

flock of the Word: and by their prayers have mercy upon me and save me, a sinner.

Be mindful, O Lord, of all civil Authorities, of our Armed Forces, of this city in which we dwell, and of every city and land; grant us peaceful times, that we may lead a calm and tranquil life in all godliness and sanctity.

Be mindful, O Lord, of my parents, my brothers and sisters, my relatives and friends, and all who are near and dear to me, (*name those whom you wish to remember*), and grant them mercy, life, peace, health, salvation and visitation, and pardon and remission of sins; that they may evermore praise and glorify thy holy Name.

Be mindful, O Lord, of those who travel by land, and sea, and air; of the young and the old; orphans and widows; the sick and the suffering, the sorrowing and the afflicted, all captives, and the needy poor; upon them all send forth thy mercies, for thou art the Giver of all good things.

Be mindful, O Lord, of me, thy humble servant; grant me thy grace, that I may be diligent and faithful; that I may avoid evil company and influence, and resist all temptation; that I may lead a godly and righteous life, blameless and peaceful, ever serving thee, that I may be accounted worthy at the last to enter into the Kingdom of Heaven.

Be mindful, O Lord, of all those who have fallen asleep in the hope of resurrection unto life eternal, especially *N., NN.*; pardon all their transgressions both voluntary and involuntary, whether in word, or deed, or thought. Shelter them in a place of brightness, a place of verdure, a place of repose, whence all sickness, sorrow and sighing have fled away, and where the sight of thy countenance rejoiceth all thy Saints from all the ages. Grant them thy heavenly Kingdom, and a portion in thine ineffable and eternal blessings, and the enjoyment of thine unending Life.

Hear my prayer, O Lord, for thou art merciful and compassionate, and lovest mankind, and to thee are due all glory, honour, and worship: to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.



DAILY PRAYER

*Personal Prayer for use in the Parish Church
or if Self-Isolating at Home*

HOLY WEEK AD 2020



Can daily prayers change your life? Absolutely! You can develop a fuller relationship with God and live a better life through prayer. You have a better chance at finding fulfilment, from daily prayers than from the many distractions bombarding us these days!

Think of all the promises we hear on TV and elsewhere: you'll find happiness if you buy this car, this book, this exercise bike, or this pill (after checking with your doctor first on that last one)! Yet many times our souls feel as empty as our wallets or purses afterwards.

Developing a good prayer life can really change you for the better. Praying can become a most satisfying routine in many ways. It might not be an easy habit to start at first, but it's definitely one you won't want to break! Daily prayers can give you a sense of peace and purpose.

Prayer has often been called "the raising up of the mind and heart to God". We engage in a literally divine conversation with Him. You get a wonderful opportunity from prayer to strengthen and deepen your relationship with our Creator and with your fellow human beings by praying for their needs as well as your own.

"Those who have truly decided to serve the Lord God should practice the remembrance of God and uninterrupted prayer to Jesus Christ, mentally saying: "Lord Jesus Christ, Son of God, have mercy on me a sinner." ' (St. Seraphim of Sarov)

THE SEAL

Through the prayers of our holy Fathers and Mothers,
Lord Jesus Christ our God, have mercy on us and save us.

TRISAGION PRAYERS

O Heavenly King, the Paraclete, the Spirit of Truth,
who are present everywhere, filling all things,
Treasury of Good and Giver of Life, come and dwell in us,
cleansing us of every stain, and save our souls, O Good One.

✠ Holy God, Holy Mighty, Holy Immortal have mercy on us.
(three times)

✠ Glory be to the Father, and to the Son, and to the Holy Spirit.
Now and ever and to the ages of ages. Amen.

All-Holy Trinity, have mercy on us.

Lord forgive us our sins.

Master, pardon our transgressions.

Holy One, visit and heal our infirmities for your name's sake.

Kyrie eleison, Kyrie eleison, Kyrie eleison.

✠ Glory be to the Father, and to the Son, and to the Holy Spirit.
Now and ever and to the ages of ages. Amen.

Our Father, Who art in Heaven, hallowed be Thy name;
Thy Kingdom come, Thy will be done on earth as it is in Heaven.
Give us this day our daily bread;
and forgive us our trespasses as we forgive those who trespass
against us;
and lead us not into temptation, but deliver us from evil.
(for Yours is the kingdom and the power and the glory, of the
Father, and of the Son, and of the Holy Spirit, now and ever and
to the ages of ages.) ✠ Amen.

Kyrie eleison, Kyrie eleison, Kyrie eleison.

Kyrie eleison, Kyrie eleison, Kyrie eleison.

✠ Glory be to the Father, and to the Son, and to the Holy Spirit.
Now and ever and to the ages of ages. Amen.

O Lord Jesus Christ, our Saviour, Physician of souls and bodies,
who didst become man and suffer death on the Cross for our
salvation, and through thy tender love and compassion didst heal
all manner of sickness and affliction; do thou O Lord, visit me in
my suffering, and grant me grace and strength to bear this sick-
ness with which I am afflicted, with Christian patience and sub-
mission to thy will, trusting in thy loving kindness and tender
mercy. Bless, I pray thee, the means used for my recovery, and
those who administer them. I know O Lord, that I justly deserve
any punishment thou mayest inflict upon me for I have so often
offended thee and sinned against thee, in thought, word and
deed. Therefore, I humbly pray thee, look upon my weakness, and
deal not with me after my sins, but according to the multitude of
thy mercies. Have compassion on me, and let mercy and justice
meet; and deliver me from this sickness and suffering I am under-
going. Grant that my sickness may be the means of my true re-
pentance and amendment of my life according to thy will, that I
may spend the rest of my days in thy love and fear: that my soul,
being helped by thy grace and sanctified by thy Holy Mysteries,
may be prepared for its passage to the Eternal Life, and there, in
the company of thy blessed Saints, may praise and glorify thee
with thy Eternal Father and Life-giving Spirit. Amen.

Thanksgiving After Recovery from Sickness

Almighty God, our heavenly Father, Source of life and Fountain
of all good things, I bless thy Holy Name, and offer to thee most
hearty thanks for having delivered me from my sickness and re-
stored me to health. Grant me thy continuing grace, I pray thee,
that I may keep my good resolutions and correct the errors of my
past life, and improve in virtue, and live a new life in dutiful fear
of thee, doing thy will in all things, and devoting this new life
which thou has given me to thy service: that thus living for thee, I
may be found ready when it pleaseth thee to call me to thee, O
heavenly Father, to whom with thine Only-begotten Son, our
Lord Jesus Christ, and thine all-holy and Life-giving Spirit, is due
all honor, praise, glory, and thanksgiving: now and ever, and unto
ages of ages. Amen.

A Prayer for the Sick

O holy Father, heavenly Physician of our souls and bodies, who
hast sent thine Only-begotten Son our Lord Jesus Christ to heal
all our ailments and deliver us from death: do thou visit and heal
thy servant N., granting him/her release from pain and restoration
to health and vigour, that he/she may give thanks unto thee and
bless thy holy Name, of the Father, and of the Son, and of the
Holy Spirit: now and ever, and unto ages of ages. Amen.

A Prayer for the Dead

Into thy hands, O Lord, I commend the souls of thy serv-
ants, NN., and beseech thee to grant them rest in the place of thy
rest, where all thy blessed Saints repose, and where the light of thy
countenance shineth forever. And I beseech thee also to grant
that our present lives may be godly, sober, and blameless, that, we
too may be made worthy to enter into thy heavenly Kingdom with
those we love but see no longer: for thou art the Resurrection,
and the Life, and the Repose of thy departed servants, O Christ
our God, and unto thee we ascribe glory: to the Father, and to the
Son, and to the Holy Spirit; now and ever, and unto ages of ages.
Amen.

A General Intercession

O Lord Jesus Christ our God, who in thy mercy and loving-
kindness dost regard the prayers of all who call upon thee with
their whole heart, incline thine ear and hear my prayer, now hum-
bly offered unto thee:

Be mindful, O Lord, of thy One, Holy Catholic and Apostolic
Church; confirm and strengthen it, increase it and keep it in
peace, and preserve it unconquerable forever;

Be mindful, O Lord, of our Bishop *Jonathan*, and of every Bishop
of the Church: of Priests and Deacons, the Religious, and Lay
Ministers of thy Church, which thou has established to feed the

Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

Lord, have mercy. (Thrice)

Then

Blessed is God, who is merciful unto us and nourisheth us from His bounteous gifts by His Grace and compassion, always, now and ever, and unto ages of ages. Amen.

Or

We thank thee, O Christ our God, that thou hast satisfied us with thy earthly gifts, deprive us not of thy Heavenly Kingdom; but as thou entered into the midst of thy disciples, O Saviour, and gave them peace, enter also among us and save us. Amen.

Or

We thank thee, O God, the Giver of all good things, for these gifts and all thy mercies, and we bless thy Holy Name, always, now and ever, and unto ages of ages. Amen.

A Prayer of Repentance

O Lord our God, good and merciful, I acknowledge all my sins which I have committed every day of my life, in thought, word and deed; in body and soul alike. I am heartily sorry that I have ever offended thee, and I sincerely repent; with tears I humbly pray thee, O Lord: of thy mercy forgive me all my past transgressions and absolve me from them. I firmly resolve, with the help of Thy Grace, to amend my way of life and to sin no more; that I may walk in the way of the righteous and offer praise and glory to the Name of the Father, Son, and Holy Spirit. Amen.

Prayer Before a Journey

O Lord Jesus Christ our God, the true and living way, be thou, O Master, my companion, guide and guardian during my journey; deliver and protect me from all danger, misfortune and temptation; that being so defended by Thy divine power, I may have a peaceful and successful journey and arrive safely at my destination. For in thee I put my trust and hope, and to thee, together with thy Eternal Father, and the All-holy Spirit, I ascribe all praise, honor and glory: now and ever, and unto ages of ages. Amen.

A Prayer in Time of Trouble

O God, our help and assistance, who art just and merciful, and who heareth the supplications of thy people; look down upon me, a miserable sinner, have mercy upon me, and deliver me from this trouble that besets me, for which, I know, I am deservedly suffering. I acknowledge and believe, O Lord, that all trials of this life are given by Thee for our chastisement, when we drift away from thee, and disobey thy commandments; deal not with me after my sins, but according to thy bountiful mercies, for I am the work of Thy hands, and thou knowest my weakness. Grant me, I beseech thee, thy divine helping grace, and endow me with patience and strength to endure my tribulations with complete submission to Thy Will. Thou knowest my misery and suffering and to Thee, my only hope and refuge, I flee for relief and comfort; trusting to thine infinite love and compassion that in due time, when thou knowest best, thou wilt deliver me from this trouble, and turn my distress into comfort, when I shall rejoice in thy mercy, and exalt and praise thy Holy Name, O Father, Son, and Holy Spirit: now and ever, and unto ages of ages. Amen.

Thanksgiving After Deliverance From Trouble

Almighty and merciful God, I most humbly and heartily thank thy divine majesty for thy loving kindness and tender mercies, that thou hast heard my humble prayer, and graciously vouchsafed to deliver me from my trouble and misery. Grant me, I beseech thee, thy helping grace, that I may obediently walk in thy holy commandments, and lead a sober, righteous and godly life, ever remembering thy mercies, and the blessings thou hast undeservedly bestowed upon me, that I may continually offer to thee the sacrifice of praise and thanksgiving, O Father, Son, and Holy Spirit.

A Prayer of a Sick Person

THE ANGELUS

Traditionally in the morning, at noon, and in the evening in memory of the Incarnation of God, and the faithful say the following prayers, except during Eastertide, when the Regina coeli is said.

V/. The Angel of the Lord brought tidings to Mary,
R/. And she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee,
Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.

V. Behold the handmaid of the Lord;
R. Be it unto me according to thy word.

Hail, Mary . . .

V. And the Word was made flesh,
R. And dwelt among us.
Hail, Mary . . .

V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

Let us pray:

We beseech thee, O Lord, to pour thy grace into our hearts; that as we have known the incarnation of thy Son Jesus Christ by the message of an angel, so by his ✠ cross and passion we may be brought unto the glory of his resurrection. Through the same Christ our Lord. Amen.

PRAYER IN THE MORNING - LAUDS

The Invitatory

V/. ✠ Lord, open our lips
R/. And we shall praise your name

Psalm 95 - said daily

Antiphon Christ the Lord was tempted and suffered for us.
Come, let us adore him.

Except -

On Good Friday: Christ, the Son of God, redeemed us with his blood. Come, let us adore him.

On Holy Saturday:

Christ the Lord suffered for us and was buried.
Come, let us adore him.

Come, ring out our joy to the Lórd; *
háil the Gód who sáves us.

Let us cóme before him, giving thánks, *
with sóngs let us háil the Lórd.
mighty Gód is the Lórd, *
a gréat king abóve all góds.

In his hánd are the dépths of the éarth; *
the héights of the móuntains are his.

To him belongs the séa, for he máde it *
and the drý land sháped by his hánds.

Come in; let us bów and bend lów; *
let us knéel before the Gód who máde us:

for hé is our Gód and wé †
the péople who belóng to his pásture, *
the flóck that is léd by his hánd.

O that todáy you would listen to his vóice! †
'Hárden not your héarts as at Meribah, *
as on that dáy at Mássah in the désert
when your fáthers pút me to the tést; *
when they tried me, thóugh they saw my wórk.
For forty yéars I was wéaried of these péople †
and I sáid: "Their héarts are astráy, *

these péople do not know my ways.”
Thén I took an óath in my ánger: *
“Néver shall they énter my rést.”

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 with-
out end. Amen.

Antiphon Christ the Lord was tempted and suffered for us.
Come, let us adore him.

Except -

On Good Friday: Christ, the Son of God, redeemed us with his
blood. Come, let us adore him.

On Holy Saturday:
Christ the Lord suffered for us and was buried.
Come, let us adore him.

A hymn suitable for Holy Week may be sung

THE PSALMS

On Sunday 5th April - Daniel 3:52-57

Antiphon: May we be counted among the faithful, with the
angels and with the children. Triumphant over
death, we sing with them,
'Hosanna in the highest.'

You are blest, Lord God of our fathers. *
To you glory and praise for evermore.
Blest your glorious holy name. *
To you glory and praise for evermore.
You are blest in the temple of your glory. *
To you glory and praise for evermore.
You are blest who gaze into the depths. *
To you glory and praise for evermore.
You are blest in the firmament of heaven. *
To you glory and praise for evermore.
You who walk on the wings of the wind. *
To you glory and praise for evermore.
May they bless you, the saints and the angels. *
To you glory and praise for evermore.
From the heavens, the earth and the sea. *
To you glory and praise for evermore.
You are blest, Lord God of our fathers. *
To you glory and praise for evermore.

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.

Antiphon: May we be counted among the faithful, with the
angels and with the children. Triumphant over
death, we sing with them,
'Hosanna in the highest.'

On Monday 6th April - Psalm 42

Antiphon: Jesus said: 'My soul is sorrowful to the point of
death. Wait here and keep awake with me.'

Like the déer that yéarns *
for rúnning stréams,
só my sóul is yéarning *
for yóu, my Gód.
My sóul is thirsting for Gód, *
the Gód of my life;
whén can I énter and sée *
the fáce of Gód?
My téars have becóme my bréad, *
by níght, by dáy,
as I héar it sáid all the day lóng: *
'Whére is your Gód?'
Thése things will Í reméber *
as I póur out my sóul:
how I would léad the réjóicing crówd *

harm that we may sleep in peace and rise in joy to sing your
praise. Through Christ our Lord. **Amen.**

✠ May the Lord grant us a quiet night and a perfect end. **Amen.**

*It is traditional before retiring to say or sing an anthem according to the
season of the Church's year in honour of the Blessed Virgin Mary*

Marian Anthem
Ave Regina Caelorum

Hail, Queen of heaven, beyond compare,
To whom the angels homage pay;
Hail, Root of Jesse, Gate of Light,
That opened for the world's new Day.

Rejoice, O Virgin unsurpassed,
In whom our ransom was begun,
For all your loving children pray
To Christ, our Saviour and your Son.

OCCASIONAL PRAYERS

Prayer on Entering the Church

I will come into thy house in the multitude of thy mercy: and in
thy fear I will worship toward thy holy temple. Lead me, O Lord,
in thy righteousness because of mine enemies; make thy way
straight before me, that with a clear mind I may glorify thee fore-
ever, One Divine Power worshipped in three persons: Father, Son,
and Holy Spirit. Amen.

Prayer on Leaving a Church

Lord, now lettest thou thy servant depart in peace, according to
thy word: for mine eyes have seen thy salvation, which thou hast
prepared before the face of all people; a light to lighten the Gen-
tiles, and the glory of thy people Israel.

The "Jesus" Prayer

O Lord Jesus Christ, Son of God, have mercy on me, a sinner.

A Prayer to Your Guardian Angel

O Angel of Christ, holy guardian and protector of my soul and
body, forgive me everything wherein I have offended thee every
day of my life, and protect me from all influence and temptation
of the evil one. May I nevermore anger God by any sin. Pray for
me to the Lord, that He may make me worthy of the grace of the
All-holy Trinity, and of the Most Blessed Virgin Mary, and of all
the Saints. Amen.

Prayers at the Table

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.
Our Father, who art in heaven, hallowed be thy Name; thy king-
dom come; thy will be done on earth, as it is in heaven. Give us
this day our daily bread; and forgive us our trespasses, as we for-
give those who trespass against us; and lead us not into tempta-
tion, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, of the
Father, and of the Son, and of the Holy Spirit: now and ever, and
unto ages of ages. Amen.

*Glory to the Father, and to the Son, and to the Holy Spirit: now and
ever, and unto ages of ages. Amen.*

Lord, have mercy. (Thrice)

Then

O Christ our God, bless the food and drink of thy servants, for
thou art Holy always; now and ever, and unto ages of ages. Amen.

Or

They that hunger shall eat and be satisfied, they that seek after the
Lord shall praise him; their hearts shall live forever. Amen.

Or

Bless us, O Lord, and these thy gifts of which we are about to
partake, for thou art blessed and glorified; now and ever, and
unto ages of ages. Amen.

After Meals

Your éyes have óny to lóok *
 to sée how the wícked are repáid,
 yóu who have said: 'Lórd, my réfuge!' *
 and have máde the Most High your dwélling.
 Upon yóu no évil shall fáll, *
 no plágue appróach where you dwéll.
 For yóu has he commáded his ángels, *
 to kéeep you in áll your wáys.
 They shall béar you upón their hánds *
 lest you strike your fóot against a stóne.
 On the líon and the víper you will tréad *
 and trámples the young líon and the drágon.
 Since he clíngs to me in lóve, I will fréed him; *
 protéct him for he knóws my náme.
 When he cálls I shall ánsWER: 'I am with you,' *
 I will sáve him in dístréss and gíve him glóry.
 With léngth of lífe I will contént him; *
 I shall lét him see my sáving pówer.

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.

Antiphon: He will conceal you with his wings;
 you will not fear the terror of the night.

Psalm-prayer

Lord Jesus Christ, when tempted by the devil, you remained loyal to your Father whose angels watched over you at his command. Guard your Church and keep us safe from the plague of sin so that we may remain loyal to the day we enjoy your salvation and your glory.

Short Reading Revelation (The Apocalypse) 22:4-5

They will see the Lord face to face, and his name will be written on their foreheads. It will never be night again and they will not need lamplight or sunlight, because the Lord God will be shining on them. They will reign for ever and ever.

Short Responsory

Into your hands, Lord, I commend my spirit.
 - *Into your hands, Lord, I commend my spirit.*
 You have redeemed us, Lord God of truth.
 - *Into your hands, Lord, I commend my spirit.*
 Glory be to the Father and to the Son and to the Holy Spirit.
 - *Into your hands, Lord, I commend my spirit.*

Canticle - The Nunc Dimitis

Antiphon: Save us, Lord, while we are awake;
 protect us while we sleep;
 that we may keep watch with Christ
 and rest with him in peace.

✠ At lást, all-pówerful Máster, †
 you gíve léave to your sérvant *
 to go in péace, accórding to your prómise.
 For my éyes have séen your sálvation *
 which you have prépared for all nátions,
 the líght to enlighten the Géntiles *
 and gíve glóry to Ísrael, your péople.

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.

Antiphon: Save us, Lord, while we are awake;
 protect us while we sleep;
 that we may keep watch with Christ
 and rest with him in peace.

Let us pray.

God our Father, as we have celebrated today the mystery of the Lord's resurrection, grant our humble prayer: free us from all

into the hóuse of Gód,
 amid cries of gládnness and thanksgíving, *
 the thróng wíld with jóy.
 Whý are you cast dówn, my sóul, *
 why gróan wíthín me?
 Hope in Gód; I will práise him stíll, *
 my sáviour and my Gód.
 My sóul is cast dówn wíthín me *
 as I thínk of yóu,
 from the cóuntry of Jórdan and Mount Hérmon, *
 from the Híll of Mízar.
 Déep is cálling on déep, *
 in the róar of wáters;
 your tórrénts and áll your wáves *
 swept óver mé.
 By dáy the Lórd will sénd *
 his lóving kíndness;
 by níght I will síng to hím, *
 práise the Gód of my lífe.
 I will sáy to Gód, my róck: *
 'Whý have you forgóttén me?
 Whý do Í go móurníng *
 oppréssed by the fóe?'
 Wíth cries that píerce me to the héart, *
 my énemíes revíle me,
 sáying to me áll the day lóng: *
 'Whére is your Gód?'
 Whý are you cast dówn, my sóul, *
 why gróan wíthín me?
 Hope in Gód; I will práise him stíll, *
 my sáviour and my Gód.

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.

Antiphon: Jesus said: 'My soul is sorrowful to the point of death. Wait here and keep awake with me.'

On Tuesday 7th April - Psalm 43

Antiphon: Lord, plead my cause;
 from deceitful and cunning men rescue me.

Defénd me, O Gód, and plead my cáuse *
 against a gódléss nátion.
 From decéitful and cúnníng mén *
 réscue me, O Gód.
 Since yóu, O Gód, are my strónghold, *
 whý have you réjécted me?
 Whý do Í go móurníng *
 oppréssed by the fóe?
 O sénd forth your líght and your trúth; *
 let thése be my gúide.
 Let them bríng me to your hóly móuntain, *
 to the pláce where you dwéll.
 And I will cóme to the áltar of Gód, *
 the Gód of my jóy.
 My redéemer, I will thánk you on the hárp, *
 O Gód, my Gód.
 Whý are you cast dówn my sóul, *
 why gróan wíthín me?
 Hope in Gód; I will práise him stíll, *
 my sáviour and my Gód.

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.

Antiphon: Lord, plead my cause;
 from deceitful and cunning men rescue me.

On Wednesday 8th April - Psalm 97

Antiphon: God has made Jesus Christ our wisdom and our virtue, our holiness and our freedom.

The Lord is kíng, let éárth rejóice, *
let ááll the cóastlands be gláád.
Clóúd and dárkness are his ráiment; *
his thróe, jústice and right.
A fire prepáeres his pááth; *
it búrns up his fóes on every síe.
His líghtnings líght up the wórld, *
the éárth trémbles at the síght.
The móúntains mélt like wáx *
before the Lórd of ááll the éárth.
The skies prócláim his jústice; *
all péoples see his glóry.
Let thóse who serve ídols be ashámed, †
those who bóast of their wórthless góds. *
All you spirits, wórship him.
Sión héars and is gláád; †
the péople of Júdah rejóice *
becáse of your júdgements, O Lórd.
For yóu indéed are the Lórd †
most high above ááll the éárth, *
exálted far abóve all spirits.
The Lórd loves thóse who hate évil; †
he gúards the sóúls of his sáints; *
he sets them free from the wicked.
Light shines fórth for the júst *
and jóy for the úpright of héart.
Rejóice, you júst, in the Lórd; *
give glóry to his hóly náme.

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.

Antiphon: God has made Jesus Christ our wisdom and our virtue, our holiness and our freedom.

On Thursday 9th April - Psalm 81

Antiphon: The Lord fed us with finest wheat,
he filled us with honey from the rock.

Ring out your jóy to Gód our strength, *
shout in triumph to the Gód of Jácob.
Raise a sóng and sóund the timbrel, *
the sweet-sounding hárp and the lúte;
blów the trúmpet at the new móon, *
when the móon is fúll, on our féast.
For this is Ísrael's láw, *
a commánd of the Gód of Jácob.
He impósed it as a rúle on Jóseph, *
when he went óut against the lánd of Éygypt.
A vóice I did not knów said to mé: *
'I freed your shóulder from the búrden;
your hánds were freed from the lóad. *
You cálled in dístress and I sáved you.
'I ánswered, concealed in the stórm clóud; *
at the wáters of Meribah I tested you.
Listen, my péople, to my wárning. *
O Ísrael, if ónly you would héed!
'Let there bé no fóreign god amóng you, *
no wórship of an álien gód.
Íám the Lórd your Gód, †
who bróught you from the lánd of Éygypt. *
Ópen wide your móuth and I will fill it.
'But my péople did not héed my vóice *
and Ísrael would not obey,
so I léft them in their stúbbornness of héart *
to fóllow their ówn designs.

by his resurrection, obtain eternal life. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

✠ May the Lord bless us, and keep us from all evil,
and bring us to everlasting life. Amen.

The Seal & The Trisagion Prayers may be added as an additional devotion, and be concluded with this Final Evening Prayer:

O God, you are great and wonderful; you govern all things in unspeakable goodness and bountiful providence. You have given us earthly benefits and even granted us a pledge of the promised kingdom by already favouring us with its graces. You have preserved us from all evil works during that part of the day which has now passed; grant now that we may complete the remainder of it blamelessly in the face of your holy glory, and hymn you, the only Good One, our God who loves mankind. For you are our God and to you we ascribe glory, to the Father, and to the Son, and to the Holy Spirit, now and ever and to the ages of ages. Amen.

NIGHT PRAYERS - COMPLINE

INTRODUCTION

✠ O God, come to our aid.

O Lord, make haste to help us.

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.

Examination of Conscience

This is an excellent moment for an examination of conscience, and an Act of Contrition

Hymn

Before the ending of the day,
Creator of the world, we pray,
that with thy wonted favour thou
wouldst be our guard and keeper now.

From all ill dreams defend our eyes,
from nightly fears and fantasies;
tread under foot our ghostly foe,
that no pollution we may know.

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

Psalm 91

Antiphon: He will conceal you with his wings;
you will not fear the terror of the night.

He who dwélls in the shelter of the Most High *
and abides in the sháde of the Almighty
sáys to the Lórd: 'My réfeuge, *
my strónghold, my Gód in whom I trúst!
It is héá who will free you from the snáre *
of the fówler who seeks to destróy you;
héá will conceal you with his pinions *
and únder his wings you will find réfeuge.
You will not féar the térror of the night *
nor the árrow that flies by dáy,
nor the plágue that prówls in the dárkness *
nor the scóurge that láys wáste at nóon.
A thósand may fáll at your síde, *
ten thousand fáll at your right,
yóu, it will néver appróach; *
his fáithfulness is búckler and shield.

You remembered those who had forgotten your promise of rising from the dead; give new hope to men when life has lost its meaning.

- Lord, have mercy on us.

Lamb of God, you became our paschal sacrifice; draw all men to yourself.

- Lord, have mercy on us.

Lord of the universe, you were enclosed in the walls of a tomb; deliver men from hell and grant them the glory of immortal life.

- Lord, have mercy on us.

Son of the living God, you gave paradise to a thief on the cross; look on your brothers who have died and share with them your resurrection.

- Lord, have mercy on us.

To these is added this prayer for those suffering at this time

O God Almighty, Lord of heaven and earth, and of all creation visible and invisible, in thine ineffable goodness, look down upon us, thy people gathered in thy Holy Name. Be our helper and defender in this day of affliction. Thou knowest our weakness. Thou hearest our cry in repentance and contrition of heart. O Lord who lovest mankind, deliver us from the impending threat of the Corona Virus. Send thine angel to watch over us and protect us. Grant health and recovery to those suffering from this virus. Guide the hands of physicians and preserve those who are healthy. Enable us to continue to serve our suffering brothers and sisters in peace that together we may glorify thy most honourable and majestic name of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, who art in heaven,
hallowed be thy name.

Thy kingdom come.

Thy will be done on earth, as it is in heaven.

Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil. Amen.

Concluding Prayer

From Palm Sunday to Holy Wednesday (inclusive):

Almighty, ever-living God, you gave our Saviour the command to become man and undergo the cross as an example of humility for all men to follow. We have the lessons of his sufferings: give us also the fellowship of his resurrection. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

On Holy Thursday:

Lord God, since for your glory and our salvation you willed Christ your Son to be the eternal High Priest, grant that the people he gained for you by his blood may be strengthened by his cross and resurrection when they take part in his memorial sacrifice. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

On Good Friday:

Be mindful, Lord, of this your family, for whose sake our Lord Jesus Christ, when betrayed, did not hesitate to yield himself into his enemies' hands and undergo the agony of the cross. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

On Holy Saturday:

Almighty, ever-living God, whose Only-Begotten Son descended to the realm of the dead, and rose from there to glory, grant that your faithful people, who were buried with him in baptism, may,

'Ó that my péople would héed me, *
that Ísrael would wálk in my wáys!
At ónce I would subdúe their fóes, *
turn my hánd agáinst their énemies.
'The Lord's énemies would críngé at their féet *
and their subjéctíon would lást for éver.
But Ísrael I would féed with finest w héát *
and fill them with hóney from the róck.'

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.

Antiphon: The Lord fed us with finest wheat,
he filled us with honey from the rock.

On Friday 10th April - Psalm 51

Antiphon: God did not spare his own Son,
but gave him up for us all.

Have mércy on me, Gód, in your kíndness. *
In your compásson blot óut my offéncé.
O wásh me more and móre from my gúilt *
and cléanse me fróm my sín.
My offéncés trúly I knów them; *
my sín is álwáys befóre me.
Agáinst yóu, you alóne, have I sinned; *
what is évil in your síght I have dóne.
That you may be jústified whén you gíve sénténcé *
and be wíthóut repróach whén you júdge,
O sée, in gúilt I was bórn, *
a sinner was Í concéived.
Indéed you love trúth in the héart; *
then in the sécret of my héart teach me wísdóm.
O purify me, thén I shall be cléan; *
O wásh me, I shall be whítér than snów.
Make me héar rejóicing and gládness, *
that the bónes you have crúshed may revíve.
From my síns turn awáy your fáce *
and blót out áll my gúilt.
A púre héart créáte for me, O Gód, *
put a stéadfast spírit wíthín me.
Do not cást me awáy from your préseñce, *
nor depríve me of your hóly spírit.
Gíve me agáin the jóy of your hélp; *
wíth a spírit of férvour sustáin me,
that I may téach transgréssors your wáys *
and sínners may réturn to yóu.
O réscue me, Gód, my hélpér, *
and my tóngue shall ríng out your góodness.
O Lórd, ópen my líps *
and my móuth shall décláre your práise.
For in sácrífice you táke no délight, *
burnt óffering from mé you would refúse,
my sácrífice, a cóntríte spírit. *
A húmbléd, cóntríte héart you wíll not spúrn.
In your góodness, show fávour to Síon: *
rebúild the wálls of Jerúsalem.
Thén you wíll be pléased wíth lawfúll sácrífice, *
hólocausts óffered on your áltar.

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.

Antiphon: God did not spare his own Son,
but gave him up for us all.

On Saturday 11th April - Psalm 64

Antiphon: They will mourn for him as for an only son,
since it is the innocent one of the Lord
who has been slain.

Hear my voice, O Gód, as I complain, *
guard my life from dréad of the fóe.
Híde me from the bánd of the wicked, *
from the thróng of thóse who do évil.
They shárpen their tóngues like swórd; *
they áim bitter wórd; like árrows
to shóot at the innocent from ámbush, *
shóoting súddenly and récklessly.
They schéme their évil cóurse; *
they conspíre to lay sécret snáres.
They sáy: 'Whó will sée us? *
Whó can séarch out our crímes?'
He will séarch who séarches the mínd *
and knóws the dépths of the héart.
Gód has shót them with his árrów *
and déalt them súdden wóunds.
Their ówn tongue has bróught them to rúin *
and áll who sée them móck.
Thén will áll men féar; *
they will téll what Gód has dóne.
They will únderstánd God's déeds. *
The júst will rejóice in the Lórd
and flý to him for réfuge. *
All the úpright héarts will glóry.

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.

Antiphon: They will mourn for him as for an only son,
since it is the innocent one of the Lord
who has been slain.

Scripture Reading

Sunday	Hebrews	10:1-8
Monday	Hebrews	10: 19-39
Tuesday	Hebrews	12: 1-13
Wednesday	Hebrews	12: 14-29
Thursday	Hebrews	4: 14 - 5: 10
Friday	Hebrews	9: 11-28
Saturday	Hebrews	4: 1-13

Short Responsory

You have redeemed us, Lord, by your blood.
- You have redeemed us, Lord, by your blood.
From every tribe and tongue and people and nation.
- You have redeemed us, Lord, by your blood.
Glory be to the Father and to the Son and to the Holy Spirit.
- You have redeemed us, Lord, by your blood.

**Canticle
Benedictus**

Antiphons:

Palm Sunday: Holding bright palm fronds,
we prostrate ourselves before the Lord
as he comes. And so let us come running with
songs and hymns, giving glory to God
and saying 'Blessed be the Lord!'

Mon-Weds: May the blood of Christ, who offered himself as
the perfect sacrifice to God through the Holy
Spirit, purify our inner self from dead actions so
that we may serve the living God.

Holy Thursday: I have longed to eat this Passover with you
before I suffer.

Good Friday: Over his head was placed the charge against him:
'This is Jesus, the Nazarene, the King of the Jews.'

my resurrection I will go before you into Galilee;
there you will see me, said the Lord.

Holy Thursday: As they were eating, Jesus took bread, and when
he had said the blessing he broke it and gave it to
his disciples.

Good Friday: When we were still God's enemies,
we were reconciled to him
through the death of his Son.

Holy Saturday: Now the Son of Man has been glorified, and in
him God has been glorified, and God will glorify
him now and forever.

Prayers and intercessions

From Palm Sunday to Holy Thursday (inclusive):

Let us pray humbly to the Saviour of all men. He went up to Jeru-
salem to endure the passion and enter into his glory.

- Sanctify the people you redeemed by your blood.

Christ our Redeemer, let us share in your passion by works of
penance; let us attain the glory of your resurrection.

- Sanctify the people you redeemed by your blood.

Grant us the protection of your Mother, the comforter of the
afflicted; help us to extend to others the consolation you
have given us.

- Sanctify the people you redeemed by your blood.

Take care of those we have discouraged and those we have
wronged; help us to learn from our sufferings so that justice
and love may prevail in the end.

- Sanctify the people you redeemed by your blood.

You humbled yourself even to accepting death, death on a cross;
grant to your servants obedience and patience.

- Sanctify the people you redeemed by your blood.

Share with the dead your bodily glory; let us rejoice one day with
them in the fellowship of the saints.

- Sanctify the people you redeemed by your blood.

On Good Friday:

As we recall Christ's saving death, let us pray to God the Father.

- Through the death of your Son, Lord hear us.

Lord, unite your Church throughout the world.

- Through the death of your Son, Lord hear us.

Keep Pope N. in your loving care.

- Through the death of your Son, Lord hear us.

Sanctify by your Spirit the entire people of God.

- Through the death of your Son, Lord hear us.

Deepen the faith and understanding of those preparing for bap-
tism.

- Through the death of your Son, Lord hear us.

Gather all Christians into unity.

- Through the death of your Son, Lord hear us.

Bring the Jewish people to the fullness of redemption.

- Through the death of your Son, Lord hear us.

Shed your light on those who do not believe in Christ.

- Through the death of your Son, Lord hear us.

Show the signs of your love to those who deny your existence.

- Through the death of your Son, Lord hear us.

Guide the minds and hearts of governments and rulers.

- Through the death of your Son, Lord hear us.

Comfort those who live in sorrow.

- Through the death of your Son, Lord hear us.

Grant to the dead eternal rest.

- Through the death of your Son, Lord hear us.

On Holy Saturday:

Let us pray to our Redeemer, who suffered for us, was buried, and
rose from the dead.

- Lord, have mercy on us.

Lord Jesus, from your opened side you poured out blood and
water, the wonderful sign of the Church; bring your bride to
life through your death, burial and resurrection.

- Lord, have mercy on us.

world without end. Amen.

Antiphon: He carried our sins in his own body on the cross,
so that we might die to sin and live for holiness.

Short Reading

Sunday	Acts of the Apostles	13: 26-30a
Monday	Romans	5: 8-9
Tuesday	1 Corinthians	1: 27b-30
Wednesday	Ephesians	4: 32 - 5:2
Thursday	Hebrews	13: 12-13
Friday	1 Peter	2: 21-24
Saturday	1 Peter	1: 18-21

Short Responsory

We worship you, Christ, and we bless you.

– *We worship you, Christ, and we bless you.*

By your cross you have redeemed the world.

– *We worship you, Christ, and we bless you.*

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

– *We worship you, Christ, and we bless you.*

On each day of the week the following **Canticle** is said:

The Magnificat

Antiphons -

Palm Sunday to Holy Wednesday (inclusive):

It is written, 'I will strike the shepherd down and the sheep of his flock will be scattered.' But after my resurrection I will go before you into Galilee; there you will see me, said the Lord.

Holy Thursday: As they were eating, Jesus took bread, and when he had said the blessing he broke it and gave it to his disciples.

Good Friday: When we were still God's enemies, we were reconciled to him through the death of his Son.

Holy Saturday: Now the Son of Man has been glorified, and in him God has been glorified, and God will glorify him now and forever.

☒ My soul glórífies the Lórd, *
my spirit rejoices in Gód, my Sáviour.
He looks on his sérvant in her lówliness; *
henceforth all áges will cáll me bléssed.

The Almighty works márvels for me. *
Hóly his náme!

His mércy is from age to áge, *
on thóse who féar him.

He púts forth his árm in stréngth *
and scátters the proud-héarted.

He casts the míghty from their thrónes *
and ráises the lówly.

He fills the stárving with good things, *
sends the rich away émpy.

He protects Ísrael, his sérvant, *
remémbering his mércy,

the mércy prómised to our fáthers, *
to Ábraham and his sóns for éver.

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.

Antiphons -

Palm Sunday to Holy Wednesday (inclusive):

It is written, 'I will strike the shepherd down and the sheep of his flock will be scattered.' But after

Holy Saturday: Save, us Saviour of the world. By your cross and the shedding of your blood you have redeemed us. Come to help us, Lord, our God.

☒ Bléssed be the Lórd, the Gód of Ísrael! *
He has visited his péople and redéemed them.

He has raised úp for ús a míghty sáviour *
in the hóuse of Dávid his sérvant,

as he prómised by the lips of hóly mén, *
thóse who were his próphets from of óld.

A sáviour who would frée us from our fóes, *
from the hánds of áll who háte us.

So his lóve for our fáthers is fulfilled *
and his hóly covenant remémbered.

He swóre to Ábraham our fáther to gránt us, *
that frée from féar, and sáved from the hánds of our fóes,

we might sérvé him in hóliness and jústice *
all the dáys of our life in his présence.

As for yóu, little child, *
you shall be cálléd a próphet of Gód, the Most Hígh.

You shall go ahead of the Lórd *
to prépare his wáys before him,

To make knówn to his péople their salvátion *
through forgiveness of áll their sins,

the loving-kindness of the héart of our Gód *
who visits us like the dáwn from on hígh.

He will give líght to those in dárkness, †
those who dwéll in the shádw of déath, *

and gúide us into the wáy of péace.

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.

Antiphons:

Palm Sunday: Holding bright palm fronds,
we prostrate ourselves before the Lord
as he comes. And so let us come running with
songs and hymns, giving glory to God
and saying 'Blessed be the Lord!'

Mon-Weds: May the blood of Christ, who offered himself as
the perfect sacrifice to God through the Holy
Spirit, purify our inner self from dead actions so
that we may serve the living God.

Holy Thursday: I have longed to eat this Passover with you
before I suffer.

Good Friday: Over his head was placed the charge against him:
'This is Jesus, the Nazarene, the King of the Jews.'

Holy Saturday: Save, us Saviour of the world. By your cross and
the shedding of your blood you have redeemed
us. Come to help us, Lord, our God.

Prayers and intercessions

From Palm Sunday to Holy Wednesday (inclusive)

Let us adore Christ the Lord. When he entered Jerusalem, the
crowds proclaimed him Messiah and king.

– Blessed is he who comes in the name of the Lord.
Hosanna to you, the Son of David, the king of ages;

hosanna to you in your triumph over death and hell.

– Blessed is he who comes in the name of the Lord.

You went up to Jerusalem to endure the passion and enter into
glory; lead your Church into the paschal feast of eternal life.

– Blessed is he who comes in the name of the Lord.

You made your cross the tree of life;

share your victory with all the baptized.

– Blessed is he who comes in the name of the Lord.

You came to save sinners;

bring into your kingdom all who believe, hope and love.

– Blessed is he who comes in the name of the Lord.

On Holy Thursday:

Let us humbly pray to Christ, the eternal priest, whom the Father anointed with the Holy Spirit to proclaim release for captives.

- Lord, have mercy on us.

You went up to Jerusalem to endure the passion and enter into glory; lead your Church into the paschal feast of eternal life.

- Lord, have mercy on us.

Your heart was pierced with a lance;

heal the wounds of our human weakness.

- Lord, have mercy on us.

You made your cross the tree of life;

share your victory with all the baptized.

- Lord, have mercy on us.

You gave salvation to the repentant thief;

pardon all our sins.

- Lord, have mercy on us.

On Good Friday:

Let us pray to our Redeemer, who suffered for us, was buried, and rose from the dead.

- Lord, have mercy on us.

Lord and master, for us you became obedient even to death;

keep us faithful to God's will in the darkness of our lives.

- Lord, have mercy on us.

Jesus, our life, by dying on the cross you destroyed hell and death;

grant that we may die with you and rise with you in glory.

- Lord, have mercy on us.

Christ, our king, you were the scorn of the people, a worm not a man; teach us to tread your path of humility.

- Lord, have mercy on us.

Jesus, our Saviour, you laid down your life for your friends;

let us love one another as you have loved us.

- Lord, have mercy on us.

Jesus, our hope, you stretched out your hands on the cross to embrace all ages of men; gather all God's scattered children into the kingdom of salvation.

- Lord, have mercy on us.

On Holy Saturday:

Let us pray to our Redeemer, who suffered for us, was buried, and rose from the dead.

- Lord, have mercy on us.

Christ, our Lord, you saw your mother standing by the cross;

may we share your saving passion in our time of suffering.

- Lord, have mercy on us.

Christ, our Saviour, you died like a grain of wheat falling into the ground; gather us to yourself in the harvest of redemption.

- Lord, have mercy on us.

Christ, our shepherd, lying in the tomb you were hidden from men; teach us to love our real life, which is hidden with you in God.

- Lord, have mercy on us.

Christ, the new Adam, you went down into the world of the dead to free the just; may those who are dead in sin hear your voice and live.

- Lord, have mercy on us.

Son of the living God, we were buried with you in baptism;

let us rise with you, alive to God for ever.

- Lord, have mercy on us.

To these is added this prayer for those suffering at this time

O God Almighty, Lord of heaven and earth, and of all creation visible and invisible, in thine ineffable goodness, look down upon us, thy people gathered in thy Holy Name. Be our helper and defender in this day of affliction. Thou knowest our weakness. Thou hearest our cry in repentance and contrition of heart. O Lord who lovest mankind, deliver us from the impending threat of the Corona Virus. Send thine angel to watch over us and protect us. Grant health and recovery to those suffering from this

for I put my trust in you.

Make me know the way I should walk: *
to you I lift up my soul.

Rescue me, Lord, from my enemies; *

I have fled to you for refuge.

Teach me to do your will *

for you, O Lord, are my God.

Let your good spirit guide me *

in ways that are level and smooth.

For your name's sake, Lord, save my life; *

in your justice save my soul from distress.

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.

Antiphon: My spirit fails; my heart is numb within me.

On Saturday 11th April - Psalm 116B

Antiphon: O Death, I will be your death.

Sheol, I will be your destruction.

I trusted, even when I said: *

'I am sorely afflicted,'

and when I said in my alarm: *

'No man can be trusted.'

How can I repay the Lord *

for his goodness to me?

The cup of salvation I will raise; *

I will call on the Lord's name.

My vows to the Lord I will fulfil *

before all his people.

O precious in the eyes of the Lord *

is the death of his faithful.

Your servant, Lord, your servant am I; *

you have loosened my bonds.

A thanksgiving sacrifice I make; *

I will call on the Lord's name.

My vows to the Lord I will fulfil *

before all his people,

in the courts of the house of the Lord, *

in your midst, O Jerusalem.

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.

Antiphon: O Death, I will be your death.

Sheol, I will be your destruction.

Each day of the week the following Canticle is said:

1 Peter 2 - Christ's passion, freely chosen

Antiphon: He carried our sins in his own body on the cross, so that we might die to sin and live for holiness.

Christ suffered for you, †

leaving you an example *

that you should follow in his steps.

He committed no sin; *

no guile was found on his lips.

When he was reviled, *

he did not revile in return.

When he suffered, *

he did not threaten;

but he trusted to him *

who judges justly.

He himself bore our sins *

in his body on the tree,

that we might die to sin *

and live to righteousness.

By his wounds you have been healed.

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,

only twó do I know:
that to Gód alóne belongs pówer *
and to yóu, Lord, lóve;
and that yóu repáy each mán *
accórding to his déeds.

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.

Antiphon: The wicked men said: 'Let us oppress the just
man, since his ways are contrary to ours.'

On Thursday 9th April - Psalm 72

Antiphon: The Lord shall save the poor when they cry
and the needy who are helpless.

For he shall sáve the póor when they cry *
and the néedy who are hélpless.
Hé will have pity on the wéak *
and save the lives of the póor.
From oppréssion he will réscue their lives, *
to hím their blood is déar.
Lóng may he live, *
may the góld of Shéba be given him.
They shall práy for hím without céasing *
and bléss him all the dáy.
May córn be abúndant in the lánd *
to the péaks of the móuntains.
May its frúit rústle like Lébanon; †
may men flóurish in the cities *
like gráss on the éarth.
May his náme be bléssed for éver *
and endúre like the sún.
Every tribe shall be bléssed in hím, *
all nátions bless his náme.
Bléssed be the Lórd, God of Ísrael, *
who alóne works wónders,
ever bléssed his glórious náme. *
Let his glóry fill the éarth.
Amén! Amén!

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.

Antiphon: The Lord shall save the poor when they cry
and the needy who are helpless.

On Friday 10th April - Psalm 143

Antiphon: My spirit fails; my heart is numb within me.

Lórd, listen to my práyer: †
túrn your éar to my appéal. *
You are fáithful, you are júst; give ánsWER.
Do not cáll your sérvant to júdgement *
for nó one is júst in your síght.
The énemy pursúes my sóul; *
he has crúshed my lífe to the gróund;
he has máde me dwéll in dárkness *
like the déad, lóng forgóttén.
Thérefore my spírít fáils; *
my héart is númb wíthín me.
I reméber the dáys that are pást: *
I pónder áll your wórks.
I múse on what your hánd has wróught †
and to yóu I strétch out my hánds. *
Like a párched land my sóul thirsts for yóu.
Lórd, make háste and ánsWER; *
for my spírít fáils wíthín me.
Dó not híde your fáce *
lest I becóme like thóse in the gráve.
In the mórníng let me knów your lóve *

virus. Guide the hands of physicians and preserve those who are
healthy. Enable us to continue to serve our suffering brothers and
sisters in peace that together we may glorify thy most honourable
and majestic name of the Father and of the Son and of the Holy
Spirit, now and ever and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy name.
Thy kingdom come.

Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil. Amen.

The Concluding Prayer

From Palm Sunday to Holy Wednesday (inclusive):

Almighty, ever-living God,
you gave our Saviour the command
to become man and undergo the cross
as an example of humility for all men to follow.
We have the lessons of his sufferings:
give us also the fellowship of his resurrection.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. Amen.

On Holy Thursday:

Love of you with our whole heart, Lord God, is holiness.
Increase, then, your gifts of divine grace in us,
so that, as in your Son's death
you made us hope for what we believe,
you may likewise, in his resurrection,
make us come to you, our final end.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. Amen.

On Good Friday:

Be mindful, Lord, of this your family,
for whose sake our Lord Jesus Christ, when betrayed,
did not hesitate to yield himself into his enemies' hands
and undergo the agony of the cross.
Who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. Amen.

On Holy Saturday:

Almighty, ever-living God,
whose Only-Begotten Son descended to the realm of the dead,
and rose from there to glory,
grant that your faithful people,
who were buried with him in baptism,
may, by his resurrection, obtain eternal life.
Who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. Amen.

The Dismissal

✠ May the Lord bless us, and keep us from all evil,
and bring us to everlasting life. Amen.

*The Seal & The Trisagion Prayers may be added as an additional
devotion, and be concluded with this Final Morning Prayer:*

Holy Lord, who dwell on high and with an all-seeing eye look on
the whole of creation, having regard for the humble of heart, we
have bowed down body and soul before you. We beseech you,
Holy of Holies, to stretch out your unseen hand from your holy
dwelling place and bless us all. And if we have sinned in any way,
whether voluntarily or involuntarily, forgive us; for you are a good
God who loves mankind, who unfailingly grants to us your earthly

and heavenly benefits and ceaselessly shows us your mercy and saves us; and to you we ascribe glory, to the Father, and to the Son, and to the Holy Spirit, now and ever and to the ages of ages. Amen.

MASS READINGS FOR HOLY WEEK

The reading of Holy Scripture forms an important part of the life of Christians. Whilst there are Psalms and readings in the forms of prayer in this booklet it would be beneficial to read the Mass readings set for each day - especially in the knowledge that these are being read or heard by Christians throughout the world on the day we read them. Having read them, please follow the example of Our Lady and 'ponder them in your heart.'

Sunday	<i>Palm Gospel: Matthew 21: 1-11</i> Isaiah 50:4-7 Psalm 22 Philippians 2: 6-11 Matthew 26: 14 - 27:66
Monday	Isaiah 42: 1-7 Psalm 27 John 12: 1-11
Tuesday	Isaiah 49: 1-6 Psalm 71 John 13: 21-33, 36-38
Wednesday	Isaiah 50: 4-9 Psalm 69 Matthew 26: 14-25
Thursday	<i>At the Evening Mass of the Last Supper</i> Exodus 12: 1-8, 11-14 Psalm 116 1 Corinthians 11: 23-26 John 13: 1-15
Friday	<i>At the afternoon Celebration of the Passion</i> Isaiah 52: 13-53: 12 Psalm 31 Hebrews 4: 14-16; 5: 7-9 John 18: 1 - 19: 42
Saturday	<i>At the Evening Easter Vigil</i> Genesis 1: 1-22 Psalm 104 Genesis 22: 1-18 Psalm 16 Exodus 14: 15 - 15: 21 Psalm - Exodus 15: 1-18 Isaiah 54: 5-14 Psalm 30 Isaiah 55: 1-11 Psalm - Isaiah 12: 2-6 Baruch 3: 9-15, 32-4:4 Psalm 19: 8-11 Ezekiel 36: 16-28 Psalm 42 Romans 6: 3-11 Psalm 118: 1-2, 16-17, 22-23 Matthew 28: 1-10

On Tuesday 7th April - Psalm 49

Antiphon: Insult and terror have been my lot,
but the Lord is at my side, a mighty hero.

Héar this, áll you péoples, *
give héed, all who dwéll in the wórlð,
mén both lów and high, *
rích and póor alike!
My líps will speak wórds of wisdom. *
My héart is fúll of insight.
I will túrn my mínd to a párale, *
with the hárp I will sólve my próblem.
Whý should I féar in evil dáys *
the málice of the fóes who surróund me,
mén who trúst in their wéalth, *
and bóast of the vástness of their ríches?
For nó man can bý his own ránsom, *
or pay a príce to Gód for his lífe.
The ránsom of his sóul is beyónd him. †
He cánnót buy lífe without énd, *
nor avóid cóming to the gráve.
He knows that wíse men and fóols must both pérish *
and léave their wéalth to óthers.
Their gráves are their hómés for éver, †
their dwélling place from áge to áge, *
though their námes spread wíde through the lánd.
In his ríches, mán lacks wísdóm; *
hé is líke the béasts that are destróyed.

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.

Antiphon: Insult and terror have been my lot,
but the Lord is at my side, a mighty hero.

On Wednesday 8th April - Psalm 62

Antiphon: The wicked men said: 'Let us oppress the just
man, since his ways are contrary to ours.'

In God alóne is my sóul at rést; *
my hélp comes from hím.
He alóne is my róck, my stróngthold, *
my fórtress: I stand firm.
How lóng will you áll attack one mán *
to bréak hím dówn,
as thóugh he were a tóttéring wáll, *
or a túmbling fénce?
Their plán is ónly to destróy: *
they take pléasure in líes.
With their móuth they útter bléssing *
but in their héart they cúrse.
In God alóne be at rést, my sóul; *
for my hópe comes from hím.
He alóne is my róck, my stróngthold, *
my fórtress: I stand firm.
In Gód is my sáfty and glóry, *
the róck of my stréngth.
Take réfuge in Gód, all you péople. *
Trúst hím at áll tímes.
Póur out your héarts befóre hím *
for Gód is our réfuge.
Cómmon folk are ónly a bréath, *
gréat men an illúsiún.
Pláced in the scáles, they ríse; *
they weígh léss than a bréath.
Dó not put your trúst in oppréssiún *
nor vain hópes on plúnder.
Dó not set your héart on ríches *
even whén they incréase.
For Gód has sáid ónly óne thíng: *

Father of might unknown,
Thee, His incarnate Son,
and Holy Spirit adoring.

To Thee of right belongs
all praise of holy songs,
O Son of God, Life-giver;
Thee, therefore, O Most High,
the world does glorify
and shall exalt forever.

THE PSALMS

On Sunday 5th April - Psalm 110

Antiphon: The blood of Christ purifies us
to serve the living God.

The Lórd's revelátion to my Máster: †
'Sit on my right: *
your fóes I will pút beneath your féet.'
The Lórd will wield from Sion †
your scéptre of pówer: *
rúle in the mídst of all your fóes.
A prínce from the dáy of your bírth †
on the hólý móuntains; *
from the wómb before the dáwn I begót you.
The Lórd has sworn an óath he will not chángé. †
'You are a priest for éver, *
a priest like Melchizedek of óld.'
The Máster stánding at your right hand *
will shatter kíngs in the dáy of his wráth.
He shall drink from the stréam by the wáyside *
and thérefore he shall líft up his héad.

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.

Antiphon: The blood of Christ purifies us
to serve the living God.

On Monday 6th April - Psalm 45

Antiphon: He had no beauty, no majesty to draw our eyes,
no grace to make us delight in him.

My héart overflóws with nóble wórds. †
To the kíng I must spéak the sóng I have máde, *
my tóngue as nímble as the pén of a scribe.
Yóu are the fáirest of the children of mén †
and gráciousness is póured upón your líps: *
because Gód has bléssed you for évermóre.
O míghty one, gírd your swórd upon your thigh; †
in spléndour and státe, ríde on in tríumph *
for the cáuse of trúth and góodness and ríght.
Take áim with your bów in your dréad ríght hánd. †
Your árrows are shárp, péoples fall beneath you. *
The fóes of the kíng fall dówn and lose héart.
Your thróne, O Gód, shall endúre for éver. †
A scéptre of jústice is the scéptre of your kíngdom. *
Your lóve is for jústice; your hátréd for évil.
Therefore Gód, your Gód, has anóinted yóu †
with the óil of gládness abóve other kíngs: *
your róbes are frágrant with alóes and mýrrh.
From the ívory pálace you are gréeted with músic. †
The dáughters of kíngs are amóng your lóved ones. *
On your ríght stands the quéén in góld of Óphír.

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.

Antiphon: He had no beauty, no majesty to draw our eyes,
no grace to make us delight in him.

PRAYERS FOR MIDDAY

In Holy Week, as a change from the previous inclusion of Sext, please begin by praying the Litany of the Sacred Heart which is included in the Devotional Leaflets published prior to Holy Week.

And on Good Friday follow the Litany of the Sacred Heart with:

Pious Exercise in Honour of the Five Wounds

Before an image of the Crucified Christ, begin by an act of contrition:

Whilst I lie prostrate before Thee crucified, most loving Saviour of my soul, my conscience tells me it was I that nailed Thee to the cross with these hands of mine, as often as I fell into mortal sin, wearying Thee with my monstrous ingratitude. My God, my chief and perfect good, worthy of all my love, because Thou hast ever loaded me with blessings: my wretched deeds I cannot now undo, as fain I would; but I loathe and hate them, grieving from the bottom of my heart that I have offended Thee, goodness infinite! Now, kneeling at Thy feet, I try at least to compassionate Thee, to give Thee thanks, to ask Thee for pardon and for the grace of repentance: wherefore, with heart and lips, I say:

To the Wound in the Left Foot:

Holy wound in the left foot of my Jesus! I adore thee. I compassionate Thee, my Jesus, for the bitter pain that thou didst suffer. I thank Thee for the love with which Thou didst labour to overtake me on the way to ruin; for me Thou didst bleed, in seeking me amid the thorns and brambles of my sins: I offer to the eternal Father the pain and love of Thy most holy humanity, in atonement for my sins, all of which, with deep and bitter sorrow, I detest.

Our Father, Hail Mary, Glory be to the Father.

Holy mother, pierce me through,
In my heart each wound renew
Of my Saviour crucified.

To the Wound in the Right Foot:

Holy wound in the right foot of my Jesus! I adore thee. My Jesus, I compassionate Thee for the bitter pain which thou didst endure. I thank Thee for the love which pierced Thee with such cruel anguish, which made Thee shed Thy blood in punishment for my wanderings, and for the guilty pleasure I have granted to my unbridled passions. I offer to the eternal Father all the pain and love of Thy most holy humanity, and I pray Thee, give me grace to weep over my wanderings with hot tears, and to abide in the good I have begun, never more swerving from my obedience to the divine commands.

Our Father, Hail Mary, Glory be to the Father.

Holy mother, pierce me through,
In my heart each wound renew
Of my Saviour crucified.

To the Wound in the Left Hand:

Holy wound in the left hand of my Jesus! I adore thee. My Jesus, I compassionate Thee for the bitter pain thou didst endure. I thank thee for having spared me the uplifted rod and the eternal damnation which for my sins I merited. I offer to the eternal Father all the pain and love of Thy most holy humanity, and, I pray Thee, teach me to profit by my little span of life, and bring forth in it fruits of penance, and so disarm Thy divine and just anger.

Our Father, Hail Mary, Glory be to the Father.

Holy mother, pierce me through,
In my heart each wound renew
Of my Saviour crucified.

To the Wound in the Right Hand:

Holy wound in the right hand of my Jesus! I adore thee. My Jesus, I compassionate Thee for the bitter pains Thou didst endure. I thank Thee for Thy graces lavished on me with such love, in spite of my wretched waywardness. I offer to the eternal Father all the pain and love of Thy most holy humanity, and, I pray Thee, change my heart and its affections, and make me do all my works in accordance with Thy divine good pleasure.

Our Father, Hail Mary, Glory be to the Father.

Holy mother, pierce me through,
In my heart each wound renew
Of my Saviour crucified.

To the Wound in the Sacred Side:

Holy wound in the side of my Jesus! I adore Thee. My Jesus, I compassionate Thee in the cruel insults which Thou didst suffer. I thank Thee for the love whereby Thou didst let them cleave Thy breast and heart, that so the last drops of blood and water might issue forth, and my redemption overflow. I offer to the eternal Father this outrage, and the love of Thy most holy humanity, that into that most loving heart, eager and ready to receive the greatest sinners, my poor soul may enter once for all, and never more depart.

Our Father, Hail Mary, Glory be to the Father.

Holy mother, pierce me through,
In my heart each wound renew
Of my Saviour crucified.

A Short Prayer to use throughout the day:

O good Jesus, hide me in your wounds.

On each day of Holy week continue the prayers at Midday with:

The Great Litany

In peace let us pray to the Lord.
Lord, have mercy.

For the peace from above, and the salvation of our souls,
let us pray to the Lord.
Lord, have mercy.

For the peace of the whole world, the good estate of the holy churches of God, and the union of all, let us pray to the Lord.
Lord, have mercy.

For this holy temple, and for them that with faith, reverence, and fear of God enter herein, let us pray to the Lord.
Lord, have mercy.

That He may deliver His people from enemies both visible and invisible, and confirm in us oneness of mind, brotherly love, and piety, let us pray to the Lord.
Lord, have mercy.

For this land, its authorities, and Armed Forces,
let us pray to the Lord.
Lord, have mercy.

Deacon: For this city (or town, or holy monastery),
every city and country and the faithful that dwell therein,
let us pray to the Lord.
Lord, have mercy.

For seasonable weather, abundance of the fruits of the earth,
and peaceful times, let us pray to the Lord.
Lord, have mercy.

For travellers by sea, land, and air; for the sick, the suffering; the imprisoned and for their salvation, let us pray to the Lord.
Lord, have mercy.

That we may be delivered from all tribulation, wrath,
and necessity, let us pray to the Lord.
Lord, have mercy.

Help us, save us, have mercy on us,
and keep us, O God, by Thy grace.
Lord, have mercy.

Calling to remembrance our most holy, most pure, most blessed, glorious Lady Mother of God and Ever-Virgin Mary, with all the Saints, let us commit ourselves and one another, and all our life unto Christ our God.

We Commit Ourselves To Thee O Lord

To these is added this prayer for those suffering at this time

O God Almighty, Lord of heaven and earth, and of all creation visible and invisible, in thine ineffable goodness, look down upon us, thy people gathered in thy Holy Name. Be our helper and defender in this day of affliction. Thou knowest our weakness. Thou hearest our cry in repentance and contrition of heart. O Lord who lovest mankind, deliver us from the impending threat of the Corona Virus. Send thine angel to watch over us and protect us. Grant health and recovery to those suffering from this virus. Guide the hands of physicians and preserve those who are healthy. Enable us to continue to serve our suffering brothers and sisters in peace that together we may glorify thy most honourable and majestic name of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy name.
Thy kingdom come.

Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil. Amen.

Concluding Prayer

Let us pray.

Lord our God, your Son so loved the world
that he gave himself up to death for our sake.
Strengthen us by your grace,
and give us a heart willing to live by that same love.
Through Christ our Lord . Amen.

Let us praise the Lord.
Thanks be to God.

EVENING PRAYERS AT DUSK - VESPERS

✠ O God, come to our aid.
O Lord, make haste to help us.

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.

From ancient times, this hymn the 'Phos Hilaron' (based upon what is probably the oldest hymn known to the Church) the following hymn has been sung at the lighting the Lamps as dusk falls at the beginning of Vespers. You may light a candle as you say - or sing - it if you know the tune.

O gladsome Light, O Grace
of God the Father's face,
th'eternal splendour wearing;
celestial, holy, blest,
our Saviour Jesus Christ,
joyful in Thine appearing.

Now, as day fadeth quite
we see the evening light,
our wonted hymn outpouring;