

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.

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.

To Father, Son and God' s most Holy Spirit,
Eternal praise is due.
O Christ, who gave your 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.

Trough the Year : Lord, let my prayer rise before you
Like incense.

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 I4 I (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- 11

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.

Eastertide: 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 □9:5)

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 (I 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

Psalm 113A(114):1-8

*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,

Freely accepts his passion

I Pet 2:21-24

Canticle

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].

WEEK 2: MONDAY

Invitatory ant. Let us rejoice in the Lord; with songs let us praise him.

Psalm, p[5].

MORNING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

Come, O Creator Spirit, come,
and make within our hearts your home;
to us your grace eternal give,
who of your breathing move and live.

Our senses with your light inflame,
our hearts to heavenly love reclaim;
our bodies' poor infirmity
with strength perpetual fortify.

Our earthly foe afar repel,
grant us henceforth in peace to dwell;
and so to us, with you for guide,
no ill shall come, no harm betide.

May we by you the Father learn,
and know the Son, and you discern,
who are of both; and thus adore
in perfect faith for evermore.

PSALMODY

Ant 1 : When can I enter and see the face of God?

Holy Week: Jesus said, ' My soul is sorrowful to the point of death. Wait here and keep awake with me.'

Eastertide: My soul is yearning for you, my God, like a deer that seeks running streams, alleluia.

Let all who are thirsty come; all who want it may have

the water of life (Rev 22:17)

Like the deer that yearns*
for running streams,
so my soul is yearning*
for you, my God.

My soul is thirsting for God,*
the God of my life;
when can I enter and see*
the face of God?

My tears have become my bread,*
by night, by day,
as I hear it said all the day long:*
where is your God?'

These things will I remember*
as I pour out my soul:
how I would lead the rejoicing crowd*
into the house of God,
amid cries of gladness and thanksgiving,*
the throng wild with joy.

Why are you cast down, my soul,*
why groan within me?
Hope in God; I will praise him still,*
my saviour and my God.

My soul is cast down within me*
as I think of you,
from the country of Jordan and Mount Hermon,*
from the Hill of Mizar.

Deep is calling on deep,*
in the roar of waters:
your torrents and all your waves*
swept over me.

By day the Lord will send*
his loving kindness;
by night I will sing to him,*
praise the God of my life.

I will say to God, my rock:*
Why have you forgotten me?
Why do I go mourning*
oppressed by the foe?'

With cries that pierce me to the heart,*
my enemies revile me,
saying to me all the day long:*
Where is your God?'

Why are you cast down, my soul,*
why groan within me?
Hope in God; I will praise him still,*
my saviour and my God.

Ant. When can I enter and see the face of God?

Holy Week: Jesus said, 'My soul is sorrowful to the point
of death. Wait here and keep awake with me.?'

Easter tide: My soul is yearning for you, my God, like a
deer that seeks running streams, alleluia.

Ant. 2: Show us, Lord, the light of your mercy.

Holy Week: Now sentence is being passed on this world;
now the prince of this world is to be overthrown.

Easter tide: Fill Sion with songs of your praise, Lord, and
let the stories of your great deeds be told, alleluia.

Prayer for the holy city of Jerusalem

Canticle

Sir 36:1-7, 13-16

*This is eternal life; to know you the one true God, and
Jesus Christ whom you have sent (Jn 17:3)*

Save us, God of all things,*
strike all the nations with terror;

raise your hand against foreign nations,*
that they may see the greatness of your might.

Our sufferings proved your holiness to them;*
let their downfall prove your glory to us.
Let them know, as we ourselves know,*
that there is no other God but you.

Give us signs again, work further wonders,*
clothe your hand, your right arm in glory.

Assemble all the tribes of Jacob,*
as when they first received their inheritance.
Pity the poor people called by your name,*
pity Israel, chosen as your first-born.

Have compassion on the holy city,*
Jerusalem, the place of your rest.
Let Zion ring with your praises,*
let your temple be filled with your glory.

Ant. Show us, Lord, the light of your mercy,

Holy Week: Now sentence is being passed on this world;
now the prince of this world is to be overthrown.

Eastertide: Fill Zion with songs of your praise, Lord, and
let the stories of your great deeds be told, alleluia.

Ant. 3: Blessed are you, Lord, in the vault of heaven.

Holy Week: Jesus leads us in our faith and brings it to
perfection; he endured the cross, disregarding the shame-
fulness of it, and has taken his seat at God' s right hand.

Eastertide: The glory of God will illumine the city; the
Lamb will be its light, alleluia.

Praise for the Lord, Creator of all things

Psalm 18(19)A

The Rising Sun has come to visit us to guide our feet in
the way of peace (Lk 1:78,79)

The heavens proclaim the glory of God*
and the firmament shows forth the work of his hands.

Day unto day takes up the story*
and night unto night makes known the message.

No speech, no word, no voice is heard
yet their span extends through all the earth,*
their words to the utmost bounds of the world.

There he has placed a tent for the sun;
it comes forth like a bridegroom coming from his tent,*
rejoices like a champion to run its course.

At the end of the sky is the rising of the sun;
to the furthest end of the sky is its course.*
There is nothing concealed from its burning heat.

Ant. Blessed are you, Lord, in the vault of heaven.

Holy Week: Jesus leads us in our faith and brings it to
perfection; he endured the cross, disregarding the shame-
fulness of it, and has taken his seat at God's right hand.

Easter tide: The glory of God will illumine the city; the
Lamb will be its light, alleluia.

Through the Year

SCRIPTURE READING

Jer 15:16

When your words came, I devoured them:

your word was my delight

and the joy of my heart;

for I was called by your name,

Lord, God of Sabaoth.

SHORT RESPONSORY

R Rejoice in the Lord, O you just; for praise is fitting for
loyal hearts. **Repeat R**

V Sing to him a new song. **R** Glory be. **R**

Benedictus ant. Blessed be the Lord, for he has visited us
and freed us.

INTERCESSIONS

Christ has given us all a share in his priesthood. We offer our prayers and ourselves in union with him. **R** Lord, accept our love and service.

Jesus Christ, you are the eternal priest: -- make this morning's offering acceptable to the Father. **R**

Lord, you are love itself:--grant that we may love you. **R**

Give us today the fruits of the Holy Spirit:--make us patient, kind and gentle.**R**

Give us the discernment to know the needs of our neighbours,--and give us the courage to love them as

Our Father

CONCLUDING PRAYER

Almighty Lord And God,

protect us by your power throughout the course of

this day,

even as you have enabled us to begin it:

do not let us turn aside to any sin,

but let our every thought, word and deed

aim at doing what is pleasing in your sight.

(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 by day the light in due gradation
From hour to hour in all its changes guide,

Grant to 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. I: You are the fairest of the children of men and
graciousness is poured upon your lips.

Holy Week: He had no beauty, no majesty to draw our
eyes, no grace to make us delight in him.

Easter tide: Blessed is he who comes in the name of the
Lord, alleluia.

Royal wedding song

Psalm 44(45)

Behold, the bridegroom is coming; go out to meet him

(Mt 25:6)

My heart overflows with noble words.
To the king I must speak the song I have made;*
my tongue as nimble as the pen of a scribe.

You are the fairest of the children of men
and graciousness is poured upon your lips:*
because God has blessed you for evermore.

O mighty one, gird your sword upon your thigh;
in splendour and state, ride on in triumph*
for the cause of truth and goodness and right.

Take aim with your bow in your dread right hand.
Your arrows are sharp: peoples fall beneath you.*
The foes of the king fall down and lose heart.

Your throne, O God, shall endure for ever.
A sceptre of justice is the sceptre of your kingdom.*
Your love is for justice; your hatred for evil.

Therefore God, your God, has anointed you
with the oil of gladness above other kings:*

your robes are fragrant with aloes and myrrh.

From the ivory palace you are greeted with music.
The daughters of kings are among your loved ones.*

On your right stands the queen in gold of Ophir.

Ant. You are the fairest of the children for men and gracious-
ness is poured upon your lips.

Holy Week: He had no beauty, no majesty to draw our
eyes, no grace to make us delight in him.

Eastertide: Blessed is he who comes in the name of the
Lord, alleluia.

Ant. 2: Behold, the bridegroom is coming; go out and
meet him.

Holy Week: I will grant him very many people as his own,
for surrendering himself to death.

Eastertide: Blessed are those who are called to the
wedding feast of the Lamb, alleluia.

II

Listen, O daughter, give ear to my words:*

forget your own people and your father's house.

So will the king desire your beauty:*

He is your lord, pay homage to him.

And the people of Tyre shall come with gifts,*
the richest of the people shall seek your favour.

The daughter of the king is clothed with splendour,*
her robes embroidered with pearls set in gold.

She is led to the king with her maiden companions.
They are escorted amid gladness and joy:*

they pass within the palace of the king.

Sons shall be yours in place of your fathers:*

you will make them princes over all the earth.

May this song make your name for ever remembered.*

May the peoples praise you from age to age.

Ant. Behold, the bridegroom is coming; go out and meet
him

Holy Week: I will grant him very many people as his own,
for surrendering himself to death.

Easter tide: Blessed are those who are called to the
wedding feast of the Lamb, alleluia.

Ant. 3: God planned to bring all things together under
Christ when the fulness of time had come.

Holy Week: God has given freely of his goodness to us
in his beloved Son, in whom we gain our freedom through
the shedding of his blood.

Easter tide: From his fulness we have all received, grace
upon grace, alleluia.

God, the Saviour

Canticle: Eph 1:3-10

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 destined 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 to 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 he 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 planned to bring all things together under
Christ when the fulness of time had come.

Holy Week: God has given freely of his goodness to us
in his beloved Son, in whom we gain our freedom through
the shedding of his blood.

Easter tide: From his fulness we have all received, grace
upon grace, alleluia.

Through the Year

SCRIPTURE READING

I Thess 2:13

Another reason why we constantly thank God for you
is that as soon as you heard the message that we brought
you as God's message, you accepted it for what it really is,
God's message and not some human thinking; and it is
still a living power among you who believe it.

SHORT RESPONSORY

R Let my prayer come before you, O Lord, **Repeat R**

V Let it rise in your presence like incense. **R** Glory be. **R**

Magnificat ant. Let my soul proclaim your greatness for
ever, O my God.

Intercessions

Let us give thanks to Christ our Lord who loves and
cherishes his church. **R** Be near us, this evening.

Lord Jesus grant that all men be saved,--and come
to knowledge of the truth. R

Protect Pope N and N, our Bishop: -- help them, Lord,
in your strength and mercy. R

Support those who meet with diffeculfy and disappoint-
ment: --renew their confidence and sense of purpose. R

Christ our loving Lord, in your kindness he with the
sick and the poor, the weak and the dying: -- bring them
your comfort. R

We commend to you all those who, in their lifetime,
shared in the sacred ministry: --let them praise you
for ever in heaven. R

Ourd Father

CONCLUDING PRAYER

All-powerful God,
since you have given us, your unworthy servants,
the strength to work throughout this day:
accept this evening sacrifice of praise.
as we thank you for your gifts.

(We make our prayer) through our Lord.

WEEK 2: TUESDAY

Invitatory ant. A mighty God is the Lord: come, let us

adore him.

Psalm,p[5].

MORNING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

Father, we praise you, now the night is over,
active and watchful, stand we all before you;
singing, we offer prayer and meditation: thus we
adore you.

Monarch of all things, fit us for your mansions;
banish our weakness, health and wholeness sending;
bring us to heaven, where you saints united joy
without ending.

All-holy Father, Son and equal Spirit,
Trinity blessed, send us your salvation;
yours is the glory, gleaming and resounding through
all Creation.

PSALMODY

Ant. I: Lord, send forth your light and your truth.

Holy Week: Lord, plead my cause; from deceitful and
cunning men rescue me.

Easter tide: You have come to Mount Sion, and the city
of the living God, alleluia.

Desire for God's temple

I, the light, have come into the world (Jn 12:46)

Defend me, O God, and plead my cause*
against a godless nation.
From deceitful and cunning men*
rescue me, O God.

Since you, O God, are my stronghold,*
why have you rejected me?
why do I go mournful*
oppressed by the foe?

O send forth your light and your truth;*
let these be my guide.
Let them bring me to your holy mountain*
to the place where you dwell.

And I will come to the altar of God,*
the God for my joy.
My redeemer, I will thank you on the harp,*
O God, my God.

Why are you cast down, my soul,*
why groan within me?
Hope in God; I will praise him still,*
my saviour and my God.

Ant. Lord, send forth your light and your truth.

Holy Week: Lord, plead my cause; from deceitful and
cunning men rescue me.

Eastertide: You have come to Mount Sion, and the city
of the living God, alleluia.

Ant.2: Lord, come to our help all the days of our life.

Holy Week: Lord, you have defended the cause of my
soul; you have redeemed my life, Lord my God.

Eastertide: Lord, you have kept my soul from destruction,
alleluia.

The anguish of sickness;

the joy of health

Is 38:10-14,17-20

I was dead, and behold, I am alive and I hold the keys of
death (Rev I:17-18)

I said, In the noontide of my days I must depart;
I am consigned to the gates of Sheol*
for the rest of my years.

I said, I shall not see the Lord*
in the land of the living;
I shall look upon man no more*
among the inhabitants of the world.

My dwelling is plucked up and removed from me*
like a shepherd's tent;
like a weaver I have rolled up my life;*
he cuts me off from the loom.

From day to night you bring me to an end;*
I cry for help until morning;
like a lion he breaks all my bones;*
From day to night you bring me to an end;*

Like a swallow or a crane I clamour,*

I moan like a dove.

My eyes are weary with looking upward.*

O Lord, I am oppressed; be my security.

Lo, it was for my welfare*

that I had great bitterness;

but you have held back my life*

from the pit of destruction,

for you have cast all my sins*

behind your back.

For Sheol cannot thank you,*

death cannot praise you;

those who go down to the pit*

cannot hope for your faithfulness.

The living, the living, he thanks you,

as I do this day;*

the father makes known to the children your

faithfulness.

The Lord will save me,*

and we will sing to stringed instruments

all the days of our life,*

at the house of the Lord.

Ant. Lord, come to our help all the days of our life.

Holy Week: Lord, you have defened the cause of my

soul; you have redeemed my life, Lord my God.

Easter tide: Lord, you have kept my soul from destruction,

alleluia.

Ant. 3: To you our praise is due in Sion, O God.

Holy Week: My servant, the Just One, will justify many;

he will take their faults on himself.

Easter tide: You care for the earth, you give it water,

alleluia.

Solemn thanksgiving

Sion is to be understood as the heavenly city (Origen)

To you our praise is due*
in Sion, O God.

To you we pay our vows,*
you who hear our prayer.

To you all flesh will come*
with its burden of sin.
Too heavy for us, our offences,*
but you wipe them away.

Blessed is he whom you choose and call*
to dwell in your courts.
We are filled with the blessing of your house,*
of your holy temple.

You keep your pledge with wonders,*
O God our saviour,
the hope of all the earth*
and of far distant isles.

You uphold the mountains with your strength,*
you are girded with power.
You still the roaring of the seas,
the roaring of their waves*
and the tumult of the peoples.

The ends of the earth stand in awe*
at the sight of your wonders.
The lands of sunrise and sunset*
you fill with you joy.

You care for the earth, give it water,*
you fill it with riches.
Your river in heaven brimes over
to provide its grain.*
And thus you provide for the earth;

You drench its furrows,
you level it, soften with shower,*
you bless its growth.

You crown the year with your goodness.
Abundance flows in your steps,*
in the pastures of the wilderness it flows.

The hills are girded with joy,*
the meadows covered with flock,
the valleys are decked with wheat.*
They shout for joy, yes, they sing.

Ant. To you our praise is due in Sion, O God.

Holy Week: My servant, the Just One, will justify many,
he will take their faults on himself.

Easter tide: You care for the earth, you give it water,
alleluia.

Though the Year

SCRIPTURE READING

I Thess 5: 4-5

It is not as if you live in the dark, my brothers, for that
Day to overtake you like a thief. No, you are all sons of
light and sons of the day: we do not belong to the night
or to darkness.

SHORT RESPONSORY

R Hear my cry, Lord, for I hope in your word. Repeat **R**

V I rise before dawn and call for help. **R** Glory be. **R**

Benedictus ant. Lord, save us from the hands of all who
hate us.

INTERCESSIONS

Let us bless our Saviour, who by his rising to new life has
freed the world from fear. **R** Lord, lead us to the truth.

Lord Jesus, as this day begins we remember that you are
risen,-- and therefore we look to the future with con-
fidence. **R**

We offer you our prayer this morning, --take to yourself
our cares, our hopes, and our needs. R

Deepen in us our love for you today, --so that in all
things we may find our good, and the good of others. R

Lord Jesus, we pray that through our own troubles, we
may learn to feel the sufferings of others; --help us to
show them your compassion. R

Our Father

CONCLUDING PRAYER

True Light of the world, Lord Jesus Christ,
as you enlighten all men for their salvation,
give us grace, we pray,
to herald your coming
by preparing the ways fo justice and of place.

Who live and reign with the Father and the Hory Spirit,
God, for ever and ever.

EVENING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

Before we end our day, O Lord,
We make this prayer to you:
That you continue in your love
To guard your people here.

Give us this night untroubled rest
And build our strength anew:
Your Splendour driving far away
All darkness of the foe.

Our hearts' desire to love you, Lord,
Watch over while we sleep,
That when the new day dawns on high
We may your praises sing.

All glory be to you, O Christ,
Who saved mankind from death-
To share with you the Father's love
And in the Spirit live.

PSALMODY

Ant. I: You cannot serve both God and wealth.

Holy Week: Insult and terror have been my lot, but the
Lord is at my side, a mighty hero.

Easter tude: Look for the things of heaven, not for the
things which are upon this earth, alleluia.

The uselessness of riches

Psalm 48(49)

*The rich man will find it very hard to enter the kingdom
of heaven (Mt 19:23)*

Hear this, all you peoples,*
give heed, all who dwell in the world,

men both low and high,*
rich and poor alike!

My lips will speak words of wisdom.*
My heart is full of insight.
I will turn my mind to a parable,*
with the harp I will solve my problem.

Why should I fear in evil days*
the malice of the foes who surround me,
men who trust in their wealth,*
and boast of the vastness of their riches?

For no man can buy his own ransom,*
or pay a price to God for his life.
The ransom of his soul is beyond him.
He cannot buy life without end,*
nor avoid coming to the grave.

He knows that wise men and fools must both perish*
and leave their wealth to others.
Their graves are their homes for ever,
their dwelling place from age to age,*
though their names spread wide through the land.

In his riches, man lacks wisdom:*
he is like the beasts that are destroyed.

Ant. You cannot serve both God and wealth.

Holy Week: Insult and terror have been my lot, but the
Lord is at my side, a mighty hero.

Eastertide: Look for the things of heaven, not for the
things which are upon this earth, alleluia.

Ant.2: Store up treasure for yourselves in heaven, says
the Lord.

Holy Week: Deliver me, Lord, and set me close to you;
let who will raise his hand against me.

Eastertide: The Lord saved my soul from the power of
death, alleluia.

This is the lot of those who trust in themselves,*
 who have others at their beck and call.
 Like sheep they are driven to the grave,
 where death shall be their shepherd*
 and the just shall become their rulers.

With the morning their outward show vanishes*
 and the grave becomes their home.
 But God will ransom me from death*
 and take my soul to himself.

Then do not fear when a man grows rich,*
 when the glory of his house increases.
 He takes nothing with him when he dies,*
 his glory does not follow him below.

Though he flattered himself while he lived:*
 Men will praise me for all my success,'
 yet he will go to join his fathers,*
 who will never see the light any more.

In his riches, man lacks wisdom:*
 he is like the beasts that are destroyed.

Ant. Store up treasure for yourselves in heaven, says
 the Lord.

Holy Week: Deliver me, Lord, and set me close to you;
 let who will raise his hand against me.

Eastertide: The Lord saved my soul from the power of
 death, alleluia.

Ant.3: Worthy is the Lamb that was slain, to receive
 glory and honour.

Holy Week: You were slain, Lord, and with your blood
 you bought us for God.

Eastertide: Yours, Lord, is the greatness and the power,
 the glory and the victory, 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. Worthy is the Lamb that was slain, to receive
glory and honour.

Holy Week: You were slain, Lord, and with your blood
you bought us for God.

Easter tide: Yours, Lord, is the greatness and the power,
the glory and the victory, alleluia.

Through the Year

SCRIPTURE READING

Rom 3:23-25a

Since all have sinned and fall short of the glory of God,
they are justified by his grace as a gift, through the redemp-
tion which is in Christ Jesus, whom God put forward as
an expiation by his blood, to be received by faith. This
was to show God's righteousness.

SHORT RESPONSORY

R You will give me the fulness of joy in your presence,

O Lord. **Repeat R**

V I will find happiness at your right hand for ever. **R**

Glory be. **R**

Magnificat ant. Do great things for us, O Lord, for you are mighty, and Holy is your name.

INTERCESSIONS

Christ is the shepherd of his flock: he loves and cares for his people. We turn to him in trust and say: **R** Lord, we need your care.

Christ our Lord, you are pastor of all the ages,--protect our Bisop, **N** , and all the pastors of your Church. **R**

Be with those who are persecuted for their faith, and those cut off from the support of the Church: --Good Shepherd, in their pain and isolation may they know your care.**R**

Bring healing to the sick; --give nourishment to the hungry. **R**

We remember those who make our laws and those who apply them:-- Lord, give them wisdom and discernment. **R**

Gather the flock for which you laid down your life:-- bring home to their Father' s house all who have died in your peace. **R**

Our Father

CONCLUDING PRAYER

Yours is the day and yours the night, Lord God:
let the Sun of Justice shine so stedily in our hearts,
that we may come at length
to that light where you dwell eternally.

(We make our prayer) through our Lord.

WEEK 2: WEDNESDAY

Invitatory ant. Cry out with joy to God, all the earth: serve
the Lord with gladness.

Psalm, p[5]

MORNING PRAYER

Hymn, from the appendix, for the Season.

Though the Year

Now that the daylight fills the sky,
we lift our hearts to God on high,
that he, in all we do or say,
would keep us free from harm today;

Would guard our hearts and tongues from strife;
from anger's din would hide our life;
from all ill sights would turn our eyes;
would close our ears from vanities.

Would keep our inmost conscience pure;
our souls from folly would secure;
would bid us check the pride of sense
with due and holy abstinence.

So we, when this new day is gone,
and night in turn is drawing on,
with conscience by the world unstained
shall praise his Name for victory gained.

PSALMODY

Ant. 1: Your ways, O God, are holy. What God is great
as our God?

Holy Week: In the day of my distress I sought the Lord
with outstretched arms.

Easter tide: The waters saw you, O God; you led your
people through the sea, alleluia.

Remembering the weeks of the Lord

Psalm 76(77)

We are in difficulties on every side, but never consumed
(2 Cor 4:8)

I cry aloud to God,*
cry aloud to God that he may hear me.

In the day of my distress I sought the Lord.
My hands were raised at night without ceasing;*
my soul refused to be consoled.

I remember my God and I groaned.*

I pondered and my spirit fainted.

You withheld sleep from my eyes.*

I was troubled, I could not speak.

I thought of the days of long ago*

and remembered the years long past.

At night I mused within my heart.*

I pondered and my spirit questioned.

Will the Lord reject us for ever?*

Will he show us his favour no more?

Has his love vanished for ever?*

Has his promise come to an end?

Does God forget his mercy*

or in anger withhold his compassion?'

I said: 'This is what causes my grief;*

that the way fo the Most High has changed.'

I remember the deeds of the Lord,*

I remember your wonders of old,

I muse on all your works*

and ponder your mighty deeds.

Your ways, O God are holy.*

What god is great as our God?

You are the God who works wonders.*

You showed your power among the peoples.

the sons fo Jacob and Joseph.

The waters saw you, O God,

the waters saw you and trembled;*

the depths were moved with terror.

The clouds poured down rain,

the skies sent forth their voice;*

your arrows flashed to and fro.

Your thunder rolled round the sky,*

your flashes lighted up the world.

The earth was moved and trembled*
when your way led through the sea,
your path through the mighty waters*
and no one saw your footprints.

You guided your people like a flock*
by the hand of Moses and Aaron.

Ant. Your ways, O God, are holy. What God is great as
our God?

Holy Week: In the day of my distress I sought the Lord
with outstretched arms.

Easter tide: The waters saw you, O God; you led your
people through the sea, alleluia.

Ant. 2: My heart exults in the Lord; he humbles and he
exalts.

Holy Week: If we have died with Christ, we believe that
we shall also come to life with him.

Easter tide: The Lord gives death and he gives life, alleluia.

The poor rejoice in the Lord

Canticle

I Sam 2:1-10

*He put down the mighty from their seats and exalted the
lowly; he filled the hungry with good things (LK 1:52-53)*

My heart exults in the Lord,*
I find my strength in my God;
my mouth laughs at my enemies*
as I rejoice in your saving help.
There is none like the Lord,
there is none besides you.*
There is no Rock like our God.

Bring your haughty words to an end,*
let no boasts fall from your lips,
for the Lord is a God who knows all.*
It is he who weighs men's deeds.

The bows of the mighty are broken,*
but the weak are clothed with strength.
Those with plenty must labour for bread,*
but the hungry need work no more.
The childless wife has children now*
but the fruitful wife bears no more.

It is the Lord who gives life and death,*
he bring men to the grave and back;
it is the Lord who gives poverty and riches.*
He bring men low and raises them on high.

He lifts up the lowly from the dust,*
from the ash heap he raises the poor
to set him in the company of princes,*
to give him a glorious throne.

For the pillars of the earth are the Lord' s,*
on them he has set the world.
He guards the steps of his faithful,*
but the wicked perish in darkness,
for no man' s power gives him victory.*
The enemies of the Lord shall be broken.

The Most High will thunder in the heavens,*
the Lord will judge the ends of the earth.
He will give power to his king*
and exalt the might of his anointed.

Ant. My heart exults in the Lord; he humbles and he exalts.

Holy Week: If we have died with Christ, we believe that
we shall also come to life with him.

Eastertide: The Lord gives death and he gives life, alleluia.

Ant. 3: The Lord is king, let earth rejoice.

Holy Week: God has made Jesus Christ our wisdom and
our virtue, our holiness and our freedom.

Eastertide: Light shines forth for the just and joy for the
upright of heart, alleluia.

This psalm tells of the salvation of the world and of the faith all peoples would have in Christ (St Athanasius)

The Lord is king, let earth rejoice,*
let all the coastlands be glad.
Cloud and darkness are his raiment;*
his throne, justice and right.

A fire prepares his path;*
it burns up his foes on every side.
His lightnings light up the world,⁸
the earth trembles at the sight.

The mountains melt like wax*
before the Lord of all the earth.
The skies proclaim his justice;*
all peoples see his glory.

Let those who serve idols be ashamed,
those who boast of their worthless gods.*
All you spirits, worship him.

Sion hears and is glad;
the people of Judah rejoice*
because of your judgments O Lord.

For you indeed are the Lord
most high above all the earth*
exalted far above all spirits.

The Lord loves those who hate evil:
he guards the souls of his saints;*
he sets them free from the wicked.

Light shines forth for the just*
and joy for the upright of heart.
Rejoice, you just, in the Lord;*
give glory to his holy name.

Ant. The Lord is king, let earth rejoice.

Holy Week: God has made Jesus Christ our wisdom and our virtue, our holiness and our freedom.

Easter tide: Light shines forth for the just and joy for the upright of heart, alleluia.

Through the Year

SCRIPTURE READING

Rom 8:35-37

Who will separate us from the love of Christ? Will affliction, or distress, or persecution, or hunger, or nakedness, or peril, or the sword? Yet in all this we are conquerors, through him who has granted us his love.

SHORT RESPONSORY

R I will praise the Lord at all times. Repeat R

V His praise will be always on my lips. R Glory be. R

Benedictusant. Let us serve the Lord in holiness all our days.

INTERCESSIONS

Nothing can separate us from the love of Christ, for he promised to be with his Church until the end of time.

With confidence in his promise we pray: R Stay with us, Lord Jesus.

In all things we are victorious through your love:--take us into your care today. R

Let the love of your Holy Spirit be in our hearts:-- so that we may consecrate this day to you. R

Help all Christians to answer your call:-- may they be sal to the earth, and light to the world. R

We pray for all those in industry:--may they work in harmony for justice and for the good of the whole community. R

CONCLUDING PRAYER

Shed your clear light on our hearts, Lord,
so that walking continually in the way of your
commandments,
we may never be deceived or misled.

(We make our prayer) through our Lord.

EVENING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

O Trinity of blessed light,
O unity of princely might,
the fiery sun has gone its way;
shed now within our hearts your ray.

To you our morning song of praise,
to you our evening prayer we raise;
your glory suppliant we adore
for ever and for evermore.

PSALMODY

Ant.1: We are waiting in hope for the blessing of the
glorious coming of our Saviour.

Holy Week: The wicked men said: let us oppress the
just man, since his ways are contrary to ours.

Easter tide: Do not let your hearts be troubled; only have
faith in me, alleluia.

Peace in God

Psalm 61(62)

*May the God of hope fill you with all peace as you believe
in him (Rom 15:13)*

In God alone is my soul at rest;*
my help comes from him.

He alone is my rock, my stronghold,*
my fortress: I stand firm.

How long will you all attack one man*
to break him down,
as though he were a tottering wall,*
or a tumbling fence?

Their plan is only to destroy:*
they take pleasure in lies.
With their mouth they utter blessing*
but in their heart they curse.

In God alone be at rest, my soul;*
for my hope comes from him.
He alone in my rock, my stronghold,*
my fortress: I stand firm.

In God is my safety and glory,*
the rock of my strength.
Take refuge in God all you people.*
Trust him at times.
Pour out your hearts before him*
for God is our refuge.

Common folk are only a breath,*
great men an illusion.
Placed in the scales, they rise;*
they weigh less than a breath.

Do not put your trust in oppression*
nor vain hopes on plunder.
Do not set your heart on riches*
even when they increase.

For God has said only one thing:*
only two do I know:
that to God alone belong power*
and to you, Lord, love;
and that you repay each man*
according to his deeds.

Ant. We are waiting in hope for the blessing of the glorious coming of our Saviour.

Holy Week: The wicked men said: let us oppress the just man, since his ways are contrary to ours.

Easter tide: Do not let your hearts be troubled; only have faith in me, alleluia.

Ant. 2: Let God bless us; let his face shed its light upon us.

Holy Week: He bore the sins of many and interceded for sinners.

Easter tide: Let the peoples praise you, O God; Let them rejoice in your saving help, alleluia.

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

All the peoples will give praise to the Lord

Psalm 66(67)

Let it be known to you that this salvation from God has been sent to all peoples (Acts 28:28)

O God, be gracious and bless us*
and let your face shed its light upon us.
So will your ways be known upon earth*
and all nations learn your saving help.

Let the peoples praise you, O God;*
let all the peoples praise you.

Let the nations be glad and exult*
for you rule the world with justice.
With fairness you rule the peoples,*
you guide the nations on earth.

Let the peoples praise you, O God;*
let all the peoples praise you.

The earth has yielded its fruit*
for God, our God, has blessed us.

May God still give us his blessing
till the ends of the earth revere him.

Let the peoples praise you, O God,*
let all the peoples praise you.

Ant. Let God bless us; let his face shed its light upon us-
Holy Week: He bore the sins of many and interceded for
sinners.

Eastertide: Let the peoples praise you, O God; let them
rejoice in your saving help, alleluia.

Ant. 3: All things were created in him and he holds all
things in being.

Holy Week: In Christ we gain our freedom, the forgive-
ness of our sins, through covers the heavens, the earth is
filled with his praise, alleluia.

Christ is the firstborn of all creation,

Canticle

The firstborn from the dead

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 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. All things were created in him and he holds all
things in being.

Holy Week: In Christ we gain our freedom, the forgive-
ness of our sins, through the shedding of his blood.

Easter tide: His majesty covers the heavens, the earth is
filled with his praise, alleluia.

SCRIPTURE READING

Wrap yourselves in humility to be servants of each other,
because God refused the proud and will always favour the
humble. Bow down, then, before the power of God now,
and he will raise you up on the appointed day; unload
all your worries on to him, since he is looking after you.

SHORT RESPONSORY

R Guard us, Lord, as the apple of your eye. **Repeat R**

V Hide us in the shadow of your wings. **R** Glory be. **R**

Magnificat ant. Show the power of your arm, Lord; put
down the proud and exalt the lowly.

INTERCESSIONS

At the end of the day we give thanks to God the Father
who reconciled the whole universe to himself in Christ. **R**

Glory to you, Lord God!

We thank you for the beauty of creation:--may the work
of man not desfigure it, but enhance it to your greater
glory. **R**

We thank you, Father, for all the good things we enjoy:

--teach us to be grateful use them well.R

Teach us to seek the things that please you, --then we

shall find you in all that we do.R

Lord, as we journey towards the promised land, feed us

with bread from heaven,--quench our thirst with living

water. R

To you, a thousand years are like a single day:--take up

those who have died with hope in you, and waken them

into eternity.R

Our Father

CONCLUDING PRAYER

Lord God,

whose name is holy

and whose mercy is proclaimed in every generation:

receive your people's prayer.

and let them sing your greatness with never-ending

praise.

(We make our prayer) through our Lord.

WEEK 2: THURSDAY

Invitatory ant. Come before the Lord, singing for joy

Psalm, p[5].

MORNING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

Alone with none but thee, my God,
I journey on my way;
What need I fear, when thou art near,
O King of night and day?
More safe am I within thy hand,
Than if a host did round me stand.

My destined time is fixed by thee,
And death doth know his hour.
Did warrours strong around me throng,
They could not stay his power;
No walls of stone can man defend.
When thou thy messenger dost send.

My life I yield to thy decree,
And bow to thy control
In preaceful calm, for from thine arm
No power can wrest my soul.
Could earthly omens e'er appal
A man that heeds the heavenly call!

The child of God can fear no ill,
His chosen dread no foe;
We leave our fate with thee, and wait
Thy bidding when to go.
Tis not from chance our comfort springs,
Thou art our trust, O King of kings.

PSALMODY

Ant.I: Lord, rouse up your might and come to our help.

Holy Week: Look, Lord, and answer quickly, for I am in
distress.

Easter tide: I am the vine, you are the branches, alleluia.

Lord, come to visit your vine

Psalm 79(80)

Come, Lord Jesus (Rev 22:20)

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

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

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

God of hosts, bring us back;*
to plant it you drove out the nations.
Before it you cleared the ground;*
it took root and spread through the land.

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

Then why have you broken down its walls?*

It is plucked by all who pass by.
It is ravaged by the boar of the forest,*
devoured by the beasts of the field.

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

May your hand be on the man you have chosen,*
the man you have given your strength.
And we shall never forsake you again:*

give us life that we may call upon your name.

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

Ant. Lord, rouse up your might and come to our help.

Holy Week: Look, Lord, and answer quickly, for I am in
destrress.

Easter tide: I am the vine, you are the branches, alleluia.

Ant. 2: The Lord has done marvellous things, let them be
made known to the whole world.

Holy Week: See now that God is my salvation; I have
trust and no fear.

Easter tide: With joy you will draw water from the wells of
the Saviour, alleluia.

The rejoicing of a redeemed people

Canticle: Is 12:1-6

If any man is thirsty, let him come to me and drink

(Jn 7:37)

I thank you Lord, you were angry with me*
but your anger has passed and you give me comfort.

Truly, God is my salvation,*

I trust, I shall not fear.

For the Lord is my strength, my song,*

he is my saviour.

With joy you will draw water*

from the wells of salvation.

Give thanks to the Lord, give praise to his name!*

Make his mighty deeds known to the peoples.

Declare the greatness of his name,*

sing a psalm to the Lord!

For he has done glorious deeds;*

make them known to all the earth.

People of Sion, sing and shout for joy*

for great in your midst is the Holy One of Israel.

Ant. The Lord has done marvellous things, let them
be made known to the whole world.

Holy Week: See now that God is my salvation; I have
trust and no fear.

Easter tide: With joy you will draw water from the wells of
the Saviour, alleluia.

Ant. 3: Ring out your joy to God our strength.

Holy Week: The Lord fed us with finest wheat, he filled
us with honey from the rock.

Easter tide: The Lord has fed us with finest wheat, alleluia.

Solemn renewal of the covenant

Psalm 80(81)

*Take care that no one among you has a wicked, unbeliev-
ing heart*(Heb 3:12)

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

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

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

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

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

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

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

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

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

Ant. Ring out your joy to God our strength.

Holy Week: The Lord fed us with finest wheat, he
filled us with honey from the rock.

Easter tide: The Lord has fed us with finest wheat, alleluia.

Through the Year

SCRIPTURE READING

Rom 14:17-19

The kingdom of God does not mean food and drink but
righteousness and peace and joy in the Holy Spirit; he
who thus serves Christ is acceptable to God and approved
by men. Let us then pursue what makes for peace and for
mutual upbuilding.

SHORT RESPONSORY

R Early in the morning I will think of you, O Lord.

Repeat R

V You have been my help. **R** Glory be. **R**

Benedictus ant. Give your people knowledge of salvation,
Lord, and forgive us our sins.

INTERCESSIONS

Blessed be our God and Father: he hears the prayers of
his children.**R** Lord, hear us.

We thank you, Father, for sending us your Son:--let us
keep him before our eyes throughout this day.R

Make wisdom our guide,--help us walk in newness of
life. R

Lord, give us your strength in our weakness:--when we
meet problems give us courage to face them. R

Direct our thoughts, our words, our actions today,--so
that we may know, and do, your will.R

Our Father

CONCLUDING PRAYER

Lord God, true Light and Creator of light,
grant that faithfully pondering on all that is holy,
we may ever live in the splendour of your presence.

(We make our prayer) through our Lord.

EVENING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

Blest are the pure in heart,
For they shall see our God;
The secret of the Lord is theirs,
Their soul is Christ's abode.

The Lord, who left the heavens,
Our life and peace to bring,
To dwell in lowliness with men,
Their pattern and their king:

Still to the lowly soul
He does himself impart,
And for his dwelling and his throne
Chooses the pure in heart.

Lord, we thy presence seek;
May ours this blessing be;
Give us a pure and lowly heart,
A temple fit for thee.

PSALMODY

Ant. I: I will make you the light of the nations to bring
my salvation to the ends of the earth.

Holy Week: Christ is the First-born from the dead, the
Ruler of the kings of the earth. He had made us a kingdom
for his God and Father.

Eastertide: God has appointed him to judge all men, both
living and dead, alleluia.

The royal power of the Messiah

Psalm 71(72)

*They opened their treasures and offered him gifts of gold,
frankincense and myrrh (Mt 2:11)*

O God, give your judgment to the king,*
to a king's son your justice,
that he may judge your people in justice*
and your poor in right judgment.

May the mountains bring forth peace for the people*
and the hills, justice.
May he defend the poor of the people
and save the children of the needy*
and crush the oppressor.

He shall endure like the sun and the moon*
from age to age.
He shall descend like rain on the meadow,*
like raindrops on the earth.

In his days justice shall flourish*
and peace till the moon fails.
He shall rule from sea to sea,*
from the Great River to earth' s bounds.

Before him his enemies shall fall,*
his foes lick the dust.
The king of Tharsis and the sea coast*
shall pay him tribute.

The kings of Sheba and Seba*
shall bring him gifts.
Before him all kings shall fall prostrate,*
all nations shall serve him.

Ant. I will-make you the light of the nations to bring
my salvation to the ends of the earth.

Holy Week: Christ is the First-born from the dead, the
Ruler of the kings of the earth. He has made us a kingdom
for his God and Father.

Easter tide: God has appointed him to judge all men, both
Living and dead, alleluia.

Ant.2 : The Lord will save the poor; from oppression he
Will rescue their lives.

Holy Week: The Lord shall save the poor when they cry
and the needy who are helpless.

Easter tide: Every tribe shall be blessed in him, alleluia.

II

For he shall save the poor when they cry*
and the needy who are helpless.
He will have pity on the weak*
and save the lives of the poor.

From oppression he will rescue their lives,*
to him their blood is dear.
Long may he live,*
may the gold of Sheba be given him.
They shall pray for him without ceasing*
and bless him all the day.

May corn be abundant in the land
to the peaks of the mountains.*
May its fruit rustle like Lebanon;
may men flourish in the cities*
like grass on the earth.

May his name be blessed for ever*
and endure like the sun.

Every tribe shall be blessed in him,*
all nations bless his name.

Blessed be the Lord, God of Israel,
who alone works wonders,*
ever blessed his glorious name.
Let his glory fill the earth.*

Amen! Amen!

Ant. The Lord will save the poor; from oppression he will
rescue their lives.

Holy Week: The Lord shall save the poor when they cry
and the needy who are helpless.

Eastertide: Every tribe shall be blessed in him, alleluia.

Ant. 3: Victory and empire have now been won by our
God.

Holy Week: The saints have triumphed by the sacrifice
of the Lamb, and by the testimony which they uttered.

Eastertide: Jesus Christ is the same yesterday, to day and
for ever, alleluia.

The judgment of God

Canticle

Rev II: 17-18; 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*
and by the word of their testimony,*
for they loved not their lives even unto death.
Rejoice, then, O heaven,*
and you that dwell therein.

Ant. Victory and empire have now been won by our God.

Holy Week: The saints have triumphed by the sacrifice
of the Lamb, and by the testimony which they uttered.

Easter tude: Jesus Christ is the same yesterday, today and
for ever, alleluia.

Through the Year

SCRIPTURE READING

I Pet 1:22-23

You have been obedient to the truth and purified your
souls until you can love like brothers, in sincerity; let
your love for each other be real and from a pure heart--
your new birth was not from any mortal seed but from the
everlasting word of the living and eternal God.

SHORT RESPONSORY

R The Lord is my shepherd; there is nothing I shall want.

Repeat **R**

V Fresh and green are the pastures where he gives me
repose. **R** Glory be. **R**

Magnificat ant. The Lord has satisfied and filled with good
things those who hungered for justice.

INTERCESSIONS

Let us lift up our hearts in thankfulness to God our Father,
who has blessed us in Christ with every spiritual gift.**R**

Lord, bless your people.

Father, look on the Pope, our bishops, and all Christian
leader:--sustain their faith, their love, and their
courage. **R**

Almighty God, we pray for our country: --may it promote justice and brotherhood in the world. **R**

We pray for all who live the Christian life:-- Father, look on them with kindness, and see in them the face of your beloved Son. **R**

Remember those who have consecrated themselves to serve you in the religious life:-- enrich them in their poverty, love them in their chastity, lighten their hearts in obedience to you. **R**

Give rest to those who have died in Christ:--for with you there in mercy, and fulness of redemption. **R**

Our Father

CONCLUDING PRAYER

We beseech your mercy, Lord,
as we offer you this evening praise:
keep our hearts always engaged in meditating on your
law,
and grant us the light and reward of eternal life.
(We make our prayer) through our Lord.

WEEK 2: FRIDAY

Invitatory ant. Indeed, how good is the Lord; bless his
holy name.

Psalm, p[5]

MORNING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

I am the holy vine,
Which God my Father tends.
Each branch that yields no fruit
My Father cuts away.

Each fruitful branch
He prunes with care
To make it yield
Abundant fruit.

If you abide in me,
I will in you abide.
Each branch to yield its fruit
Must with the vine be one.
So you shall fail
To yield your fruit
If you are not
With me one vine.

I am the fruitful vine,
And you my branches are.
He who abides in me
I will in him abide.
So shall you yield
Much fruit, but none
If you remain
Apart from me.

PSALMODY

Ant. I: O God, you will not spurn a humbled, contrite
heart.

Easteride: Have courage, my son, your sins are forgiven
you, alleluia.

O God, have mercy on me

Psalm 50[51]

*You must be made new in mind and spirit, and put on
the new nature (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. O God, you will not spurn a humbled, contrite heart.

Easter tide: Have courage, my son, your sins are forgiven
you, alleluia.

Ant.2: In spite of your anger, Lord, have compassion.

Easter tide: Lord, you came with strength to save your
people; you came with Anointed One, alleluia.

God will appear in judgment

Canticle

Hab 3:2-4,13a,15-19

Lift up your heads, for your redemption is near at hand

(Lk 21:28)

Lord, I have heard of your fame,*
I stand in awe at your deeds.
Do them again in our days,
in our days make them known!*In spite of your anger, have compassion.

God comes forth from Teman,*
the Holy One comes from Mount Paran.
His splendour covers the sky*
and his glory fills the earth.
His brilliance is like the light,
rays flash from his hands;*
there his power is hidden.

You march out to save your people,*
to save the one you have anointed.
You made a path for your horses in the sea,*
in the raging of the mighty waters.

This I heard and I tremble with terror,*
my lips quiver at the sound.

Weakness invades my bones,*
my steps fail beneath me
yet I calmly wait for the doom*
that will fall upon the people who assail us.

For even though the fig does not blossom,*
nor fruit grow on the vine,
even though the olive crop fail,*
and fields produce no harvest,
even though flocks vanish from the folds*
and stalls stand empty of cattle,

Yet I will rejoice in the Lord*
and exult in God my saviour.
The Lord my God is my strength.
He makes me leap like the deer,*
he guides me to the high places.

Ant. In spite of your anger, Lord, have compassion.

Easter tide: Lord, you came with strength to save your
people; you came with your Anointed One, alleluia.

Ant.3: O praise the Lord, Jerusalem.

Easter tide: Sion, praise your God, for he has established
peace in your land, alleluia.

The renewal of Jerusalem

Psalm 147

*Come, and I will show you the bride that the Lamb has
chosen (Rev 21:9)*

O praise the Lord, Jerusalem!*
Sion, praise your God!

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

He sends out his word to the earth*
and swiftly runs his command.

He showers down snow white as wool,*
he scatters hoar-frost like ashes.

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

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

Ant. O praise the Lord, Jerusalem.

Easter tide: Zion, praise your God, for he has established
peace in your land, alleluia.

Through the Year

SCRIPTURE READING

Now, in union with Christ Jesus, you who used to be far
away have been brought near by the death of Christ. For
Christ himself has brought us peace, by making the Jews
and Gentiles one people. With his own body he broke
down the wall that separated them and kept them enemies.
He abolished the Jewish Law, with its commandments
and rules, in order to create out of the two races one new
people in union with himself, in his way making peace.
By his death on the cross Christ destroyed the enmity; by
means of the cross he united both races into one body and
brought them back to God.

SHORT RESPONSORY

R I call to the Lord, the Most High, for he has been my
help. Repeat **R**

V May he send from heaven and save me. **R** Glory be. **R**

Benedictus ant. Through the loving mercy of our God,
the Rising Sun come to visit us.

INTERCESSIONS

Father, we praise you for your Son, our Lord Jesus Christ;
through the Holy Spirit he offered himself in sacrifice to
you, that we might be delivered from death and selfishness,
and be free to live in your peace. R Father, in your will is
our peace.

We accept this new day as your gift, Lord; --grant that
we may live in newness of life. R

You made all things, and keep all things in being;--give
us the insight to see your hand at work in them all. R

Your Son sealed the new and everlasting covenant in his
blood;--help us to live by this covenant and honour it. R

As Jesus died on the cross, blood and water flowed from
his side; -- as we share in the eucharist, pour out your
Spirit upon us. R

Our Father

CONCLUDING PRAYER

Almighty God,
as in this morning prayer we offer you our praise,
grant that, in your kingdom,
together with your saints,
we may praise you with even greater joy.

(We make our prayer) through our Lord.

EVENING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

Day is done, but Love unfailing
Dwells ever here;
Shadows fall, but hope, prevailing.
Calms every fear.
Loving Father, none forsaking,
Take our hearts, of Love's own making,
Watch our sleeping, guard our waking,
Be always near!

Dark descends, but Light unending
Shines through our night;

You are with us, ever lending
New strength to sight;
One in love, your truth confessing,
One in hope of heaven's blessing,
May we see, in love's possessing,
Love's endless light!

PSALMODY

Ant.1 : Lord, keep my soul from death, my feet from
stumbling.

Easter tide: The Lord saved my soul from the power of
death, alleluia.

Thanksgiving

Psalm 114(116)

*We must experience many hardships before we can enter
the kingdom of God (Acts 14:22)*

I love the Lord for he has heard*
the cry of my appeal;
for he turned his ear to me*
in the day when I called him.

They surrounded me, the snares of death,
with the anguish of the tomb;*
they caught me, sorrow and distress.
I called on the Lord's name.*

O Lord my God, deliver me!

How gracious is the Lord, and just;*
our God has compassion.
The Lord protects the simple hearts;*
I was helpless so he saved me.

Turn back, my soul, to your rest*
for the Lord has been good;
he has kept my soul from death,
my eyes from tears*
and my feet from stumbling.

I will walk in the presence of the Lord*

in the land of the living.

Ant. Lord, keep my soul from death, my feet from
stumbling.

Easter tide: The Lord saved my soul from the power
death, alleluia.

Ant. 2: My help shall come from the Lord who made
heaven and earth.

God, the protector of his people

They will never hunger or thirst again

scorching wind will ever plague them (Rev 7:16)

I lift up my eyes to the mountains:*

from where shall come my help?

My help shall come from the Lord*

who made heaven and earth.

May he never allow you to stumble!*

Let him sleep not, your guard.

No, she sleeps not nor slumbers,*

Israel' s guard.

The Lord is your guard and your shade;*

at your right side he stands.

By day the sun shall not smite you*

nor the moon in the night.

The Lord will guard you from evil,*

he will guard your soul.

The Lord will guard your going and coming*

both now and for

ever.

Ant. My help shall come from the Lord who made
heaven and earth.

Eastertide: The Lord protected his people as the apple of his eye, alleluia.

Ant.3: Your ways are just and true, King of all the ages.

Eastertide: The Lord is my strength and protection, he is my salvation, 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. Your ways are just and true, King of all the ages.

Eastertide: The Lord is my strength and protection, he is my salvation, alleluia.

Through the Year

SCRIPTURE READING

I Cor 2:7-10a

The hidden wisdom of God which we teach in our mysteries is the wisdom that God predestines to be for our glory before the ages began. It is wisdom that none of the masters of this age have ever known, or they would not have crucified the Lord of Glory; we teach what scripture calls: the things that no eye has seen and no ear has heard, things beyond the mind of man, all that God has prepared for those who love him. These are the very things that God has revealed to us through the Spirit.

SHORT RESPONSORY

R Christ died for our sins, that he might offer us to God.

Repeat **R**

V In the body he was put to death, in the spirit he was raised to life. **R** Glory be. **R**

Magnificat ant. Remember your mercy, O Lord; according to the promise you made to our fathers.

INTERCESSIONS

Christ comforted the widow who had lost her only son:

let us pray to him, who will come at the last to wipe away every tear from our eyes. **R** Come, Lord Jesus.

Lord Jesus, you consoled especially the poor and troubled:

--look with mercy on those in any kind of need. **R**

The angel brought you the Father's comfort on the eve of your passion:--we pray that your comfort may strengthen those who are dying. **R**

Let all exiled know your care for them; --may they find their homelands once more, and come one day in joy to the Father's house. **R**

Look in love on all whose sins have separated them from you:--reconcile them to yourself and to your Church. **R**

The dead suffered the pain and loss of human life:--give them the fulness of life and joy in heaven. **R**

Our Father

CONCLUDING PRAYER

Lord God,

the Cross reveals the mystery of your love:

a stumbling block indeed for unbelief,

but the sign of your power and wisdom to us who believe.

Teach us so to contemplate your Son's glorious Passion

that we may always believe and glory in his Cross.

(We make our prayer) through our Lord.

WEEK 2: SATURDAY

Invitatory ant. Let us listen for the voice of the Lord and enter into his peace.

Psalm, P[5]

MORNING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

Sing, all creation, sing to God in gladness!
Joyously serve him, singing hymns of homage!
Chanting his praises, come before his presence!
Praise the Almighty!

Know that our God is Lord of all the ages!
He is our maker; we are all his creatures,
People he fashioned, sheep he leads to pasture!
Praise the Almighty!

Great in his goodness in the Lord we worship;
Steadfast his kindness, love that knows no ending!
Faithful his word is, changeless, everlasting!
Praise the Almighty!

PSALMODY

Ant.1: Lord, we proclaim your love in the morning and
your truth in the watches of the night.

Eastertide: You have made me glad, O Lord; for the
works of your hands I shout with joy, alleluia.

Praise of the Lord Creator

Psalm 91(92)

The deeds of God's only Son are praised (St Athanasius)

It is good to give thanks to the Lord*
to make music to your name, O Most High,
to proclaim your love in the morning*
and your truth in the watches of the night,
on the ten-stringed lyre and the lute,*
with the murmuring sound of the harp.

Your deeds, O Lord, have made me glad;*
for the work of your hands I shout with joy.
O Lord, how great are your works!*How deep are your designs!
The foolish man cannot know this*
and the fool cannot understand.

Though the wicked spring up like grass*
and all who do evil thrive:
they are doomed to be eternally destroyed.*
But you, Lord, are eternally on high.
See how your enemies perish;*
all doers of evil are scattered.

To me you give the wild-ox' s strength;*
you anoint me with the purest oil.
My eyes looked in triumph on my foes;*
my ears heard gladly of their fall.
The just will flourish like the palm-tree*
and grow like a Lebanon cedar.

Planted in the house of the Lord*
they will flourish in the courts of our God,
still bearing fruit when they are old,*
to proclaim that the Lord is just.*
In him, my rock, there is no wrong.

Ant. Lord, we proclaim your love in the morning and
your truth in the watches of the night.

Easter tide: You have made me glad, O Lord; for the
works of your hands I shout with joy, alleluia.

Ant.2: Proclaim the greatness of our God.

Easter tide: It is I who give death and life; it is I who
strike and also heal, alleluia.

**The deeds of kindness which God
wrought for his people**

Canticle

Deut 32:1-12

*How often have I longed to gather your children as a hen
gathers her young under her wings (Mt 23:37)*

Liaten, O heavens, and I will speak,*
let the earth hear the words on my lips.
May my teaching fall like the rain,*
my speech descend like the dew,

like rain drops on the young green,*
like showers falling on the grass.

For I shall praise the name of the Lord.*

O give glory to this God of ours!

The Rock-his deeds are perfect,*

and all his ways are just,

a faithful God, without deceit,*

a God who is right and just.

Those whom he begot unblemished*

have become crooked, false, perverse.

Is it thus you repay the Lord,*

O senseless and foolish people?

Is he not your father who created you,*

he who made you, on whom you depend?

Remember the days of old,*

consider the years that are past;

ask your father and he will show you,*

ask your elders and they will tell you.

When the Most High gave the nations their heritage*

and disposed men according to his plan

in fixing the boundaries of the nations*

he thought first of Israel's sons.

For Israel was the Lord's possession,*

Jabob the one he had chosen.

God found him in a wilderness,*

in fearful, desolate wastes;

he surrounded him, he lifted him up,*

he kept him as the apple of his eye.

Like an eagle that watches its nest,*

that hovers over its young,

so he spread his wings; he took him,*

placed him on his outstretched wings.

The Lord alone was his guide*

and no other god was with him.

(Glory be)

Ant. Proclaim the greatness of our God.

Eastertide: It is who give death and life; it is I who
strike and also heal, alleluia.

Ant. 3: How great is your name, Lord, through all the
earth!

Eastertide: With glory and honour you crowned your
Anointed One, alleluia.

The majesty of the Lord, the dignity of man

*He has put all things under feet, and appointed him
to be head of the whole Church (Eph 1:22)*

How great is your name, O Lord our God,*
through all the earth!

Your majesty is praised above the heavens;*
on the lips of children and of babes
you have found praise to foil your enemy,*
to silence the foe and the rebel.

When I see the heavens, the work of your hands,*
The moon and the stars which you arranged,
what is man that you should keep him in mind,*
mortal man that you care for him?

Yet you have made him little less than a god;*
with glory and honour you crowned him,
gave him power over the works of your hand,*
put all things under his feet.

All of them, sheep and cattle,*
yes, even the savage beasts,
birds of the air, and fish*
that make their way through the waters.

How great is your name, O Lord our God,*
through all the earth!

Ant. How great is your name, Lord, through all the earth!

Easter tide: With glory and honour you crowned your
Anointed One, alleluia.

Through the Year

SCRIPTURE READING Rom 12:14-16a

Bless those who persecute you; bless and do not curse
them. Rejoice with those who rejoice, weep with those
who weep. Live in harmony with one another; do not be
haughty, but associate with the lowly.

SHORT RESPONSORY

R When I sing to you my lips shall rejoice. Repeat **R**

V My tongue shall tell the tale of your justice. **R** Glory
be. **R**

Benedictus ant. Lord, guide our feet into the way of peace

INTERCESSIONS

God the Father has adopted us as brothers of his only Son,
and through the ages has stayed with us and kept us in his
love. Let us ask him for the needs of the world. **R** Lord,
help us as we work.

We pray for all who plan and build in our cities: --give
them respect for every human value. **R**

Pour out your Spirit on artists, craftsmen, and musicians:
--may their work bring variety, joy, and inspiration to
our lives. **R**

Be with us as the cornerstone of all that we build:--for
we can do nothing well without your aid. **R**

You have created us anew in the resurrection of your Son:
--give us the strength to create a new life, and a new
world. **R**

Our Father

CONCLUDING PRAYER

Let us praise you, Lord,
with voice and mind and deed:
and since life itself is your gift,
may all we have and are be yours,
(We make our prayer) through our Lord.