Sunday 5 April 2020

Palm Sunday

Morning Prayer (Lauds)

*If this is the first Hour that you are reciting today, you should precede it with the Invitatory Psalm and omit the Introduction.*

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**INTRODUCTION**

O God, come to our aid.

\[O \text{ Lord, make haste to help us.}\]

Glory be to the Father and to the Son

and to the Holy Spirit,

as it was in the beginning,

is now, and ever shall be,

world without end.

Amen.

---

**Hymn**

Sing my tongue, the glorious battle,

Sing the ending of the fray;

To the Cross, our noble trophy,

Here a fitting tribute pay,

Telling how the world’s Redeemer,

Slain as victim, won the day.

Tell how, when at length the fullness

Of the appointed time was come,

He, the Word, was born of woman,

Left for us his Father’s home,

Showed to men the perfect manhood,
Shone as light amidst the gloom.

Now the thirty years are ended
Which on earth he willed to see,
Willingly he meets his Passion,
Born to set his people free;
On the Cross the Lamb is lifted,
There the sacrifice to be.

Faithful Cross, above all other,
One and only noble Tree,
None in foliage, none in blossom,
None in fruit thy peer may be;
Sweet the wood and sweet the iron,
And the load, most sweet is he.

Unto God be praise and glory:
To the Father and the Son,
To the eternal Spirit, honour
Now and evermore be done;
Praise and glory in the highest,
While the timeless ages run.

Psalm 117 (118)
A cry of rejoicing and triumph

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

The crowds of people, who had gathered for the feast day called out to the Lord, ‘Blessed is he who comes in the name of the Lord. Hosanna in the highest.’

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 Áaron say: *
  ‘His love endures for éver.’
Let thóse who fear the Lórd sáy: *
  ‘His love endures for éver.’

I cállled to the Lórd in my distréss; *
  he ánswered and fréed me.
The Lórd is at my síde; I do not féar. *
  What can máñ do agáinst me?
The Lórd is at my síde as my hélper; *
  I shall look dówn on my fóes.

It is bétter to take réfuge in the Lórd *
  than to trúst in mén;
it is bétter to take réfuge in the Lórd *
  than to trúst in prínces.

The nátions áll encómpassed me; *
  in the Lórd’s name I crúshed them.

They cómpassed me, cómpassed me abóut; *
  in the Lórd’s name I crúshed them.

They cómpassed me abóut like bées; †
  they blázed like a fíre among thórns. *
  In the Lórd’s name I crúshed them.

I was hárd-préssed and was fálling, *
  but the Lórd came to hélp me.
The Lórd is my stréngth and my sónɡ; *
  hé is my sáviour.
There are shóuts of jóy and váctory *
  in the ténts of the júst.

The Lórd’s right hánḍ has tríumphed; †
  his right hand rásed me. *
  The Lórd’s right hánḍ has tríumphed;
I shall not díe, I shall líve *
  and recóunt his déeds.
I was punished, I was punished by the Lord, *
but not doomed to die.

Open to me the gates 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.

Go forward in procession with branches *
even to the altar.

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

Amen.

The crowds of people, who had gathered for the feast day called out to the
Lord, ‘Blessed is he who comes in the name of the Lord. Hosanna in the highest.’

Psalm-prayer

Lord God, you have given us the great day of rejoicing: Jesus Christ, the stone rejected by the builders, has become the cornerstone of the Church, our spiritual home. Shed upon your Church the rays of your glory, that she may be seen as the gate of salvation open to all nations. Let cries of joy and exultation ring out from her tents, to celebrate the wonder of Christ’s resurrection.

Canticle

Let every creature praise the Lord

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

May we be counted among the faithful, with the angels and with the children. Triumphant over death, we sing with them, ‘Hosanna in the highest.’

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 in the temple of your glory. *
To you glory and praise for evermore.

You are blest who gaze into the depths. *
To you glory and praise for evermore.

You are blest in the firmament of heaven. *
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.

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

*May we be counted among the faithful, with the angels and with the children.  
Triumphant over death, we sing with them, ‘Hosanna in the highest.’*  

**Psalm 150**  
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).

*Blessed is he who comes in the name of the Lord; peace in heaven; glory in the highest heavens.*

Práise Gód in his hóly pláce, *  
    práise him in his míghty héavens.  
Práise him for his pówerful déeds, *  
    práise his surpássing gréatness.

O práise him with sóund of trúmpet, *  
    práise him with lúte and hárp.  
Práise him with tínmbrel and dánce, *  
    práise him with stríngs and pípes.
O praise him with resounding cymbals, *
    praise him with clashing of cymbals.
Let everything that lives and that breathes *
    give praise to the Lord.

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

Blessed is he who comes in the name of the Lord; peace in heaven; glory in the highest heavens.

Psalm-prayer

Lord God, maker of heaven and earth and of all created things, you make your just one holy and you justify sinners who confess your name. Hear us as we humbly pray to you: give us eternal joy with your saints.

Or:

Lord God, through your saving plan all things are ours, and we are Christ’s and Christ is yours. Accept the praises of your Church. By these praises, through Christ, with him and in him, all your honour and glory is celebrated, all-powerful Father, in the Holy Spirit, now and for ever.

Short Reading

Zechariah 9:9

Rejoice heart and soul, daughter of Zion! Shout with gladness, daughter of Jerusalem! See now, your king comes to you; he is victorious, he is triumphant, humble and riding on a donkey, on a colt, the foal of a donkey.

Short Responsory

You have redeemed us, Lord, by your blood.
– You have redeemed us, Lord, by your blood.
From every tribe and tongue and people and nation.
You have redeemed us, Lord, by your blood.
Glory be to the Father and to the Son and to the Holy Spirit.
You have redeemed us, Lord, by your blood.

Canticle

Benedictus

The Messiah and the one who was sent before him

Holding bright palm fronds, we prostrate ourselves before the Lord as he comes. And so let us come running with songs and hymns, giving glory to God and saying ‘Blessed be the Lord!’ (Year A)

Or: With waving palm branches let us adore the Lord as he comes; let us go to meet him with hymns and songs, rejoicing and singing, ‘Blessed be the Lord’.

Bléssed be the Lórd, the Gód of Ísrael! *
He has vísited his péople and redéemed them.

He has raised úp for ús a mighty sáviour * in the hóuse of Dávid his sérvant, as he prómised by the líps of holy mén, * thóse who were his próphets from of óld.

A sáviour who would frée us from our fóes, * from the hánds of áll who háte us.
So his lóve for our fáthers is fulfílled * and his hóly covenant remémbered.

He swóre to Ábraham our fáther to gránt us, * that frée from féar, and sáved from the hánds of our fóes, we might sérve him in hóliness and jústice * all the dáys of our lífe in his présence.

As for yóu, little chíld, * you shall be cálled a próphet of Gód, the Most Hígh.
You shall go ahéad of the Lórd * to prépare his wáys befo ré him,
To make known to his people their salvation *  
through forgiveness of all their sins,  
the loving-kindness of the heart of our God *  
who visits us like the dawn from on high.

He will give light to those in darkness, †  
those who dwell in the shadow of death, *  
and guide us into the way of peace.

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

_Holding bright palm fronds, we prostrate ourselves before the Lord as he comes. And so let us come running with songs and hymns, giving glory to God and saying ‘Blessed be the Lord!’ (Year A)_

_Or: With waving palm branches let us adore the Lord as he comes; let us go to meet him with hymns and songs, rejoicing and singing, ‘Blessed be the Lord’._

**Prayers and intercessions**

Let us adore Christ the Lord. When he entered Jerusalem, the crowds proclaimed him Messiah and king.  
– _Blessed is he who comes in the name of the Lord._

Hosanna to you, the Son of David, the king of ages;  
hosanna to you in your triumph over death and hell.  
– _Blessed is he who comes in the name of the Lord._

You went up to Jerusalem to endure the passion and enter into glory;  
lead your Church into the paschal feast of eternal life.  
– _Blessed is he who comes in the name of the Lord._

You made your cross the tree of life;  
share your victory with all the baptized.
You came to save sinners;
    bring into your kingdom all who believe, hope and love.
– *Blessed is he who comes in the name of the Lord.*

Our Father, who art in heaven,
    hallowed be thy name.
Thy kingdom come.
    Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
    and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
    but deliver us from evil.

Almighty, ever-living God,
    you gave our Saviour the command
to become man and undergo the cross
    as an example of humility for all men to follow.
We have the lessons of his sufferings:
    give us also the fellowship of his resurrection.
Through our Lord Jesus Christ, your Son,
    who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

**Amen.**

The Lord bless us, and keep us from all evil, and bring us to everlasting life.

**Amen.**
Sunday 5 April 2020

Palm Sunday

Vespers (Evening Prayer)

INTRODUCTION

O God, come to our aid.
O Lord, make haste to help us.
Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen.

Hymn

The royal banners forward go,
The Cross shines forth in radiant glow;
Where he, the Life, did death endure,
And yet by death did life procure.

His feet and hands outstretching there,
He willed the piercing nails to bear,
For us and our redemption’s sake
A victim of himself to make.

There whilst he hung, his sacred side
By soldier’s spear was opened wide,
To cleanse us in the precious flood
Of water mingled with his blood.
Fulfilled is now what David told
In true prophetic song of old,
To all the nations, ‘Lo,’ said he,
‘Our God is reigning from the tree.’

Blest Three in One, our praise we sing
To thee from whom all graces spring:
As by the cross thou dost restore,
So rule and guide us evermore.

Psalm 109 (110)
The Messiah, king and priest

“He must be king so that he may put all his enemies under his feet” (1 Cor 15:25).

He was wounded and humbled, but God has raised him up with his own right hand.

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.

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

He was wounded and humbled, but God has raised him up with his own right hand.

Psalm-prayer

Father, we ask you to give us victory and peace. In Jesus Christ, our Lord and King, we are already seated at your right hand. We look forward to praise you in the fellowship of all your saints in our heavenly homeland.

Or:

Almighty God, bring the kingdom of Christ, your anointed one, to its fullness. May the perfect offering of your Son, eternal priest of the new Jerusalem, be offered in every place to your name and make all nations a holy people for you.

Psalm 113B (115)
Praise of the true God

“Turn away from idols and worship the living and true God” (1 Th 1:9).

The blood of Christ purifies us to serve the living God.

Not to us, Lord, not to us, *
but to your name give the glory
for the sake of your love and your truth, *
lest the heathen say: ‘Where is their God?’

But our God is in the heavens; *
he does whatever he wills.
Their idols are silver and gold, *
the work of human hands.

They have mouths but they cannot speak; *
they have eyes but they cannot see;
they have ears but they cannot hear; *
they have nostrils but they cannot smell.

With their hands they cannot feel; †
with their feet they cannot walk. *
(No sound comes from their throats.)
Their makers will come to be like them *
and so will all who trust in them.

Sons of Israel, trust in the Lord; *
he is their help and their shield.
Sons of Aaron, trust in the Lord; *
he is their help and their shield.

You who fear him, trust in the Lord; *
he is their help and their shield.
He remembers us, and he will bless us; †
he will bless the sons of Israel. *
(He will bless the sons of Aaron.)

The Lord will bless those who fear him, *
the little no less than the great:
to you may the Lord grant increase, *
to you and all your children.

May you be blessed by the Lord, *
The heavens belong to the Lord *
but the earth he has given to men.

The dead shall not praise the Lord, *
nor those who go down into the silence.
But we who live bless the Lord *
nów and for éver. Amén.

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

*The blood of Christ purifies us to serve the living God.*

**Psalm-prayer**

Father, creator and ruler of heaven and earth, you made man in your likeness
to subdue the earth and master it, and to recognize the work of your hands in
created beauty. Grant that your children, thus surrounded on all sides by signs
of your presence, may live continually in Christ, praising you through him
and with him.

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**Canticle**

1 Peter 2

**Christ's passion, freely chosen**

*He carried our sins in his own body on the cross, so that we might die to sin
    and live for holiness.*

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. 

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

*He carried our sins in his own body on the cross, so that we might die to sin and live for holiness.*

### Short Reading

Acts 13:26-30

My brothers, sons of Abraham’s race, and all you who fear God, this message of salvation is meant for you. What the people of Jerusalem and their rulers did, though they did not realise it, was in fact to fulfil the prophecies read on every sabbath. Though they found nothing to justify his death, they condemned him and asked Pilate to have him executed. When they had carried out everything that scripture foretells about him they took him down from the tree and buried him in a tomb. But God raised him from the dead.

### Short Responsory

We worship you, Christ, and we bless you. 
– *We worship you, Christ, and we bless you.* 
By your cross you have redeemed the world. 
– *We worship you, Christ, and we bless you.* 
Glory be to the Father and to the Son and to the Holy Spirit. 
– *We worship you, Christ, and we bless you.*

### Canticle

*Magnificat*
My soul rejoices in the Lord

It is written, ‘ I will strike the shepherd down and the sheep of his flock will be scattered.’ But after my resurrection I will go before you into Galilee; there you will see me, said the Lord.

My soul glorifies the Lord, *
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness; *
henceforth all ages will call me blessed.

The Almighty works marvels for me. *
Holy his name!
His mercy is from age to age, *
on those who fear him.

He puts forth his arm in strength *
and scatters the proud-hearted.
He casts the mighty from their thrones *
and raises the lowly.

He fills the starving with good things, *
sends the rich away empty.

He protects Israel, his servant, *
remembering his mercy,
the mercy promised to our fathers, *
to Abraham and his sons for ever.

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

It is written, ‘ I will strike the shepherd down and the sheep of his flock will be scattered.’ But after my resurrection I will go before you into Galilee; there you will see me, said the Lord.
Prayers and intercessions

Let us pray humbly to the Saviour of all men. He went up to Jerusalem to endure the passion and enter into his glory.
– Sanctify the people you redeemed by your blood.

Christ our Redeemer, let us share in your passion by works of penance; let us attain the glory of your resurrection.
– Sanctify the people you redeemed by your blood.

Grant us the protection of your Mother, the comforter of the afflicted; help us to extend to others the consolation you have given us.
– Sanctify the people you redeemed by your blood.

Take care of those we have discouraged and those we have wronged; help us to learn from our sufferings so that justice and love may prevail in the end.
– Sanctify the people you redeemed by your blood.

You humbled yourself even to accepting death, death on a cross; grant to your servants obedience and patience.
– Sanctify the people you redeemed by your blood.

Share with the dead your bodily glory; let us rejoice one day with them in the fellowship of the saints.
– Sanctify the people you redeemed by your blood.

Our Father, who art in heaven, hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

Almighty, ever-living God,
you gave our Saviour the command
to become man and undergo the cross
as an example of humility for all men to follow.
We have the lessons of his sufferings:
give us also the fellowship of his resurrection.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.

Amen.
Monday 6 April 2020

Monday of Holy Week

Morning Prayer (Lauds)

If this is the first Hour that you are reciting today, you should precede it with the Invitatory Psalm and omit the Introduction.

INTRODUCTION

O God, come to our aid.

O Lord, make haste to help us.

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

Amen.

Hymn

Sing my tongue, the glorious battle,

Sing the ending of the fray;

To the Cross, our noble trophy,

Here a fitting tribute pay,

Telling how the world’s Redeemer,

Slain as victim, won the day.

Tell how, when at length the fullness

Of the appointed time was come,

He, the Word, was born of woman,

Left for us his Father’s home,

Showed to men the perfect manhood,
Shone as light amidst the gloom.

Now the thirty years are ended
  Which on earth he willed to see,
Willingly he meets his Passion,
  Born to set his people free;
On the Cross the Lamb is lifted,
  There the sacrifice to be.

Faithful Cross, above all other,
  One and only noble Tree,
None in foliage, none in blossom,
  None in fruit thy peer may be;
Sweet the wood and sweet the iron,
  And the load, most sweet is he.

Unto God be praise and glory:
  To the Father and the Son,
To the eternal Spirit, honour
  Now and evermore be done;
Praise and glory in the highest,
  While the timeless ages run.

Psalm 41 (42)
Longing for the Lord and his temple

“Sheep all who are thirsty come; all who want it may have the water of life” (Rev 22:17).

*Jesus said: ‘My soul is sorrowful to the point of death. Wait here and keep awake with me.’*

*Like the deer that yearns*
  for running streams,
*só my sòul is yéarning*
  for yóu, my Gód.

My sòul is thirsting for Gód, *
the Gód of my lífe;
whén can I énter and sée *
the fáce of Gód?

My téars have becóme my bréad, *
by níght, by dáy,
as I héar it sáid all the day lón: *
‘Whére is your Gód?’

Thése things will Í remémber *
as I póur out my sóul:
how I would léad the rejóicing crówd *
into the hóuse of Gód,
amíd críes of gládness and thanksgíving, *
the thróng wild with jóy.

Whý are you cast dówn, my sóul, *
why gróan within me?
Hope in Gód; I will práise him stíll, *
my sáviour and my Gód.

My sóul is cast dówn withín me *
as I thínk of yóu,
from the cóuntry of Jórdan and Mount Hérmon, *
from the Híll of Mízar.

Déep is cálling on déep, *
in the róar of wáters;
your tórrents and áll your wáves *
swept óver mé.

By dáy the Lórd will sénd *
his lóving kíndness;
by níght I will síng to hím, *
praise the Gód of my lífe.

I will sáy to Gód, my róck: *
‘Whý have you forgótten me?
Whý do Í go móurning *
opprêssed by the fôe?'

With crîes that pîerce me to the héart, *
    my énemies revîle me,
sâying to me áll the day lóng: *
    ‘Whére is your Gôd?’

Whý are you cast dówn, my sóul, *
    why gróan withîn me?
Hope in Gôd; I will práise him stîll, *
    my sáviour and my Gôd.

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

*Jesus said: ‘My soul is sorrowful to the point of death. Wait here and keep
    awake with me.’*

**Psalm-prayer**

Father in heaven, when your strength takes possession of us we no longer
say: Why are you cast down, my soul? So now that the surging waves of your
indignation have passed over us, let us feel the healing calm of your
forgiveness. Inspire us to yeare for you always, like the deer for running
streams, until you satisfy every longing in heaven.

**Or:**

Lord God, never-failing fountain of life eternal, by the saving waters of
baptism you called us from the depths of sin, to the depths of mercy. Do not
forget the trials of our exile, but from the wellspring of the Word, satisfy our
thirst for you so we may come rejoicing to your holy mountain.

**Canticle**

Ecclesiasticus 36
A prayer for Jerusalem, the holy city

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

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

Save us, God of all things, *
strike all the nations with terror;
raise your hand against foreign nations, *
that they may see the greatness of your might.

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

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

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

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

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

Now sentence is being passed on this world; now the prince of this world is to
Psalm 18 (19)
Praise of God the creator

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

Jesus leads us in our faith and brings it to perfection: he endured the cross, disregarding the shamefulness of it, and has taken his seat at God’s right hand.

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

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

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

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

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

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

Jesus leads us in our faith and brings it to perfection: he endured the cross, disregarding the shamefulness of it, and has taken his seat at God’s
right hand.

**Psalm-prayer**

To enlighten the world, Father, you sent to us your Word as the sun of truth and justice shining upon mankind. Illumine our eyes that we may discern your glory in the many works of your hand.

**Short Reading**

*Jeremiah 11:19-20*

I was like a trustful lamb being led to the slaughter-house, not knowing the schemes they were plotting against me, ‘Let us destroy the tree in its strength, let us cut him off from the land of the living, so that his name may be quickly forgotten!’ But you, Lord of Hosts, who pronounce a just sentence, who probe the loins and heart, let me see the vengeance you will take on them, for I have committed my cause to you.

**Short Responsory**

You have redeemed us, Lord, by your blood.

\[\text{– You have redeemed us, Lord, by your blood.}\]

From every tribe and tongue and people and nation.

\[\text{– You have redeemed us, Lord, by your blood.}\]

Glory be to the Father and to the Son and to the Holy Spirit.

\[\text{– You have redeemed us, Lord, by your blood.}\]

**Canticle**

*Benedictus*

**The Messiah and the one who was sent before him**

*Father, Righteous One, the world has not known you, but I have known you, because it was you that sent me.*

Bléssed be the Lórd, the Gód of Ísrael! *

\[\text{He has vísited his péople and redeéemed them.}\]

He has raised úp for ús a mighty sáviour *
in the house of Dávid his sérvant, as he prómised by the líps of holy mén, * thóse who were his próphets from of óld.

A sáviour who would frée us from our fóes, * from the hánds of áll who háte us. So his lóve for our fáthers is fulfílled * and his hóly covenant remémbered.

He swóre to Ábraham our fáther to gránt us, * that frée from féar, and sáved from the hánds of our fóes, we might sérve him in hóliness and jústice * all the dáys of our lífe in his présence.

As for yóu, little Chíld, * you shall be cálled a próphet of Gód, the Most Hígh. You shall go ahéad of the Lórd * to prépare his wáys befóre him,

To make knówn to his péople their salvátion * through forgíveness of áll their síns, the loving-kíndness of the héart of our Gód * who vísits us like the dáwn from on hígh.

He will give líght to those in dárkness, † those who dwéll in the shádow of déath, * and guíde us into the wáy of péace.

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

Father, Righteous One, the world has not known you, but I have known you, because it was you that sent me.

Prayers and intercessions
Let us pray earnestly to Christ our Saviour, who redeemed us by his death and resurrection.

– Lord, have mercy on us.

You went up to Jerusalem to endure the passion and enter into glory; lead your Church into the paschal feast of eternal life.

– Lord, have mercy on us.

Your heart was pierced with a lance; heal the wounds of our human weakness.

– Lord, have mercy on us.

You made your cross the tree of life; share your victory with all the baptized.

– Lord, have mercy on us.

You gave salvation to the repentant thief; pardon all our sins.

– Lord, have mercy on us.

Our Father, who art in heaven, hallowed be thy name.

Thy kingdom come.

Thy will be done on earth, as it is in heaven.

Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

Almighty God, grant that we who are constantly betrayed by our own weakness may draw the breath of new life from the passion and death of your Only-Begotten Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

Amen.
The Lord bless us, and keep us from all evil, and bring us to everlasting life.

Amen.
Monday 6 April 2020

Monday of Holy Week

Vespers (Evening Prayer)

INTRODUCTION

O God, come to our aid.
    O Lord, make haste to help us.
Glory be to the Father and to the Son
    and to the Holy Spirit,
as it was in the beginning,
    is now, and ever shall be,
world without end.
Amen.

Hymn

The royal banners forward go,
The Cross shines forth in radiant glow;
Where he, the Life, did death endure,
And yet by death did life procure.

His feet and hands outstretcing there,
He willed the piercing nails to bear,
For us and our redemption’s sake
A victim of himself to make.

There whilst he hung, his sacred side
By soldier’s spear was opened wide,
To cleanse us in the precious flood
Of water mingled with his blood.
Fulfilled is now what David told
In true prophetic song of old,
To all the nations, ‘Lo,’ said he,
‘Our God is reigning from the tree.’

Blest Three in One, our praise we sing
To thee from whom all graces spring:
As by the cross thou dost restore,
So rule and guide us evermore.

Psalm 44 (45)
The wedding of the King

“Behold, the bridegroom is coming; go out to meet him” (Mt 25:6).

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

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

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

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

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

Your throne, O God, shall endure for ever. †
A sceptre of justice is the sceptre of your kingdom. *
Your love is for justice; your hatred for evil.
Therefore Gód, your Gód, has anóinted yóu †
   with the óil of gládness abóve other kíngs: *
   your róbés are frágrant with alóes and mýrrh.

From the ívory pálace you are gréeted with músic. †
   The dáughters of kíngs are amóng your lóved ones. *
   On your right stands the quéen in góld of Óphir.

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

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

Psalm 44 (45)
The King's bride

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

Lísten, O dáughter, give éar to my wórds: *
   forgét your own péople and your fáther’s hóuse.
Só will the kíng désíre your béauty: *
   Hé is your lórd, pay hómage to hím.

And the péople of Týre shall cóme with gífts, *
   the ríche of the péople shall séek your fávour.
The dáughter of the kíng is clóthed with spléndour, *
   her róbés embróidered with péarls set in góld.

She is léd to the kíng with her máiden compánions. †
   Théy are escórted amid gládness and jóy; *
   they páss withín the pálace of the kíng.
Sons shall be yours in place of your fathers: *
you will make them princes over all the earth.
May this song make your name for ever remembered. *
May the peoples praise you from age to age.

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

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

Psalm-prayer
When you took on flesh, Lord Jesus, you made a marriage of mankind with God. Help us to be faithful to your word and endure our exile bravely, until we are called to the heavenly marriage feast, to which the Virgin Mary, exemplar of your Church, has preceded us.

Canticle

Ephesians 1

God the Saviour

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

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

He chose us in him *
before the foundation of the world,
that we should be holy *
and blameless before him.
He destined us in love *
to be his sons through Jesus Christ,
according to the purpose of his will, †
to the praise of his glorious grace *
which he freely bestowed on us in the Beloved.

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

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

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

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

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

Short Reading Romans 5:8-9

What proves that God loves us is that Christ died for us while we were still sinners. Having died to make us righteous, is it likely that he would now fail to save us from God’s anger?
Short Responsory

We worship you, Christ, and we bless you.
– We worship you, Christ, and we bless you.
By your cross you have redeemed the world.
– We worship you, Christ, and we bless you.
Glory be to the Father and to the Son and to the Holy Spirit.
– We worship you, Christ, and we bless you.

Canticle

My soul rejoices in the Lord

As Moses lifted up the serpent in the desert, so the Son of Man must be lifted up, so that everyone who believes may have eternal life.

My soul glóries the Lórd, *
my spirit rejóices in Gód, my Sáviour.
He looks on his sérvant in her lówliness; *
henceforth all áges will cáll me bléssed.

The Almíghty works márvels for me. *
Hóly his náme!
His mécy is from age to áge, *
on thóse who féar him.

He pútts forth his árm in stréngth *
and scátters the proud-héarted.
He casts the míghty from their thrónes *
and ráises the lówly.

He fills the stárving with good tíngs, *
sends the rích away émpty.

He protects Ísrael, his sérvant, *
remémering his mécy,
the mécy prómised to our fáthers, *
to Ábraham and his sóns for éver.
Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end.  
Amen.

As Moses lifted up the serpent in the desert, so the Son of Man must be lifted up, so that everyone who believes may have eternal life.

Prayers and intercessions

Let us turn in prayer to the Saviour of all men. By dying he destroyed our death and by rising he restored our life.  
– Sanctify the people you redeemed by your blood.

Christ, our Redeemer, let us share in your passion by works of penance,  
let us attain the glory of your resurrection.  
– Sanctify the people you redeemed by your blood.

Grant us the protection of your Mother, the comforter of the afflicted,  
help us to extend to others the consolation you have given us.  
– Sanctify the people you redeemed by your blood.

Unite the faithful to your passion in times of trouble and distress  
and let the power of your salvation shine forth in their lives.  
– Sanctify the people you redeemed by your blood.

You humbled yourself even to accepting death, death on a cross;  
grant to your servants obedience and patience.  
– Sanctify the people you redeemed by your blood.

Share with the dead your bodily glory;  
let us rejoice one day with them in the fellowship of the saints.  
– Sanctify the people you redeemed by your blood.

Our Father, who art in heaven,  
hallowed be thy name.  
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
    and forgive us our trespasses,
    as we forgive those who trespass against us,
and lead us not into temptation,
    but deliver us from evil.

Almighty God,
grant that we who are constantly betrayed by our own weakness
may draw the breath of new life
    from the passion and death of your Only-Begotten Son,
who lives and reigns with you in the unity of the Holy Spirit,
    one God, for ever and ever.

Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.

Amen.
Tuesday 7 April 2020

Tuesday of Holy Week

Morning Prayer (Lauds)

*If this is the first Hour that you are reciting today, you should precede it with the Invitatory Psalm and omit the Introduction.*

---

**INTRODUCTION**

O God, come to our aid.
   
   *O Lord, make haste to help us.*

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

Amen.

---

**Hymn**

Sing my tongue, the glorious battle,
   Sing the ending of the fray;
To the Cross, our noble trophy,
   Here a fitting tribute pay,
Telling how the world’s Redeemer,
   Slain as victim, won the day.

Tell how, when at length the fullness
   Of the appointed time was come,
He, the Word, was born of woman,
   Left for us his Father’s home,
Showed to men the perfect manhood,
Shone as light amidst the gloom.

Now the thirty years are ended
Which on earth he willed to see,
Willingly he meets his Passion,
Born to set his people free;
On the Cross the Lamb is lifted,
There the sacrifice to be.

Faithful Cross, above all other,
One and only noble Tree,
None in foliage, none in blossom,
None in fruit thy peer may be;
Sweet the wood and sweet the iron,
And the load, most sweet is he.

Unto God be praise and glory:
To the Father and the Son,
To the eternal Spirit, honour
Now and evermore be done;
Praise and glory in the highest,
While the timeless ages run.

Psalm 42 (43)
Longing for the temple

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

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

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

Since you, O God, are my stronghold, *
whys have you rejected me?
Why do I go mourning *
oppréssed by the fóe?

O séd forth your lítght and your truíth; *
    let thése be my guíde.
Let thém bring me to your hóly móuntain, *
    to the pláce where you dwéll.

And I will cóme to the álta of Gód, *
    the Gód of my jóy.
My rédéemer, I will thánk you on the háp, *
    O Gód, my Gód.

Whý are you cast dónw my sóul, *
    why gróan withín me?
Hope in Gód; I will práise him stíll, *
    my sáviour and my Gód.

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

* Lord, plead my cause; from deceitful and cunning men rescue me.

Psalm-prayer

Almighty Father, source of everlasting light, send forth your truth into our
hearts and pour over us the brightness of your light.

Or:

Father, your Son was condemned by reason of our sins, but on Easter
morning you glorified him with the glory he always had with you. Do not
leave us, his members, in the enemy’s hands, but bring us, through our joyful
participation at your altar, to your eternal tabernacle on high to adore in spirit
and truth.

Canticle

Isaiah 38
The psalm of Hezekiah on recovering from sickness

“I was dead and behold, I am alive and I hold the keys of death” (Rev 1:17-18).

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

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

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

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

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

Like a swallow or a crane I clamour, *
I moan like a dove.
My eyes are weary with looking upward. *
O Lord, I am oppressed; be my security.

Lo, it was for my welfare *
that I had great bitterness;
but you have held back my life *
from the pit of destruction,
for you have cast all my sins *
behind your back.
For Sheol cannot thank you, *
   death cannot praise you;
those who go down to the pit *
   cannot hope for your faithfulness.

The living, the living, he thanks you, †
   as I do this day; *
   the father makes known to the children your faithfulness.

The Lord will save me, *
   and we will sing to stringed instruments
all the days of our life, *
   at the house of the Lord.

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

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

Psalm 64 (65)
A solemn thanksgiving

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

To your praise is due *
   in Sion, O God.
To your vows, *
   you who hear our prayer.
To you all flesh will come *
with its bûrden of sín.
Too héavy for ús, our offénces, *
but you wípe them awáy.

Blessed is hé whom you chóose and cáll *
to dwéll in your cóurts.
We are fílled with the bléssings of your hóuse, *
of your hóly témple.

You kéep your plédge with wónders, *
O Gód our sáviour,
the hópe of áll the éarth *
and of fár distant ísles.

You uphóld the móuntains with your stréngth, *
you are gírded with pówer.
You stíll the róaring of the séas, †
(the róaring of their wáves) *
and the túmult of the péoples.

The énds of the éarth stand in áwe *
at the síght of your wónders.
The lánds of súnrise and súnset *
you fíll with your jóy.

You cáre for the éarth, give it wáter, *
you fíll it with ríches.
Your ríver in héaven bríms óver *
to províde its gráin.

And thús you províde for the éarth; *
you drénch its fúrrows;
you lével it, sóften it with shówers; *
you bléss its gróth.

You crówn the yéar with your góodness. †
Abúndance flóws in your stéps, *
in the pástures of the wílderness it flóws.

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

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

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

Psalm-prayer

Lord God, hope of all the earth, hear the humble prayer of your children as we sing your praises. Pour out your Spirit on us so that our lives may bear fruit abundantly.

Or:

Father, you created everything in and for your Son, not because you needed creation, but you wished to make your goodness the source of goodness for others. Abide with your Church and fill her to overflowing through your sacraments that she may give us more abundantly the fruits of your favour which bring fullness of life.

Short Reading

Zechariah 12:10-11

Over the House of David and the citizens of Jerusalem I will pour out a spirit of kindness and prayer. They will look on the one whom they have pierced; they will mourn for him as for an only son, and weep for him as people weep for a first-born child. When that day comes, there will be great mourning in Judah.

Short Responsory
You have redeemed us, Lord, by your blood.
– *You have redeemed us, Lord, by your blood.*
From every tribe and tongue and people and nation.
– *You have redeemed us, Lord, by your blood.*
Glory be to the Father and to the Son and to the Holy Spirit.
– *You have redeemed us, Lord, by your blood.*

Canticle

Benedictus

The Messiah and the one who was sent before him

*Father, glorify me in your own presence, with the glory which I had with you before the world began.*

Bléssed be the Lórd, the Gód of Ísrael! *
   He has vísited his péople and redéemed them.

He has raised úp for ús a mighty sáviour *
   in the hóuse of Dávid his sérvant,
as he prómised by the líps of holy mén, *
   thóse who were his próphets from of óld.

A sáviour who would frée us from our fóes, *
   from the hánds of áll who háte us.
So his lóve for our fáthers is fulfílled *
   and his hóly covenant remémbered.

He swóre to Ábraham our fáther to gránt us, *
   that frée from féar, and sáved from the hánds of our fóes,
we might sérve him in hóliness and jústice *
   all the dáys of our lífe in his présence.

As for yóu, little chíld, *
   you shall be cálled a próphet of Gód, the Most Hígh.
You shall go ahéad of the Lórd *
   to prépare his wáys before him,

To make knówn to his péople their salvátion *
through forgiveness of all their sins, 
the loving-kindness of the heart of our God * 
who visits us like the dawn from on high.

He will give light to those in darkness, † 
those who dwell in the shadow of death, * 
and guide us into the way of peace.

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

Amen.

* Father, glorify me in your own presence, with the glory which I had with you before the world began.

Prayers and intercessions

Let us pray earnestly to Christ our Saviour, who redeemed us by his death and resurrection. 
– Lord, have mercy on us.

You went up to Jerusalem to endure the passion and enter into glory; 
lead your Church into the paschal feast of eternal life. 
– Lord, have mercy on us.

Your heart was pierced with a lance; 
heal the wounds of our human weakness. 
– Lord, have mercy on us.

You made your cross the tree of life; 
share your victory with all the baptized. 
– Lord, have mercy on us.

You gave salvation to the repentant thief; 
pardon all our sins. 
– Lord, have mercy on us.
Our Father, who art in heaven,
    hallowed be thy name.
Thy kingdom come.
    Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
    and forgive us our trespasses,
and lead us not into temptation,
    but deliver us from evil.

All-powerful, ever-living God,
    may our sacramental celebration of the Lord’s passion
bring us your forgiveness.
Through our Lord Jesus Christ, your Son,
    who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.

Amen.
Tuesday 7 April 2020

Tuesday of Holy Week

Vespers (Evening Prayer)

INTRODUCTION

O God, come to our aid.  
O Lord, make haste to help us.
Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end.
Amen.

Hymn

The royal banners forward go,  
The Cross shines forth in radiant glow;  
Where he, the Life, did death endure,  
And yet by death did life procure.

His feet and hands outstretching there,  
He willed the piercing nails to bear,  
For us and our redemption’s sake  
A victim of himself to make.

There whilst he hung, his sacred side  
By soldier’s spear was opened wide,  
To cleanse us in the precious flood  
Of water mingled with his blood.
Fulfilled is now what David told
In true prophetic song of old,
To all the nations, ‘Lo,’ said he,
‘Our God is reigning from the tree.’

Blest Three in One, our praise we sing
To thee from whom all graces spring:
As by the cross thou dost restore,
So rule and guide us evermore.

Psalm 48 (49)
The uselessness of riches

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

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

Hear this, all you peoples,
    give heed, all who dwell in the world,
men both low and high,
    rich and poor alike!

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

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

For no man can buy his own ransom,
    or pay a price to God for his life.
The ransom of his soul is beyond him.
    He cannot buy life without end,
nor avoid coming to the grave.
He knows that wise men and fools must both perish *
and leave their wealth to others.
Their graves are their homes for ever, †
their dwelling place from age to age, *
though their names spread wide through the land.

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

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

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

Psalm 48 (49)

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

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

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

Then do not fear when a man grows rich, *
when the glory of his house increases.
He takes nothing with him when he dies, *
his glory does not follow him below.
Though he flattered himself while he lived: *
‘Men will praise me for all my success,’
yet he will go to join his fathers, *
who will never see the light any more.

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

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

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

Psalm-prayer

Make our mouths speak your wisdom, Lord Jesus, and help us to remember that you became man and redeemed us from death that we might merit the beauty of your light.

Or:

You condemned the rich, Lord Jesus, because they have already received their reward, and you proclaimed the poor blessed because the kingdom of heaven is theirs. Teach us to seek for imperishable goods and to have confidence in your blood, poured out as the price of our redemption.

Canticle

Apocalypse 4,5

The song of the redeemed

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

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.

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

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

Short Reading

1 Corinthians 1:27-30

To shame what is strong, God chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen – those who are nothing at all to show up those who are everything. The human race has nothing to boast about to God, but you, God has made members of Christ Jesus and by God’s doing he has become our wisdom, and our virtue, and our holiness, and our freedom.

Short Responsory
We worship you, Christ, and we bless you.
– We worship you, Christ, and we bless you.
By your cross you have redeemed the world.
– We worship you, Christ, and we bless you.
Glory be to the Father and to the Son and to the Holy Spirit.
– We worship you, Christ, and we bless you.

Canticle

Magnificat

My soul rejoices in the Lord

I have the right to lay down my life, and I have the right to take it up again.

My soul glorifies the Lord, *
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness; *
    henceforth all ages will call me blessed.

The Almighty works marvels for me. *
Holy his name!
His mercy is from age to age,*
    on those who fear him.

He puts forth his arm in strength *
    and scatters the proud-hearted.
He casts the mighty from their thrones *
    and raises the lowly.

He fills the starving with good things,*
    sends the rich away empty.

He protects Israel, his servant,*
    remembering his mercy,
the mercy promised to our fathers,*
    to Abraham and his sons for ever.

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

I have the right to lay down my life, and I have the right to take it up again.

Prayers and intercessions

Let us turn in prayer to the Saviour of all men. By dying he destroyed our
death and by rising he restored our life.
– Sanctify the people you redeemed by your blood.

Christ, our Redeemer, let us share in your passion by works of penance,
let us attain the glory of your resurrection.
– Sanctify the people you redeemed by your blood.

Grant us the protection of your Mother, the comforter of the afflicted,
help us to extend to others the consolation you have given us.
– Sanctify the people you redeemed by your blood.

Unite the faithful to your passion in times of trouble and distress
and let the power of your salvation shine forth in their lives.
– Sanctify the people you redeemed by your blood.

You humbled yourself even to accepting death, death on a cross;
grant to your servants obedience and patience.
– Sanctify the people you redeemed by your blood.

Share with the dead your bodily glory;
let us rejoice one day with them in the fellowship of the saints.
– Sanctify the people you redeemed by your blood.

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.

All-powerful, ever-living God,
may our sacramental celebration of the Lord’s passion
bring us your forgiveness.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.

Amen.
Wednesday 8 April 2020

Wednesday of Holy Week

Morning Prayer (Lauds)

If this is the first Hour that you are reciting today, you should precede it with the Invitatory Psalm and omit the Introduction.

INTRODUCTION

O God, come to our aid.
   O Lord, make haste to help us.
Glory be to the Father and to the Son
   and to the Holy Spirit,
as it was in the beginning,
   is now, and ever shall be,
world without end.
Amen.

Hymn

Sing my tongue, the glorious battle,
   Sing the ending of the fray;
To the Cross, our noble trophy,
   Here a fitting tribute pay,
Telling how the world’s Redeemer,
   Slain as victim, won the day.

Tell how, when at length the fullness
   Of the appointed time was come,
He, the Word, was born of woman,
   Left for us his Father’s home,
Showed to men the perfect manhood,
Shone as light amidst the gloom.

Now the thirty years are ended
Which on earth he willed to see,
Willingly he meets his Passion,
Born to set his people free;
On the Cross the Lamb is lifted,
There the sacrifice to be.

Faithful Cross, above all other,
One and only noble Tree,
None in foliage, none in blossom,
None in fruit thy peer may be;
Sweet the wood and sweet the iron,
And the load, most sweet is he.

Unto God be praise and glory:
To the Father and the Son,
To the eternal Spirit, honour
Now and evermore be done;
Praise and glory in the highest,
While the timeless ages run.

Psalm 76 (77)
Remembering the works of the Lord

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

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

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

In the day of my distress I sought the Lord. †
My hands were raised at night without ceasing; *
my soul refused to be comforted.
I remembered my God and I groaned. *
I pondered and my spirit fainted.
You withheld sleep from my eyes. *
   I was troubled, I could not speak.
I thought of the days of long ago *
   and remembered the years long past.
At night I mused within my heart. *
   I pondered and my spirit questioned.

‘Will the Lord reject us for ever? *
   Will he show us his favour no more?
Has his love vanished for ever? *
   Has his promise come to an end?
Does God forget his mercy *
   or in anger withhold his compassion?’

I said: ‘This is what causes my grief; *
   that the way of the Most High has changed.’
I remember the deeds of the Lord, *
   I remember your wonders of old,
I muse on all your works *
   and ponder your mighty deeds.

Your ways, O God, are holy. *
   What god is great as our God?
You are the God who works wonders. *
   You showed your power among the peoples.
Your strong arm redeemed your people, *
   the sons of Jacob and Joseph.

The waters saw you, O God, *
   the waters saw you and trembled;
the depths were moved with terror. *
   The clouds poured down rain,
the skies sent forth their voice; *
   your arrows flashed to and fro.

Your thunder rolled round the sky, *
   your flashes lighted up the world.
The earth was moved and trembled *
   when your way led through the sea,
your path through the mighty waters *
   and no one saw your footprints.

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

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

_In the day of my distress I sought the Lord with outstretched arms._

_Psalm-prayer_

Father, you established your ancient covenant by signs and wonders, but more wondrously you confirmed the new one through the sacrifice of your Son. Guide your Church through the pathways of life, that we may be led to the land of promise and celebrate your name with lasting praise.

---

_Canticle_  

1 Samuel 2

_The song of Hannah, mother of Samuel_

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

_If we have died with Christ, we believe that we shall also come to life with him._

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

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

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

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

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

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

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

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

Amen.

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

---

**Psalm 96 (97)**

**The glory of God in his judgements**

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

*God has made Jesus Christ our wisdom and our virtue, our holiness and our freedom.*

The Lord is king, let earth rejoice, *
    let all the coastslands be glad.
Clóud and dárkness are his ráiment; *
    his thróne, jústice and right.

A fíre prepáres his páth; *
    it búrns up his fóes on every síde.
His líghtnings líght up the wórld, *
    the éarth trémbles at the síght.

The móuntains mélt like wáx *
    before the Lórd of áll the éarth.
The skíés procláim his jústice; *
    all péoples sée his glória.

Let thóse who serve ídols be asháméd, †
    those who bóast of their wórthless góds. *
    All you spírits, wórship hím.

Síon héars and is glád; †
    the péople of Júdah rejóice *
    becáuse of your júdgements, O Lórd.
For you indeed are the Lord †
    most high above all the earth, *
exalted far above all spirits.

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

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

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

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

Psalm-prayer

Father, you clothe the sky with light and the depths of the ocean with darkness. Among the sons of men you work wonders, and rain terror upon the enemy. Look upon your servants. Do not try us by fire but bring us rejoicing to the shelter of your home.

Short Reading

The Lord has opened my ear. For my part, I made no resistance, neither did I turn away. I offered my back to those who struck me, my cheeks to those who tore at my beard; I did not cover my face against insult and spittle. The Lord comes to my help, so that I am untouched by the insults. So, too, I set my face like flint; I know I shall not be shamed.

Short Responsory
You have redeemed us, Lord, by your blood.
– *You have redeemed us, Lord, by your blood.*
From every tribe and tongue and people and nation.
– *You have redeemed us, Lord, by your blood.*
Glory be to the Father and to the Son and to the Holy Spirit.
– *You have redeemed us, Lord, by your blood.*

**Canticle**

### Benedictus

**The Messiah and the one who was sent before him**

*May the blood of Christ, who offered himself as the perfect sacrifice to God through the Holy Spirit, purify our inner self from dead actions so that we may serve the living God.*

Bléssed be the Lórd, the Gód of Ísrael! *
He has vísited his péople and redéemed them.

He has raised úp for ús a mighty sáviour *
in the hóuse of Dávid his sérvant,
as he prómised by the líps of holy mén, *
thóse who were his próphets from of óld.

A sáviour who would frée us from our fóes, *
from the hánds of áll who háte us.
So his lóve for our fáthers is fulfílled *
and his hóly covenant remémbered.

He swóre to Ábraham our fáther to gránt us,*
that frée from féar, and sáved from the hánds of our fóes,
we might sérve him in hóliness and jústice *
all the dáys of our life in his présence.

As for yóu, little chíld,*
you shall be cárried a próphet of Gód, the Most Hígh.
You shall go ahéad of the Lórd *
to prépare his wáys before him,
To make known to his people their salvation *
through forgiveness of all their sins,
the loving-kindness of the heart of our God *
who visits us like the dawn from on high.

He will give light to those in darkness, †
those who dwell in the shadow of death, *
and guide us into the way of peace.

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

May the blood of Christ, who offered himself as the perfect sacrifice to God through the Holy Spirit, purify our inner self from dead actions so that we may serve the living God.

Prayers and intercessions

Let us pray earnestly to Christ our Saviour, who redeemed us by his death and resurrection.
– Lord, have mercy on us.

You went up to Jerusalem to endure the passion and enter into glory;
lead your Church into the paschal feast of eternal life.
– Lord, have mercy on us.

Your heart was pierced with a lance;
heal the wounds of our human weakness.
– Lord, have mercy on us.

You made your cross the tree of life;
share your victory with all the baptized.
– Lord, have mercy on us.

You gave salvation to the repentant thief;
pardon all our sins.
– Lord, have mercy on us.

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
   Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
   and forgive us our trespasses,
   as we forgive those who trespass against us,
and lead us not into temptation,
   but deliver us from evil.

By your will, Lord God,
   your Son underwent the agony of the cross
to break the power of Satan over man.
Give your people grace to rise again with Christ,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.

Amen.
Wednesday 8 April 2020

Wednesday of Holy Week

Vespers (Evening Prayer)

INTRODUCTION

O God, come to our aid.
     O Lord, make haste to help us.
Glory be to the Father and to the Son
     and to the Holy Spirit,
as it was in the beginning,
     is now, and ever shall be,
world without end.
Amen.

Hymn

The royal banners forward go,
The Cross shines forth in radiant glow;
Where he, the Life, did death endure,
And yet by death did life procure.

His feet and hands outstretching there,
He willed the piercing nails to bear,
For us and our redemption’s sake
A victim of himself to make.

There whilst he hung, his sacred side
By soldier’s spear was opened wide,
To cleanse us in the precious flood
Of water mingled with his blood.
Fulfilled is now what David told
In true prophetic song of old,
To all the nations, ‘Lo,’ said he,
‘Our God is reigning from the tree.’

Blest Three in One, our praise we sing
To thee from whom all graces spring:
As by the cross thou dost restore,
So rule and guide us evermore.

Psalm 61 (62)
Peace in God

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

The wicked men said: ‘Let us oppress the just man, since his ways are contrary to ours.’

In God alone is my soul at rest; *
    my help comes from him.
He alone is my rock, my stronghold, *
    my fortress: I stand firm.

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

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

In God alone be at rest, my soul; *
    for my hope comes from him.
He alone is my rock, my stronghold, *
    my fortress: I stand firm.
In Gód is my sáfety and glórý, *  
the róck of my stréngth.  
Take réfuge in Gód, all you péople. *  
Trúst him at áll times.  
Póur out your héarts befóre him *  
for Gód is our réfuge.  

Cómmon folk are ónly a bréath, *  
gréat men an illúsion.  
Pláced in the scáles, they ríse; *  
they weigh léss than a bréath.  

Dó not put your trúst in oppréssion *  
nor vain hôpes on plúnder.  
Dó not set your héart on ríches *  
even whén they incréase.  

For Gód has sóaid only óne thing: *  
only twó do I knów:  
that to Gód álóne belongs pówer *  
and to yóu, Lord, lóve;  
and that yóu repáy each mán *  
accórding to his dédés.  

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

*The wicked men said: ‘Let us oppress the just man, since his ways are contrary to ours.’*

**Psalm-prayer**

Lord God, you reward each one according to his works. Hear us as we pour out our hearts to you, seeking your grace and secure protection. We look to you for our stable hope in a constantly changing world.
Psalm 66 (67)
All peoples, praise the Lord

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

He bore the sins of many and interceded for sinners.

O Gód, be grácious and bléss us *
and let your fáce shed its líght upón us.
So will your wáys be knówn upon éarth *
and all nátions learn your sáving hélp.

Let the péoples práise you, O Gód; *
let áll the péoples práise you.

Let the nátions be glád and exúlt *
for you rúle the wórld with jústice.
With fáirness you rúle the péoples, *
you gúide the nátions on éarth.

Let the péoples práise you, O Gód; *
let áll the péoples práise you.

The éarth has yíelded its frúit *
for Gód, our Gód, has bléssed us.
May Gód still gíve us his bléssing *
till the énds of the éarth revére him.

Let the péoples práise you, O Gód; *
let áll the péoples práise you.

Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen.
He bore the sins of many and interceded for sinners.

Psalm-prayer

Be gracious and bless us, Lord, and let your face shed its light on us, so that we can make you known with reverence and bring forth a harvest of justice.

Or:

All peoples praise you, Father, because through your kindly power the earth has brought forth its fruit, the tree of the cross. We ask that this cross unite all peoples in its embrace and feed them with its fruit, everlasting life.

Canticle

(Colossians 1)

Christ, firstborn of all creatures and firstborn from the dead

In Christ we gain our freedom, the forgiveness of our sins, through the shedding of his blood.

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

He has delivered us from the dominion of darkness *
   and transferred us to the kingdom of his beloved Son,

in whom we have redemption, *
   the forgiveness of sins.

He is the image of the invisible God, *
   the firstborn of all creation,

for in him all things were created, in heaven and on earth, *
   visible and invisible.

All things were created *
   through him and for him.

He is before all things, *
   and in him all things hold together.
He is the head of the body, the Church; *
  he is the beginning,
the firstborn from the dead, *
  that in everything he might be pre-eminent.

For in him all the fullness 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.

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

In Christ we gain our freedom, the forgiveness of our sins, through the
  shedding of his blood.

Short Reading

Ephesians 4:32-5:2

Be friends with one another, and kind, forgiving each other as readily as God
  forgave you in Christ. Try to imitate God as children of his that he loves and
follow Christ loving as he loved you, giving himself up in our place as a
  fragrant offering and a sacrifice to God.

Short Responsory

We worship you, Christ, and we bless you.
  – We worship you, Christ, and we bless you.
By your cross you have redeemed the world.
  – We worship you, Christ, and we bless you.
Glory be to the Father and to the Son and to the Holy Spirit.
  – We worship you, Christ, and we bless you.

Canticle

Magnificat
My soul rejoices in the Lord

The Master says: My time is near. It is at your house that I am keeping the Passover with my disciples.

My soul glorifies the Lord, *
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness; *
henceforth all ages will call me blessed.

The Almighty works marvels for me. *
Holy his name!
His mercy is from age to age, *
on those who fear him.

He puts forth his arm in strength *
and scatters the proud-hearted.
He casts the mighty from their thrones *
and raises the lowly.

He fills the starving with good things, *
sends the rich away empty.

He protects Israel, his servant, *
remembrance his mercy,
the mercy promised to our fathers, *
to Abraham and his sons for ever.

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

The Master says: My time is near. It is at your house that I am keeping the Passover with my disciples.
Prayers and intercessions

Let us turn in prayer to the Saviour of all men. By dying he destroyed our death and by rising he restored our life.
– Sanctify the people you redeemed by your blood.

Christ, our Redeemer, let us share in your passion by works of penance, let us attain the glory of your resurrection.
– Sanctify the people you redeemed by your blood.

Grant us the protection of your Mother, the comforter of the afflicted, help us to extend to others the consolation you have given us.
– Sanctify the people you redeemed by your blood.

Unite the faithful to your passion in times of trouble and distress and let the power of your salvation shine forth in their lives.
– Sanctify the people you redeemed by your blood.

You humbled yourself even to accepting death, death on a cross; grant to your servants obedience and patience.
– Sanctify the people you redeemed by your blood.

Share with the dead your bodily glory; let us rejoice one day with them in the fellowship of the saints.
– Sanctify the people you redeemed by your blood.

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

By your will, Lord God, your Son underwent the agony of the cross
to break the power of Satan over man.
Give your people grace to rise again with Christ,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.

Amen.
Thursday 9 April 2020

Maundy Thursday

Morning Prayer (Lauds)

*If this is the first Hour that you are reciting today, you should precede it with the Invitatory Psalm and omit the Introduction.*

---

INTRODUCTION

O God, come to our aid.
   *O Lord, make haste to help us.*
Glory be to the Father and to the Son
   and to the Holy Spirit,
as it was in the beginning,
   is now, and ever shall be,
world without end.
Amen.

---

Hymn

Sing my tongue, the glorious battle,
   Sing the ending of the fray;
To the Cross, our noble trophy,
   Here a fitting tribute pay,
Telling how the world’s Redeemer,
   Slain as victim, won the day.

Tell how, when at length the fullness
   Of the appointed time was come,
He, the Word, was born of woman,
   Left for us his Father’s home,
Showed to men the perfect manhood,
Shone as light amidst the gloom.

Now the thirty years are ended
Which on earth he willed to see,
Willingly he meets his Passion,
Born to set his people free;
On the Cross the Lamb is lifted,
There the sacrifice to be.

Faithful Cross, above all other,
One and only noble Tree,
None in foliage, none in blossom,
None in fruit thy peer may be;
Sweet the wood and sweet the iron,
And the load, most sweet is he.

Unto God be praise and glory:
To the Father and the Son,
To the eternal Spirit, honour
Now and evermore be done;
Praise and glory in the highest,
While the timeless ages run.

Psalm 79 (80)
Lord, tend your vine


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

O shépherd of Ísrael, héal us, *
you who lead Jóseph’s flóck,
shine fórth from your chérubim thróne *
upon Éphraím, Bénjamin, Manásseh.
O Lórd, róuse up your míght, *
O Lórd, côme to our hélp.

Gód of hósts, brínk us báck; *
let your face shine on us and we shall be saved.

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

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

You brought a vine out of Egypt;
to plant it you drove out the nations.
Before it you cleared the ground;
it took root and spread through the land.

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

Then why have you broken down its walls?*
It is plucked by all who pass by.
It is ravaged by the boar of the forest,*
devoured by the beasts of the field.

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

May your hand be on the man you have chosen,*
the man you have given your strength.
And we shall never forsake you again;*
give us life that we may call upon your name.

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

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

*Look, Lord, and answer quickly, for I am in distress.*

**Psalm-prayer**

Lord God, eternal shepherd, you so tend the vineyard you planted that now it extends its branches even to the farthest coast. Look down on your Church and come to us. Help us remain in your Son as branches on the vine, that, planted firmly in your love, we may testify before the whole world to your great power working everywhere.

---

**Canticle**

Isaiah 12

*The rejoicing of a redeemed people*

“If any man is thirsty, let him come to me and drink” (Jn 7:37)

*See now that God is my salvation: I have trust and no fear.*

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

Truly, God is my salvation, *
I trust, I shall not fear.
For the Lord is my strength, my song, *
he is my saviour.

With joy you will draw water *
from the wells of salvation.
Give thanks to the Lord, give praise to his name! *
Make his mighty deeds known to the peoples.
Declare the greatness of his name, *
sing a psalm to the Lord!
For he has done glorious deeds: *
make them known to all the earth!

People of Zion, sing and shout for joy, *
for great in your midst is the Holy One of Israel.

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

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

Psalm 80 (81)
Solemn renewal of the covenant

“Take care that no one among you has a wicked, disbelieving heart”
(Heb 3:12).

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

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

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

For this is Israel’s law, *
a command of the God of Jacob.
He imposed it as a rule on Joseph, *
when he went out against the land of Egypt.
A voice I did not know said to me: *
   ‘I freed your shouder from the burden;
your hands were freed from the load. *
   You called in distress and I saved you.

   ‘I answered, concealed in the storm cloud; *
      at the wáters of Meríbah I tested you.
Lísten, my péople, to my wárníng. *
      O Ísrael, if ónly you would héeed!

‘Let there bé no fóreign god amóng you, *
   no wórship of an álien gód.
Í am the Lórd your Gód, †
   who bróught you from the lánd of Égypt. *
    Ópen wide your móuth and I will fill it.

   ‘But my péople did not héeed my vóice *
      and Ísrael would not obéy,
so I léft them in their stúbbornness of hétart *
      to fóllow their ówn désígnés.

   ‘Ó that my péople would héeed me, *
      that Ísrael would wálk in my wáys!
   At ónce I would subdúe their fóes, *
      turn my hánd agáinst their énemies.

   ‘The Lord’s énemies would crínge at their féet *
      and their subjéction would lást for éver.
But Ísrael I would féeed with finest whéat *
      and fíll them with hóney from the róck.’

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

*The Lord fed us with finest wheat, he filled us with honey from the rock.*
Psalm-prayer

Lord God, open our mouths to proclaim your glory. Help us to leave sin behind and to rejoice in professing your name.

Or:

Father, you rescued your people from slavery and acquired, through the passion of your Son, a new people united in his body and signed with his holiness. Make us faithful to your covenant and obedient to your commandments, so that we may have in your finest bread food for this life and a foretaste of eternity and be able to walk in your ways until we reach our home.

Short Reading

Hebrews 2:9-10

We have seen Jesus crowned with glory and splendour because he submitted to death; by God’s grace he had to experience death for all mankind. As it was his purpose to bring a great many of his sons into glory, it was appropriate that God, for whom everything exists and through whom everything exists, should make perfect, through suffering, the leader who would take them to their salvation.

Short Responsory

You have redeemed us, Lord, by your blood.
– You have redeemed us, Lord, by your blood.
From every tribe and tongue and people and nation.
– You have redeemed us, Lord, by your blood.
Glory be to the Father and to the Son and to the Holy Spirit.
– You have redeemed us, Lord, by your blood.

Canticle

Benedictus

The Messiah and the one who was sent before him

I have longed to eat this Passover with you before I suffer.
Bléssed be the Lórd, the Gód of Ísrael! *
   He has vísited his péople and redéemed them.

He has raised úp for ús a mighty sáviour *
   in the hóuse of Dávid his sérvant,
as he prómised by the líps of holy mén, *
   thóse who were his próphets from of óld.

A sáviour who would frée us from our fóes, *
   from the hánds of ál who háte us.
So his lóve for our fáthers is fulfílled *
   and his hály covenant remémbered.

He swóré to Ábraham our fáther to gránt us, *
   that frée from féar, and sáved from the hánds of our fóes,
we might sérve him in hóliness and jústice *
   all the dáys of our lífe in his présence.

As for yóu, little chíld, *
   you shall be cálléd a próphet of Gód, the Most Hígh.
You shall go ahéad of the Lórd *
   to prépare his wáys before him,

To make knówn to his péople their salvátion *
   through forgíveness of ál their síns,
the loving-kíndness of the héart of our Gód *
   who vísits us like the dáwn from on hígh.

He will give líght to those in dárkness, †
   those who dwéll in the shádow of déath, *
   and guíde us into the wáy of péace.

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

I have longed to eat this Passover with you before I suffer.
Prayers and intercessions

Let us humbly pray to Christ, the eternal priest, whom the Father anointed with the Holy Spirit to proclaim release for captives.

– Lord, have mercy on us.

You went up to Jerusalem to endure the passion and enter into glory; lead your Church into the paschal feast of eternal life.

– Lord, have mercy on us.

Your heart was pierced with a lance; heal the wounds of our human weakness.

– Lord, have mercy on us.

You made your cross the tree of life; share your victory with all the baptized.

– Lord, have mercy on us.

You gave salvation to the repentant thief; pardon all our sins.

– Lord, have mercy on us.

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.

Love of you with our whole heart, Lord God, is holiness.
Increase, then, your gifts of divine grace in us,
so that, as in your Son’s death you made us hope for what we believe,
you may likewise, in his resurrection,
make us come to you, our final end.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.

Amen.
Thursday 9 April 2020

Maundy Thursday

Vespers (Evening Prayer)

INTRODUCTION

O God, come to our aid.

O Lord, make haste to help us.

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

Amen.

Hymn

The royal banners forward go,
The Cross shines forth in radiant glow;
Where he, the Life, did death endure,
And yet by death did life procure.

His feet and hands outstretching there,
He willed the piercing nails to bear,
For us and our redemption’s sake
A victim of himself to make.

There whilst he hung, his sacred side
By soldier’s spear was opened wide,
To cleanse us in the precious flood
Of water mingled with his blood.
Fulfilled is now what David told
In true prophetic song of old,
To all the nations, ‘Lo,’ said he,
‘Our God is reigning from the tree.’

Blest Three in One, our praise we sing
To thee from whom all graces spring:
As by the cross thou dost restore,
So rule and guide us evermore.

---

Psalm 71 (72)
The Messiah's royal power

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

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

O Gód, give your judgement to the kíng, *
to a kíng’s son your jústice,
that he may júdge your péople in jústice *
and your póor in right júdgement.

May the móuntains bring forth péace for the péople *
and the hílls, jústice.
May he defénd the póor of the péople †
and save the children of the néedy *
and crúsh the oppréssor.

He shall endúre like the sún and the móon *
from áge to áge.
He shall descénd like ráin on the méadow, *
like ráindrops on the éarth.

In his dáys jústice shall flóurish *
and péace till the móon fails.
He shall rúle from séa to séa, *
from the Great River to earth’s bounds.

Before him his enemies shall fall, *
his foes lick the dust.
The kings of Tarshish and the sea coasts *
shall pay him tribute.

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

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

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

Psalm 71 (72)

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

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

From oppression he will rescue their lives, * 
to him their blood is dear. 
Long may he live, * 
may the gold of Sheba be given him. 
They shall pray for him without ceasing * 
and bless him all the day.
May córn be abúndant in the lánd *
to the péaks of the móuntains.
May its frúít rústle like Lébanon; †
may men flóurish in the cíties *
like gráss on the éarth.

May his náme be bléssed for éver *
and endúre like the sún.
Every tríbe shall be bléssed in hím, *
all nátions bless his náme.

Bléssed be the Lórd, God of Ísrael, *
who álóne works wónders,
ever blésséed his glóríous náme. *
Let his glóry fill the éarth.
Amén! Amén!

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

*The Lord shall save the poor when they cry and the needy who are helpless.*

**Psalm-prayer**

We call upon your name, Father, and pronounce it blessed above the earth.
Give your people the fullness of peace and justice in your kingdom.

**Or:**

Almighty God, you gave the kingdom of justice and peace to David and his
descendant, our Lord Jesus Christ. Extend this kingdom to every family of
nations so that through your Son all men may obtain true peace, the poor
receive justice, the destitute relief, and the people of earth find a blessing in
his name.
Canticle

The Judgement

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

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.

Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning, 
is now, and ever shall be, 
world without end.
Amen.
The saints have triumphed by the sacrifice of the Lamb, and by the testimony which they uttered.

---

**Short Reading**

Hebrews 13:12-15

Jesus suffered outside the gate to sanctify the people with his own blood. Let us go to him, then, ‘outside the camp’, and share his degradation. For there is no eternal city for us in this life but we look for one in the life to come. Through him, let us offer God an unending sacrifice of praise, a verbal sacrifice that is offered every time we acknowledge his name.

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**Short Responsory**

Christ humbled himself for us and, in obedience, accepted death.

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**Canticle**

Magnificat

**My soul rejoices in the Lord**

As they were eating, Jesus took bread, and when he had said the blessing he broke it and gave it to his disciples.

My soul glóriﬁes the Lórd, *
   my spirit rejóices in Gód, my Sáviour.
He looks on his sérvant in her lówliness; *
   henceforth all áges will cáll me bléssed.

The Almíghty works márvels for me. *
   Hóly his námé!
His mécry is from age to áge, *
   on thóse who féar him.

He púts forth his árm in stréngth *
   and scátters the proud-héarted.
He casts the míghty from their thrónes *
   and ráises the lówly.
He fills the starving with good things,*
    sends the rich away empty.

He protects Israel, his servant,*
    remembering his mercy,
the mercy promised to our fathers,*
    to Abraham and his sons for ever.

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

As they were eating, Jesus took bread, and when he had said the blessing he broke it and gave it to his disciples.

Prayers and intercessions

Let us adore our Saviour, who at the Last Supper, on the night he was betrayed, entrusted to the Church the memorial of his death and resurrection to be celebrated throughout the ages. Confident that he will hear us, we pray:
– Sanctify the people whom you redeemed by your blood.

Christ, our Redeemer, let us share in your passion by works of penance;
    let us attain the glory of your resurrection.
– Sanctify the people whom you redeemed by your blood.

Grant us the protection of your Mother, the comforter of the afflicted;
    may we bring to others the consolation you have given us.
– Sanctify the people whom you redeemed by your blood.

Unite the faithful to your passion in times of trouble and distress;
    let the power of your salvation shine forth in their lives.
– Sanctify the people whom you redeemed by your blood.

You humbled yourself even to accepting death, death on a cross;
grant to your servants obedience and patience.
– Sanctify the people whom you redeemed by your blood.

Share with the dead your bodily glory;
  let us rejoice one day with them in the fellowship of the saints.
– Sanctify the people whom you redeemed by your blood.

Our Father, who art in heaven,
  hallowed be thy name.
Thy kingdom come.
  Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
  and forgive us our trespasses,
  as we forgive those who trespass against us,
and lead us not into temptation,
  but deliver us from evil.

Lord God,
  since for your glory and our salvation
  you willed Christ your Son to be the eternal High Priest,
grant that the people he gained for you by his blood
  may be strengthened by his cross and resurrection
  when they take part in his memorial sacrifice.
Who lives and reigns with you in the unity of the Holy Spirit,
  one God, for ever and ever.
Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.
Amen.
Good Friday

Morning Prayer (Lauds)

If this is the first Hour that you are reciting today, you should precede it with the Invitatory Psalm and omit the Introduction.

INTRODUCTION

O God, come to our aid.
O Lord, make haste to help us.
Glory be to the Father and to the Son and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be,
world without end.
Amen.

Hymn

Sing my tongue, the glorious battle,
Sing the ending of the fray;
To the Cross, our noble trophy,
Here a fitting tribute pay,
Telling how the world’s Redeemer,
Slain as victim, won the day.

Tell how, when at length the fullness
Of the appointed time was come,
He, the Word, was born of woman,
Left for us his Father’s home,
Showed to men the perfect manhood,
Shone as light amidst the gloom.

Now the thirty years are ended
Which on earth he willed to see,
Willingly he meets his Passion,
Born to set his people free;
On the Cross the Lamb is lifted,
There the sacrifice to be.

Faithful Cross, above all other,
One and only noble Tree,
None in foliage, none in blossom,
None in fruit thy peer may be;
Sweet the wood and sweet the iron,
And the load, most sweet is he.

Unto God be praise and glory:
To the Father and the Son,
To the eternal Spirit, honour
Now and evermore be done;
Praise and glory in the highest,
While the timeless ages run.

Psalm 50 (51)
God, have mercy on me

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

God did not spare his own Son, but gave him up for us all.

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.

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

God did not spare his own Son, but gave him up for us all.

Psalm-prayer

Father, he who knew no sin was made sin for us, to save us and restore us to
your friendship. Look upon our contrite heart and afflicted spirit and heal our
troubled conscience, so that in the joy and strength of the Holy Spirit we may
proclaim your praise and glory before all the nations.

Canticle

Habakkuk 3

The Lord will appear in judgement

“Lift up your heads, for your redemption is near at hand” (Lk 21:28).

Jesus Christ showed his love for us and freed us from our sins with his life’s
blood.

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

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

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

This I heard and I tremble with terror, *
    my lips quiver at the sound.
Weakness invades my bones, *
    my steps fail beneath me
yet I calmly wait for the doom *
    that will fall upon the people who assail us.

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

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

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

Jesus Christ showed his love for us and freed us from our sins with his life’s blood.
Psalm 147 (147B)
God, the foundation of Jerusalem

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

We venerate your Cross, Lord; we praise and glorify your holy resurrection. Because of the tree joy has come into the whole world.

O praise the Lord, Jerusalem! *
Sión, 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.

Glory be to the Father and to the Son 
and to the Holy Spirit, 
as it was in the beginning, 
is now, and ever shall be, 
world without end.
Amen.
We venerate your Cross, Lord; we praise and glorify your holy resurrection. Because of the tree joy has come into the whole world.

Psalm-prayer

Lord, you established peace within the borders of Jerusalem. Give the fullness of peace now to your faithful people. May peace rule us in this life and possess us in eternal life. You are about to fill us with the best of wheat; grant that what we see dimly now as in a mirror, we may come to perceive clearly in the brightness of your truth.

Or:

All-powerful God, it is through your Church, generously endowed with gifts of grace and fortified by the Holy Spirit, that you send out your word to all nations. Strengthen your Church with the best of all food and make her dauntless in faith. Multiply her children to celebrate with one accord the mysteries of your love at the altar on high.

Short Reading Isaiah 52:13-15

See, my servant will prosper, he shall be lifted up, exalted, rise to great heights. As the crowds were appalled on seeing him – so disfigured did he look that he seemed no longer human – so will the crowds be astonished at him, and kings stand speechless before him; for they shall see something never told and witness something never heard before.

Short Responsory

Christ humbled himself for us and, in obedience, accepted death, even death on a cross.

Canticle Benedictus

The Messiah and the one who was sent before him

Over his head was placed the charge against him: ‘This is Jesus, the Nazarene, the King of the Jews.’
Bléssed be the Lórd, the Gód of Ísrael! *
He has vísited his péople and redéemed them.

He has raised úp for ús a mighty sáviour *
in the hóuse of Dávid his sérvant,
as he prómised by the líps of holy mén, *
thóse who were his próphets from of óld.

A sáviour who would frée us from our fóes, *
from the hánds of áll who háte us.
So his lóve for our fáthers is fulfílled *
and his hóly covenant remémbereöd.

He swóre to Ábraham our fáther to gránt us, *
that frée from féar, and sáved from the hánds of our fóes,
we might sérve him in hóliness and jústice *
all the dáys of our lífe in his présence.

As for yóu, little chíld, *
you shall be cálléed a próphet of Gód, the Most Hígh.
You shall go ahéad of the Lórd *
to prépare his wáys befóre him,

To make knówn to his péople their salvátion *
through forgíveness of áll their sín, *  
the loving-kíndness of the héart of our Gód *
who vísits us like the dáwn from on hígh.

He will give líght to those in dárkness, †  
those who dwéll in the shádow of déath, *  
and güide us into the wáy of péace.

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

_Over his head was placed the charge against him: ‘This is Jesus, the_
Prayers and intercessions

Let us pray to our Redeemer, who suffered for us, was buried, and rose from the dead.
– Lord, have mercy on us.

Lord and master, for us you became obedient even to death;
keep us faithful to God’s will in the darkness of our lives.
– Lord, have mercy on us.

Jesus, our life, by dying on the cross you destroyed hell and death;
grant that we may die with you and rise with you in glory.
– Lord, have mercy on us.

Christ, our king, you were the scorn of the people, a worm not a man;
teach us to tread your path of humility.
– Lord, have mercy on us.

Jesus, our Saviour, you laid down your life for your friends;
let us love one another as you have loved us.
– Lord, have mercy on us.

Jesus, our hope, you stretched out your hands on the cross to embrace all ages of men;
gather all God’s scattered children into the kingdom of salvation.
– Lord, have mercy on us.

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.
Be mindful, Lord, of this your family,
    for whose sake our Lord Jesus Christ, when betrayed,
did not hesitate to yield himself into his enemies’ hands
    and undergo the agony of the cross.
Who lives and reigns with you in the unity of the Holy Spirit,
    one God, for ever and ever.
Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.
Amen.
Friday 10 April 2020

Good Friday

Vespers (Evening Prayer)

INTRODUCTION

O God, come to our aid.
   O Lord, make haste to help us.
Glory be to the Father and to the Son
   and to the Holy Spirit,
as it was in the beginning,
   is now, and ever shall be,
world without end.
Amen.

Hymn

The royal banners forward go,
The Cross shines forth in radiant glow;
Where he, the Life, did death endure,
And yet by death did life procure.

His feet and hands outstretching there,
He willed the piercing nails to bear,
For us and our redemption’s sake
A victim of himself to make.

There whilst he hung, his sacred side
By soldier’s spear was opened wide,
To cleanse us in the precious flood
Of water mingled with his blood.
Fulfilled is now what David told
In true prophetic song of old,
To all the nations, ‘Lo,’ said he,
‘Our God is reigning from the tree.’

Blest Three in One, our praise we sing
To thee from whom all graces spring:
As by the cross thou dost restore,
So rule and guide us evermore.

---

Psalm 115 (116B)
Thanksgiving in the Temple

“Through him [Christ], let us offer God an unending sacrifice of praise”
(Heb 13:15).

Look, all you peoples, and see my grief.

I trusted, éven when I sáid: *
‘I am sórely affliécted,’
and whén I sáid in my alárms: *
‘No mán can be trústed.’

How cán I repáy the Lórd *
for his góodness to mé?
The cúp of salvátion I will ráise; *
I will cáll on the Lórd’s name.

My vóws to the Lórd I will fulfíl *
before all his péople.
O précious in the éyes of the Lórd *
is the déath of his fáithful.

Your sérvant, Lord, your sérvant am Í; *
you have lóosened my bónds.
A thanksgiving sácifice I máke; *
I will cáll on the Lórd’s name.
My vóws to the Lórd I will fulfíl *  
before all his péople,  
in the cóurts of the hóuse of the Lórd, *  
in your mídst, O Jerúsalem.

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

Look, all you peoples, and see my grief.

Psalm-prayer

Lord, accept the prayers of your faithful people. Help us always to offer you a sacrifice of praise. Quickly break the bonds that hold your children down, and we will fulfil our vows and praise you every day.

Or:

Father, precious in your sight is the death of the saints, but precious above all is the love with which Christ suffered to redeem us. In this life we fill up in our own flesh what is still lacking in the sufferings of Christ; accept this as our sacrifice of praise, and we shall even now taste the joy of the new Jerusalem.

Psalm 142 (143)  
A prayer in time of trouble

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

My spirit fails; my heart is numb within me.

Lórd, lísten to my práyer: †  
túrn your éar to my appéal. *
You are faithful, you are just; give answer. 
Do not call your servant to judgement *
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.

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

My spirit fails; my heart is numb within me.

Psalm-prayer

Lord Jesus, early in the morning of your resurrection, you made your love known and brought the first light of dawn to those who dwell in darkness. Your death has opened a path for us. Do not enter into judgement with your servants; let your Holy Spirit guide us together into the land of justice.

Canticle

Philippians 2

Christ, God's servant

After Jesus had taken the vinegar he said, ‘It is accomplished’; and bowing his head he gave up his spirit.

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.

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

*After Jesus had taken the vinegar he said, ‘It is accomplished’; and bowing his head he gave up his spirit.*

**Short Reading**

1 Peter 2

Christ suffered for you and left an example for you to follow the way he took. He had not done anything wrong, and there had been no perjury in his mouth. He was insulted and did not retaliate with insults; when he was tortured he made no threats but he put his trust in the righteous judge. He was bearing our faults in his own body on the cross, so that we might die to our faults and live for holiness; through his wounds you have been healed.

**Short Responsory**

Christ humbled himself for us and, in obedience, accepted death, even death on a cross.

**Canticle**

Magnificat

*My soul rejoices in the Lord*

When we were still God’s enemies, we were reconcile to him through the death of his Son.

My soul glorifies the Lord, *
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness; *
heceforth all ages will call me blessed.
The Almighty works marvels for me. *
    Holy his name!
His mercy is from age to age, *
    on those who fear him.

He puts forth his arm in strength *
    and scatters the proud-hearted.
He casts the mighty from their thrones *
    and raises the lowly.

He fills the starving with good things, *
    sends the rich away empty.

He protects Israel, his servant, *
    remembering his mercy,
the mercy promised to our fathers, *
    to Abraham and his sons for ever.

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

*When we were still God’s enemies, we were reconciled to him through the death of his Son.*

**Prayers and intercessions**

As we recall Christ’s saving death, let us pray to God the Father.
- *Through the death of your Son, Lord hear us.*

Lord, unite your Church throughout the world.
- *Through the death of your Son, Lord hear us.*

Keep Pope N. in your loving care.
- *Through the death of your Son, Lord hear us.*

Sanctify by your Spirit the entire people of God.
– *Through the death of your Son, Lord hear us.*

Deepen the faith and understanding of those preparing for baptism.
– *Through the death of your Son, Lord hear us.*

Gather all Christians into unity.
– *Through the death of your Son, Lord hear us.*

Bring the Jewish people to the fullness of redemption.
– *Through the death of your Son, Lord hear us.*

Shed your light on those who do not believe in Christ.
– *Through the death of your Son, Lord hear us.*

Show the signs of your love to those who deny your existence.
– *Through the death of your Son, Lord hear us.*

Guide the minds and hearts of governments and rulers.
– *Through the death of your Son, Lord hear us.*

Comfort those who live in sorrow.
– *Through the death of your Son, Lord hear us.*

Grant to the dead eternal rest.
– *Through the death of your Son, Lord hear us.*

______________________________

Our Father, who art in heaven,
    hallowed be thy name.
Thy kingdom come.
    Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
    and forgive us our trespasses,
        as we forgive those who trespass against us,
and lead us not into temptation,
    but deliver us from evil.

______________________________

Be mindful, Lord, of this your family,
    for whose sake our Lord Jesus Christ, when betrayed,
did not hesitate to yield himself into his enemies’ hands
...and undergo the agony of the cross.
Who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.

Amen.
Saturday 11 April 2020

Holy Saturday

Morning Prayer (Lauds)

*If this is the first Hour that you are reciting today, you should precede it with the Invitatory Psalm and omit the Introduction.*

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**INTRODUCTION**

O God, come to our aid.  
*O Lord, make haste to help us.*

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

Amen.

---

**Hymn**

Sing my tongue, the glorious battle,  
Sing the ending of the fray;  
To the Cross, our noble trophy,  
Here a fitting tribute pay,  
Telling how the world’s Redeemer,  
Slain as victim, won the day.

Tell how, when at length the fullness  
Of the appointed time was come,  
He, the Word, was born of woman,  
Left for us his Father’s home,  
Showed to men the perfect manhood,
Shone as light amidst the gloom.

Now the thirty years are ended
   Which on earth he willed to see,
Willingly he meets his Passion,
   Born to set his people free;
On the Cross the Lamb is lifted,
   There the sacrifice to be.

Faithful Cross, above all other,
   One and only noble Tree,
None in foliage, none in blossom,
   None in fruit thy peer may be;
Sweet the wood and sweet the iron,
   And the load, most sweet is he.

Unto God be praise and glory:
   To the Father and the Son,
To the eternal Spirit, honour
   Now and evermore be done;
Praise and glory in the highest,
   While the timeless ages run.

Psalm 63 (64)
A prayer against enemies

“This psalm in particular invites us to think about the passion of the Lord” (St Augustine).

They will mourn for him as for an only son, since it is the innocent one of the Lord who has been slain.

Hear my voice, O God, as I complain, *
   guard my life from dread of the foe.
Hide me from the band of the wicked, *
   from the throng of those who do evil.

They sharpen their tongues like swords; *
they aim bitter words like arrows
to shoot at the innocent from ambush, *
shooting suddenly and recklessly.

They scheme their evil course; *
they conspire to lay secret snares.
They say: ‘Who will see us? *
Who can search out our crimes?’

He will search who searches the mind *
and knows the depths of the heart.
Gód has shot them with his arrow *
and dealt them sudden wounds.
Their own tongue has brought them to ruin *
and all who see them mock.

Then will all men fear; *
they will tell what Gód has done.
They will understand God’s deeds. *
The just will rejoice in the Lórd
and fly to him for refuge. *
All the upright hearts will glory.

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

They will mourn for him as for an only son, since it is the innocent one of the Lord who has been slain.

Psalm-prayer

Father, you gave your Son victory over the men who plotted evil against him; when he cried to you in his agony, you delivered him from fear of his enemies. May those who suffer with him in this life find refuge and success in you.
The psalm of Hezekiah on recovering from sickness

“I was dead and behold, I am alive and I hold the keys of death” (Rev 1:17-18).

Save my soul from the gates of hell, Lord.

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

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

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

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

Like a swallow or a crane I clamour, *
   I moan like a dove.
My eyes are weary with looking upward. *
   O Lord, I am oppressed; be my security.

Lo, it was for my welfare *
   that I had great bitterness;
but you have held back my life *
   from the pit of destruction,
for you have cast all my sins *
behind your back.

For Sheol cannot thank you, *
    death cannot praise you;
those who go down to the pit *
    cannot hope for your faithfulness.

The living, the living, he thanks you, †
    as I do this day; *
    the father makes known to the children your faithfulness.

The Lord will save me, *
    and we will sing to stringed instruments
all the days of our life, *
    at the house of the Lord.

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

Save my soul from the gates of hell, Lord.

Psalm 150
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).

I was dead and now I am to live for ever and ever, and I hold the keys of death and of hell.

Práise Gód in his hóly pláce, *
    práise him in his míghty héavens.
Práise him for his pówerful déeds, *
    práise his surpássing gréatness.
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.

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

I was dead and now I am to live for ever and ever, and I hold the keys of
    death and of hell.

Psalm-prayer

Lord God, maker of heaven and earth and of all created things, you make your just one holy and you justify sinners who confess your name. Hear us as we humbly pray to you: give us eternal joy with your saints.

Or:

Lord God, through your saving plan all things are ours, and we are Christ’s and Christ is yours. Accept the praises of your Church. By these praises, through Christ, with him and in him, all your honour and glory is celebrated, all-powerful Father, in the Holy Spirit, now and for ever.

Short Reading

Hosea 5:15-6:2

The Lord says this: They will search for me in their misery. ‘Come, let us return to the Lord. He has torn us to pieces, but he will heal us; he has struck us down, but he will bandage our wounds; after a day or two he will bring us back to life, on the third day he will raise us and we shall live in his
presence.’

---

**Short Responsory**

Christ humbled himself for us and, in obedience, accepted death, even death on a cross. Therefore God raised him to the heights and gave him the name which is above all other names.

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**Canticle**

**Benedictus**

**The Messiah and the one who was sent before him**

*Save us, Saviour of the world. By your cross and the shedding of your blood you have redeemed us. Come to help us, Lord, our God.*

Blessed be the Lord, the God of Israel! *
He has visited his people and redeemed them.

He has raised up for us a mighty saviour *
   in the house of David his servant,
as he promised by the lips of holy men, *
those who were his prophets from of old.

A saviour who would free us from our foes, *
   from the hands of all who hate us.
So his love for our fathers is fulfilled *
   and his holy covenant remembered.

He swore to Abraham our father to grant us, *
   that free from fear, and saved from the hands of our foes,
we might serve him in holiness and justice *
   all the days of our life in his presence.

As for you, little child, *
   you shall be called a prophet of God, the Most High.
You shall go ahead of the Lord *
   to prepare his ways before him,
To make known to his people their salvation *
through forgiveness of all their sins,
the loving-kindness of the heart of our God *
who visits us like the dawning from on high.

He will give light to those in darkness, †
those who dwell in the shadow of death, *
and guide us into the way of peace.

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

Save us, Saviour of the world. By your cross and the shedding of your blood
you have redeemed us. Come to help us, Lord, our God.

Prayers and intercessions

Let us pray to our Redeemer, who suffered for us, was buried, and rose from the dead.
– Lord, have mercy on us.

Christ, our Lord, you saw your mother standing by the cross;
may we share your saving passion in our time of suffering.
– Lord, have mercy on us.

Christ, our Saviour, you died like a grain of wheat falling into the ground;
gather us to yourself in the harvest of redemption.
– Lord, have mercy on us.

Christ, our shepherd, lying in the tomb you were hidden from men;
teach us to love our real life, which is hidden with you in God.
– Lord, have mercy on us.

Christ, the new Adam, you went down into the world of the dead to free the just;
may those who are dead in sin hear your voice and live.
– Lord, have mercy on us.

Son of the living God, we were buried with you in baptism;
  let us rise with you, alive to God for ever.
– Lord, have mercy on us.

Our Father, who art in heaven,
  hallowed be thy name.
Thy kingdom come.
  Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
  and forgive us our trespasses,
  as we forgive those who trespass against us,
and lead us not into temptation,
  but deliver us from evil.

Almighty, ever-living God,
  whose Only-Begotten Son descended to the realm of the dead,
  and rose from there to glory,
grant that your faithful people,
  who were buried with him in baptism,
  may, by his resurrection, obtain eternal life.
Who lives and reigns with you in the unity of the Holy Spirit,
  one God, for ever and ever.
Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.
  Amen.
Saturday 11 April 2020

Holy Saturday

Vespers (Evening Prayer)

INTRODUCTION

O God, come to our aid.
O Lord, make haste to help us.
Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end.
Amen.

Hymn

The royal banners forward go,
The Cross shines forth in radiant glow;
Where he, the Life, did death endure,
And yet by death did life procure.

His feet and hands outstretching there,
He willed the piercing nails to bear,
For us and our redemption’s sake
A victim of himself to make.

There whilst he hung, his sacred side
By soldier’s spear was opened wide,
To cleanse us in the precious flood
Of water mingled with his blood.
Fulfilled is now what David told
In true prophetic song of old,
To all the nations, ‘Lo,’ said he,
‘Our God is reigning from the tree.’

Blest Three in One, our praise we sing
To thee from whom all graces spring:
As by the cross thou dost restore,
So rule and guide us evermore.

---

Psalm 115 (116B)

Thanksgiving in the Temple

“Through him [Christ], let us offer God an unending sacrifice of praise”
(Heb 13:15).

O Death, I will be your death. Sheol, I will be your destruction.

I trústed, éven when I sáid: *
   ‘I am sórely afflícted,’
and whén I sáid in my álárms: *
   ‘No mán can be trústed.’

How cán I repáy the Lórd *
   for his góodness to mé?
The cúp of salvátion I will ráise; *
   I will cáll on the Lórd’s name.

My vóws to the Lórd I will fulfíl *
   before all his péople.
O précious in the éyes of the Lórd *
   is the déath of his fáithful.

Your sérvant, Lord, your sérvant am Í; *
   you have lóosened my bónds.
A thanksgiving sácrifice I máke; *
   I will cáll on the Lórd’s name.
My vóws to the Lórd I will fulfíl *  
    before all his péople, 
in the cóurts of the hóuse of the Lórd, *  
    in your mídst, O Jerúsalem.

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

O Death, I will be your death. Sheol, I will be your destruction.

Psalm-prayer

Lord, accept the prayers of your faithful people. Help us always to offer you  
a sacrifice of praise. Quickly break the bonds that hold your children down,  
and we will fulfil our vows and praise you every day.

Or:

Father, precious in your sight is the death of the saints, but precious above all  
is the love with which Christ suffered to redeem us. In this life we fill up in  
our own flesh what is still lacking in the sufferings of Christ; accept this as  
our sacrifice of praise, and we shall even now taste the joy of the new  
Jerusalem.

Psalm 142 (143)
A prayer in time of trouble

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

As Jonah was inside the whale for three days and three nights, so will the Son  
of Man be held in the heart of the earth.

Lórd, lísten to my práyer: †
túrn your éar to my appéal. *
  You are fáithful, you are júst; give ánswer.
Do not cáll your sérvant to júdgement *
  for nó one is júst in your sight.

The énemy pursúes my sóul; *
  he has crúshed my lífe to the gróund;
he has máde me dwéll in dárkness *
  like the déad, lóng forgótten.
Thérefore my spírit fáils; *
  my héart is númb within me.

I remémber the dáys that are pást: *
  I pónder áll your wórks.
I múse on what your hánd has wróught †
  and to yóu I strétch out my hánds. *
  Like a párched land my sóul thirsts for yóu.

Lórd, make háste and ánswer; *
  for my spírit fáils within me.
Dó not híde your fáce *
  lest I becóme like thóse in the gráve.

In the mórning let me knów your lóve *
  for I pút my trúst in yóu.
Make me knów the wáy I should wálk: *
  to yóu I líft up my sóul.

Réscue me, Lórd, from my énemies; *
  I have fléd to yóu for réfuge.
Téach me to dó your will *
  for yóu, O Lórd, are my Gód.
Let yóur good spírit gúide me *
  in wáys that are lével and smóoth.

For your náme’s sake, Lórd, save my lífe; *
  in your jústice save my sóul from distréss.

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

As Jonah was inside the whale for three days and three nights, so will the Son of Man be held in the heart of the earth.

Psalm-prayer

Lord Jesus, early in the morning of your resurrection, you made your love known and brought the first light of dawn to those who dwell in darkness. Your death has opened a path for us. Do not enter into judgement with your servants; let your Holy Spirit guide us together into the land of justice.

Canticle

Christ, God’s servant

‘Destroy this Temple, and in three days I will raise it up,’ said the Lord. He said this of the temple that was his own body.

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.

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

‘Destroy this Temple, and in three days I will raise it up,’ said the Lord. He  
said this of the temple that was his own body.

Short Reading  
1 Peter 1:18-21

Remember, the ransom that was paid to free you from the useless way of life your ancestors handed down was not paid in anything corruptible, neither in silver nor gold, but in the precious blood of a lamb without spot or stain, namely Christ; who, though known since before the world was made, has been revealed only in our time, the end of the ages, for your sake. Through him you now have faith in God, who raised him from the dead and gave him glory for that very reason – so that you would have faith and hope in God.

Short Responsory

Christ humbled himself for us and, in obedience, accepted death, even death on a cross. Therefore God raised him to the heights and gave him the name which is above all other names.

Canticle  
Magnificat

My soul rejoices in the Lord

Now the Son of Man has been glorified, and in him God has been glorified,  
and God will glorify him now and forever.

My soul glorifies the Lord, *
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness; *
  henceforth all ages will call me blessed.

The Almighty works marvels for me.
  Holy his name!
His mercy is from age to age, *
  on those who fear him.

He puts forth his arm in strength *
  and scatters the proud-hearted.
He casts the mighty from their thrones *
  and raises the lowly.

He fills the starving with good things, *
  sends the rich away empty.

He protects Israel, his servant,*
  remembering his mercy,
the mercy promised to our fathers,*
  to Abraham and his sons for ever.

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

Now the Son of Man has been glorified, and in him God has been glorified,
  and God will glorify him now and forever.

Prayers and intercessions

Let us pray to our Redeemer, who suffered for us, was buried, and rose from the dead.
– Lord, have mercy on us.

Lord Jesus, from your opened side you poured out blood and water, the
wonderful sign of the Church; 
bring your bride to life through your death, burial and resurrection.
– Lord, have mercy on us.

You remembered those who had forgotten your promise of rising from the
dead;
give new hope to men when life has lost its meaning.
– Lord, have mercy on us.

Lamb of God, you became our paschal sacrifice;
draw all men to yourself.
– Lord, have mercy on us.

Lord of the universe, you were enclosed in the walls of a tomb;
deliver men from hell and grant them the glory of immortal life.
– Lord, have mercy on us.

Son of the living God, you gave paradise to a thief on the cross;
look on your brothers who have died and share with them your
resurrection.
– Lord, have mercy on us.

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.

Almighty, ever-living God,
whose Only-Begotten Son descended to the realm of the dead,
and rose from there to glory,
grant that your faithful people,
who were buried with him in baptism,
may, by his resurrection, obtain eternal life.
Who lives and reigns with you in the unity of the Holy Spirit,
   one God, for ever and ever.

Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.

Amen.
Sunday 12 April 2020

Easter Sunday

Morning Prayer (Lauds)

*If this is the first Hour that you are reciting today, you should precede it with the Invitatory Psalm and omit the Introduction.*

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**INTRODUCTION**

O God, come to our aid.

*O Lord, make haste to help us.*

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

Amen. Alleluia.

---

**Hymn**

Light’s glittering morn bedecks the sky,  
Heav’n thunders forth its victor cry:  
The glad earth shouts her triumph high,  
And groaning hell makes wild reply.

While he, the King of sovereign might,  
Treads down death’s strength in death’s despite,  
And trampling hell by victor’s right,  
Brings forth his sleeping saints to light.

Fast barred beneath the stone of late,  
In watch and ward where soldiers wait,
Now shining in triumphant state,
He rises victor from death’s gate.

Hell’s pains are loosed and tears are fled:
Captivity is captive led:
The angel, crowned with light, hath said:
‘The Lord is risen from the dead.’

Author of all, be thou our guide
In this our joy of Eastertide;
Whene’er assaults of death impend,
Thy people strengthen and defend.

To thee who, dead, again dost live,
All glory, Lord, thy people give:
All glory, as is ever meet,
To Father and to Paraclete.

Psalm 62 (63)
Thirsting for God

“Let the man who has put away the deeds of the night watch for God.”

Christ has risen: he is the light of his people, whom he has redeemed with his blood. Alleluia.

O Gód, you are my Gód, for you I lóng; *
for yóu my sóul is thirsting.
My bódy pínes for yóu *
like a drý, weary lánd without wáter.
So I gáze on yóu in the sánctuary *
to sée your stréngth and your glóry.

For your lóve is bétter than lífe, *
my líps will spék your práise.
So I will bléss you ál my lífe, *
in your náme I will líft up my hánds.
My sóul shall be fílled as with a bánquet,*
my mounth shall praise you with joy.

On my béd I remémber yóu. *
    On yóu I múse through the níght
for yóu have béen my hélp; *
    in the shádow of your wíngs I rejóice.
My sóul clíngs to yóu; *
    your right hand hólds me fást.

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

Christ has risen: he is the light of his people, whom he has redeemed with his blood. Alleluia.

Psalm-prayer

Father, creator of unfailing light, give that same light to those who call to you. May our lips praise you; our lives proclaim your goodness; our work give you honour, and our voices celebrate you for ever.

Or:

This morning, Lord, we lift up our hands to praise you. We thirst for you; we long for you. Help us to love you more than life itself and fill us with good gifts from your banquet table.

Canticle

Daniel 3:57-88,56

All creatures, bless the Lord

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

Christ, our Redeemer, has risen from the tomb: let us sing a hymn to the
Lord, our God. Alleluia.

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

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

And you, the heavens of the Lord, O bless the Lord. *
And you, clouds of the sky, O bless the Lord.
And you, all armies of the Lord, O bless the Lord. *
To him be highest glory and praise for ever.

And you, sun and moon, O bless the Lord. *
And you, the stars of the heavens, O bless the Lord.
And you, showers and rain, O bless the Lord. *
To him be highest glory and praise for ever.

And you, all you breezes and winds, O bless the Lord. *
And you, fire and heat, O bless the Lord.
And you, cold and heat, O bless the Lord. *
To him be highest glory and praise for ever.

And you, showers and dew, O bless the Lord. *
And you, frosts and cold, O bless the Lord.
And you, frost and snow, O bless the Lord. *
To him be highest glory and praise for ever.

And you, night-time and day, O bless the Lord. *
And you, darkness and light, O bless the Lord.
And you, lightning and clouds, O bless the Lord. *
To him be highest glory and praise for ever.

O let the earth bless the Lord. *
To him be highest glory and praise for ever.

And you, mountains and hills, O bless the Lord. *
And you, all plants of the earth, O bless the Lord.
And you, fountains and springs, O bless the Lord. *
To him be highest glory and praise for ever.
And you, rivers and seas, O bless the Lord. *
   And you, creatures of the sea, O bless the Lord.
And you, every bird in the sky, O bless the Lord. †
   And you, wild beasts and tame, O bless the Lord. *
   To him be highest glory and praise for ever.

And you, children of men, O bless the Lord. *
   To him be highest glory and praise for ever.

O Israel, bless the Lord, O bless the Lord. *
   And you, priests of the Lord, O bless the Lord.
And you, servants of the Lord, O bless the Lord. *
   To him be highest glory and praise for ever.

And you, spirits and souls of the just, O bless the Lord. *
   And you, holy and humble of heart, O bless the Lord.
Ananias, Azarias, Mizaël, O bless the Lord. *
   To him be highest glory and praise for ever.

Let us praise the Father, the Son and Holy Spirit: *
   To you be highest glory and praise for ever.
May you be blessed, O Lord, in the heavens: *
   To you be highest glory and praise for ever.

Christ, our Redeemer, has risen from the tomb: let us sing a hymn to the
   Lord, our God. Alleluia.

Psalm 149
The saints rejoice

“The members of the Church, God’s new people, will rejoice in their
   king, who is Christ” (Hesychius).

Alleluia. The Lord has risen, as he promised. Alleluia.

Síng a new són to the Lórd, *
   his práise in the assémbly of the fáithful.
Let Ísrael rejóice in its Máker,
let Sión’s sons exúlt in their kíng.
Let them práise his náme with dáncing *
and make músic with tímbrel and hárp.

For the Lórd takes delíght in his péople. *
He crówns the póór with salvátion.
Let the fáithful rejóice in their glóry, *
shout for jóy and táke their rést.
Let the práise of Gód be on their líps *
and a twó-edged swórd in their hánd,
to déal out véngeance to the nátions *
and púnishment on ál the péoples;
to bínd their kíngs in cháins *
and their nóbles in fétters of íron;
to cárry out the sénentence pre-ordáined: *
this hónour is for ál his fáithful.

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

Amen.

Alleluia. The Lord has risen, as he promised. Alleluia.

Psalm-prayer

Let Israel rejoice in you, Lord, and acknowledge you as creator and
redeemer. We put our trust in your faithfulness and proclaim the wonderful
truths of salvation. May your loving kindness embrace us now and for ever.

Or:

Lord Jesus, you came to your own people and gave to all who welcomed you
power to become children of God. In your merciful love watch over the
Church and through her ministry bring salvation to the meek and lowly. May
we avoid the snares of the impious, and come to rejoice in glory with your
saints.
Short Reading

Acts 10:40-43

God raised Jesus to life on the third day and allowed him to be seen, not by the whole people but only by certain witnesses God had chosen beforehand. Now we are those witnesses – we have eaten and drunk with him after his resurrection from the dead – and he has ordered us to proclaim this to his people and to tell them that God has appointed him to judge everyone, alive or dead. It is to him that all the prophets bear this witness: that all who believe in Jesus will have their sins forgiven through his name.

Short Responsory

This is the day which was made by the Lord: let us rejoice and be glad, alleluia.

Canticle

Benedictus

The Messiah and the one who was sent before him

Very early on the Sunday morning, just after the sun had risen, they came to the tomb, alleluia.

Blessed be the Lord, the God of Israel! *
He has visited his people and redeemed them.

He has raised up for us a mighty saviour *
in the house of David his servant,
as he promised by the lips of holy men, *
those who were his prophets from of old.

A saviour who would free us from our foes, *
from the hands of all who hate us.
So his love for our fathers is fulfilled *
and his holy covenant remembered.

He swore to Abraham our father to grant us, *
that free from fear, and saved from the hands of our foes,
we might serve him in holiness and justice *
   all the days of our life in his presence.

As for you, little child, *
   you shall be called a prophet of God, the Most High.
You shall go ahead of the Lord *
   to prepare his ways before him,

To make known to his people their salvation *
   through forgiveness of all their sins,
the loving-kindness of the heart of our God *
   who visits us like the dawn from on high.

He will give light to those in darkness, †
   those who dwell in the shadow of death, *
   and guide us into the way of peace.

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

Very early on the Sunday morning, just after the sun had risen, they came to
   the tomb, alleluia.

Prayers and intercessions

Let us pray to Christ, the author of life. God raised him from the dead, and he
   himself will raise us to life by his own power.
– Christ, our life, save us.

Christ, you are the light that drives out darkness and draws men to holiness;
   let us make this day a living hymn of praise.
– Christ, our life, save us.

Lord, you followed the way of suffering, even to the cross;
   grant that we may die with you and come to life with you.
– Christ, our life, save us.

Our master and our brother, you have made us a kingdom of priests to serve
   God our Father;
      let us offer you with joy the sacrifice of praise.
– Christ, our life, save us.

King of glory, we look forward to the day of your coming,
      then we shall see your face and share in your splendour.
– Christ, our life, save us.

Our Father, who art in heaven,
    hallowed be thy name.
Thy kingdom come.
      Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
      and forgive us our trespasses,
      as we forgive those who trespass against us,
and lead us not into temptation,
    but deliver us from evil.

On this day, Lord God,
      you opened for us the way to eternal life
through your only Son’s victory over death.
Grant that as we celebrate the feast of his resurrection
      we may be renewed by your Holy Spirit
and rise again in the light of life.
Through our Lord Jesus Christ, your Son,
    who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.

Amen.
Sunday 12 April 2020

Easter Sunday

Vespers (Evening Prayer)

INTRODUCTION

O God, come to our aid.  
O Lord, make haste to help us.  
Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end.  
Amen. Alleluia.

Hymn

The Lamb’s high banquet we await,  
In snow-white robes of royal state;  
And now, the Red Sea’s channel past,  
To Christ our Prince we sing at last.

Upon the altar of the Cross  
His body hath redeemed our loss;  
And tasting of his scarlet blood,  
Our life is hid with him in God.

Now Christ our paschal Lamb is slain,  
The Lamb of God that knows no stain,  
The true oblation offered here,  
Our own unleavened bread sincere.
O thou, from whom hell’s monarch flies,
O great, O very Sacrifice,
Thy captive people are set free,
And endless life restored in thee.

To thee who, dead, again dost live,
All glory, Lord, thy people give:
All glory, as is ever meet,
To Father and to Paraclete.

Psalm 109 (110)
The Messiah, king and priest

“He must be king so that he may put all his enemies under his feet” (1 Cor 15:25).

Mary Magdalen came with the other Mary to see the tomb where the Lord had been laid, alleluia.

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.

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

Mary Magdalen came with the other Mary to see the tomb where the Lord had been laid, alleluia.

Psalm-prayer

Father, we ask you to give us victory and peace. In Jesus Christ, our Lord and King, we are already seated at your right hand. We look forward to praise you in the fellowship of all your saints in our heavenly homeland.

Or:

Almighty God, bring the kingdom of Christ, your anointed one, to its fullness. May the perfect offering of your Son, eternal priest of the new Jerusalem, be offered in every place to your name and make all nations a holy people for you.

Psalm 113A (114)
Israel set free from Egypt

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

Come and see where the Lord was laid, alleluia.

When Israel came forth from Egypt, *  
Jacob’s sons from an alien people,  
Júdah became the Lord’s temple, *  
Israel became his kingdom.
The sea fled at the sight: *
   the Jordan turned back on its course,
the mountains leapt like rams *
   and the hills like yearling sheep.

Whý was it, sea, that you fled, *
   that you turned back, Jordan, on your course?
Móuntains, that you léapt like ráms; *
   hílls, like yéarling shéep?

Trémble, O éarth, before the Lórd, *
   in the présence of the Gód of Jácob,
who túrns the róck into a póol * 
   and flínt into a spríng of wáter.

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

Come and see where the Lord was laid, alleluia.

Psalm-prayer

Almighty God, ever-living mystery of unity and Trinity, you gave life to the 
new Israel by birth from water and the Spirit, and made it a chosen race, a 
royal priesthood, a people set apart as your eternal possession. May all those 
you have called to walk in the splendour of the new light render you fitting 
service and adoration.

Canticle

The wedding of the Lamb

Jesus said: ‘Do not fear. Go, and tell my brethren that they are to leave for 
Galilee: they will see me there.’ Alleluia.
Alleluia.
Salvation and glory and power belong to our God, *
his judgements are true and just.
Alleluia.

Alleluia.
Praise our God, all you his servants, *
you who fear him, small and great.
Alleluia.

Alleluia.
The Lord our God, the Almighty, reigns, *
let us rejoice and exult and give him the glory.
Alleluia.

Alleluia.
The marriage of the Lamb has come, *
and his bride has made herself ready.
Alleluia.

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

*Jesus said: ‘Do not fear. Go, and tell my brethren that they are to leave for Galilee: they will see me there.’ Alleluia.*

**Short Reading**

*Hebrews 10:12-14*

Christ has offered one single sacrifice for sins, and then taken his place forever, at the right hand of God, where he is now waiting until his enemies are made into a footstool for him. By virtue of that one single offering, he has achieved the eternal perfection of all whom he is sanctifying.
Short Responsory

This is the day which was made by the Lord: let us rejoice and be glad, alleluia.

Canticle

My soul rejoices in the Lord

On the evening of that Sunday, when the disciples were gathered behind locked doors, Jesus came and stood among them. He said to them, ‘Peace be with you.’ Alleluia.

My soul glorifies the Lord, *
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness; *
henceforth all ages will call me blessed.

The Almighty works marvels for me. *
Holy his name!
His mercy is from age to age, *
on those who fear him.

He puts forth his arm in strength *
and scatters the proud-hearted.
He casts the mighty from their thrones *
and raises the lowly.

He fills the starving with good things, *
sends the rich away empty.

He protects Israel, his servant, *
rememering his mercy,
the mercy promised to our fathers, *
to Abraham and his sons for ever.

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

On the evening of that Sunday, when the disciples were gathered behind locked doors, Jesus came and stood among them. He said to them, ‘Peace be with you.’ Alleluia.

Prayers and intercessions

Let us pray with joy to Christ the Lord. He rose from the dead and is living now to intercede for us.  
– Victorious king, hear us.

Christ, you are the light of the world and the salvation of nations;  
set us on fire with your Spirit as we proclaim the wonder of your resurrection.  
– Victorious king, hear us.

Let Israel recognize in you the Messiah it has longed for;  
fill all men with the knowledge of your glory.  
– Victorious king, hear us.

Keep us united in the communion of saints;  
may we find rest with them, when life’s work is done.  
– Victorious king, hear us.

You have overcome death, the last enemy of man;  
destroy everything in us that is at enmity with God.  
– Victorious king, hear us.

Christ, our Saviour, you became obedient to death, but God raised you to the heights;  
receive our brothers into the kingdom of your glory.  
– Victorious king, hear us.

Our Father, who art in heaven,  
hallowed be thy name.
Thy kingdom come.
  Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
  and forgive us our trespasses,
  as we forgive those who trespass against us,
and lead us not into temptation,
  but deliver us from evil.

On this day, Lord God,
  you opened for us the way to eternal life
  through your only Son’s victory over death.
Grant that as we celebrate the feast of his resurrection
  we may be renewed by your Holy Spirit
  and rise again in the light of life.
Through our Lord Jesus Christ, your Son,
  who lives and reigns with you in the unity of the Holy Spirit,
  one God, for ever and ever.

Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.

Amen.