

Proper of Time

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LENT

From the beginning of the Office on Ash Wednesday until the Easter Vigil, the Alleluia is omitted.

I. UNTIL SATURDAY OF THE FIFTH WEEK

In the Offices of Lent, from the beginning of the Office of Ash Wednesday to the daytime Hour of Saturday of the Fifth Week of Lent inclusive:

Vespers

HYMN

In the Office for Sundays:

O Loving Maker, hear the prayers
we raise to you with sighs and tears,
as we observe these forty days
with holy fast and abstinence.

You search all hearts with loving care
and know the weakness of our powers;
show mercy, Lord, forgive the sins
of those who turn to seek your grace.

Though we, in truth, have greatly sinned,
yet spare us who confess our guilt;
restore and heal our ailing souls
for praise and honor of your name.

Grant us through corporal abstinence
to learn and practice self-control,
that inwardly with sober mind
we fast from every stain of sin.

Grant us, O Blessed Trinity,
O Undivided Unity,
to see this service of our fast
bring forth your fruit within our hearts. Amen.

Meter: LM

In the Office for weekdays:

O Jesus, you have set apart
these forty days for abstinence
and you decreed a lenten fast
to heal and save our mind and heart.

Now come, be present to your Church,
be near and aid our penitence,
as we bow down before you, Lord,
and beg you wash away our sins.

Remit and pardon with your grace
misdeeds from which we turn aside;
from future perils keep us safe
by your most meek and gentle guard,

That, filled with sorrow for our sins
and cleansed by yearly penitence,
we may press on to celebrate
the Paschal Feast with worthy praise.

Let all your works adore you, Lord,
O merciful and Triune God.
Renewed by pardon, let us sing
a new song to your holy name. Amen.

Meter: LM

Compline

For Weeks I, III, and V: Hymn To You before the Close of Light, p. 1165. For the other weeks: Hymn O Christ, Resplendent as the Day, p. 1165.

Invitatory

In the Office for Sundays and weekdays:

ANT. Christ the Lord was tempted and suffered for us; come, let us adore.

OR: O that today you would listen to the voice of the Lord: harden not your hearts.

Invitatory Psalm, as in the Ordinary, p. 1139.

When the second antiphon is used and repeated, the fourth strophe of Psalm 95 begins with the words: as at Meribah.

Office of Readings

HYMN

In the Office for Sundays:

For forty days the circuit runs,
this holy season of renown;
by mystery and by number taught
let us observe our lenten fast.

Christ, King and Maker of all time,
has consecrated in due course
this fast proclaimed and practiced first
by prophets and the Law of old.

ASH WEDNESDAY

Psalter, Week IV

Office of Readings

HYMN Behold, the Accepted Time Has Come, p. 6.

Psalms from Wednesday, Week IV, p. 1627.

Return to me and do penance.

— Make for yourselves a new heart and a new spirit.

FIRST READING

From the Book of the Prophet Isaiah

58:1-12

Concerning fasting that pleases God

Thus says the Lord God:

Cry out full-throated and unsparingly,
lift up your voice like a trumpet blast;

Proclaim to my people their transgression,
to the house of Jacob their sins.

They seek me day after day,
and desire to know my ways,

Like a nation that has done what is just
and not abandoned the judgment of their God;

They ask of me just judgments,
they desire to draw near to God.

“Why do we fast, but you do not see it?
afflict ourselves, but you take no note?”

See, on your fast day you carry out your own pursuits,
and drive all your laborers.

See, you fast only to quarrel and fight
and to strike with a wicked fist!

Do not fast as you do today
to make your voice heard on high!

Is this the manner of fasting I would choose,
a day to afflict oneself?
To bow one's head like a reed,
and lie upon sackcloth and ashes?
Is this what you call a fast,
a day acceptable to the LORD?

Is this not, rather, the fast that I choose:
releasing those bound unjustly,
untying the thongs of the yoke;
Setting free the oppressed,
breaking off every yoke?
Is it not sharing your bread with the hungry,
bringing the afflicted and the homeless into
your house;
Clothing the naked when you see them,
and not turning your back on your own flesh?
Then your light shall break forth like the dawn,
and your wound shall quickly be healed;
Your vindication shall go before you,
and the glory of the LORD shall be your rear guard.
Then you shall call, and the LORD will answer,
you shall cry for help, and he will say: "Here I am!"
If you remove the yoke from among you,
the accusing finger, and malicious speech;
If you lavish your food on the hungry
and satisfy the afflicted;
Then your light shall rise in the darkness,
and your gloom shall become like midday;
Then the LORD will guide you always
and satisfy your thirst in parched places,
will give strength to your bones
And you shall be like a watered garden,
like a flowing spring whose waters never fail.

Your people shall rebuild the ancient ruins;
the foundations from ages past you shall raise up;
“Repairer of the breach,” they shall call you,
“Restorer of ruined dwellings.”

RESPONSORY

cf. Is 58:6, 7, 9; Mt 25:31, 34, 35

This is the fast that I choose, says the Lord:
to share your bread with the hungry
and to bring the needy and homeless into your house.
— Then you shall call, and the Lord will answer;
you shall cry out, and he will say: Here I am.

When the Son of Man comes,
he will say to those on his right:
Come, for I was hungry and you gave me food.
— Then you shall call, and the Lord will answer;
you shall cry out, and he will say: Here I am.

SECOND READING

From a letter to the Corinthians by
Saint Clement I, Pope

(Cap. 7, 4-8, 3; 8, 5-9, 1; 13, 1-4; 19, 2: Funk 1, 71-73. 77-79. 87)

Repent

Let us fix our attention on the Blood of Christ and recognize how precious it is to God his Father, since it was shed for our salvation and brought the grace of repentance to all the world.

If we review the various ages of history, we will see that in every generation the Lord has *offered the opportunity of repentance* (Wis 12:10) to any who were willing to turn to him. When Noah preached God's message of repentance, all who listened to him were saved. Jonah told the Ninevites they were going to be destroyed, but when they repented, their prayers gained God's forgiveness for

their sins, and they were saved, even though they were not of God's people.

Under the inspiration of the Holy Spirit, the ministers of God's grace have spoken of repentance; indeed, the Master of the whole universe himself spoke of repentance with an oath: *As I live*, says the Lord, *I do not wish the death of the sinner but his repentance* (Ez 33:11). He added this evidence of his goodness: *House of Israel, repent of your wickedness. Tell the sons of my people: If their sins should reach from earth to heaven, if they are brighter than scarlet and blacker than sackcloth, you need only turn to me with your whole heart and say, "Father," and I will listen to you as to a holy people.*

In other words, God wanted all his beloved ones to have the opportunity to repent and he confirmed this desire by his own almighty will. That is why we should obey his sovereign and glorious will and prayerfully entreat his mercy and kindness. We should be suppliant before him and turn to his compassion, rejecting empty works and quarreling and jealousy which only lead to death.

Brothers, we should be humble in mind, putting aside all arrogance, pride and foolish anger. Rather, we should act in accordance with the Scriptures, as the Holy Spirit says: *The wise man must not glory in his wisdom nor the strong man in his strength nor the rich man in his riches* (Jer 9:23). *Rather, let him who glories glory in the Lord by seeking him and doing what is right and just* (1 Cor 1:31). Recall especially what the Lord Jesus said when he taught gentleness and forbearance. *Be merciful*, he said, *so that you may have mercy shown to you. Forgive*, so that you may be forgiven. *As you treat others, so you will be treated. As you give, so you will receive. As you judge, so you will be judged. As you are kind to others, so you will be treated kindly. The measure of your giving will be the measure of your receiving* (Lk 6:36-38).

Let these commandments and precepts strengthen us to live in humble obedience to his sacred words. As Scripture asks: *Whom shall I look upon with favor except the humble, peaceful man who trembles at my words?* (Is 66:2)

Sharing then in the heritage of so many vast and glorious achievements, let us hasten toward the goal of peace, set before us from the beginning. Let us keep our eyes firmly fixed on the Father and Creator of the whole universe, and hold fast to his splendid and transcendent gifts of peace and all his blessings.

RESPONSORY

Is 55:7; Jl 2:13; cf. Ez 33:11

Let the wicked forsake his way,
and the unjust man his thoughts.

Let him return to the Lord,
and he will have mercy on him.

— For the Lord our God is gracious and merciful
and ready to forgive wrongdoing.

The Lord does not wish the death of a sinner,
but that he turn back and live.

— For the Lord our God is gracious and merciful
and ready to forgive wrongdoing.

Prayer, as at Lauds.

Lauds

Psalms and Canticle, with their antiphons, may be taken from Friday, Week III, p. 1542.

SHORT READING

Deuteronomy 7:6b, 8-9

The LORD, your God, has chosen you from all the peoples on the face of the earth to be a people specially his own. It was because the LORD loved you and because of his fidelity to the oath he had sworn to your ancestors, that the LORD brought you out with a strong hand and redeemed you from the house of slavery, from the hand of Pharaoh, king of Egypt. Know, then, that the LORD, your God, is God: the faithful God who keeps covenant mercy to the thousandth generation toward those who love him and keep his commandments.

SHORT RESPONSORY

From the snare of the fowler he will free me.

— From the snare of the fowler he will free me.

From the destructive plague

— he will free me.

Glory be to the Father, and to the Son, and to the Holy Spirit.

— From the snare of the fowler he will free me.

BENEDICTUS

ANT. When you fast, do not appear gloomy like the hypocrites.

INTERCESSIONS

Let us give thanks to God the Father, who today offers us the gift of beginning Lent. Let us humbly ask him, that, in these days of salvation, he may purify our hearts and strengthen them in charity through the outpouring and working of the Holy Spirit, and let us say with humble prayer:

[R]. *Give us your Holy Spirit, Lord.*]

Grant that we may be satisfied by every word
— that comes forth from your mouth.

Grant that we may pursue charity not only in
great matters
— but also practice it readily in the ordinary
circumstances of life.

Grant us to abstain from things we do not need,
— that we may assist our brothers and sisters in need.

Grant that we may carry in our bodies the Death of
your Son,
— for in his Body you have brought us to life.

Our Father...

Prayer

Grant, O Lord, that we may begin with holy fasting
this campaign of Christian service,
so that, as we take up battle against spiritual evils,
we may be armed with weapons of self-restraint.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
God, for ever and ever.

Daytime Prayer

TERCE

ANT. The days of penance have come for us to atone for sins, and for the salvation of souls.

SHORT READING

Ezekiel 18:30b-32

Turn, turn back from all your crimes, that they may not be a cause of sin for you ever again. Cast away from you all the crimes you have committed, and make for yourselves a new heart and a new spirit. Why should you die, house of Israel? For I find no pleasure in the death of anyone who dies, says the Lord GOD. Turn back and live!

Create a pure heart for me, O God.

— Renew a steadfast spirit within me.

SEXT

ANT. As I live, says the Lord, I do not wish the death of a sinner, but instead that he turn back and live.

SHORT READING

Zechariah 1:3b-4b

Return to me, says the LORD of hosts, and I will return to you. Do not be like your ancestors to whom the earlier prophets proclaimed: Turn from your evil ways and from your wicked deeds. But they did not listen.

Turn away your face from my sins.

— And blot out all my guilt.

NONE

ANT. With the weapons of God's righteousness and power, let us prove ourselves with great patience.

SHORT READING

Daniel 4:24b

Atone for your sins by good deeds, and for your misdeeds by kindness to the poor; then your contentment will be long lasting.

My sacrifice to God, a broken spirit.

— A broken and humbled heart, O God, you will not spurn.

Prayer, as at Lauds.

Vespers**SHORT READING**

Philippians 2:12b-15a

Work out your salvation with fear and trembling. For it is God who is at work in you, both to will and to work for his good purpose. Do everything without grumbling or arguing, that you may be blameless and pure, children of God.

SHORT RESPONSORY

As for me I said: Lord, have mercy on me.

— As for me I said: Lord, have mercy on me.

Heal my soul, for I have sinned against you.

— Lord, have mercy on me.

Glory be to the Father, and to the Son, and to the Holy Spirit.

— As for me I said: Lord, have mercy on me.

MAGNIFICAT

ANT. When you give alms, do not let your left hand know what your right hand is doing.

INTERCESSIONS

Glory and honor to God, who in the Blood of Christ sealed the new and eternal covenant with his people, and renews it in the Sacrament of the altar. And so let us ask him:

[*R.* Bless your people, Lord.]

Direct in accordance with your will, O Lord, the minds and hearts of peoples and their rulers,
— that they may sincerely strive for the common good of all.

Increase the devotion of those who have left all things to follow Christ,
— that they may offer others a shining example and testimony of the holiness of your Church.

You created all people in your own image;
— grant that they may abhor all injustice and inequality.

Lead back to your friendship and truth all who stray
— and teach us to come to their aid.

Grant that the dead may enter into your glory
— and praise you for eternity.

Our Father...

Prayer

Grant, O Lord, that we may begin with holy fasting
this campaign of Christian service,
so that, as we take up battle against spiritual evils,
we may be armed with weapons of self-restraint.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
God, for ever and ever.



THURSDAY AFTER ASH WEDNESDAY

Office of Readings

Whoever ponders the law of the Lord.

— Will yield fruit in due season.

FIRST READING

The beginning of the Book of Exodus

1:1-22

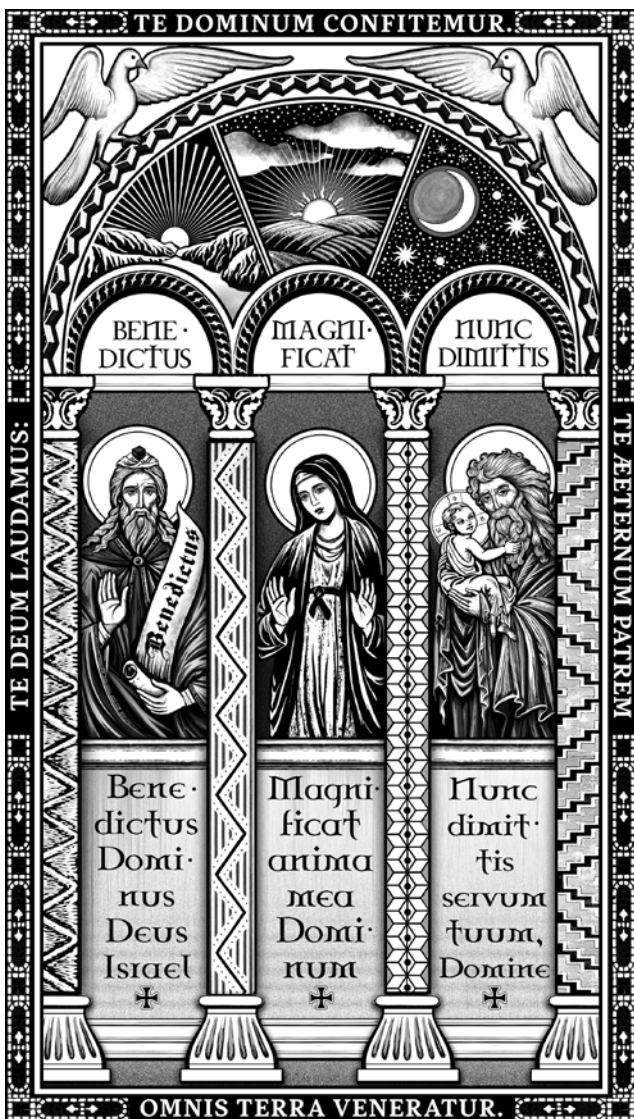
The oppression of Israel

These are the names of the sons of Israel who, accompanied by their households, entered into Egypt with Jacob: Reuben, Simeon, Levi and Judah; Issachar, Zebulun and Benjamin; Dan and Naphtali; Gad and Asher. The total number of Jacob's direct descendants was seventy. Joseph was already in Egypt.

Now Joseph and all his brothers and that whole generation died. But the Israelites were fruitful and prolific. They multiplied and became so very numerous that the land was filled with them.

Then a new king, who knew nothing of Joseph, rose to power in Egypt. He said to his people, "See! The Israelite people have multiplied and become more numerous than we are! Come, let us deal shrewdly with them to stop their increase; otherwise, in time of war they too may join our enemies to fight against us, and so leave the land."

Accordingly, they set supervisors over the Israelites to oppress them with forced labor. Thus they had to build for Pharaoh the garrison cities of Pithom and Raamses. Yet the more they were oppressed, the more they multiplied and spread, so that the Egyptians began to loathe the Israelites. So the Egyptians reduced the Israelites to cruel slavery, making life bitter for them with hard labor, at mortar and brick and all kinds of field work—cruelly oppressed in all their labor.



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Invitatory

The Invitatory has its own place at the beginning of the entire sequence of daily prayer. In other words, it precedes either the Office of Readings or Lauds, since the liturgical day may begin with either Hour.

O Lord, ✠ open my lips.

— And my mouth shall proclaim your praise.

Afterwards, Psalm 95 is said with its antiphon, usually responsorially. The antiphon is said, then immediately repeated, and repeated again after each strophe of the Psalm.

In individual recitation, the antiphon may be said only at the beginning of the Psalm, and it need not be repeated after each strophe.

During the Paschal Triduum, and on Solemnities and Feasts, the antiphon for the Invitatory is found in the Proper or in a Common.

On Memorials of Saints, the antiphon, unless it is proper, may be freely taken either from a Common or from the weekday.

In the Office for Sundays and weekdays during Lent, from Ash Wednesday to the Saturday of the Fifth Week of Lent inclusive:

ANT. Christ the Lord was tempted and suffered for us; come, let us adore.

OR: O that today you would listen to the voice of the Lord: harden not your hearts.

When this antiphon is used and repeated, the fourth strophe of Psalm 95 begins with the words: as at Meribah.

During Holy Week, from Palm Sunday of the Passion of the Lord to Thursday inclusive:

ANT. Christ the Lord was tempted and suffered for us; come, let us adore.

In the Office for Sundays and weekdays of Easter Time, from Monday within the Octave of Easter up to, but excluding, the Ascension of the Lord:

ANT. The Lord is truly risen, alleluia.

On the days between the Ascension of the Lord and Pentecost:

ANT. Christ the Lord has promised us the Holy Spirit; come let us adore, alleluia.

Psalm 95

An invitation to praise God

Encourage one another daily while it is still today (Heb 3:13).

(The antiphon is recited and then repeated)

Come, let us ring out our joy to the LORD; *
hail the rock who saves us.

Let us come into his presence, giving thanks; *
let us hail him with a song of praise.

(The antiphon is repeated)

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

(The antiphon is repeated)

O come; let us bow and bend low. *
Let us kneel before the LORD who made us,
for he is our God, and we the people, *
the people of his pasture, the flock of his hand.

(The antiphon is repeated)

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

(The antiphon is repeated)

For forty years I abhorred that generation, †
and I said, ‘Their heart goes astray; *
this people does not know my ways.’
Then I took an oath in my anger, *
‘Never shall they enter my rest.’”

(The antiphon is repeated)

Glory be to the Father, and to the Son, *
and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be, *
world without end. Amen.

For Psalm 95 one may substitute Psalm 100, p. 1281, 67, p. 1387, or 24, p. 1225. If any of these Psalms should occur in the Office, Psalm 95 is said in its place.

The Psalm with its antiphon, if appropriate, may be omitted when the Invitatory precedes Lauds.

Office of Readings

O God, ✠ come to my assistance.
— O Lord, make haste to help me.

Glory be to the Father, and to the Son,
and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be,
world without end. Amen. (E.T. Alleluia.)

Whenever the Invitatory immediately precedes this Hour, all the above is omitted.

HYMN

Then the appropriate Hymn is said at once.

In the Office for both Sundays and weekdays, the Hymn is given at the beginning of each season.

On Solemnities and Feasts, the Hymn is found in the Proper or in a Common.

On Memorials of Saints, the Hymn, unless it is proper, may be freely taken either from a Common or from the weekday.

PSALMODY

After the Hymn, the Psalmody follows and consists of three Psalms or sections of Psalms, which are said with the appropriate antiphons.

During the Paschal Triduum, on days within the Octave of Easter, and also on Solemnities and Feasts, the Psalms with their antiphons are proper.

On Sundays and weekdays, however, the Psalms with their antiphons are taken from the current week of the Psalter. The Sundays of Easter have proper antiphons found in the same place.

On Memorials of Saints, the Psalms with their antiphons are likewise taken from the current week of the Psalter, unless there happen to be proper Psalms or antiphons.

VERSES

Before the readings a verse is said, which changes the praying from Psalmody to the hearing of the Word of God. This verse is given before the First Reading.

READINGS

There are a pair of readings. The first is a biblical reading with its Responsory, as required by the occurring Office and taken from the Proper of Time, except on Solemnities and Feasts when it is taken from the Proper or from a Common.

The Second Reading is hagiographical on celebrations of Saints, whether these celebrations be Solemnities or Feasts or Memorials. In other Offices, the Second Reading is either from the works of Church Fathers or other ecclesiastical writers and is taken either from the book of the Liturgy of the Hours in the same place as the biblical reading, or from an optional Lectionary. An appropriate Responsory follows this reading.

HYMN, TE DEUM

On days within the Octave of Easter, on Sundays of Easter, and on Solemnities and Feasts, after the Second Reading and its Responsory, the following Hymn is said:

O God, we praise you; O Lord, we acclaim you.
Eternal Father, all the earth reveres you.
All the angels, the heavens and the Powers of heaven,
Cherubim and Seraphim cry out to you in
endless praise:
Holy, Holy, Holy Lord God of hosts,
heaven and earth are filled with the majesty of
your glory.

The glorious choir of Apostles sings to you,
the noble company of prophets praises you,
the white-robed army of martyrs glorifies you,
Holy Church throughout the earth proclaims you,
Father of boundless majesty,
with your true and only Son, worthy of adoration,
and the Holy Spirit, Paraclete.

You, O Christ, are the King of glory,
you are the Father's everlasting Son;
when you resolved to save the human race,
you did not spurn the Virgin's womb;
you overcame the sting of death
and opened wide the Kingdom of Heaven
to those who put their faith in you.
You are seated at the right hand of God
in the glory of the Father.
We believe you are the Judge who is to come.
And so we beg you, help your servants,
redeemed by your most precious blood.
Number them among your saints in eternal glory.

‡ Save your people, Lord, and bless your inheritance.
 Shepherd them and raise them to eternal life.
 Day by day, we bless you
 and praise your name for endless ages evermore.
 Be gracious, Lord, on this day,
 and keep us from all sin.
 Have mercy on us, O Lord, have mercy.
 May your mercy be upon us, Lord,
 as we place our trust in you.
 In you, O Lord, I rest my hope:
 let me never be put to shame.

‡ The last part of the Hymn may be omitted.

Or:

Te Deum laudámus: * te Dóminum confitémur.
 Te ætérnum Patrem, * omnis terra venerátur.
 Tibi omnes ángeli, *
 tibi cæli et univérsæ potestátes:
 tibi chérubim et séraphim *
 incessábili voce proclámant:
 Sanctus, * Sanctus, * Sanctus *
 Dóminus Deus Sábaoth.
 Pleni sunt cæli et terra * maiestátis glóriæ tuæ.

Te gloriósus * Apostolórum chorus,
 te prophetárum * laudábilis númerus,
 te mártýrum candidátus * laudat exércitus.
 Te per orbem terrárum *
 sancta confitétur Ecclésia,
 Patrem * imménsæ maiestátis;
 venerándum tuum verum * et únicum Fílium;
 Sanctum quoque * Paráclitum Spíritum.

Psalm 1**The two paths people may take**

Blessed are those who, hoping in the Cross, have gone down into the water (from an author of the second century).

Blessed indeed is the man *
who follows not the counsel of the wicked,
nor stands in the path with sinners, *
nor abides in the company of scorners,
but whose delight is the law of the LORD, *
and who ponders his law day and night.

He is like a tree that is planted †
beside the flowing waters, *
that yields its fruit in due season,
and whose leaves shall never fade; *
and all that he does shall prosper.

Not so are the wicked, not so! †
For they, like winnowed chaff, *
shall be driven away by the wind.

When the wicked are judged they shall not rise, *
nor shall sinners in the council of the righteous;
for the LORD knows the way of the righteous, *
but the way of the wicked will perish.

LENT, 1ST AND 5TH SUNDAY: The tree of life is revealed in the Cross of the Lord.

EASTER, 5TH SUNDAY: Alleluia, the stone was rolled back from the entrance to the tomb, alleluia.

Antiphon 2

LENT, 1ST AND 5TH SUNDAY: It is I who have appointed my
King on Zion.

EASTER, 5TH SUNDAY: Alleluia, woman, whom do you seek,
the Living One among the dead? Alleluia.

Psalm 2

The Messiah, King and Victor

*Truly they gathered together against your servant Jesus, whom you
anointed (Acts 4:27).*

Why do the nations conspire, *
and the peoples plot in vain?
They arise, the kings of the earth; *
princes plot against the LORD and his Anointed.
“Let us burst asunder their fetters. *
Let us cast off from us their chains.”

He who sits in the heavens laughs; *
the LORD derides and mocks them.
Then he will speak in his anger, *
his rage will strike them with terror.
“It is I who have appointed my king *
on Zion, my holy mountain.”

I will announce his decree: †
the LORD said to me, “You are my Son. *
It is I who have begotten you this day.

Ask of me and I will make nations your heritage, *
and the ends of the earth as your possession.
With a rod of iron you will rule them; *
like a potter’s jar you will shatter them.”

So now, O kings, understand; *
take warning, rulers of the earth.
Serve the LORD with fear; *
exult with trembling, embrace correction,
lest he be angry and you perish on the way, *
for suddenly his anger will blaze.

Blessed are all * who trust in God!

LENT, 1ST AND 5TH SUNDAY: It is I who have appointed my
King on Zion.

EASTER, 5TH SUNDAY: Alleluia, woman, whom do you seek,
the Living One among the dead? Alleluia.

Antiphon 3

LENT, 1ST AND 5TH SUNDAY: You, Lord, are a shield about me,
who lift up my head.

EASTER, 5TH SUNDAY: Alleluia, Mary, do not weep, the Lord
is risen, alleluia.

Psalm 3

The Lord is my shield

*He fell asleep and took his rest and rose again, for the Lord upheld him
(St. Irenaeus).*

How many are my foes, O LORD! *
How many are rising up against me!
How many are saying about me, *
“There is no salvation for him in God.”

But you, LORD, are a shield about me, *
my glory, who lift up my head.
I cry aloud to the LORD. *
From his holy mountain he answers me.

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

Arise, LORD; save me, my God, †
you who strike all my foes on the cheek, *
you who break the teeth of the wicked!
Salvation belongs to the LORD; *
may your blessing be on your people!

LENT, 1ST AND 5TH SUNDAY: You, Lord, are a shield about me,
who lift up my head.

EASTER, 5TH SUNDAY: Alleluia, Mary, do not weep, the Lord
is risen, alleluia.

Verse, readings, and Prayer, as in the Proper of Time.

Lauds

O God, ✠ come to my assistance.
— O Lord, make haste to help me.

Glory be to the Father, and to the Son,
and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be,
world without end. Amen. (E.T. Alleluia.)

*This verse and response are omitted when the Invitatory
immediately precedes the Hour.*

HYMN proper to each season.

PSALMODY

Antiphon 1

LENT, 1ST SUNDAY: I will bless you all my life, O Lord; in
your name I will lift up my hands.

LENT, 5TH SUNDAY: My God, you have become my help.

EASTER, 5TH SUNDAY: Whoever is thirsty will receive the
gift of the water of life, alleluia.

Psalm 63:2-9

A soul thirsting for the Lord

Whoever casts off the works of the night watches for God.

O God, you are my God; at dawn I seek you; *
for you my soul is thirsting.

For you my flesh is pining, *
like a dry, weary land without water.

I have come before you in the sanctuary, *
to behold your strength and your glory.

Your loving mercy is better than life; *
my lips will speak your praise.

I will bless you all my life; *
in your name I will lift up my hands.

My soul shall be filled as with a banquet; *
with joyful lips, my mouth shall praise you.

When I remember you upon my bed, *
I muse on you through the watches of the night.
For you have been my strength; *
in the shadow of your wings I rejoice.
My soul clings fast to you; *
your right hand upholds me.

LENT, 1ST SUNDAY: I will bless you all my life, O Lord; in
your name I will lift up my hands.

LENT, 5TH SUNDAY: My God, you have become my help.

EASTER, 5TH SUNDAY: Whoever is thirsty will receive the
gift of the water of life, alleluia.

Antiphon 2

LENT, 1ST SUNDAY: Sing a hymn and highly exalt God
for ever.

LENT, 5TH SUNDAY: Deliver us by your wonderful works,
and save us from the hand of death.

EASTER, 5TH SUNDAY: Worship the Lord who made the
heavens and the earth, the seas and the springs
of water, alleluia.

Canticle

Daniel 3:57-88, 56

Let every creature praise the Lord*Sing praise to our God, all you his servants (Rv 19:5).*

Bless the Lord, all you works of the Lord, *
praise and highly exalt him forever.

Heavens, bless the Lord, *
angels of the Lord, bless the Lord.
All waters above the heavens, bless the Lord, *
all powers, bless the Lord.

Sun and moon, bless the Lord, *
stars of heaven, bless the Lord.
Every shower and dew, bless the Lord, *
all winds, bless the Lord.

Fire and heat, bless the Lord, *
cold and heat, bless the Lord.
Dew and rain, bless the Lord, *
frost and cold, bless the Lord.

Ice and snows, bless the Lord, *
nights and days, bless the Lord.
Light and darkness, bless the Lord, *
lightnings and clouds, bless the Lord.

Let the earth bless the Lord, *
praise and highly exalt him forever.

Mountains and hills, bless the Lord, *
all that grows on the earth, bless the Lord.
Seas and rivers, bless the Lord, *
springs of water, bless the Lord.

Sea beasts and all that move in the water,
 bless the Lord, *
 all birds of heaven, bless the Lord.
All wild beasts and cattle, bless the Lord, *
 all you people, bless the Lord.

O Israel, bless the Lord, *
 praise and highly exalt him forever.

Priests of the Lord, bless the Lord, *
 servants of the Lord, bless the Lord.
Spirits and souls of the just, bless the Lord, *
 holy and humble of heart, bless the Lord.
Hananiah, Azariah, Mishael, bless the Lord, *
 praise and highly exalt him forever.

Let us bless the Father, and the Son, with the
 Holy Spirit. *
 Let us praise and highly exalt him forever.
Blessed are you in the firmament of heaven, *
 worthy of praise and highly exalted forever.

At the end of this Canticle the Glory be to the Father is not said.

LENT, 1ST SUNDAY: Sing a hymn and highly exalt God
 for ever.

LENT, 5TH SUNDAY: Deliver us by your wonderful works,
 and save us from the hand of death.

EASTER, 5TH SUNDAY: Worship the Lord who made the
 heavens and the earth, the seas and the springs
 of water, alleluia.



MARCH 25

THE ANNUNCIATION OF THE LORD

Solemnity

First Vespers

HYMN

Let every age and time confess
the great reward of life has come,
for Satan's brutal yoke is crushed,
redemption has appeared this day.

Events Isaiah once foretold
within the Virgin are fulfilled;
the angel has announced the child,
the Holy Spirit fills her womb.

So by the seed of that true word
the Virgin Mary has conceived;
she carries in her womb the child
whom all the world cannot contain.

What Adam once of old defiled
and first struck down with swollen pride,
the second Adam washes clean
and raises up with lowliness.

All glory be to Christ the Lord,
to God the Father's only Son,
whom Mary, fruitful Virgin, bore,
o'ershadowed by the Spirit blest. Amen.

Meter: LM

PSALMODY

ANT.1 A branch shall sprout from the root of Jesse,
and a bud shall blossom from his stock, and
the Spirit of the Lord shall rest upon him
(E.T. alleluia).

Psalm 113

Praise, O servants of the LORD, *
praise the name of the LORD!
May the name of the LORD be blest *
both now and forevermore!
From the rising of the sun to its setting, *
praised be the name of the LORD!

High above all nations is the LORD, *
above the heavens his glory.
Who is like the LORD, our God, *
who dwells on high,
who lowers himself to look down *
upon heaven and earth?

From the dust he lifts up the lowly, *
from the ash heap he raises the poor,
to set them in the company of princes, *
yes, with the princes of his people.
To the childless wife he gives a home *
as a joyful mother of children.

ANT. A branch shall sprout from the root of Jesse,
and a bud shall blossom from his stock, and
the Spirit of the Lord shall rest upon him
(E.T. alleluia).

ANT. 2 The Lord will give him the throne of David his
father, and he shall reign for ever (E.T. alleluia).

Psalm 147:12-20

O Jerusalem, glorify the LORD! *
O Zion, praise your God!

He has strengthened the bars of your gates; *
he has blessed your children within you.
He established peace on your borders; *
he gives you your fill of finest wheat.

He sends out his word to the earth, *
and swiftly runs his command.
He showers down snow like wool; *
he scatters hoarfrost like ashes.

He hurls down hailstones like crumbs; *
before such cold, who can stand?
He sends forth his word and it melts them; *
at the blowing of his breath the waters flow.

He reveals his word to Jacob; *
to Israel, his decrees and judgments.
He has not dealt thus with other nations; *
he has not taught them his judgments.

ANT. The Lord will give him the throne of David his
father, and he shall reign for ever (E.T. alleluia).

ANT. 3 The Word from on high, begotten of the Father
before all ages, today emptied himself for us and
was made flesh (E.T. alleluia).

Canticle

Philippians 2:6-11

Although he was in the form of God, †
Christ Jesus did not regard equality with God *
something to be grasped.

Rather he emptied himself, †
taking on the form of a slave *
being born in human likeness;

and found to be in human form, *
he humbled himself,
becoming obedient unto death, *
death upon a cross.

And for this, God highly exalted him, †
and bestowed upon him the name *
that is above every other name.

So that at the name of Jesus †
every knee shall bend *
in the heavens, on the earth, and under the earth,

and every tongue confess †
that Jesus Christ is Lord *
to the glory of God the Father.

ANT. The Word from on high, begotten of the Father
before all ages, today emptied himself for us and
was made flesh (E.T. alleluia).

SHORT READING

1 John 1:1-2

What was from the beginning,
what we have heard,
what we have seen with our eyes,
what we looked upon
and our hands have touched
concerning the word of life—
and the life was revealed,
and we have seen
and we testify
and we proclaim to you
the eternal life that was with the Father
and was revealed to us.

SHORT RESPONSORY

Lent:

The Root of Jesse has blossomed; a star has risen
from Jacob.

— The Root of Jesse has blossomed; a star has risen
from Jacob.

The Virgin has given birth to the Savior;

— a star has risen from Jacob.

Glory be to the Father, and to the Son, and to the Holy Spirit.

- The Root of Jesse has blossomed; a star has risen from Jacob.

Easter:

The Root of Jesse has blossomed; a star has risen from Jacob, alleluia, alleluia.

- The Root of Jesse has blossomed; a star has risen from Jacob, alleluia, alleluia.

The Virgin has given birth to the Savior,

- alleluia, alleluia.

Glory be to the Father, and to the Son, and to the Holy Spirit.

- The Root of Jesse has blossomed; a star has risen from Jacob, alleluia, alleluia.

MAGNIFICAT

- ANT.** The Holy Spirit will come down upon you, O Mary, and the power of the Most High will overshadow you (**E.T.** alleluia).

INTERCESSIONS

Let us pray with confident hearts to the eternal Father, who on this day through his Angel declared our salvation unto Mary:

[R]. *Grant us your grace, O Lord.*]

You chose the Virgin Mary that she might become the mother of your Son;

- have mercy on all who await redemption.

You announced peace and joy to Mary through the voice of Gabriel;

- bestow on the whole world the joy of salvation and true peace.

You made your Word dwell among us, with the consent of your handmaid and by the working of the Holy Spirit;

- prepare our hearts to receive Christ, just as the Virgin Mary received him.

You look with favor on the lowly and fill the hungry with good things;

- lift up the oppressed, relieve the needy, assist the dying.

God, for whom nothing is impossible and who alone work wonders,

- save us when you raise up the dead on the last day.

Our Father...

Prayer

O God, who willed that your Word should take on the reality of human flesh in the womb of the Virgin Mary,

grant, we pray,

that we, who confess our Redeemer to be God and man,

may merit to become partakers even in his divine nature.

Who lives and reigns with you in the unity of the Holy Spirit,

God, for ever and ever.

Invitatory

ANT. The Word was made flesh; come, let us adore
(E.T. alleluia).

Invitatory Psalm, as in the Ordinary, p. 1139.

Office of Readings

HYMN

Once, blind and wayward mortal powers
revered enchanted empty myths,
believing idols made of bronze,
or cold hard stone, or wood were God.

And as they followed these, they came
into the faithless robber's power;
they forfeited their lives to him
and plunged into the smoking pit.

But Christ on high would not endure
such wreckage at the nations' fall,
lest all his Father's wondrous work
should be destroyed with no redress.

A mortal body he assumed,
that, when his body had been raised,
he might unbind the chain of death
and to his Father lead mankind.

This is that very day of birth,
when God from heaven breathed you forth,
investing you with earthly clay,
and with the Word conjoined our flesh.