faith and hope might be in God, alleluia.

## FIRST READING

From the Book of Revelation

21:1-8

## The new Jerusalem

I, John, saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."

And he who was seated on the throne said, "Behold, I am making all things new." Also he said, "Write this down, for these words are trustworthy and true." And he said to me, "It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give from the spring of the water of life without payment. The one who conquers will have this heritage, and I will be his God and he will be my son. But as for the cowardly, the faithless, the detestable, as for murderers, the sexually immoral, sorcerers, idolaters, and all liars, their portion will be in the lake that burns with fire and sulphur, which is the second death."

## RESPONSORY

Rv 21:3b, 4

**R.** Behold, God's dwelling is with the human race. He will dwell with them. \* And God will wipe away every tear from their eyes, alleluia.

**V.** Death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away. \* And God.

## SECOND READING

From the *Letter to Diognetus*

(Nn. 5-6: Funk 1, 317-321)

*Christians in the world*

Christians are indistinguishable from other people either by nationality, language, or customs. They do not inhabit separate cities of their own, or speak a strange dialect, or follow some remarkable way of life. Their teaching is not based upon reveries inspired by human curiosity. Unlike some other people, they champion no purely human doctrine. With regard to dress, food and manner of life in general, they follow the customs of whatever city they happen to be living in, whether it is Greek or foreign.

And yet there is something extraordinary about their lives. They live in their own countries as though they were only passing through. They play their full role as citizens, but labour under all the disabilities of foreigners. Any country can be their homeland, but for them their homeland, wherever it may be, is a foreign country. Like others, they marry and have children, but they do not expose them. They share their meals, but not their wives. They live in the flesh, but they are not governed by the desires of the flesh. They pass their days upon earth, but they are citizens of heaven. Obedient to the laws, they yet live on a level that transcends the law.

Christians love all people, but all people persecute them. Condemned because they are not understood, they are put to death, but raised to life again. They live in poverty, but enrich many; they are totally destitute, but possess an abundance of everything. They suffer dishonour, but that is their glory. They are defamed, but vindicated. A blessing is their answer to abuse, deference their response to insult. For the good they do they receive the punishment of malefactors, but even then they rejoice, as though receiving the gift of life. They are attacked as foreigners by Jews, they are persecuted by Greeks, yet no one can explain the reason for this hatred. To speak in general terms, we may say that the Christian is to the world what the soul is to the body. As the soul is present in every part of the body, while remaining distinct from it, so Christians are found in all the cities of the world, but cannot be identified with the world. As the visible body contains the invisible soul, so Christians are seen living in the world, but their religious life remains unseen. The body hates the soul and wars against it, not because of any injury the soul has done it, but because of the restriction the soul places on its

pleasures. Similarly, the world hates Christians, not because they have done it any wrong, but because they are opposed to its enjoyments.

Christians love those who hate them, just as the soul loves the body and all its members despite the body's hatred. It is by the soul, enclosed within the body, that the body is held together, and similarly, it is Christians, detained in the world as in a prison, who hold the world together. The soul, though immortal, has a mortal dwelling place; and Christians also live for a time amid what is corruptible, while awaiting the the incorruptibility that will be theirs in heaven. As the soul benefits from the deprivation of food and drink, so Christians increase daily under persecution. God has appointed Christians to this exalted station, from which they are not permitted to excuse themselves.

#### RESPONSORY

Jn 8:12b; Sir 24:25

℞. I am the light of the world. \* Whoever follows me will not walk in darkness, but will have the light of life, alleluia.

℣. In me is all grace of the way and of truth, in me rests all hope of life and of strength. \* Whoever follows me.

#### Prayer

O God, restorer and lover of innocence,  
 direct the hearts of your servants towards yourself,  
 that those you have set free from the darkness of unbelief  
 may never stray from the light of your truth.  
 Through our Lord Jesus Christ, your Son,  
 who lives and reigns with you in the unity of the Holy Spirit,  
 God, for ever and ever.

**Lauds**

**V.** O God, come to my assistance.

**R.** O Lord, make haste to help me.

Glory be to the Father. As it was (**E.T.** alleluia).

**HYMN****Sublime Creator of All Things (8 8 8 8 LM)**

1. Sublime Creator of all things,  
our Lord and ruler, turn your gaze;  
deliver us, immersed in sleep,  
from harmful dreams and indolence.
  2. O holy Christ, we beg of you:  
forgive us all our sinful deeds;  
we break the silent hours of night  
and rise to give you thanks and praise.
  3. We lift our hearts and hands in prayer  
and keep our vigil through the night,  
as David in the Psalms prescribed  
and Paul made known in word and deed.
  4. You see the evil we have done;  
we lay before you hidden faults  
and pour forth prayers with sighs and tears:  
Forgive us, Lord, for we have sinned.
- D. O Christ, to you, most loving King,  
and to the Father glory be,  
one with the Spirit Paraclete,  
from age to age for evermore. Amen.

Text: *Rerum creator optime*, 6-7th c.

## PSALMODY

**Antiphon 1:** For with you, O Lord, is the fountain of life, alleluia.

**Psalm 36 (35)**

**The malice of the sinner and the goodness of the Lord**

*Whoever follows me will not walk in darkness, but will have the light of life*  
(Jn 8:12).

Transgression speaks to the sinner †  
in the depths of his heart. \*  
There is no fear of God before his eyes.

In his own eyes, he flatters himself, \*  
not to see and detest his own guilt.  
The words of his mouth are mischief and deceit. \*  
He has ceased to be prudent and do good.

In bed he plots iniquity. †  
He sets his foot on every wicked way; \*  
no evil does he reject.

Your mercy, LORD, reaches to heaven, \*  
your truth to the clouds.  
Your uprightness is like the mountains of God; †  
like the great deep, your justice. \*  
Both man and beast you save, O LORD.

How precious is your mercy, O God! †  
The children of Adam seek shelter \*  
in the shadow of your wings.

They feast on the riches of your house; \*  
you give them drink from the stream of your delight.  
For with you is the fountain of life, \*  
and in your light we see light.

Maintain your mercy for those who know you, \*  
 your saving justice to upright hearts.  
 Let the foot of the proud not tread on me \*  
 nor the hand of the wicked drive me out.  
 There have the evildoers fallen; \*  
 flung down, unable to rise!

**Antiphon:** For with you, O Lord, is the fountain of life, alleluia.

**Antiphon 2:** You sent forth your Spirit, O Lord, and they were created, alleluia.

**Canticle Jdt 16:1-2, 13-15**

**The Lord, Creator of the world, protects his people**

*They were singing a new song (Rv 5:9).*

Begin a song to my God with tambourines; \*  
 sing to my Lord with cymbals.  
 Improvise a new song for him; \*  
 extol and invoke his name.

You are God who suppress wars, †  
 who pitch camp in the midst of your people \*  
 to free me from the hands of my pursuers.

I will sing a new song to my God: †  
 O Lord, you are great and glorious, \*  
 marvellous in strength and invincible.

May all your creatures serve you, \*  
 for you spoke, and they were made.  
 You sent forth your Spirit, and they were created; \*  
 and no one can resist your voice.

For the mountains shall be shaken to their bases like the waters; †  
 rocks shall melt like wax before your face. \*  
 Yet to those who fear you, you will still show mercy.

**Antiphon:** You sent forth your Spirit, O Lord, and they were created, alleluia.

**Antiphon 3:** God is king of all the earth; sing psalms with understanding, alleluia.

**Psalm 47 (46)**

**The Lord, the King of the Universe**

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

All peoples, clap your hands. \*

Cry to God with shouts of joy!

For the LORD, the Most High, is awesome, \*  
the great king over all the earth.

He humbles peoples under us \*  
and nations under our feet.

Our heritage he chose for us, \*  
the pride of Jacob whom he loves.

God has gone up with shouts of joy. \*  
The LORD goes up with trumpet blast.

Sing praise for God; sing praise! \*  
Sing praise to our king; sing praise!

For God is king of all the earth. \*  
Sing praise with a hymn.

God is reigning over nations. \*  
God sits upon his holy throne.

The princes of the peoples are assembled \*  
with the people of the God of Abraham.

The rulers of the earth belong to God, \*  
who is greatly exalted.

**Antiphon:** God is king of all the earth; sing psalms with understanding, alleluia.

**SHORT READING**

**Rom 6:8-11**

If we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. For the death he died he died to sin, once for

all, but the life he lives he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

### SHORT RESPONSORY

**R̄.** The Lord has risen from the tomb, \* alleluia, alleluia. The Lord.

**V̄.** For our sake he hung upon the Cross, \* alleluia, alleluia. Glory be to the Father. The Lord.

### GOSPEL CANTICLE

Lk 1:68-79

**Benedictus antiphon:** I am the true vine, alleluia, and you are my branches, alleluia.

### The Messiah and his forerunner

Blessed be the Lord God of Israel: \*  
 for he has visited his people and redeemed them;  
 he has raised up for us a horn of salvation \*  
 in the House of David his servant,  
 as he spoke through the mouth of his holy ones, \*  
 his prophets from ages past:

to grant salvation from our foes, \*  
 and from the hand of all who hate us,  
 showing mercy to our fathers, †  
 remembering his holy covenant, \*  
 the oath he swore to Abraham our father;

to grant that, freed from the hand of our foes, \*  
 we may serve him without fear  
 in holiness and righteousness \*  
 all the days of our life.

And you, little child, will be called \*  
 the Prophet of the Most High,  
 for you will go before the Lord \*  
 to make ready his ways:  
 to grant knowledge of salvation to his people \*  
 by the forgiveness of their sins;

through the tender mercy of our God, \*  
 the Dawn from on high will visit us,  
 to shine on those who sit in darkness, †  
 and those in the shadow of death; \*  
 to guide our feet into the way of peace.

Glory be to the Father, and to the Son, \*  
 and to the Holy Spirit,  
 as it was in the beginning, is now, and ever shall be, \*  
 world without end. Amen.

**Antiphon:** I am the true vine, alleluia, and you are my branches, alleluia.

### INTERCESSIONS

As we call upon Christ, who was handed over for our transgressions and  
 rose for our justification, let us cry out to him:

*Save us by your victory, Lord.*

Christ our Savior, you gave us joy by conquering death, exalted us by  
 rising, and filled us with abundant gifts;

— stir up our hearts and sanctify this day by the gift of the Holy Spirit.

You are glorified by the Angels in heaven and adored by people on earth; in  
 this season of your Resurrection we earnestly pray:

— accept our worship in spirit and truth.

Christ our Lord, save us, and pour out your mercy upon your people who  
 await the resurrection;

— have mercy on us and protect us this day from all evil.

King of glory, our life, grant that when you appear

— we may also appear with you in glory.

Our Father.

### Prayer

O God, restorer and lover of innocence,  
 direct the hearts of your servants towards yourself,  
 that those you have set free from the darkness of unbelief  
 may never stray from the light of your truth.  
 Through our Lord Jesus Christ, your Son,  
 who lives and reigns with you in the unity of the Holy Spirit,  
 God, for ever and ever.

## Daytime Hour

**V.** O God, come to my assistance.

**R.** O Lord, make haste to help me.

Glory be to the Father. As it was (**E.T.** alleluia).

### HYMN

#### We offer You Exultant Praise (8 8 8 8 LM)

1. We offer you exultant praise,  
all-wise, all-knowing Lord our God,  
who see our inmost mind and heart  
and by your grace sustain our life.
  2. Good Shepherd, as you tend your flocks,  
you also seek the sheep that stray;  
unite us to your faithful fold  
in pastures filled with richest food,
  3. Lest terror at the judge's ire  
should join us to the wicked goats;  
but by your judgment may we be  
the sheep of your eternal fold.
- D. To you, Lord Jesus, glory be,  
all victory, honour, power, and praise,  
Redeemer reigning over all  
from age to age for evermore. Amen.

Text: *Scientiarum Domino*, 13-14th c.

### PSALMODY

**Antiphon:** Alleluia, alleluia, alleluia.

**Psalm 119 (118):9-16**

**II (Beth)**

How shall a youth remain pure on his way? \*

By obeying your word.

I seek you with all my heart; \*

let me not stray from your commands.

I treasure your word in my heart, \*  
 lest I sin against you.  
 Blest are you, O LORD; \*  
 teach me your statutes.

With my lips have I recounted \*  
 all the decrees of your mouth.  
 I rejoice in the way of your precepts, \*  
 as though all riches were mine.

I will ponder your precepts, \*  
 and consider your paths.  
 I take delight in your statutes; \*  
 I will not forget your word.

### Psalm 17 (16)

#### Save me from the wicked, O Lord

*In the days of his flesh . . . he offered prayers and was heard (Heb 5:7).*

#### I

O LORD, hear a cause that is just, \*  
 pay heed to my cry.  
 Turn your ear to my prayer: \*  
 no deceit is on my lips.

From you may my justice come forth. \*  
 Your eyes discern what is upright.  
 Search my heart and visit me by night. \*  
 Test me by fire, and you will find no wrong in me.

My mouth does not transgress as others do; †  
 on account of the words of your lips, \*  
 I have avoided the paths of the violent.  
 I kept my steps firmly in your paths. \*  
 My feet have never faltered.

To you I call; for you will surely heed me, O God. \*

Turn your ear to me; hear my words.

Display your merciful love, †

you who deliver from their foes \*

those who trust in your right hand.

Guard me as the apple of your eye. †

Hide me in the shadow of your wings \*

from the violent attack of the wicked.

## II

My foes encircle me with deadly intent. \*

Their hearts tight shut, their mouths speak proudly.

They advance against me, and now they surround me. \*

Their eyes watch to strike me to the ground.

They are like a lion ready to claw, \*

like some young lion crouched in hiding.

Arise, O LORD, confront them, strike them down! \*

Let your sword deliver my soul from the wicked!

Let your hand, O LORD, deliver me \*

from those whose portion in life is of this world.

What you have stored up for them fills their bellies; †

may their offspring be sated with its plenty, \*

and let them leave what is left for their young.

As for me, I shall behold your face in righteousness; \*

when I awake I shall be filled with the vision of your presence.

**Antiphon:** Alleluia, alleluia, alleluia.

## Terce

### SHORT READING

Cf. Rom 4:24-25

We believe in him who raised from the dead Jesus our Lord, Jesus who was delivered up for our trespasses and raised for our justification.

℞. The Lord has truly risen, alleluia.

℣. And has appeared to Simon, alleluia.

**Sext****SHORT READING**

1 Jn 5:5-6a

Who is it that overcomes the world except the one who believes that Jesus is the Son of God? This is he who came by water and blood—Jesus Christ; not by the water only but by the water and the blood.

℞. The disciples rejoiced, alleluia.

℣. When they saw the Lord, alleluia.

**None****SHORT READING**

Cf. Eph 4:23-24

Be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.

℞. Stay with us, Lord, alleluia.

℣. For evening draws near, alleluia.

**Prayer**

O God, restorer and lover of innocence,  
direct the hearts of your servants towards yourself,  
that those you have set free from the darkness of unbelief  
may never stray from the light of your truth.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.

## Vespers

**V̇.** O God, come to my assistance.

**Ṙ.** O Lord, make haste to help me.

Glory be to the Father. As it was (**E.T.** alleluia).

### HYMN

#### Most Holy God in Heaven Above (8 8 8 8 LM)

1. Most holy God in heaven above,  
who paints the sky with gleaming ray,  
adorning with resplendent lights  
the glowing dome of heaven's vault,
  2. On this fourth day you set in place  
the flaming circle of the sun  
and made the wandering paths of stars  
to serve the orbit of the moon,
  3. That you might set for night and day  
a boundary keeping them apart  
and mark with clear, unfailing sign  
each new beginning of the month.
  4. Enlighten every heart and mind  
and wipe away all shameful thoughts;  
deliver us from bonds of guilt  
and ease the burden of our sin.
- D. Most loving Father, hear our prayer,  
and you, O Christ co-equal Son,  
who with the Spirit Paraclete  
now reign for all eternity. Amen.

Text: *Cæli Deus sanctissime*, attributed to St. Gregory the Great, d. 604.

## PSALMODY

**Antiphon 1:** God has exalted him by his right hand as Ruler and Saviour, alleluia.

## Psalm 27 (26)

## Trust in times of danger

## I

*Behold, God's dwelling with the human race* (Rv 21:3).

The LORD is my light and my salvation; \*  
whom shall I fear?

The LORD is the stronghold of my life; \*  
whom should I dread?

When those who do evil draw near \*  
to devour my flesh,  
it is they, my enemies and foes, \*  
who stumble and fall.

Though an army encamp against me, \*  
my heart would not fear.  
Though war break out against me, \*  
even then would I trust.

There is one thing I ask of the LORD, \*  
only this do I seek:  
to live in the house of the LORD \*  
all the days of my life,  
to gaze on the beauty of the LORD, \*  
to inquire at his temple.

For there he keeps me safe in his shelter \*  
in the day of evil.

He hides me under cover of his tent; \*  
he sets me high upon a rock.

And now my head shall be raised \*  
 above my foes who surround me,  
 and I shall offer within his tent †  
 sacrifices full of exultation. \*  
 I will sing and make music for the LORD.

**Antiphon:** God has exalted him by his right hand as Ruler and Saviour,  
 alleluia.

**Antiphon 2:** I believe I shall see the Lord's goodness in the land of the  
 living, alleluia.

## II

*Some rose up and bore false witness against Jesus (Mk 14:57).*

O LORD, hear my voice when I call; \*  
 have mercy and answer me.  
 Of you my heart has spoken, \*  
 "Seek his face."

It is your face, O LORD, that I seek; \*  
 hide not your face from me.  
 Dismiss not your servant in anger; \*  
 you have been my help.

Do not abandon or forsake me, \*  
 O God, my Savior!  
 Though father and mother forsake me, \*  
 the LORD will receive me.

Instruct me, LORD, in your way; †  
 on an even path lead me \*  
 because of my enemies.  
 Do not leave me to the will of my foes, †  
 for false witnesses rise up against me, \*  
 and they breathe out violence.

I believe I shall see the LORD's goodness \*  
 in the land of the living.  
 Wait for the LORD; be strong; \*  
 be stouthearted, and wait for the LORD!

**Antiphon:** I believe I shall see the Lord's goodness in the land of the living, alleluia.

**Antiphon 3:** From him and through him and in him all things exist; glory be to him for ever, alleluia.

**Canticle Cf. Col 1:12-20**

**Christ, the firstborn of all creation and the firstborn of the dead**

Let us give thanks to the Father who has made us worthy \*  
to share the heritage of the holy ones in light.

He delivered us from the power of darkness †  
and transferred us to the kingdom of his beloved Son, \*  
in whom we have redemption, the forgiveness of sins.

He is the image of the invisible God, \*  
the firstborn of all creation,  
for in him all things in heaven and on earth were created, †  
things visible and invisible, \*  
whether thrones or dominions, principalities or powers.

All were created through him and for him, †  
and he exists before all things, \*  
and in him all things hold together.

He is the head of the body, the Church, †  
the beginning, the firstborn from the dead \*  
that he may have primacy in all things.

For in him all the fullness was pleased to dwell, \*  
and through him, to reconcile all things to himself,  
both those on the earth, and those in the heavens, \*  
making peace through the blood of his cross.

**Antiphon:** From him and through him and in him all things exist; glory be to him for ever, alleluia.

**SHORT READING**

**Hb 7:24-27**

Jesus holds his priesthood permanently, because he continues forever. Consequently, he is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them. For it was

indeed fitting that we should have such a high priest, holy, innocent, unstained, separated from sinners, and exalted above the heavens. He has no need, like those high priests, to offer sacrifices daily, first for his own sins and then for those of the people, since he did this once for all when he offered up himself.

### SHORT RESPONSORY

**R.** The disciples rejoiced, \* alleluia, alleluia. The disciples.

**V.** When they saw the Lord, \* alleluia, alleluia. Glory be to the Father. The disciples.

### GOSPEL CANTICLE

Lk 1:46-55

**Magnificat antiphon:** If you abide in me, and my words abide in you, whatever you ask will be done for you, alleluia.

### The soul rejoices in the Lord

My soul proclaims the greatness of the Lord, \*  
 and my spirit rejoices in God my Saviour,  
 for he has looked upon his handmaid in her lowliness; †  
 for behold, from this day forward, \*  
 all generations will call me blessed.

For the Almighty has done great things for me, \*  
 and holy is his name.

His mercy is from age to age \*  
 for those who fear him.

He has made known the strength of his arm, \*  
 and has scattered the proud in their conceit of heart.

He has cast down the mighty from their thrones \*  
 and has exalted those who are lowly.

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

He has helped his servant Israel, \*  
 mindful of his mercy,  
 even as he promised to our fathers, \*  
 to Abraham and his descendants forever.

**Antiphon:** If you abide in me, and my words abide in you, whatever you ask will be done for you, alleluia.

### INTERCESSIONS

Let us humbly implore Christ, who rose from the dead and is seated at the right hand of the Father, as we say:

*Hear us, O Christ, living for ever.*

Remember, Lord, all who minister in your service,

— that they may offer your people the example of a holy life.

Bestow on those in public office a spirit of justice and peace,

— that we may live with one heart in this earthly city.

Order our days in health and well-being

— and increase the fruitfulness of the earth, that the needy may be helped.

Christ our Saviour, you enlightened the whole world and called to life every creature subject to corruption;

— grant perpetual light to our departed brothers and sisters.

Our Father.

### Prayer

O God, restorer and lover of innocence,

direct the hearts of your servants towards yourself,

that those you have set free from the darkness of unbelief may never stray from the light of your truth.

Through our Lord Jesus Christ, your Son,

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

## Compline

Ÿ. O God, come to my assistance.

Ṛ. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

It is praiseworthy that, after this, a brief examination of conscience occur. In a communal celebration a Penitential Act according to the formulas used at Mass may be inserted here

### HYMN

#### Jesus, Redeemer of the World (8 8 8 8 LM)

The wingèd herald of the day  
foretells in song that dawn is near,  
and Christ, who rouses souls from sleep,  
now summons us to life once more:

“Away with these,” he cries, “away  
with beds of sickness, sleep, and sloth;  
keep watch, be sober, chaste, and just,  
for I am here and close at hand.”

May he, when dawn emits and casts  
her shimmering breath across the sky,  
bestow full strength on all who toil  
and make them firm in hope of light.

With sober prayers and fervent tears,  
let us stir Jesus with our cries,  
for earnest pleas with keen intent  
preserve the pure of heart from sleep.

O Christ, dispel and scatter sleep,  
break through the bondage of the night,  
release us from deep-rooted sin,  
and with new light now flood our hearts.

O Christ, to you, most loving King,  
and to the Father glory be,  
one with the Spirit Paraclete,  
from age to age for evermore. Amen.

Text: *Iesu, redemptor sæculi*, Author: ca. 10th c.

## PSALMODY

**Antiphon:** Alleluia, alleluia, alleluia.

## Psalm 31 (30):2-6

## Confident prayer of the distressed

*Father, into your hands I commend my spirit* (Lk 23:46).

In you, O LORD, I take refuge. \*

Let me never be put to shame.

In your justice, set me free; \*

incline your ear to me, and speedily rescue me.

Be a rock of refuge for me, \*

a mighty stronghold to save me.

For you are my rock, my stronghold! \*

Lead me, guide me, for the sake of your name.

Release me from the snare they have hidden, \*

for you indeed are my refuge.

Into your hands I commend my spirit. \*

You will redeem me, O LORD, O faithful God.

## Psalm 130 (129)

## Out of the depths have I cried

*It is he who will save his people from their sins* (Mt 1:21).

Out of the depths I cry to you, O LORD; \*

Lord, hear my voice!

O let your ears be attentive \*

to the sound of my pleadings.

If you, O LORD, should mark iniquities, \*

Lord, who could stand?

But with you is found forgiveness, \*

that you may be revered.

I long for you, O LORD, \*

my soul longs for his word.

My soul awaits the Lord \*

more than watchmen for daybreak.

More than watchmen for daybreak, \*  
 let Israel hope for the LORD.  
 For with the LORD there is mercy, \*  
 in him is plentiful redemption.  
 It is he who will redeem Israel \*  
 from all its iniquities.

**Antiphon:** Alleluia, alleluia, alleluia.

**SHORT READING**

**Eph 4:26-27**

In your anger do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

**SHORT RESPONSORY**

**℞.** Into your hands, O Lord, I commend my spirit. \* Alleluia, alleluia. Into your hands.

**℣.** You have redeemed us, Lord God of truth. \* Alleluia, alleluia. Glory be to the Father. Into your hands.

**GOSPEL CANTICLE**

**Lk 2:29-32**

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace, alleluia.

**Christ is the light of the nations and the glory of Israel**

Now you dismiss your servant in peace, \*  
 according to your word, O Master  
 for my eyes have seen your salvation, \*  
 which you prepared in the sight of all the peoples:  
 a light for revelation to the nations, \*  
 and the glory of your people Israel.

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace, alleluia.

**Prayer**

Lord Jesus Christ, meek and humble of heart,  
who offer those who follow you  
a yoke that is easy and a burden that is light,  
accept our prayers and the work of this day and grant us peaceful rest  
to make us more eager in your service.  
Who live and reign for ever and ever.

**Then, the Blessing is said, even in individual recitation:**

May the almighty Lord grant us a quiet night and a perfect end. **R.** Amen.

**FINAL ANTIPHON TO THE BLESSED VIRGIN MARY**

Queen of heaven, rejoice, alleluia.  
The Son whom you merited to bear, alleluia.  
Has risen as he said, alleluia.  
Pray to God for us, alleluia.

## THURSDAY OF THE FIFTH WEEK OF EASTER

### Office of Readings

#### Invitatory

*V.* O Lord, open my lips.

*R.* And my mouth shall proclaim your praise.

*Ant.:* The Lord is truly risen, alleluia.

#### Psalm 95 (94)

#### An Invitation to Praise God

*Encourage each other daily while it is still today (Heb 3:13).*

*(The antiphon is recited and then repeated)*

Come, let us ring out our joy to the LORD;  
hail the rock who saves us.  
Let us come into his presence, giving thanks;  
let us hail him with a song of praise.

*(The antiphon is repeated)*

A mighty God is the LORD,  
a great king above all gods.  
In his hand are the depths of the earth;  
the heights of the mountains are his.  
To him belongs the sea, for he made it,  
and the dry land that he shaped by his hand.

*(The antiphon is repeated)*

O come; let us bow and bend low.  
Let us kneel before the LORD who made us,  
for he is our God, and we the people,  
the people of his pasture, the flock of his hand.

*(The antiphon is repeated)*

O that today you would listen to his voice!  
“Harden not your hearts as at Meribah,  
as on that day at Massah in the desert

when your forebears put me to the test;  
 when they tried me, though they saw my work.

(The antiphon is repeated)

For forty years I abhorred that generation,  
 and I said, ‘Their heart goes astray;  
 this people does not know my ways.’  
 Then I took an oath in my anger,  
 ‘Never shall they enter my rest.’”

(The antiphon is repeated)

Glory be to the Father, and to the Son,  
 and to the Holy Spirit,  
 as it was in the beginning, is now, and ever shall be,  
 world without end. Amen.

(The antiphon is repeated)

## HYMN

### Behold the Fiery Sun Arise! (8 8 8 8 LM)

1. Behold the *fiery* sun arise!  
 It troubles, shames, and brings remorse,  
 for no one can persist in sin  
 when light bears witness to our guilt.
2. Let blindness disappear at last  
 that long has plunged us deep in sin  
 and so has drawn our fallen souls  
 by errant steps, through wandering paths.
3. Then let this Light bring cloudless day  
 and make us pure before his gaze;  
 let nothing sly be on our tongue  
 and nothing dark be in our thought.
4. Let all the day so run its course,  
 that no unguarded tongue may lie,  
 no furtive eye or hand deceive,  
 lest sin defile our mortal flesh.

5. The One who sees stands by on high  
and watches us through all our days,  
discerning every act and deed  
from early dawn to eventide.
- D. To God the Father glory be,  
all honour to his only Son,  
one with the Spirit Paraclete,  
from age to age for evermore. Amen.

Text: *Sol ecce surgit igneus*, Prudentius, d. ca. 405.

PSALMODY

**Antiphon 1:** The word of the Lord is the shield of all who trust in him,  
alleluia.

Psalm 18 (17):31-51

Thanksgiving

*If God is for us, who can be against us?* (Rom 8:31).

IV

As for God, his way is blameless; \*  
the word of the LORD is pure.  
He indeed is the shield \*  
of all who trust in him.

For who is God but the LORD? \*  
Who is a rock but our God?  
It is God who girds me with strength, \*  
and keeps my path free of blame.

My feet he makes swift as the deer's; \*  
he has made me stand firm on the heights.  
He has trained my hands for battle, \*  
and my arms to bend the bronze bow.

**Antiphon:** The word of the Lord is the shield of all who trust in him,  
alleluia.

**Antiphon 2:** Your right hand, O Lord, has upheld me, alleluia.

## V

You gave me your saving shield; †  
 with your right hand, you gave me support; \*  
 you bent down to make me great.

You lengthened my steps beneath me; \*  
 and my feet have never slipped.

I pursued and overtook my foes, \*  
 never turning back till they were slain.

I struck them so they could not rise; \*  
 they fell beneath my feet.

You girded me with strength for battle; \*  
 you made my enemies fall beneath me.

You made my foes take flight; \*  
 those who hated me I destroyed.

They cried out, but there was no one to save them, \*  
 cried to the LORD, but he did not answer.

I crushed them fine as dust before the wind, \*  
 trod them down like dirt in the streets.

From the feuds of the people you delivered me, \*  
 and put me at the head of the nations.

People unknown to me served me; \*  
 when they heard of me, they obeyed me.

Foreign nations came to me cringing; †  
 foreign nations faded away. \*

Trembling, they came forth from their strongholds.

**Antiphon:** Your right hand, O Lord, has upheld me, alleluia.

**Antiphon 3:** May the Lord live, and let the God of my salvation be exalted, alleluia.

## VI

The LORD lives, and blest be my Rock! \*

May the God of my salvation be exalted,  
 the God who gives me redress \*  
 and subdues the peoples under me.

You saved me from my furious foes; †  
 you set me above my assailants; \*  
 you saved me from the violent man.  
 So I will praise you, LORD, among the nations; \*  
 to your name will I sing a psalm.

The LORD gives great victories to his king, †  
 and shows merciful love for his anointed, \*  
 for David and his seed forever.

**Antiphon:** May the Lord live, and let the God of my salvation be exalted, alleluia.

**V.** God raised the Lord, alleluia.

**R.** And will raise us by his power, alleluia.

#### FIRST READING

From the Book of Revelation

21:9-27

#### *The vision of the heavenly Jerusalem, the Bride of the Lamb*

One of the seven angels who had the seven bowls full of the seven last plagues came and spoke to John, saying, “Come, I will show you the Bride, the wife of the Lamb.” And he carried me away in the Spirit to a great, high mountain, and showed me the holy city Jerusalem coming down out of heaven from God, having the glory of God, its radiance like a most rare jewel, like a jasper, clear as crystal. It had a great, high wall, with twelve gates, and at the gates twelve angels, and on the gates the names of the twelve tribes of the sons of Israel were inscribed—on the east three gates, on the north three gates, on the south three gates, and on the west three gates. And the wall of the city had twelve foundations, and on them were the twelve names of the twelve apostles of the Lamb.

And the one who spoke with me had a measuring rod of gold to measure the city and its gates and walls. The city lies foursquare, its length the same as its width. And he measured the city with his rod, 12,000 stadia. Its length and width and height are equal. He also measured its wall, 144 cubits by human measurement, which is also an angel’s measurement. The wall was built of jasper, while the city was pure gold, like clear glass. The foundations of the wall of the city were adorned with every kind of jewel. The first was jasper, the second sapphire, the third agate, the fourth emerald, the fifth onyx, the

sixth carnelian, the seventh chrysolite, the eighth beryl, the ninth topaz, the tenth chrysoprase, the eleventh jacinth, the twelfth amethyst. And the twelve gates were twelve pearls, each of the gates made of a single pearl, and the street of the city was pure gold, like transparent glass.

## RESPONSORY

Cf. Rv 21:21; Tob 13:17, 18, 11

**R.** Your streets, O Jerusalem, will be paved with pure gold, and a song of rejoicing will resound within you. \* Throughout your streets all will exclaim: Alleluia.

**V.** You will shine with splendid light, and all the ends of the earth will pay you homage. \* Throughout your streets.

## SECOND READING

From the *Sermons* of Saint Gaudentius of Brescia, Bishop

(Tract. 2: CSEL 68, 26. 29-30)

*The Eucharist, the Passover of the Lord*

One man has died for all, and now in every church, in the mystery of bread and wine, he heals those for whom he is offered in sacrifice, giving life to those who believe, and holiness to those who consecrate the offering.

This is the flesh of the Lamb; this is his Blood. The bread that came down from heaven declared: *The bread that I will give is my flesh for the life of the world* (Jn 6:52). It is significant, too, that his Blood should be given to us in the form of wine, for his own words in the Gospel, *I am the true vine* (Jn 15:1), imply clearly enough that whenever wine is offered as a representation of Christ's Passion, it is his Blood. This means that it was of Christ that the blessed Patriarch Jacob prophesied when he said: *He will wash his tunic in wine and his cloak in the blood of the grape* (Gn 49:11). The tunic was our flesh, which Christ was to put on like a garment, and which he was to wash in his own blood.

Creator and Lord of all things, whatever their nature, he brought forth bread from the earth and changed it into his own Body. Not only had he the power to do this, but he had promised it; and, as he had changed water into wine, he also changed wine into his own Blood.

Scripture tells us: *It is the Passover of the Lord* (Ex 12:11), that is, the passing over of the Lord. We are no longer to look upon the bread and wine as earthly

substances. They have become heavenly, because Christ has passed into them, and changed them into his Body and Blood.

What you receive is the Body of him who is the heavenly bread, and the Blood of him who is the sacred vine; for when he offered his disciples the consecrated bread and wine, he said: *This is my body, this is my blood* (Mt:26:26, 28). We have put our trust in him. I urge you to have faith in him; truth can never deceive.

When Christ told the crowds that they must eat his flesh and drink his blood, they were horrified and began to murmur among themselves: *This teaching is too hard; who can be expected to listen to it?* (Jn 6:61) As I have already told you, thoughts such as these must be banished. The Lord himself used heavenly fire to drive them away when he went on to declare: *It is the spirit that gives life; the flesh is of no avail. The words that I have spoken to you are spirit and life* (Jn 6:64).

#### RESPONSORY

Jn 6:57; Lk 22:19b

℞. The living Father has sent me, and I live because of the Father. \* And whoever feeds on me shall live because of me, alleluia.

℣. This is my Body, which is given up for you. \* And whoever feeds.

#### Prayer

O God, by whose grace,  
 though sinners, we are made just  
 and, though pitiable, made blessed,  
 stand, we pray, by your works,  
 stand by your gifts,  
 that those justified by faith  
 may not lack the courage of perseverance.  
 Through our Lord Jesus Christ, your Son,  
 who lives and reigns with you in the unity of the Holy Spirit,  
 God, for ever and ever.

## Lauds

Ÿ. O God, come to my assistance.

Ṛ. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

### HYMN

#### Lo, Night Is Waning, Darkness Now Surrenders (11 11 11 5)

1. Lo, night is waning, darkness now surrenders,  
dawn, fresh and golden, glows with light and splendour;  
with every effort, let us all together  
beg the Almighty,
2. That God may show us mercy and compassion,  
drive away anguish, grant to us salvation;  
then may he give us, as a loving father,  
heaven's high Kingdom.
- D. Grant this, we ask you, Godhead ever blessed,  
equal and holy Father, Son, and Spirit,  
through all creation age to age re-echoes  
your wondrous glory. Amen.

Text: *Ecce iam noctis tenuatur umbra*, attributed to Alcuin, O.S.B., d. 804.

### PSALMODY

**Antiphon 1:** Be exalted, O God, above the heavens, alleluia.

#### Psalm 57 (56)

#### Morning prayer in time of affliction

*This Psalm sings of the Passion of the Lord* (St. Augustine).

Have mercy on me, God, have mercy, \*  
for in you my soul has taken refuge.

In the shadow of your wings I take refuge, \*  
till the storms of destruction pass by.

I call to you, God the Most High, \*  
to God who provides for me.  
May he send from heaven and save me, †  
and put to shame those who assail me. \*  
May God send his loving mercy and faithfulness.

My soul lies down among lions, \*  
who would devour human prey.  
Their teeth are spears and arrows, \*  
their tongue a sharpened sword.

Be exalted, O God, above the heavens, \*  
your glory over all the earth!

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

My heart is ready, O God; \*  
my heart is ready.

I will sing, I will sing your praise. \*  
Awake, my soul!  
Awake, O lyre and harp! \*  
I will awake the dawn.

I will praise you, Lord, among the peoples, \*  
among the nations sing psalms to you,  
for your mercy reaches to the heavens, \*  
and your truth to the skies.

Be exalted, O God, above the heavens; \*  
may your glory shine on all the earth!

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

**Antiphon 2:** The Lord has redeemed his people, alleluia.

**Canticle Jer 31:10-14**

**The happiness of a people set free**

*Jesus was to die . . . to gather into one the scattered children of God (Jn 11:51, 52).*

Hear the word of the LORD, O nations; \*  
 declare it to the distant isles and say,  
 “He who scattered Israel will gather him \*  
 and guard him as a shepherd his flock.”  
 For the LORD has ransomed Jacob, \*  
 redeemed him from a hand too strong for him.

They shall come and sing praise on the heights of Zion, \*  
 come streaming to the bounty of the LORD —  
 to the grain and the wine and the oil, \*  
 to the yearlings of the flock and the herd.  
 Their soul shall be like a watered garden, \*  
 and they shall languish no more.

Then the maiden shall rejoice in a dance, \*  
 the young men and old together.  
 “I will change their mourning into joy; \*  
 I will console them, giving gladness for sorrow.  
 I will fill with rich fare the soul of my priests, \*  
 and my people shall be filled with my bounty.”

**Antiphon:** The Lord has redeemed his people, alleluia.

**Antiphon 3:** This is our God forever and always, alleluia.

**Psalm 48 (47)**

**Thanksgiving for the people's deliverance**

*He carried me in spirit up a great mountain and showed me the holy city Jerusalem (Rv 21:10).*

Great is the LORD and highly to be praised \*  
in the city of our God.

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

Mount Zion, in the heart of the North, \*  
the city of the Mighty King!

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

Behold! the kings assembled; \*  
together they advanced.

They saw; at once they marvelled; \*  
dismayed, they fled in fear.

A trembling seized them there, \*  
anguish, like pangs in giving birth,  
as when the east wind shatters \*  
the ships of Tarshish.

As we have heard, so we have seen \*  
in the city of our God,  
in the city of the LORD of hosts, \*  
which God establishes forever.

Your merciful love, O God, \*  
we ponder in your temple.  
Your praise, O God, like your name, \*  
reaches the ends of the earth.

Your right hand is filled with saving justice. \*  
Mount Zion rejoices.  
The daughters of Judah rejoice \*  
at the sight of your judgments.

Walk through Zion, walk all around her; \*  
 count the number of her towers.  
 Consider all her ramparts; \*  
 examine her castles,  
 that you may tell the next generation \*  
 that such is our God,  
 our God forever and always. \*  
 He will guide us forever.

**Antiphon:** This is our God forever and always, alleluia.

### SHORT READING

Rom 8:10-11

If Christ dwells in you, although the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead is in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

### SHORT RESPONSORY

**R.** The Lord has risen from the tomb, \* alleluia, alleluia. The Lord.

**V.** For our sake he hung upon the Cross, \* alleluia, alleluia. Glory be to the Father. The Lord.

### GOSPEL CANTICLE

Lk 1:68-79

**Benedictus antiphon:** If you keep my commandments, you will remain in my love, alleluia.

### The Messiah and his forerunner

Blessed be the Lord God of Israel: \*  
 for he has visited his people and redeemed them;  
 he has raised up for us a horn of salvation \*  
 in the House of David his servant,  
 as he spoke through the mouth of his holy ones, \*  
 his prophets from ages past:  
 to grant salvation from our foes, \*  
 and from the hand of all who hate us,  
 showing mercy to our fathers, †

remembering his holy covenant, \*  
the oath he swore to Abraham our father;  
to grant that, freed from the hand of our foes, \*  
we may serve him without fear  
in holiness and righteousness \*  
all the days of our life.

And you, little child, will be called \*  
the Prophet of the Most High,  
for you will go before the Lord \*  
to make ready his ways:  
to grant knowledge of salvation to his people \*  
by the forgiveness of their sins;

through the tender mercy of our God, \*  
the Dawn from on high will visit us,  
to shine on those who sit in darkness, †  
and those in the shadow of death; \*  
to guide our feet into the way of peace.

Glory be to the Father, and to the Son, \*  
and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be, \*  
world without end. Amen.

**Antiphon:** If you keep my commandments, you will remain in my love,  
alleluia.

## INTERCESSIONS

Let us venerate Christ, who has risen and is always present in his Church,  
and let us call upon him:

*Stay with us, Lord.*

Lord Jesus, triumphant over sin and death,

— be in our midst, you who live for ever.

Come to us with your invincible might

— and show our hearts the tender mercy of God.

Come to the aid of a world torn by discord,

— for you alone have the power to restore and  
reconcile hearts.

Confirm our faith in the final victory

— and strengthen us in the hope of your coming.

Our Father.

## Prayer

O God, by whose grace,

though sinners, we are made just

and, though pitiable, made blessed,

stand, we pray, by your works,

stand by your gifts,

that those justified by faith

may not lack the courage of perseverance.

Through our Lord Jesus Christ, your Son,

who lives and reigns with you in the unity of the Holy Spirit,

God, for ever and ever.

**Daytime Hour**

**V.** O God, come to my assistance.

**R.** O Lord, make haste to help me.

Glory be to the Father. As it was (**E.T.** alleluia).

**HYMN****O Christ, You Servants Humbly Pray (8 8 8 8 LM)**

1. O Christ, your servants humbly pray:  
Grant us your favour and your help;  
let not the evil of this world  
enslave and overcome our faith.
  2. Keep far from us unholy thoughts,  
all envy, jealousy, and spite:  
let us return no harm for harm  
but conquer evil with the good.
  3. Lord, guard our hearts and keep them free  
from anger, pride, and sly deceit;  
keep far from us all selfish greed,  
the root from which all evils flow.
  4. Let charity, unfeigned and true,  
preserve the pledge and bonds of peace;  
may chastity be pure and strong,  
upheld by firm and lasting trust.
- D. O Christ, to you, most loving King,  
and to the Father glory be,  
one with the Spirit Paraclete,  
from age to age for evermore. Amen.

Text: *Christe, precamur adunas*, 7-8th c.

## PSALMODY

**Antiphon:** Alleluia, alleluia, alleluia.

Psalm 119 (118):17-24

## III (Ghime!)

Deal bountifully with your servant, \*  
that I may live and keep your word.

Open my eyes, that I may see \*  
the wonders of your law.

I am a pilgrim in the land; \*  
hide not your commands from me.

My soul is consumed with longing \*  
at all times for your decrees.

You threaten the proud, the accursed, \*  
who stray from your commands.

Free me from scorn and contempt, \*  
for I observe your decrees.

Though princes sit plotting against me, \*  
your servant ponders your statutes.

See, your decrees are my delight; \*  
your statutes are my counsellors.

Psalm 25 (24)

Plea for pardon and salvation

*Hope does not disappoint* (Rom 5:5).

## I

To you, O LORD, I lift up my soul. \*

In you, O my God, I have trusted;  
let me not be put to shame; \*

let not my enemies exult over me.

Let none who hope in you be put to shame; \*  
but shamed are those who wantonly break faith.

O LORD, make me know your ways. \*

Teach me your paths.

Guide me in your truth, and teach me; †  
for you are the God of my salvation. \*

I have hoped in you all day long.

Remember your compassion, O LORD, †  
and your merciful love, \*

for they are from of old.

Do not remember the sins of my youth, \*  
nor my transgressions.

In your merciful love remember me, \*  
because of your goodness, O LORD.

Good and upright is the LORD; \*  
therefore he shows the way to sinners.

He guides the humble in right judgment; \*  
to the humble he teaches his way.

All the LORD's paths are mercy and faithfulness, \*  
for those who keep his covenant and commands.

O LORD, for the sake of your name, \*  
forgive my guilt, for it is great.

## II

Who is this that fears the LORD? \*

He will show him the path to choose.

His soul shall live in happiness, \*

and his descendants shall possess the land.

The LORD's secret is for those who fear him; \*  
to them he reveals his covenant.

My eyes are always on the LORD, \*

for he rescues my feet from the snare.

Turn to me and have mercy on me, \*  
for I am alone and poor.

Relieve the anguish of my heart, \*  
 and set me free from my distress.  
 See my lowliness and suffering, \*  
 and take away all my sins.

See how many are my foes: \*  
 with a violent hatred they hate me.  
 Preserve my life and rescue me. †  
 Let me not be put to shame, \*  
 for in you I take refuge.

May integrity and virtue protect me, \*  
 for I have hoped in you, O LORD.  
 Grant redemption to Israel, O God, \*  
 from all its distress.

**Antiphon:** Alleluia, alleluia, alleluia.

### Terce

#### SHORT READING

1 Cor 12:13

For in one Spirit we were all baptised into one body—Jews or Greeks, slaves or free—and all were made to drink of one Spirit.

℞. The Lord has truly risen, alleluia.

℣. And has appeared to Simon, alleluia.

### Sext

#### SHORT READING

Ti 3:5b-7

God saved us by the washing of regeneration and renewal of the Holy Spirit, whom he poured out on us richly through Jesus Christ our Saviour, so that being justified by his grace we might become heirs according to the hope of eternal life.

℞. The disciples rejoiced, alleluia.

℣. When they saw the Lord, alleluia.

**None****SHORT READING**

Cf. Col 1:12-14

Give thanks, with joy, to the Father, who has qualified you to share in the inheritance of the saints in light. He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.

**R.** Stay with us, Lord, alleluia.

**V.** For evening draws near, alleluia.

**Prayer**

O God, by whose grace,  
though sinners, we are made just  
and, though pitiable, made blessed,  
stand, we pray, by your works,  
stand by your gifts,  
that those justified by faith  
may not lack the courage of perseverance.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.

## Vespers

Ÿ. O God, come to my assistance.

Ṛ. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

### HYMN

#### **O God of Awesome Power and Might (8 8 8 8 LM)**

1. O God of awesome power and might,  
you send into the swelling deep  
or lift on wings from earth to sky  
your creatures sprung from flowing tides,
  2. That, plunged in waters and submerged  
or borne aloft to heavenly heights,  
the offspring of a single stock  
may grow and fill their proper place.
  3. Lord, grant to all your servants here,  
whom streams of blood and water cleanse,  
to know no failing caused by sin  
or bear the loathsome weight of death,
  4. That sin may never cast them down  
or boasting swell and lift them high,  
lest broken souls collapse and fall  
and prideful souls soon come to grief.
- D. Most loving Father, hear our prayer,  
and you, O Christ co-equal Son,  
who with the Spirit Paraclete  
now reign for all eternity. Amen.

Text: *Magnæ Deus potentiae*, attributed to St. Gregory the Great, d. 604.

## PSALMODY

**Antiphon 1:** You have changed my mourning into dancing, alleluia.

## Psalm 30 (29)

## Thanksgiving for deliverance from death

*After his glorious Resurrection, Christ gives thanks to the Father*  
(Cassiodorus).

I will extol you, LORD, for you have raised me up, \*  
and have not let my enemies rejoice over me.

O LORD my God, I cried to you for help, \*  
and you have healed me.

O LORD, you have lifted up my soul from Sheol, \*  
restored me to life from those who sink into the pit.

Sing psalms to the LORD, you faithful ones; \*  
give thanks to his holy name.

His anger lasts a moment; his favor all through life. \*  
At night come tears, but dawn brings joy.

I said to myself in my good fortune: \*  
“I shall never be shaken.”

O LORD, your favor had set me like a mountain stronghold. \*  
Then you hid your face, and I was put to confusion.

To you, O LORD, I cried, \*  
to my Lord I appealed for mercy:  
“What profit is my lifeblood, my going to the grave? \*  
Can dust give you thanks, or proclaim your faithfulness?”

Hear, O LORD, and have mercy on me; \*  
be my helper, O LORD.

You have changed my mourning into dancing, \*  
removed my sackcloth and girded me with joy.

So let my soul sing psalms to you, and not be silent. \*  
O LORD my God, I will thank you forever.

**Antiphon:** You have changed my mourning into dancing, alleluia.

**Antiphon 2:** We have been reconciled to God by the death of his Son, alleluia.

**Psalm 32 (31)**

**Blessed are they whose iniquity is forgiven.**

*David declares the blessedness of the one to whom God ascribes righteousness apart from works (Rom 4:6).*

Blessed is he whose transgression is forgiven, \*  
whose sin is remitted.

Blessed the man to whom the LORD imputes no guilt, \*  
in whose spirit is no guile.

I kept it secret and my frame was wasted. \*

I groaned all day long,  
for your hand, by day and by night, \*  
lay heavy upon me.

Indeed, my strength was dried up \*  
as by the summer's heat.

To you I have acknowledged my sin; \*  
my guilt I did not hide.

I said, "I will confess my transgression to the LORD." \*  
And you have forgiven the guilt of my sin.

So let each faithful one pray to you \*  
in the time of need.

The floods of water may reach high, \*  
but such a one they shall not reach.

You are a hiding place for me; †  
you keep me safe from distress; \*  
you surround me with cries of deliverance.

I will instruct you and teach you †  
the way you should go; \*  
I will fix my eyes upon you.

Be not like horse and mule, unintelligent, †  
needing bridle and bit, \*  
or else they will not approach you.

Many sorrows has the wicked, \*  
but loving mercy surrounds the one who trusts in the LORD.

Rejoice in the LORD, exult you just! \*  
Ring out your joy, all you upright of heart!

**Antiphon:** We have been reconciled to God by the death of his Son, alleluia.

**Antiphon 3:** Who is like you in power, O Lord? Who is like you, majestic in holiness? Alleluia.

### Canticle Rv 11:17-18; 12:10b-12a

#### The judgment of God

We give you thanks, O Lord, Almighty God, \*  
you who are and who were.

For you have assumed your great power \*  
and you have begun your reign.

The nations raged, but your wrath has come, \*  
and the time for the dead to be judged,  
and to reward your servants the prophets †  
and the holy ones and those who fear your name, \*  
the small and the great alike.

Now have come the salvation †  
and the power and the kingdom of our God, \*  
and the authority of his Anointed One,  
for the accuser of our brethren is cast down \*  
who accused them before our God day and night.

They conquered him by the blood of the Lamb, †  
and by the word of their witness; \*  
love for their life did not deter them from death.

Therefore, rejoice, O heavens, \*  
and you who dwell therein.

**Antiphon:** Who is like you in power, O Lord? Who is like you, majestic in holiness? Alleluia.

## SHORT READING

1 Pt 3:18, 21b-22

Christ suffered once for sins, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit. He has gone into heaven and is at the right hand of God, with angels, authorities, and powers having been subjected to him.

## SHORT RESPONSORY

**R**. The disciples rejoiced, \* alleluia, alleluia. The disciples.

**V**. When they saw the Lord, \* alleluia, alleluia. Glory be to the Father. The disciples.

## GOSPEL CANTICLE

Lk 1:46-55

**Magnificat antiphon:** These things I have said to you, that my joy may be in you, and your joy may be complete, alleluia.

## The soul rejoices in the Lord

My soul proclaims the greatness of the Lord, \*  
and my spirit rejoices in God my Saviour,  
for he has looked upon his handmaid in her lowliness; †  
for behold, from this day forward, \*  
all generations will call me blessed.

For the Almighty has done great things for me, \*  
and holy is his name.

His mercy is from age to age \*  
for those who fear him.

He has made known the strength of his arm, \*  
and has scattered the proud in their conceit of heart.

He has cast down the mighty from their thrones \*  
and has exalted those who are lowly.

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

He has helped his servant Israel, \*  
mindful of his mercy,  
even as he promised to our fathers, \*  
to Abraham and his descendants forever.

**Antiphon:** These things I have said to you, that my joy may be in you, and your joy may be complete, alleluia.

### INTERCESSIONS

With jubilant praise to Christ, who rose from the dead as the first fruits of those who have fallen asleep, let us pray:

*O Christ, risen from the dead, hear us.*

Be mindful, Christ Jesus, of your holy Church, which you built upon the foundation of the Apostles and spread to the ends of the earth,

— and may your blessing rest upon all who believe in you.

Physician of our souls and bodies,

— visit us, and heal us with your loving care.

Raise up the sick and strengthen them

— and relieve them from all their ills.

Help those undergoing distress and oppression

— and mercifully lift up those struggling in poverty.

By your Cross and Resurrection, you opened to all the way of eternal life;

— grant to our deceased brothers and sisters the joys of your kingdom.

Our Father.

### Prayer

O God, by whose grace,

though sinners, we are made just

and, though pitiable, made blessed,

stand, we pray, by your works,

stand by your gifts,

that those justified by faith

may not lack the courage of perseverance.

Through our Lord Jesus Christ, your Son,

who lives and reigns with you in the unity of the Holy Spirit,

God, for ever and ever.

## Compline

Ÿ. O God, come to my assistance.

Ŕ. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

It is praiseworthy that, after this, a brief examination of conscience occur. In a communal celebration a Penitential Act according to the formulas used at Mass may be inserted here

### HYMN

#### Jesus, Redeemer of the World (8 8 8 8 LM)

Jesus, Redeemer of the world,  
Word from the Father, God most high,  
true Light sent forth from unseen Light,  
and watchful guardian of your own:

O Maker of the universe,  
you order all our days and hours;  
restore our bodies, worn by toil,  
with peace and silence through the night.

Destroyer of the pit of hell,  
release us from our wicked foe,  
that he may have no strength to lure  
the souls you ransomed by your blood.

As we remain for this brief time,  
our weary bodies seeking rest,  
Lord, may our flesh so sleep in peace,  
that lethargy not dull our minds.

To you, Lord Jesus, glory be,  
who shine in victory over death,  
with God the Father, ever blest,  
and loving Spirit, ever one. Amen.

Text: *Iesu, redemptor sæculi*, Author: ca. 10th c.

## PSALMODY

**Antiphon:** Alleluia, alleluia, alleluia.

## Psalm 16 (15)

## The Lord, my portion

*God raised up Jesus, releasing him from the pangs of death (Acts 2:24).*

Preserve me, O God, for in you I take refuge. †  
 I say to the LORD, “You are my Lord. \*  
 You, you alone are my good.”

As for the holy ones who dwell in the land, \*  
 they are noble, and in them is all my delight.  
 Those who choose other gods increase their sorrows. †  
 I will not take part in their offerings of blood. \*  
 Nor will I take their names upon my lips.

O LORD, it is you who are my portion and cup; \*  
 you yourself who secure my lot.  
 Pleasant places are marked out for me: \*  
 a pleasing heritage indeed is mine!

I will bless the LORD who gives me counsel, \*  
 who even at night directs my heart.  
 I keep the LORD before me always; \*  
 with him at my right hand, I shall not be moved.

And so, my heart rejoices, my soul is glad; \*  
 even my flesh shall rest in hope.  
 For you will not abandon my soul to Sheol, \*  
 nor let your holy one see corruption.

You will show me the path of life, †  
 the fullness of joy in your presence, \*  
 at your right hand, bliss forever.

**Antiphon:** Alleluia, alleluia, alleluia.

## SHORT READING

1 Thes 5:23

May the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

## SHORT RESPONSORY

**R̄.** Into your hands, O Lord, I commend my spirit. \* Alleluia, alleluia. Into your hands.

**V̄.** You have redeemed us, Lord God of truth. \* Alleluia, alleluia. Glory be to the Father. Into your hands.

## GOSPEL CANTICLE

Lk 2:29-32

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace, alleluia.

**Christ is the light of the nations and the glory of Israel**

Now you dismiss your servant in peace, \*  
according to your word, O Master

for my eyes have seen your salvation, \*  
which you prepared in the sight of all the peoples:

a light for revelation to the nations, \*  
and the glory of your people Israel.

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace, alleluia.

## Prayer

O Lord our God, with restful sleep refresh us  
who are wearied by the work of this day  
so that, restored by your unfailing help,  
we may be wholly yours in mind and body.  
Through Christ our Lord.

**Then, the Blessing is said, even in individual recitation:**

May the almighty Lord grant us a quiet night and a perfect end. **R̄.** Amen.

FINAL ANTIPHON TO THE BLESSED VIRGIN MARY

Queen of heaven, rejoice, alleluia.

The Son whom you merited to bear, alleluia.

Has risen as he said, alleluia.

Pray to God for us, alleluia.

## FRIDAY OF THE FIFTH WEEK OF EASTER

### Office of Readings

#### Invitatory

**V.** O Lord, open my lips.

**R.** And my mouth shall proclaim your praise.

**Ant.:** The Lord is truly risen, alleluia.

#### Psalm 24 (23)

#### The entry of the Lord into his temple

*The gates of heaven were opened to Christ, because he took flesh upon himself (St. Irenaeus).*

**(The antiphon is recited and then repeated)**

The LORD's is the earth and its fullness, \*  
the world, and those who dwell in it.  
It is he who set it on the seas; \*  
on the rivers he made it firm.

**(The antiphon is repeated)**

Who shall climb the mountain of the LORD? \*  
Who shall stand in his holy place?  
The clean of hands and pure of heart, †  
whose soul is not set on vain things, \*  
who has not sworn deceitful words.

**(The antiphon is repeated)**

Blessings from the LORD shall he receive, \*  
and right reward from the God who saves him.  
Such are the people who seek him, \*  
who seek the face of the God of Jacob.

**(The antiphon is repeated)**

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

(The antiphon is repeated)

Who is this king of glory? †  
 The LORD, the mighty, the valiant; \*  
 the LORD, the valiant in war.

(The antiphon is repeated)

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

(The antiphon is repeated)

Who is this king of glory? †  
 He, the LORD of hosts, \*  
 he is the king of glory.

(The antiphon is repeated)

## HYMN

### O God, Most Holy Three in One (8 8 8 8 LM)

1. O God, most holy Three in One,  
 who rule the world with might and strength,  
 draw near and heed our hymns of praise,  
 as we keep watch with psalms and prayers.
2. For, in the silent hours of night,  
 we rise from bed and leave our rest,  
 to beg from you with ardent prayer  
 your healing balm for all our wounds,
3. That your all-glorious power on high  
 may purify and free our souls  
 from any evil done this night,  
 suggested by the demons' fraud.
4. With trusting heart we humbly beg:  
 Come fill us with your holy light,  
 so that throughout the daily round  
 no careless deed shall cause our fall.

D. Most loving Father, hear our prayer,  
and you, O Christ co-equal Son,  
who with the Spirit Paraclete  
now reign for all eternity. Amen.

*Tu, Trinitas Unitas, ca. 6-7th c.*

## PSALMODY

**Antiphon 1:** Arise, O Lord, to help me, alleluia.

Psalm 35 (34):1-2, 3c, 9-19, 22-23, 27-28

**The Lord, the Saviour in time of persecution**

*They gathered together . . . and made a plan to arrest Jesus by treachery  
and put him to death (Mt 26:3, 4).*

## I

Contend, O LORD, with my contenders; \*  
fight those who fight me.  
Take up your buckler and shield; \*  
arise in my defence.

Say to my soul, \* "I am your salvation."  
Then my soul shall rejoice in the LORD, \*  
and exult in his salvation.

All my bones will say, \*  
"LORD, who is like you  
who rescue the weak from the strong \*  
and the poor from the oppressor?"

Lying witnesses arise, \*  
asking me questions I cannot understand.  
They repay me evil for good; \*  
my soul is forlorn.

**Antiphon:** Arise, O Lord, to help me, alleluia.

**Antiphon 2:** Judge my cause; defend me, Lord, for you are powerful, alleluia.

## II

When they were sick I dressed in sackcloth, \*  
 afflicted my soul with fasting,  
 and with prayer ever anew in my heart, \*  
 as for a brother, a friend.  
 I went as though mourning a mother, \*  
 bowed down with grief.

Now that I stumble, they gladly gather; \*  
 they gather, and mock me.  
 I myself do not know them, \*  
 yet strangers tear at me ceaselessly.  
 They provoke me with mockery on mockery, \*  
 and gnash their teeth at me.

**Antiphon:** Judge my cause; defend me, Lord, for you are powerful, alleluia.

**Antiphon 3:** My tongue shall recount your righteousness all the day long, alleluia.

## III

O LORD, how long will you look on? †  
 Rescue my life from their ravages, \*  
 my soul from these lions.  
 Then I will thank you in the great assembly; \*  
 amid the mighty throng I will praise you.  
 Do not let my lying foes \*  
 rejoice over me.  
 Do not let those who hate me without cause \*  
 wink eyes at each other.  
 O LORD, you have seen; do not be silent; \*  
 Lord, do not stand afar off!  
 Awake! And stir to my defence, \*  
 to my cause, O my God and my Lord!

Let them exult and be glad \*  
 who delight in my deliverance.

Let them say without end, †  
 “Great is the LORD who delights \*  
 in the peace of his servant.”

Then my tongue shall speak of your justice, \*  
 and all day long of your praise.

**Antiphon:** My tongue shall recount your righteousness all the day long,  
 alleluia.

**V.** In your Resurrection, O Christ, alleluia.

**R.** Let the heavens and the earth rejoice, alleluia.

### FIRST READING

From the Book of Revelation

22:1-9

#### The river of life-giving water

Then the angel showed John the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city; also, on either side of the river, the tree of life with its twelve kinds of fruit, yielding its fruit each month. The leaves of the tree were for the healing of the nations. No longer will there be anything accursed, but the throne of God and of the Lamb will be in it, and his servants will worship him. They will see his face, and his name will be on their foreheads. And night will be no more. They will need no light of lamp or sun, for the Lord God will be their light, and they will reign forever and ever.

And he said to me, “These words are trustworthy and true. And the Lord, the God of the spirits of the prophets, has sent his angel to show his servants what must soon take place.”

“And behold, I am coming soon. Blessed is the one who keeps the words of the prophecy of this book.”

I, John, am the one who heard and saw these things. And when I heard and saw them, I fell down to worship at the feet of the angel who showed them to me, but he said to me, “You must not do that! I am a fellow servant with you and your brothers the prophets, and with those who keep the words of this book. Worship God.”

## RESPONSORY

Rv 22:5, 3b

℞. Night shall be no more, for the Lord God will be the light of his servants. \* And they will reign for ever and ever, alleluia.

℣. The throne of God and of the Lamb will be in the holy city, and his servants will minister to him. \* And they will reign.

## SECOND READING

From the *Sermons* of Blessed Isaac, Abbot of the monastery of Stella

(Sermo 42: PL 194, 1831-1832)

*Firstborn of many brothers and sisters*

Just as the head and body of a man form one single man, so the Son of the Virgin and those he has chosen to be his members form a single man and the one Son of Man. Scripture says: *Christ is whole and entire, head and body* (Eph 5:23), since all the members form one Body, which with its Head is one Son of Man, and he with the Son of God is one Son of God, who himself with God is one God.

Therefore the whole Body with its Head is Son of Man, Son of God, and God. Hence the text: *Father, I desire that as you and I are one, so they may be one with us* (Jn 17:21).

And so, according to this well-known reading of Scripture, neither the Body without the Head, nor the Head without the Body, nor the Head and Body without God, the whole Christ. When all are united with God they become one God.

But the Son of God is one with God by nature; the Son of Man is one with him in his person; we, his Body, are one with him sacramentally.

Consequently those who by faith are spiritual members of Christ can truly say that they are what he is: the Son of God and God himself. But what Christ is by his nature we are by sharing; what he has in fullness, they have by participation. Finally, what the Son of God is by generation, his members are by adoption, according to the text: *As sons you have received the Spirit of adoption, enabling you to cry, Abba, Father* (Rom 8:15).

Through his Spirit, *he gave them the power to become children of God* (Jn 1:12), so that all those he has chosen might be taught by him who is the *firstborn among many brothers and sisters* (Rom 8:29) to say: *Our Father,*

*who art in heaven* (Mt 6:9). Again he says elsewhere: *I ascend to my Father and to your Father* (Jn 20:17).

By that Spirit, from the womb of the Virgin, was born our Head, the Son of Man; and by the same Spirit, in the waters of Baptism, we are reborn as his Body and as children of God. And just as he was born without any sin, so we are reborn in the forgiveness of all our sins.

As on the Cross he bore all the sins of the whole Body in his body of flesh, so to his spiritual body he gave the grace of rebirth, that no sin may be imputed to it. It is written: *Blessed is the man to whom the Lord imputes no guilt for his sin* (Ps 32 [31]:2). The blessed man of this text is undoubtedly Christ, who forgives sins insofar as God is his head. Insofar as this man is the Head of the Body, there is no sin to forgive; and insofar as the Body that belongs to this Head consists of many members, there is sin indeed, but it is forgiven and no guilt is imputed.

In himself he is just: it is he who justifies himself. He alone is both Savior and saved. In his own body on the Cross he bore what he had washed from his Body by the waters of Baptism. Likewise, bringing salvation through wood and through water, he is the *Lamb of God who takes away the sins of the world* (Jn 1:29) which he took upon himself. Himself the priest and the sacrifice, and God, he offers himself to himself, and he himself is God. Thus, through his own self, the Son reconciled himself to himself as God, as well as to the Father and to the Holy Spirit.

#### RESPONSORY

Rom 12:5; Col 2:9-10a; 1:18

℞. Though many, we are one body in Christ, and we are members of one another. \* In him dwells bodily all the fullness of the divinity, and in him you are fulfilled, alleluia.

℣. He is the Head of the Body, the Church, the beginning, the firstborn from the dead, that he may have primacy in all things. \* In him dwells.

Prayer

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,  
God, for ever and ever.

## Lauds

Ÿ. O God, come to my assistance.

Ŕ. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

## HYMN

### Eternal Glory of the Skies (8 8 8 8 LM)

1. Eternal Glory of the skies,  
O blessed hope for all on earth,  
O child of Mary, Virgin pure,  
and only Son of God most high,
  2. Extend your right hand as we wake  
and help us rise with sober mind,  
that ardent in the praise of God,  
we may repay the thanks we owe.
  3. The gleaming morning star appears  
as herald of the light itself,  
and darkness of the night recedes:  
may holy light shine forth on us.
  4. Let it remain within our mind  
to drive from us all worldly night,  
and so, by cleansing hearts of sin,  
preserve them till the end of time.
  5. Let faith, the gift first sought and found,  
take root within our inmost heart,  
and next, let hope rejoice in faith;  
then love, the greatest gift, abides.
- D. O Christ, to you, most loving King,  
and to the Father glory be,  
one with the Spirit Paraclete,  
from age to age for evermore. Amen.

Text: *Æterna cæli gloria*, 7-8th c.

## PSALMODY

**Antiphon 1:** Remember me, Lord God, when you come into your kingdom, alleluia.

## Psalm 51 (50)

## Have mercy on me, O God

*Be renewed in the spirit of your mind and put on the new man (Eph 4:23-24).*

Have mercy on me, O God, \*  
 according to your merciful love;  
 according to your great compassion, \*  
 blot out my transgressions.  
 Wash me completely from my iniquity, \*  
 and cleanse me from my sin.

My transgressions, 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.  
 So you are just in your sentence, \*  
 without reproach in your judgment.

Behold, in guilt I was born, \*  
 a sinner when my mother conceived me.  
 Behold, you delight in sincerity of heart; \*  
 in secret you teach me wisdom.  
 Cleanse me with hyssop, and I shall be pure; \*  
 wash me, and I shall be whiter than snow.

Let me hear rejoicing and gladness, \*  
 that the bones you have crushed may exult.  
 Turn away your face from my sins, \*  
 and blot out all my guilt.

Create a pure heart for me, O God; \*  
 renew a steadfast spirit within me.  
 Do not cast me away from your presence; \*  
 take not your holy spirit from me.

Restore in me the joy of your salvation; \*  
sustain in me a willing spirit.

I will teach transgressors your ways, \*  
that sinners may return to you.

Rescue me from bloodshed, O God, †  
O God of my salvation, \*  
and then my tongue shall ring out your justice.

O Lord, open my lips \*  
and my mouth shall proclaim your praise.

For in sacrifice you take no delight; \*  
burnt offering from me would not please you.

My sacrifice to God, a broken spirit: †  
a broken and humbled heart, \*  
you will not spurn, O God.

In your good pleasure, show favour to Zion; \*  
rebuild the walls of Jerusalem.

Then you will delight in right sacrifice, †  
burnt offerings wholly consumed. \*

Then you will be offered young bulls on your altar.

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

**Antiphon 2:** Truly you are a God who hide yourself, O God of Israel, the Saviour, alleluia.

### Canticle Is 45:15-25

#### Let all the nations turn to the Lord

*At the name of Jesus, every knee should bend (Phil 2:10).*

Truly you are a God who hide yourself, \*  
O God of Israel, the Saviour.

All of them are shamed and disgraced; \*  
the makers of idols leave together in disgrace.

Israel is saved by the LORD with everlasting salvation. \*  
You shall not be put to shame or disgrace for all eternity.

For thus says the LORD, Creator of the heavens, \*  
God himself, who formed the earth and made it firm;  
not as chaos did he create it; †  
but formed it to be lived in: \*  
I am the LORD, and there is no other.

I did not speak in secret, \*  
in a land of darkness;  
I did not say to the descendants of Jacob, \*  
“Seek me in vain.”  
I the LORD speak what is just, \*  
I declare what is upright.

Gather together, and come; \*  
draw near together, you survivors of the nations;  
they have no knowledge, who lift up wooden idols, \*  
and pray to a god who cannot save.

Speak up and present your case; \*  
let them take counsel together.  
Who has revealed this from long ago, \*  
foretold it of old?

Was it not I, the LORD? \*  
There is no other god but me,  
a righteous God and a Savior— \*  
there is none except me.

Turn to me and be saved, †  
all the ends of the earth. \*  
For I am God and there is no other.

By my own self I swear it, †  
from my mouth has righteousness gone forth, \*  
a word that shall not return.  
For to me every knee shall bow, \*  
and every tongue shall swear an oath.

They will say to me, “Only in the LORD \*  
 are righteousness and strength;  
 all who were angry against him \*  
 shall come to him and be ashamed.  
 In the LORD all the offspring of Israel \*  
 shall be justified and exult.”

**Antiphon:** Truly you are a God who hide yourself, O God of Israel, the Saviour, alleluia.

**Antiphon 3:** Serve the Lord with gladness, alleluia.

**Psalm 100 (99)**

**The joy of those entering the Temple**

*The Lord bids the redeemed to sing a song of victory* (St. Athanasius).

Cry out with joy to the LORD, all the earth. †  
 Serve the LORD with gladness. \*  
 Come before him, singing for joy.

Know that he, the LORD, is God. †  
 He made us; we belong to him. \*  
 We are his people, the sheep of his flock.

Enter his gates with thanksgiving †  
 and his courts with songs of praise. \*  
 Give thanks to him, and bless his name.

Indeed, how good is the LORD, †  
 eternal his merciful love. \*  
 He is faithful from age to age.

**Antiphon:** Serve the Lord with gladness, alleluia.

**SHORT READING**

**Acts 5:30-32**

The God of our fathers raised Jesus, whom you killed by hanging him on a tree. God exalted him at his right hand as Leader and Savior, to give repentance to Israel and forgiveness of sins. And we are witnesses to these things, and so is the Holy Spirit, whom God has given to those who obey him.”

## SHORT RESPONSORY

℞. The Lord has risen from the tomb, \* alleluia, alleluia. The Lord.

℣. For our sake he hung upon the Cross, \* alleluia, alleluia. Glory be to the Father. The Lord.

## GOSPEL CANTICLE

Lk 1:68-79

**Benedictus antiphon:** This is my commandment: that you love one another as I have loved you, alleluia.

## The Messiah and his forerunner

Blessed be the Lord God of Israel: \*  
 for he has visited his people and redeemed them;  
 he has raised up for us a horn of salvation \*  
 in the House of David his servant,  
 as he spoke through the mouth of his holy ones, \*  
 his prophets from ages past:

to grant salvation from our foes, \*  
 and from the hand of all who hate us,  
 showing mercy to our fathers, †  
 remembering his holy covenant, \*  
 the oath he swore to Abraham our father;

to grant that, freed from the hand of our foes, \*  
 we may serve him without fear  
 in holiness and righteousness \*  
 all the days of our life.

And you, little child, will be called \*  
 the Prophet of the Most High,  
 for you will go before the Lord \*  
 to make ready his ways:  
 to grant knowledge of salvation to his people \*  
 by the forgiveness of their sins;

through the tender mercy of our God, \*  
 the Dawn from on high will visit us,  
 to shine on those who sit in darkness, †  
 and those in the shadow of death; \*  
 to guide our feet into the way of peace.

Glory be to the Father, and to the Son, \*  
 and to the Holy Spirit,  
 as it was in the beginning, is now, and ever shall be, \*  
 world without end. Amen.

**Antiphon:** This is my commandment: that you love one another as I have loved you, alleluia.

### INTERCESSIONS

Let us humbly implore God the Father, who brought us new life through the Resurrection of Christ:

*Glorify us with the glory of Christ.*

O God, by your works you revealed your plan from of old, you created the earth, and you remain faithful to all generations;

— hear us, most compassionate Father.

Purify us with the purity of your truth, and guide our steps in holiness of heart,

— that we may do what is right and pleasing to you.

Let the light of your face shine upon us,

— that, freed from sin, we may be filled with the good things of your house.

Through Christ, you reconciled us to yourself;

— grant peace to us and to all who live in the world.

Our Father.

### Prayer

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,

God, for ever and ever.

**Daytime Hour**

**V.** O God, come to my assistance.

**R.** O Lord, make haste to help me.

Glory be to the Father. As it was (**E.T.** alleluia).

**HYMN****O Christ, Exalted Love Draw Near (8 8 8 8 LM)**

1. O Christ, exalted Love, draw near  
to dwell in hearts you once redeemed;  
come, fill our voices, as we pray,  
with fervent tears and ardent praise.
  2. Most loving Jesus, hear the prayers  
that we in faith pour forth to you;  
we beg of you, O Christ our Lord:  
Forgive the evil we have done.
  3. So by the Cross, that holy sign  
made sacred through your body's touch,  
defend us as your children, Lord,  
in every nation, every land.
- D. O Christ, to you, most loving King,  
and to the Father glory be,  
one with the Spirit Paraclete,  
from age to age for evermore. Amen.

Text: *Adesto, Christe, cordibus*,  
attributed to St. Bede the Venerable, O.S.B., d. 735.

## PSALMODY

**Antiphon:** Alleluia, alleluia, alleluia.

Psalm 119 (118):25-32

## IV (Daleth)

My soul holds fast to the dust; \*  
revive me by your word.

I declared my ways and you answered me; \*  
teach me your statutes.

Make me grasp the way of your precepts, \*  
and I will ponder your wonders.

My soul pines away with grief; \*  
by your word raise me up.

Keep me from the way of falsehood; \*  
grant me mercy by your law.

I have chosen the way of faithfulness; \*  
your decrees I have upheld.

I cling to your decrees, O LORD; \*  
let me not be put to shame.

I will run the way of your commands; \*  
you open wide my heart.

Psalm 26 (25)

## The confident prayer of the innocent

*God chose us in Christ, that we might be holy and blameless (Eph 1:4).*

Give judgment for me, O LORD, †  
for I have walked in my integrity. \*  
I have trusted in the LORD; I have not wavered.

Examine me, LORD, and try me. \*  
O test my heart and my mind.  
Your mercy is before my eyes, \*  
and I walk according to your truth.

I never take my seat with liars, \*  
     and with hypocrites I shall not go.  
 I hate the evil-doer's company; \*  
     I will not take my seat with the wicked.  
  
 I wash my hands in innocence \*  
     and take my place around your altar,  
 singing a song of thanksgiving, \*  
     recounting all your wonders.  
 O LORD, I love the house where you dwell, \*  
     the place where your glory abides.  
  
 Do not sweep away my soul with sinners, \*  
     nor my life with those who shed blood,  
 in whose hands are evil plots, \*  
     whose right hands are filled with a bribe.  
  
 As for me, I walk in my integrity. \*  
     Redeem me and have mercy on me.  
 My foot stands on level ground: \*  
     I will bless the LORD in the assembly.

Psalm 28 (27):1-3, 6-9

Supplication and thanksgiving

*Father, I give you thanks that you have heard me (Jn 11:41).*

To you, O LORD, I call; \*  
     my rock, be not deaf to me.  
 I shall go down to those in the pit, \*  
     if you are silent to me.  
  
 Hear the voice of my pleading \*  
     as I call to you for help,  
 as I raise my hands \*  
     toward your holy place.  
  
 Do not drag me away with the wicked, \*  
     with those who do evil,  
 who speak words of peace to their neighbours, \*  
     but with malice in their hearts.

Blest be the LORD, for he has heard \*  
 the sound of my appeal.  
 The LORD is my strength and my shield; \*  
 in him my heart trusts.  
 I was helped; my heart rejoices, \*  
 and I praise him with my song.  
 The LORD is the strength of his people, \*  
 a saving refuge for his anointed.  
 Save your people and bless your heritage. \*  
 Shepherd them and carry them forever.

**Antiphon:** Alleluia, alleluia, alleluia.

### Terce

#### SHORT READING

Acts 2:32, 36

God raised up Jesus, and of that we all are witnesses. Let all the house of Israel therefore know for certain that God has made him both Lord and Christ, this Jesus whom you crucified.

**R̄.** The Lord has truly risen, alleluia.

**V̄.** And has appeared to Simon, alleluia.

### Sext

#### SHORT READING

Gal 3:27-28

You who were baptised into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus.

**R̄.** The disciples rejoiced, alleluia.

**V̄.** When they saw the Lord, alleluia.

### None

#### SHORT READING

1 Cor 5:7-8

Cleanse out the old leaven that you may be a new lump, as you really are unleavened. For Christ, our Passover lamb, has been sacrificed. Let us therefore celebrate the festival, not with the old leaven, the leaven of malice and evil, but with the unleavened bread of sincerity and truth.

℞. Stay with us, Lord, alleluia.

℣. For evening draws near, alleluia.

Prayer

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,  
God, for ever and ever.

## Vespers

Ÿ. O God, come to my assistance.

Ṛ. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

### HYMN

#### **O God, Who Shaped the Human Race (8 8 8 8 LM)**

1. O God, who shaped the human race,  
alone you order all that is;  
you bid the fertile earth bring forth  
all kinds of beasts and creeping things.
  2. And at the sound of your command  
all living creatures huge and strong  
are subject to the human race,  
that each may serve in rank and kind.
  3. Drive far from all your servants here  
whatever through impurity  
shall make its way into our acts  
or plant itself in habits formed.
  4. Grant us rewards of lasting joy,  
bestow your many gifts of grace,  
undo the bonds of bitter strife,  
confirm your covenants of peace.
- D. Most loving Father, hear our prayer,  
and you, O Christ co-equal Son,  
who with the Spirit Paraclete  
now reign for all eternity. Amen.

Text: *Plasmator hominis, Deus*, attributed to St. Gregory the Great, d. 604.

## PSALMODY

**Antiphon 1:** For our sake Christ became poor, so that we might become rich, alleluia.

## Psalm 41 (40)

## Prayer of one who is sick

*One of you will betray me, one who is eating with me* (Mk 14:18).

Blessed is he who has concern for the poor. \*

In time of trouble, the LORD will rescue him.

The LORD will guard him, preserve his life, †

and make him blessed in the land, \*

not give him up to the will of his foes.

The LORD will help him on his bed of pain; \*

in his sickness, you tend even to his bedding.

As for me, I said, “LORD, have mercy on me; \*

heal my soul, for I have sinned against you.”

My foes are speaking evil against me: \*

“How long before he dies, and his name be forgotten?”

When someone comes to visit me, he speaks empty words; \*

his heart stores up malice; on leaving, he spreads lies.

All my foes whisper together against me; \*

they devise evil plots against me:

“Something deadly has fastened upon him; \*

he will not rise from where he lies.”

Thus even my friend, in whom I trusted, †

who ate my bread, \*

has lifted his heel against me.

But you, O LORD, have mercy on me. \*

Raise me up and I will repay them.

By this I know your favour: \*

that my foes do not triumph over me.

In my integrity you have upheld me, \*

and have set me in your presence forever.

Blest be the LORD, the God of Israel, \*  
from age to age. Amen. Amen.

**Antiphon:** For our sake Christ became poor, so that we might become rich, alleluia.

**Antiphon 2:** Streams of the river gladden the city of God, alleluia.

Psalm 46 (45)

God, our refuge and strength

*His name will be called Emmanuel, which means God-with-us (Mt 1:23).*

God is for us a refuge and strength, \*  
an ever-present help in time of distress;  
so we shall not fear though the earth should rock, \*  
though the mountains quake to the heart of the sea;  
even though its waters rage and foam, \*  
even though the mountains be shaken by its tumult.

The LORD of hosts is with us: \*  
the God of Jacob is our stronghold.

The waters of a river give joy to God's city, \*  
the holy place, the abode of the Most High.  
God is in her midst, she cannot be shaken; \*  
God will help her at the dawning of the day.  
Nations are in tumult, kingdoms are shaken: \*  
he lifts his voice, the earth melts away.

The LORD of hosts is with us: \*  
the God of Jacob is our stronghold.

Come and behold the works of the LORD, \*  
the awesome deeds he has done on the earth.  
He puts an end to wars over all the earth; \*  
the bow he breaks, the spear he snaps, the shields he burns with fire:  
"Be still and know that I am God, \*  
exalted over nations, exalted over earth!"

The LORD of hosts is with us: \*  
the God of Jacob is our stronghold.

**Antiphon:** Streams of the river gladden the city of God, alleluia.

**Antiphon 3:** Let us sing to the Lord who has gloriously triumphed, alleluia.

**Canticle Rv 15:3-4**

**Hymn of adoration**

Great and wondrous are your works, \*

O Lord, Almighty God!

Just and true are your ways, \*

O King of the nations!

Who would not fear, O Lord, \*

and glorify your name?

For you alone are the Holy One, \*

for all nations will come,

and they will worship before you, \*

for your righteous deeds have been revealed.

**Antiphon:** Let us sing to the Lord who has gloriously triumphed, alleluia.

**SHORT READING**

**Hb 5:8-10**

Although he was a son, he learned obedience through what he suffered. And being made perfect, he became the source of eternal salvation to all who obey him, being designated by God a high priest after the order of Melchizedek.

**SHORT RESPONSORY**

**R̄.** The disciples rejoiced, \* alleluia, alleluia. The disciples.

**V̄.** When they saw the Lord, \* alleluia, alleluia. Glory be to the Father. The disciples.

## GOSPEL CANTICLE

Lk 1:46-55

**Magnificat antiphon:** Greater love has no one than to lay down his life for his friends, alleluia.

**The soul rejoices in the Lord**

My soul proclaims the greatness of the Lord, \*  
 and my spirit rejoices in God my Saviour,  
 for he has looked upon his handmaid in her lowliness; †  
 for behold, from this day forward, \*  
 all generations will call me blessed.

For the Almighty has done great things for me, \*  
 and holy is his name.  
 His mercy is from age to age \*  
 for those who fear him.

He has made known the strength of his arm, \*  
 and has scattered the proud in their conceit of heart.  
 He has cast down the mighty from their thrones \*  
 and has exalted those who are lowly.  
 He has filled the hungry with good things, \*  
 and has sent the rich away empty.

He has helped his servant Israel, \*  
 mindful of his mercy,  
 even as he promised to our fathers, \*  
 to Abraham and his descendants forever.

**Antiphon:** Greater love has no one than to lay down his life for his friends, alleluia.

### INTERCESSIONS

Let us extol Christ, the way, the truth, and the life, as we cry out:

*Son of the living God, bless your people.*

We pray to you, Christ Jesus, for all the ministers of your Church,  
— that breaking the bread of life for their brothers and sisters, they themselves may be nourished and strengthened.

We pray to you for the whole Christian people,  
— that walking worthily in their vocation, they may preserve the unity of the spirit in the bond of peace.

We pray to you for those who have the power to govern us,  
— that they may so discharge their responsibilities in accordance with justice and mercy, that harmony and peace may prevail among all peoples.

We pray that you will make us worthy to honour you with hearts made pure in the communion of Saints,  
— together with our deceased brothers and sisters, whom we commend to your mercy.

Our Father.

### Prayer

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,  
God, for ever and ever.

## Compline

Ÿ. O God, come to my assistance.

℞. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

It is praiseworthy that, after this, a brief examination of conscience occur. In a communal celebration a Penitential Act according to the formulas used at Mass may be inserted here

### HYMN

#### Waking in Darkness, Let Us All Keep Vigil (11 11 11 5)

Waking in darkness, let us all keep vigil,  
 ever reflecting on the psalms we utter;  
 firm and wholehearted, let us sing with sweetness  
 hymns to our Saviour,

That as we praise him, Lord and King most loving,  
 we may be worthy with his saints to enter  
 courts of high heaven and enjoy for ever  
 life blest and happy.

Grant this, we ask you, Godhead ever blessed,  
 equal and holy Father, Son, and Spirit;  
 through all creation, age to age re-echoes  
 your wondrous glory. Amen.

Text: *Iesu, redemptor sæculi*, Author: ca. 10th c.

## PSALMODY

**Antiphon:** Alleluia, alleluia, alleluia.

## Psalm 88 (87)

## Prayer of one who is gravely ill

*This is your hour and the power of darkness* (Lk 22:53).

O LORD and God of my salvation, \*  
 I cry before you day and night.  
 Let my prayer come forth to your presence. \*  
 Incline your ear to my cry.  
 For my soul is filled with evils; \*  
 my life is on the brink of Sheol.

I am reckoned as one who goes down to the pit; \*  
 I am like a warrior without strength,  
 like one roaming among the dead, \*  
 like the slain who lie in the grave,  
 like those you remember no more, \*  
 cut off, as they are, from your hand.

You have laid me in the depths of the pit, \*  
 in regions that are dark and deep.  
 Your anger weighs down upon me; \*  
 I am drowned beneath your waves.

You have taken away my friends; \*  
 to them you have made me hateful.  
 Imprisoned, I cannot escape; \*  
 my eyes are sunken with grief.  
 I call to you, LORD, all day long; \*  
 to you I stretch out my hands.

Will you work your wonders for the dead? \*  
 Will the shades rise up to praise you?  
 From the grave, who can tell of your mercy? \*  
 From the place of perdition, your faithfulness?  
 Will your wonders be known in the dark, \*  
 in the land of oblivion, your uprightness?

But I, O LORD, cry out to you; \*  
 in the morning my prayer comes before you.  
 Why do you reject me, O LORD? \*  
 Why do you hide your face from me?

I am wretched, close to death from my youth. \*  
 I have borne your trials; I am numb.  
 Your fury has swept down upon me; \*  
 your terrors have utterly destroyed me.

They surround me all the day like a flood; \*  
 together they close in against me.  
 Friend and neighbour you have taken away: \*  
 my one companion is darkness.

**Antiphon:** Alleluia, alleluia, alleluia.

#### SHORT READING

Cf. Jer 14:9

You, O LORD, are in the midst of us, and we are called by your name; do not leave us.”

#### SHORT RESPONSORY

**R̄.** Into your hands, O Lord, I commend my spirit. \* Alleluia, alleluia. Into your hands.

**V̄.** You have redeemed us, Lord God of truth. \* Alleluia, alleluia. Glory be to the Father. Into your hands.

#### GOSPEL CANTICLE

Lk 2:29-32

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace, alleluia.

**Christ is the light of the nations and the glory of Israel**

Now you dismiss your servant in peace, \*  
 according to your word, O Master  
 for my eyes have seen your salvation, \*  
 which you prepared in the sight of all the peoples:

a light for revelation to the nations, \*  
and the glory of your people Israel.

**Antiphon:** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace, alleluia.

**Prayer**

Grant us, almighty God,  
to be so faithfully united to your Only Begotten Son,  
who was buried in the tomb,  
that we may rise again with him in newness of life.  
Who lives and reigns for ever and ever.

**Then, the Blessing is said, even in individual recitation:**

May the almighty Lord grant us a quiet night and a perfect end. **R̄.** Amen.

**FINAL ANTIPHON TO THE BLESSED VIRGIN MARY**

Queen of heaven, rejoice, alleluia.  
The Son whom you merited to bear, alleluia.  
Has risen as he said, alleluia.  
Pray to God for us, alleluia.

## SATURDAY OF THE FIFTH WEEK OF EASTER

### Office of Readings

#### Invitatory

**V.** O Lord, open my lips.

**R.** And my mouth shall proclaim your praise.

**Ant.:** The Lord is truly risen, alleluia.

#### Psalm 95 (94)

#### An Invitation to Praise God

*Encourage each other daily while it is still today (Heb 3:13).*

*(The antiphon is recited and then repeated)*

Come, let us ring out our joy to the LORD;  
hail the rock who saves us.

Let us come into his presence, giving thanks;  
let us hail him with a song of praise.

*(The antiphon is repeated)*

A mighty God is the LORD,  
a great king above all gods.

In his hand are the depths of the earth;  
the heights of the mountains are his.

To him belongs the sea, for he made it,  
and the dry land that he shaped by his hand.

*(The antiphon is repeated)*

O come; let us bow and bend low.

Let us kneel before the LORD who made us,  
for he is our God, and we the people,  
the people of his pasture, the flock of his hand.

*(The antiphon is repeated)*

O that today you would listen to his voice!  
“Harden not your hearts as at Meribah,  
as on that day at Massah in the desert

when your forebears put me to the test;  
 when they tried me, though they saw my work.

(The antiphon is repeated)

For forty years I abhorred that generation,  
 and I said, ‘Their heart goes astray;  
 this people does not know my ways.’  
 Then I took an oath in my anger,  
 ‘Never shall they enter my rest.’”

(The antiphon is repeated)

Glory be to the Father, and to the Son,  
 and to the Holy Spirit,  
 as it was in the beginning, is now, and ever shall be,  
 world without end. Amen.

(The antiphon is repeated)

**HYMN**

**O God, Supreme and merciful (8 8 8 8 LM)**

1. O God, supreme and merciful  
 and Maker of the ordered world,  
 three Persons, by one gracious will,  
 you strengthen all with loving power.
2. Look kindly on the tears we shed,  
 which mingle with devoted hymns,  
 that as our hearts are cleansed of sin  
 we find our perfect joy in you.
3. Consume our passions and desires  
 with flames of love sent forth to heal,  
 that standing by with girded loins,  
 we may be ready when you come.
4. So may we all, who rise this night  
 and rend the hours with hymns of praise,  
 be filled with gifts beyond desire,  
 the blessings of our heavenly home.

D. Most loving Father, hear our prayer,  
and you, O Christ co-equal Son,  
who with the Spirit Paraclete  
now reign for all eternity. Amen.

Text: *Summæ Deus clementiæ*, 6-7th c.

## PSALMODY

**Antiphon 1:** O sing to the Lord, remember the wonders he has done,  
alleluia.

### Psalm 105 (104)

#### The Lord, faithful to his promises

*The Apostles make known to the nations the wonders wrought by God at his coming* (St. Athanasius).

## I

Give thanks to the LORD; proclaim his name. \*

Make known his deeds among the peoples.

O sing to him, sing his praise; \*

tell all his wonderful works!

Glory in his holy name; \*

let the hearts that seek the LORD rejoice.

Turn to the LORD and his strength; \*

constantly seek his face.

Remember the wonders he has done, \*

his marvels and his words of judgment.

O children of Abraham, his servant, \*

O descendants of the Jacob he chose,

he, the LORD, is our God; \*

his judgments are in all the earth.

He remembers his covenant forever: \*

the promise he ordained for a thousand generations,

the covenant he made with Abraham, \*

the oath he swore to Isaac.

He confirmed it for Jacob as a law, \*  
 for Israel as a covenant forever,  
 saying, “I will give you the land of Canaan \*  
 to be your allotted inheritance.”

When they were few in number, \*  
 a handful of strangers in the land,  
 when they wandered from nation to nation, \*  
 from one kingdom and people to another,  
 he allowed no one to oppress them; \*  
 he admonished kings on their account,  
 saying, “Those I have anointed, do not touch; \*  
 do no harm to any of my prophets.”

**Antiphon:** O sing to the Lord, remember the wonders he has done,  
 alleluia.

**Antiphon 2:** The Lord did not forsake the righteous one who was sold,  
 but delivered him from sinners, alleluia.

## II

But he called down a famine on the land; \*  
 he broke their staff of bread.  
 He had sent a man ahead of them, \*  
 Joseph, sold as a slave.

His feet were weighed down in chains, \*  
 his neck was bound with iron,  
 until what he said came to pass, \*  
 and the word of the LORD proved him true.

Then the king sent orders and released him; \*  
 the ruler of the peoples set him free.  
 He made him master of his house \*  
 and ruler of all his possessions,  
 to instruct his princes from his heart, \*  
 and to teach his elders wisdom.

**Antiphon:** The Lord did not forsake the righteous one who was sold, but  
 delivered him from sinners, alleluia.

**Antiphon 3:** The Lord did not forsake the righteous one who was sold, but delivered him from sinners, alleluia.

### III

So Israel came into Egypt; \*

Jacob sojourned in the land of Ham.

He gave his people great increase; \*

he made them stronger than their foes,  
whose hearts he turned to hate his people, \*  
and to deal with deceit toward his servants.

Then he sent Moses his servant, \*

and Aaron whom he had chosen.

They performed God's signs among them, \*  
and his wonders in the land of Ham.

He sent darkness, and darkness came, \*

but they rebelled against his words.

He turned their waters into blood, \*  
and caused their fish to die.

Their land was overrun by frogs, \*

even to the halls of their kings.

He spoke; there came swarms of flies, \*  
and gnats covered all the country.

He sent hailstones in place of the rain, \*

and lightning flashing in their land.

He struck their vines and fig trees; \*  
he shattered the trees through their country.

He spoke; the locusts came forth, \*

young locusts, too many to be counted.

They ate up every plant in the land; \*  
they ate up all the fruit of their fields.

He struck all the firstborn in their land, \*

the first fruit of all their strength.

He led out Israel with silver and gold. \*

In his tribes were none who stumbled.

Egypt rejoiced when they left, \*  
for dread had fallen upon them.

He spread a cloud as a screen, \*  
and fire to illumine the night.

When they asked he sent them quails; \*  
he filled them with bread from heaven.  
He pierced the rock and water gushed forth; \*  
it flowed as a river in the desert.

For he remembered his holy word, \*  
spoken to Abraham his servant.  
So he brought out his people with joy, \*  
his chosen ones with shouts of rejoicing.

And he gave them the lands of the nations. \*  
They inherited the fruits of the peoples' toil,  
that thus they might keep his precepts, \*  
that thus they might observe his laws.

**Antiphon:** The Lord did not forsake the righteous one who was sold, but delivered him from sinners, alleluia.

**V.** God has given us new birth into a living hope, alleluia.

**R.** Through the Resurrection of Jesus Christ from the dead, alleluia.

### FIRST READING

From the Book of Revelation

21:10-21

#### *The coming of the Lord, the attestation of hope*

The angel said to John, “Do not seal up the words of the prophecy of this book, for the time is near. Let the evildoer still do evil, and the filthy still be filthy, and the righteous still do right, and the holy still be holy.”

“Behold, I am coming soon, bringing my recompense with me, to repay each one for what he has done. I am the Alpha and the Omega, the first and the last, the beginning and the end.”

Blessed are those who wash their robes, so that they may have the right to the tree of life and that they may enter the city by the gates. Outside are the

dogs and sorcerers and the sexually immoral and murderers and idolaters, and everyone who loves and practices falsehood.

“I, Jesus, have sent my angel to testify to you about these things for the churches. I am the root and the descendant of David, the bright morning star.”

The Spirit and the Bride say, “Come.” And let the one who hears say, “Come.” And let the one who is thirsty come; let the one who desires take the water of life without price.

I warn everyone who hears the words of the prophecy of this book: if anyone adds to them, God will add to him the plagues described in this book, and if anyone takes away from the words of the book of this prophecy, God will take away his share in the tree of life and in the holy city, which are described in this book.

He who testifies to these things says, “Surely I am coming soon.” Amen. Come, Lord Jesus!

The grace of the Lord Jesus be with all. Amen.

#### RESPONSORY

Rv 22:16b, 17ab, 20c; Is 55:1a, 3a

**R̄.** I am the root and offspring of David, the radiant morning star. The Spirit and the Bride say: Come. \* Let each one who hears say: Come. Amen. Come, Lord Jesus, alleluia.

**V̄.** All you who thirst, come to the waters; incline your ear and come to me. \* Let each one.

#### SECOND READING

From the *Expositions of the Psalms* by Saint Augustine, Bishop

(Ps 148, 1-2: CCL 40, 2165-2166)

#### *The Paschal Alleluia*

Our thoughts in this present life should turn on the praise of God, because it is in praising God that we shall rejoice for ever in the life to come; and no one can be fit for the next life unless he trains himself for it now. So now at this present time we praise God, but we also

beseech God. Our praise is expressed with joy, our prayer with groaning. For we have been promised something we do not yet possess, and because the promise was made by one who keeps his word, we rejoice in hope; but

because we do not yet possess it, we groan with longing. It is good for us to persevere in longing until we receive what was promised, and groaning will be past; then praise alone will remain.

Because there are these two periods of time – the one that now is, beset with the trials and troubles of this life, and the other yet to come, a life of everlasting serenity and rejoicing – the celebration of two seasons has been established for us, one before Easter and the other after. The season before Easter signifies the troubles in which we live here and now, while the time after Easter which we are celebrating at present signifies the blessedness that will be ours hereafter. What we celebrate before Easter is what we experience in this life; what we celebrate after Easter points to something we do not yet possess. This is why we keep the first season with fasting and prayer; but we keep this present season, now that the fast is over, as a time for giving praise. Such is the meaning of the *Alleluia* we sing.

Both these periods are represented and demonstrated for us in Christ our Head. The Passion of the Lord depicts for us our present life of trial – shows how we must suffer and be afflicted and finally die. The Resurrection and glorification of the Lord show us the life that will be given to us in the future.

Now therefore, brethren, we urge you to praise God. That is what we are all telling each other when we say *Alleluia*. You say to your neighbour, “Praise the Lord!” and he says the same to you. We are all urging one another to praise the Lord, and all thereby doing what each of us urges the other to do. But see that your praise comes from your whole being; in other words, see that you praise God not with your lips and voices alone, but with your minds, your lives, and your actions.

For indeed we are praising God now, assembled as we are here in church; but when we go on our various ways again, it seems as if we cease to praise God. But provided we do not cease to live a good life, we shall always be praising God. You cease to praise God only when you fall away from justice and from what is pleasing to God. If you never fall away from the good life, your tongue may be silent but your life cries out, and God will turn his ear towards your heart; for as our ears hear each other’s voices, so do God’s ears hear our thoughts.

## RESPONSORY

Jn 16:20b

**R.** Your sorrow \* will be turned into joy, alleluia.

**V.** While the world rejoices, you will be sorrowful, but your sorrow \* will be turned.

## Prayer

Almighty and eternal God,  
who through the regenerating power of Baptism  
have been pleased to confer on us heavenly life,  
grant, we pray,  
that those you render capable of immortality  
by justifying them  
may by your guidance  
attain the fullness of glory.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.

**Lauds**

**V.** O God, come to my assistance.

**R.** O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

**HYMN****Now Dawn Unfolds across the Sky (8 8 8 8 LM)**

1. Now dawn unfolds across the sky  
and day drifts down upon the earth;  
a piercing ray rebounds in light:  
let every lure of sin depart.
  2. Illusions of the night, be gone.  
All guilt of mind and heart, now yield.  
Whatever comes from dreaded fault,  
brought in by night, now disappear.
  3. So may that great and final dawn,  
which we await with awe and hope,  
shine forth on us in splendid light,  
as morning echoes with this hymn.
- D. To God the Father glory be,  
all honour to his only Son,  
one with the Spirit Paraclete,  
from age to age for evermore. Amen.

Text: *Aurora iam spargit polum*, 7-8th c.

**PSALMODY**

**Antiphon 1:** In your mercy, O Lord, give me life, alleluia.

**Psalm 119 (118):145-152**

**XIX (Koph)**

I call with all my heart; LORD, answer me. \*

I will observe your statutes.

I call upon you; save me, \*

and I will keep your decrees.

I rise before dawn and cry for help; \*  
 I have hoped in your word.  
 My eyes awaken before dawn, \*  
 to ponder your promise.

In your mercy, hear my voice, O LORD; \*  
 give me life by your decrees.  
 Those who pursue me with malice draw near; \*  
 they are far from your law.

But you, O LORD, are close; \*  
 all your commands are truth.  
 From of old I have known that your decrees \*  
 are established forever.

**Antiphon:** In your mercy, O Lord, give me life, alleluia.

**Antiphon 2:** Those who were victorious sang the song of Moses, servant of God, and the song of the Lamb, alleluia.

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

**Hymn of victory after crossing the Red Sea**

*Those who had conquered the beast were singing the song of Moses, the servant of God (cf. Rv 15:2-3).*

Let us sing to the LORD who has gloriously triumphed; \*  
 horse and rider he has hurled into the sea.

The Lord is my strength and might; \*  
 he has become my salvation.  
 This is my God, and I will praise him, \*  
 my father's God, and I will exalt him.

The LORD is a warrior; the LORD is his name. †  
 The chariots of Pharaoh and his army \*  
 he has cast into the sea.

At the blast of your anger, the waters gathered; †  
 the waves stood up like a wall; \*  
 the deeps congealed in the heart of the sea.

The foe said, “I will pursue, will overtake; †  
 I will divide the spoil, \*  
 my soul shall have its fill of them.  
 I will bare my sword; \*  
 my hand shall destroy them.”

You blew with your breath, the sea covered them; †  
 they sank like lead in the mighty waters. \*  
 Who is like you among the gods, O LORD?

Who is like you, majestic in holiness, \*  
 awesome in splendour, working wonders?  
 You stretched out your right hand, \*  
 the earth swallowed them.

In your faithful love you guided the people you redeemed. \*  
 In your strength you led them to your holy dwelling.

You will bring them in and plant them \*  
 upon the mount of your inheritance:  
 the place which you, O LORD, have made your dwelling, \*  
 the holy place, O LORD, that your hands have established.

The LORD will reign \* forever and ever.

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

**Antiphon 3:** His merciful love has prevailed over us, alleluia.

### Psalm 117 (116)

#### Praise of the Lord’s merciful love

*I declare . . . that the Gentiles are to glorify God for his merciful love (Rom 15:8, 9).*

O praise the LORD, all you nations; \*  
 acclaim him, all you peoples!  
 For his mercy has prevailed over us; \*  
 and the faithfulness of the LORD endures forever.

**Antiphon:** His merciful love has prevailed over us, alleluia.

## SHORT READING

Rom 14:7-9

None of us lives to himself, and none of us dies to himself. For if we live, we live to the Lord, and if we die, we die to the Lord. So then, whether we live or whether we die, we are the Lord's. For to this end Christ died and lived again, that he might be Lord both of the dead and of the living.

## SHORT RESPONSORY

**R.** The Lord has risen from the tomb, \* alleluia, alleluia. The Lord.

**V.** For our sake he hung upon the Cross, \* alleluia, alleluia. Glory be to the Father. The Lord.

## GOSPEL CANTICLE

Lk 1:68-79

**Benedictus antiphon:** For this Christ died and rose again: that he might be Lord of both the dead and the living, alleluia.

## The Messiah and his forerunner

Blessed be the Lord God of Israel: \*  
 for he has visited his people and redeemed them;  
 he has raised up for us a horn of salvation \*  
 in the House of David his servant,  
 as he spoke through the mouth of his holy ones, \*  
 his prophets from ages past:  
 to grant salvation from our foes, \*  
 and from the hand of all who hate us,  
 showing mercy to our fathers, †  
 remembering his holy covenant, \*  
 the oath he swore to Abraham our father;  
 to grant that, freed from the hand of our foes, \*  
 we may serve him without fear  
 in holiness and righteousness \*  
 all the days of our life.

And you, little child, will be called \*  
 the Prophet of the Most High,  
 for you will go before the Lord \*  
 to make ready his ways:  
 to grant knowledge of salvation to his people \*  
 by the forgiveness of their sins;

through the tender mercy of our God, \*  
 the Dawn from on high will visit us,  
 to shine on those who sit in darkness, †  
 and those in the shadow of death; \*  
 to guide our feet into the way of peace.

Glory be to the Father, and to the Son, \*  
 and to the Holy Spirit,  
 as it was in the beginning, is now, and ever shall be, \*  
 world without end. Amen.

**Antiphon:** I For this Christ died and rose again: that he might be Lord of both the dead and the living, alleluia.

### INTERCESSIONS

Let us joyfully implore Christ, the Bread of Life, who will raise on the last day those nourished at the table of his Word and Body:  
*Give us peace and joy, O Lord.*

Son of God, raised from the dead, you are the Prince of life;  
 — bless and sanctify us and all your brothers and sisters.

You bestow peace and joy on all who believe in you;  
 — grant that we may walk as children of light and rejoice in your victory.

Increase the faith of the pilgrim Church on earth,  
 — that she may bear witness in the world to your Resurrection.

Having suffered greatly, you entered into the glory of the Father;  
 — transform the grief of the sorrowful into joy.

Our Father.

## Prayer

Almighty and eternal God,  
who through the regenerating power of Baptism  
have been pleased to confer on us heavenly life,  
grant, we pray,  
that those you render capable of immortality  
by justifying them  
may by your guidance  
attain the fullness of glory.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.

**Daytime Hour**

Ÿ. O God, come to my assistance.

Ṛ. O Lord, make haste to help me.

Glory be to the Father. As it was (E.T. alleluia).

**HYMN****O Author of Eternal Praise (8 8 8 8 LM)**

1. O Author of eternal praise,  
who give to all who live by faith  
the Spirit of your sevenfold grace,  
with kindness come to help us all.
2. Cast out the ills of flesh and blood,  
fend off reproach and shame of mind,  
cut off the power of sin and vice,  
and put to flight all grief of heart.
3. Create in us a tranquil mind,  
with truth and honour crown our work,  
receive the prayers that rise to you,  
and grant us everlasting life.
4. Though now all circling time unfolds  
in weeks composed of seven days,  
that day shall come, the eighth and last,  
the day of judgment for the world.
5. At that dread hour, redeeming Lord,  
do not accuse us in your wrath,  
but keep us from your left, we pray,  
and gather us at your right hand,
- D. That when in mercy you receive  
the prayers of those you call your own,  
we all may praise and glorify  
the Triune God for evermore. Amen.

Text: *Christe, precamur adunas*, 7-8th c.

## PSALMODY

**Antiphon:** Alleluia, alleluia, alleluia.

Psalm 119 (118):33-40

V (He)

LORD, teach me the way of your statutes, \*  
and I will keep them to the end.  
Grant me insight that I may keep your law, \*  
and observe it wholeheartedly.

Guide me in the path of your commands, \*  
for in them is my delight.  
Bend my heart to your decrees, \*  
and not to wrongful gain.

Turn my eyes from gazing on vanities; \*  
in your way, give me life.  
Fulfil your promise to your servant, \*  
that you may be revered.

Turn away the taunts I dread, \*  
for your decrees are good.  
See, I long for your precepts; \*  
give me life by your justice.

Psalm 34 (33)

The Lord, the salvation of the righteous

*You have tasted that the Lord is good* (1 Pt 2:3)

I

I will bless the LORD at all times, \*  
praise of him is always in my mouth.  
In the LORD my soul shall make its boast; \*  
the humble shall hear and be glad.

Glorify the LORD with me; \*  
together let us praise his name.  
I sought the LORD, and he answered me; \*  
from all my terrors he set me free.

Look toward him and be radiant; \*  
 let your faces not be abashed.  
 This lowly one called; the LORD heard, \*  
 and rescued him from all his distress.

The angel of the LORD is encamped \*  
 around those who fear him, to rescue them.  
 Taste and see that the LORD is good. \*  
 Blessed the man who seeks refuge in him.

Fear the LORD, you his holy ones. \*  
 They lack nothing, those who fear him.  
 The rich suffer want and go hungry, \*  
 but those who seek the LORD lack no blessing.

## II

Come, children, and hear me, \*  
 that I may teach you the fear of the LORD.  
 Who is it that desires life \*  
 and longs to see prosperous days?

Guard your tongue from evil, \*  
 and your lips from speaking deceit.  
 Turn aside from evil and do good. \*  
 Seek after peace, and pursue it.

The LORD turns his eyes to the just one, \*  
 and his ears are open to his cry.  
 The LORD turns his face against the wicked \*  
 to cut off their remembrance from the earth.

When the just one cries out, the LORD hears, \*  
 and rescues him in all his distress.  
 The LORD is close to the brokenhearted; \*  
 those whose spirit is crushed he will save.

Many are the trials of the just one, \*  
 but from them all the LORD will rescue him.  
 He will keep guard over all his bones; \*  
 not one of his bones shall be broken.

Evil brings death to the wicked; \*  
 those who hate the just one are doomed.  
 The LORD ransoms the souls of his servants. \*  
 All who trust in him shall not be condemned.

**Antiphon:** Alleluia, alleluia, alleluia.

### Terce

#### SHORT READING

Rom 5:10-11

If while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. More than that, we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.

**R̄.** The Lord has truly risen, alleluia.  
**V̄.** And has appeared to Simon, alleluia.

### Sext

#### SHORT READING

1 Cor 15:20-22

In fact Christ has been raised from the dead, the firstfruits of those who have fallen asleep. For as by a man came death, by a man has come also the resurrection of the dead. For as in Adam all die, so also in Christ shall all be made alive.

**R̄.** The disciples rejoiced, alleluia.  
**V̄.** When they saw the Lord, alleluia.

### None

#### SHORT READING

2 Cor 5:14-15

The love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised.

**R̄.** Stay with us, Lord, alleluia.  
**V̄.** For evening draws near, alleluia.

Prayer

Almighty and eternal God,  
who through the regenerating power of Baptism  
have been pleased to confer on us heavenly life,  
grant, we pray,  
that those you render capable of immortality  
by justifying them  
may by your guidance  
attain the fullness of glory.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.

## Acknowledgments

Latin text © 1985, 2000 Libreria Editrice Vaticana, Vatican City.

The English translation of the Apostolic Constitution, General Instruction, Responsories, Versicles, Intercessions, Non-Biblical Readings, Hagiographical Introductions, Hymns, Orations, and some Antiphons from *The Liturgy of the Hours* © 2025, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *The Roman Missal* © 2010, ICEL. All rights reserved.

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