Let my prayer rise like incense, before you, O Lord, let the lifting up of my hands, like an evening offering, like an evening offering.

Hymn *Sang by Monastic Schola*

*Antiphon 1*
Evil men plotted together saying, “Let us make the just man suffer, he sets himself against our way of life.”

*Psalm 130 (129)*
Out of the depths I cry to you, O Lord, Lord, hear my voice! O let your ears be attentive to the voice of my pleading.

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

My soul is waiting for the Lord. I count on his word. My soul is longing for the Lord more than watchman for daybreak.

Let the watchman count on daybreak and Israel on the Lord. Because with the Lord there is mercy and fullness of redemption,

Israel indeed he will redeem from all its iniquity.
Psalm 34A (33A)
I will bless the Lord at all times, 
his praise always on my lips; 
in the Lord my soul shall make its boast. 
The humble shall hear and be glad.

Glorify the Lord with me. 
Together let us praise his name. 
I sought the Lord and he answered me; 
from all my terrors he set me free.

Look towards him and be radiant; 
let your faces not be abashed. 
This poor man called, the Lord heard him and rescued him from all his distress.

The angel of the Lord is encamped around those who revere him, to rescue them. 
Taste and see that the Lord is good. 
He is happy who seeks refuge in him.

Revere the Lord, you his saints. 
They lack nothing, those who revere him. 
Strong lions suffer want and go hungry but those who seek the Lord lack no blessing.

Psalm 34B (33B)
Come, children, and hear me that I may teach you the fear of the Lord. 
Who is he who longs for life and many days, to enjoy his prosperity?

Then keep your tongue from evil and your lips from speaking deceit. 
Turn aside from evil and do good; seek and strive after peace.

The Lord turns his face against the wicked to destroy their remembrance from the earth. 
The Lord turns his eyes to the just and his ears to their appeal.

They Lord hears them when they call, and rescues them in all their distress. 
The Lord is close to the broken-hearted; those whose spirit is crushed he will save.
Many are the trials of the just man
but from them all the Lord will rescue him.
He will keep guard over all his bones,
not one of his bones shall be broken.

Evil brings death to the wicked;
those who hate the good are doomed.
The Lord ransoms the souls of his servants.
Those who hide in him shall not be condemned.

Give praise to the Father Almighty,
to his Son, Jesus Christ, the Lord,
to the Spirit who dwells in our hearts,
both now and for ever. Amen

*Antiphon 1*

Evil men plotted together saying,
“Let us make the just man suffer,
he sets himself against our way of life.”

*Antiphon 2*

The majesty of Christ reaches to the heavens:
the earth is full of his glory.

**Colossians 1:12-17, 19-20**

We give thanks to the Father for having made us
worthy
to share the lot of the saints in light.

He rescued us from the power of darkness,
and brought us into the kingdom of his beloved Son.

In him we have redemption,
the forgiveness of sins.

He is the image of the unseen God,
the firstborn of all creatures.

In him were all things created
in the heavens and on the earth,

things visible and things unseen,
thrones and dominations and powers.
Antiphon 2
The majesty of Christ reaches to the heavens:
the earth is full of his glory.

A reading from the Letter of Saint Paul to the Ephesians
(Ephesians 4:32 – 5:2)
Be kind to one another, compassionate, forgiving
one another as God has forgiven you in Christ. So
be imitators of God, as beloved children, and live in
love, as Christ loved us and handed himself over for
us as a sacrificial offering to God for a fragrant
aroma.

Magnificat Antiphon
Go into the city and say to the man,
“The Master says: 'My hour is near at hand.
My disciples and I
will keep the Passover in your house.'”

Magnificat (Luke 1:46b-55)
My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed:

the Almighty has done great things for me,
and holy is his Name.
He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,

the promise he made to our fathers,
to Abraham and his children for ever.
Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

_Magnificat Antiphon_
Go into the city and say to the man, “The Master says: ‘My hour is near at hand. My disciples and I will keep the Passover in your house.’”

All glory and honor to God, for in the blood of Christ he has ratified a new and everlasting covenant with his people, and renews it in the sacrament of the altar. Let us lift our voices in prayer:

Lord, guide the minds and hearts of peoples and all in public office, may they always seek the common good. You have made all men and women in your image, may they always uphold human dignity. Grant that (N. and all) our departed brethren may enter into your glory to praise you for ever.

Lord, have mercy.
— Christ, have mercy. Lord, have mercy.

Our Father…

O God, who willed your Son to submit for our sake to the yoke of the Cross, so that you might drive from us the power of the enemy, grant us, your servants, to attain the grace of the 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.

May the divine assistance remain with us always. — And with our absent brothers.

Let us thank the God of heaven. — For his love endures for ever. Amen.
Ave Regina caelorum,
Ave Domina Angelorum:
Salve radix, salve porta,
Ex qua mundo lux est orta
Guade Virgo gloria,
Super omnes speciosa:
Vale O valde decora,
Et pro nobis Christum exora.

**COMPLINE**

God, come to my assistance.
Lord, make haste to help me.
Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen.

*Examination of Conscience*

May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. Amen.

*Hymn*

Before the light of evening fades
we pray, O Lord of all,
That by your love we may be saved
from every grievous fall.

Repel the terrors of the night
and Satan’s power of guile,
Impose a calm and restful sleep
that nothing may defile.

Most holy Father, grant our prayer
through Christ your only Son,
That in your Spirit we may live
and praise you ever one.

*Antiphon 1*

Lord God, be my refuge and my strength.

**Psalm 31 (30):1-6**

In you, O Lord, I take refuge.
Let me never be put to shame.
In your justice, set me free,  
hear me and speedily rescue me.

Be a rock of refuge for me,  
a mighty stronghold to save me,  
for you are my rock, my stronghold.  
For your name's sake, lead me and guide me.

Release me from the snares they have hidden  
for you are my refuge, Lord.  
Into your hands I commend my spirit.  
It is you who will redeem me, Lord.

Glory to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning  
is now, and will be for ever. Amen.

Antiphon 1
Lord God, be my refuge and my strength.

Antiphon 2
Out of the depths  
I cry to you, Lord.

Psalm 130 (129)  
Out of the depths I cry to you, O Lord,  
Lord, hear my voice!  
O let your ears be attentive  
to the voice of my pleading.

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

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

Because with the Lord there is mercy  
and fullness of redemption,  
Israel indeed he will redeem  
from all its iniquity.
Glory to the Father, and to the Son, 
and to the Holy Spirit: 
as it was in the beginning, 
is now, and will be for ever. Amen.

_Antiphon 2_
Out of the depths
I cry to you, Lord.

_A reading from the Letter of Saint Paul to the Philippians (Philippians 1: 27, 29)_
Only, conduct yourselves in a way worthy of the gospel of Christ, so that, whether I come and see you or am absent, I may hear news of you, that you are standing firm in one spirit, with one mind struggling together for the faith of the gospel, For to you has been granted, for the sake of Christ, not only to believe in him but also to suffer for him.

Into your hands, O Lord, I commend my spirit.
Into your hands, O Lord, I commend my spirit.
You have redeemed us, Lord God of truth.
I commend my spirit.
Glory to the Father, and to the Son, and to the Holy Spirit,
Into your hands, O Lord, I commend my spirit.

_Nunc Dimittis Antiphon_
Protect us Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

_Nunc Dimittis (Luke 2:29-32)_
Lord, now you let your servant go in peace; 
your word has been fulfilled:
my own eyes have seen the salvation 
which you have prepared in the sight of every people: a light to reveal you to the nations 
and the glory of your people Israel.

Glory to the Father, and to the Son, 
and to the Holy Spirit:
as it was in the beginning, is now 
and will be for ever.
Nunc Dimittis Antiphon
Protect us O Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Let us pray.

Lord Jesus Christ,
you have given your followers an example of gentleness and humility, a task that is easy, a burden that is light. Accept the prayers and work of this day, and give us the rest that will strengthen us to render more faithful service to you who live and reign for ever an ever.

May the all-powerful Lord grant us a restful night and a peaceful death. Amen.

Ave Regina caelorum,
Ave Domina Angelorum:
Salve radix, salve porta,
Ex qua mundo lux est orta
Guade Virgo gloriosa,
Super omnes speciosa:
Vale O valde decora,
Et pro nobis Christum exora.
THURSDAY OF
HOLY WEEK
(HOLY THURSDAY)

VIGILS

O Lord, open my lips.
And my mouth shall declare your praise.
To the King of all the ages,
the immortal, invisible, and only God,
be honor and glory for ever and ever.
Amen.

Invitatory Antiphon
Come, let us worship Christ the Lord,
who for us endured suffering and temptation.

Psalm 95 (94)
Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord.

Come, let us worship Christ the Lord,
who for us endured suffering and temptation.

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

Come, let us worship Christ the Lord,
who for us endured suffering and temptation.

Come in; let us bow and bend low;
let us kneel before the God who made us
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand.

Come, let us worship Christ the Lord,
who for us endured suffering and temptation.

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

Come, let us worship Christ the Lord,
who for us endured suffering and temptation.

“For forty years I was wearied of these people
and I said: 'Their hearts are astray,
these people do not know my ways.'
Then I took an oath in my anger:
'Never shall they enter my rest.'"

Come, let us worship Christ the Lord,
who for us endured suffering and temptation.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen.

Come, let us worship Christ the Lord,
who for us endured suffering and temptation.

Antiphon 1
My heart is crushed within me,
and my bones are trembling.

Psalm 102 (101)
O Lord, listen to my prayer
and let my cry for help reach you.
Do not hide your face from me in the day of my distress.
Turn your ear towards me
and answer me quickly when I call.

For my days are vanishing like smoke,
my bones burn away like a fire.
My heart is withered like the grass.
I forget to eat my bread.
I cry with all my strength
and my skin clings to my bones.
I have become like a pelican in the wilderness,
like an owl in desolate places.
I lie awake and I moan like some lonely bird on a
roof.
All day long my foes revile me;
those who hate me use my name as a curse.

The bread I eat is ashes;
my drink is mingled with tears.
In your anger, Lord, and your fury
you have lifted me up and thrown me down.
My days are like a passing shadow
and I wither away like the grass.

But you, O Lord, will endure for ever
and your name from age to age.
You will arise and have mercy on Zion:
for this is the time to have mercy,
yes, the time appointed has come
for your servants love her very stones,
are moved with pity even for her dust.

The nations shall fear the name of the Lord
and all the earth's kings your glory,
when the Lord shall build up Zion again
and appear in all his glory.
Then he will turn to the prayers of the helpless;
he will not despise their prayers.

Let this be written for ages to come
that a people yet unborn may praise the Lord;
for the Lord leaned down from his sanctuary on
high.
He looked down from heaven to the earth
that he might hear the groans of the prisoners
and free those condemned to die.

The sons of your servants shall dwell untroubled
and their race shall endure before you
that the name of the Lord may be proclaimed in
Zion
and his praise in the heart of Jerusalem,
when peoples and kingdoms are gathered together
to pay their homage to the Lord.
He has broken my strength in mid-course;
he has shortened the days of my life.
I say to God:
"Do not take me away before my day are complete,
you, whose days last from age to age.

Long ago you founded the earth
and the heavens are the work of your hands.
They will perish but you will remain.
They will wear out like a garment.
You will change them like clothes that are changed.
But you neither change, nor have an end."

_Antiphon 1_
My heart is crushed within me,
and my bones are trembling.

_A reading from the Book of the Prophet Jeremiah_
(Jeremiah 15:10-21)
Woe to me, my mother, that you gave me birth! A
man of strife and contention to all the land! I neither
borrow nor lend, yet everyone curses me. Tell me,
Lord, have I not served you for their good? Have I
not interceded with you in time of misfortune and
anguish? Can one break iron, iron from the north,
and bronze? Your wealth and your treasures I give
as plunder, demanding no payment, because of all
your sins, throughout all your territory. And I shall
enslave you to your enemies in a land you do not
know, For fire has broken out from my anger, it is
kindled against you. You know, Lord: Remember
me and take care of me, avenge me on my
persecutors. Because you are slow to anger, do not
banish me; know that for you I have borne insult.
When I found your words, I devoured them; your
words were my joy, the happiness of my heart,
Because I bear your name, Lord, God of hosts. I did
not sit celebrating in the circle of merrymakers;
Under the weight of your hand I sat alone because
you filled me with rage. Why is my pain continuous,
my wound incurable, refusing to be healed? To me
you are like a deceptive brook, waters that cannot be
relied on! Thus the Lord answered me: If you come
back and I take you back, in my presence you shall
stand; If you utter what is precious and not what is
worthless, you shall be my mouth. Then they will be
the ones who turn to you, not you who turn to them. And I will make you toward this people a fortified wall of bronze. Though they fight against you, they shall not prevail, For I am with you, to save and rescue you—oracle of the Lord. I will rescue you from the hand of the wicked, and ransom you from the power of the violent.

Antiphon 2
God is my savior;
I trust in him and shall not fear.

Psalm 37A (36A)
Do not fret because of the wicked;
do not envy those who do evil,
for they wither quickly like grass
and fade like the green of the fields.

If you trust in the Lord and do good,
then you will live in the land and be secure.
If you find your delight in the Lord,
he will grant your heart's desire.

Commit your life to the Lord,
trust in him and he will act,
so that your justice breaks forth like the light,
your cause like the noon-day sun.

Be still before the Lord and wait in patience;
do not fret at the man who prospers;
a man who makes evil plots to bring down the needy and the poor.

Calm your anger and forget your rage;
do not fret, it only leads to evil.
For those who do evil shall perish;
the patient shall inherit the land.

A little longer – and the wicked shall have gone.
Look at his place, he is not there.
But the humble shall own the land
and enjoy the fullness of peace.

The wicked man plots against the just
and gnashes his teeth against him;
but the Lord laughs at the wicked
for he sees that his day is at hand.

The sword of the wicked is drawn, 
his bow is bent to slaughter the upright. 
Their sword shall pierce their own hearts 
and their bows shall be broken to pieces.

The just man's few possessions 
are better than the wicked man's wealth; 
for the power of the wicked shall be broken 
and the Lord will support the just.

He protects the lives of the upright, 
their heritage will last for ever. 
They shall not be put to shame in evil days, 
in time of famine their food shall not fail.

But all the wicked shall perish 
and all the enemies of the Lord. 
They are like the beauty of the meadows, 
they shall vanish, they shall vanish like smoke.

The wicked man borrows without repaying, 
but the just man is generous and gives. 
Those blessed by the Lord shall own the land, 
but those he has cursed shall be destroyed.

The Lord guides the steps of a man 
and makes safe the path of one he loves. 
Though he stumble he shall never fall 
for the Lord holds him by the hand.

Glory to the Father, and to the Son, 
and to the Holy Spirit: 
as it was in the beginning, is now, 
and will be for ever. Amen.

Antiphon 2
God is my savior; 
I trust in him and shall not fear.

A reading from the writings of St. Ephrem of Syria
The evening before our Lord gave himself up to 
death he shared his own body with his Apostles and 
offered them his blood, with the command that they 
were to do what he had done in order to keep the
memory of his Passion alive. Then a strange thing happened. Earlier Jesus had charged his disciples not to fear death. Do not be afraid of those who have power to kill your body, he had said. But now he himself showed fear, and begged to be spared the cup of suffering. Father, he prayed if it be possible, let this cup pass me by. How are we to explain this? The answer is that our Lord’s petition was wrung from the human weakness he had made his own. There was no pretense about his incarnation; it was absolutely real. And since the donning of our poor humanity had made him puny and defenseless, it was only natural that he should experience fear and alarm. Eating to alleviate hunger, showing weariness after exertion, and revealing human weakness by the need for sleep were all the effects of his taking our flesh and clothing himself with our infirmity. Consequently when the moment of death drew near, he necessarily experienced the ultimate frailty of our human condition; he was gripped by a dreadful horror of dying. It was then that Jesus said to his disciples: Stay awake and pray that you may be spared the test. The spirit is willing, but the flesh is weak. And in answer to our question he might well say: ‘When you are afraid, it is not your spirit that trembles but your human weakness. Remember then that I myself tasted the fear of death in my desire to convince you that I truly shared your flesh and blood.’

A further answer to our question is that Jesus wished to teach his disciples how to commit themselves to God both in life and in death. His own divine knowledge made him supremely wise, yet he prayed for what his Father judged to be expedient. How much more ought we ignorant men to surrender our wills to God’s omniscience!

We may also tell ourselves that we too were in our Lord’s mind as he prayed. In time of temptation our minds become confused and our imagination runs riot. By persevering in prayer Jesus was showing us how much we ourselves need to pray if we are to escape the wiles and snares of the devil. It is only by constant prayer that we gain control of our distracted thoughts.

Finally, there is our Lord’s desire to strengthen all who are afraid of death. By letting them see that he
himself had experienced fear he would show them that fear does not necessarily lead to sin, provided one continues to resist it. This is the force of our Lord’s concluding prayer: Not my will, Father, but yours be done. He is saying: ‘Yes, Father, I am ready to die in order to bring life to many.’

LAUDS

Be with me, O Lord, my light and my hope, as I praise you at dawn with my song.

Hymn Sang by Monastic Schola

Antiphon 1
Lore, you have encouraged us at your table; you have fed us with the finest wheat, and filled us with honey from the rock.

Psalm 80 (79)
O shepherd of Israel, hear us, you who lead Joseph's flock, shine forth from your cherubim throne upon Ephraim, Benjamin, Manasseh.

O Lord, rouse up your might, O Lord, come to our help.

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

Lord God of hosts, how long will you frown on your people's plea?

You have fed them with tears for their bread, an abundance of tears for their drink. You have made us the taunt of our neighbors, 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 our 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 the vine and protect it,
the vine your right hand has planted.
They 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.

Psalm 81 (80)
Ring out your joy to God our strength,
shout in triumph to the God of Jacob.

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

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

A voice I did not know said to me:
"I freed your shoulder from the burden;
your hands were freed from the load.
You called in distress and I saved you."
I answered, concealed in the storm cloud; at the waters of Meribah I tested you. Listen, my people, to my warning. O Israel, if only you would heed!

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

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

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

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

**Wisdom 15:1-2a; 16:2,20ab, 21, 26; 19:22**
You, O God, are kind and true; you are patient and rule all things in mercy. For even if we sin, we are yours, and know your power and might

Instead of punishment you have shown kindness to your people; for food you provide quail, a novel dish, the delight they craved.

Instead of punishment you gave them the food of angels; you nourished them with bread from heaven, untoiled-for and ready to eat.

The sustenance you have showed your love toward your children; and the bread was changed to suit everyone’s liking,
serving the desire of the one who ate it.

This was so your children, O Lord, 
might learn that it is not crops that nourish them, 
but that your Word preserves those who trust in you.

For in everything and every way, O Lord, 
you have exalted and glorified your people; 
unfailing, you stood by them in every time and circumstance.

**Psalm 147B (147)**

O praise the Lord, Jerusalem!
Zion 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 to the Father, and to the Son, 
and to the Holy Spirit: 
as it was in the beginning, is now, 
and will be for ever. Amen.

*Antiphon 1*

Lore, you have encouraged us at your table; 
you have fed us with the finest wheat, 
and filled us with honey from the rock.

*A reading from the Letter to the Hebrews*
We see Jesus “crowned with glory and honor” because he suffered death, he who “for a little while” was made “lower than the angels,” that by the grace of God he might taste death for everyone. For it was fitting that he, for whom and through whom all things exist, in bringing many children to glory, should make the leader to their salvation perfect through suffering.

_Benedictus Antiphon_
Long have I desired to eat this meal with you before I suffer at the hands of men.

_Benedictus (Luke 1:68-79)_
Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be forever. Amen.

Benedictus Antiphon
Long have I desired
to eat this meal with you
before I suffer at the hands of men.

God has revealed himself in Christ. Let us praise his
goodness, and pray to him from our hearts:

Lover of mankind, inspire us to work for human
progress, seeking to spread your kingdom in all we
do.
May our hearts thirst for Christ, the fountain of
living water.
Forgive us our sins and direct our steps into the
ways of justice and sincerity.

Lord, have mercy.
— Christ, have mercy. Lord, have mercy.

Our Father…

God of infinite compassion,
to love you is to be made holy;
fill our hearts with your love.
By the death of your Son
you have given us hope, born of faith;
by his rising again fulfill this hope
in the perfect love of heaven,
where he lives and reigns with you in the unity of
the Holy Spirit,
one God, for ever and ever.

Praised be the name of the Lord.
— Now and always. Amen.

MIDDAY PRAYER

O God, make haste to my rescue.
Lord, come to my aid.
Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be forever. Amen.
Praise to you, O Lord,
King of eternal glory.

*Antiphon*
I know my sheep and my sheep know me,
even as the Father knows me and I know the Father;
for these sheep I will lay down my life.

**Psalm 53 (52)**
The fool has said in his heart:
"There is no God above."
Their deeds are corrupt, depraved;
not a good man is left.

God looks down from heaven on the sons of men
to see if any are wise, if any seek God.

All have left the right path;
depraved, every one;
There is not a good man left,
no, not even one.

Will the evil-doers not understand?
They eat up my people as though they were eating bread;
they never pray to God.

See how they tremble with fear without cause for fear,
for God scatters the bones of the wicked.
They are shamed, God rejects them.

O that Israel's salvation might come from Zion!
When God delivers his people from bondage,
than Jacob will be glad and Israel rejoice.

**Psalm 70 (69)**
O God, make haste to my rescue,
Lord, come to my aid!
Let there be shame and confusion
on those who seek my life.

O let them turn back in confusion,
who delight in my harm,
let them retreat, covered with shame,
who jeer at my lot.

Let there be rejoicing and gladness
for all who seek you.
Let them say for ever: "God is great,"
who love your saving help.

As for me, wretched and poor,
come to me, O God.
You are my rescuer, my help,
O Lord, do not delay.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be forever. Amen.

Psalm 23 (22)
My shepherd is Lord, I have all I need,
giving me rest in green and pleasant fields,
reviving my soul by finding fresh water,
guiding my ways with a shepherd’s care.

Though I should walk in death’s dark valley,
I fear no evil with you by my side,
your shepherd’s staff to comfort me,
your shepherd’s staff to comfort me.

You spread my table in sight of my foes,
anoint me had, my cup runs over;
you tend me with love always loyal.
I dwell with the Lord as long as I live.

Antiphon
I know my sheep and my sheep know me,
even as the Father knows me and I know the Father;
for these sheep I will lay down my life.

A reading from the Letter to the Hebrews
(Hebrews 7:26-27)
It was fitting that we should have such a high priest:
holy, innocent, undefiled, separated from sinners,
higher than the heavens. He has no need, as did the
high priests, to offer sacrifice day after day, first for
his own sins and then for those of the people; he did that once for all when he offered himself.

**Hymn** Sang by Monastic Schola

Let us pray.

God of infinite compassion,  
to love you is to be made holy;  
fill our hearts with your love.  
By the death of your Son  
you have given us hope, born of faith;  
by his rising again fulfill this hope  
in the perfect love of heaven,  
where he lives and reigns for ever and ever.

May the peace of Christ be with us.  
— Now and always. Amen.

**VESPERS**

Vespers is celebrated only by those who do not participate in the Mass of the Lord’s Supper.

**COMPLINE**

God, come to my assistance.  
Lord, make haste to help me.  
Glory to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be for ever. Amen.

*Examination of Conscience*  
May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. Amen.

**Hymn**  
O Sacred Head, surrounded by crown of piercing thorn.  
O Bleeding Head, so wounded, reviled and put to scorn.
Our sins have marred the glory of thy most holy Face,
Yet angel hosts adore thee, and tremble as they gaze.

The Lord of every nation was hung upon a tree;
His death was out salvation, our sins, his agony.
O Jesus, by thy passion, thy life in us increase;
Thy death for us did fashion our pardon and our peace.

Antiphon
Night holds no terrors for me
sleeping under God’s wings.

Psalm 91 (90)
He who dwells in the shelter of the Most High
and abides in the shade of the Almighty
says to the Lord: "My refuge,
my stronghold, my God in whom I trust!"

It is he who will free you from the snare
of the fowler who seeks to destroy you;
he will conceal you with his pinions
and under his wings you will find refuge.

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

A thousand may fall at your side,
ten thousand fall at your right,
you, it will never approach;
his faithfulness is buckler and shield.

Your eyes have only to look
to see how the wicked are repaid,
you who have said: "Lord, my refuge!"
and have made the Most High your dwelling.

Upon you no evil shall fall,
no plague approach where you dwell.
For you has he commanded his angels,
to keep you in all your ways.
They shall bear you upon their hands
lest you strike your foot against a stone.
On the lion and the viper you will tread
and trample the young lion and the dragon.

Since he clings to me in love, I will free him;
protect him for he knows my name.
When he calls I shall answer: "I am with you,"
I will save him in distress and give him glory.

With length of days I will content him;
I shall let you see my saving power.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning,
is now, and will be for ever. Amen.

*Antiphon*
Night holds no terrors for me
sleeping under God’s wings.

*A reading from the Book of Revelation*
(Revelation 22:4-5)
They shall see him face to face and bear his name on
their foreheads. The night shall be no more. They
will need no light from lamps or the sun, for the
Lord God shall give them light, and they shall reign
for ever.

For our sake Christ was obedient
accepting even death.

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

*Nunc Dimittis (Luke 2:29-32)*
Lord, now you let your servant go in peace;
your word has been fulfilled:
my own eyes have seen the salvation
which you have prepared in the sight of every
people:
a light to reveal you to the nations
and the glory of your people Israel.
Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now and will be for ever.

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

Let us pray.

Lord, we beg you to visit this house and banish from it all the deadly power of the enemy. May your holy angels dwell here to keep us in peace, and may your blessing be upon us always. We ask this through Christ our Lord. Amen.

May the all-powerful Lord grant us a restful night and a peaceful death. Amen.

*Ave Regina caelorum,*
*Ave Domina Angelorum:*
*Salve radix, salve porta,*
*Ex qua mundo lux est orta*
*Guade Virgo gloriosa,*
*Super omnes speciosa:*
*Vale O valde decora,*
*Et pro nobis Christum exora.*
FRIDAY OF THE PASSION OF THE LORD (GOOD FRIDAY)

VIGILS

O Lord, open my lips.  
And my mouth shall declare your praise.  
To the King of all the ages,  
the immortal, invisible, and only God,  
be honor and glory for ever and ever.  
Amen.

Invitatory Antiphon
Come, let us worship the Son of God  
who redeemed us with his blood.

Psalm 24A (23A)
The Lord's is the earth and its fullness,  
the world and all its peoples.  
It is he who set it on the seas;  
on the waters he made it firm.

Come, let us worship the Son of God  
who redeemed us with his blood.

Who shall climb the mountain of the Lord?  
Who shall stand in his holy place?  
The man with clean hands and pure heart,  
who desires not worthless things,  
who have not sworn so as to deceive their neighbor.

Come, let us worship the Son of God  
who redeemed us with his blood.

He shall receive blessings from the Lord  
and reward from the God who saves him.  
Such are the men who seek him,  
seek the face of the God of Jacob.

Come, let us worship the Son of God  
who redeemed us with his blood.
Glory to the Father, and to the Son, 
and to the Holy Spirit: 
as it was in the beginning, is now, 
and will be for ever. Amen.

Come, let us worship the Son of God 
who redeemed us with his blood.

Antiphon 1
They divided my clothing among themselves; 
they cast lots for my tunic.

Psalm 22 (21)
My God, my God, why have you forsaken me? 
You are far from my plea and the cry of my distress. 
O my God, I call by day and you give no reply; 
I call by night and I find no peace. 

Yet you, O God, are holy, 
enthroned on the praises of Israel. 
In you our fathers put their trust; 
they trusted and you set them free. 
When they cried to you, they escaped. 
In you they trusted and never in vain. 

But I am a worm and no man, 
skorned by men, despised by the people. 
All who see me deride me. 
They curl their lips, they toss their heads. 
"He trusted in the Lord, let him save him; 
let him release him if this is his friend."

Yes, it was you who took me from the womb, 
entrusted me to my mother's breast. 
To you I was committed from my birth, 
from my mother's womb you have been my God. 
Do not leave me alone in my distress; 
come close, there is none else to help. 

Many bulls have surrounded me, 
fierce bulls of Bashan close me in. 
Against me they open wide their jaws, 
like lions, rending and roaring. 

Like water I am poured out, 
disjointed are all my bones.
My heart has become like wax, it is melted within my breast.

Parched as burnt clay is my throat, my tongue cleaves to my jaws.

Many dogs have surrounded me, a band of the wicked beset me. They tear holes in my hands and my feet and lay me in the dust of death.

I can count every one of my bones. These people stare at me and gloat; they divide my clothing among them. They cast lots for my robe.

O Lord, do not leave me alone, my strength, make haste to help me! Rescue my soul from the sword, my life from the grip of these dogs. Save my life from the jaws of these lions, my poor soul from the horns of these oxen.

I will tell of your name to my brethren and praise you where they are assembled. "You who fear the Lord give him praise; all sons of Jacob, give him glory. Revere him, Israel's sons.

For he has never despised nor scorned the poverty of the poor. From him he has not hidden his face, but he heard the poor man when he cried."

You are my praise in the great assembly. My vows I will pay before those who fear him. The poor shall eat and shall have their fill. They shall praise the Lord, those who seek him. May their hearts live for ever and ever!

All the earth shall remember and return to the Lord, all families of the nations worship before him; for the kingdom is the Lord's, he is ruler of the nations. They shall worship him, all the mighty of the earth; before him shall bow all who go down to the dust.
And my soul shall live for him, my children serve him. They shall tell of the Lord to generations yet to come, declare his faithfulness to peoples yet unborn: "These things the Lord has done."

_Antiphon 1_
They divided my clothing among themselves; they cast lots for my tunic.

_A reading from the Book of the Prophet Jeremiah_ (Jeremiah 16:1-15)
This word came to me from the Lord: Do not take a wife and do not have sons and daughters in this place, for thus says the Lord concerning the sons and daughters born in this place, the mothers who give them birth, the fathers who beget them in this land: Of deadly disease they shall die. Unlamented and unburied they will lie like dung on the ground. Sword and famine will make an end of them, and their corpses will become food for the birds of the sky and the beasts of the earth. Thus says the LORD: Do not go into a house of mourning; do not go there to lament or grieve for them. For I have withdrawn my peace from this people—oracle of the Lord—my love and my compassion. They shall die, the great and the lowly, in this land, unburied and unlamented. No one will gash themselves or shave their heads for them. They will not break bread with the bereaved to offer consolation for the dead; they will not give them the cup of consolation to drink over the death of father or mother. Do not enter a house of feasting to sit eating and drinking with them. For thus says the Lord of hosts, the God of Israel: Before your eyes and in your lifetime, I will silence in this place the song of joy and the song of gladness, the song of the bridegroom and the song of the bride. When you proclaim all these words to this people and they ask you: “Why has the Lord pronounced all this great disaster against us? What is our crime? What sin have we committed against the Lord, our God?”—you shall answer them: It is because your ancestors have forsaken me—oracle of the Lord—and followed other gods
that they served and worshiped; but me they have forsaken, and my law they did not keep. And you have done worse than your ancestors. Here you are, every one of you, walking in the stubbornness of your evil heart instead of listening to me. I will throw you out of this land into a land that neither you nor your ancestors have known; there you can serve other gods day and night because I will not show you mercy.

Therefore, days are coming—oracle of the Lord—when it will no longer be said, “As the Lord lives, who brought the Israelites out of Egypt”; but rather, “As the Lord lives, who brought the Israelites out of the land of the north and out of all the countries to which he had banished them.” I will bring them back to the land I gave their ancestors.

Antiphon 2
Zeal for your house devours me;
the disgrace of those who reproach you has fallen upon me.

Psalm 69 (68)
Save me, O God,
for the waters have risen to my neck.

I have sunk into the mud of the deep
and there is no foothold.
I have entered the waters of the deep
and the waves overwhelm me.

I am wearied with all my crying,
my throat is parched.
My eyes are wasted away from looking for my God.

More numerous than the hairs on my head
are those who ate without cause.
Those who attack me with lies are too much for my strength.

How can I restore what I have never stolen?
God, you know my sinful folly;
my sins you can see.
Let not those who hope in you be put to shame through me, Lord of hosts:
let not those who seek you be dismayed through me,
God of Israel.

It is for you that I suffer taunts,
that shame covers my face,
that I have become a stranger to my brothers,
an alien to my own mother's sons.
I burn with zeal for your house
and taunts against you fall on me.

When I afflict my soul with fasting
they make it a taunt against me.
When I put on sackcloth and mourning
then they make me a byword,
the gossip of men at the gates,
the subject of drunkard's songs.

This is my prayer to you,
my pray for your favor.
In your great love, answer me, O God,
with your help that never fails;
rescue me from sinking in the mud,
save me from my foes.

Save me from the waters of the deep
lest the waves overwhelm me.
Do not let the deep engulf me
nor death close its mouth on me.

Lord, answer, for your love is kind;
in your compassion, turn towards me.
Do not hide your face from your servant;
answer me quickly for I am in distress.
Come close to my soul and redeem me;
ransom me pressed by my foes.

You know how they taunt and deride me;
my oppressors are all before you.
Taunts have broken my heart;
I have reached the end of my strength.
I looked in vain for compassion, for consoles;
not one could I find.

For food they gave me poison;
in my thirst they gave me vinegar to drink.
Let their table be a snare to them
and their festive banquets a trap.
Let their eyes grow dim and blind;
let their limbs tremble and shake.

Pour out your anger upon them,
let the heat of your fury overtake them.
Let their camp be left desolate;
let no one dwell in their tents:
for they persecute one whom you struck;
they increase the pain of one you wounded.

Charge them with guilt upon guilt;
let them never be found just in your sight.
Blot them out from the book of the living;
do not enroll them among the just.
As for me in my poverty and pain,
let your help, O God, lift me up.

I will praise God's name with a song;
I will glorify him with thanksgiving.
A gift pleasing God more than oxen,
more than beasts prepared for sacrifice.

The poor when they see it will be glad
and God-seeking hearts will revive;
for the Lord listens to the needy
and does not spurn his servants in their chains.
Let the heavens and the earth give him praise,
the sea and all its living creatures.

For God will bring help to Zion
and rebuild the cities of Judah
and men shall dwell there in possession.
The sons of his servants shall inherit it;
those who love his name shall dwell there.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon 2
Zeal for your house devours me;
the disgrace of those who reproach you has fallen upon me.

*A reading from a sermon by St. Leo the Great*

When our Lord was handed over to the will of his cruel foes, they ordered him, in mockery of his royal dignity, to carry the instrument of his own torture. This was done to fulfil the prophecy of Isaiah: A child is born for us, a son is given to us; sovereignty is laid upon his shoulders. To the wicked, the sight of the Lord carrying his own Cross was indeed an object of derision; but to the faithful a great mystery was revealed, for the Cross was destined to become the scepter of his power. Here was the majestic spectacle of a glorious conqueror mightily overthrowing the hostile forces of the devil and nobly bearing the trophy of his victory. As the crowd accompanied Jesus to the place of execution, the soldiers found a man called Simon of Cyrene, onto whose shoulders they transferred the weight of the Lord’s Cross. This action prefigured the faith of the Gentiles, to whom the Cross of Christ would mean glory rather than shame. By this substitution the atonement of the unblemished lamb and the fulfilment of all the rites of the old Law passed from the people of the circumcision to the Gentiles, from the children born of the flesh to those born of the spirit. In the words of the Apostle: Christ our Passover is sacrificed. As the new and authentic sacrifice of reconciliation, it was not in the Temple, whose cult was now at an end, that he offered himself to the Father; nor was it within the walls of the city doomed to destruction for its crimes. It was beyond the city gates, outside the camp, that he was crucified, in order that when the ancient sacrificial dispensation came to an end a new victim might be laid on a new altar, and the Cross of Christ become the altar not of the Temple, but of the world. You drew all things to yourself, Lord, when all the elements combined to pronounce judgment in execration of that crime. Figures gave way to reality, prophecy to manifestation, Law to Gospel. You drew all things to yourself in order that the worship of the whole human race could be celebrated everywhere in a sacramental form which would
openly fulfil what had been enacted by means of veiled symbols in that single Jewish Temple.

LAUDS

Be with me, O Lord, my light and my hope, as I praise you at dawn with my song.

Hymn *Sang by Monastic Schola*

*Antiphon 1*
God so loved the world
that he spared not his own Son,
but gave him up to suffer for our sake.

*Psalm 51 (50)*
Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt and cleanse me from my sin.

My offenses 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 thrill.
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 fervor 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 favor to Zion: 
rebuild the walls of Jerusalem. 
Then you will be pleased with lawful sacrifice, 
burnt offerings wholly consumed, 
then you will be offered young bulls on your altar. 

Antiphon 1 
God so loved the world 
that he spared not his own Son, 
but gave him up to suffer for our sake. 

Antiphon 2 
Dread fills my spirit; 
my heart is troubled. 

Psalm 143 (142) 
Lord, listen to my prayer: 
turn your ear to my appeal. 
You are faithful, you are just; give answer. 
Do not call your servant to judgment 
for no one is just in your sight. 

The enemy pursues my soul; 
he has crushed my life to the ground; 
he has made me dwell in darkness 
like the dead, long forgotten. 
Therefore my spirit fails; 
my heart is numb within me.
I remember the days that are past:
I ponder all your works.
I muse on what your hand has wrought
and to you I stretch out my hands.
Like a parched land my soul thirsts for you.

Lord, make haste and answer;
for my spirit fails within me.
Do not hide your face
lest I become like those in the grave.

In the morning let me know your love
for I put my trust in you.
Make me know the way I should walk:
to you I lift up my soul.

Rescue me, Lord, from my enemies;
I have fled to you for refuge.
Teach me to do your will
for you, O Lord, are my God.
Let your good spirit guide me
in ways that are level and smooth.

For your name's sake, Lord, save my life;
in your justice save my soul from distress.
In your love make an end of my foes;
destroy all those who oppress me
for I am your servant, O Lord.

Antiphon 2
Dread fills my spirit;
my heart is troubled.

Antiphon 3
The Lord Jesus Christ loved us;
he poured out his blood to wash away our sins.

Habakkuk 3:2-4, 13a, 15-19
O Lord, I have heard the report of you,
and your work, O Lord, do I fear.
In the midst of the years renew it,
in the midst of the years make it known;
in your wrath remember compassion!

God comes from Teman, the Holy One from Mount Paran.
His majesty covers the heavens,  
and his glory fills the earth.  
His brightness spreads out like the dawn,  
twin rays flash forth from at his side;  
there in the sky he conceals his power.

You come forth to save your people,  
to save your anointed one.  
You trample the sea with your horses  
amid the surging of mighty waters.  
I hear, and my body trembles,  
my lips quiver at the sound.

Decay invades my bones,  
and my legs give way beneath me.  
I await the day of distress  
that will come upon people who attack us.

Though the fig tree does not blossom, nor the vines bear fruit;  
though the olive crop fails, and the fields produce no grain;  
though the flock disappear from the fold;  
though the stalls are empty of cattle,  
yet I will rejoice in the Lord and exult in the God of my salvation.

For God, the Lord, is my strength;  
he makes my feet swift as a deer's,  
and sets me to tread upon the heights.

Antiphon 3  
The Lord Jesus Christ loved us;  
he poured out his blood to wash away our sins.

Antiphon 4  
We worship you on the cross, O Lord,  
we praise and glorify your holy resurrection;  
through the wood of the cross,  
you have brought joy to the world.

Psalm 149 (149)  
Sing a new song to the Lord,  
his praise in the assembly of the faithful.  
Let Israel rejoice in its Maker,  
let Zion's sons exult in their king.
Let them praise his name with dancing and make music with timbrel and harp.

For the Lord takes delight in his people. He crowns the poor with salvation. Let the faithful rejoice in their glory, shout for joy and take their rest. Let the praise of God be on their lips and a two-edged sword in their hand, to deal out vengeance to the nations and punishment on all the peoples; to bind their kings in chains and their nobles in fetters of iron; to carry out the sentence pre-ordained: this honor is for all his faithful.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

Antiphon 4
We worship you on the cross, O Lord, we praise and glorify your holy resurrection; through the wood of the cross, you have brought joy to the world.

A reading from the Book of the Prophet Isaiah (Isaiah 52:13-15)
See, my servant shall prosper, he shall be raised high and greatly exalted. Even as many were amazed at him—so marred was his look beyond human semblance and his appearance beyond that of the sons of man—so shall he startle many nations, because of him kings shall stand speechless; for those who have not been told shall see, those who have not heard shall ponder it.

Benedictus Antiphon
They hung their charge above his head: “Jesus of Nazareth, King of the Jews.”

Benedictus (Luke 1:68-79)
Blessed be the Lord, the God of Israel; he has come to his people and set them free.
He has raised up for us a mighty savior,
born of the house of his servant David.

Through his holy prophets he promised of old that
he would save us from our enemies,
from the hands of all who hate us.
He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight all the days of our
life.

You, my child, shall be called the prophet of the
Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the
shadow of death,
and to guide our feet into the way of peace.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be forever. Amen.

Benedictus Antiphon
They hung their charge above his head:
“Jesus of Nazareth, King of the Jews.”

For our sake our Redeemer suffered death and was
buried, and rose again. With heartfelt love let us
adore him and pray:

Christ our life, by your death on the cross you
destroyed the power of evil and death, may we die
with you to rise with you in glory.
Christ our King, you became an outcast among us, a
worm and no man, teach us the humility by which
you saved the world.
Christ our Savior, on the cross you embraced all
time with your outstretched arms, unite God’s
scattered children in your kingdom of salvation.

Lord, have mercy.
— Christ, have mercy. Lord, have mercy.

Our Father…

Look, we pray, O Lord, on this your family,
for whom our Lord Jesus Christ
did not hesitate to be delivered into the hands of the
wicked
and submit to the agony of the Cross.
Who lives and reigns with you in the unity of the
Holy Spirit,
one God, for ever and ever.

Praised be the name of the Lord.
— Now and always. Amen.

For our sake
Christ became obedient unto death,
even to death on a cross.

**MIDDAY PRAYER**

O God, make haste to my rescue.
Lord, come to my aid.
Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be forever. Amen.
Praise to you, O Lord,
King of eternal glory.

*Antiphon*
From midday until three o’clock
darkness covered the world.

**Psalm 38 (37)**
O Lord, do not rebuke me in your anger;
do not punish me, Lord, in your rage.
Your arrows have sunk deep in me;
your hand has come down upon me. 
Through your anger all my body is sick: 
through my sin, there is no health in my limbs.

My guilt towers higher than my head; 
it is a weight too heavy to bear. 
My wounds are foul and festering, 
the result of my own folly. 
I am bowed and brought to my knees. 
I go mourning all the day long.

All my frame burns with fever; 
all my body is sick. 
Spent and utterly crushed, 
I cry aloud in anguish of heart.

O Lord, you know all my longing: 
my groans are not hidden from you. 
My heart throbs, my strength is spent; 
the very light has gone from my eyes.

My friends avoid me like a leper; 
those closest to me stand afar off. 
Those who plot against my life lay snares; 
those who seek my ruin speak of harm, 
planning treachery all the day long.

But I am like the deaf who cannot hear, 
like the dumb unable to speak. 
I am like a man who hears nothing 
in whose mouth is no defense.

I count on you, O Lord: 
it is you, Lord God, who will answer. 
I pray: "Do not let them mock me, 
those who triumph if my foot should slip."

For I am on the point of falling 
and my pain is always before me. 
I confess that I am guilty 
and my sin fills me with dismay.

My wanton enemies are numberless 
and my lying foes are many. 
They repay me evil for good 
and attack me for seeking what is right.
O Lord, do not forsake me!
My God, do not stay afar off!
Make haste and come to my help,
O Lord, my God, my savior!

**Psalm 40 (39)**
I waited, I waited for the Lord
and he stooped down to me;
he heard my cry.

He drew me from the deadly pit,
from the miry clay.
He set my feet upon a rock
and made my footsteps firm.

He put a new song into my mouth,
praise of our God.
Many shall see and fear
and shall trust in the Lord.

Happy the man who has placed his trust in the Lord
and has not gone over to the rebels who follow false
gods.

How many, O Lord my God,
are the wonders and designs that you have worked
for us;
you have no equal.
Should I proclaim and speak of them,
they are more than I can tell!

You do not ask for sacrifice and offerings,
but an open ear.
You do not ask for holocaust and victim.
Instead, here am I.

In the scroll of the book it stands written
that I should do your will.
My God, I delight in your law in the depth of my
heart.

Your justice I have proclaimed in the great
assembly.
My lips I have not sealed;
you know it, O Lord.
I have not hidden your justice in my heart
but declared your faithful help.
I have not hidden your love and your truth from the
great assembly.

O Lord, you will not withhold your compassion
from me.
Your merciful love and your truth will always guard
me.

For I am beset with evils
too many to be counted.
My sins have fallen upon me
and my sight fails me.
They are more than the hairs of my head
and my heart sinks.

O Lord, come to my rescue;
Lord, come to my aid.
O let there be shame and confusion on those who
seek my life.

O let them turn back in confusion, who delight in
my harm.
Let them be appalled, covered with shame, who jeer
at my lot.

O let there be rejoicing and gladness for all who
seek you.
Let them ever say: "The Lord is great",
who love your saving help.

As for me, wretched and poor,
the Lord thinks of me.
You are my rescuer, my help,
O God, do not delay.

**Psalm 54 (53)**
O God, save me by your name;
by your power, uphold my cause.
O God, hear my prayer;
listen to the words of my mouth.

For proud men have risen against me,
ruthless men seek my life.
They have no regard for God.

But I have God for my help.
The Lord upholds my life.
Let the evil recoil upon my foes;
you who are faithful, destroy them.

I will sacrifice to you with willing heart
and praise your name for it is good:
for you have rescued me from all distress
and my eyes have seen the downfall of my foes.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be forever. Amen.

Antiphon
From midday until three o’clock
darkness covered the world.

A reading from the Book of the Prophet Isaiah
(Isaiah 53:4-5)
It was our infirmities that he bore, our sufferings he endured, While we thought of him as stricken, as one smitten by God and afflicted, But he was pierced for our offenses, crushed for our sins, Upon him was the chastisement that makes us whole, by his stripes we were healed.

Hymn Sang by Monastic Schola

Let us pray.

Look, we pray, O Lord, on this your family,
for whom our Lord Jesus Christ
did not hesitate to be delivered into the hands of the wicked
and submit to the agony of the Cross.
Who lives and reigns for ever and ever.

May the peace of Christ be with us.
— Now and always. Amen.

For our sake
Christ became obedient unto death,
even to death on a cross.

**Vespers**

Vespers is celebrated only by those who do not participate in the celebration of the Lord’s Passion.

**Compline**

God, come to my assistance.
Lord, make haste to help me.
Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen.

*Examination of Conscience*
May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. Amen.

**Hymn**
Praise God who in his fatherhood has loved us in his Son. Enjoy his peace and sing his praise for all that he has done.

To you, Lord God, belong all life and glory every day. We give you thanks, we are your sons, your people on the way.

O Lamb of God, you bear our faults, accept the praise we sing. Remember us in paradise, our Savior and our King.

Jesus who intercede for us, you are the Lord of men. O only Son of God, we pray, come soon to us again.

*Antiphon*
Night holds no terrors for me
sleeping under God’s wings.

Psalm 91 (90)
He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: "My refuge, my stronghold, my God in whom I trust!"

It is he who will free you from the snare of the fowler who seeks to destroy you; he will conceal you with his pinions and under his wings you will find refuge.

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

A thousand may fall at your side, ten thousand fall at your right, you, it will never approach; his faithfulness is buckler and shield.

Your eyes have only to look to see how the wicked are repaid, you who have said: "Lord, my refuge!" and have made the Most High your dwelling.

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

They shall bear you upon their hands lest you strike your foot against a stone. On the lion and the viper you will tread and trample the young lion and the dragon.

Since he clings to me in love, I will free him; protect him for he knows my name. When he calls I shall answer: "I am with you," I will save him in distress and give him glory.

With length of days I will content him; I shall let you see my saving power.
Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

Antiphon
Night holds no terrors for me sleeping under God’s wings.

A reading from the Book of Revelation
(Revelation 22:4-5)
They shall see him face to face and bear his name on their foreheads. The night shall be no more. They will need no light from lamps or the sun, for the Lord God shall give them light, and they shall reign for ever.

For our sake Christ was obedient accepting even death, death on a cross.

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

Nunc Dimittis (Luke 2:29-32)
Lord, now you let your servant go in peace; your word has been fulfilled: my own eyes have seen the salvation which you have prepared in the sight of every people: a light to reveal you to the nations and the glory of your people Israel.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now and will be for ever.

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

Let us pray.
Lord,
we beg you to visit this house
and banish from it all the deadly power of the
enemy.
May your holy angels dwell here to keep us in
peace,
and may your blessing be upon us always.
We ask this through Christ our Lord.
Amen.

May the all-powerful Lord grant us a restful night
and a peaceful death. Amen.

Ave Regina caelorum,
Ave Domina Angelorum:
Salve radix, salve porta,
Ex qua mundo lux est orta
Guade Virgo gloriosa,
Super omnes speciosa:
Vale O valde decora,
Et pro nobis Christum exora.
HOLY SATURDAY

VIGILS

O Lord, open my lips.  
And my mouth shall declare your praise.  
To the King of all the ages,  
the immortal, invisible, and only God,  
be honor and glory for ever and ever.  
Amen.

Invitatory Antiphon
Come, let us worship Christ who suffered death  
and then was laid into a tomb for our salvation.

Psalm 24A (23A)
The Lord's is the earth and its fullness,  
the world and all its peoples.  
It is he who set it on the seas;  
on the waters he made it firm.

Come, let us worship Christ who suffered death  
and then was laid into a tomb for our salvation.

Who shall climb the mountain of the Lord?  
Who shall stand in his holy place?  
The man with clean hands and pure heart,  
who desires not worthless things,  
who have not sworn so as to deceive their neighbor.

Come, let us worship Christ who suffered death  
and then was laid into a tomb for our salvation.

He shall receive blessings from the Lord  
and reward from the God who saves him.  
Such are the men who seek him,  
seek the face of the God of Jacob.

Come, let us worship Christ who suffered death  
and then was laid into a tomb for our salvation.

Glory to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now,
and will be for ever. Amen.

Come, let us worship Christ who suffered death and then was laid into a tomb for our salvation.

Antiphon 1
I will lie down in peace and sleep, but I will awake for the Lord is my help; he will lift up my head in glory.

Psalm 3
How many are my foes, O Lord! How many are rising up against me! How many are saying about me: "There is no help for him in God."

But you, Lord, are a shield about me, my glory, who lift up my head. I cry aloud to the Lord. He answers from his holy mountain.

I lie down to rest, and I sleep. I wake, for the Lord upholds me. I will not fear even thousands of people who are ranged on every side against me.

Arise, Lord; save me, my God, you who strike my foes on the mouth, you who break the teeth of the wicked! O Lord of salvation, bless your people!

Antiphon 1
I will lie down in peace and sleep, but I will awake for the Lord is my help; he will lift up my head in glory.

A reading from the Book of the Prophet Jeremiah (Jeremiah 20:7-18)
You seduced me, Lord, and I let myself be seduced; you were too strong for me, and you prevailed. All day long I am an object of laughter; everyone mocks me. Whenever I speak, I must cry out, violence and outrage I proclaim; The word of the Lord has brought me reproach and derision all day long. I say I will not mention him, I will no longer speak in his name. But then it is as if fire is burning in my heart,
imprisoned in my bones; I grow weary holding back, I cannot! Yes, I hear the whisperings of many: “Terror on every side! Denounce! let us denounce him!” All those who were my friends are on the watch for any misstep of mine. “Perhaps he can be tricked; then we will prevail, and take our revenge on him.” But the Lord is with me, like a mighty champion: my persecutors will stumble, they will not prevail. In their failure they will be put to utter shame, to lasting, unforgettable confusion. Lord of hosts, you test the just, you see mind and heart, Let me see the vengeance you take on them, for to you I have entrusted my cause. Sing to the Lord, praise the Lord, For he has rescued the life of the poor from the power of the evildoers! Cursed be the day on which I was born! May the day my mother gave me birth never be blessed! Cursed be the one who brought the news to my father, “A child, a son, has been born to you!” filling him with great joy. Let that man be like the cities which the Lord relentlessly overthrew; Let him hear war cries in the morning, battle alarms at noonday, because he did not kill me in the womb! Then my mother would have been my grave, her womb confining me forever. Why did I come forth from the womb, to see sorrow and pain, to end my days in shame?

Antiphon 2
Behold and see, all who pass this way, if there be any sorrow like my sorrow.

Psalm 88 (87)
Lord my God, I call for help by day; I cry at night before you. Let my prayer come into your presence. O turn your ear to my cry.

For my soul is filled with evils; my life is on the brink of the grave. I am reckoned as one in the tomb; I have reached the end of my strength,

Like one alone among the dead, like the slain lying in their graves, like those you remember no more, cut off, as they are, from your hand.
You have laid me in the depths of the tomb,
in places that are dark, in the depths.
Your anger weighs down upon me;
I am drowned beneath your waves.

You have taken away my friends
and made me hateful in their sight.
Imprisoned, I cannot escape;
my eyes are sunken with grief.

I call to you, Lord, all the day long;
to your I stretch out my hands.
Will you work your wonders for the dead?
Will the shades stand and praise you?

Will your love be told in the grave
or your faithfulness among the dead?
Will your wonders be known in the dark
or your justice in the land of oblivion?

As for me, Lord, I call to you for help;
in the morning my prayer comes before you.
Lord, why do you reject me?
Why do you hide your face?

Wretched, close to death from my youth,
I have borne your trials; I am numb.
Your fury has swept down upon me;
your terrors have utterly destroyed me.

They surround me all the day like a flood,
they assail me all together.
Friend and neighbor you have taken away:
my one companion is darkness.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon 2
Behold and see, all who pass this way,
if there be any sorrow like my sorrow.
A reading from a Byzantine Canon for Holy Saturday

O Lord my God, I will sing to you a funeral hymn, a song at your burial: for by your burial you have opened for me the gates of life, and by your death you have slain death and hell. All things above and all beneath the earth quaked with fear at your death, as they beheld you, my Savior, upon your throne on high and in the tomb below. For you lie before our eyes in a way beyond our understanding: a corpse and yet the very source of life.

Today you keep holy the seventh day, which you blessed of old by resting from your works. You bring all things into being and make all things new, observing the sabbath rest, my Savior, and restoring your strength. You have gained the victory by your greater strength: your soul was parted from your body yet by your power, O Word, you have burst asunder the bonds of death and hell. Hell was filled with bitterness when it met you, O Word, for it saw a man deified, marked by wounds yet all-powerful; and it shrank back in terror at this sight.

You were torn but not separated, O Word, from the flesh you had taken. For though your temple was destroyed at the time of your Passion, the person of your Godhead and of your flesh is one: in both you are one Son, the Word of God, both God and man.

The fall of Adam brought death to man but not to God. Hell is king over mortal men, but not for ever. Laid in the tomb, mighty Lord, with your mighty hand you burst asunder the bars of death. To those from every age who slept in the tombs, you have proclaimed true deliverance, O Savior, who have become the firstborn from the dead.

Be astounded, O heavens, and let the foundations of the earth be shaken. He who dwells on high is numbered among the dead and dwells as a stranger in a narrow tomb. The second Adam, he who dwells on high, has come down to the first Adam in the depths of hell. The disciples’ courage failed, but Joseph of Arimathea was more bold; for seeing the God of all a naked corpse, he asked for the body and buried him.

Coming forth from a birth without travail and wounded in your side with a spear, O My Maker, you have brought to pass the re-creation of Eve.
Becoming Adam, you have in a way surpassing nature slept a life-giving sleep, awakening life from sleep and from corruption by your almighty power. ‘Do not weep for me O Mother, beholding in the tomb the Son whom you conceived in your womb without seed. For I shall rise and be glorified, and as God I shall exalt in everlasting glory those who magnify you with faith and love.’ ‘O Son without beginning, I was blessed by your strange birth in ways surpassing nature, for I was spared all travail. But now looking upon you, my God, as a lifeless corpse, I am pierced by the sword of bitter sorrow. But arise, that I may be truly magnified.’

LAUDS

Be with me, O Lord, my light and my hope, as I praise you at dawn with my song.

Hymn Sang by Monastic Schola

Antiphon 1
The world mourns as for an only son; the Lord, though sinless, has been put to death.

Psalm 64 (63)
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.
God 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 God has done.
They will understand God's deeds.

The just will rejoice in the Lord
and fly to him for refuge.

All the upright hearts will glory.

Antiphon 1
The world mourns as for an only son;
the Lord, though sinless, has been put to death.

Antiphon 2
My flesh shall rest in hope,
for you will not let your beloved know decay.

Psalm 16 (15)
Preserve me, God, I take refuge in you.
I say to the Lord: "You are my God.
My happiness lies in you alone."

He has put into my heart a marvelous love
for the faithful ones who dwell in his land.
Those who choose other gods increase their sorrows.
Never will I offer their offerings of blood.
Never will I take their name upon my lips.

O Lord, it is you who are my portion and cup;
it is you yourself who are my prize.
The lot marked out for me is my delight:
welcome indeed the heritage that falls to me!

I will bless the Lord who gives me counsel,
who even at night directs my heart.
I keep the Lord ever in my sight:
since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad;
even my body shall rest in safety.
For you will not leave my soul among the dead,
nor let your beloved know decay.

You will show me the path of life,
the fullness of joy in your presence,
at your right hand happiness for ever.

_Antiphon 2_
My flesh shall rest in hope,
for you will not let your beloved know decay.

_Antiphon 3_
When I was troubled
I cried out from the belly of death
and the Lord heard me.

_**Jonah 2:3-10**_
I called to the Lord in my distress;
I called and he answered me.
From the midst of the netherworld I cried for help,
and you heard my voice.

For you cast me into the deep, into the heart of the sea,
and the flood closed round me;
all your waves and your billows passed over me.

Then I thought, “I am banished from your sight!
How shall I ever see your holy temple again?”

The waters swirled about me, threatening my life;
the ocean enveloped me;
seaweed clung about my head.

To the roots of the mountains, I sank into the underworld,
and its bars closed round me for ever.
But you, O Lord, raised my life from the pit!

When my senses failed me, I remembered the Lord;
and my prayer reached you in your holy temple.

Those who worship false gods abandon their loyalty,
but I will offer you sacrifice with songs of praise.
The vows I have made I shall pay in full!
For salvation comes from the Lord alone!

*Antiphon 3*
When I was troubled
I cried out from the belly of death
and the Lord heard me.

*Antiphon 4*
Once I was dead, but now I live for ever;
for I hold the keys of death and hell.

**Psalm 150**
Praise God in his holy place,
praise him in his mighty heavens.
Praise him for his powerful deeds,
praise his surpassing greatness.

O praise him with sound of trumpet,
praise him with lute and harp.
Praise him with timbrel and dance,
praise him with strings and pipes.

O praise him with resounding cymbals,
praise him with clashing of cymbals.
Let everything that lives and that breathes
give praise to the Lord.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen.

*Antiphon 4*
Once I was dead, but now I live for ever;
for I hold the keys of death and hell.

*A reading from the Book of the Prophet Hosea*  
(Hosea 5:15b – 6:2)
Thus says the Lord: In their affliction, they shall look for me. “Come, let us return to the Lord, For it is he who has rent, but he will heal us; he has struck us, but he will bind our wounds. He will revive us after two days; on the third day he will raise us up, to live in his presence.”
Benedictus Antiphon
At the tomb where he had been buried, the women sat weeping and lamenting; they mourned for their Lord and Master.

Benedictus (Luke 1:68-79)
Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

Benedictus Antiphon
At the tomb where he had been buried, the women sat weeping and lamenting; they mourned for their Lord and Master.
Our Redeemer suffered and was buried for us in order to rise again. With sincere love we adore him and aware of our needs we cry out:

Christ our Savior, your sorrowing Mother stood by you at your death and burial, in our sorrows may we share your suffering. Pause

Christ, the Good Shepherd, in death you lay hidden from the world, teach us to love a life hidden with you in the Father. Pause

Christ, the new Adam, you entered the kingdom of death to release all the just since the beginning of the world, may all who lie dead in sin hear your voice and rise to life. Pause

Lord, have mercy.
— Christ, have mercy. Lord, have mercy.

Our Father…

All-powerful and ever-living God, your only Son went down among the dead and rose again in glory. In your goodness rise up your faithful people, buried with him in baptism, to be one with him in the eternal life of heaven, where he lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

Praised be the name of the Lord. — Now and always. Amen.

For our sake
Christ became obedient unto death, even to death on a cross. Therefore God has exalted him, and given him a name above every other name.

MIDDAY PRAYER

O God, make haste to my rescue.
Lord, come to my aid.
Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be forever. Amen.
Praise to you, O Lord,
King of eternal glory.

Antiphon
I am sure I shall see the Lord’s goodness
in the land of the living.

Psalm 27 (26)
The Lord is my light and my help;
whom shall I fear?
The Lord is the stronghold of my life;
before whom shall I shrink?

When evil-doers draw near
to devour my flesh,
it is they, my enemies and foes,
who stumble and fall.

Though an army encamp against me
my heart would not fear.
Though war break out against me
even then would I trust.

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

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

And now my head shall be raised
above my foes who surround me
and I shall offer within his tent
a sacrifice of joy.

I will sing and make music for the Lord.
O Lord, hear my voice when I call;  
have mercy and answer.  
Of you my heart has spoken:  
"Seek his face."

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

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

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

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

**Psalm 30 (29)**  
I will praise you, Lord, you have rescued me  
and have not let my enemies rejoice over me.

O Lord, I cried to you for help  
and you, my God, have healed me.  
O Lord, you have raised my soul from the dead,  
restored me to life from those who sink into the grave.

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

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

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

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

Psalm 76 (75)

God, you are made known in Judah; in Israel your name is great. You set up your tent in Jerusalem and your dwelling place in Zion. It was there you broke the flashing arrows, the shield, the sword, the armor.

You, O Lord, are resplendent, more majestic than the everlasting mountains. The warriors, despoiled, slept in death; the hands of the soldiers were powerless. At your threat, O God of Jacob, horse and rider lay stunned.

You, you alone, strike terror. Who shall stand when your anger is roused? You uttered your sentence from the heavens; the earth in terror was still when you arose to judge, to save the humble of the earth.

Men's anger will serve to praise you; its survivors surround you with joy. Make vows to your God and fulfill them. Let all pay tribute to him who strikes terror, who cuts short the breath of princes, who strikes terror in the kings of the earth.
Glory to the Father, and to the Son, 
and to the Holy Spirit: 
as it was in the beginning, is now, 
and will be forever. Amen.

Antiphon
I am sure I shall see the Lord’s goodness 
in the land of the living.

A reading from the first Letter of Saint John
(1 John 2:1b-2)
We have an Advocate with the Father, Jesus Christ 
the righteous one. He is expiation for our sins, and 
not for our sins only but for those of the whole 
world.

Hymn Sang by Monastic Schola

Let us pray.

All-powerful and ever-living God, 
your only Son went down among the dead 
and rose again in glory. 
In your goodness 
rise up your faithful people, 
buried with him in baptism, 
to be one with him 
in the eternal life of heaven, 
where he lives and reigns for ever and ever.

May the peace of Christ be with us. 
— Now and always. Amen.

For our sake 
Christ became obedient unto death, 
even to death on a cross. 
Therefore God has exalted him, 
and given him a name above every other name.

VESPERS

Let my prayer rise like incense, before you, O Lord, 
Let my prayer rise like incense, before you, O Lord, 
the lifting up of my hands, like an evening offering,
like an evening offering.

Hymn *Sang by Monastic Schola*

*Antiphon 1*
Guard me from ensnarement in the net
which they have put out for me;
defend me from the stumbling blocks
of those who work iniquity.

*Psalm 141 (140)*
I have called to you, Lord; hasten to help me!
Hear my voice when I cry to you.
Let my prayer arise before you like incense,
the raising of my hands like an evening oblation.

Set, O Lord, a guard over my mouth;
keep watch, O Lord, at the door of my lips!
Do not turn my heart to things that are wrong,
to evil deeds with men who are sinners.

Never allow me to share in their feasting.
If a just man strikes or reproves me it is kindness
but let the oil of the wicked not anoint my head.
Let my prayer be ever against their malice.

Their princes were thrown down by the side of the rock;
them they understood that my words were kind.
As a millstone is shattered to pieces on the ground,
so their bones were strewn at the mouth of the grave.

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

Let the wicked fall into the traps they have set
while I pursue my way unharmed.

*Antiphon 1*
Guard me from ensnarement in the net
which they have put out for me;
defend me from the stumbling blocks
of those who work iniquity.
Antiphon 2
I looked on my right and saw:
there was no one who knew me,
not one to take my part.

Psalm 142 (141)
With all my voice I cry to the Lord,
with all my voice I entreat the Lord.
I pour out my trouble before him;
I tell him all my distress
while my spirit faints within me.
But you, O Lord, know my path.

On the way where I shall walk
they have hidden a snare to entrap me.
Look on my right and see:
there is no one who takes my part.
I have no means of escape,
not one who cares for my soul.

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

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

Antiphon 2
I looked on my right and saw:
there was no one who knew me,
not one to take my part.

Antiphon 3
Today I have been greatly afflicted;
tomorrow I shall break my bonds.
Death, you shall die in me;
hell, you shall be destroyed by me.

Psalm 116B (115)
I trusted, even when I said:
"I am sorely afflicted,"
and when I said in my alarm:
"No man can be trusted."

How can I repay the Lord
for his goodness to me?
The cup of salvation I will raise;
I will call on the Lord's name.

My vows to the Lord I will fulfill
before all his people.
O precious in the eyes of the Lord
is the death of his faithful.

Your servant, Lord, your servant am I;
you have loosened my bonds.
A thanksgiving sacrifice I make;
I will call on the Lord's name.

My vows to the Lord I will fulfill
before all his people,
in the courts of the house of the Lord,
in your midst, O Jerusalem.

Glory to the Father and to the Son,
and to the Holy Spirit;
as it was in the beginning,
both now and for ever. Amen

*Antiphon 3*
Today I have been greatly afflicted;
tomorrow I shall break my bonds.
Death, you shall die in me;
hell, you shall be destroyed by me.

*Antiphon 4*
The Lord Jesus humbled himself:
therefore God has exalted him for ever.

**Philippians 2:6-11**
Although he was in the form of God,
he did not consider that he should cling
to equality with God.

Rather did he empty himself,
taking on the form of a slave,  
being born in the likeness of all men.

In outward form he was found as a man,  
thus he humbled himself, obedient unto death,  
death upon a cross.

Because of this God highly exalted him,  
and bestowed on him the name  
above every other name.

So that at the name of Jesus,  
every knee should bend  
in the heavens, on the earth and in the world below.

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

_Antiphon 4_

The Lord Jesus humbled himself:  
therefore God has exalted him for ever.

_A reading from the first Letter of Saint Peter_  
(1 Peter 1:18-21)  
Realize that you were ransomed from your futile  
conduct, handed on by your ancestors, not with  
perishable things like silver or gold but with the  
precious blood of Christ as of a spotless  
unblemished lamb. He was known before the  
foundation of the world but revealed in the final  
time for you, who through him believe in God who  
raised him from the dead and gave him glory, so that  
your faith and hope are in God.

_Magnificat Antiphon_

The chief priests and the Pharisees  
set soldiers to guard the tomb.  
They sealed the entrance to the tomb  
with a stone too large to be moved.

_Magnificat (Luke 1:46b-55)_  
My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior  
for he has looked with favor on his lowly servant.  
From this day all generations will call me blessed:
the Almighty has done great things for me, and holy is his Name.
He has mercy on those who fear him in every generation.

He has shown the strength of his arm, he has scattered the proud in their conceit.
He has cast down the mighty from their thrones, and has lifted up the lowly.

He has filled the hungry with good things, and the rich he has sent away empty.
He has come to the help of his servant Israel for he has remembered his promise of mercy,

the promise he made to our fathers, to Abraham and his children for ever.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

*Magnificat Antiphon*
The chief priests and the Pharisees set soldiers to guard the tomb.
They sealed the entrance to the tomb with a stone too large to be moved.

For our sake our Redeemer suffered death and was buried, and rose again. With heartfelt love let us adore him and pray:

Lord Jesus, when your side was pierced, there flowed out blood and water, the marvelous symbol of the whole Church, through your death, burial and resurrection, bring life to your bride, the Church.
Lamb of God, you were offered for all as our paschal sacrifice, draw all mankind to yourself.
Christ, Son of the living God, you opened the gates of paradise to the repentant thief, gather (N. and all) our departed brethren into the glory of your resurrection.

Lord, have mercy.
— Christ, have mercy. Lord, have mercy.

Our Father…

All-powerful and ever-living God,
your only Son went down among the dead
and rose again in glory.
In your goodness
rise up your faithful people,
buried with him in baptism,
to be one with him
in the eternal life of heaven,
where he lives and reigns with you in the unity of
the Holy Spirit,
one God, for ever and ever.

May the divine assistance remain with us always.
— And with our absent brothers.

Let us thank the God of heaven.
— For his love endures for ever. Amen.

Ave Regina caelorum,
Ave Domina Angelorum:
Salve radix, salve porta,
Ex qua mundo lux est orta
Guade Virgo gloriosa,
Super omnes speciosa:
Vale O valde decora,
Et pro nobis Christum exora.

For our sake
Christ became obedient unto death,
even to death on a cross.
Therefore God has exalted him,
and given him a name above every other name.

COMPLINE

Compline is said only by those who do not participate in the Easter Vigil.

The Easter Vigil takes the place of the office of Vigils. Those, therefore, who do not participate in
the Easter Vigil should read at least four readings with canticles, psalms and prayers from the Easter Vigil.
**Easter Sunday of the Resurrection of the Lord**

**Vigils**

The Easter Vigil takes the place of the office of Vigils. Those, therefore, who do not participate in the Easter Vigil should read at least four readings with canticles, psalms and prayers from the Easter Vigil.

**Lauds**

Be with me, O Lord, my light and my hope, alleluia as I praise you at dawn with my song, alleluia.

Hymn *Sang by Monastic Schola*

*Antiphon 1*
Alleluia!
This is the day the Lord has made; let us rejoice and be glad.
Alleluia!

*Psalm 118 (117)*

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

Let the sons of Israel say:
"His love endures for ever."

Let the sons of Aaron say:
"His love endures for ever."

Let those who fear the Lord say:
"His love endures for ever."
I called to the Lord in my distress;
he answered and freed me.
The Lord is at my side; I do not fear.
what can man do against me?
The Lord is at my side as my helper;
I shall look down on my foes.

It is better to take refuge in the Lord
than to trust in men;
it is better to take refuge in the Lord
than to trust in princes.

The nations all encompassed me;
in the Lord's name I crushed them.
They compassed me, compassed me about;
in the Lord's name I crushed them.
They compassed me about like bees;
they blazed like a fire among thorns.
In the Lord's name I crushed them.

I was thrust down, thrust down and falling,
but the Lord was my helper.
The Lord is my strength and my song;
he was my savior.
There are shouts of joy and victory in the tents of
the just.

The Lord's right hand has triumphed;
his right hand raised me.
The Lord's right hand has triumphed;
I shall not die, I shall live and recount his deeds.
I was punished, I was punished by the Lord,
but not doomed to die.

Open to me the 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 savior.

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.

Antiphon 1
Alleluia! This is the day the Lord has made; let us rejoice and be glad. Alleluia!

Antiphon 2
Our Redeemer has risen from the tomb; let us sing psalms unceasingly to God. Alleluia.

Psalm 30 (29)
I will praise you, Lord, you have rescued me and have not let my enemies rejoice over me.

O Lord, I cried to you for help and you, my God, have healed me. O Lord, you have raised my soul from the dead, restored me to life from those who sink into the grave.

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

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

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

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

*Antiphon 2*
Our Redeemer has risen from the tomb; let us sing psalms unceasingly to God. Alleluia.

*Antiphon 3*
The splendor of Christ, risen from the dead, Shines on the people redeemed by his blood. Alleluia.

*Isaiah 63:1-5, 7-9b*
Who is this that comes from Edom, in crimson garments from Bozrah, he that is glorious in his apparel, marching in the greatness of strength?

"It is I, announcing vindication, whose power is to save."

Why is your apparel red, your garments like someone who treads in the winepress?

"I have trodden the winepress alone, of my people, not one was with me. So I trod them down in my anger, I trampled on them in my wrath; their blood spurted on my garments, and stained all my raiment."
“For the day of vengeance was in my heart, 
and my year of redemption has come. 
I looked, but there was no one to help; 
I was appalled, but could find no supporter! 
So my own arm brought me victory, and my wrath 
upheld me.”

I will recount the Lord’s acts of faithful love, 
the praises of the Lord, the Most High, 
in return for all deeds the Lord has done for us.

I will recount his goodness to the house of Israel 
for all that he has done in his mercy, 
for the abundance of his acts of steadfast love.

For he said, “Surely they are my people, 
my children who will not betray me.” 
So he became their savior in their every affliction.

It was not a messenger or an angel, 
but he himself who saved them. 
He himself redeemed them in his love and pity.

Antiphon 3
The splendor of Christ, risen from the dead, 
Shines on the people redeemed by his blood. 
Alleluia.

Antiphon 4
Alleluia! 
The Lord is risen as he promised. 
Alleluia!

Psalm 150
Praise God in his holy place, 
praise him in his mighty heavens. 
Praise him for his powerful deeds, 
praise his surpassing greatness.

O praise him with sound of trumpet, 
praise him with lute and harp. 
Praise him with timbrel and dance, 
praise him with strings and pipes.
O praise him with resounding cymbals,
praise him with clashing of cymbals.
Let everything that lives and that breathes
give praise to the Lord.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen.

*Antiphon 4*
Alleluia!
The Lord is risen as he promised.
Alleluia!

*A reading from the Acts of the Apostles*  
(Acts 10:40-43)
God raised Jesus on the third day and granted that he be visible, not to all the people, but to us, the witnesses chosen by God in advance, who ate and drank with him after he rose from the dead. He commissioned us to preach to the people and testify that he is the one appointed by God as judge of the living and the dead. To him all the prophets bear witness, that everyone who believes in him will receive forgiveness of sins through his name.

*Benedictus Antiphon*
Early in the morning,  
after the Sabbath,  
they came to the tomb.  
Alleluia.

*Benedictus (Luke 1:68-79)*  
Blessed be the Lord, the God of Israel;  
he has come to his people and set them free.  
He has raised up for us a mighty savior,  
born of the house of his servant David.  

Through his holy prophets he promised of old that he would save us from our enemies,  
from the hands of all who hate us.  
He promised to show mercy to our fathers  
and to remember his holy covenant.  

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,  
free to worship him without fear,  
holy and righteous in his sight all the days of our  
life.

You, my child, shall be called the prophet of the  
Most High;  
for you will go before the Lord to prepare his way,  
to give his people knowledge of salvation  
by the forgiveness of their sins.

In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the  
shadow of death,  
and to guide our feet into the way of peace.

Glory to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be forever. Amen.

_Benedictus Antiphon_  
Early in the morning,  
after the Sabbath,  
they came to the tomb.  
Alleluia.

Christ is the Lord of life, raised up by the Father; in  
his turn he will raise us up by this power. Let us  
pray to him:

Lord Jesus, light shining in the darkness, you lead  
your people into life and give our mortal nature the  
gift of holiness, may we spend this day in praise of  
your glory.  
Lord, you walked the way of suffering and  
crucifixion, may we suffer and die with you, and  
rise again to share your glory.  
King of glory, we look forward to the great day of  
your coming in splendor, may we see you face to  
face and be trans-formed in your likeness.

Lord, have mercy.  
— Christ, have mercy. Lord, have mercy.
Our Father…

O God, who on this day,
through your Only Begotten Son,
have conquered death
and unlocked for us the path to eternity,
grant, we pray, that we who keep
the solemnity of the Lord’s Resurrection
may, through the renewal brought by your Spirit,
rise up 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.

Praised be the name of the Lord, alleluia, alleluia.
— Now and always, alleluia, alleluia.

MIDDAY PRAYER

O God, make haste to my rescue.
Lord, come to my aid.
Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be forever. Amen. Alleluia.

Antiphon
Alleluia!
The disciples rejoiced when they saw the risen Lord.
Alleluia!

Psalm 16 (15)
Preserve me, God, I take refuge in you.
I say to the Lord: "You are my God.
My happiness lies in you alone."

He has put into my heart a marvelous love
for the faithful ones who dwell in his land.
Those who choose other gods increase their sorrows.
Never will I offer their offerings of blood.
Never will I take their name upon my lips.

O Lord, it is you who are my portion and cup;
it is you yourself who are my prize.
The lot marked out for me is my delight:
welcome indeed the heritage that falls to me!

I will bless the Lord who gives me counsel,
who even at night directs my heart.
I keep the Lord ever in my sight:
since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad;
even my body shall rest in safety.
For you will not leave my soul among the dead,
nor let your beloved know decay.

You will show me the path of life,
the fullness of joy in your presence,
at your right hand happiness for ever.

Psalm 72 (71)
O God, give your judgment to the king,
to a king's son your justice,
that he may judge your people in justice
and your poor in right judgment.

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

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

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

Before him his enemies shall fall,
his foes lick the dust.
The kings of Tarshish and the seacoasts 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.

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

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

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

May his name be blessed for ever 
and endure like the sun. 
Every tribe shall be blessed in him, 
all nations bless his name.

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

Amen! Amen!

1 John 1:1-3, 5-7
Something which has existed since the beginning, 
which we have heard, which we have seen with our own eyes; 
which we have watched and touched with our own hands: 
we speak of the Word, who is Life.

That life was made visible: 
we saw it and are giving out testimony, 
declaring to you the eternal life 
which was present to the Father and has been revealed to us.
What we have seen and heard we proclaim to you so that you too may share our life. Our life is shared with the Father and with his Son, Jesus Christ.

This is what we have heard from him, and the message we are announcing to you: God is light, and there is no darkness in him at all.

If we live our lives in the light, as he is in the light, we have a share in each other’s life, and the blood of Jesus, his Son, cleanses us from all sin.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

Antiphon
Alleluia!
The disciples rejoiced when they saw the risen Lord. Alleluia!

A reading from the Letter of Saint Paul to the Ephesians
(Ephesians 2:4-6)
God, who is rich in mercy, because of the great love he had for us, even when we were dead in our transgressions, brought us to life with Christ. By grace you have been saved. He raised us up with him, and seated us with him in the heavens in Christ Jesus.

Hymn Sang by Monastic Schola

Let us pray.

O God, who on this day, through your Only Begotten Son, have conquered death and unlocked for us the path to eternity, grant, we pray, that we who keep the solemnity of the Lord’s Resurrection may, through the renewal brought by your Spirit,
rise up 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.

DISMISSAL
May the peace of Christ be with us. Alleluia.

VESPERS

Let my prayer rise like incense, before you, O Lord, the lifting up of my hands, like an evening offering, like an evening offering. Alleluia, alleluia.

Hymn Sang by Monastic Schola

Antiphon 1
The angel of the Lord came down from heaven, went to the stone, rolled it back and sat on it. Alleluia, alleluia.

Psalm 110 (109)
The Lord's revelation to my Master:
"Sit on my right:
your foes I will put beneath your feet."

The Lord will yield from Zion
your scepter 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, the judge of the nations
will heap high the bodies;
heads shall be scattered far and wide.

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

*Antiphon 1*
The angel of the Lord came down from heaven,
went to the stone, rolled it back and sat on it.
Alleluia, alleluia.

*Antiphon 2*
His face shone as lightning;
his raiment like snow.
Alleluia, alleluia.

**Psalm 111 (110)**

I will thank the Lord with all my heart
in the meeting of the just and their assembly.
Great are the works of the Lord,
to be pondered by all who love them.

Majestic and glorious his work,
his justice stands firm for ever.
He makes us remember his wonders.
The Lord is compassion and love.

He gives food to those who fear him;
keeps his covenant ever in mind.
He has shown his might to his people
by giving them the lands of the nations.

His works are justice and truth,
his precepts are all of them sure,
standing firm for ever and ever;
they are made in uprightness and truth.

He has sent deliverance to his people
and established his covenant for ever.
Holy his name, to be feared.

To fear the Lord is the first stage of wisdom;
all who do so prove themselves wise.
His praise shall last for ever!
Antiphon 2
His face shone as lightning;
his raiment like snow.
Alleluia, alleluia.

Antiphon 3
The angel spoke to the women saying:
“Be not afraid
for I know that you seek Jesus.”
Alleluia, alleluia.

Psalm 113 (112)
Praise, O servants of the Lord,
praise the name of the Lord!
May the name of the Lord be blessed
both now and for evermore!
From the rising of the sun to its setting
praised be the name of the Lord!

High above all nations is the Lord,
above the heavens his glory.
Who is like the Lord, our God,
who has risen on high to his throne
yet stoops from the heights to look down,
to look down upon heaven and earth?

From the dust he lifts up the lowly,
from the dungheap he raises the poor
to set them in the company of princes,
yes, with the princes of his people.
To the childless wife he gives a home
and gladdens her heart with children.

Give praise to the Father Almighty,
to his Son, Jesus Christ, the Lord,
to the Spirit who dwells in our hearts,
both now and for ever. Amen.

Antiphon 3
The angel spoke to the women saying:
“Be not afraid
for I know that you seek Jesus.”
Alleluia, alleluia.

Antiphon 4
In heaven a mighty assembly cries out in song, great peals of thunder come from the throne of God.

**Revelation 19:1-2, 5-7**

Salvation and glory and might belong to our God. Alleluia!
For his judgments are just and true. Alleluia, alleluia!

Praise our God, all you servants of his. Alleluia!
All who revere him small and great. Alleluia, alleluia!

The Lord is King, our God the Mighty One. Alleluia!
Rejoice and be glad and glorify him. Alleluia, alleluia!

For this is the wedding day of the Lamb. Alleluia!
His bride has prepared herself for this day. Alleluia, alleluia!

She has been given a royal robe to wear. Alleluia!
Of finest linen brilliant and white. Alleluia, alleluia!

**Antiphon 4**

In heaven a mighty assembly cries out in song, great peals of thunder come from the throne of God.

**A reading from the Letter to the Hebrews**

(Hebrews 10:12-14)

Jesus offered one sacrifice for sins, and took his seat forever at the right hand of God; now he waits until his enemies are made his footstool. For by one offering he has made perfect forever those who are being consecrated.

**Magnificat Antiphon**

Looking up they saw that the stone had been rolled away from the entrance to the tomb. Alleluia.
Magnificat (Luke 1:46b-55)
My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed:

the Almighty has done great things for me,
and holy is his Name.
He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,

the promise he made to our fathers,
to Abraham and his children for ever.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen.

Magnificat Antiphon
Looking up they saw
that the stone had been rolled away
from the entrance to the tomb.
Alleluia.

With joy in our hearts let us call upon Christ the Lord, who died and rose again, and lives always to intercede for us:

Light and salvation of all peoples, send into our hearts the fire of your Spirit as we proclaim your resurrection.
Victorious and immortal Lord, you have triumphed over death, your enemy; destroy in us the power of death, that we may live only for you.
Savior Christ, you were obedient even to accepting death, and were raised up to the right hand of the Father, in your goodness welcome (N. and all) our departed brethren into the kingdom of your glory.

Lord, have mercy.
— Christ, have mercy. Lord, have mercy.

Our Father…

O God, who on this day, through your Only Begotten Son, have conquered death and unlocked for us the path to eternity, grant, we pray, that we who keep the solemnity of the Lord’s Resurrection may, through the renewal brought by your Spirit, rise up 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.

May the divine assistance remain with us always.
— And with our absent brothers.

Let us thank the God of heaven.
— For his love endures for ever. Amen.

Regina caeli, laetare, alleluia;
Quia quem meruisti portare, alleluia,
Resurrexit, sicut dixit, alleluia:
Ora pro nobis Deum, alleluia.

**COMPLINE**

God, come to my assistance.
Lord, make haste to help me.
Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen. Alleluia.

*Examination of Conscience*
May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. Amen.

**Hymn**
Praise God who in his fatherhood has loved us in his Son. Enjoy his peace and sing his praise for all that he has done.

To you, Lord God, belong all life and glory every day. We give you thanks, we are your sons, your people on the way.

O Lamb of God, you bear our faults, accept the praise we sing. Remember us in paradise, our Savior and our King.

Jesus who intercede for us, you are the Lord of men. O only Son of God, we pray, come soon to us again.

**Antiphon**
Alleluia, alleluia, alleluia.

**Psalm 91 (90)**
He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: "My refuge, my stronghold, my God in whom I trust!"

It is he who will free you from the snare of the fowler who seeks to destroy you; he will conceal you with his pinions and under his wings you will find refuge.

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

A thousand may fall at your side, ten thousand fall at your right, you, it will never approach;
his faithfulness is buckler and shield.

Your eyes have only to look
to see how the wicked are repaid,
you who have said: "Lord, my refuge!"
and have made the Most High your dwelling.

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

They shall bear you upon their hands
lest you strike your foot against a stone.
On the lion and the viper you will tread
and trample the young lion and the dragon.

Since he clings to me in love, I will free him;
protect him for he knows my name.
When he calls I shall answer: "I am with you,"
I will save him in distress and give him glory.

With length of days I will content him;
I shall let you see my saving power.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning,
is now, and will be for ever. Amen.

Antiphon
Alleluia, alleluia, alleluia.

A reading from the first Letter of Saint Peter
(1 Peter 1:3-5)
Blessed be the God and Father of our Lord Jesus Christ, who in his great mercy gave us a new birth to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you who by the power of God are safeguarded through faith, to a salvation that is ready to be revealed in the final time.

This is the day the Lord has made;
let us rejoice and be glad, alleluia.
**Nunc Dimittis Antiphon**
Protect us Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace. Alleluia.

Lord, now you let your servant go in peace; your word has been fulfilled:
my own eyes have seen the salvation which you have prepared in the sight of every people:
a light to reveal you to the nations and the glory of your people Israel.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now and will be for ever.

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

Let us pray.

Lord,
we have celebrated today the mystery of the rising of Christ to new life.
May we now rest in your peace, safe from all that could harm us, and rise again refreshed and joyful, to praise you throughout another day.
We ask this through Christ our Lord.
Amen.

May the all-powerful Lord grant us a restful night and a peaceful death. Amen.

Regina caeli, laetare, alleluia;
Quia quem meruisti portare, alleluia,
Resurrexit, sicut dixit, alleluia:
Ora pro nobis Deum, alleluia.