

27 March 2023

S. John Damascene, 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. 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.

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

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.

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 Martryology 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. **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 **Wisdom 10, 10**

THE 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

∇ ✠ 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. 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

Eccus. 31, 8-9

BLESSED 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. **R.** Thanks be to God.

Br. **R.** The Lord loved him * And adorned him. The Lord. **V.** He clothed him with a robe of glory. And adorned him. Glory be. The Lord.

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

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

Let us pray.

ALMIGHTY and everlasting God, who, for the defence of the veneration of sacred images, didst endue blessed John with heavenly doctrine and wondrous strength of spirit: grant unto us by his intercession and example; so to venerate the images of thy saints, that we may follow their good examples, and feel the effectual succour of their advocacy. Through. **R.** Amen.

V. O Lord, hear my prayer. **R.** 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 aeternam. 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.

29 March 2023

Feria

AT PRIME

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Hymn *Jam lucis orto sidere*

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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:
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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. Thy loving kindness.

Psalm 26

BE thou my Judge, O Lord, for I have walked innocently: * my trust hath been also in the Lord, therefore shall I not fall.

Examine me, O Lord, and prove me; * try out my reins and my heart.

For thy loving-kindness is ever before mine eyes; * and I will walk in thy truth.

I have not dwelt with vain persons; * neither will I have fellowship with the deceitful.

I have hated the congregation of the wicked; * and will not sit among the ungodly.

I will wash my hands in innocency, O Lord; * and so will I go to thine altar;

That I may shew the voice of thanksgiving, * and tell of all thy wondrous works.

Lord, I have loved the habitation of thy house, * and the place where thine honour dwelleth.

O shut not up my soul with the

sinners, * nor my life with the blood-thirsty;

In whose hands is wickedness, * and their right hand is full of gifts.

But as for me, I will walk innocently: * O deliver me, and be merciful unto me.

My foot standeth right: * I will praise the Lord in the congregations.

Psalm 52

WHY boastest thou thyself, thou tyrant, * that thou canst do mischief;

Whereas the goodness of God * endureth yet daily?

Thy tongue imagineth wickedness, * and with lies thou cuttest like a sharp razor.

Thou hast loved unrighteousness more than goodness, * and to talk of lies more than righteousness.

Thou hast loved to speak all words that may do hurt, * O thou false tongue.

Therefore shall God destroy thee for ever; * he shall take thee, and pluck thee out of thy dwelling, and root thee out of the land of the living.

The righteous also shall see this, and fear, * and shall laugh him to scorn;

Lo, this is the man that took not God for his strength; * but trusted unto the multitude of his riches, and strengthened himself in his wickedness.

As for me, I am like a green olive-tree in the house of God; * my trust is in the tender mercy of God for ever and ever.

I will always give thanks unto thee for that thou hast done; * and I will hope in thy Name, for thy saints like it well.

Psalm 53

THE foolish body hath said in his heart, * There is no God.

Corrupt are they, and become abominable in their wickedness; * there is none that doeth good.

God looked down from heaven upon

the children of men, * to see if there were any that would understand, and seek after God.

But they are all gone out of the way, are altogether become abominable; * there is also none that doeth good, no not one.

Are not they without understanding that work wickedness, * eating up my people as if they would eat bread? they have not called upon God.

They were afraid where no fear was; * for God hath broken the bones of him that besieged thee; thou hast put them to confusion, because God hath despised them.

Oh, that the salvation were given unto Israel out of Zion! * Oh, that the Lord would deliver his people out of captivity!

Then should Jacob rejoice, * and Israel should be right glad.

Psalm 97

THE Lord is King, the earth may be glad thereof; * yea, the multitude of the isles may be glad thereof.

Clouds and darkness are round about him: * righteousness and judgement are the habitation of his seat.

There shall go a fire before him, * and burn up his enemies on every side.

His lightnings gave shine unto the world: * the earth saw it, and was afraid.

The hills melted like wax at the presence of the Lord; * at the presence of the Lord of the whole earth.

The heavens have declared his righteousness, * and all the people have seen his glory.

Confounded be all they that worship carved images, and that delight in vain gods: * worship him, all ye gods.

Sion heard of it, and rejoiced; † and the daughters of Judah were glad, * because of thy judgements, O Lord.

For thou, Lord, art higher than all that

are in the earth: * thou art exalted far above all gods.

O ye that love the Lord, see that ye hate the thing which is evil: * the Lord preserveth the souls of his saints; he shall deliver them from the hand of the ungodly.

There is sprung up a light for the righteous, * and joyful gladness for such as are true-hearted.

Rejoice in the Lord, ye righteous; * and give thanks for a remembrance of his holiness.

Ant. Thy Loving-kindness, O Lord, is ever before mine eyes, and I will walk in thy truth.

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. 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.

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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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℣ Pray, Sir, give me thy blessing.

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

Short Lesson**Isaiah 50, 6**

I HID not my face from shame and spitting: † for the Lord God will help me: * therefore shall I not be confunded. 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.

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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. O Lord, thou hast pleaded.

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 55, i

HEAR my prayer, O God, * and hide not thyself from my petition.

Take heed unto me, and hear me, * how I mourn in my prayer, and am vexed.

The enemy crieth so, and the ungodly cometh on so fast; * for they are minded to do me some mischief, so maliciously are they set against me.

My heart is disquieted within me, * and the fear of death is fallen upon me.

Fearfulness and trembling are come upon me, * and an horrible dread hath overwhelmed me.

And I said, O that I had wings like a dove! * for then would I flee away, and be at rest.

Lo, then would I get me away far off, * and remain in the wilderness.

I would make haste to escape, * because of the stormy wind and tempest.

Destroy their tongues, O Lord, and divide them; * for I have spied unrighteousness and strife in the city.

Day and night they go about within the walls thereof: * mischief also and sorrow are in the midst of it.

Wickedness is therein; * deceit and guile go not out of their streets.

For it is not an open enemy, that hath done me this dishonour; * for then I could have borne it.

Neither was it mine adversary, that did

magnify himself against me; * for then peradventure I would have hid myself from him;

But it was even thou, my companion, * my guide, and mine own familiar friend.

We took sweet counsel together, * and walked in the house of God as friends.

Let death come hastily upon them, † and let them go down quick into hell; * for wickedness is in their dwellings, and among them.

Psalm 55, ii

AS for me, I will call upon God, * and the Lord shall save me

In the evening, and morning, and at noon-day will I pray, † and that instantly; * and he shall hear my voice.

It is he that hath delivered my soul in peace from the battle that was against me; * for there were many with me.

Yea, even God, that endureth for ever, shall hear me, and bring them down; * for they will not turn, nor fear God.

He laid his hands upon such as be at peace with him, * and he brake his covenant.

The words of his mouth were softer than butter, having war in his heart; * his words were smoother than oil, and yet be they very swords.

O cast thy burden upon the Lord, and he shall nourish thee, * and shall not suffer the righteous to fall for ever.

And as for them, * thou, O God, shalt bring them into the pit of destruction.

The blood-thirsty and deceitful men shall not live out half their days: * nevertheless, my trust shall be in thee, O Lord.

Ant. O Lord, thou hast pleaded the causes of my soul; thou hast redeemed my life, O eternal Lord God.

Chapter Jeremiah 17, 13

OLORD, the hope of Israel, all that forsake thee shall be ashamed, †

and they that depart from thee shall be written in the earth, * because they have forsaken the Lord, the fountain of living waters. **℟** Thanks be to God.

Br. **℟** Deliver my soul, O God, from the sword, * My darling from the power of the dog. Deliver my. **℣** Deliver me, O Lord, from the evil man, and preserve me from the wicked man. My darling. Deliver my.

℣ Save me, O Lord, from the Lion's mouth. **℟** For thou hast heard me also from among the horns of the unicorns.

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.

SANCTIFY, we beseech thee, O Lord, this our fast: and mercifully bestow upon us the remission of all our offences. 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 nobíscum. ✠ Amen.

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