

SUNDAY

WEEK 1: SUNDAY

EVENING PRAYER 1

V O God, come to our aid.

R O Lord, make haste to help us.

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. Alleluia.

Hymn, from the appendix, for the Season.

Through the Year

O Light serene of God the Father's glory,
To you, O Christ, we sing,
And with the evening star, at hour of sunset,
Our worship bring.

To Father, Son and God's most Holy Spirit,
Eternal praise is due.
O Christ, who gave you life, the world gives glory
And Thanks to you.

PSALMODY

Antiphon I

Advent: Proclaim it, say to the peoples: Behold, God will
Come and save us.

Lent, Sunday I: Accept us, Lord, since we come with
Contrite heart and humbled spirit. Let our sacrifice be
Pleasing to you today, Lord God.

Lent, Sunday 5: I will put my law into their hearts; I
Will be their God and they shall be my people,

Easter tide: Let the raising of my hands in prayer please
You like the evening oblation, alleluia.

Through the Year: Lord, let my prayer rise before you like incense.

The smoke of incense rose before God with the prayers

Of the saints from the hand of the angel (Rev 8:4)

I have called to you, Lord; hasten to help me!*

Hear my voice when I cry to you.

Let my prayer arise before you like incense,*

the raising of my hand like an evening oblation

Set, O Lord, a guard over my mouth;*

Keep watch, O Lord, at the door of my lips!

Do not turn my heart to things that are wrong,

to evil deeds with men who are sinners.

Never allow me to share in their feasting.

If a good man strikes or reproves me it is kindness;

But let the oil of the wicked not anoint my head.*

Let my prayer be ever against their malice.

Their princes were thrown down by the side of the
rock:*

then they understood that my words were kind.

As a millstone is shattered to pieces on the ground,*

So their bones were strewn at the mouth of the grave.

To you, Lord God, my eyes are turned:*

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.

*This doxology is said after each psalm and canticle unless
Otherwise noted.*

Ant. Through the Year: Lord, let my prayer rise before
you like incense.

Ant. Advent; Proclaim it, say to the peoples; Behold, God
will come and save us

Ant .2: Behold the Lord will come, and all his holy ones
with him. On that day a great light will appear, alleluia.

Ant. Lent, Sunday 1: Accept us, Lord, since we come with
Contrite heart and humbled spirit. Let our sacrifice be
Pleasing to you today, Lord God.

Ant.2: If you call, the Lord will hear you; if you cry to him,
he will say, 'Here I am'

Ant.Lent, Sunday 5: I will put my law into their hearts: I
will be their God and they shall be my people.

Ant.2 : I count everythings as loss because of the surpassing
Worth of knowing my Lord Jesus Christ.

Ant. Eastertide: Let the raising of my hands in prayer
please you like the evening oblation, alleluia.

Ant.2: You have brought me out from prison to give
praise to your name, alleluia.

Ant. Eastertide: Let the raising of my hands in prayer
Please you like the evening oblation, alleluia.

Ant.2 : You have brought me out from prison to give
praise to your name, alleluia.

Ant.2 : Through the Year: You are my refuge, Lord; my
Heritage in the land of the living.

You are my refuge

Psalm 141(142)

All these things were fulfilled by the Lord at the time of
His passion (St Hilary)

With all my voice I cry to the Lord,

With all 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 and see:*
there is no one who takes my part.
I have no means of escape,*
not one who cares for my soul.

I cry to you, O Lord.
I have said: 'You are my refuge,*
All I have in the land of the living.'
Listen, then, to my cry*
for I am in the depths of distress.

Rescue me from those who pursue me*
for they are stronger than I.
Bring my soul out of this prison*
And then I shall praise your name.
Around me the just will assemble*
Because of your goodness to me.

Ant. Through the Year: You are my refuge, Lord; my
Heritage in the land of the living.

Ant. Advent: Behold the Lord will come, and all his holy
Ones with him. On that day a great light will appear,
alleluia.

Ant. 3 : The Lord will come with great might and all flesh
Will see him.

Ant. Lent, Sunday 1 : If you call, the Lord will hear you;
if you cry to him, he will say, 'Here I am.'

Ant. 3: Christ suffered for our sins. Innocent though he
was, he suffered for the guilty, to lead us to God. In the
body he was put to death; in the spirit he was raised to life.

Ant. Lent, Sunday 5: I count everything as loss because of
The surpassing worth of knowing my Lord Jesus Christ.

Ant.3 : Although he was the Son of God, he learned to obey
through suffering.

Ant. Eastertide: You have brought me out from prison to
Give praise to your name, alleluia.

Ant. 3 : The Son of God learned to obey through suffering,
And he became the source of eternal salvation for all those
Who obey him, alleluia.

Ant. 3, Through the Year: The Lord Jesus humbled himself;
Therefore God has highly exalted him for ever.

Christ, the servant of God

Canticle : Phil 2: 6- II

Though he was in the form of God,*
Jesus did not count equality with God a thing to be
grasped.

He emptied himself,
taking the form of a servant,
being born in the likeness of men.

And being found in human form,
he humbled himself and became obedient unto death,*
even death on a cross.

Therefore God has highly exalted him*
and bestowed on him the name which is above every
Name,

That at the name of Jesus every knee should bow,*
in heaven and on earth and under the earth,

And every tongue confess that Jesus Christ is Lord,*
to the glory of God the Father.

Ant. Through the Year: The Lord Jesus humbles himself;
therefore God had highly exalted him for ever.

Ant. Advent: The Lord will come with great might and all
fresh will see him.

Lent, Sunday I: Christ suffered for our sins. Innocent
though he was, he suffered for the guilty, to lead us to

God. In the body he was put to death; in the spirit he was raised to life.

Lent, Sunday 5: Although he was the Son of God, he learned to obey through suffering.

Easter tide: The Son of God learned to obey through suffering, and he became the source of eternal salvation for all those who obey him, alleluia.

In Advent, Christmastide, Lent and Eastertide all from the Scripture Reading, inclusive, is from the Proper of Seasons.

Through the Year

SCRIPTURE READING Rom II : 33-36

How great are God's riches! How deep are his wisdom and knowledge! Who can explain his decisions? Who can understand his ways? As the scripture says, 'Who knows the mind of the Lord? Who is able to give him advice? Who has ever given him anything, so that he had to pay it back?' For all things were created by him, and all things exist through him and for him. To God be glory forever! Amen.

SHORT RESPONSORY

R How great are your works, O Lord. Repeat **R**

V In wisdom you have made them all. **R** Glory be. **R**

Magnificat antiphon from the Proper of Seasons.

INTERCESSIONS

Glory be to the one God, Father, Son, and Holy Spirit as we humbly pray: **R** Lord, be with your people.

Almighty Father, bring justice to our world,-- that your people may live in the joy of your peace. **R**

bring all peoples into your kingdom,--that all mankind may be saved. **R**

Give to married people the strength of your peace, the Guidance of you will,--and the grace to live together in Constant love. **R**

Be the reward of all who have given us their help,--and

Grant them eternal life. **R**

Have mercy on those who have lost their lives through

Warfare of violence, -- and receive them into your rest. **R**

Our Father

The concluding prayer from the Proper of Seasons.

Conclusion of the Hour as above, pp [12]f.

In the Offices which follow, all texts not otherwise

Designated are those of the time: Through the Year.

Night Prayer pp [465]ff.

INVITATORY

V Lord, open our lips.

R And we shall praise your name.

Ant: Through the Year: Come, ring out our joy to

The Lord; hail the God who saves us, alleluia.

Invitatory Psalm,P [5].

MORNING PRAYER

V O God, come to our aid.

R O Lord, make haste to help us.

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. Alleluia.

This versicle is omitted when the Invitatory immediately precedes this Hour.

Hymn, from the appendix, for the Season.

Through the Year

Transcendent God in whom we live,

The Resurrection and the light,

We sing for you a morning hymn

To end the silence of the night.

When early cock begins to crow
And everything from sleep awakes,
New life and hope spring up again
While out of darkness colour breaks.

Creator of all things that are,
The measure and the end of all,
Forgiving God, forget our sins,
And hear our prayer before we call.

Praise Father, Son and Holy Ghost,
Blest Trinity and source of grace,
Who call us out of nothingness
To find in you our resting-place.

Alternative hymn

Christ is the world's redeemer,
The lover of the pure,
The font of heavenly wisdom,
Our trust and hope secure,
The armour of his soldiers,
The Lord of earth and sky,
Our Health while we are living,
Our life when we shall die.

Down in the realm of darkness,
He lay a captive bound,
But at the hour appointed
He rose a victor crowned.
And now, to heaven ascended,
He sits upon a throne,
Whence he had ne'er departed,
His Father's and his own.

All glory to the Father,
The unbegotten One,
All Honour be to Jesus,
His sole-begotten Son;

And to the Holy Spirit,
The perfect Trinity,
Let all the worlds give answer,
Amen—so let it be.

PSALMODY

Antiphon I

Advent: On that day the mountains will run with sweet wine. The hills will flow with milk and honey.

Lent, Sunday I : I will bless you all my life, Lord; in your name I will lift up my hands.

Lent, Sunday 5: You, my God, have become my help.

Easter tide: Let anyone who is thirsty come and drink the water of life, a free gift for those who desire it, alleluia.

Through the Year: To you, O God, I keep vigil at dawn, to look upon your power, alleluia.

A soul thirsting for God

Psalm 62(63):2-9

*Let the man who has put away the deeds of the night watch
for God*

O God, you are my God, for you I long;*
for you my soul is thirsting.
My body pines for you*
Like a dry, weary land without water.
So I gaze on you in the sanctuary*
to see your strength and your glory.

For your love is better than life,*
my lips will speak your praise.
So 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,*
My mouth shall praise you with joy.

On my bed I remember you.*
On you I muse through the night
for you have been my help;*
in the shadow of your wings I rejoice.
My soul clings to you;*
your right hand holds me fast.

Ant. To you, O God, I keep vigil at dawn, to look upon
your power, alleluia.

Ant. Advent: On that day the mountains will run with
Sweet wine. The hills will flow with milk and honey.

Ant.2: The mountains and hills will sing praise to God,
And all the trees of the countryside will clap their hands,
for the Lord will come and he will reign for ever, alleluia.

Ant.Lent, Sunday I: I will bless you all my life, Lord; in
your name I will lift up my hands.

Ant.2 Sing and praise God for ever.

Ant.Lent, Sunday 5: You, my God, have become my help.

Ant.2: Deliver us by your wonderful works; save us from
the power of death.

Ant.Eastertide: Let anyone who is thirsty come and drink
The water of life, a free gift for those who desire it, alleluia.

Ant.2: Worship the maker of heaven and earth and the
Sea and every spring of water, alleluia.

Ant.2: The three sang with one voice in the heart of the
fire: Blessed be God, alleluia.

Let every creature praise the Lord **Canticle**
Dan 3:57-88,56

Praise our God, all you his servants (Rev 19:5)

O all you works of the Lord, O bless the Lord.*
To him be highest glory and praise for ever.

And you, angels of the Lord, O bless the Lord.*

To him be highest glory and praise for ever.

And you, the heavens of the Lord, O bless the Lord.*

And you, clouds of the sky, O bless the Lord.

And you, all armies of the Lord, O bless the Lord.*

To him be highest glory and praise for ever.

And you, sun and moon, O bless the Lord.*

And you, the stars of the heav'ns, O bless the Lord.

And you, showers and rain, O bless the Lord.*

To him be highest glory and praise for ever.

And you, all you breezes and winds, O bless the Lord.*

And you, fire and heat, O bless the Lord.

And you, cold and heat, O bless the Lord.*

To him be highest glory and praise for ever.

And you, showers and dew, O bless the Lord.*

And you, frosts and cold, O bless the Lord.

And you, frost and snow, O bless the Lord.*

To him be highest glory and praise for ever.

And you, night-time and day, O bless the Lord.*

And you, darkness and light, O bless the Lord.

And you, lightning and clouds, O bless the Lord.*

To him be highest glory and praise for ever.

O let the earth bless the Lord.*

To him be highest glory and praise for ever.

And you, mountains and hills, O bless the Lord.*

And you, all plants of the earth, O bless the Lord.

And you, fountains and springs, O bless the Lord.*

To him be highest glory and praise for ever.

And you, rivers and seas, O bless the Lord.*

And you, creatures of the sea, O bless the Lord.

And you, every bird in the sky, O bless the Lord.

And you, wild beasts and tame, O bless the Lord.*

To him be highest glory and praise for ever.

And you, children of men, O bless the Lord.*

To him be highest glory and praise for ever.

O Israel, bless the Lord. O bless the Lord.*

And you, Priests of the Lord, O bless the Lord.

And you, servants of the Lord, O bless the Lord.*

To him be highest glory and praise for ever.

And you, spirits and souls of the just, O bless the Lord.*

And you, holy and humble of heart, O bless the Lord.

Ananias, Azarias, Mizaël, O bless the Lord.*

To him be highest glory and praise for ever.

Let us praise the Father, the Son, and Holy Spirit.*

To you be highest glory and praise for ever.

May you be blessed, O Lord, in the heavens.*

To him be highest glory and praise for ever.

The Glory be is not said after this Canticle, as it contains a doxology.

Ant. The three sang with one voice in the heart of the Fire: Blessed be God, alleluia.

Ant.Advent: The mountains and hills will sing praise to God, and all the trees of the countryside will clap their hands, for the Lord will come and he will reign for ever, alleluia.

Ant.3: Behold, a great Prophet will come and he will renew Jerusalem, alleluia.

Ant.Lent, Sunday I : Sing and Praise God for ever.

Ant.3: The Lord takes delight in his people. He crowns the poor with salvation.

Ant.Lent, Sunday 5: Deliver us by your wonderful works; save us from the power of death.

Ant.3: Now the hour has come for the Son of Man to be glorified.

Ant.Eastertide: Worship the maker of heaven and earth
and the sea and every spring of water, alleluia.

Ant.3: Let the saints rejoice in glory, alleluia.

Ant.3: Let Zion's sons exult in their king, alleluia.

The song of joy of the saints **Psalm 149**

*The members of the Church, God's new people, will
rejoice in their king, who is Christ (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 sons exult in their king.
Let them praise his name with dancing*
and make music with timbrel and harp.

For the Lord takes delight in his people.*
He crowns the poor with salvation.
Let the faithful rejoice in their glory,*
shout for joy and take their rest.
Let the praise of God be on their lips.*
And a two-edged sword in their hand,

to deal out vengeance to the nations*
and punishment on all the peoples;
to bind their kings in chains*
and their nobles in fetters of iron;
to carry out the sentence pre-ordained:*
this honour is for all his faithful.

Ant. Let Zion's sons exult in their king, alleluia.

Ant.Advent: Behold, a great Prophet will come and he will
renew Jerusalem, alleluia.

Lent, Sunday I : The Lord takes delight in his people. He
Crowns the poor with salvation.

Lent, Sunday 5: Now the hour come for the Son of
Man to be glorified.

Easter tide: Let the saints rejoice in glory, alleluia.

Through the Year

SCRIPTURE READING

Rev 7:10,12

Victory to our God, who sits on the throne, and to the
Lamb! Praise and glory and wisdom and thanksgiving
and honour and power and strength to our God for ever
and ever. Amen.

SHORT RESPONSORY

R You are the Christ, the Son of the living God. Have
mercy on us. Repeat R

V You are seated at the right hand of the Father. R
Glory be. R

Benedictus antiphon from the Proper of Seasons.

INTERCESSIONS

Let us pray to Christ the Lord, the sun who enlightens all
men, whose light will never fail us: R Lord our Saviour,
give us life!

Lord of the sun and the stars, we thank you for the gift of
a new day; ---and we celebrate the day of resurrection. R

Lead us by your Spirit to do your will;--guide and protect
us by your wisdom. R

Bring us to share with joy this Sunday's eucharist;
nourish us by your word, and by your body. R

Lord, grant us your gifts, though we are unworthy;--with
All our hearts we thank you. R

Our Father

The concluding prayer from the Proper of Seasons.

Conclusion of the Hour as on p [12]

V O God, come to our aid.

R O Lord, make haste to help us.

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. Alleluia.

Hymn, from the appendix, for the Season.

Through the Year

Praise to the holiest in the height,
And in the depth be praise,
In all his words most wonderful,
Most sure in all his ways.

O loving wisdom of our God!
When all was sin and shame,
A second Adam to the fight
And to the rescue came.

O wisest love! That flesh and blood
Which did in Adam fail,
Should strive afresh against their foe,
Should strive and should prevail.

And that a higher gift than grace
Should flesh and blood refine,
God's presence and his very self,
And essence all divine.

O generous love! that he who smote
In man for man the foe,
The double agony in man
for man should undergo.

And in the garden secretly,
And on the cross on high,
Should teach his brethren, and inspire
To suffer and to die.

Praise to the holiest in the height,
And in the depth be praise,
In all his words most wonderful,
Most sure in all his ways.

Alternative hymn

In the beginning God created heaven,
The dark and empty earth;
His Spirit moved across the sombre waters
And stirred them with his breath.

Then God created light, and with its coming
The dark was swept away;
The morning came, and then the quiet evening:
The end of God's first day.

To God the Father of the world give glory,
With Christ his only Son,
Who with the Spirit govern all creation:
Blest Trinity in One.

PSALMODY

AntiphonI

Advent: Rejoice greatly, daughter of Sion, shout with
gladness, daughter of Jerusalem, alleluia.

Lent, Sunday I: You must worship the Lord, your God,
and serve him alone.

Lent, Sunday 5 : As Moses lifted up the serpent in the
desert, so the Son of Man must be lifted up.

Easter tide: The Lord has risen and sits at the right hand
of God, alleluia.

Through the Year: The Lord will send his mighty sceptre
From Sion, and he will rule for ever, alleluia.

The Messiah is king and priest

Psalm 109(110):1-5,7

*He must be king so that he may put all his enemies under
his fee (1 Cor 15:25)*

The Lord's revelation to my master:

'Sit on my right:*

your foes I will put beneath you feet.'

The Lord will wield from sion

your sceptre of power:*

rule in the midst of all you foes.

A prince from the day of your birth

on the holy mountains;*

from the womb before the dawn I begot you.

The Lord had sworn an oath he will not change.

'You are a priest for ever,*

a priest like melchizedek of old.'

The Master standing at your right hand*

Will shatter kings in the day of his wrath.

He shall drink from the stream by the wayside*

And therefore he shall lift up his head.

Ant. The Lord will send his mighty sceptre from Sion,

and he will rule for ever, alleluia.

Ant. Advent: Rejoice greatly, daughter of Sion, shout with
gladness, daughter of Jerusalem, alleluia.

Ant.2: Christ our King will come. He is the Lamb that
John announced.

Ant. Lent, Sunday I : You must worship the Lord, your
God, and serve him alone.

Ant.2: Now is the favourable time; this is the day of
salvation.

Ant.Lent,Sunday5: As Moses lifted up the serpent in the
desert, so the Son of Man must be lifted up.

Ant.2 The Lord of hosts protects and rescues; he spares
and he saves.

Ant.Eastertide: The Lord has risen and sits at the right
Hand of God, alleluia.

Ant.2: He has freed us from the power of darkness and
Has given us a place in the Kingdom of his Son, alleluia.

Ant. 2: The earth trembled before the Lord, alleluia.

Israel is freed from Egypt

*You, who have renounced this world, have also been led
forth from Egypt (St Augustine)*

When Israel came forth from Egypt,*
Jacob's sons from an alien people,
Judah became the Lord's temple,*
Israel became his kingdom.

The sea fled at the sight:*
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?
Mountains, that you leapt like rams,*
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

Ant. The earth trembled before the Lord. Alleluia.

Outside Lent

Ant. Advent: Christ our King will come. He is the Lamb that John announced.

Ant. 3: Behold I am coming soon to reward every man according to his deeds, says the Lord.

Ant. Eastertide: He has freed us from the power of darkness and has given us a place in the kingdom of his Son, alleluia.

Ant. 3: Alleluia, the Lord, our God, is King; let us rejoice and give glory to him, alleluia.

Ant. 3: The Lord is King, our God, the Almighty! Alleluia.

When chanted, this canticle is sung with Alleluia as set out below. When recited, it suffices to say Alleluia at the beginning and end of each strophe.

The marriage feast of the Lamb

Canticle

Rev 19:1,2,5-7

Alleluia.

Salvation and glory and power belong to our God,*

(R Alleluia.)

His Judgments are true and just.

R Alleluia (Alleluia).

Alleluia.

Praise our God, all you his servants,*

(R Alleluia.)

You who fear him, small and great

R Alleluia (alleluia).

Alleluia.

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 of the Lamb has come,*

(R Alleluia.)

And his bride has made herself ready.

R Alleluia (alleluia).

Ant. The Lord is King, our God, the Almighty! Alleluia.

Ant. Advent: Behold I am coming soon to reward every man according to his deeds, says the Lord.

Eastertide: Alleluia, the Lord, our God, is King; let us rejoice and give glory to him, alleluia.

Lent

Ant. Lent, Sunday 1: Now is the favourable time; this is the day of salvation.

Ant.3: Now we are going up to Jerusalem, and everything that is written about the Son of Man will come true.

Ant.Lent, Sunday 5: The Lord of hosts protects and rescued; he spares and he saves.

Ant.3: He was wounded for our faults, he was bruised for our sins. Through his wounds we are healed.

Christ, the servant of God,

Canticle

Freely accepts his passion

I Pet 2:21-24

Christ suffered for you,
leaving you an example.*
that you should follow in his step.

He committed no sin,*
no guile was found on his lips.

When he was reviled,*

he did not revile in return.

When he suffered,*

he did not threaten;

but he trusted to him*

who judges justly.

He himself bore our sins*

in his body on the tree,

that we might die to sin*

and live to righteousness.

By his wounds you have been healed.

Ant. Sunday I: Now we are going up to Jerusalem, and everything that is written about the Son of Man will come true.

Sunday 5: He was wounded for our faults, he was bruised for our sins. Through his wounds we are healed.

Through the Year

SCRIPTURE READING

Let us give thanks to the God and Father of our Lord Jesus Christ, the merciful Father, the God from whom all help comes! He helps us in all our troubles, so that we are able to help those who have all kinds of troubles, using the same help that we ourselves have received from God.

SHORT RESPONSORY

R Blessed are you, O Lord, in the vault of heaven. **Repeat R**

V You are exalted and glorified above all else for ever. **R**

Glory be. **R**

Magnificat antiphon from the Proper of Seasons.

INTERCESSIONS

Christ is the Head of his body, the Church, and we are the members of that body; gathered this evening to play in his name, we say: **R** Your kingdom come!

May your Church be a light to the nations, the sign and source of your power to unite all men:--may she lead mankind to the mystery of your love. R Your kingdom come!

Guide the Pope and all the bishops of your Church: --grant them the gifts of unity, of love, and of peace. R Lord, give peace to our troubled world;--and give to your children security of mind and freedom from anxiety. R

Help us to bring you compassion to the poor, the sick, The lonely, the unloved; --lead us to find you in the coming Week.R

A waken the dead to a glorious resurrection: -- may we be united with them at the end of time. R

Our Father

The concluding prayer from the Proper of Seasons.

Conclusion of the Hour as on p [12].

Invitatory ant. Let us come before the Lord, giving thanks.

Psalm, p[5].

MORNING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

The day is filled with splendour
When God brings light from light,
And all renewed creation
Rejoices in his sight.

The Father gives his children
The wonder of the world
In which his power and glory
Like banners are unfurled.

With every living creature,
Awaking with the day,
We turn to God our Father,
Lift up our hearts and pray:

O Father, Son and Spirit,
Your grace and mercy send,
That we may live to praise you
Today and to the end.

PSALMODY

The first antiphon given with each psalm is used Through
the Year and, except for Eastertide, during the other
seasons unless otherwise noted.

Ant.1: It is you whom I invoke, O Lord, In the morning
you hear me.

Eastertide: In you they rejoice, those who love your name,
alleluia.

Morning prayer for help

Psalm 5:2-10,12-13

Those who have received the Word of God which dwells
within will rejoice for ever

To my words give ear, O Lord,*
Give heed to my groaning.
Attend to the sound of my cries,*
my King and my God.

It is you whom I invoke, O Lord.*
In the morning you hear me;
In the morning I offer you my prayer,*
Watching and waiting.
You are no God who loves evil;*

You are no God who loves evil;*
no sinner is your guest.
The boastful shall not stand their ground*
before your face.

You hate all who do evil:*
you destroy all who lie.
The deceitful and bloodthirsty man*
the Lord detests.

But I through the greatness of your love*
Have access to your house.
I bow down before your holy temple,*
Filled with awe.

Lead me, Lord, in your justice,
because of those who lie in wait,*
make clear your way before me.

No truth can be found in their mouths,*
their heart is all mischief,
their throat a wide-open grave,*
all honey their speech.

All those you protect shall be glad*
and ring out their joy.
You shelter them; in you they rejoice,*
those who love your name.

It is you who bless the just man, Lord:*
you surround him with favour as with a shield.

Ant. It is you who, I invoke, O Lord. In the morning you
hear me.

Eastertide: In you they rejoice, those who love your name,
alleluia.

Ant.2: Lord our God, we praise the splendour of you
name.

Eastertide: Yours is the kingdom, O Lord, and you are
exalted as head above all, alleluia.

To God alone be honour and glory

Canticle

I Chron 29:10-13

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

Blessed are you, O Lord,
The God of Israel our father,*
for ever and ever.

Your, O Lord, is the greatness, and the power,
and the glory, and the victory, and the majesty;*
for all that is in the heavens and in the earth is yours;

Yours is the kingdom, O Lord,*
and you are exalted as head above all.

Both riches and honour come from you,*
and you rule over all.
in your hand are power and might;*
and in your hand it is to make great and to give
strength to all.
And now we thank you, our God,*
and praise your glorious name.

Ant. Lord our God, we praise the splendour of your name.

Eastertide: Yours is the kingdom, O Lord, and you are
exalted as head above all, alleluia.

Ant.3: Adore the Lord in his holy court.

Eastertide: The Lord is enthroned as king for ever, alleluia.

Public praise of the Word of god

Psalm28(29)

*A voice was heard from heaven, saying, 'This is my
Beloved Son' (Mt 3:17)*

O give the Lord you sons of God,*
Give the Lord glory and power;
Give the Lord the glory of his name.*
Adore the Lord in his holy court.

The Lord's voice resounding on the waters,*
the Lord on the immensity of waters;
the voice of the Lord, full of power,*
the voice of the Lord, full of splendour.

The Lord's voice shattering the cedars,*
the Lord shatters the cedars of Lebanon;
he makes Lebanon leap like a calf*
and Sirion like a young wild-ox.

The Lord's voice flashes flames of fire.

The Lord's voice shaking the wilderness,*
the Lord shakes the wilderness of Kadesh;
the Lord's voice rending the oak tree*
and stripping the forest bare.

The God of glory thunders.*
In his temple they all cry: 'Glory!'
The Lord sat enthroned over the flood;*
the Lord sits as king for ever.

The Lord will give strength to his people,*
the Lord will bless his people with peace.

Ant. Adore the Lord in his holy court.

Easteride: The Lord is enthroned as king for ever, alleluia.

Through the Year

SCRIPTURE READING

2 THESS 3: 106-13

We gave you a rule when we were with you: not to let
Anyone have any food if he refused to do any work. Now
We hear that there are some of you who are living in
Idleness, doing no work themselves but interfering with
Everyone else's. In the Lord Jesus Christ, we order and
Call on people of this kind to go on quietly working and
Tired of doing what is right.

SHORT RESPONSORY

R Blessed the Lord from age to age. Repeat R

V He alone has wrought marvellous works. R Glory be. R

Benedictus ant. Blessed be the Lord, our God.

INTERCESSIONS

As the new day begins let us praise Christ, in whom is the fulness of grace and the Spirit of God. R Lord, give us your Spirit.

We praise you, Lord,--and we thank you for all your blessings. R

Give us peace of mind and generosity of heart;--grant us health and strength to do your will. R

May your love be with us during the day;--guide us in our work. R

Be with all those who have asked our prayers, -- and grant them all their needs. R

Our Father

CONCLUDING PRAYER

Lord, be the beginning and end of all that we do and say.

Prompt our actions with your grace, and complete them with your all-powerful help.

(We make our prayer) through our Lord.

Conclusion of the Hour as on p [12].

EVENING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

Come, praise the Lord, the Almighty, the King of all
nations!

Tell forth his fame, O ye peoples, with loud
acclamations!

His love is sure;

Faithful his word shall endure,

Steadfast through all generations!

Praise to the Father most gracious, the Lord of
creation¹

Praise to his Son, the Redeemer who wrought our
salvation!

O heav'nly Dove,
Praise to thee, fruit of their love,
Giver of all consolation.

PSALMODY

Ant. 1: The Lord cares for the weak and oppressed.

Eastertide: Courage! The victory is mine; I have conquered
The world, alleluia.

The Lord has given security
to the upright man

Psalm 10(11)

*Blessed are those who hunger and thirst for what is right:
they shall be satisfied (Mt 5:6)*

In the Lord I have taken my refuge.
How can you say to my soul:
'Fly like a bird to its mountain.

See the wicked bracing their bow;
they are fixing their arrows on the string*
to shoot upright men in the dark.
Foundations once destroyed,* what can the just do?

The Lord is in his holy temple,*
the Lord, whose throne is in heaven.
His eyes look down on the world;*
his gaze tests mortal men.

The Lord tests the just and the wicked:*
the lover of violence he hates.
He sends fire and brimstone on the wicked;*
he sends a scorching wind as their lot.

The Lord is just and loves justice:*
the upright shall see his face.

Ant. The Lord cares for the weak and oppressed.

Eastertide: Courage! The victory is mine; I have conquered
the world, alleluia.

Ant.2: Blessed are the pure in the heart: they shall see God.

Eastertide: He shall live in your tabernacle; he shall

Dwell on your holy mountain, alleluia.

**Who shall be worthy to stand
before the Lord?**

Psalm 14 (15)

You have come to Mount Sion to the city of the living

God (Heb 12:22)

Lord, who shall be admitted to your tent*
and dwell on your holy mountain?

He who walks without fault;*
he who acts with justice
and speaks the truth from his heart;*
he who does not slander with his tongue;

he who does no wrong to his brother,*
who casts no slur on his neighbour,
who holds the godless in disdain,*
but honours those who fear the Lord;

he who keeps his pledge, come what may;
who takes no interest on a loan*
and accepts no bribes against the innocent.
Such a man will stand firm for ever.

Ant. Blessed are the pure in heart: they shall see God.

Eastertide: He shall live in your tabernacle; he shall
dwell on your holy mountain, alleluia.

Ant.3: God chose us in the his Son and made us his adopted
Sons.

Eastertide: When I am lifted up from the earth, I shall
Draw all men to myself, alleluia.

God, the Saviour

Canticle: Eph 1:3-110

Blessed be the God and Father*
of our Lord Jesus Christ,
who has blessed us in Christ*
with every spiritual blessing in the heavenly places.

He chose us in him*
before the foundation of the world,
that we should be holy*
and blameless before him.

He destine us in love*
to be his sons through Jesus Christ,
according to the purpose of his will,
to the praise of his glorious grace*
which he freely bestowed on us in the Beloved.

In him we have redemption through his blood,*
the forgiveness of our trespasses,
according to the riches of his grace*
which he lavished upon us.

He has made known to us
in all wisdom and insight*
the mystery of his will,
according to his purpose*
which he set forth in Christ.

His purpose the set forth in Christ,*
as a plan for the fulness of time,
to unite all things in him,*
things in heaven and things on earth.

Ant. God chose us in his Son and made us his adopted sons.

Easter tide: When I am lifted up from the earth, I shall
draw all men to myself, alleluia.

Through the Year

SCRIPTURE READING

Col 1:9b-11

We ask God to fill you with the knowledge of his will,
with all the wisdom and understanding that his Spirit
gives. Then you will be able to live as the Lord wants, and
always do what pleases him. Your lives will be fruitful in
all kinds of good works, and you will grow in your
knowledge of God. May you be made strong with all the

PSALTER: WEEK I, MONDAY

Strength which comes from his glorious might, so that
you may be able to endure everything with patience.

SHORT RESPONSORY

R Heal my soul for I have sinned against you. Repeat R

V I said: 'Lord, have mercy on me.' R Glory be. R

Magnificat ant. My soul magnifies the Lord, since God has
had regard for my humble state.

INTERCESSIONS

God our Father has bound himself to us in an everlasting
Covenant. In thankfulness and faith, we pray to him: R

Lord, bless you people!

In Christ you have given a new covenant to men:--may

They know the greatness which they have inherited.R

Gather into one all who bear the name of Christian,
that the world may believe in the Christ you have sent.R

Pour out your love on our friend, and on all whom we
know;--may they carry with them the gentleness of

Christ,' R

Comfort the dying;--may they know your saving love. R

show your mercy to the dead; --may they find their rest
in Christ,' R

Our Father

CONCLUDING PRAYER

Let our worship give you glory, Lord,

who for our salvation looked upon

the lowliness of Mary your handmaid:

raise us up to share with her

the fulness of redemption.

(We make our prayer) through our Lord.

Conclusion of the Hour on p [12].

Night Prayer, see pp [465]ff.

WEEK 1: TUESDAY

Invitatory ant. The Lord is a great king: come, let us adore
him.

Psalm,p[5].

MORNING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

O Christ, the Light of heaven
And of the world true Light,
You come in all your radiance
To cleave the web of night.

May what is false within us
Before your truth give way,
That we may live untroubled,
With quiet hearts this day.

May steadfast faith sustain us,
And hope made firm in you;
The love that we have wasted,
O God of love, renew.

Blest Trinity we praise you
In whom our quest will cease;
Keep us with you for ever
In happiness and peace.

PSALMODY

Ant. 1: The man with clean hands and pure heart will
Climb the mountain of the Lord.

Eastertide: He who came down is he who has now risen
Higher than all the heavens, alleluia.

**When the following psalm has been used at the Invitatory,
Ps 94,p[5], is said here in place of it.**

*The gates of heaven were opened to Christ he was
Lifted up in the flesh (St Irenaeus)*

The Lord's the earth and its fulness,*
the world and all its peoples.
it is he who set it on the seas,*
on the waters he made it firm.

Who shall climb the mountain of the Lord?*

Who shall stand in his holy place?

The man with clean hands and pure heart,
who desires not worthless things,*
who has not sworn so as to deceive his neighbour.
He shall receive blessing from the Lord*
And reward from the God who saves him.
Such are the men who seek him,*
seek the face of the God of Jacob.

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

Who is the 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 he, the king of glory?

He, the Lord of glory.

Ant. The man with clean hands and pure heart will climb
the mountain of the Lord.

Eastertide: He who came down is he who has now risen
higher than all heavens, alleluia.

Ant.2: Praise the king of the ages in all your deeds.

Easter tide: Keep these days with joy, and give glory to the Lord, alleluia.

God punishes and also saves

Canticle: Tob 13:1-5b,7-8

Blessed be the God and Father of our Lord Jesus Christ!

Because of his great we have been born anew (1 Pet 1:3)

Blessed is God who lives for ever,*
and blessed is his kingdom.
For he afflicts, and he shows mercy;
he loads down to Hades, and brings up again,*
and there is no one who can escape his hand.

Acknowledge him before the nations, O sons of Israel;*
for he has scattered us among them.
Make his greatness known there,*
and exalt him in the presence of all the living;
because he is our Lord and God,*
he is our Father for ever.

He will afflict us for our iniquities;*
and again he will show mercy,
but see what he will do with you;*
give thanks to him with your full voice.
Praise the Lord of righteousness,*
and exalt the King of the ages.

I give him thanks in the land of my captivity,*
and I show his power and majesty to a nation of sinners.
Turn back, you sinners, and do right before him,*
who knows if he will accept you and have mercy on you?

I exalt my God;
my soul exalts the King of heaven,*
and will rejoice in his majesty.
Let all men speak,*
and give him thanks in Jerusalem.

Ant. Praise the King of the ages in all your deeds.

Easter tide: Keep these days with Joy, and give glory to the
Lord, alleluia.

Ant.3: Praise is fitting for loyal hearts

Easter tide: The Lord fills the earth with his love, alleluia.

Praise of the providence of the Lord

Psalm 32(33)

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

Ring out your joy to the Lord, O you just;*
for praise is fitting for loyal hearts.

Give thanks to the Lord upon the lyre*
with a ten-stringed harp sing him songs.
O sing him a song that is new,*
play loudly, with all your skill.

For the word of the Lord is faithful*
and all his works to be trusted.
The Lord loves justice and right*
and fills the earth with his love.

By his word the heavens were made,*
by the breath of his mouth all the stars.
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 sprang into being.

He frustrates the designs of the nations.*
he defeats the plans of the peoples.
His own designs shall stand for ever,*
the plans of his heart from age to age.

They are happy, whose God is the Lord,*
the people he has chosen as his own.
From the heavens the Lord looks forth,*
he sees all the children of men.

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 army,*
nor a warrior preserved by his strength.
A vain hope for safety is the horse;*
despite its power it cannot save.

The Lord looks on those who revere him,*
on those who hope in his love,
to rescue their souls from death,*
to keep them alive in famine.

Our soul is waiting for the Lord.*
The Lord is our help and our shield.
In him do our hearts find joy.*
We trust in his holy name.

May your love be upon us, O Lord,*
as we place all our hope in you.

Ant. Praise is fitting for loyal hearts.

Easter tide: The Lord fills the earth with his love, alleluia.

Through the Year

SCRIPTURE READING

Rom 13: 11b,12-13a

You know what hour it is, how it is full time now for you
to wake from sleep. The night is far gone, the day is at
hand. Let us then cast off the works of darkness and put on
the armour of light; let us conduct ourselves becomingly
as in the day.

SHORT RESPONSORY

R My helper is my God; I will place my trust in him.

V He is my refuge; he sets me free. **R** Glory be. **R**

Benedictus ant. The Lord has raised up a mighty saviour
for us, as he promised through the lips of his prophets.

INTERCESSIONS

As Christians called to share the life of God, let us praise the Lord Jesus, the high priest of our faith. **R** you are our Saviour and our God.

Almighty King, you have baptized us, and made us a royal priesthood:- may we offer you a constant sacrifice of praise. **R**

Help us to keep your commandments; - so that through Everlasting Wisdom, come to us: - dwell with us and work in us today. **R**

Help us to be considerate and kind; - grant that we may bring joy, not pain, to those we meet. **R**

Our Father

CONCLUDING PRAYER

Look with favour on our morning prayer, Lord,
and in your saving love

let your light penetrate the hidden places of our hearts.

May no sordid desires darken our minds,
renewed and enlightened as we are by your heavenly
grace

(We make our prayer) through our Lord.

EVENING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

O Strength and Stay upholding all creation,
Who ever dost thyself unmoved abide,
Yet day be day the light in due gradation
From hour to hour in all its changes guide,

Grant of life's day a calm unclouded ending,
An eve untouched by shadows of decay,
The brightness of a holy death-bed blending
With dawning glories of the eternal day.

Hear us, O Father, gracious and forgiving,
Through Jesus Christ thy co-eternal Word,
Who, with the Holy Ghost, by all things living
Now and to endless ages art adored.

PSALMODY

Ant 1: The Lord will give victory to his anointed one.

Eastertide: Now our God reigns, and power belongs to
Christ, his anointed, alleluia.

Whoever calls upon the name of the Lord will be saved

(Acts 2:21)

May the Lord answer in time of trial;*
may the name of Jacob's God protect you.

May he send you help from his shrine*
and give you support from Sion.
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 rejoice in the name of our God.*
May the Lord grant all your prayers.

I am sure now that the Lord*
will give victory to his anointed,
will reply from his holy heaven*
with the mighty victory of his hand.

Some trust in chariots of horses,*
but we in the name of the Lord.
They will collapse and fall,*
but we shall hold and stand firm.

Give victory to the king, O Lord,*
give answer on the day we call.

Ant. The Lord will give victory to his anointed one.

Easter tide: Now our God reigns, and power belongs to

Christ, his anointed, alleluia.

Ant.2: We shall sing and praise your power.

Easter tide: You have assumed your great power, you have
begun your reign, alleluia.

*He accepted human life, so that he could rise from the dead
and live for ever and ever (St Irenaeus)*

O Lord, your strength gives joy to the king;*
how your saving help makes him glad!
You have granted him his heart's desire;*
you have not refused the prayer of his lips.

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

Your saving help has given him glory.*
You have laid upon him majesty and splendour,
you have granted your blessings to him for ever.*
You have made him rejoice with the joy of your
presence.

The king has put his trust in the Lord:*
through the mercy of the Most High he shall stand firm.
O Lord, arise in your strength;*
we shall sing and praise your power.

Ant. We shall sing and praise your power.

Eastertide: You have assumed your great power, you have
begun your reign, alleluia.

Ant.3: Lord, you made us a kingdom and priests to serve
our God.

Eastertide: May your whole creation serve you, for you
spoke and they came into being, alleluia.

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

Worthy are you, O Lord,*
to take the scroll and to open its seals,
for you were slain,
and by your blood you ransomed men for God*
from every tribe and tongue and people and nation.

You have made us a kingdom and priests to our God,*
and we shall reign on earth.

Worthy is the Lamb who was slain,*
to receive power and wealth,
and wisdom and might,*
and honour and glory and blessing.

Ant. Lord, you made us a kingdom and priests to serve
our God.

Easter tide: May you whole creation serve you, for you
spoke and they came into being, alleluia.

Through the year

SCRIPTURE READING

I Jn 3:1a,2

Think of the love that the Father has lavished on us,
by letting us be called God's children;
and that is what we are.

My dear people, we are already the children of God
but what we are to be in the future has not yet been
revealed;

we shall be like him
because we shall see him as he really is.

SHORT RESPONSORY

R Your word, O Lord, will endure for ever. Repeat **R**

V Your truth will last from age to age. **R** Glory be. **R**

Magnificat ant. My spirit exults in the Lord God, my
saviour.

INTERCESSIONS

Through Christ we are sons of God: in him we see what
we shall be when we come to the Father. with confidence
we pray: **R** Lord, in your mercy, hear our prayer.

Guide leaders and governments:--give them wisdom and integrity. R

You are the Lord and source of our freedom:--bring those in captivity of mind or body to the freedom of the children of God. R

Give courage and strength to the young. --Help them to choose their work, and make the right decisions for their way of life. R

Give patient tolerance to all who are no longer young; --open the hearts of the young to accept from them understanding and love. R

Receive the departed into your eternal kingdom; --sustain Our Father

CONCLUDING PRAYER

We give you thanks, Lord God Almighty,
for bringing us safely to the evening of this day;
we humbly ask that the prayer we make with uplifted
hands
may be an offering pleasing in your sight.
(We make our prayer) through our Lord.

WEEK 1: WEDNESDAY

Invitatory ant. Let us adore the Lord, for it is he who
made us.

Psalm,p[5]

MORNING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

Lord, God, your light which dims the stars
Awakes all things,
And all that springs to life in you
Your glory sings.

Your peaceful presence, giving strength,
Is everywhere,
And fallen men may rise again
On wings of prayer.

You are the God whose mercy rests
On all you made;
You gave us Christ, whose love through death
Our ransom paid.

We praise you, Father, with your Son
And Spirit blest,
In whom creation lives and moves,
And finds its rest.

PSALMODY

Ant. 1 : In your light, God, we see light.

Easter tide: In you, Lord, is the source of life, alleluia.

The evil of the sinner;

Psalm 35(36)

the goodness of the Lord

*The man who follows me will not walk in darkness, but
he will have the light of life for his guide (Jn 8:12)*

Sin speaks to the sinner*
in the depths of this heart.
There is no fear of God*
before his eyes.

He so flatters himself in his mind*
that he knows not his guilt.
In his mouth are mischief and deceit.*
All wisdom is gone.

He plots the defeat of goodness*
as he lies on his bed.
He has set his foot on evil ways,*
he clings to what is evil.

Your love, Lord, reaches to heaven;*
your truth to the skies.
Your justice is like God's mountain,*
your judgments like the deep.

To both man and beast you give protection.*
O Lord, how precious is your love.
My God, the sons of men*
find refuge in the shelter of your wings.

They feast on the riches of your house;*
they drink from the stream of your delight.
In you is the source of life*
and in your light we see light.

Keep on loving those who know you,*
doing justice for upright hearts.
Let the foot of the proud not crush me*
nor the hand of the wicked cast me out.

See how the evil-doers fall!*
flung down, they shall never arise.

Ant. In your light, God, we see light.

Eastertide: In you, Lord, is the source of life, alleluia.

Ant.2: Lord, you are great, you are glorious, you are
wonderfully strong.

Eastertide: You sent forth your Spirit, and they were
created, alleluia.

**The Lord, creator of the world,
protects his people**

**Canticle
Jud 16:2-3a,13-15**

They began to sing a new song (Rev 5:9)

Begin a song to my God with tambourines,*
sing to my Lord with cymbals.
Raise to him a new psalm;
exalt him and call upon his name.*
For God is the Lord who crushes wars.

I will sing to my God a new song:
O Lord, you are great and glorious,*
wonderful in strength, invincible.

Let all your creatures serve you,*
for you spoke, and they were made.
You sent forth Spirit, and it formed them;*
there is none that can resist your voice.

For the mountains shall melt like wax,
with the waters;*
at your presence the rocks shall melt like wax,
but to those who fear you*
you will continue to show mercy.

Ant. Lord, you are great, you are glorious, you are
wonderfully strong.

Eastertide: You sent forth your Spirit, and they were
created, alleluia.

Ant. 3: Cry to God with shouts of joy.

Eastertide: God is king of all the earth; sing praise with all
your skill, alleluia.

The Lord is the king of all

Psalm 46 (47)

*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, we must fear,*
great king over all the earth.

He subdues peoples under us*
and nations under our feet.
Our inheritance, our glory, is from him,*
given to Jacob out of love.

God goes up with shouts of joy;*
the Lord ascends with trumpet blast.

Sing praise for God, sing praise,*
sing praise to our king, sing praise.

God is king of all the earth,*
Sing praise with all your skill.
God is king over the nations;*
God reigns on his holy throne.

The princes of the peoples are assembled*
with the people of Abraham's God.
The rulers of the earth belong to God,*
to God who reigns over all,

Ant. Cry to God with shouts of joy.

Easter tide; God in king of all the earth; sing praise with all
your skill, alleluia.

Through the Year

SCRIPTURE READING

Tob 4:16-17,19-20

Do to no one what you would not want done to you.
Give you bread to those who are hungry, and your
clothes to those who are naked. Ask advice of every wise
person. Bless the Lord God in everything; beg him to guide
your ways and bring your paths and purposed to their end.

SHORT RESPONSORY

R Bend my heart to your will, O God. Repeat **R**

V By your word, give me life. **R** Glory be. **R**

Benedictus ant. Show us your mercy, O Lord; remember
your holy covenant.

INTERCESSIONS

We give thanks to Christ and we praise him because he
was not ashamed to call us his brothers. **R** Lord Jesus,
we are your brothers.

Help us to live the new life of Easter, --so that men may
know through us the power of your love. **R**

Every day is a proof of your love: --As you being us to
this new day, make us new in mind and in heart. **R**

Teach us to see you present in all men; --help us to
recognize you most of all in those who suffer. R Lord
Jesus, we are your brothers.
May our lives today be filled with your compassion;
--give us the spirit forgiveness and a generous heart. R
Our Father

CONCLUDING PRAYER

God our Saviour,
through the grace of baptism
you made us children of light.
Hear our prayer that we may always walk in that light
and work for truth as your witnesses before men.
(We make our prayer) through our Lord.

EVENING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

Christ be near at either hand,
Christ behind, before me stand,
Christ with me where'er I go,
Christ around, above, below.

Christ be in my heart and mind,
Christ within my soul enshrined.
Christ control my wayward heart;
Christ abide and ne'er depart.

Christ my life and only way,
Christ my lantern night and day;
Christ be my unchanging friend,
Guide and shepherd to the end.

PSALMODY

Ant 1 : The Lord is my light and my help; whom shall I
fear?

Easter tide: God has exalted him at his own right hand as
leader and Saviours, alleluia.

Trust in time of affliction

Psalm 26(27)

Behold, the place where God dwells among men (Rev 21:3)

The Lord is my light and my help;*
whom shall I fear?
The Lord is the stronghold of my life;*
before whom shall I shrink?

When evil-doers 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 no fear.
though war break out against me*
even then would I trust.

There is on thing I ask of the Lord,*
for this I long,
to live in the house of the Lord,*
all the days of my life,
to savour the sweetness of the Lord,*
to behold his temple.

For there he keeps me safe in his tent*
in the day of evil.
He hides me in the shelter of his tent,*
on a rock he sets me safe.

And now my head shall be raised*
above my foes who surround me

and I shall offer within his tent
a sacrifice of joy.*

I will sing and make music for the Lord.

Ant. The Lord is my light and my help; whom shall I fear?

Easter tide: God has exalted him at his own right hand as
leader and Saviour, alleluia.

Ant.2: It is your face, O Lord, that I seek; hide not your
face.]

Easter tide: I am sure I shall see the Lord's goodness in the
land of the living, alleluia.

Some stood up and submitted false evidence against

Jesus (Mk 14:57)

O Lord, hear my voice when I call,*
have mercy and answer.
Of you my heart has spoken:*
Seek his face.'

It is your face, O Lord, that I seek;*
hide not your face.
Dismiss not your servant in anger;*
you have been my help.

Do not abandon or forsake me,*
O God my help!
Though father and mother forsake me,*
The Lord will receive me.

Instruct me, Lord, in your way;*
on an even path lead me.
When they lie in ambush protect me*
from my enemy's greed.
False witnesses rise against me,*
breathing out fury.

I am sure I shall see the Lord' s goodness*
in the land of the living.
Hope in him, hold firm and take heart.*
Hope in the Lord!

Ant. It is your face, O Lord, that I seek; hide not your face.

Eastertide: I am sure I shall see the Lord's goodness in the
land of the living, alleluia.

Ant.3: He is the firstborn of all creation; he is supreme
over all creatures.

Eastertide: From him, through him and in him are all
things that exist: to him be glory for ever, alleluia

Christ is the firstborn of all creation,

The firstborn from the dead

Canticle

Col 1k:12-20

Let us give thanks to the Father,
who has qualified us to share*
in the inheritance of the saints in light.

He has delivered us from the fominion of darkness*
and transferred us to the kingdom of his beloved Son\n,
in whom we have redemption,
the forgiveness of sins.

He is the image of the invisble God,*
the firstborn of all creation,
for in him all things were created, in heaven and on
earth,*
visible and invisible.

All things were created*
through him and for him.
He is before all things,*
and in him all things hold together.

He is the head of the body, the Church;*
he is the beginning,
the firstborn from the dead,*
that in everything he might be pre-eminent.

For in him all the fulness of God was pleased to dwell,*
and through him to reconcile to himself all things,
whether on earth or in heaven,*
making peace by the blood of his cross.

Ant. He is the firstborn of all creation; he is supreme over
all creatures.

Easter tide: From him, through him and in him are all
things that exist: to him be glory for ever, alleluia.

Through the Year

SCRIPTURE READING

Jas 1:22,25

You must do what the word tells you, and not just listen
to it and deceive yourselves. But the man who looks
steadily at the perfect law of freedom and makes that his
habit--not listening and then forgetting, but actively
putting it into practice--will be happy in all that he does.

SHORT RESPONSORY

R Redeem me, Lord, and show me your mercy. Repeat **R**

V Do not cast me away with sinners. **R** Glory be. **R**

Magnificat ant. The Almighty has done great things for
me; holy is his name.

INTERCESSIONS

The world is ablaze with the glory of God, who cares for
his chosen people with infinite love. In the name of the
Church we pray: **R** Lord, show your love to all men.

Be mindful of your Church:-- Keep her free from evil
and make her perfect in your love. **R**

Let all peoples acknowledge that you alone are God,
and that Jesus Christ is your Son; --give them the light
of faith. **R**

Grant to those around us all that they need,--so that
they may know thankfulness and live in peace.**R**

Keep us mindful of those whose work is hard and un-
rewarding:--may we give every man the respect which
is his right. **R**

Give peace to those who have died today;--grant them
eternal rest. R

Our Father

CONCLUDING PRAYER

Lord, support us as we pray,
protect us day and night,
so that we who under your guiding hand
live in a world of change,
may always draw strength from you,
with whom there is no shadow of alteration.
(We make our prayer) through our Lord.

WEEK 1: THURSDAY

Invitatory ant. Come, let us adore the Lord, for he is our
God.

Psalm,p[5]

MORNING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

The Father's glory, Christ our light,
With love and mercy comes to span
The vast abyss of sin between
The God of holiness and man.

Christ yesterday and Christ today,
For all eternity the same,
The image of our hidden God;
Eternal Wisdom is his name.

He keeps his word from age to age,
I with us to the end of days,
A cloud by day, a flame by night,
To go before us on his ways.

We bless you ,Father, fount of light,
And Christ, your will-beloved Son,
Who with the Spirit dwell in us:
Innortal Trinity in One.

PSALMODY

Ant.I: Awake, lyre and harp, I will awake the dawn.

Easter tide: O God, arise above the heavens, alleluia.

Morning prayer in time of affliction

Psalm 56(57)

This psalm clebrates the passion of Christ (St Anfastine)

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 God the Most High,*
to God who has always been my help.
May he send from heaven and save me
and shame those who assail me.*

May God send his truth and his love.

My soul lied sown among lion,*
who would devour the sons of men.
Their teeth are spears and arrows,*
their tongue a sharpened sword.

O God, arise above the heavens;*
may your glory shine on earth!

They laid a snare 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 song your praise.

Awake my soul,
awake lyre and harp,*
I will awake the dawn.

I will thank you Lord among the peoples,*
among the nations I will praise you
for your love reaches to the heavens*
and your truth to the skies.

O God, arise above the heavens,*
may your glory shine on earth!

Ant. Awake, lyre and harp, I will awake the dawn.

Eastertide: O God, arise above the heavens, alleluia.

Ant. 2: Thus says the Lord: my people shall be filled with
my good things.

Eastertide: The Lord has ransomed his people, alleluia.

The joy of a liberated people

Canticle: Jer 31:10-14

*Jesus had to die to reunite the children of God who had
been scattered (Jn 11:51,52)*

O nations, hear the word of the Lord,*
proclaim it to the far-off coasts.
Say: 'He who scattered Israel will gather him*
and guard him as a shepherd guards his flock,'
For the Lord has ransomed Jacob,*
has saved him from an overpowering hand.

They will come and shout for joy on Mount Sion,*
they will stream to the blessings of the Lord,
to the corn, the new wine and the oil,*
to the flocks of sheep and the herds.
Their life will be like a watered garden.*
They will never be weary again.

Then the young girls will rejoice and will dance,*
the men, young and old, will be glad.

I will turn their mourning into joy,*
I will console them, give gladness for grief.
The priests I will again feed with plenty,*

Ant. Thus says the Lord: my people shall be filled with my
Good things.

Eastertide: The Lord is great and worthy to be praised in the
City of our God.

Eastertide: God is here, our God For ever and ever, allelia.

Thanksgiving for the salvation **Psalm47(48)**
Of God's people

*He took me to the top of a great mountain, and showed me
The holy city of Jerusalem (Rev 21:10)*

The Lord is great and wouthy to be praised*
In the city of our God.
His holy mountain rises in beauty,*
the joy of all the earth.

Mount Sion, true pole of the earth,*
The Great King' s city!
God, in the midst of its citadels,*
Has shown himself its stronghold.

For the kings assembled together,*
Together they advanced.
They saw; at once they were astounded;*
Dismayed, they fled in fear.

For the kings assembled together,*
Like the pangs of birth,
By the east wind you have destroyed*
the ships of Tharsis.

As we have heard, so we have seen*
In the city of our God,

in the city of the Lord of hosts*
which God upholds for ever.

O God, we ponder your love*
Within your temple.
Your praise, O God, like your name*
Reaches the ends of the earth.

With justice your right hand is filled.*
Mount Zion rejoices;
The people of Judah rejoice*
At the sight of your judgments.

Walk through Zion, walk all round it;*
Count the number of its towers.
Review all its ramparts,*
Examine its castles,

That you may tell the next generation*
That such is our God,
Our God for ever and always.*
It is he who leads us.

Ant. The Lord is great and worthy to be praised in the city
of our God.

Eastertide; God is here, our God for ever, alleluia.

Through the Year

SCRIPTURE READING

Is 66:1-2

Thus says the Lord:

With heaven my throne

And earth my footstool,

What house could you build me,

What place could you make for my rest?

All of this was made by my hand

and all of this is mine—it is the Lord who speaks.

But my eyes are drawn to the man

of humbled and contrite spirit,

who trembles at my word.

SHORT RESPONSORY

R I called with all my heart; Lord, hear me. Repeat R

V I will keep your commandments. R Glory be. R

Benedictus ant. Let us serve the Lord in holiness, and he will deliver us from the hands of our enemies.

INTERCESSIONS

Let us begin this new day with Christ, thanking him for all he has brought to us, and asking him to bless us. R Lord, accept and bless our work today.

You offered with yours. **R**

You are gentle and humble of heart: --teach us to receive others as you did.**R**

As each day begins, may your light rise in our hearts;-- may it shine forth in charity to the world. R

Show your mercy to those who are sick:-- may each new day increase their trust in you. R

Our Father

CONCLUDING PRAYER

Almighty ever-living God,

we make our prayer to you at morning, noon and

evening:

dispel from our hearts the darkness of sin,

and bring us to the true light, Christ your Son,

who lives and reigns with you and the Holy Spirit,

God, for ever and ever.

EVENING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

When God had filled the earth with life
And blessed it, to increase,
Then cattle dwelt with creeping things,
And lion with lamb, at peace.

He gave them vast, ustradden lands,
With plants to be their food;
Then God saw all that he had made
And found it very good.

Praise God the Father of all life,
His Son and Spirit blest,
By whom creation lives and moves,
In whom it comes to rest.

PSALMODY

Ant. I : O Lord, I cried to you for help and you have healed
me. I will thank you for ever.

Easter tide: You changed my sorrow into joy, alleluia.

Thanksgiving for liberation from death

Psalm 29(30)

Christ gives thanks to his Father after his glorious resurrection (Cassian)

I will praise you, Lord, you have rescued me*
and have not let my enemies rejoice over me.

O Lord, I cried to you for help*
and you, my God, have healed me.

O Lord, you have raised my soul from the dead,*
restored me to life from those who sink into the grave.

Sing psalms to the Lord, you who love him,*
give thanks to his holy name.
His anger lasts a moment; his favour all through life.*
At night there are tears, but joy comes with dawn.

I said to myself in my good fortune:*
Nothing will ever disturb me.*
Your favour had set me on a mountain fastness,*
then you hid your face and I was put to confusion.

To you, Lord, I cried,*
to my God I made appeal:
'What profit would my death be, my going to the
grave?*'
Can dust give you praise or proclaim your truth?'

The Lord listened and had pity.*
The Lord came to my help.
For me you have changed my mourning into dancing,*
you removed my sackcloth and clothed me with joy.
So my soul sings psalms to you unceasingly.*
O Lord my God, I will thank you for ever.

Ant. O Lord, I cried to you for help and you have healed
me. I will thank you for ever.

Eastertide: You changed my sorrow into joy, alleluia.

Ant. 2: Happy the man to whom the Lord imputes no
guilt.

Eastertide: We are reconciled to God by the death of his
Son, alleluia.

Happy is the man whose offence is forgiven

Psalm 31(32)

*David says that a man is blessed if God considers him
righteous, irrespective of good deeds (Rom 4:6)*

Happy the man whose offence is forgiven,*
whose sin is remitted.

O happy 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 night and day your hand*
was heavy upon me.
Indeed, my strength was dried up*
as by the summer' s heat.

But now I have acknowledged my sins;*
my guilt I did not hide.
I said: ' I will confess*
my offence to the Lord.'
And you, Lord, have forgiven*
the guilt of my sin.

So let every good man pray to you*
in the time of need.
The floods of water may reach high*
but him they shall not reach.
You are my hiding place, O Lord;
you save me from distress.*
You surround me with cries of deliverance.

I will instruct you and teach you*
the way you should go;
I will give you counsel*
with my eye upon you.

Be not like horse and mule, unintelligent,
needing bridle and bit,*
else they will not approach you.
Many sorrows has the wicked
but he who trusts in the Lord,*
loving mercy surrounds him.

Rejoice, rejoice in the Lord,*
exult, you just!
O come, ring out your joy,*
all you upright of heart.

Ant. Happy the man to whom the Lord imputes no guilt.

Eastertide: We are reconciled to God by the death of his
Son, alleluia.

Ant.3: The Lord has given him power and honour and
empire, and all peoples will serve him.

Eastertide: Lord, who is your like, majestic in strength
and holiness? alleluia.

The judgment of God

Canticle

Rev II:I7-I8; I2:I0b-I2a

We give thanks to you, Lord God Almighty,*
who are and who were,
that you have taken your great power*
and begun to reign.

The nations raged,*
but your wrath came,
and the time for the dead to be judged,*
for rewarding your servants, the prophets and saints,
and those who fear your name,*
both small and great.

Now the salvation and the power
and the kingdom of our God*
and the authority of his Christ have come,
for the accuser of our brethren has been thrown down,*
who accuses them day and night before our God.

And they have conquered him*
by the blood of the Lamb
and by the word of their testimony,*
for they loved not their lives even unto death.
and you that dwell therein.

Ant. The Lord has given him power and honour and empire, and all peoples will serve him.

Easter tide: Lord, who is your like, majestice in strength and holiness? alleluia.

Through the Year

SCRUOTURE READING

I Pet I: 6-9

This is a cause of great joy for you, even though you may for a short time have to bear being plagued by all sorts of trials; so that, when Jesus Christ is revealed, your faith will have been tested and proved like gold --only it is more precious than gold, which is corruptible even though it bears testing by fire --and then you will have praise and glory and honour. You did not see him, yet you love him; and still without seeing him, you are already filled with a joy so glorious that it cannot be described, because you believe; and you are sure of the end to which your faith looks forward, that is, the salvation of your souls.

SHORT RESPONSORY

R The Lord fed us with finest wheat. Repeat **R**

V He filled us with honey from the rock. **R** Glory be. **R**

Magnificat ant. The Lord brought down the mighty from their seats, and raised up the lowly.

INTERCESSIONS

Let us make our prayer to the God of our salvation because all our hope rests in him. **R** Father, our trust is in you.

Father, you established a covenant with men: -- we trust in you, for you are faithful to your word. **R**

Send workers into the harvest, --and bring the world to the knowledge and love of you. **R**

May the unity of the Church be formed by love and understanding; --gather us together through th gifts of your Holy Spirit. **R**

Help men to create a community where justice and peace may flourish: --be with us, lest we labour in vain. **R**

Be mindful of the dead, especially those we have known;

--have mercy on those who have given us their help,

R Father, our trust is in you.

Our Father

CONCLUDING PRAYER

Lord God,

you give the moon to illumine the night,

and to dispel the darkness you bring in the light of day:

grant that during this night

we may elude the grasp of Satan

and in the morning rise to give you praise.

(We make our prayer) through our Lord.

PSALTER: WEEK I, FRIDAY

Invitatory ant. Give thanks to the Lord, for his great love
is without end.

Psalm,p [5]

MORNING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

We bless you, Father, Lord of Life,
To whom all living beings tend,
The source of holiness and grace,
Our first beginning and our end.

We give you thanks, Redeeming Christ,
Who bore our weight of sin and shame;
In dark defeat you conquered sin,
And death, by dying, overcame.

Come, Holy Spirit, searching fire,
Whose flame all evil burns away.
Come down to us with light and love,
In silence and in peace to stay.

We praise you, Trinity in One,
Sublime in majesty and might,
Who reign for ever, Lord of all,
In splendour and unending light.

PSALMODY

Ant. 1: Lord, you will be pleased with lawful sacrifice
offered on your altar.

Easter tide: Remember me, Lord God, when you come
into your kingdom, alleluia.

Have mercy on me, God

Psalm 50(51)

*You must be made new in mind and spirit, and put on
the new nature of God's creating (Eph 4:23,24)*

Have mercy on me, God, in your Kindness.*
In your compassion blot out my offence.
O wash me more and more from my guilt*
and cleanse me from my sin.

My offences 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.

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

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

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

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

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

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

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

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

Ant. Lord, you will be pleased with lawful sacrifice offered
on your altar.

Eastertide: Remember me, Lord God, when you come
into your Kingdom, alleluia.

Ant. 2: All the descendants of Israel shall glory in victory
through the Lord.

Eastertide: Truly, God of Israel, the Saviour, you are a
God who lies hidden, alleluia.

All the peoples will turn to the Lord

Canticle

Is 45 : 15-26

Every knee must bow at the name of Jesus (Phil 2:10)

Truly, God of Israel, the Saviour,*
you are a God who lies hidden.

They will be put to shame and disgraced,*
all who resist you.

They will take themselves off in dismay,*
the makers of idols.

But Israel is saved by the Lord,*
saved for evermore.

You will never be ashamed or disgraced*
through endless ages.

For this is the word of the Lord,*
the creator of heaven,
the God who made earth and shaped it,*
he who made it firm.
He did not create it in vain,*
he made it to be lived in.

'I am the Lord, there is no other.*
I have not spoken in secret, in some dark place,
I have not said to Jabob's sons*
"Search for me in vain."

I am the Lord, I speak the truth,
I proclaim what is right.
Assemble, all of you, draw near*
you who have escaped from the nations.

They know nothing, who carry around*
their idols made of wood
and keep on praying to a god*
that cannot save them.

State your case and bring your proofs,*
consult among yourselves.
Who proclaimed this beforehand,*
who foretold it long ago?

Was it not I, the Lord?*

There is no god but me,
a God of justice, a saviour.*

There is none but me.

Turn to me and be saved,*
all the ends of the earth!
For I am God, there is no other;*
by myself I swear it.

It is truth that goes forth from my mouth,*
a word beyond recall.
To me every knee shall bow,*
every tongue shall swear.

They will say: "In the Lord alone*
are victory and power.
And to him will come in dismay*
all who have resisted.
Through the Lord will come victory and glory*
for all Israel' s sons."

Ant. All the descendants of Israel shall glory in victory
through the Lord.

Eastertide: Truly, God of Israel, the Saviour, you are a
God who lies hidden, alleluia.

Ant. 3: Come before the Lord, singing for joy.

Eastertide: Serve the Lord with joy, alleluia.

**When the following psalm has been used at the Invitatory,
ps 94, p[5], is said here in place of it.**

**The joy of those who enter
the temple of the Lord**

Psalm 99[100]

*The Lord calls all those he has redeemed to sing a hymn
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.

Go within his gates, giving thanks.
Enter 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.

Ant. Come before the Lord, singing for joy.

Easter tide: Serve the Lord with joy, alleluia.

Through the Year

SCRIPTURE READING

Eph 4:29-32

Do not use harmful words in talking. Use only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you. And do not make God's Holy Spirit sad; for the Spirit is God's mark of ownership on you, a guarantee that the Day will come when God will set you free. Get rid of all bitterness, passion, and anger. No more shouting or insults. No more hateful feelings of any sort. Instead, be kind and tender-hearted to one another, and forgive one another, as God has forgiven you in Christ.

SHORT RESPONSORY

R In the morning let me know your love. Repeat **R**

V Make me know the way I should walk. **R** Glory be. **R**

Benedictus ant. The Lord has visited his people, he has come to redeem them.

INTERCESSIONS

Lord Jesus Christ, we thank you. Through your cross and resurrection you offer freedom and hope to those ready to receive them. **R** Lord, show us your loving-kindness.

We are children of the day:--help us to live in the light of your presence. **R**

Guide our thoughts, our words, our actions:--so that what we do today may be pleasing to you. **R**

Help us to avoid wrongdoing:--show us your mercy and
love. R Lord, show us your loving-Kindness.

Through your passion and death you have won life for
us:--give us the strength of your Holy Spirit. R

Our Father

CONCLUDING PRAYER

Lord God,

you hold out the light of your Word

to those who do not know you:

Strengthen in our hearts the faith you have given us,

so that no trials may quench the fire

your Spirit has kindled within us

(We make our prayer) through our Lord.

EVENING PRAYER

Hymn, from the appendix, for the Season.

Through the Year.

When God made man, he gave him all the earth,
All growing things, with every bird and beast;
Then Adam named them at the Lord' s command,
Subdued the greatest of them, and the least.

In his own image God created man,
And when from dust he fashioned Adam's face,
The likeness of his only Son was formed:
His Word incarnate, filled with truth and grace.

To God the Father and to Christ his Son
And blessed Spirit heaven and earth give praise.
Creation with tremendous voice cries out:
All holy is the mighty Lord of days.

PSALMODY

Ant. 1: Lord, heal my soul for I have sinned against you.

Easter tide: Christ made himself poor for our enrichment,
alleluia.

One of you will betray me--one who is eating with me

(Mk 14:18)

Happy the man who considers the poor and the weak.*

The Lord will save him in the day of evil,
will guard him, give him life, make him happy in the
land*

and will not give him up to the will of his foes.

The Lord will help him on his bed of pain,*
he will bring him back from sickness to health.

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?'

They come to visit me and speak empty word,*
their hearts full of malice, they spread it abroad.

My enemies whisper together against me.*

They all weigh up the evil which in on me:

Some deadly thing has fastened upon him,*

he will not rise again from where he lies.'

thus even my friend, in whom I trusted,*

who are my bread, has turned against me.

But you, O Lord, have mercy on me.*

Let me rise once more and I will repay them.

By this I shall know that you are my friend,*

if my foes do not shout in triumph over me.

If you uphold me I shall be unharmed*

and set in your presence for evermore.

Blessed be the Lord, the God of Israel*

from age to age. Amen. Amen.

Ant. Lord, heal my soul for I have sinned against you.

Eastertide: Christ made himself poor for our enrichment,

alleluia.

Ant. 2: The Lord of hosts is with us: the God of Jacob is
our stronghold.

Easter tide: The waters of a river give joy to God' s city,
alleluia.

God is our refuge and strength

Psalm 45(46)

*They will call his name 'Immanuel' which means 'God
with us' (Mt 1:23)*

God is for us a refuge and strength,*
a helper close at hand, in time of distress:
so we shall not fear though the earth should rock,*
Though the mountains fall into the depths of the sea,
even though its waters rage and foam,*
even though the mountains be shaken by its waves.

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 where the Most High dwells.
God is within, it cannot be shaken;.*
God will help it at the dawning of the day.
Nations are in tumult, kingdoms are shaken:.*
he lifts his voice, the earth shrinks away.

The Lord of hosts is with us:.*
the God of Jacob is our stronghold.

Come, consider the works of the Lord*
the redoubtable 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.*
He burns the shields with fire.
'Be still and know that I am God,*
supreme among the nations, supreme on the earth!'

The Lord of hosts is with us:.*
the God of Jacob is our stronghold.

Ant. The Lord of hosts is with us: the God of Jacob is our stronghold.

Easter tide: The waters of a river give joy to God's city, alleluia.

Ant. 3: All the peoples will come and adore you, Lord.

Easter tide: Let us sing to the Lord; great is his triumph, alleluia.

Hymn of adoration

Canticle: Rev 15:3-4

Great and wonderful are your deeds,*
O Lord God the Almighty!
Just and true are your ways,*
O King of the ages!

Who shall not fear and glorify your name, O Lord? *
For you alone are holy.
All nations shall come and worship you,*
for your judgments have been revealed.

Ant. All the peoples will come and adore you, Lord.

Easter tide: Let us sing to the Lord; great is his triumph, alleluia.

Through the Year

SCRIPTURE READING

Rom 15:1-3

We who are strong ought to bear with the failing of the weak, and not to please ourselves; let each of us please his neighbour for his good, to edify him. For Christ did not please himself; but, as it is written, The reproaches of those who reproached you fell on me,

SHORT RESPONSORY

R Christ loved us and has washed away our sins with his blood. **Repeat R**

V He made us a line of kings, priests to serve God. **R**
Glory be. **R**

Magnificat ant. The Lord has come to help us, his servants; he has remembered his mercy.

I am sure I shall see the Lord' s goodness*
in the land of the living.
Hope in him, hold firm and take heart.*
Hope in the Lord!

Ant. It is your face, O Lord, that I seek; hide not your face.

Eastertide: I am sure I shall see the Lord' s goodness in the
land of the living, alleluia.

Ant. 3: He is the firstborn of all creation; he is supreme
over all creatures.

Eastertide: From him, through him and in him are all
things that exist: to him be glory for ever, alleluia.

**Christ is the firstborn of all creation,
the firstborn from the dead**

**Canticle
Col 1:12-20**

Let us give thanks to the Father,
who has qualified us to share*
in the inheritance of the saints in light.

He has delivered us from the dominion 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 were created, in heaven and on
earth,*
visible and invisible.

All things were created*
through him and for him.
He is before all things,*
and in him all things hold together.

He is the head of the body, the Church;*
he is the beginning,
the firstborn from the dead,*
that in everything he might be pre-eminent.

