

19 December 2022

Feria

AT PRIME

Our Father. Hail Mary. I believe.

✠ ✠ O God make speed to save me.

✠ O Lord, make haste to help me. Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be: world without end. Amen. Alleluia.

Hymn **Jam lucis orto sidere**

NOW that the daylight fills the sky,
We lift our hearts to God on high,
That he, in all we do or say,
Would keep us free from harm today.

Would guard our hearts and tongues
from strife;

From anger's din would hide our life;
From all ill sights would turn our eyes;
Would close our ears to vanities:

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

So we, when this new day is gone,
And night in turn is drawing on,
With conscience by the world unstained,
Shall praise his name for victory gained.

All laud to God the Father be;
All praise, eternal Son, to thee;
All glory, as is ever meet,
To God the Holy Paraclete. Amen.

Ant. Drop down, ye heavens.

Psalm 25, i

UNTO thee, O Lord, will I lift up
my soul; my God, I have put my
trust in thee: * O let me not be
confounded, neither let mine enemies
triumph over me.

For all they that hope in thee shall not
be ashamed; * but such as transgress
without a cause shall be put to
confusion.

Shew me thy ways, O Lord, * and
teach me thy paths.

Lead me forth in thy truth, and learn
me, * for thou art the God of my
salvation; in thee hath been my hope all
the day long.

Call to remembrance, O Lord, thy
tender mercies, * and thy loving-kind-
nesses, which have been ever of old.

O remember not the sins and offences
of my youth; * but according to thy
mercy think thou upon me, O Lord, for
thy goodness.

Psalm 25, ii

GRACIOUS and righteous is the
Lord; * therefore will he teach
sinners in the way.

Them that are meek shall he guide in
judgement; * and such as are gentle,
them shall he learn his way.

All the paths of the Lord are mercy
and truth, * unto such as keep his
covenant and his testimonies.

For thy Name's sake, O Lord, * be
merciful unto my sin, for it is great.

What man is he, that feareth the Lord?
* him shall he teach in the way that he
shall choose.

His soul shall dwell at ease, * and his
seed shall inherit the land.

The secret of the Lord is among them
that fear him; * and he will shew them
his covenant.

Psalm 25, iii

MINE eyes are ever looking unto
the Lord; * for he shall pluck my
feet out of the net.

Turn thee unto me, and have mercy
upon me; * for I am desolate, and in
misery.

The sorrows of my heart are enlarged:
* O bring thou me out of my troubles.

Look upon my adversity and misery, *
and forgive me all my sin.

Consider mine enemies, how many they are; * and they bear a tyrannous hate against me.

O keep my soul, and deliver me: * let me not be confounded, for I have put my trust in thee.

Let perfectness and righteous dealing wait upon me; * for my hope hath been in thee.

Deliver Israel, O God, * out of all his troubles.

Psalm 96

O SING unto the Lord a new song; * sing unto the Lord, all the whole earth.

Sing unto the Lord, and praise his Name; * be telling of his salvation from day to day.

Declare his honour unto the heathen, * and his wonders unto all people.

For the Lord is great, and cannot worthily be praised; * he is more to be feared than all gods.

As for all the gods of the heathen, they are but idols; * but it is the Lord that made the heavens.

Glory and worship are before him; * power and honour are in his sanctuary.

Ascribe unto the Lord, O ye kindreds of the people, * ascribe unto the Lord worship and power.

Ascribe unto the Lord the honour due unto his Name; * bring presents, and come into his courts.

O worship the Lord in the beauty of holiness; * let the whole earth stand in awe of him.

Tell it out among the heathen that the Lord is King, † and that it is he who hath made the round world so fast that it cannot be moved; * and how that he shall judge the people righteously.

Let the heavens rejoice, and let the earth be glad; * let the sea make a noise, and all that therein is.

Let the field be joyful, and all that is in

it; * then shall all the trees of the wood rejoice before the Lord.

For he cometh, for he cometh to judge the earth; * and with righteousness to judge the world, and the people with his truth.

Ant. Drop down, ye heavens, from above, and let the skies pour down righteousness: let the earth open and bring forth a Saviour.

Chapter

Zech. 8, 19

LOVE ye truth and peace, * saith the Lord God of Hosts. ℞ Thanks be to God.

Br. ℞ O Christ, Son of the living God, * Have mercy upon us. O Christ. ℥ Thou that art about to come into the world. Have mercy. Glory be. O Christ.

℥ O Christ, arise, help us. ℞ And deliver us for thy Name's sake.

The Preces are said kneeling:

Kýrie eléison. Christe eléison. Kýrie eléison.

Our Father **secretly until** ℥ And lead us not into temptation. ℞ But deliver us from evil.

I believe in God **secretly until** ℥ The resurrection of the body. ℞ And the life ✕ everlasting. Amen.

℥ Unto thee have I cried, O Lord. ℞ And early shall my prayer come before thee.

℥ O let my mouth be filled with thy praise. ℞ That I may sing of thy glory and honour all the day long.

℥ O Lord, turn thy face from my sins. ℞ And put out all my misdeeds.

℥ Make me a clean heart, O God. ℞ And renew a right spirit within me.

℥ Cast me not away from thy presence. ℞ And take not thy Holy Spirit from me.

℥ O give me the comfort of thy help again. ℞ And stablish me with thy free spirit.

∿ Deliver me, O Lord from the evil man. ℞ And preserve me from the wicked man.

∿ Deliver me from mine enemies, O God. ℞ Defend me, O Lord from them that rise up against me.

∿ O deliver me from the wicked doers. ℞ And save me from the blood-thirsty men.

∿ So will I always sing praise unto thy Name. ℞ That I may daily perform my vows.

∿ Thou shalt shew us wonderful things in thy righteousness, O God of our salvation. ℞ Thou that art the hope of the ends of the earth, and of them that remain in the broad sea.

∿ O God make speed to save me. ℞ O Lord, make haste to help me.

∿ Holy God, Holy Mighty, Holy Immortal. ℞ Have mercy upon us.

∿ Praise the Lord, O my soul. ℞ And forget not all his benefits.

∿ Who forgiveth all thy sin. ℞ And healeth all thine infirmities.

∿ Who saveth thy life from destruction. ℞ and crowneth thee with mercy and loving-kindness.

∿ Who satisfieth thy mouth with good things. ℞ Making thee young and lusty, as an eagle.

∿ Our help ✠ is in the name of the Lord. ℞ Who hath made heaven and earth.

The Choir says together:

ICONFESS to God Almighty, to blessed Mary ever-Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, and to all the Saints, that I have sinned exceedingly in thought, word, and deed: by my fault, by my own fault, by my own most grievous fault. Wherefore I beg blessed Mary ever-Virgin, blessed Michael the

Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, and all the Saints, to pray for me to the Lord our God.

The Officiant says:

Almighty God have mercy upon us, forgive us our sins, and bring us to everlasting life. ℞ Amen.

The Almighty ✠ and merciful Lord grant us pardon, absolution, and remission of our sins. ℞ Amen.

∿ Vouchsafe, O Lord, to keep us this day without sin. ℞ O Lord, have mercy upon us, have mercy upon us.

∿ O Lord, let thy mercy lighten upon us. ℞ As our trust is in thee.

∿ O Lord, hear my prayer. ℞ And let my cry come unto thee.

Let us pray.

OLORD God Almighty, who hast brought us to the beginning of this day: defend us in the same with thy mighty power; that we may not this day fall into any sin, but that all our thoughts, words, and works may be directed to the fulfilment of thy righteousness. Through. ℞ Amen.

∿ O Lord, hear my prayer. ℞ And let my cry come unto thee.

∿ Let us bless the Lord. ℞ Thanks be to God.

Then, the Martyrology is read, and concludes:

∿ And elsewhere many other holy martyrs, confessors, and holy virgins. ℞ Thanks be to God.

Then the Officiant says:

∿ Right dear in the sight of the Lord. ℞ Is the death of his Saints.

MAY holy Mary and all the Saints intercede for us to the Lord: that we may be worthy to obtain from him help and salvation, who liveth and reigneth for ever and ever. ℞ Amen.

☩ O God make speed to save me. ☩ O Lord, make haste to help me.

This is said thrice; then follows:

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

Kýrie eléison. Christe eléison. Kýrie eléison.

Our Father **secretly until** ☩ And lead us not into temptation. ☩ But deliver us from evil.

☩ Show thy servants thy work, O Lord, and their children thy glory. ☩ And the glorious Majesty of the Lord our God be upon us; prosper thou the work of our hands upon us, O prosper thou our handy-work.

☩ Glory be to the Father, and to the Son, and to the Holy Ghost. ☩ As it was in the beginning, is now and ever shall be: world without end. Amen.

Let us pray.

O LORD God, King of heaven and earth, vouchsafe this day to direct and sanctify, to rule and govern our hearts and bodies, our thoughts, words, and deeds, in the ways of thy laws, and in the works of thy commandments; that by thy help we may be saved and delivered both now and ever, O Saviour of the world. Who livest and reignest, world without end. ☩ Amen.

☩ Pray, Sir, give me thy blessing.

Blessing. May the Lord Almighty order our days and our doings in his peace. ☩ Amen.

Short Lesson

Isaiah 33, 2

O LORD, be gracious unto us; † we have waited for thee: be thou their arm every morning, * our salvation also in the time of trouble. But thou, O Lord, have mercy upon us. ☩ Thanks be to God.

☩ Our help * is in the name of the Lord. ☩ Who hath made heaven and earth.

☩ Bless ye. ☩ May God bless us.

Blessing. May the Lord bless us, keep us from all evil, and bring us to life everlasting. * And may the souls of the faithful, through the mercy of God, rest in peace. ☩ Amen.

AT TERCE

Our Father. Hail Mary.

☩ * O God make speed to save me. ☩ O Lord, make haste to help me. Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be: world without end. Amen. Alleluia.

Hymn Nunc Sancte nobis Spiritus

COME, Holy Ghost, who ever One
Art with the Father and the Son;
Come, Holy Ghost, our souls possess
With thy full flood of holiness.

By every power, by heart and tongue,
By act and deed, thy praise be sung:
Inflame with perfect love each sense,
That others' souls may kindle thence.

O Father, that we ask be done
Through Jesus Christ, thine only Son,
Who, with the Holy Ghost and thee,
Shall live and reign eternally. Amen.

Ant. Send ye the Lamb.

Psalm 40, i

IWAITED patiently for the Lord, *
and he inclined unto me, and heard
my calling.

He brought me also out of the horrible
pit, out of the mire and clay, * and set
my feet upon the rock, and ordered my
goings.

And he hath put a new song in my
mouth, * even a thanksgiving unto our
God.

Many shall see it, and fear, * and shall
put their trust in the Lord.

Blessed is the man that hath set his hope in the Lord, * and turned not unto the proud, and to such as go about with lies.

O Lord my God, great are the wondrous works which thou hast done, † like as be also thy thought which are to us-ward; * and yet there is no man that ordereth them unto thee.

If I should declare them, and speak of them, * they should be more than I am able to express.

Sacrifice, and meat-offering, thou wouldest not, * but mine ears hast thou opened.

Burnt-offerings, and sacrifice for sin, hast thou not required: * then said, I, Lo, I come;

In the volume of the book it is written of me, † that I should fulfil thy will, O my God: * I am content to do it; yea, thy law is within my heart.

Psalm 40, ii

IHAVE declared thy righteousness in the great congregation: * lo, I will not refrain my lips, O Lord, and that thou knowest.

I have not hid thy righteousness within my heart: * my talk hath been of thy truth, and of thy salvation.

I have not kept back thy loving mercy and truth * from the great congregation.

Withdraw not thou thy mercy from me, O Lord; * let thy loving-kindness and thy truth always preserve me.

For innumerable troubles are come about me; † my sins have taken such hold upon me that I am not able to look up; * yea, they are more in number than the hairs of my head, and my heart hath failed me.

O Lord, let it be thy pleasure to deliver me; * make haste, O Lord, to help me.

Psalm 40, iii

LET them be ashamed and confounded together, that seek after my soul to

destroy it; * let them be driven backward and put to rebuke, that wish me evil.

Let them be desolate, and rewarded with shame, * that say unto me, Fie upon thee, fie upon thee.

Let all those that seek thee be joyful and glad in thee; * and let such as love thy salvation say always, The Lord be praised.

As for me, I am poor and needy; * but the Lord careth for me.

Thou art my helper and redeemer; * make no long tarrying, O my God.

Ant. Send ye the Lamb to the ruler of the land, from the rock of the wilderness, unto the Mount of the daughter of Sion.

Chapter 2 Cor. 10, 17-18

BEHOLD the days come, saith the Lord, that I will raise unto David a righteous Branch, † and a King shall reign and prosper, * and shall execute judgment and justice in the earth. **R.** Thanks be to God.

Br. R. Stir up thy strength, and come and help us, * O Lord God of Hosts. Stir up. **V.** Shew the light of thy countenance, and we shall be whole. O Lord. Glory be. Stir up.

V. The heathen shall fear thy name, O Lord. **R.** And all the kings of the earth thy majesty.

The Preces are said kneeling:

Kýrie eléison. Christe eléison. Kýrie eléison.

Our Father **secretly until V.** And lead us not into temptation. **R.** But deliver us from evil.

V. Turn us then, O Lord God of Hosts. **R.** Shew the light of thy countenance, and we shall be whole.

V. O Christ, arise, help us. **R.** And deliver us for thy Name's sake.

¶ O Lord, hear my prayer. ℞ And let my cry come unto thee.

Let us pray.

STIR up, we beseech thee, O Lord, thy power and come: and with great might succour us; that whereas through our sins we are sore let and hindered, thy bountiful grace and mercy may speedily help and deliver us: Who livest. ℞ Amen.

¶ O Lord, hear my prayer. ℞ And let my cry come unto thee.

¶ Let us bless the Lord. ℞ Thanks be to God.

¶ ✠ May the souls of the faithful, through the mercy of God, rest in peace. ℞ Amen.

Our Father, *secretly*.

¶ ✠ Dóminus det nobis suam pacem. ℞ Et vitam ætérnam. Amen.

Ant. Alma * Redemptóris Mater, quæ pèrvia cæli porta manes, et stella maris, succurre cadénti, sùrgere qui curat pópulo: tu quæ genuisti, natúra miránte, tuum sanctum Genitórem: Virgo prius ac postérius, Gabriélis ab ore sumens illud Ave, peccatórum miserére.

¶ Angelus Dómini nuntiávit Mariæ. ℞ Et concépit de Spíritu Sancto. Orémus.

GRATIAM tuam, quæsumus Dómine, méntibus nostris infúnde: ut, qui, Angelo nuntiánte, Christi Fílii tui incarnatiónem cognóvimus; per passiónem ejus et crucem, ad resurrectiósni glóriam perducámur. Per eúmdem Christum Dóminum nostrum. ℞ Amen.

¶ ✠ Divínium auxiliúm máneat semper nobiscum. ℞ Amen.

22 December 2022

S. Frances Cabrini, V.

AT PRIME

Our Father. Hail Mary. I believe.

¶ ✠ O God make speed to save me. ℞ O Lord, make haste to help me. Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be: world without end. Amen. Alleluia.

Hymn **Jam lucis orto sidere**

NOW that the daylight fills the sky,
We lift our hearts to God on high,
That he, in all we do or say,
Would keep us free from harm today.
Would guard our hearts and tongues
from strife;
From anger's din would hide our life;
From all ill sights would turn our eyes;
Would close our ears to vanities:
Would keep our inmost conscience pure;
Our souls from folly would secure;
Would bid us check the pride of sense
With due and holy abstinence.

So we, when this new day is gone,
And night in turn is drawing on,
With conscience by the world unstained,
Shall praise his name for victory gained.

All laud to God the Father be;
All praise, eternal Son, to thee;
All glory, as is ever meet,
To God the Holy Paraclete. Amen.

Ant. Out of Sion.

Psalms 23

THE Lord is my shepherd; *
therefore can I lack nothing.
He shall feed me in a green pasture, *
and lead me forth beside the waters of
comfort.

He shall convert my soul, * and bring
me forth in the paths of righteousness
for his Name's sake.

Yea, though I walk through the valley
of the shadow of death, † I will fear no
evil; * for thou art with me; thy rod and
thy staff comfort me.

Thou shalt prepare a table before me

against them that trouble me; * thou hast anointed my head with oil, and my cup shall be full.

But thy loving-kindness and mercy shall follow me all the days of my life; * and I will dwell in the house of the Lord for ever.

Psalm 72, i

GIVE the King thy judgments, O God, * and thy righteousness unto the King's son.

Then shall he judge thy people according unto right, * and defend the poor.

The mountains also shall bring peace, * and the little hills righteousness unto the people.

He shall keep the simple folk by their right, * defend the children of the poor, and punish the wrong doer.

They shall fear thee, as long as the sun and moon endureth, * from one generation to another.

He shall come down like the rain into a fleece of wool, * even as the drops that water the earth.

In his time shall the righteous flourish; * yea, and abundance of peace, so long as the moon endureth.

His dominion shall be also from the one sea to the other, * and from the flood unto the world's end.

Psalm 72, ii

THEY that dwell in the wilderness shall kneel before him; * his enemies shall lick the dust.

The kings of Tharsis and of the isles shall give presents; * the kings of Arabia and Saba shall bring gifts.

All kings shall fall down before him; * all nations shall do him service.

For he shall deliver the poor when he crieth; * the needy also, and him that hath no helper.

He shall be favourable to the simple and needy, * and shall preserve the

souls of the poor.

He shall deliver their souls from falsehood and wrong; * and dear shall their blood be in his sight.

He shall live, and unto him shall be given of the gold of Arabia; * prayer shall be made ever unto him, and daily shall he be praised.

There shall be an heap of corn in the earth, high upon the hills; * his fruit shall shake like Libanus, and shall be green in the city like grass upon the earth.

His Name shall endure for ever; † his Name shall remain under the sun among the posterities which shall be blessed through him; * and all the heathen shall praise him.

Blessed be the Lord God, even the God of Israel, * which only doeth wondrous things;

And blessed be the name of his majesty for ever: * and all the earth shall be filled with his majesty. Amen. Amen.

Psalm 98

O SING unto the Lord a new song; * for he hath done marvellous things.

With his own right hand, and with his holy arm, * hath he gotten himself the victory.

The Lord declared his salvation; * his righteousness hath he openly shewed in the sight of the heathen.

He hath remembered his mercy and truth toward the house of Israel; * and all the ends of the world have seen the salvation of our God.

Shew yourselves joyful unto the Lord, all ye lands; * sing, rejoice, and give thanks.

Praise the Lord upon the harp; * sing to the harp with a psalm of thanksgiving.

With trumpets also, and shawms, * O shew yourselves joyful before the Lord,

the King.

Let the sea make a noise, and all that therein is; * the round world, and they that dwell therein.

Let the floods clap their hands, and let the hills be joyful together before the Lord; * for he is come to judge the earth.

With righteousness shall he judge the world, * and the people with equity.

Ant. Out of Sion shall come forth the Lord Almighty, to bring salvation unto his people.

Chapter

I Tim. 1, 17

UNTO the King eternal, immortal, invisible, † the only wise God, be honour and glory * for ever and ever. Amen. **R.** Thanks be to God.

Br. R. O Christ, Son of the living God, * Have mercy upon us. O Christ. **V.** Thou that art about to come into the world. Have mercy. Glory be. O Christ.

V. O Christ, arise, help us. **R.** And deliver us for thy Name's sake.

V. O Lord, hear my prayer. **R.** And let my cry come unto thee.

Let us pray.

OLORD God Almighty, who hast brought us to the beginning of this day: defend us in the same with thy mighty power; that we may not this day fall into any sin, but that all our thoughts, words, and works may be directed to the fulfilment of thy righteousness. Through. **R.** Amen.

V. O Lord, hear my prayer. **R.** And let my cry come unto thee.

V. Let us bless the Lord. **R.** Thanks be to God.

Then the Martyrology is read.

V. And elsewhere many other holy martyrs, confessors, and holy virgins. **R.** Thanks be to God.

Then the Officiant says:

V. Right dear in the sight of the Lord. **R.** Is the death of his Saints.

MAY holy Mary and all the Saints intercede for us to the Lord: that we may be worthy to obtain from him help and salvation, who liveth and reigneth for ever and ever. **R.** Amen.

V. O God make speed to save me. **R.** O Lord, make haste to help me.

This is said thrice; then follows:

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

Kýrie eléison. Christe eléison. Kýrie eléison.

Our Father **secretly until V.** And lead us not into temptation. **R.** But deliver us from evil.

V. Show thy servants thy work, O Lord, and their children thy glory. **R.** And the glorious Majesty of the Lord our God be upon us; prosper thou the work of our hands upon us, O prosper thou our handy-work.

V. Glory be to the Father, and to the Son, and to the Holy Ghost. **R.** As it was in the beginning, is now and ever shall be: world without end. Amen.

Let us pray.

OLORD God, King of heaven and earth, vouchsafe this day to direct and sanctify, to rule and govern our hearts and bodies, our thoughts, words, and deeds, in the ways of thy laws, and in the works of thy commandments; that by thy help we may be saved and delivered both now and ever, O Saviour of the world. Who livest and reignest, world without end. **R.** Amen.

V. Pray, Sir, give me thy blessing.

Blessing. May the Lord Almighty order our days and our doings in his peace. **R.** Amen.

Short Lesson

Wisd. 4,1

BBETTER it is to have no children, and to have virtue: † O how fair is the chaste generation in the glory thereof, for the memorial thereof is immortal; * because it is known with God and and with men. But thou, O Lord, have mercy upon us. **R.** Thanks be to God.

V. Our help **X** is in the name of the Lord. **R.** Who hath made heaven and earth.

V. Bless ye. **R.** May God bless us.

Blessing. May the Lord bless us, keep us from all evil, and bring us to life everlasting. **X** And may the souls of the faithful, through the mercy of God, rest in peace. **R.** Amen.

AT TERCE

Our Father. Hail Mary.

V. **X** O God make speed to save me.

R. O Lord, make haste to help me. Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be: world without end. Amen. Alleluia.

Hymn Nunc Sancte nobis Spiritus

COME, Holy Ghost, who ever One
Art with the Father and the Son;
Come, Holy Ghost, our souls possess
With thy full flood of holiness.

By every power, by heart and tongue,
By act and deed, thy praise be sung:
Inflame with perfect love each sense,
That others' souls may kindle thence.

O Father, that we ask be done
Through Jesus Christ, thine only Son,
Who, with the Holy Ghost and thee,
Shall live and reign eternally. Amen.

Ant. Turn thee again.

Psalm 73, i

TRULY God is loving unto Israel: *
Even unto such as are of a clean
heart.

Nevertheless, my feet were almost gone, * my treadings had well-nigh slipt.

And why? I was grieved at the wicked: * I do also see the ungodly in such prosperity.

For they are in no peril of death; * but are lusty and strong.

They come in no misfortune like other folk; * neither are they plagued like other men.

And this is the cause that they are so holden with pride, * and overwhelmed with cruelty.

Their eyes swell with fatness, * and they do even what they lust.

They corrupt other, and speak of wicked blasphemy; * their talking is against the Most High.

For they stretch forth their mouth unto the heaven, * and their tongue goeth through the world.

Psalm 73, ii

THEREFORE fall the people unto them, * and thereout suck they no small advantage.

Tush, say they, how should God perceive it? * is there knowledge in the Most High?

Lo, these are the ungodly, * these prosper in the world, and these have riches in possession:

And I said, Then have I cleansed my heart in vain, * and washed mine hands in innocency.

All the day long have I been punished, * and chastened every morning.

Yea, and I had almost said even as they; * but lo, then I should have condemned the generation of thy children.

Then thought I to understand this; * but it was too hard for me,

Until I went into sanctuary of God: * then understood I the end of these men;

Namely, how thou dost set them in

slippery places, * and castest them down, and destroyest them.

Psalm 73, iii

O HOW suddenly do they consume, * perish, and come to a fearful end!

Yea, even like as a dream when one awaketh; * so shalt thou make their image to vanish out of the city.

Thus my heart was grieved, * and it went even through my reins.

So foolish was I, and ignorant, * even as it were a beast before thee.

Nevertheless, I am always by thee; * for thou hast holden me by my right hand.

Thou shalt guide me with thy counsel, * and after that receive me with glory.

Whom have I in heaven but thee? * and there is none upon earth that I desire in comparison of thee.

My flesh and my heart faileth; * but God is the strength of my heart, and my portion for ever.

For lo, they that forsake thee shall perish ; * thou hast destroyed all them that commit fornication against thee.

But it is good for me to hold me fast by God, † to put my trust in the Lord God, * and to speak of all thy works in the gates of the daughter of Sion.

Ant. Turn thee again, O Lord, at the last, and delay not thy coming unto thy servants.

Chapter 2 Cor. 10, 17-18

BRETHREN: He that glorieth, † let him glory in the Lord, * For not he that commendeth himself is approved, but whom the Lord commendeth. **R:** Thanks be to God.

Br. R: In thy comeliness, * Yea, in thy beauty. In thy. **V:** Go forth, ride prosperously, and reign. Yea, in thy beauty. Glory be. In thy.

V: God shall help her with his countenance. **R:** God is in the midst of her, therefore shall she not be removed.

V: O Lord, hear my prayer. **R:** And let my cry come unto thee.

Let us pray.

O LORD Jesu Christ, who didst kindle the holy virgin Frances Xavier with the flame of thy Sacred Heart, guiding her far across the world to win souls for thee, and by her didst raise up in thy Church a new family of virgins: grant, we beseech thee; that through her intercession, we too may be imbued with the virtues of thy Sacred Heart and may thereby reach the haven of eternal happiness. Who livest. **R:** Amen.

V: O Lord, hear my prayer. **R:** And let my cry come unto thee.

V: Let us bless the Lord. **R:** Thanks be to God.

V ✠: May the souls of the faithful, through the mercy of God, rest in peace. **R:** Amen.

Our Father, **secretly.**

V ✠: Dóminus det nobis suam pacem. **R:** Et vitam ætérnam. Amen.

Ant. Alma * Redemptóris Mater, quæ pèrvia cæli porta manes, et stella maris, succúrre cadénti, súrgere qui curat populo: tu quæ genuísti, natúra miránte, tuum sanctum Genitórem: Virgo prius ac postérius, Gabriélis ab ore sumens illud Ave, peccatórum miserère.

V: Angelus Dómini nuntiávit Mariæ. **R:** Et concépit de Spíritu Sancto.

Orémus.

GRATIAM tuam, quæsumus Dómine, méntibus nostris infúnde: ut, qui, Angelo nuntiánte, Christi Fílii tui incarnatiónem cognóvimus; per passiónem ejus et crucem, ad resurrectiósni glóriam perducámur. Per

eúmdem Christum Dóminum nostrum.
℞ Amen.

∿ ✠ Divínium auxiliúm máneat
semper nobiscum. ℞ Amen.

23 December 2022

Feria

AT PRIME

Our Father. Hail Mary. I believe.

∿ ✠ O God make speed to save me.
℞ O Lord, make haste to help me. Glory
be to the Father, and to the Son, and to
the Holy Ghost. As it was in the
beginning, is now and ever shall be:
world without end. Amen. Alleluia.

Hymn **Jam lucis orto sidere**

NOW that the daylight fills the sky,
We lift our hearts to God on high,
That he, in all we do or say,
Would keep us free from harm today.
Would guard our hearts and tongues
from strife;
From anger's din would hide our life;
From all ill sights would turn our eyes;
Would close our ears to vanities:
Would keep our inmost conscience pure;
Our souls from folly would secure;
Would bid us check the pride of sense
With due and holy abstinence.

So we, when this new day is gone,
And night in turn is drawing on,
With conscience by the world unstained,
Shall praise his name for victory gained.

All laud to God the Father be;
All praise, eternal Son, to thee;
All glory, as is ever meet,
To God the Holy Paraclete. Amen.

Ant. Stand ye still.

Psalm 22, i

MY God, my God, look upon me;
why hast thou forsaken me? *
and art so far from my health, and from
the words of my complaint?

O my God, I cry in the day-time, but
thou hearest not; * and in the night-
season also I take no rest.

And thou continuest holy, * O thou
worship of Israel.

Our fathers hoped in thee; * they
trusted in thee, and thou didst deliver
them.

They called upon thee, and were
holpen; * they put their trust in thee, and
were not confounded.

But as for me, I am a worm, and no
man; * a very scorn of men, and the
outcast of the people.

All they that see me laugh me to
scorn; * they shoot out their lips, and
shake their heads, saying,

He trusted in God, that he would
deliver him; * let him deliver him, if he
will have him.

But thou art he that took me out of my
mother's womb; * thou wast my hope,
when I hanged yet upon my mother's
breasts.

I have been left unto thee ever since I
was born; * thou art my God even from
my mother's womb.

O go not from me, † for trouble is
hard at hand, * and there is none to help
me.

Psalm 22, ii

MANY oxen are come about me; *
fat bulls of Basan close me in on
every side.

They gape upon me with their mouths,
* as it were a ramping and a roaring lion.

I am poured out like water, and all my
bones are out of joint; * my heart also in
the midst of my body is even like
melting wax.

My strength is dried up like a
potsherd, † and my tongue cleaveth to
my gums, * and thou shalt bring me into
the dust of death.

For many dogs are come about me, *

and the council of the wicked layeth siege against me.

They pierced my hands and my feet; I may tell all my bones: * they stand staring and looking upon me.

They part my garments among them, * and cast lots upon my vesture.

But be not thou far from me, O Lord; * thou art my succour, haste thee to help me.

Deliver my soul from the sword, * my darling from the power of the dog.

Save me from the lion's mouth; * thou hast heard me also from among the horns of the unicorns.

I will declare thy Name unto my brethren; * in the midst of the congregation will I praise thee.

Psalm 22, iii

O PRAISE the Lord, ye that fear him: * magnify him, all ye of the seed of Jacob, and fear him, all ye seed of Israel.

For he hath not despised, nor abhorred, the low estate of the poor; * he hath not hid his face from him, but when he called unto him he heard him.

My praise is of thee in the great congregation; * my vows will I perform in the sight of them that fear him.

The poor shall eat, and be satisfied; * they that seek after the Lord shall praise him; your heart shall live for ever.

All the ends of the world shall remember themselves, and be turned unto the Lord; * and all the kindreds of the nations shall worship before him.

For the kingdom is the Lord's, * and he is the Governour among the people.

All such as be fat upon earth * have eaten and worshipped.

All they that go down into the dust shall kneel before him; * and no man hath quickened his own soul.

My seed shall serve him: * they shall be counted unto the Lord for a

generation.

They shall come, and the heavens shall declare his righteousness * unto a people that shall be born, whom the Lord hath made.

Psalm 99

THE Lord is King, be the people never so impatient; * he sitteth between the Cherubims, be the earth never so unquiet.

The Lord is great in Sion, * and high above all people.

They shall give thanks unto thy Name, * which is great, wonderful, and holy.

The king's power loveth judgement; thou hast prepared equity, * thou hast executed judgement and righteousness in Jacob.

O magnify the Lord our God, and fall down before his footstool; * for he is holy.

Moses and Aaron among his priests, and Samuel among such as call upon his Name: * these called upon the Lord, and he heard them.

He spake unto them out of the cloudy pillar; * for they kept his testimonies, and the law that he gave them.

Thou heardest them, O Lord our God; * thou forgavest them, O God, and punishedst their own inventions.

O magnify the Lord our God, and worship him upon his holy hill; * for the Lord our God is holy.

Ant. Stand ye still, and ye shall see the salvation of the Lord which he will shew unto you.

Chapter

Zech. 8, 19

LOVE ye truth and peace, * saith the Lord God of Hosts. **℞** Thanks be to God.

Br. **℞** O Christ, Son of the living God, * Have mercy upon us. O Christ. **℣** Thou that art about to come into the world. Have mercy. Glory be. O Christ.

∿ O Christ, arise, help us. ℞ And deliver us for thy Name's sake.

The Preces are said kneeling:

Kýrie eléison. Christe eléison. Kýrie eléison.

Our Father **secretly until** ∿ And lead us not into temptation. ℞ But deliver us from evil.

I believe in God **secretly until** ∿ The resurrection of the body. ℞ And the life ✠ everlasting. Amen.

∿ Unto thee have I cried, O Lord. ℞ And early shall my prayer come before thee.

∿ O let my mouth be filled with thy praise. ℞ That I may sing of thy glory and honour all the day long.

∿ O Lord, turn thy face from my sins. ℞ And put out all my misdeeds.

∿ Make me a clean heart, O God. ℞ And renew a right spirit within me.

∿ Cast me not away from thy presence. ℞ And take not thy Holy Spirit from me.

∿ O give me the comfort of thy help again. ℞ And stablish me with thy free spirit.

∿ Deliver me, O Lord from the evil man. ℞ And preserve me from the wicked man.

∿ Deliver me from mine enemies, O God. ℞ Defend me, O Lord from them that rise up against me.

∿ O deliver me from the wicked doers. ℞ And save me from the blood-thirsty men.

∿ So will I always sing praise unto thy Name. ℞ That I may daily perform my vows.

∿ Thou shalt shew us wonderful things in thy righteousness, O God of our salvation. ℞ Thou that art the hope of the ends of the earth, and of them that remain in the broad sea.

∿ O God make speed to save me.

℞ O Lord, make haste to help me.

∿ Holy God, Holy Mighty, Holy Immortal. ℞ Have mercy upon us.

∿ Praise the Lord, O my soul. ℞ And forget not all his benefits.

∿ Who forgiveth all thy sin. ℞ And healeth all thine infirmities.

∿ Who saveth thy life from destruction. ℞ and crowneth thee with mercy and loving-kindness.

∿ Who satisfieth thy mouth with good things. ℞ Making thee young and lusty, as an eagle.

∿ Our help ✠ is in the name of the Lord. ℞ Who hath made heaven and earth.

The Choir says together:

I CONFESS to God Almighty, to blessed Mary ever-Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, and to all the Saints, that I have sinned exceedingly in thought, word, and deed: by my fault, by my own fault, by my own most grievous fault. Wherefore I beg blessed Mary ever-Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, and all the Saints, to pray for me to the Lord our God.

The Officiant says:

Almighty God have mercy upon us, forgive us our sins, and bring us to everlasting life. ℞ Amen.

The Almighty ✠ and merciful Lord grant us pardon, absolution, and remission of our sins. ℞ Amen.

∿ Vouchsafe, O Lord, to keep us this day without sin. ℞ O Lord, have mercy upon us, have mercy upon us.

∿ O Lord, let thy mercy lighten upon us. ℞ As our trust is in thee.

☩ O Lord, hear my prayer. ☩ And let my cry come unto thee.

Let us pray.

OLORD God Almighty, who hast brought us to the beginning of this day: defend us in the same with thy mighty power; that we may not this day fall into any sin, but that all our thoughts, words, and works may be directed to the fulfilment of thy righteousness. Through. ☩ Amen.

☩ O Lord, hear my prayer. ☩ And let my cry come unto thee.

☩ Let us bless the Lord. ☩ Thanks be to God.

Then, the Martyrology is read, and concludes:

☩ And elsewhere many other holy martyrs, confessors, and holy virgins. ☩ Thanks be to God.

Then the Officiant says:

☩ Right dear in the sight of the Lord. ☩ Is the death of his Saints.

MAY holy Mary and all the Saints intercede for us to the Lord: that we may be worthy to obtain from him help and salvation, who liveth and reigneth for ever and ever. ☩ Amen.

☩ O God make speed to save me. ☩ O Lord, make haste to help me.

This is said thrice; then follows:

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

Kýrie eléison. Christe eléison. Kýrie eléison.

Our Father **secretly until** ☩ And lead us not into temptation. ☩ But deliver us from evil.

☩ Show thy servants thy work, O Lord, and their children thy glory.

☩ And the glorious Majesty of the Lord our God be upon us; prosper thou the work of our hands upon us, O prosper thou our handy-work.

☩ Glory be to the Father, and to the Son, and to the Holy Ghost. ☩ As it was in the beginning, is now and ever shall be: world without end. Amen.

Let us pray.

OLORD God, King of heaven and earth, vouchsafe this day to direct and sanctify, to rule and govern our hearts and bodies, our thoughts, words, and deeds, in the ways of thy laws, and in the works of thy commandments; that by thy help we may be saved and delivered both now and ever, O Saviour of the world. Who livest and reignest, world without end. ☩ Amen.

☩ Pray, Sir, give me thy blessing.

Blessing. May the Lord Almighty order our days and our doings in his peace. ☩ Amen.

Short Lesson

Isaiah 33, 2

OLORD, be gracious unto us; † we have waited for thee: be thou their arm every morning, * our salvation also in the time of trouble. But thou, O Lord, have mercy upon us. ☩ Thanks be to God.

☩ Our help ✠ is in the name of the Lord. ☩ Who hath made heaven and earth.

☩ Bless ye. ☩ May God bless us.

Blessing. May the Lord bless us, keep us from all evil, and bring us to life everlasting. ✠ And may the souls of the faithful, through the mercy of God, rest in peace. ☩ Amen.

Our Father. Hail Mary.

✠ ✠ O God make speed to save me.

✠ O Lord, make haste to help me. Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be: world without end. Amen. Alleluia.

Hymn Nunc Sancte nobis Spiritus

COME, Holy Ghost, who ever One
Art with the Father and the Son;
Come, Holy Ghost, our souls possess
With thy full flood of holiness.

By every power, by heart and tongue,
By act and deed, thy praise be sung:
Inflame with perfect love each sense,
That others' souls may kindle thence.

O Father, that we ask be done
Through Jesus Christ, thine only Son,
Who, with the Holy Ghost and thee,
Shall live and reign eternally. Amen.

Ant. Unto thee, O Lord.

Psalm 80, i

HEAR O thou Shepherd of Israel,
thou that leadest Joseph like a
sheep; * shew thyself also, thou that
sittest upon the Cherubims.

Before Ephraim, Benjamin, and
Manasses, * stir up thy strength, and
come, and help us.

Turn us again, O God; * shew the
light of thy countenance, and we shall
be whole.

O Lord God of Hosts, * how long wilt
thou be angry with thy people that
prayeth?

Thou feedest them with the bread of
tears, * and givest them plenteousness
of tears to drink.

Thou hast made us a very strife unto
our neighbours, * and our enemies
laugh us to scorn.

Turn us again, thou God of Hosts; *
shew the light of thy countenance, and

we shall be whole.

Psalm 80, ii

THOU hast brought a vine out of
Egypt; * thou hast cast out the
heathen, and planted it.

Thou madest room for it; * and when
it had taken root it filled the land.

The hills were covered with the
shadow of it, * and the boughs thereof
were like the goodly cedar-trees.

She stretched out her branches unto
the sea, * and her boughs unto the
River.

Why hast thou then broken down her
hedge, * that all they that go by pluck
off her grapes?

Thou it up, * and the wild beasts of the
field devour it.

Turn thee again, thou God of Hosts,
look down from heaven, * behold, and
visit this vine;

And the place of the vineyard that thy
right hand hath planted, * and the
branch that thou madest so strong for
thyself.

It is burnt with fire, and cut down; *
and they shall perish at the rebuke of thy
countenance.

Let thy hand be upon the man of thy
right hand, * and upon the son of man,
whom thou madest so strong for thine
own self.

And so will not we go back from thee:
* O let us live, and we shall call upon
thy Name.

Turn us again, O Lord God of Hosts;
* shew the light of thy countenance, and
we shall be whole.

Psalm 82

GOD standeth in the congregation
of princes; * he is a Judge among
gods.

How long will ye give wrong
judgement, * and accept the persons of
the ungodly?

Defend the poor and fatherless; * see that such as are in need and necessity have right.

Deliver the outcast and poor; * save them from the hand of the ungodly.

They will not be learned nor understand, but walk on still in darkness: * all the foundations of the earth are out of course.

I have said, Ye are gods, * and ye are all the children of the Most Highest.

But ye shall die like men, * and fall like one of the princes.

Arise, O God, and judge thou the earth; * for thou shalt take all heathen to thine inheritance.

Ant. Unto thee, O Lord, will I lift up my soul: come and deliver me, for I flee unto thee to hide me.

Chapter **2 Cor. 10, 17-18**

BEHOLD the days come, saith the Lord, that I will raise unto David a righteous Branch, † and a King shall reign and prosper, * and shall execute judgment and justice in the earth.
℞ Thanks be to God.

Br. ℞ Stir up thy strength, and come and help us, * O Lord God of Hosts. Stir up. ℥ Shew the light of thy countenance, and we shall be whole. O Lord. Glory be. Stir up.

℥ The heathen shall fear thy name, O Lord. ℞ And all the kings of the earth thy majesty.

The Preces are said kneeling:

Kýrie eléison. Christe eléison. Kýrie eléison.

Our Father **secretly until** ℥ And lead us not into temptation. ℞ But deliver us from evil.

℥ Turn us then, O Lord God of Hosts. ℞ Shew the light of thy countenance, and we shall be whole.

℥ O Christ, arise, help us. ℞ And deliver us for thy Name's sake.

℥ O Lord, hear my prayer. ℞ And let my cry come unto thee.

Let us pray.

STIR up, we beseech thee, O Lord, thy power and come: and with great might succour us; that whereas through our sins we are sore let and hindered, thy bountiful grace and mercy may speedily help and deliver us: Who livest. ℞ Amen.

℥ O Lord, hear my prayer. ℞ And let my cry come unto thee.

℥ Let us bless the Lord. ℞ Thanks be to God.

℥ ✠ May the souls of the faithful, through the mercy of God, rest in peace. ℞ Amen.

Our Father, **secretly.**

℥ ✠ Dóminus det nobis suam pacem. ℞ Et vitam ætérnam. Amen.

Ant. Alma * Redemptóris Mater, quæ pèrvia cæli porta manes, et stella maris, succúrre cadénti, súrgere qui curat pópulo: tu quæ genuisti, natúra miránte, tuum sanctum Genitórem: Virgo prius ac postérius, Gabriélis ab ore sumens illud Ave, peccatórum miserére.

℥ Angelus Dómini nuntiávit Mariæ. ℞ Et concépit de Spíritu Sancto.

Orémus.

GRATIAM tuam, quæsumus Dómine, méntibus nostris infúnde: ut, qui, Angelo nuntiánte, Christi Fílii tui incarnatiónem cognóvimus; per passiónem ejus et crucem, ad resurrectiósni glóriam perducámur. Per eúmdem Christum Dóminum nostrum. ℞ Amen.

℥ ✠ Divínium auxiliúm máneat semper nobiscum. ℞ Amen.