

20 February 2023

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. Praise be to thee O Lord, King of eternal glory.

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. He that hath clean hands.

Psalm 24

THE 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

THE 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

THE 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.

Psalm 47

O CLAP your hands together, all ye people: * O sing unto God with the voice of melody.

For the Lord is high, and to be feared; * he is the great King upon all the earth.

He shall subdue the people under us, * and the nations under our feet.

He shall choose out an heritage for us, * even the worship of Jacob, whom he loved.

God is gone up with a merry noise, * and the Lord with the sound of the trumpet.

O sing praises, sing praises unto our God; * O sing praises, sing praises unto our King.

For God is the King of all the earth: *

sing ye praises with understanding.

God reigneth over the heathen; * God sitteth upon his holy seat.

The princes of the people are joined unto the people of the God of Abraham; * for God, which is very high exalted, doth defend the earth, as it were with a shield.

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

Chapter

Zech. 8, 19

LOVE ye truth and peace, * saith the Lord God of Hosts. **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.

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.

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

¶ 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 Martryology 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. **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.

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. **R.** Amen.

Short Lesson **II Thess. 3, 5**

THE Lord direct our hearts and bodies into the love of God, * and

into the patient waiting for Christ. But thou, O Lord, have mercy upon us. **R.** Thanks be to God.

V. Our help * 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. * And may the souls of the faithful, through the mercy of God, rest in peace. **R.** Amen.

AT TERCE

Our Father. Hail Mary.

V. * 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. Praise be to thee O Lord, King of eternal glory.

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: In flame 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

THE 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

HEARKEN 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

UNTO 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

Jer. 17, 14

HEAL me, O Lord, and I shall be healed; † save me, and I shall be saved; * for thou art my praise.
℞ Thanks be to God.

Br. ℞ Heal my soul, * For I have sinned against thee. Heal my. ✠ I said:

Lord, be merciful unto me. For I have.
Glory be. Heal my soul.

℣ Thou hast been my succour.
℞ Leave me not, neither forsake me, O
God of my salvation.

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.

WE beseech thee, O Lord,
graciously hear our prayers: that
we, being loosed from the bonds of our
sins, may by thee be defended against
all adversity. 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. Ave Regína cælórum, * Ave,
Dómina Angelórum: Salve radix, salve
porta, Ex qua mundo lux est orta:
Gaude, Virgo gloriósa, Super omnes
speciόsa, Vale, o valde decóra, Et pro
nobis Christum exóra.

℣ Dignáre me laudáre te, Virgo
sacráta. ℞ Da mihi virtútem contra
hostes tuos.

Orémus.

CONCEDE, miséricors Deus,
fragilitáti nostræ præsidium; ut, qui
sanctæ Dei Genitrícis memóriam
ágimus; intercessiónis ejus auxílio, a
nostris iniquitátibus resurgámus. Per
eúndem Christum Dóminum nostrum.
℞ Amen.

℣ ✠ Divínium auxiliú mánear
semper nobiscum. ℞ Amen.

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AT PRIME

Our Father. Hail Mary. I believe.

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℞ 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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thee O Lord, King of eternal glory.

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That he, in all we do or say,
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From anger's din would hide our life;
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Would bid us check the pride of sense
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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

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-kindnesses, 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

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

Chapter **Zech. 8, 19**

LOVE ye truth and peace, * saith the Lord God of Hosts. **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.

The Preces are said kneeling:

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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 **✠** 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.

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

V. Deliver me, O Lord from the evil man. **R.** And preserve me from the wicked man.

V. Deliver me from mine enemies, O God. **R.** Defend me, O Lord from them that rise up against me.

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

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V. Our help **✠** 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 ✠ and merciful Lord grant us pardon, absolution, and remission of our sins. **R.** Amen.

☩ Vouchsafe, O Lord, to keep us this day without sin. **R.** O Lord, have mercy upon us, have mercy upon us.

☩ O Lord, let thy mercy lighten upon us. **R.** As our trust is in thee.

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

Then, the Martyrology is read, and concludes:

☩ And elsewhere many other holy

martyrs, confessors, and holy virgins. **R.** Thanks be to God.

Then the Officiant says:

☩ 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.

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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.

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☩ 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.

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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.

☩ Pray, Sir, give me thy blessing.

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

Short Lesson **II Thess. 3, 5**

THE Lord direct our hearts and bodies into the love of God, * and into the patient waiting for Christ. 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. Praise be to thee O Lord, King of eternal glory.

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. The Lord inclined.

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. The Lord inclined unto me, and heard my calling.

Chapter

Jer. 17, 14

HEAL me, O Lord, and I shall be healed; † save me, and I shall be saved; * for thou art my praise.
℞ Thanks be to God.

Br. ℞ Heal my soul, * For I have sinned against thee. Heal my. √ I said: Lord, be merciful unto me. For I have. Glory be. Heal my soul.

√ Thou hast been my succour.
℞ Leave me not, neither forsake me, O God of my salvation.

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.

WE beseech thee, O Lord, graciously hear our prayers: that we, being loosed from the bonds of our sins, may by thee be defended against all adversity. 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. Ave Regína cælórum, * Ave, Dómina Angelórum: Salve radix, salve porta, Ex qua mundo lux est orta: Gaude, Virgo gloriósa, Super omnes speciósa, Vale, o valde decóra, Et pro nobis Christum exóra.

√ Dignáre me laudáre te, Virgo sacráta. ℞ Da mihi virtútem contra hostes tuos.

Orémus.

CONCEDE, miséricors Deus, fragilitáti nostræ præsidium; ut, qui sanctæ Dei Genitrícis memóriam ágimus; intercessiónis ejus auxílio, a nostris iniquitátibus resurgámus. Per eúndem Christum Dóminum nostrum.
℞ Amen.

√ ✠ Divínium auxílium máneat semper nobiscum. ℞ Amen.

23 February 2023

S. Peter Damian, B.C.D.

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. Praise be to thee O Lord, King of eternal glory.

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. In a green pasture.

Psalm 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.

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

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 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.

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, 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.

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.

℟ 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 **Ecclus. 45, 15**

HE blessed him with Glory, that he should execute the office of the priesthood, † to bless the people in his Name, * and to offer sacrifice to the Lord, incense, and a sweet savour. 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. Praise be to thee O Lord, King of eternal glory.

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. Truly God is loving †

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

OHOW 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 Ecclus. 44, 16

BEHOLD a great priest who in his days pleased the Lord, † and was found righteous, * and in the time of wrath he was taken in exchange for the world. **℟.** 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 Lord chose him out of all men living as a priest unto himself. **℟.** To offer to him the Sacrifice of Thanksgiving.

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

Let us pray.

GRANT, we beseech thee, almighty God: that we may so follow the teaching and example of blessed Peter, thy Confessor and Bishop; that through contempt of things earthly, we may attain unto everlasting joys. 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. Ave Regína cælórum, * Ave,
Dómina Angelórum: Salve radix, salve
porta, Ex qua mundo lux est orta:
Gaude, Virgo gloriósa, Super omnes
speciósá, Vale, o valde decóra, Et pro
nobis Christum exóra.

24 February 2023
S. Matthais, Ap.

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. Praise be to
thee O Lord, King of eternal glory.

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;

✠ Dignáre me laudáre te, Virgo
sacráta. ✠ Da mihi virtútem contra
hostes tuos.

Orémus.

CONCEDE, miséricors Deus,
fragilitáti nostræ præsidium; ut, qui
sanctæ Dei Genitricis memóriam
ágimus; intercessiόνis ejus auxílio, a
nostris iniquitátibus resurgámus. Per
eúndem Christum Dóminum nostrum.
✠ Amen.

✠ ✠ Divínium auxílium máneat
semper nobiscum. ✠ Amen.

All glory, as is ever meet,
To God the Holy Paraclete. Amen.

Ant. This is my commandment.

Psalm 54

SAVE me, O God, for thy Name's
sake, * and avenge me in thy
strength.

Hear my prayer, O God, * and
hearken unto the words of my mouth.

For strangers are risen up against me;
* and tyrants, which have not God
before their eyes, seek after my soul.

Behold, God is my helper; * the Lord
is with them that uphold my soul.

He shall reward evil unto mine
enemies: * destroy thou them in thy
truth.

An offering of a free heart will I give
thee, and praise thy Name, O Lord; *
because it is so comfortable.

For he hath delivered me out of all my
trouble; * and mine eye hath seen his
desire upon mine enemies.

Psalm 119, i

BLESSED are those that are
undefiled in the way, * and walk in
the law of the Lord.

Blessed are they that keep his
testimonies, * and seek him with their
whole heart;

For they who do no wickedness, *
walk in his ways.

Thou hast charged * that we shall
diligently keep thy commandments.

O that my ways were made so direct,
* that I might keep thy statutes!

So shall I not be confounded, * while I
have respect unto all thy
commandments.

I will thank thee with an unfeigned
heart, * when I shall have learned the
judgements of thy righteousness.

I will keep thy ceremonies; * O
forsake me not utterly.

Wherewithal shall a young man
cleanse his way? * even by ruling
himself after thy word.

With my whole heart have I sought
thee; * O let me not go wrong out of thy
commandments.

Thy words have I hid within my heart,
* that I should not sin against thee.

Blessed art thou, O Lord; * O teach
me thy statutes.

With my lips have I been telling * of
all the judgements of thy mouth.

I have had as great delight in the way
of thy testimonies, * as in all manner of
riches.

I will talk of thy commandments, *
and have respect unto thy ways.

My delight shall be in thy statutes, *
and I will not forget thy word.

Psalm 119, ii

O DO well unto thy servant; * that I
may live, and keep thy word.

Open thou mine eyes; * that I may see
the wondrous things of thy law.

I am a stranger upon earth; * O hide
not thy commandments from me.

My soul breaketh out for the very
fervent desire * that it hath alway unto
thy judgements.

Thou hast rebuked the proud; * and
cursed are they that do err from thy
commandments.

O turn from me shame and rebuke; *
for I have kept thy testimonies.

Princes also did sit and speak against
me; * but thy servant is occupied in thy
statutes.

For thy testimonies are my delight, *
and my counsellors.

My soul cleaveth to the dust; * O
quicken thou me, according to thy word.

I have acknowledged my ways, and
thou heardest me: * O teach me thy
statutes.

Make me to understand the way of thy
commandments; * and so shall I talk of
thy wondrous works.

My soul melteth away for very
heaviness; * comfort thou me according
unto thy word.

Take from me the way of lying, * and
cause thou me to make much of thy law.

I have chosen the way of truth, * and
thy judgements have I laid before me.

I have stuck unto thy testimonies; * O
Lord, confound me not.

I will run the way of thy command-
ments, * when thou hast set my heart at
liberty.

Ant. This is my commandment, that
ye love one another, as I have loved
you.

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 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.

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.
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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

Acts 5, 41

AND they departed from the presence of the council, * rejoice that they were counted worthy to suffer shame for the name of Jesus. 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. Praise be to thee O Lord, King of eternal glory.

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. Greater love hath no man.

Psalm 119, iii

TEACH me, O Lord, the way of thy
statutes, * and I shall keep it unto
the end.

Give me understanding, and I shall
keep thy law; * yea, I shall keep it with
my whole heart.

Make me to go in the path of thy
commandments; * for therein is my
desire.

Incline my heart unto thy testimonies,
* and not to covetousness.

O turn away mine eyes, lest they
behold vanity; * and quicken thou me in
thy way.

O stablish thy word in thy servant, *
that I may fear thee.

Take away the rebuke that I am afraid
of; * for thy judgements are good.

Behold, my delight is in thy
commandments; * O quicken me in thy
righteousness.

Let thy loving mercy come also unto
me, O Lord, * even thy salvation,
according unto thy word.

So shall I make answer unto my
blasphemers; * for my trust is in thy
word.

O take not the word of thy truth utterly
out of my mouth; * for my hope is in
thy judgements.

So shall I always keep thy law; * yea,
for ever and ever.

And I will walk at liberty; * for I seek
thy commandments.

I will speak of thy testimonies also,
even before kings, * and will not be
ashamed.

And my delight shall be in thy
commandments, * which I have loved.

My hands also will I lift up unto thy
commandments, which I have loved; *
and my study shall be in thy statutes.

Psalm 119, iv

OTHINK upon thy servant, as
concerning thy word, * wherein
thou hast caused me to put my trust.

The same is my comfort in my
trouble; * for thy word hath quickened
me.

The proud have had me exceedingly
in derision; * yet have I not shrunked
from thy law.

For I remembered thine everlasting
judgements, O Lord, * and received
comfort.

I am horribly afraid, * for the ungodly
that forsake thy law.

Thy statutes have been my songs, * in
the house of my pilgrimage.

I have thought upon thy Name, O
Lord, in the night-season, * and have
kept thy law.

This I had, * because I kept thy
commandments.

Thou art my portion, O Lord, * I have
promised to keep thy law.

I made my humble petition in thy
presence with my whole heart; * O be
merciful unto me, according to thy
word.

I called mine own ways to
remembrance, * and turned my feet
unto thy testimonies.

I made haste, and prolonged not the
time, * to keep thy commandments.

The congregations of the ungodly

have robbed me; * but I have not forgotten thy law.

At midnight I will rise to give thanks unto thee, * because of thy righteous judgements.

I am a companion of all them that fear thee, * and keep thy commandments.

The earth, O Lord, is full of thy mercy: * O teach me thy statutes.

Psalm 119, v

O LORD, thou hast dealt graciously with thy servant, * according unto thy word.

O learn me true understanding and knowledge; * for I have believed thy commandments.

Before I was troubled, I went wrong; * but now have I kept thy word.

Thou art good and gracious; * O teach me thy statutes.

The proud have imagined a lie against me; * but I will keep thy commandments with my whole heart.

Their heart is as fat as brawn; * but my delight hath been in thy law.

It is good for me that I have been in trouble; * that I may learn thy statutes.

The law of thy mouth is dearer unto me * than thousands of gold and silver.

Thy hands have made me and fashioned me: * O give me understanding, that I may learn thy commandments.

They that fear thee will be glad when they see me; * because I have put my trust in thy word.

I know, O Lord, that thy judgements are right, * and that thou of very faithfulness hast caused me to be troubled.

O let thy merciful kindness be my comfort, * according to thy word unto thy servant.

O let thy loving mercies come unto me, that I may live; * for thy law is my delight.

Let the proud be confounded, for they go wickedly about to destroy me; * but I will be occupied in thy commandments.

Let such as fear thee, and have known thy testimonies, * be turned unto me.

O let my heart be sound in thy statutes, * that I be not ashamed.

Ant. Greater love hath no man than this, that a man lay down his life for his friends.

Chapter

Eph. 2, 19–20

BRETHREN: Now therefore ye are no more strangers and foreigners, † but fellow-citizens with the Saints, and of the household of God; and are built upon the foundation of the Apostles and Prophets, * Jesus Christ himself being the chief corner-stone. **R.** Thanks be to God.

Br. **R.** Their sound is gone out * into all lands. Their sound. **V.** And their words into the ends of the world. Into all. Glory be. Their sound.

V. Thou shalt make them princes in all lands. **R.** They shall remember thy name, O Lord.

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

Let us pray.

O GOD, who didst choose blessed Matthias to be of the number of thine Apostles: grant, we beseech thee; that through his intercession we may ever know thy tender mercy toward us. 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.**

☩ ✠ Dóminus det nobis suam pacem.
☩ Et vitam ætérnam. Amen.

Ant. Ave Regína cælórum, * Ave, Dómina Angelórum: Salve radix, salve porta, Ex qua mundo lux est orta: Gaude, Vírgo gloriósa, Super omnes speciósa, Vale, o valde decóra, Et pro nobis Christum exóra.

☩ Dignáre me laudáre te, Virgo sacráta. ☩ Da mihi virtútem contra hostes tuos.

25 February 2023

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. Praise be to thee O Lord, King of eternal glory.

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.

Orémus.

CONCEDE, miséricors Deus, fragilitáti nostræ præsidium; ut, qui sanctæ Dei Genitrícis memóriam ágimus; intercessiónis ejus auxílio, a nostris iniquitatibus resurgámus. Per eúndem Christum Dóminum nostrum.
☩ Amen.

☩ ✠ Divínium auxiliúm máneat semper nobiscum. ☩ Amen.

Ant. Arise, O Lord.

Psalm 94, i

OLORD God, to whom vengeance belongeth, * thou God, to whom vengeance belongeth, shew thyself.

Arise, thou Judge of the world, * and reward the proud after their deserving.

Lord, how long shall the ungodly, * how long shall the ungodly triumph?

How long shall all wicked doers speak so disdainfully, * and make such proud boasting?

They smite down thy people, O Lord, * and trouble thine heritage.

They murder the widow, and the stranger, * and put the fatherless to death.

And yet they say, Tush, the Lord shall not see, * neither shall the God of Jacob regard it.

Take heed, ye unwise among the people: * O ye fools, when will ye understand?

He that planted the ear, shall he not hear? * or he that made the eye, shall he not see?

Or he that nurtureth the heathen, * it is he that teacheth man knowledge; shall not he punish?

The Lord knoweth the thoughts of man, * that they are but vain.

Psalm 94, ii

BLESSED is the man whom thou chastenest, O Lord, * and teachest him in thy law;

That thou mayest give him patience in time of adversity, * until the pit be digged up for the ungodly.

For the Lord will not fail his people; * neither will he forsake his inheritance;

Until righteousness turn again unto judgment: * all such as are true in heart shall follow it.

Who will rise up with me against the wicked? * or who will take my part against the evil-doers?

If the Lord had not helped me, * it had not failed but my soul had been put to silence.

But when I said, My foot hath slipt; * thy mercy, O Lord, held me up.

In the multitude of the sorrows that I had in my heart, * thy comforts have refreshed my soul.

Wilt thou have any thing to do with the stool of wickedness, * which imagineth mischief as a law?

They gather them together against the soul of the righteous, * and condemn the innocent blood.

But the Lord is my refuge, * and my God is the strength of my confidence.

He shall recompense them their wickedness, † and destroy them in their own malice; * yea, the Lord our God shall destroy them.

Psalm 108

O GOD, my heart is ready, my heart is ready; * I will sing and give praise with the best member that I have.

Awake, thou lute, and harp; * I myself will awake right early.

I will give thanks unto thee, O Lord, among the people; * I will sing praises unto thee among the nations.

For thy mercy is greater than the heavens, * and thy truth reacheth unto

the clouds.

Set up thyself, O God, above the heavens, * and thy glory above all the earth.

That thy beloved may be delivered: * let thy right hand save them, and hear thou me.

God hath spoken in His holiness; * I will rejoice therefore, and divide Sichem, and mete out the valley of Succoth.

Gilead is mine, and Manasses is mine; * Ephraim also is the strength of my head; Judah is my law-giver;

Moab is my wash-pot; † over Edom will I cast out my shoe; * upon Philistia will I triumph.

Who will lead me into the strong city? * and who will bring me into Edom?

Hast not thou forsaken us, O God? * and wilt not thou, O God, go forth with our hosts?

O help us against the enemy: * for vain is the help of man.

Through God we shall do great acts; * and it is he that shall tread down our enemies.

Psalm 149

O SING unto the Lord a new song; * let the congregation of saints praise him.

Let Israel rejoice in him that made him, * and let the children of Sion be joyful in their King.

Let them praise his Name in the dance: * let them sing praises unto him with tabret and harp.

For the Lord hath pleasure in his people, * and helpeth the meek-hearted.

Let the saints be joyful with glory; * let them rejoice in their beds.

Let the praises of God be in their mouth; * and a two-edged sword in their hands;

To be avenged of the heathen, * and to rebuke the people;

To bind their kings in chains, * and their nobles with links of iron.

That they may be avenged of them; as it is written, * Such honour have all his saints.

Ant. Arise, O Lord, thou judge of the world, and reward the proud after their deserving.

Chapter **Zech. 8, 19**

LOVE ye truth and peace, * saith the Lord God of Hosts. **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.

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.

I believe in God **secretly until V.** The resurrection of the body. **R.** And the life **✠** 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. Deliver me, O Lord from the evil man. **R.** And preserve me from the wicked man.

V. Deliver me from mine enemies, O God. **R.** Defend me, O Lord from them that rise up against me.

V. O deliver me from the wicked doers. **R.** And save me from the blood-thirsty men.

V. So will I always sing praise unto thy Name. **R.** That I may daily perform my vows.

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

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

V. Holy God, Holy Mighty, Holy Immortal. **R.** Have mercy upon us.

V. Praise the Lord, O my soul. **R.** And forget not all his benefits.

V. Who forgiveth all thy sin. **R.** And healeth all thine infirmities.

V. Who saveth thy life from destruction. **R.** And crowneth thee with mercy and loving-kindness.

V. Who satisfieth thy mouth with good things. **R.** Making thee young and lusty, as an eagle.

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

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

☩ Vouchsafe, O Lord, to keep us this day without sin. **R.** O Lord, have mercy upon us, have mercy upon us.

☩ O Lord, let thy mercy lighten upon us. **R.** As our trust is in thee.

☩ 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.

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

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

Then, the Martyrology is read, and concludes:

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

Then the Officiant says:

☩ 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.

☩ 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** ☩ And lead us not into temptation. **R.** But deliver us from evil.

☩ 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. **R.** 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. **R.** Amen.

☩ Pray, Sir, give me thy blessing.

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

Short Lesson

II Thess. 3, 5

THE Lord direct our hearts and bodies into the love of God, * and into the patient waiting for Christ. 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. Praise be to thee O Lord, King of eternal glory.

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. Let my crying.

Psalm 102, i

HEAR my prayer, O Lord, * and let
my crying come unto thee.

Hide not thy face from me in the time
of my trouble; * incline thine ear unto
me when I call; O hear me, and that
right soon.

For my days are consumed away like
smoke, * and my bones are burnt up as
it were a firebrand.

My heart is smitten down, and
withered like grass; * so that I forget to
eat my bread.

For the voice of my groaning, * my
bones will scarce cleave to my flesh.

I am become like a pelican in the
wilderness, * and like an owl that is in
the desert.

I have watched, and am even as it
were a sparrow, * that sitteth alone upon
the housetop.

Mine enemies revile me all the day
long; * and they that are mad upon me
are sworn together against me.

For I have eaten ashes as it were
bread, * and mingled my drink with
weeping;

And that because of thine indignation
and wrath; * for thou hast taken me up,
and cast me down.

My days are gone like a shadow, *
and I am withered like grass.

But, thou, O Lord, shalt endure for
ever; * and thy remembrance through-
out all generations.

Psalm 102, ii

THOU shalt arise, and have mercy
upon Sion; * for it is time that thou
have mercy upon her, yea, the time is
come.

And why? thy servants think upon her
stones, * and it pitieth them to see her in
the dust.

The heathen shall fear thy Name, O
Lord; * and all the kings of the earth thy
Majesty;

When the Lord shall build up Sion; *
and when his glory shall appear;

When he turneth him unto the prayer
of the poor destitute, * and despiseth not
their desire.

This shall be written for those that
come after, * and the people which shall
be born shall praise the Lord.

For he hath looked down from his
sanctuary; * out of the heaven did the

Lord behold the earth;

That he might hear the mournings of such as are in captivity, * and deliver the children appointed unto death;

That they may declare the Name of the Lord in Sion, * and his worship at Jerusalem;

When the people are gathered together, * and the kingdoms also, to serve the Lord.

Psalm 102, iii

HE brought down my strength in my journey, * and shortened my days.

But I said, O my God, take me not away in the midst of mine age; * as for thy years, they endure throughout all generations.

Thou, Lord, in the beginning hast laid the foundation of the earth, * and the heavens are the work of thy hands.

They shall perish, but thou shalt endure: * they all shall wax old as doth a garment;

And as a vesture shalt thou change them, and they shall be changed; * but thou art the same, and thy years shall not fail.

The children of thy servants shall continue, * and their seed shall stand fast in thy sight.

Ant. Let my crying, O Lord, come unto thee: hide not thy face from me.

Chapter Jer. 17, 14

HEAL me, O Lord, and I shall be healed; † save me, and I shall be saved; * for thou art my praise.
℟. Thanks be to God.

Br. **℟.** Heal my soul, * For I have sinned against thee. Heal my. **℣** I said: Lord, be merciful unto me. For I have. Glory be. Heal my soul.

℣ Thou hast been my succour.
℟. Leave me not, neither forsake me, O God of my salvation.

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.

ASSIST us mercifully, O Lord, in these our supplications: and grant; that like as this solemn fast hath been ordained for the safety and healing of our bodies and our souls, so we may in all godliness and lowliness observe the same. 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. Ave Regína cælórum, * Ave, Dómina Angelórum: Salve radix, salve porta, Ex qua mundo lux est orta: Gaude, Virgo gloriósa, Super omnes speciósa, Vale, o valde decóra, Et pro nobis Christum exóra.

℣ Dignáre me laudáre te, Virgo sacráta. **℟.** Da mihi virtútem contra hostes tuos.

Orémus.

CONCEDE, miséricors Deus, fragilitáti nostræ præsidium; ut, qui sanctæ Dei Genitricis memóriam

ágimus; intercessiónis ejus auxilio, a
nostris iniquitatibus resurgámus. Per
eúndem Christum Dóminum nostrum.
✠ Amen.

✠ ✠ Divinum auxilium máneat
semper nobiscum. ✠ Amen.

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