

23 January 2023

## S. Raymund of Pennafort, C.

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**

**N**OW 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.** He that hath clean hands.

**Psalm 24**

**T**HE earth is the Lord's, and all that therein is; \* the compass of the world, and they that dwell therein.

For he hath founded it upon the seas, \* and prepared it upon the floods.

Who shall ascend into the hill of the Lord? \* or who shall rise up in his holy place?

Even he that hath clean hands, and a pure heart; \* and that hath not lift up his

mind unto vanity, nor sworn to deceive his neighbour.

He shall receive the blessing from the Lord, \* and righteousness from the God of his salvation.

This is the generation of them that seek him; \* even of them that seek thy face, O Jacob.

Lift up your heads, O ye gates, † and be ye lift up, ye everlasting doors; \* and the King of glory shall come in.

Who is the King of glory? \* It is the Lord strong and mighty, even the Lord mighty in battle.

Lift up your heads, O ye gates, † and be ye lift up, ye everlasting doors; \* and the King of glory shall come in.

Who is the King of glory? \* Even the Lord of hosts, he is the King of glory.

**Psalm 19, i**

**T**HE heavens declare the glory of God; \* and the firmament sheweth his handy-work.

One day telleth another; \* and one night certifieth another.

There is neither speech nor language; \* but their voices are heard among them.

Their sound is gone out into all lands; \* and their words into the ends of the world.

In them hath he set a tabernacle for the sun; \* which cometh forth as a bridegroom out of his chamber, and rejoiceth as a giant to run his course.

It goeth forth from the uttermost part of the heaven, † and runneth about unto the end of it again; \* and there is nothing hid from the heat thereof.

**Psalm 19, ii**

**T**HE law of the Lord is an undefiled law, converting the soul; \* the testimony of the Lord is sure, and giveth wisdom unto the simple.

The statutes of the Lord are right, and rejoice the heart; \* the commandment of the Lord is pure, and giveth light unto the eyes.

The fear of the Lord is clean, and endureth for ever; \* the judgements of the Lord are true, and righteous altogether.

More to be desired are they than gold, yea, than much fine gold; \* sweeter also than honey, and the honeycomb.

Moreover, by them is thy servant taught; \* and in keeping of them there is great reward.

Who can tell how oft he offendeth? \* O cleanse thou me from my secret faults.

Keep thy servant also from presumptuous sins, lest they get the dominion over me; \* so shall I be undefiled, and innocent from the great offence.

Let the words of my mouth, and the meditation of my heart, be always acceptable in thy sight, \* O Lord, my strength, and my redeemer.

**Ant.** He that hath clean hands and a pure heart shall ascend into the hill of the Lord.

### Chapter

**I Tim. 1, 17**

**U**NTO 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 sittest at the right hand of God the Father. Have mercy. Glory be. O Christ.

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

Kýrie eléison. Christe eléison. Kýrie eléison.

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

I believe in God **secretly until V.** The resurrection of the body. **R.** And the life **X.** everlasting. Amen.

**V.** Unto thee have I cried, O Lord. **R.** And early shall my prayer come before thee.

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

**V.** O Lord, turn thy face from my sins. **R.** And put out all my misdeeds.

**V.** Make me a clean heart, O God. **R.** And renew a right spirit within me.

**V.** Cast me not away from thy presence. **R.** And take not thy Holy Spirit from me.

**V.** O give me the comfort of thy help again. **R.** And stablish me with thy free spirit.

**V.** Our help **X.** is in the name of the Lord. **R.** 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. **R.** Amen.

The Almighty **X.** and merciful Lord grant us pardon, absolution, and remission of our sins. **R.** 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.

**O** LORD 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.

**M**AY 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** **Wisdom 10, 10**

**T**HE Lord guided the righteous in right paths, † shewed him the kingdom of God, and gave him knowledge of holy things: \* made him rich in his travels, and multiplied the fruits of his labors. 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**

**C**OME, 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.** My light.

**Psalm 27, i**

**T**HE Lord is my light, and my salvation; † whom then shall I fear? \* the Lord is the strength of my life; of whom then shall I be afraid?

When the wicked, even mine enemies and my foes, † came upon me to eat up my flesh, \* they stumbled and fell.

Though an host of men were laid against me, yet shall not my heart be afraid; \* and though there rose up war against me, yet will I put my trust in him.

One thing have I desired of the Lord, which I will require; \* even that I may dwell in the house of the Lord all the days of my life, to behold the fair beauty of the Lord, and to visit his temple.

For in the time of trouble he shall hide me in his tabernacle; \* yea, in the secret place of his dwelling shall he hide me, and set me up upon a rock of stone.

And now shall he lift up mine head \*

above mine enemies round about me.

Therefore will I offer in his dwelling an oblation with great gladness: \* I will sing and speak praises unto the Lord.

**Psalm 27, ii**

**H**EARKEN unto my voice, O Lord, when I cry unto thee; \* have mercy upon me, and hear me.

My heart hath talked of thee, Seek ye my face: \* Thy face, Lord, will I seek.

O hide not thou thy face from me, \* nor cast thy servant away in displeasure.

Thou hast been my succour; \* leave me not, neither forsake me, O God of my salvation.

When my father and my mother forsake me, \* the Lord taketh me up.

Teach me thy way, O Lord, \* and lead me in the right way, because of mine enemies.

Deliver me not over into the will of mine adversaries: \* for there are false witnesses risen up against me, and such as speak wrong.

I should utterly have fainted, \* but that I believe verily to see the goodness of the Lord in the land of the living.

O tarry thou the Lord's leisure; \* be strong, and he shall comfort thine heart; and put thou thy trust in the Lord.

**Psalm 28**

**U**NTO thee will I cry, O Lord my strength: \* think no scorn of me; lest, if thou make as though thou hearest not, I come like them that go down into the pit.

Hear the voice of my humble petitions, when I cry unto thee; \* when I hold up my hands towards the mercy-seat of thy holy temple.

O pluck me not away, neither destroy me with the ungodly and wicked doers, \* which speak friendly to their neighbours, but imagine mischief in their hearts.

Reward them according to their deeds,

\* and according to the wickedness of their own inventions.

Recompense them after the work of their hands; \* pay them that they have deserved.

For they regard not in their mind the works of the Lord, † nor the operation of his hands; \* therefore shall he break them down, and not build them up.

Praised be the Lord; \* for he hath heard the voice of my humble petitions.

The Lord is my strength, and my shield; † my heart hath trusted in him, and I am helped; \* therefore my heart danceth for joy, and in my song will I praise him.

The Lord is my strength, \* and he is the wholesome defence of his Anointed.

O save thy people, and give thy blessing unto thine inheritance: \* feed them, and set them up for ever.

**Ant.** My light and my salvation is the Lord.

**Chapter** **Ecclus. 31, 8–9**

**B**LESSED is the man that is found without blemish: † and hath not gone after gold. \* Who is he and we will call him blessed? for wonderful things hath he done among his people. **℟** Thanks be to God.

**Br.** **℟** The Lord loved him \* And adorned him. The Lord. **℣** He clothed him with a robe of glory. And adorned him. Glory be. The Lord.

**℣** The mouth of the righteous is exercised in wisdom, and his tongue will be talking of judgement. **℟** For the Lord ordereth a good man's going.

**℣** O Lord, hear my prayer. **℟** And let my cry come unto thee.

Let us pray.

**O** GOD, who didst appoint blessed Raymund excellently to minister the sacrament of penance, and didst wondrously lead him through the waves of the sea: vouchsafe; that, through his intercession, we may be enabled to bring forth worthy fruits of repentance, and to attain to the harbour of everlasting salvation. **℟** 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 genuísti, natúra miránte, tuum sanctum Genitórem: Virgo prius ac postérius, Gabriélis ab ore sumens illud Ave, peccatórum miserére.

**℣** Post partum, Virgo, invioláta permansisti. **℟** Dei Génitrix, intercède pro nobis.

Oremus.

**D**EUS, qui salútis ætérnæ, beátæ Mariæ virginitáte fœcúnda, humano géneri præmia præstitísti: tríbue, quæsumus; ut ipsam pro nobis intercédere sentiámus, per quam merúimus auctórem vitæ suscípere, Dóminum nostrum Jesum Christum, Fílium tuum. **℟** Amen.

**℣** ✠ Divínium auxiliúm máneat semper nobíscum. **℟** Amen.

24 January 2023  
S. Timothy, B.M.

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:  
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**Hymn** **Jam lucis orto sidere**

**N**OW 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.** O my God.

**Psalm 25, i**

**U**NTO 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**

**G**RACIOUS 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**

**M**INE 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.

**Ant.** O my God, I have put my trust in thee: let me not be confounded.

**Chapter** **I Tim. 1, 17**

**U**NTO 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 sittest at the right hand of God the Father. 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.

**O**LORD 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.

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

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**R.** Is the death of his Saints.

**M**AY 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.

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**This is said thrice; then follows:**

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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.

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**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. **R.** Amen.

**V.** Pray, Sir, give me thy blessing.

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

**Short Lesson** **Ecclus 39, 5**

**T**HE righteous man will give his heart to resort early to the Lord that Made him, \* and will pray before the Most High. 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**

**C**OME, 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.** The Lord inclined.

**Psalm 40, i**

**I**WAITED 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**

**I**HAVE 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**

**L**ET 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.** The Lord inclined unto me, and heard my calling.

**Chapter** **James 1, 12**

**B**LESSED is the man that endureth temptation, † for, when he is tried, he shall receive the crown of life, \* which the Lord hath promised to them that love him. **R.** Thanks be to God.

**Br.** **R.** Thou hast crowned him \* With glory and worship, O Lord. Thou hast. **V.** And hast made him to have dominion of the works of thy hands, With glory. Glory be. Thou hast.

**V.** Thou hast set a crown of pure gold upon his head, O Lord. **R.** And hast prevented him with the blessings of goodness.

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

Let us pray.

**A**Lmighty God, mercifully look upon our infirmities: and whereas we are sore afflicted by the burden of our sins, let the glorious intercession of blessed Timothy, thy Martyr and Bishop, be our succour and defence. 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.

**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 pópulo: tu quæ genuísti, natúra miránte, tuum sanctum Genitórem: Virgo prius ac postérius, Gabriélis ab ore sumens illud Ave, peccatórum miserére.

**V.** Post partum, Virgo, invioláta permansísti. **R.** Dei Génitrix, intercède pro nobis.

Oremus.

**D**EUS, qui salútis ætérnæ, beátae Mariæ virginitáte fœcúnda, humano géneri præmia præstitisti: tribue, quæsumus; ut ipsam pro nobis intercédere sentiámus, per quam merúimus auctórem vitæ suscipere, Dóminum nostrum Jesum Christum, Fílium tuum. **R.** Amen.

**V.** ✠ Divinum auxiliúm máneat semper nobiscum. **R.** Amen.

26 January 2023  
S. Polycarp, B.M.

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**

**N**OW 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.** In a green pasture.

**Psalm 23**

**T**HE 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**

**G**IVE 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**

**T**HEY 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.

**Ant.** In a green pasture the Lord my shepherd shall feed me.

## Chapter

## I Tim. 1, 17

**U**NTO 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 sittest at the right hand of God the Father. 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.

**O** LORD 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, and concludes:**

**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.

**M**AY 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.

∿ 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** **Eccles 39, 5**

**T**HE righteous man will give his heart to resort early to the Lord that Made him, \* and will pray before the Most High. 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**

**C**OME, 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.** Truly God is loving †

**Psalm 73, i**

**T**RULY 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**

**T**HEREFORE 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.** Truly God is loving unto Israel: even unto such as are of a clean heart..

**Chapter**

**James 1, 12**

**B**LESSED is the man that endureth temptation, † for, when he is tried, he shall receive the crown of life, \* which the Lord hath promised to them that love him. **℞** Thanks be to God.

**Br.** **℞** Thou hast crowned him \* With glory and worship, O Lord. Thou hast. **℣** And hast made him to have dominion of the works of thy hands, With glory. Glory be. Thou hast.

**℣** Thou hast set a crown of pure gold upon his head, O Lord. **℞** And hast prevented him with the blessings of goodness.

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

Let us pray.

**O** GOD, who makest us glad with the yearly solemnity of blessed Polycarp, thy Martyr and Bishop: mercifully grant; that was we now celebrate his heavenly birthday, so we may likewise rejoice in his protection. Through. **℞** 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.

∴ Post partum, Virgo, invioláta  
permansisti. ☩ Dei Génitrix, intercède  
pro nobis.

Oremus.

**D**EUS, qui salutis æternæ, beátæ  
Maríæ virginitáte fœcúnda,

humáno géneri præmia præstitisti:  
tribue, quæsumus; ut ipsam pro nobis  
intercédere sentiámus, per quam  
merúimus auctórem vitæ suscipere,  
Dóminum nostrum Jesum Christum,  
Fílium tuum. ☩ Amen.

∴ ✠ Divínium auxílium máneat  
semper nobiscum. ☩ Amen.

## Saint Clement's Church

2013 Appletree Street

Philadelphia, Pennsylvania 19103

215.563.1876 ✠ [www.s-clements.org](http://www.s-clements.org)