

WEEK 4: SUNDAY

EVENING PRAYER I

Hymn, from the appendix, for the Season.

Through the Year

Bless'd be the Lord our God!
With joy let heaven ring;
Before his presence let all earth
Its songs of homage bring!
His mighty deeds be told;
His majesty be praised;
To God, enthroned in heav'nly light,
Let every voice be raised!

All that has life and breath,
Give thanks with heartfelt songs!
To him let all creation sing
To whom all praise belongs!
Acclaim the Father's love,
Who gave us God his Son;
Praise too the Spirit, giv'n by both,
With both for ever one!

PSALMODY

Antiphon I

Advent: See, the One Desired by all the peoples will come,
and the house of the Lord will be filled with glory,
alleluia.

Lent: Let us enter God's house with rejoicing.

Easter tide: May the peace of Christ reign in your hearts,
alleluia.

Through the Year: Pray for the peace of Jerusalem.

You have come to Mount Zion and the city of the living

God, the heavenly Jerusalem (Heb 12:22)

I rejoiced when I heard them say:*

Let us go to God's house.'

And now our feet are standing*

within your gates, O Jerusalem.

Jerusalem is built as a city*

strongly compact.

It is there that the tribes go up,*

the tribes of the Lord.

For Israel's law it is, *

there to praise the Lord's name.

There were set the thrones of judgement*

of the house of David.

For the peace of Jerusalem pray:*

Peace be to your homes!

May peace reign in your walls, *

in your palaces, peace!

For love of my brethren and friends*

I say: 'Peace upon you!'

For love of the house of the Lord*

I will ask for your good.

Ant. Pray for the peace of Jerusalem.

Ant.Advent: See, the One Desired by all the peoples will come, and the house of the Lord will be filled with glory, alleluia.

Ant.2: Come, Lord, do not delay; release your people Israel from their bonds.

Ant.Lent: Let us enter God's house with rejoicing.

Ant. 2: Sleepers, awake; rise from the dead; and Christ will give you light.

Ant. Eastertide: May the peace of Christ reign in your hearts, alleluia.

Ant.2: In your blood, you redeemed us for God, alleluia.

Ant.2: From the morning watch even until night my soul is longing for the Lord.

Out of the depths I cry

Psalm 129(130)

He will save his people from their sins (Mt 1:21)

Out of the depths I cry to you, O Lord,*
Lord, hear my voice!
O let your ears be attentive*
to the voice of my pleading.

If you, O Lord, should mark our guilt,*
Lord, who would survive?
But with you is found forgiveness:*
for this we revere you.

My soul is waiting for the Lord,*
I count on his word.
My soul is longing for the Lord*
more than watchman for daybreak
Let the watchman count on daybreak*
and Israel on the Lord.

Because with the Lord there is mercy*
and fulness of redemption,
Israel indeed he will redeem*
from all its iniquity.

Ant. From the morning watch even until night my soul is longing for the Lord.

Ant. Advent: Come, Lord, do not delay; release your people Israel from their bonds.

Ant.3: Behold, now the appointed time has come for
God to send his Son into the world.

Ant.Lent: Sleepers, awake; rise from the dead: and Christ
will give you light.

Ant.3: God loved us so much that he was generous with
his mercy: when we were dead through our sins, he
brought us to life in Christ.

Ant. Eastertide: In your blood, you redeemed us for God,
alleluia.

Ant.3: Was it not necessary that Christ should suffer
thus and so enter into his glory, alleluia?

Ant.3: Let every creature, in heaven and on earth, bend
the knee at the name of Jesus

Christ, the servant of God

Canticle: Phil 2:6-II

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

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

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

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

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

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

Ant. Let every creature, in heaven and on earth, bend the knee at the name of Jesus.

Ant. Advent: Behold, now the appointed time has come for God to send his Son into the world.

Lent: God loved us so much that he was generous with his mercy: when we were dead through our sins, he brought us to life in Christ.

Easter tide: Was it not necessary that Christ should suffer thus and so enter into his glory, alleluia?

Through the Year

SCRIPTURE READING

2 Pet I:19-20

So we are even more confident of the message proclaimed by the prophets. You will do well to pay attention to it, because it is like a lamp shining in a dark place, until the Day dawns and the light of the morning star shines in your hearts. Above all else, however, remember this: no one can explain, by himself, a prophecy in the Scriptures. For no prophetic message ever came from the will of man, but men were carried along by the Holy Spirit as they spoke the message that came from God.

SHORT RESPONSORY

R From the rising of the sun to its setting, great is the name of the Lord. **Repeat R**

V High above the heavens is his glory. **R** Glory be. **R**

Magnificat antiphon from the Proper of Seasons.

INTERCESSIONS

Let us pray to Christ, who, of his fulness, gives his brothers love in return for love. **R** Lord Jesus, hear our prayer.

Firstborn from the dead, you have cleansed us of our sins by your blood.--Lead us to understand what you have done for us. **R**

You have called us to be heralds of the good news:--help

us to enter the depths of its message and to make it our own. **R** Lord Jesus, hear our prayer.

King of peace, guide the actions of those who govern:

--may your Spirit move them to care for those whom society rejects. **R**

Guide the steps of those who are oppressed, those persecuted for race, colour, or religion:--let their dignity be respected, and their rights upheld. **R**

Welcome all who have died in your peace;--bring them to everlasting life with our Lady and all the saints. **R**

Our Father

The concluding prayer from the Proper of Seasons.

INVITATORY

Ant. We are the people of the Lord, the flock that is led by his hand: come, let us adore him, alleluia.

Psalm, p [5].

MORNING PRAYER

Hymn, from the appendix, for the Season.

Through the Year

I bind unto myself today
The strong name of the Trinity,
By invocation of the same,
The Three in One, and One in Three.

I bind unto myself today
The power of God to hold and lead,
His eye to watch, his might to stay,
His ear to hearken to my need,
The wisdom of my God to teach,
His hand to guide, his shield to ward;
The word of God to give me speech,
His heavenly host to be my guard.

I bind unto myself the name,
The strong name of the Trinity;
By invocation of the same,
The Three in One, and One in Three,
Of whom all nature hath creation;
Eternal Father, Spirit, Word:
Praise to the Lord of my salvation:
Salvation is of Christ the Lord.

Alternative hymn

All people that on earth do dwell,
Sing to the Lord with cheerful voice;
Him serve with mirth, his praise forth tell,
Come ye before him, and rejoice.

The Lord, ye know, is God indeed;
Without our aid he did us make;
We are his folk, he doth us feed;
And for his sheep he doth us take.

For why, the Lord our God is good:
His mercy is for ever sure;
His truth at all times firmly stood,
And shall from age to age endure.

To Father, Son and Holy Ghost,
The God whom heaven and earth adore,
From men and from the angel-host
Be praise and glory evermore.

PSALMODY

Antiphon I

Advent: Sound the trumpet in Sion for the Lord is near:

see, he will come to save us, alleluia.

Lent: You are my God, I thank you. My God, I praise you.

Easter tide: I shall not die, I shall live and recount the
deeds of the Lord, alleluia.

Through the Year : Give thanks to the Lord, for his great

love is without end, alleluia.

Song of rejoicing in salvation

Psalms 117(118)

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

Give thanks to the Lord for he is good,*
for his love endures for ever.

Let the sons of Israel say:*

'His love endures for ever.'

Let the sons of Aaron say:*

'His love endures for ever.'

Let those who fear the Lord say:*

'His love endures for ever.'

I called to the Lord in my distress;*

he answered and freed me.

The Lord is at my side; I do not fear.*

What can man do against me?

The Lord is at my side as my helper:*

I shall look down on my foes.

It is better to take refuge in the Lord*

than to trust in men:

It is better to take refuge in the Lord*

than to trust in princes.

The nations all encompassed me;*

in the Lord's name I crushed them.

They compassed me, compassed me about;*

in the Lord's name I crushed them.

They compassed me about like like bees;

they blazed like a fire among thorns.*

in the Lord's name I crushed them.

I was hard-pressed and was falling*

but the Lord came to help me.

The Lord is my strength and my song;*

he is my saviour.

There are shouts of joy and victory*

in the tents of the just.

The Lord's right hand has triumphed;*

his right hand raised me.

The Lord's right hand has triumphed;*

I shall not die, I shall live*

and recount his deeds.

I was punished, I was punished by the Lord,*

but not doomed to die.

Open to me the gated of holiness:*

I will enter and give thanks.

This is the Lord's own gate*

where the just may enter.

I will thank you for you have answered*

and you are my saviour.

The stone which the builders rejected*

has become the corner stone.

This is the work of the Lord,*

a marvel in our eyes.

This day was made by the Lord;*

we rejoice and are glad.

O Lord, grant us salvation;*

O Lord, grant success.

Blessed in the name of the Lord*

is he who comes.

We bless you from the house of the Lord;*

the Lord God is our light.

God forward in procession with branches*

even to the alter.

You are my God, I thank you.*

My God, I praise you.

Give thanks to the Lord for he is good;*

for his love endures for ever.

(Glory be)

Ant. Give thanks to the Lord, for his great love is without end, alleluia.

Ant. Advent: Sound the trumpet in Sion for the Lord is near: see, he will come to save us, alleluia.

Ant.2: The Lord comes! Go to meet him and say: Great is his reign, and his kingdom will have no end. He is God, the Strong One, the Ruler of the world, the Prince of peace, alleluia.

Ant.Lent: You are my God, I thank you. My God, I praise you.

Ant. 2: Lord, you can deliver us from the hand of the one who is stronger than we are; save us, Lord, our God.

Ant. Eastertide: I shall not die, I shall live and recount the deeds of the Lord, alleluia.

Ant.2: Blessed be your glorious and holy name, alleluia.

Ant. 2: Alleluia, all works of the Lord bless the Lord, alleluia.

Let every creature praise the Lord

Canticle

Dan 3: 52-57

The Creator is blessed for ever (Rom 1:25)

You are blest, Lord God of our fathers.*

To you glory and praise for evermore.

Blest your glorious holy name.*

To you glory and praise for evermore.

You are blest is the temple of your glory.*

To you glory and praise for evermore.

You who walk on the wings of the wind:*

To you glory and praise for evermore.

May they bless you, the saints and the angels.*

To you glory and praise for evermore.

From the heavens, the earth and the sea,*

To you glory and praise for evermore.

You are blest, Lord God of our fathers.*

To you glory and praise for evermore.

Ant. Alleluia: all works of the Lord bless the Lord,
alleluia.

Ant. Advent: The Lord comes! Go to meet him and say:
Great is his reign, and his kingdom will have no end. He is
God, the Strong One, the Ruler of the world, the Prince of
peace, alleluia.

Ant.3: Your all-powerful Word, Lord, will come from the
royal throne , alleluia.

Ant.Lent: Lord, you can deliver us from the hand of the
one who is stronger than we are; save us, Lord, our God.

Ant.3: Praise God in his wonderful works.

Ant.Eastertide: Blessed by your glorious and holy name,
alleluia.

Ant.3: Tell the greatness of our God. The works of God
are perfect; and all his ways are right, alleluia.

Ant.3: Let everything that breathes give praise to the
Lord, alleluia.

Praise the Lord

*Sing praise in your spirit, sing praise with your soul, that
is : give glory to God in both your soul and your body
(Hesychius)*

Praise God in his holy place,*

praise him in his mighty heavens.

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

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

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

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

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

Ant. Let everything that breathes give praise to the Lord,
alleluia.

Ant. Advent: Your all-powerful Word, Lord, will come
from the royal throne, alleluia.

Lent: Praise God in his wonderful works.

Easter tide: Tell the greatness of our God. The works of
God are perfect; and all his ways are right, alleluia.

Through the Year

SCRIPTURE READING

2 Tim 2:8,11-13

Remember the Good News that I carry, 'Jesus Christ is
risen from the dead, sprung from the race of David.'

Here is a saying that you can rely on:

If we have died with him, then we shall live with him.

If we hold firm, then we shall reign with him.

If we disown him, then he will disown us.

We may be unfaithful, but he is always faithful,

for he cannot disown his own self.

SHORT RESPONSORY

R We give thanks to you, O God, and call upon your
name. **Repeat R**

V We recount your wonderful deeds. **R** Glory be. **R**

Benedictus antiphon from the Proper of Seasons.

INTERCESSIONS

To the only God, our Saviour, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time, now, and for ever. **R** We praise you, O God:we acknowledge you to be the Lord.

We bless you, Lord, creator of the universe: we were sinners, in need of your grace:--yet now you have called us to live in knowledge and service of you. **R**

Your Son has shown us the way. --As we follow in his steps, may we never wander from the path that leads to life.**R**

We celebrate today the resurrection of your Son:--in suffering and in gladness, may it bring us deep joy. **R**

O Lord, give us the spirit of prayer and praise:--let us always and everywhere give you thanks.**R**

Our Father

The concluding prayer from the Proper of Seasons.

EVENING PRAYER II

Hymn, from the appendix, for the Season,

Through the Year

Holy God, we praise thy name;
Lord of all, we bow before thee!
All on earth thy sceptre own,
All in heaven above adore thee.
Infinite thy vast domain,
Everlasting is thy reign.

Hark! the loud celestial hymn,
Angel choirs above are raising;
Cherubim and seraphim,
In unceasing chorus praising,
Fill the heavens with sweet accord:
Holy, holy, holy, Lord.

Holy Father, holy Son,
Holy Spirit, three we name thee.
While in essence only one
Undivided God we claim thee;
And adoring bend the knee,
While we own the mystery.

Spare thy people, Lord, we pray,
By a thousand snares surrounded;
Keep us without sin today;
Never let us be confounded.
Lo, I put my trust in thee;
Never, Lord, abandon me.

Alterative hymn

Praise, my soul, the King of heaven;
To his feet your tribute bring;
Ransomed, healed, restored, forgiven,
Who like me his praise should sing?

Praise him! Praise him!
Praise him! Praise him!
Praise the everlasting King.

Praise him for his grace and favour,
To our fathers in distress;
Praise him still the same for ever,
Slow to chide and swift to bless,
Praise him! Praise him!
Praise him! Praise him!
Glorious in his faithfulness.

Fatherlike, he tends and spares us;
Well our feeble frame he knows;
In his hands he gently bears us,
Rescues us from all our foes.
Praise him! Praise him!
Praise him! Praise him!
Widely as his mercy flows.

Angels, help us to adore him;
Ye behold him face to face;
Sun and moon bow down before him,
Dwellers all in time and space.
Praise him! Praise him!
Praise him! Praise him!
Praise with us the God of grace.

PSALMODY

Antiphon I

Advent: See, how splendid is he how comes to save the
peoples.

Lent: God has appointed him to judge everyone, living
and dead.

Easter tide: You must look for the things of heaven, where
Christ is, sitting at God's right hand, alleluia.

Through the Year: In holy splendour I begot you before
the dawn, alleluia.

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

The Lord's revelation to my Master:
Sit on my right:*

your foes I will put beneath your feet.'

The Lord will wield from Sion
your sceptre of power:*

rule in the midst of all your foes.

A prince from the day of your birth
on the holy mountains;*

from the womb before the dawn I begot you.

The Lord has 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. In holy splendour I begot you before the dawn,
alleluia.

Ant.Advent: See, how splendid is he who comes to save
the peoples.

Ant.2: The rugged places shall be made smooth and the
mountain-ranges shall become plains. Come, Lord, and
do not delay, alleluia.

Ant.Lent: God has appointed him to judge everyone,
living and dead.

Ant.2: Happy is the man to whom the Lord shows mercy;
he will never waver.

Ant.Eastertide: You must look for the things of heaven,
where Christ is, sitting at God's right hand, alleluia.

Ant.2: He has risen as a light in the darkness, for the
upright of heart, alleluia.

Ant.2: Blessed are those who hunger and thirst for justice,
for they shall have their fill.

The happiness of a just man

Psalm III(112)

*Be like children of the light; for the fruits of the light are
seen in complete goodness and right living and truth
(Eph 5:8-9)*

Happy the man who fears the Lord,*
who takes delight in all his commands.
His sons will be powerful on earth;*
the children of the upright are blessed.

Riches and wealth are in his house;*
his justice stands firm for ever.
He is a light in the darkness for the upright;*
he is generous, merciful and just.

The good man takes pity and lends,*
he conducts his affairs with honour.
The just man will never waver;*
he will be remembered for ever.

He has no fear of evil news;*
with a firm heart he trusts in the Lord.
With a steadfast heart he will not fear;*
he will see the downfall of his foes.

Open-handed, he gives to the poor;
his justice stands firm for ever.*
His head will be raised in glory.

The wicked man sees and is angry,
grinds his teeth and fades away;*
the desire of the wicked leads to doom.

Ant. Blessed are those who hunger and thirst for justice,
for they shall have their fill.

Outside Lent

Ant. Advent: The rugged places shall be made smooth and
the mountain-ranges shall become plains. Come, Lord,
and do not delay, alleluia.

Ant. Eastertide: He has risen as a light in the darkness for
the upright of heart, alleluia.

Ant.3: Alleluia, victory and glory and power to our God,
alleluia.

Ant.3: Praise God, all you his servants, both great and
small, 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

Cf 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. Praise God, all you his servants, both great and small,
alleluia.

Ant.Advent: Great will be his reign and peace will be
everlasting, alleluia.

Easter tide: Alleluia, victory and glory and power to our
God, alleluia.

Lent

Ant. Happy is the man to whom the Lord shows mercy;
he will never waver.

Ant.3: God fulfilled what he had foretold in the words of
all the prophets: that Christ would suffer.

Christ, the servant of God,
freely accepts his passion

Canticle
I Pet 2:21-24

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

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. God fulfilled what he had foretold in the words of
all the prophets: that Christ would suffer.



Thought the Year

SCRIPTURE READING

Heb 12:22-24

What you have come to is Mount Zion and the city of the
living God, the heavenly Jerusalem where the millions of
angels have gathered for the festival, with the whole
Church in which everyone is a 'first-born son' and a citizen
of heaven. You have come to God himself, the supreme
Judge, and been placed with spirits of the saint who have
been made perfect; and to Jesus, the mediator who
brings a new covenant and a blood for purification which
pleads more insistently than Abel's.

SHORT RESPONSORY

R Great is our Lord; great is his might. **Repeat R**

V His wisdom can never be measured. **R** Glory be. **R**

Magnificat antiphon from the Proper of Seasons.

INTERCESSIONS

In the Church, God has made known to us his hidden
purpose: to make all things one in Christ. Let us pray that
his will may be done. **R** Father, unite all things in Christ.
We give you thanks for the presence and power of your

Spirit in the Church:--give us the will to search for unity,
and inspire us to pray and work together.**R** Father, unite
all things in Christ.

We give you thanks for all whose work proclaims your
love:--help us to serve the communities in whose life
we share.**R**

Father, care for all who serve in the Church as ministers
of your word and sacraments:--may they bring your
whole family to the unity for which Christ prayed. **R**

Your people have known the revages of war and hatred:
--grant that they may know the peace left by your Son.**R**

Fulfil the hopes of those who sleep in your peace:--bring
them to that final resurrection when you will be all in
all.**R**

Our Father

The concluding prayer from the Proper of Seasons.

WEEK 4: 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: In the morning, Lord, you fill us with your love.

17-23 December: Behold, the Lord, the ruler of the kings
of the earth, will come. Happy are those who are ready to
meet him.

Easter tide: Let the splendour of the Lord, our God, be
upon us, alleluia.

Let the splendour of the Lord

Psalm 89(90)

come upon us

*With the Lord one day is like a thousand years, and a
thousand years is like a day (2 Pet 3:8)*

O Lord, you have been our refuge*
from one generation to the next.
Before the mountains were born
or the earth or the world brought forth,*
you are God, without beginning or end.

You turn men back into dust*
and say: 'Go back, sons of men.'
To your eyes a thousand years
are like yesterday, come and gone,*
no more than a watch in the night.

You sweep men away like a dream,*
like grass which springs up in the morning.
In the morning it springs up and flowers:*
by evening it withers and fades.

So we are destroyed in your anger*
struck with terror in your fury.
Our guilt lies open before you;*
our secrets in the light of your face.

All our days pass away in your anger.*
Our life is over like a sigh.
Our span is seventy years*
or eighty for those who are strong.

And most of these are emptiness and pain.*
They pass swiftly and we are gone.
Who understands the power of your anger*
and fears the strength of your fury?

Make us know the shortness of our life*
that we may gain wisdom of heart.
Lord, relent! Is your anger for ever?*Show pity to your servants.

In the morning, fill us with your love;*
we shall exult and rejoice all our days.
Give us joy to balance our affliction*
for the years when we knew misfortune.

Show forth your work to your servants;*
let your glory shine on their children.
Let the favour of the Lord be upon us:
give success to the work of our hands,*
give success to the work of our hands,*

Ant. In the morning, Lord, you fill us with your love.

17-23 December: Behold, the Lord, the ruler of the kings
of the earth, will come. Happy are those who are ready to
meet him.

Easter tide: Let the splendour of the Lord, our God, be
upon us, alleluia.

Ant.2: Let the praise of the Lord resound from the ends of
the earth.

17-23 December: Sing to the Lord a new song, his praise

to the end of the earth.

Easter tide: I will turn darkness into light before them.

alleluia.

Hymn to God, the Victor and Saviour

Canticle

Is 42:10-16

They were singing a new hymn before the throne of God

(Rev 14:3)

Sing to the Lord a new song,*
his praise to the end of the earth!

Let the sea roar and all that fills it,*
the coastlands and their inhabitants;
let the desert and its cities lift up their voice,*
the villages that Kedar inhabits.

Let the inhabitants of Sela sing for joy,*
let them shout from the top of the mountains.
Let them give glory to the Lord,*
and declare his praise in the coastlands.

The Lord goes forth like a mighty man,*
like a man of war he stirs up his fury;
he cries out, he shouts aloud,*
he shows himself mighty against his foes.

For a long time I have held my peace,*
I have kept still and restrained myself;
now I will cry out like a woman in travail,*
I will gasp and pant.

I will lay waste mountains and hills,*
and dry up all their herbage;
I will turn the rivers into islands,*
and dry up the pools.

And I will lead the blind*
in a way that they know not;

in paths that they have not known*
I will guide them.
I will turn the darkness before them into light,*
the rough places into level ground.

Ant. Let the praise of the Lord resound from the ends of
the earth.

17-23 December: Sing to the Lord a new song, his praise
to the end of the earth.

Easter tide: I will turn darkness into light before them,
alleluia.

Ant.3: Praise the name of the Lord, you who stand in the
house of the Lord.

17-23 December: When the Son of Man comes, will he
find any faith on earth?

Easter tide: The Lord has power to do whatever he will,
alleluia.

Praise for the Lord,

Psalm 134(135):1-12

who does marvellous things

*You are a chosen race. Sing the praises of the one who
called you out of darkness into his wonderful light*
(Cf I Pet 2:9)

Praise the name of the Lord,*
praise him, servants of the Lord,*
who stand in the house of the Lord*
in the courts of the house of our God.

Praise the Lord for the Lord is good.*
Sing a psalm to his name for he is loving.
For the Lord has chosen Jacob for himself*
and Israel for his own possession.

For I know the Lord is great,*
that our Lord is high above all gods.
The Lord does whatever he wills,*
in heaven, on earth, in the seas.

He summons clouds from the ends of the earth;
makes lightning produce the rain;*
from his treasures he sends forth the wind.

The first-born of the Egyptians he smote,*
of man and beast alike.
Signs and wonders he worked
in the midst of your land, O Egypt,*
against Pharaoh and all his servants.

Nations in their greatness he struck*
and kings in their splendour he slew:
Sihon, king of the Amorites,
Og, the king of Bashan,
and all the kingdoms of Canaan.
He let Israel inherit their land;*
on his people their land he bestowed.

Ant. Praise the name of the Lord, you who stand in the
house of the Lord.

17-23 December: When the Son of Man comes, will he
find any faith on earth?

Easter tide: The Lord has power to do whatever he will,
alleluia.

Through the Year

SCRIPTURE READING

Jud 8:21b-23

Remember that our fathers were put to the test to prove
their love of God. Remember how our father Abraham
was tested and became the friend of God after many trials
and tribulations. The same was true of Isaac, Jacob,
Moses, and all those who met with God's favour. They
remained steadfast in the midst of tribulations of every kind.

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

Almighty Father, the heavens cannot hold your greatness: yet through your Son we have learned to say:

R Father, may your kingdom come!

We praise you as your children;--may your name be kept holy in the hearts of all mankind.**R**

Help us to live in the hope of heaven today;--make us ready to do your will on earth. **R**

Give us this day the courage to forgive others;--as you forgive us our trespasses.**R**

Father, be with us in all our trials;--do not allow us to fall away from you.**R**

Our Father

CONCLUDING PRAYER

Lord God,
who entrusted the earth to men
to till it and care for it,
and mad the sun to serve their needs:
give us grace this day to work faithfully for your glory
and for our neighbours' s good.

(We make our prayer) through our Lord.

Hymn, from the appendix, for the Season.

Through the Year

We praise you, Father, for your gift
Of dusk and nightfall over earth,
Foreshadowing the mystery
Of death that leads to endless day.

Within your hands we rest secure;
In quiet sleep our strength renew;
Yet give your people hearts that wake
In love to you, unsleeping Lord.

Your glory may we ever seek
In rest, as in activity,
Until its fulness is revealed,
O Source of life, O Trinity.

PSALMODY

Ant.1: Give thanks to the Lord, for his great love is without end.

17-23 December: Behold, the Lord, the ruler of the kings of the earth, will come. Happy are those who are ready to meet him.

Easter tide: Anyone who is in Christ is a new creature, alleluia.

Paschal hymn

Psalm 135(136)

To tell of the works of the Lord is to give praise

(Cassiodorus)

O give thanks to the Lord for he is good,*
for his love endures for ever.
Give thanks to the God of gods,*
for his love endures for ever.
Give thanks to the Lord of Lords,*
for his love endures for ever.

who alone has wrought marvellous works,*
for his love endures for ever;
whose wisdom it was made the skies,*
for his love endures for ever;
who fixed the earth firmly on the seas,*
for his love endures for ever.

It was he who made the great lights,*
for his love endures for ever,
the sun to rule in the day,*
for his love endures for ever,
the moon and stars in the night,*
for his love endures for ever,

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

I7-23 December: Behold, the Lord, the ruler of the kings
of the earth, will come. Happy are those who are ready to
meet him.

Eastertide: Anyone who is in Christ is a new creature,
alleluia.

Ant.2: Great and wonderful song to the Lord: Praise him
Almighty.

I7-23 December: Sing a new song to the Lord: Praise him
throughout the world.

Eastertide: Let us love God, then, since he loved us first,
alleluia.

II

The first-born of the Egyptians he smote,*
for his love endures for ever.

He brought Israel out from their midst,*
for his love endures for ever.

arm outstretched, with power in his hand,*
for his love endures for ever.

He divided the Red Sea in two,*
for his love endures for ever;

he made Israel pass through the midst,*
for his love endures for ever;
he flung Pharaoh and his force in the sea,*
for his love endures for ever;

Through the desert his people he led,*
for his love endures for ever.
Nations in their greatness he struck,*
for his love endures for ever.
Kings in their splendour he slew,*
for his love endures for ever.

Sihon, king of the Amorites,*
for his love endures for ever;
and Og, the king of Bashan,*
for his love endures for ever;

He let Israel inherit their land,*
for his love endures for ever.
On his servant their land he bestowed,*
for his love endures for ever.
He remembered us in our distress,*
for his love endures for ever.

And he snatched us away from our foes,*
for his love endures for ever.
He gives food to all living things,*
for his love endures for ever.
To the God of heaven give thanks,*
for his love endures for ever.

Ant. Great and wonderful are your works, Lord God

Almighty.

I7-23 December: Sing a new song to the Lord: Praise him
throughout the world.

Easter tide: Let us love God, then, since he loved us first,
alleluia.

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

17-23 December: When the Son of Man comes, will he find any faith on earth?

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 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.

I7-23 December: When the Son of Man comes, will he find any faith on earth?

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

Through the Year

SCRIPTURE READING

I Thess 3:12-13

May the Lord be generous in increasing your love and make you love one another and the whole human race as much as we love you. And may he so confirm your hearts in holiness that you may be blameless in the sight of our God and Father when our Lord Jesus Christ comes with all his saints.

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**

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

INTERCESSIONS

Let us pray to God who never deserts those who trust in him. **R** Lord, in your mercy, hear our prayer.

Pour out your Spirit on the Church;--let men see in her the greatness of your loving kindness. **R**

Be with the priests and ministers of your Church;--what they preach to others, may they practise in their lives. **R**

Teach us to understand one another more deeply;--by your presence, free us from prejudice and fear.**R**

Give married couples constancy and mutual understanding;--may their difficulties help to deepen the love they have for each other.**R**

Pardon the sins of all our departed brothers and sisters;--may they enjoy new life in the company of your saints.**R**

Our Father

CONCLUDING PRAYER

Stay with us, Lord Jesus, as evening falls:

be our companion on our way.

In your mercy inflame our hearts and raise our hope,

so that, in union with our brethren,

we may recognize you in the scriptures,

and in the breaking of Bread.

Who live and reign with the Father and the Holy Spirit,

God, for ever and ever.

WEEK 4: 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 your 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.1 : I will sing to you, O Lord, and I will walk in the way of perfection.

17-23 December: The Lord will come from his holy place: he will come to save his people.

Easter tide: The man who does the will of my Father will enter the kingdom of heaven, alleluia.

Declaration of a just ruler

Psalm 100(101)

If you love me, keep my commandments (Jn 14:15)

My song is of mercy and justice;*

I sing to you, O Lord.

I will walk in the way of perfection.*

O when, Lord, will you come?

I will walk with blameless heart*

within my house;

I will not set before my eyes*

whatever is base.

I will hate the ways of the crooked;*

they shall not be my friends.

The false-hearted must keep far away;*

the wicked I disown.

The man who slanders his neighbour in secret*

I will bring to silence.

The man of proud looks and haughty heart*

I will never endure.

I look to the faithful in the land*

that they may dwell with me.

He who walks in the way of perfection*

shall be my friend.

No man who practises deceit*

shall live within my house.

No man who utters lies shall stand*

before my eyes.

Morning by morning I will silence*
all the wicked in the land,
uprooting from the city of the Lord*
all who do evil.

Ant. I will sing to you, O Lord, and I will walk in the way
of perfection.

17-23 December: The Lord will come from his holy
place: he will come to save his people.

Easter tide: The man who does the will of my Father will
enter the kingdom of heaven, alleluia.

Ant.2: O Lord, do not withdraw your favour from us.

17-23 December: We have a strong city, Sion. The
Saviour will set up wall and rampart to guard it. Open
the gates, for God is with us, alleluia.

Easter tide: O Lord, let all the peoples see your loving
mercy towards us, alleluia.

The prayer of Azariah in the furnace

Repent and turn to God, that your sins may be wiped out

(Acts 3:19)

Blessed are you, O Lord, God of our fathers,
and worthy of praise,*
and your name is glorified for ever.

You are just*
in all that you have done to us,
for we have sinned
and lawlessly departed from you,*
and have sinned in all things.

For your name' s sake
do not give up utterly,*
and do not break your covenant.

Do not withdraw your mercy from us*
for the sake of Abraham your beloved,

and for the sake of Isaac your servant*
and Israel your holy one, to whom you promised
to make their descendants as many as the stars of
heaven*
and as the sand on the shore of the sea.

For we, O Lord, have become fewer than any nation,
and are brought low this day in all the world*
because of our sins;
and at this time there is no prince, or prophet, or
leader,*
no burnt offering, or sacrifice, or oblation, or incense,
no place to make an offering before you*
or to find mercy.

Yet with a contrite heart and a humble spirit*
may we be accepted,
as though it were with burnt offerings of rams and
bulls*
and with tens of thousands of fat lambs.

Such may our sacrifice be in your sight this day,*
and may we wholly follow you,
for there will be no shame*
for those who trust in you.

And now with all our heart we follow you,*
we fear you and seek your face.

Ant. O Lord, do not withdraw your favour from us.

I7-23 December: We have a strong city, Sion. The
Saviour will set up wall and rampart to guard it. Open
the gates, for God is with us, alleluia.

Easter tide: O Lord, let all the peoples see your loving
mercy towards us, alleluia.

Ant.3: I will sing a new song to you, O God.

I7-23 December: Let us know your way on earth, Lord:
let all the peoples know your saving power.

Eastertide: The Lord is my refuge and my saviour,

alleluia.

For victory and peace

*I can do all things with the help of the One who gives me
strength (Phil 4:13)*

Blessed be the Lord, my rock
who trains my arms for battle,*
who prepares my hands for war.

He is my love, my fortress;*
he is my stronghold, my saviour,
my shield, my place of refuge.*
He brings peoples under my rule.

Lord, what is man that you care for him,*
mortal man, that you keep him in mind;
man, who is merely a breath*
whose mouths are filled with lies,*
whose hands are raised in perjury.

To you, O God, will I sing a new song;*
I will play on the ten-stringed harp
to you who give kings their victory,*
who set David servant free.

Ant. I will sing a new song to you, O God.

17-23 December: Let us know your way on earth, Lord:

let all the peoples know your saving power.

Easter tide: The Lord is my refuge and my saviour,
alleluia.

Through the Year

SCRIPTURE READING

Is 55:1

Oh, come to the water all you who are thirsty;
though you have no money, come!
Buy corn without money, and eat,
and, at no cost, wine and milk.

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

Our sufferings bring acceptance, acceptance brings hope:
and our hope will not deceive us, for the Spirit has been
poured into our hearts. It is through the same Spirit that
we pray: **R** Stay with us, Lord, on our journey.

Help us to realize that our troubles are slight and short-
lived:--they are as nothing compared with the joy we
shall have when we reach our home with you. **R**

Come to the lonely, the unloved, those without friends;
--show them your love, and help them to care for their
brothers and sisters. **R**

Take away our pride, temper our anger:--may we follow
you in your gentleness: may you make us humble of
heart. **R**

Give us the fulness of your Spirit, the Spirit of sonship:
--make our love for each other generous and sincere. **R**

Our Father

CONCLUDING PRAYER

Increase in us, Lord, your gift of faith,
so that the praise we offer you
may ever yield its fruit from heaven.

(We make our prayer) through our Lord.

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's 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.1: If I forget you, Jerusalem, let my right hand
wither!

17-23 December: The Lord will come from his holy
place: he will come to save his people.

Easter tide: Sing to us one of the songs of Sion, alleluia.

By the rivers of Babylon

Psalms 136(137):1-6

*This bodily captivity of the people must be understood as
pointing to their spiritual captivity (St Hilary)*

By the rivers of Babylon
there we sat as wept,*
remembering Sion;
on the poplars that grew there*
we hung up our harps.

For it was there that they asked us,
our captors, for songs,*
our oppressors, for joy.
Sing to us,' they said,*
one of Sion's songs.'

O how could we sing
the song of the Lord*
on alien soil?
If I forget you, Jerusalem,*
let my right hand wither!

O let my tongue
cleave to my mouth*
if I remember you not,
if I prize not Jerusalem*
above all my joys!

Ant. If I forget you, Jerusalem, let my right hand wither!

17-23 December: The Lord will come from his holy
place: he will come to save his people.

Eastertide: Sing to us one of the songs of Sion, alleluia.
life, alleluia.

Thanksgiving

Psalm 137(138)

*The kings of the earth will bring glory and honour to the
holy city (cf Rev 21:24)*

I thank you, Lord with all my heart,*
you have heard the words of my mouth.
In the presence of the angels I will bless you.*
I will adore before your holy temple.

I thank you for your faithfulness and love.*
which excel all we ever knew of you.
On the day I called, you answered;*
you increased the strength of my soul.

All earth's kings shall thank you*
when they hear the words of your mouth.
They shall sing of the Lord's ways:*
'How great is the glory of the Lord!'

The Lord is high yet he looks on the lowly*
and the haughty he knows from afar.

Through I walk in the midst of affliction*
you give me life and frustrate my foes.

You stretch out your hand and save me,*
your hand will do all things for me.
Your love, O Lord, is eternal,*
discard not the work of your hands.

Ant. Before the angels I will bless you, my God.

17-23 December: We have a strong city, Sion. The
Saviour will set up wall and rampart to guard it. Open
the gates, for God is with us, alleluia.

Easter tide: In the midst of affliction you have given me
life, alleluia.

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

17-23 December: Let us know your way on earth, Lord:
let all the peoples know your saving power.

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

Hymn of the redeemed

Canticle: Rev 4:11;5:9,10,12

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.

17-23 December: Let us know your way on earth, Lord:
let all the peoples know your saving power.

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

Through the Year

SCRIPTURE READING

Col 3:16

Christ's message, in all its richness, must live in your
hearts. Teach and instruct each other with all wisdom.
Sing psalms, hymns, and sacred songs; sing to God, with
thanksgiving your hearts.

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 taught us to set our hearts on the Kingdom of God,
and on its justice. In that Kingdom all that we need will be
given to us. Until then, let us pray: **R** Your Kingdom
come, O Lord.

Blessed are those who know their need of God:--lead us
to seek your face in purity of heart.**R**

Blessed are those who work for no reward, those who
suffer for what is right:--comfort them with your
presence, lighten their burden.**R**

Blessed are the gentle, those who show mercy, and forgive;

--they shall know your forgiveness at the end of time.R

Blessed are the peacemakers, those who reconcile conflict

and hate:--they are indeed the sons of God.R

Bring consolation to all who mourn the dead:--may they

share the blessed hope of all who have died in the peace of

Christ.R

Our Father

CONCLUDING PRAYER

As we pray before you, Lord,

we ask you, in your mercy, for the grace

always to ponder in our hearts

what we proclaim with our lips.

(We make our prayer) through our Lord.

WEEK 4: 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.

Through the Year

Now that the daylight fills the sky,
we life 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;

PSALTER: WEEK 4, WEDNESDAY

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 consciences by the world unstained
shall praise his Name for victory gained.

PSALMODY

Ant.1: My heart is ready, O God, my heart is ready.

17-22 December: The Lord who is all-powerful will come
from Sion to save his people.

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

Praise for God and prayer for help

Psalm 107(108)

*Since the Son of God has been exalted above the heavens,
his glory is preached over all the earth (Ambobius)*

My heart is ready, O God;*
I will sing, sing your praise.
Awake, my soul;
awake, lyre and harp.*
I will awake the dawn.

I will thank you, Lord, among the peoples,*
among the nations I will praise you,
for your love reaches to the heavens*
and your truth to the skies.
O God, arise above the heavens;*
may your glory shine on earth!

O come and deliver your friends;*
help with your right hand and reply.
From his holy right hand and reply.
I will triumph and divide the land of Shechem;*
I will measure out the valley of Succoth.

Gilead is mine and Manasseh.
Ephraim I take for my helmet,*
Judah for my commander's staff.
Moab I will use for my washbowl,
on Edom I will paint my shoe.*
Over the Philistines I will shout in triumph.'

But who will lead me to conquer the fortress?*

Who will bring me face to face with Edom?

Will you utterly reject us, O God,*
and no longer march with our armies?

Ant. My heart is ready, O God, my heart is ready.

17-23 December: O God, arise above the heavens, alleluia.

from Sion to save his people.

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

Ant.2: The Lord has clothed me in a garment of justice
and salvation.

17-23 December: About Sion I will not be silent until her
Holy One shines forth like light.

Easter tide: The Lord will make justice and praise spring
up in the sight of the nations, alleluia.

The prophet rejoices in the new Jerusalem

Canticle

Is 61:10-62:5

*I saw the holy city, the new Jerusalem, as beautiful as a
bride prepared to meet her husband (Rev 21:2)*

I will greatly rejoice in the Lord,*
my soul shall exult in my God;
for he has clothed me with the garments of salvation,*
he has covered me with the robe of righteousness,
as a bridegroom decks himself with a garland,*
and as a bride adorns herself with her jewels.

For as the earth brings forth its shoots,*
and as a garden causes what is sown in it to spring up,
so the Lord God will cause righteousness and praise*
to spring forth before all the nations.

For Sion's sake I will not keep silent,*
and for Jerusalem's sake I will not rest
until her vindication goes forth as brightness,*
and her salvation as a burning torch.

The nations shall see your vindication,*
and all the kings your glory;
and you shall be called by a new name*
which the mouth of the Lord will give.

You shall be a crown of beauty*
in the hand of the Lord,
and a royal diadem*
in the hand of your God.

You shall no more be termed Forsaken,*
and your land shall no more be termed Desolate;
but you shall be called My delight in her,*
and your land Married;
for the Lord delights in you,*
and your land shall be married.

For as a young man marries a virgin,*
so shall your sons marry you,
and as the bridegroom rejoices over the bride,*
so shall your God rejoice over you.

Ant. The Lord has clothed me in a garment of justice and
salvation.

I7-23 December: About Sion I will not be silent until her
Holy One shines forth like light.

Eastertide: The Lord will make justice and praise spring
up in the sight of the nations, alleluia.

Ant.3: I will praise my God all my days.

17-23 December: The Spirit of the Lord is upon me. He sent me to bring the Good News to the poor.

Eastertide: The Lord will reign for ever; he is your God, O Sion, alleluia.

The happiness of those

who put their trust in the Lord

Let us praise the Lord all our days, that is, in all our conduct (Arnobius)

My soul, give praise to the Lord;
I will praise the Lord all my days,*
make music to my God while I live.

Put no trust in princes,*
in mortal men in whom there is no help.
Take their breath, they return to clay*
and their plans that day come to nothing.

He is happy who is helped by Jacob's God,*
whose hope is in the Lord his God,
who alone made heaven and earth,*
the seas and all they contain.

It is he who keeps faith for ever,*
who is just to those who are oppressed.
It is he who gives bread to the hungry,*
the Lord, who sets prisoners free,

the Lord who gives sight to the blind,*
who raises up those who are bowed down,
the Lord, who protects the stranger*
and upholds the widow and orphan.

It is the Lord who loves the just*
but thwarts the path of the wicked.
The Lord will reign for ever,*

Sion's God, from age to age.

Ant. I will praise my God all my days.

17-23 December: The Spirit of the Lord is upon me. He sent me to bring the Good News to the poor.

Easter tide: The Lord will reign for ever; he is your God,
O Sion, alleluia.

Through the Year

SCRIPTURE READING

Understand this today and take it to heart: the Lord is God indeed, in heaven above as on earth beneath, he and no other. Keep his laws and commandments as I give them to you today.

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**

Benedictus ant. Let us serve the Lord in holiness all our days.

INTERCESSIONS

Praise be to the God and Father of our Lord Jesus Christ. In his great mercy, he gave us new birth into a living hope by his Son's resurrection from the dead. To him we pray:

R Father, give us your strength.

Turn our eyes to Jesus Christ your Son.--May he lead us in our faith and bring it to perfection. **R**

We pray for cheerfulness and a generous heart;--may we bring joy to our homes, to our work, and to all whom we meet. **R**

We pray for all who are working today;--be with them at home and in the city, in the factory and in the field. **R**

We pray for those who have no work; --we pray for the disabled and the sick, for those who cannot find work, and for those who are retired. **R**

Our Father

CONCLUDING PRAYER

Remember, Lord, your solemn covenant,
renewed and consecrated by the blood of the Lamb,

so that your people may obtain forgiveness for their sins,
and a continued growth in grace.

(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: How wonderful is this knowledge of yours that
you have shown me, Lord.

17-23 December: The Lord who is all - powerful will come
from Sion to save his people.

Easter tide: Night will be as clear as the day, alleluia.

The Lord sees all things

Psalm 138(139):1-18,23-24

*Who could ever know the mind of the Lord? Who could
ever be his counsellor? (Rom 11:34)*

O Lord, you search me and you know me,
you know my resting and my rising,*
you discern my purpose from afar.
You mark when I walk or lie down,*
all my ways lie open to you.

Before ever a word is on my tongue*
you know it, O Lord, through and through.
Behind and before you besiege me,*
your hand ever laid upon me.
Too wonderful for me, this knowledge,*
too high, beyond my reach.

O where can I go from your spirit,*
or where can I flee from your face?
If I climb the heavens, you are there.*
If I lie in the grave, you are there.

If I take the wings of the dawn*
and dwell at the sea's furthest end,

even there your hand would lead me,*
your right hand would hold me fast.

If I say: 'Let the darkness hide me*
and the light around me be night,
even darkness is not dark for you*
and the night is as clear as the day.

Ant. How wonderful is this knowledge of yours that you
have shown me, Lord.

17-23 December: The Lord who is all-powerful will come
from Sion to save his people.

Easter tide: Night will be as clear as the day, alleluia.

Ant.2: I am the Lord, who test the mind and heart; I give
each man what his conduct deserves.

17-23 December: About Sion I will not be silent until her
Holy One shines forth like light.

Easter tide: I know my sheep, and they know me, alleluia.

II

For it was you who created my being,*
knit me together in my mother's womb.
I thank you for the wonder of my being,*
for the wonders of all your creation.

Already you knew my soul,*
my body held no secret from you
when I was being fashioned in secret*
and moulded in the depths of the earth.

Your eyes saw all my actions,*
they were all of them writt'n in your book;
every one of my days was decreed*
before one of them came into being.

To me, how mysterious your thoughts,*
the sum of them not to be numbered!
If I count them, they are more than the sand;*
to finish, I must be eternal, like you.

O search me, God, and know my heart.*
O test me and know my thoughts.
See that I follow not the wrong path*
and lead me in the path of life eternal.

Ant. I am the Lord, who test the mind and heart; I give
each man what his conduct deserves.

17-23 December: About Sion I will not be silent until her
Holy One shines forth like light.

Easter tide: I know my sheep, and they know me, alleluia.

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

17-23 December: The Spirit of the Lord is upon me. He
sent me to bring the Good News to the poor.

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

**Christ is the first-born of all creation,
the first-born from the dead**

**Canticle
Col 1:12-20**

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

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

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

All things were created*
through him and for him.

He is before all things,*

and in him all things hold together.

He is the head of the body, the Church;*

he is the beginning,

the first-born 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.

I7-23 December: The Spirit of the Lord is upon me. He
sent me to bring the Good News to the poor.

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

Through the Year

SCRIPTURE READING

I Jn 2:3-6

We can be sure that we know God
only by keeping his commandments.
Anyone who says, 'I know him',
and does not keep his commandments,
is a liar,
refusing to admit the truth.

But when anyone does obey what he has said,
God's love comes to perfection in him.

We can be sure that we know God
only when the one who claims to be living in him
is living the same kind of life as Christ lived.

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

Let us ask the Father, from whom every family in heaven

and on earth takes its name, to send the Spirit of his Son into our hearts as we pray: **R** Lord, in your mercy, hear our prayer.

O Lord, the creator and redeemer of all mankind, we humbly pray for all men of every race in every kind of need:--make your ways known to them, and reveal your salvation to all nations.**R**

May the whole Church be guided and governed by your Holy Spirit;--let all who call themselves Christians be led into the way of truth and hold the faith in unity of spirit. **R**

We commend to your fatherly goodness all who are afflicted or distressed;-- comfort and relieve them according to their needs, and grant them the love and consolation of your Spirit. **R**

Father, give a place of life and rest to those who have died in your peace: --may we share with them in the glory of Jesus Christ, who died to save us all. **R**

Our Father

CONCLUDING PRAYER

Remember your people, Lord, and show them mercy:

as you satisfy the hungry with food from heaven,

enrich our poverty from your abundance.

(We make our prayer) through our Lord.

WEEK 4: 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 warriors 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 peaceful 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.1: In the morning let me know your love, O Lord.

17-23 December: I look to you, Lord, for help; come and
save me, Lord, for I seek refuge in you.

Eastertide: For your name's sake, Lord, give me life,
alleluia.

Prayer in desolation

Psalm 142 (143): I-II

*A man is made righteous not by obedience to the Law, but
by faith in Jesus Christ (Gal 2:16)*

Lord, listen to my prayer:

turn your ear to my appeal.*

You are faithful, you are just; give answer.

Do not call your servant to judgment*

for no one is just in your sight.

The enemy pursues my soul;*

he has crushed my life to the ground;

he has made me dwell in darkness*

like the dead, long forgotten.

Therefore my spirit fails;*

my heart is numb within me.

I remember the days that are past:*

I ponder all your works.

I muse on what your hand has wrought

and to you I stretch out my hands.*

Like a parched land my soul thirsts for you.

Lord, make haste and answer;*

for my spirit fails within me.

Do not hide your face*

lest I become like those in the grave.

In the morning let me know your love*

for I put my trust in you.

Make me know the way I should walk:*

to you I lift up my soul.

Rescue me, Lord, from my enemies;*

I have fled to you for refuge.

Teach me to do your will*

for you, O Lord, are my God.

Let your good spirit guide me*

in ways that are level and smooth.

For your name's sake, Lord, save my life;*

in your justice save my soul from distress.

Ant. In the morning let me know your love, O Lord.

17-23 December: I look to you, Lord, for help; come and save me, Lord, for I seek refuge in you.

Easter tide: For your name's sake, Lord, give me life, alleluia.

Ant.2: The Lord will send peace flowing like a river upon Jerusalem.

17-23 December: Lord, give those who wait for you their reward, and let your prophets be found worthy of belief.

Easter tide: I will see you again, and then your hearts will be filled with joy, alleluia.

Consolation and joy

in the holy city

Canticle

Is 66:10-14a

The Jerusalem which is above is free and is our mother

(Gal 4:26)

Rejoice with Jerusalem, and be glad for her,*
all you who love her;
rejoice with her in joy,*
all you who mourn over her,

That you may suck and be satisfied*
with her consoling breasts,
that you may drink deeply with delight*
from the abundance of her glory.

For thus says the Lord:

Behold, I will extend prosperity to her like a river,*
and the wealth of the nations like an overflowing
stream;
and you shall suck, you shall be carried upon her hip,*
and dandled upon her knees.

As one whom his mother comforts,
so I will comfort you;*
you shall be comforted in Jerusalem.
You shall see, and your heart shall rejoice;*

your bones shall flourish like the grass.

Ant. The Lord will send peace flowing like a river upon
Jerusalem.

17-23 December: Lord, give those who wait for you their
reward, and let your prophets be found worthy of belief.

Easter tide: I will see you again, and then your hearts will
be filled with joy, alleluia.

Ant.3: To our God be joyful praise.

17-23 December: Turn to us, Lord, and make no delay in
coming to your servants.

Easter tide: The Lord builds up Jerusalem, he heals the
broken-hearted, alleluia.

The power and goodness of the Lord

Psal, 146(147)

You, O God, we worship; you, O Lord, we adore

Praise the Lord for he is good;
sing to our God for he is loving;*
to him our praise is due.

The Lord builds up Jerusalem*
and brings back Israel's exiles,
he heals the broken-hearted,*
he binds up all their wounds.
He fixes the number of the stars;*
he call each one by its name.

Our Lord is great and almighty;*
his wisdom can never be measured.
The Lord raises the lowly;*
he humbles the wicked to the dust.
O sing to the Lord, giving thanks;*
sing psalms to our God with the harp.

He covers the heavens with clouds;*

he prepares the rain for the earth,
making mountains sprout with grass*
and with plants to serve man's needs.
He provides the beasts with their food*
and young ravens that call upon him.

His delight is not in horses*
nor his pleasure in warriors' strength.
The Lord delight in those who reverse him,*
in those who wait for his love.

Ant. To our God be joyful praise.

17-23 December: Turn to us, Lord, and make no delay in
coming to your servants.

Easter tide: The Lord builds up Jerusalem, he heals the
broken-hearted, alleluia.

Through the Year

SCRIPTURE READING

Rom 8:18-21

I consider that the sufferings of this present time are no
worth comparing with the glory that is to be revealed to us.
For the creation waits with eager longing for the revealing
of the sons of God; for the creation was subjected to
futility, not of its own will but by the will of him who sub-
jected it in hope; because the creation itself will be set free
from its bondage to decay and obtain the glorious liberty
of the children of God.

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

It is the Father's will that men should see him in the face of

his beloved Son. Let us honour him as we say: **R** Hallowed
be your name.

Christ greeted us with good news:-- may the world hear
it through us, and find hope. **R**

We praise and thank you, Lord of heaven and earth;--
you are the hope and joy of men in every age. **R**

May Christ' s coming transform the Church; --and renew
its youth and vigour in the service of men. **R** Hallowed be
your name.

We pray for Christians who suffer for their belief:--
sustain them in their hope. **R**

Our Father

CONCLUDING PRAYER

Grant us, Lord, a true knowledge of salvation,
so that, freed from fear and from the power of our foes,
we may serve you faithfully,
all the days of our life.

(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: The Lord is my love and my refuge; in him I place
my trust.

17-23 December: I look to you, Lord, for help; come and
save me, Lord, for I seek refuge in you.

Easter tide: The Lord is my stronghold and my saviour,
alleluia.

For victory and peace

Psalm 143(144)

*His arms are well trained for battle, since he has overcome
the world, for he says, 'I have overcome the world'*

(St Hilary)

|

Blessed be the Lord, my rock
who trains my arms for battle,*
who prepares my hands for war.

He is my love, my fortress,*
he is my stronghold, my saviour,
my shield, my place of refuge.*

He brings peoples under my rule.

Lord, what is man that you care for him,*
mortal man, that you keep him in mind;
man, who is merely a breath*
whose life fades like a shadow?

Lower your heavens and come down;*
touch the mountains; wreath them in smoke.
Flash your lightnings; rout the foe,*
shoot your arrows and put them to flight.

Reach down from heaven and save me;
draw me out from the mighty waters,*
from the hands of alien foes
whose mouths are filled with lies,*
whose hands are raised in perjury.

Ant. The Lord is my love and my refuge; in him I place my
trust.

17-23 December: I look to you, Lord, for help; come and
save me, Lord, for I seek refuge in you.

Easter tide: The Lord is my stronghold and my saviour,
alleluia.

Ant.2: Blessed the people whose God is the Lord.

17-23 December: Lord, give those who wait for you their
reward, and let your prophets be found worthy of belief.

Easter tide: Thanks be to God, who has given us the victory
through our Lord, Jesus Christ, alleluia.

||

To you, O God, will I sing a new song;*
I will play on the ten-stringed harp
to you who give kings their victory,*
who set David your servant free.

You set him free from the evil sword;*
you rescued him from alien foes
whose mouths were filled with lies,*
whose hands were raised in perjury.

Let our sons then flourish like saplings*
grown tall and strong from their youth:
our daughters graceful as columns,*
adorned as though for a palace.

Let our barns be filled to overflowing*
with crops of every kind;
our sheep increasing by thousands,
myriads of sheep in our fields,*
our cattle heavy with young,

no ruined wall, no exile,*
no sound of weeping in our streets.
Happy the people with such blessing;*
happy the people whose God is the Lord.

Ant. Blessed the people whose God is the Lord.

17-23 December: Lord, give those who wait for you their
reward, and let your prophets be found worthy of belief.

Easter tide: Thanks be to God, who has given us the victory
through our Lord, Jesus Christ, alleluia.

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

17-23 December: Turn to us, Lord, and make no delay in
coming to your servants.

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

The judgment of God

Canticle

Rev 11:17-18;12:10b-12a

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

The nations raged,*
but your wrath came,
and the time for the dead to be judged,*

for rewarding your servants, the prophets and saints,
and those who fear your name,*
both small and great.

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

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

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

I7-23 December: Turn to us, Lord, and make no delay in
coming to your servants.

Easteride: Jesus Christ is the same yesterday, today and
for ever, alleluia

Through the Year

SCRIPTURE READING

Cf Col 1:23

You must, of course, continue faithful on a sure and firm
foundation, and not allow yourselves to be shaken from
the hope you gained when you heard the gospel which has
been preached to everybody in the world.

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

The light shines out in the darkness and the darkness cannot overcome it. Let us thank our Lord for bringing his light to our lives. **R** Lord Jesus Christ, you are our light.

Word of God, you have brought the light of eternity to the darkened world:--may it open the minds and hearts of all the children of the Church.**R**

Show your care for all who dedicate their lives to the service of others:-- may your grace inspire their actions and sustain them to the end. **R**

Lord, you healed the paralytic and forgave him his sins: --pardon all our guilt, and heal the wounds of our sins.**R**

Men follow the light to new knowledge and discovery:-- may they use your gifts to serve the whole human family, and so give glory to you.**R**

Lead the dead from darkness into your own wonderful light; --in your mercy show them the radiance of your glory. **R**

Our Father

CONCLUDING PRAYER

Listen favourably to our evening prayer, Lord, and grant that as we follow your Son's example, we may, by perseverance, yield a harvest of good works.

(We make our prayer) through our Lord.

WEEK 4: 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.1: A pure heart create for me, O God, put a steadfast
spirit within me.

17-23 December: The one who is to rule will come from

Sion: 'The Lord, Immanuel' is his great name.

Easter tide: Christ gave himself up for us a fragrant
offering and a sacrifice to God, 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. A pure heart create for me, O God, put a steadfast
spirit within me.

17-23 December: The one who is to rule will come from
Sion: 'The Lord, Immanuel' is his great name.

Easter tide: Christ gave himself up for us as a fragrant
offering and a sacrifice to God, alleluia.

Ant.2: Rejoice, O Jerusalem, since through you all men
will be gathered together to the Lord.

17-23 December: Stand steadfast. You will see the help--
ing power of the Lord.

Easter tide: Jerusalem, city of God, you will be radiant
with light, alleluia.

Thanksgiving from a liberated people

Canticle

Tob 13:8-II, 13-15

Let all men speak,*
and give God thanks in Jerusalem.
O Jerusalem, the holy city,
he will afflict you for the deeds of your sons,*
but again he will show mercy to the sons of the righteous.

Give thanks worthily to the Lord,
and praise the King of the ages,*
that his tent may be raised for you again with joy.

May he cheer those within you who are captives,
and love those within you who are distressed,*
to all generations for ever.

Many nations will come from afar*
to the name of the Lord God,

bearing gifts in their hands,*
gifts for the King of heaven.
Generations of generations*
will give you joyful praise.

Rejoice and be glad*
for the sons of the righteous,
for they will be gathered together,*
and will praise the Lord of the righteous.

How blessed are those who love you!*
They will rejoice in your peace.
Blessed are those who grieved*
over all your afflictions,
for they will rejoice for you upon seeing all your
glory,
and they will be made glad for ever.*
Let my soul praise God the great King!

Ant. Rejoice, O Jerusalem, since through you all men will
be gathered together to the Lord.

17-23 December: Stand steadfast. You will see the help-
ing power of the Lord.

Easter tide: Jerusalem, city of God, you will be radiant
with light, alleluia.

Ant.3: Zion, praise your God, who has sent out his word
to the earth.

17-23 December: I look to the Lord; I will await the
God who saves me.

Easter tide: I saw the new Jerusalem, coming down from
heaven, alleluia.

*Come, and I will show you the bride that the Lamb has
married (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. Sion, praise your God, who has sent out his word to
the earth.

17-23 December: I look to the Lord; I will await the God
who saves me.

Easter tide: I saw the new Jerusalem, coming down from
heaven, alleluia.

Through the Year

SCRIPTURE READING

Gal 2:19b-20

With Christ I hang upon the cross, and yet I am alive; or
rather, not I; it is Christ that lives in me. True, I am
living, here and now, this mortal life; but my real life is the

faith I have in the Son of God, who loved me, and gave himself for me.

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 has come to visit us.

INTERCESSIONS

Christ is the image of the unseen God, the first-born of all creation, and the first to be born from the dead. All things are to be reconciled through him because he made peace by his death on the cross. We pray to him: **R** Lord Jesus, come to us today.

We have been baptized into your death:--may we be cleansed of greed and envy, and clothed in the strength and gentleness of your love. **R**

We have been sealed with the Holy Spirit who has been given to us;--confirm us in your service, and help us to bear witness to you in the society in which we live. **R**

Before you suffered, you longed to eat the passover with your disciples:--as we take part in your eucharist, may we share in your resurrection. **R**

You continue to work in your faithful people:--create through them a new world where injustice and destruction will give way to growth, freedom and hope. **R**

Our Father

CONCLUDING PRAYER

Lord God,
bestow a full measure of your grace on us
who are gathered here in prayer.

As you work within us
to keep us in the path of your commandments,
may we receive consolation in this present life
and eternal joys in the next.

(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,
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: I will bless you day after day and tell of your
wonderful deeds, O Lord.

17-23 December: The one who is to rule will come from
Sion: 'The Lord, Immanuel' is his great name.

Easter tide: God so loved the world that he gave his only
Son, alleluia.

Praise of God 's majesty

Psalm 144(145)

*You, O Lord, are the One who was and who is, the Just
One (Rev 16:5)*

I will give you glory, O God my King,*
I will bless your name for ever.

I will bless you day after day*
and praise your name for ever.
The Lord is great, mighty to be praised,*
his greatness cannot be measured.

Age to age shall proclaim your works,*
shall declare your mighty deeds,
shall speak of your splendour and glory,*
tell the tale of your wonderful works.

They will speak of your terrible deeds,*
recount your greatness and might.
They will recall your abundant goodness,*
age to age shall ring out your justice.

The Lord is kind and full of compassion,*
slow to anger, abounding in love.
How good is the Lord to all,*

compassionate to all his creatures.

All your creatures shall thank you, O Lord,*
and your friends shall repeat their blessing.
They shall speak of the glory of your reign*
and declare your might, O God,

to make known to men your mighty deeds*
and the glorious splendour of your reign.
Yours is an everlasting kingdom;*
your rule lasts from age to age.

Ant. I will bless you day after day and tell of your wonderful deeds, O Lord.

17-23 December: The one who is to rule will come from Sion: 'The Lord, Immanuel' is his great name.

Easter tide: God so loved the world that he gave his only Son, alleluia.

Ant.2: The eyes of all creatures look to you, Lord: you are close to all who call upon you.

17-23 December: Stand steadfast. You will see the helping power of the Lord.

Easter tide: To the eternal King, the undying, invisible and only God, be all honour and glory, alleluia.

II

The Lord is faithful in all his words*
and loving in all his deeds.
The Lord supports all who fall*
and raises all who are bowed down.

The eyes of all creatures look to you*
and you give them their food in due time.
You open wide your hand,*
grant the desires of all who live.

The Lord is just in all his ways*
and loving in all his deeds.
He is close to all who call him,*

who call on him from their hearts.

He grants the desires of those who fear him,*

he hears their cry and he saves them.

The Lord protects all who love him,*

but the wicked he will utterly destroy.

Let me speak the praise of the Lord,

let all mankind bless his holy name*

for ever, for ages unending.

Ant. The eyes of all creatures look to you, Lord; you are close to all who call upon you.

17-23 December: Stand steadfast. You will see the helping power of the Lord.

Easter tide: To the eternal King, the undying, invisible and only God, be all honour and glory, alleluia.

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

17-23 December: I look to the Lord; I will await the God who saves me.

Easter tide: 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 no 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 ages.

17-23 December: I look to the Lord; I will await the God who saves me.

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

Through the Year

SCRIPTURE READING

Rom 8:1-2

There is now no condemnation for those who are in

Christ Jesus. For the law of the Spirit of life in Christ

Jesus has set me free from the law of sin and death.

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

God's love for us was revealed when God sent into the world his only Son so that we might have life through him.

We are able to love God because he loved us first. And so we pray: **R** Lord, help us to love you and to love one another.

Jesus forgave the penitent woman her sins because she had loved much:--may we too know his healing touch and love you with all our hearts. **R**

You look with compassion on the humble and contrite of heart: --in your goodness, turn our hearts to you and help us to do what we know to be right. **R**

We acknowledge the suffering we have caused to others: --we ask forgiveness for our neglect and indifference. **R**

We ask you to remember tonight those who are in great difficulty:-- give new heart to those who have lost their faith in man and in God, to those who seek the truth but cannot find it. **R**

Remember all those who put their hope in you while they lived:--through the passion and death of your Son, grant them the remission of all their sins. **R**

Our Father

CONCLUDING PRAYER

God of power and mercy,

who willed that Christ your Son should suffer for the

salvation of all the world,

grant that your people may strive to offer themselves to

you as a living sacrifice,

and may be filled with the fulness of your love.

(We make our prayer) through our Lord.

WEEK 4 : SATURDAY

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

PSALMODY

Ant. I: It is good to make music to your name, O Most
High, to proclaim your love in the morning.

24 December: You, Bethlehem, will not be least among
the towns of Juda: for the leader who will rule my people
Israel will come from you.

Easter tide: O Lord, how great are your works, 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 does 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,*
still full of sap, still green,
to proclaim that the Lord is just.*
In him, my rock, there is no wrong.

Ant. It is good to make music to your name, O Most High,
to proclaim your love in the morning.

24 December: You, Bethlehem, will not be least among
the towns of Judah: for the leader who will rule my people
Israel will come from you.

Easter tide: O Lord, how great are your works, alleluia.

Ant.2: I will give you a new heart, and put a new spirit
in you.

24 December: Lift up your heads for your redemption is
at hand.

Easter tide: I will pour purifying water over you, alleluia.

The Lord will give his people new life

Canticle

Ezek 36:24-28

I will take you from the nations,
and gather you from all the countries,*
and bring you into your own land.

I will sprinkle clean water upon you,
and you shall be clean from all your uncleannesses,*
and from all your idols I will cleanse you.

A new heart I will give you,*
and a new spirit I will put within you;
and I will take out of your flesh the heart of stone*
and give you a heart of flesh.

And I will put my spirit within you,
and cause you to walk in my statutes*

and be careful to observe my ordinances.

You shall dwell in the land*
which I gave to your fathers;
and you shall be my people,*
and I will be your God.

Ant. I will give you a new heart, and put a new spirit in you.

24 December: Lift up your heads for your redemption is
at hand.

Easter tide: I will pour purifying water over you, alleluia.

Ant.3: On the lips of children and of babes you have
found praise, Lord.

24 December: Tomorrow your salvation will be with you,
says the Lord, God almighty.

Easter tide: All things are yours, and you are Christ 's and
Christ is God 's, alleluia.

The majesty of God, the dignity of man

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

Your majesty is praised above the heavens;*

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

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. On the lips of children and of babes you have found
praise, Lord.

24 December: Tomorrow your salvation will be with
you, says the Lord, God almighty.

Easter tide: All things are yours, and you are Christ 's and
Christ is God 's, alleluia.

Through the Year

SCRIPTURE READING

What we are waiting for is what he promised: the new
heavens and new earth, the place where righteousness will
be at home. So then, my friends, while you are waiting, do
your best to live lives without spot of stain so that he will
find you at peace. Think of our Lord 's patience as your
opportunity to be saved.

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 's gift was not a spirit of timidity, but the Spirit of
power, and love, and self-control. With complete con-
fidence we pray: **R** Father, send us your Spirit.

Praise be to God, the Father of our Lord Jesus Christ:
-in Christ you have given us every spiritual blessing. **R**

By the power of the Holy Spirit, Mary brought Christ into the world: --through the Church, may Christ be born again today in the hearts of men. R

Father, may your Spirit lead us forward out of solitude: --may he lead us to open the eyes of the blind, to proclaim the Word of light, to reap together the harvest of life. R

Let our striving for your kingdom not fall short through selfishness or fear: -- may the universe be alive with the Spirit, and our homes be the pledge of a world redeemed. R
Our Father

CONCLUDING PRAYER

All-powerful, eternal God,
splendour of true light and never-ending day:
at this return of the morning hour
chase away the night of sin,
and fill our minds with the glory of your coming.
(We make our prayer) through our Lord.