



## DAILY PRAYER

*Personal Prayer for use during the COVID-19  
Pandemic whilst at Home*

FROM THE  
6th SUNDAY OF  
EASTER

to

PENTECOST  
AD 2020

Including the Global Prayer Initiative,  
'Thy Kingdom Come'  
21st–31st May 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 fulfillment, 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.

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 humbly 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 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.

## THE ANGELUS / REGINA CAELI

*Traditionally in the morning, at noon, and in the evening in memory of the Incarnation of God, the faithful recite the Angelus, except during Eastertide, when the Regina caeli is said:*

Ÿ. Joy to thee, O Queen of Heaven. Alleluia!

Ř. He whom Thou wast meet to bear. Alleluia!

Ÿ. As He promised hath arisen. Alleluia!

Ř. Pour for us to God thy prayer. Alleluia!

Ÿ. Rejoice and be glad, O Virgin Mary, alleluia.

Ř. For the Lord is risen indeed, alleluia.

Let us pray:

O God,  
who through the resurrection of Thy Son our Lord Jesus Christ  
hast given joy to the whole world:

grant, we beseech thee,

that with the help of His Mother, the Virgin Mary,  
we may obtain the joys of everlasting life.

Through Christ our Lord.

Ř. 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:*

*6th Sunday of Easter + Monday, Tuesday, & Wednesday following:*  
The Lord has truly risen, alleluia.

*On Thursday 21st May - Solemnity of the Ascension of the Lord:*  
Alleluia! Christ ascends into heaven as Lord.  
Come, let us adore him. Alleluia!

*On Friday & Saturday after Ascension Day & the 7th Sunday of Easter:*  
Christ the Lord has promised us the Holy Spirit:  
come, let us adore him, alleluia.

*On Monday 25th May - St Bede the Venerable:*  
The Lord is the source of all wisdom:  
come, let us adore him, alleluia.

*On Tuesday 26th May - St Philip Neri*  
*& on Wednesday 27th May - St Augustine of Canterbury:*  
Christ is the chief shepherd,  
the leader of his flock:  
come, let us adore him, alleluia.

*On Thursday 28th, Friday 29th, Saturday 30th May:*  
Christ the Lord has promised us the Holy Spirit:  
come, let us adore him, alleluia.

*On the Solemnity of Pentecost:*  
Alleluia! The Spirit of the Lord  
has filled the whole world.  
Come, let us adore him, alleluia.

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 ín; 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 knów my wáys.”  
 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 without end. Amen.

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 come, let us adore him, alleluia.

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 come, let us adore him, alleluia.

*On the Solemnity of Pentecost:*  
 Alleluia! The Spirit of the Lord  
 has filled the whole world.  
 Come, let us adore him, alleluia.

*The following hymn is sung before Ascension Day:*

Light’s glittering morn bedecks the sky,  
 Heav’n thunders forth its victor cry:  
 The glad earth shouts her triumph high,  
 And groaning hell makes wild reply.

While he, the King of sovereign might,  
 Treads down death’s strength in death’s despite,  
 And trampling hell by victor’s right,  
 Brings forth his sleeping saints to light.

Fast barred beneath the stone of late,  
 In watch and ward where soldiers wait,  
 Now shining in triumphant state,  
 He rises victor from death’s gate.

Hell’s pains are loosed and tears are fled:  
 Captivity is captive led:  
 The angel, crowned with light, hath said:  
 ‘The Lord is risen from the dead.’

Author of all, be thou our guide  
 In this our joy of Eastertide;  
 Whene’er assaults of death impend,  
 Thy people strengthen and defend.

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 vouch-  
 safed to deliver me from my trouble and misery. Grant me, I be-  
 seech 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 unde-  
 servedly 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**

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,

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

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, honour 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

To thee who, dead, again dost live,  
All glory, Lord, thy people give:  
All glory, as is ever meet,  
To Father and to Paraclete.

*The following hymn is sung on Ascension Day:*

Eternal Monarch, King most high,  
whose blood hath brought redemption nigh,  
by whom the death of Death was wrought,  
and conquering Grace's battle fought.

Ascending to the throne of might,  
and seated at the Father's right,  
all power in heaven is Jesus' own,  
that here his manhood had not known.

That so, in nature's triple frame,  
each heavenly and each earthly name,  
and things in hell's abyss abhorred,  
may bend the knee and own him Lord

Yea, angels tremble when they see  
how changed is our humanity;  
that flesh hath purged what flesh had stained,  
and God, the flesh of God, hath reigned.

Be thou our joy and strong defence,  
who art our future recompense:  
so shall the light that springs from thee  
be ours through all eternity.

O risen Christ, ascended Lord,  
all praise to thee let earth accord,  
who art, while endless ages run,  
with Father and with Spirit one.

*The following hymn is sung after Ascension until and including Pentecost:*

Breathe on me, breath of God  
fill me with life anew,  
that I may love what thou dost love,  
and do what thou wouldst do.

Breathe on me, breath of God,  
until my heart is pure;  
until with thee I have one will,  
to do and to endure.

Breathe on me, breath of God,  
till I am wholly thine;  
until this earthly part of me  
glows with thy fire divine.

Breathe on me, breath of God:  
so shall I never die,  
but live with thee the perfect life  
of thine eternity.

#### The Psalms

*Two Psalms with a Canticle are said on Sundays and Solemnities -  
one Psalm on subsequent weekdays*

#### Sunday 17th May - Psalm 118

#### A cry of rejoicing and triumph

*"This is the stone which was rejected by you builders,  
but which has become the cornerstone" (Acts 4:11).*

Antiphon: This is the day which was made by the Lord.  
Alleluia.

Give thanks to the Lórd for he is góod, \*  
for his lóve endures for éver.

Let the sóns of Ísrael sáy: \*  
'His lóve endures for éver.'

Let the sóns of Áaron sáy: \*  
'His lóve endures for éver.'

Let thóse who fear the Lórd sáy: \*

'His love endures for ever.'  
 I called to the Lord in my distress; \*  
 he answered and freed me.  
 The Lord is at my side; I do not fear. \*  
 What can man do against me?  
 The Lord is at my side as my helper; \*  
 I shall look down on my foes.  
 It is better to take refuge in the Lord \*  
 than to trust in men;  
 it is better to take refuge in the Lord \*  
 than to trust in princes.  
 The nations all encompassed me; \*  
 in the Lord's name I crushed them.  
 They compassed me, compassed me about; \*  
 in the Lord's name I crushed them.  
 They compassed me about like bees; †  
 they blazed like a fire among thorns. \*  
 In the Lord's name I crushed them.  
 I was hard-pressed and was falling, \*  
 but the Lord came to help me.  
 The Lord is my strength and my song; \*  
 he is my saviour.  
 There are shouts of joy and victory \*  
 in the tents of the just.  
 The Lord's right hand has triumphed; †  
 his right hand raised me. \*  
 The Lord's right hand has triumphed;  
 I shall not die, I shall live \*  
 and recount his deeds.  
 I was punished, I was punished by the Lord, \*  
 but not doomed to die.  
 Open to me the gates of holiness: \*  
 I will enter and give thanks.  
 This is the Lord's own gate \*  
 where the just may enter.  
 I will thank you for you have answered \*  
 and you are my saviour.  
 The stone which the builders rejected \*  
 has become the corner stone.  
 This is the work of the Lord, \*  
 a marvel in our eyes  
 This day was made by the Lord; \*  
 we rejoice and are glad.  
 O Lord, grant us salvation; \*  
 O Lord, grant success.  
 Blessed in the name of the Lord \*  
 is he who comes.  
 We bless you from the house of the Lord; \*  
 the Lord God is our light.  
 Go forward in procession with branches \*  
 even to the altar.  
 You are my God, I thank you. \*  
 My God, I praise you  
 Give thanks to the Lord for he is good; \*  
 for his love endures for ever.

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:* This is the day which was made by the Lord.  
 Alleluia.

*Psalm-prayer:*

Lord God, you have given us the great day of rejoicing: Jesus  
 Christ, the stone rejected by the builders, has become the corner-  
 stone of the Church, our spiritual home. Shed upon your Church  
 the rays of your glory, that she may be seen as the gate of salvation  
 open to all nations. Let cries of joy and exultation ring out from  
 her tents, to celebrate the wonder of Christ's resurrection. Amen.

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. Alleluia.

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

✠ The Lord grant us a quiet night and a perfect end. Amen.

*The Final Anthem to Our Lady follows:*

**Regina Caeli**

Queen of Heaven, rejoice, alleluia!  
 for he whom you were worthy to bear, alleluia!  
 has risen as he said, alleluia!  
 Pray for us to God, alleluia!

*Regina caeli, laetare, alleluia,  
 quia quem meruisti portare, alleluia,  
 resurrexit sicut dixit, alleluia;  
 ora pro nobis Deum, alleluia.*

## 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 forev-  
 er, 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*

## Examination of Conscience

*This is an excellent moment for an examination of conscience. In a communal celebration of Compline, one of the penitential acts given in the Missal may be recited.*

## Hymn

Jesu, the world's redeeming Lord,  
The Father's co-eternal Word,  
Of light invisible true Light,  
Thine Israel's Keeper day and night.

Our great Creator and our Guide,  
Who times and seasons dost divide,  
Refresh at night with quiet rest,  
Our limbs by daily toil oppressed.

We pray thee, while we dwell below,  
Preserve us from our ghostly foe;  
Nor let his wiles victorious be  
O'er them that are redeemed by thee.

That while in this frail house of clay  
A little longer here we stay,  
Our flesh in thee may sweetly sleep,  
Our souls with thee their vigils keep.

All praise be thine, O risen Lord,  
From death to endless life restored;  
All praise to God the Father be,  
And Holy Ghost eternally.

## Psalms:

*The following Psalms are said throughout the week. Please use those in your Bibles, or in the Prayer Book:*

Sunday	Psalm 91	
Monday	Psalm 86	
Tuesday	Psalm 143	
Wednesday	Psalm 31	
Thursday	Psalm 16	(except on Ascension Day Ps. 91)
Friday	Psalm 88	
Saturday	Psalm 4	

## Short Reading

Sunday	Apocalypse 22: 4-5
Monday:	1 Thessalonians 5: 9-10
Tuesday:	1 Peter 5: 8-9
Wednesday:	Ephesians 4: 26-27
Thursday:	1 Thessalonians 5: 23
Friday:	Jeremiah 14: 9
Saturday:	Deuteronomy 6: 4-7

## Short Responsory

This is the day which was made by the Lord:  
let us rejoice and be glad, alleluia.

## Canticle - Nunc Dimittis

Christ is the light of the nations and the glory of Israel

*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. Alleluia.

✠ At lást, all-pówerful Máster, †  
you give 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 give glóry to Ísrael, your péople.

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

## Canticle - Daniel 3:52-57

### Let every creature praise the Lord

*"The Creator is blessed for ever" (Rom 1:25).*

*Antiphon:* O Lord, our God,  
you are blessed in the firmament of heaven  
and worthy of praise. Alleluia.

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:* O Lord, our God,  
you are blessed in the firmament of heaven  
and worthy of praise. Alleluia.

## Psalm 150

### Praise the Lord

*"Sing praise in your spirit, sing praise with your soul, that is:  
give glory to God in both your soul and your body" (Hesychius).*

*Antiphon:* Praise God who sits on the throne,  
saying 'Amen. Alleluia.'

Práise Gód in his hóly pláce, \*  
práise him in his mighty héavens.  
Práise him for his pówerful déeds, \*  
práise his surpássing gréatness.  
O práise him with sóund of trúmpet, \*  
práise him with lúte and hárp.  
Práise him with tímbrél and dánce, \*  
práise him with strings and pipes.  
O práise him with resóunding cýmbals, \*  
práise him with cláshing of cýmbals.  
Let éverything that líves and that bréathes \*  
give práise to the Lórd.

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:* Praise God who sits on the throne,  
saying 'Amen. Alleluia.'

## Psalm-prayer:

Lord God, through your saving plan all things are ours, and we are Christ's and Christ is yours. Accept the praises of your Church. By these praises, through Christ, with him and in him, all your honour and glory is celebrated, all-powerful Father, in the Holy Spirit, now and for ever. Amen.

## Monday 18th May - Psalm 42

### Longing for the Lord and his temple

*"Let all who are thirsty come;  
all who want it may have the water of life" (Rev 22:17).*

*Antiphon:* My soul is yearning for you, my God,

like a deer that seeks running streams. Alleluia.

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 remémber \*  
as I póur out my sóul:  
how I would léad the rejóicing crówd \*  
into the hóuse of Gód,  
amid cries of gládness and thanksgiving, \*  
the thróng wild with jóy.  
Whý are you cast dówn, my sóul, \*  
why gróan withín me?  
Hope in Gód; I will práise him still, \*  
my sáviour and my Gód.  
My sóul is cast dówn withín me \*  
as I think of yóu,  
from the cówntry of Jórdan and Mount Hérmon, \*  
from the Hill of Mizar.  
Déep is cálling on déep, \*  
in the róar of wáters;  
your tórrents and áll your wáves \*  
swept óver mé.  
By dáy the Lórd will sénd \*  
his lóving kindnes;  
by níght I will síng to hím, \*  
práise the Gód of my life.  
I will sáy to Gód, my rók: \*  
‘Whý have you forgóttén me?’  
Whý do Í go móurning \*  
oppresed by the fóe?’  
With cries that pierce me to the héart, \*  
my énemies revíle me,  
sáying to me áll the day lóng: \*  
‘Whére is your Gód?’  
Whý are you cast dówn, my sóul, \*  
why gróan withín me?  
Hope in Gód; I will práise him still, \*  
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:* My soul is yearning for you, my God,  
like a deer that seeks running streams. Alleluia

*Psalm-prayer:*

Lord God, never-failing fountain of life eternal, by the saving waters of baptism you called us from the depths of sin, to the depths of mercy Do not forget the trials of our exile, but from the wellspring of the Word, satisfy our thirst for you so we may come rejoicing to your holy mountain. Amen.

**Tuesday 19th May - Psalm 43**

**Longing for the temple**

“I, the light, have come into the world” (Jn 12:46).

*Antiphon:* You have come to Mount Sion,  
and the city of the living God. Alleluia.

Defénd me, O Gód, and plead my cáuse \*  
against a gódlless nátion.  
From decéitful and cúnning mén \*  
réscue me, O Gód.

has preceded us in glory, there we, the body, are called in hope. 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 Friday & Saturday after Ascension Day & the 7th Sunday of Easter:*  
Lord God, you restore us to eternal life by our Saviour’s resurrection: place us at your right hand, where he is enthroned with you. You gave us a new birth in baptism: clothe us in the garment of eternal happiness when Christ comes in his glory. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

*On Monday 25th May - St Bede the Venerable:*  
Lord God, you enrich your Church with the grace of Saint Bede’s learning. In your love, grant to us who serve you that his wisdom may always enlighten us, and his prayer help us. 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 Tuesday 26th May - St Philip Neri:*  
God our Father, you are continually raising to the glory of holiness those who serve you faithfully. In your love, hear our prayer: let the Holy Spirit inflame us with that fire with which, in so admirable a way, he took possession of Saint Philip’s heart. 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 Wednesday 27th May - St Augustine of Canterbury:*  
Almighty God, you led the English people to the gospel by the preaching of Saint Augustine of Canterbury. Grant that his work may last on in the Church and bear fruit in every generation. 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 Thursday 28th & Friday 29th May:*  
Lord God, let your Spirit come upon us in power and fill us with his gifts, to render our minds pleasing to you and make us docile to your will. 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 Saturday 30th May:*  
Almighty, ever-living God, you ordained that the paschal mystery should be completed by the mystery of Pentecost. Gather together, by your gift of grace, the scattered nations and divided tongues to one faith in your Name. 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 the Solemnity of Pentecost:*  
Lord God, you sanctify your Church in every race and nation by the mystery we celebrate on this day. Pour out the gifts of the Holy Spirit on all mankind, and fulfil now in the hearts of your faithful what you accomplished when the Gospel was first preached on earth. 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.

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



Mary;  
 - preserve in religious women the spirit of loving service.  
 - May the Holy Spirit plead for us.  
 Christ, our priest, you give glory to the Father in the Holy Spirit;  
 unite all men together in your hymn of praise.  
 - May the Holy Spirit plead for us.  
 Grant to the dead the glorious freedom of God's sons  
 and the completion of bodily redemption.  
 - May the Holy Spirit plead for us.

*On Sunday 31st May - The Solemnity of Pentecost:*

We know that the Father is with us because of the Spirit he has given us. With this confidence we turn to you in prayer.

- Father, send your Spirit into the Church!

Father, you want to unite all men by baptism in the Spirit;  
 draw all believers together in mind and heart.

- Father, send your Spirit into the Church!

You sent the Spirit to fill the earth with your love;  
 let men build the human city in justice and peace.

- Father, send your Spirit into the Church!

Lord God, Father of all men, bring to your scattered children  
 unity of faith:

make the world alive with the power of your Spirit.

- Father, send your Spirit into the Church!

By the work of the Spirit you create all minds afresh:

heal the sick, comfort the afflicted, and bring all men to salvation.

- Father, send your Spirit into the Church!

Through the Holy Spirit you raised your Son from the dead.

Raise us by the power of your Spirit when we come to your kingdom.

- Father, send your Spirit into the Church!

*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.

### Concluding Prayer

*6th Sunday of Easter + Monday, Tuesday, & Wednesday following:*

Almighty God, give us the grace of an attentive love to celebrate these days of joy devoted to the honour of the Risen Lord. Teach us to hold fast in our actions to the mystery we recall in worship. 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 Thursday 21st May - Solemnity of the Ascension of the Lord:*

Almighty God, fill us with a holy joy; teach us how to thank you with reverence and love on account of the ascension of Christ your Son. You have raised us up with him: where he, the head,

Since you, O God, are my stronghold, \*  
 why have you rejected me?

Why do I go mourning \*  
 oppressed by the foe?

O send forth your light and your truth; \*  
 let these be my guide.

Let them bring me to your holy mountain, \*  
 to the place where you dwell.

And I will come to the altar of God, \*  
 the God of my joy.

My redeemer, I will thank you on the harp, \*  
 O God, my God.

Why are you cast down my soul, \*  
 why groan within me?

Hope in God; I will praise him still, \*  
 my saviour and my God.

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:* You have come to Mount Sion,  
 and the city of the living God. Alleluia.

*Psalm-prayer:*

Father, your Son was condemned by reason of our sins, but on Easter morning you glorified him with the glory he always had with you. Do not leave us, his members, in the enemy's hands,

but bring us, through our joyful participation at your altar, to your eternal tabernacle on high to adore in spirit and truth. Amen.

*Antiphon:* You have come to Mount Sion,  
 and the city of the living God. Alleluia.

*Antiphon:* You have come to Mount Sion,  
 and the city of the living God. Alleluia.

*Psalm-prayer:*

Father, your Son was condemned by reason of our sins, but on Easter morning you glorified him with the glory he always had with you. Do not leave us, his members, in the enemy's hands, but bring us, through our joyful participation at your altar, to your eternal tabernacle on high to adore in spirit and truth. Amen.

### Wednesday 20th May - Psalm 77

#### Remembering the works of the Lord

*"We are in difficulties on every side, but never consumed" (2 Cor 4:8).*

*Antiphon:* The waters saw you, O God:  
 you led your people through the sea. Alleluia.

I cry aloud to God, \*  
 cry aloud to God that he may hear me.

In the day of my distress I sought the Lord. †

My hands were raised at night without ceasing; \*  
 my soul refused to be consoled.

I remembered my God and I groaned. \*  
 I pondered and my spirit fainted.

You withheld sleep from my eyes. \*  
 I was troubled, I could not speak.

I thought of the days of long ago \*  
 and remembered the years long past.

At night I mused within my heart. \*  
 I pondered and my spirit questioned.

'Will the Lord reject us for ever? \*  
 Will he show us his favour no more?

Has his love vanished for ever? \*  
 Has his promise come to an end?

Does God forget his mercy \*  
 or in anger withhold his compassion?

I said: 'This is what causes my grief; \*  
 that the way of the Most High has changed.'

I remember the deeds of the Lord, \*  
 I remember your wonders of old,

I muse on all your works \*  
 and ponder your mighty deeds.

Your ways, O God, are holy. \*  
 What god is great as our God?

You are the God who works wonders. \*  
 You showed your power among the peoples.

Your strong arm redeemed your people, \*  
 the sons of Jacob and Joseph.

The waters saw you, O God, \*  
 the waters saw you and trembled;

the depths were moved with terror. \*

The clouds poured down rain,  
the skies sent forth their voice; \*  
your arrows flashed to and fro.  
Your thunder rolled round the sky, \*  
your flashes lighted up the world.  
The earth was moved and trembled \*  
when your way led through the sea,  
your path through the mighty waters \*  
and no one saw your footprints.  
You guided your people like a flock \*  
by the hand of Moses and Aaron.

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 waters saw you, O God:  
you led your people through the sea. Alleluia.

*Psalm-prayer:*

Father, you established your ancient covenant by signs and wonders, but more wondrously you confirmed the new one through the sacrifice of your Son. Guide your Church through the pathways of life, that we may be led to the land of promise and celebrate your name with lasting praise. Amen.

#### **Thursday 21st May - Solemnity of the Ascension of the Lord -**

*(Two Psalms and a Canticle are said today)*

##### **Psalm 63**

##### **Thirsting for God**

*"Let the man who has put away the deeds of the night watch for God."*

*Antiphon:* Men of Galilee,  
why do you stand there looking into the sky?  
This Jesus, who has been taken away from you  
up to heaven, will come in the same way  
as you have seen him go. Alleluia.

O Gód, you are my Gód, for you I lóng; \*  
for yóu my sóul is thirsting.  
My bódý pines for yóu \*  
like a drý, weary lánd without wáter.  
So I gáze on yóu in the sánctuary \*  
to sée your stréngth and your glóry.  
For your lóve is bétter than life, \*  
my líps will spéak your práise.  
So I will bléss you áll my life, \*  
in your náme I will lift up my hánds.  
My sóul shall be filled as with a bánquet, \*  
my móuth shall práise you with jóy.  
On my béd I remémber yóu. \*  
On yóu I múse through the níght  
for yóu have béeen my hélp; \*  
in the shádw of your wíngs I rejóice.  
My sóul clíngs to yóu; \*  
your ríght hand hólds me fást.

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:* Men of Galilee,  
why do you stand there looking into the sky?  
This Jesus, who has been taken away from you  
up to heaven, will come in the same way  
as you have seen him go. Alleluia.

*Psalm-prayer:*

This morning, Lord, we lift up our hands to praise you. We thirst for you; we long for you. Help us to love you more than life itself and fill us with good gifts from your banquet table.

*On the Solemnity of Pentecost:*

This is the day of Pentecost, alleluia.  
Today the Holy Spirit appeared to the disciples  
in the form of fire  
and gave to them his special gifts;  
he sent them into the world  
to proclaim that whoever believes and is baptized  
will be saved. Alleluia.

#### **Prayers and intercessions**

*6th Sunday of Easter and each weekday following except Thursday:*

Let us pray to God the Father, who raised Jesus to life and exalted him at his own right hand.

- Lord, protect your people through the glory of Christ.  
Father, through the victory of the cross you have lifted up Jesus from the earth;

may he draw all men to himself

- Lord, protect your people through the glory of Christ.

Through the exaltation of Christ send your Spirit into the Church;

make her the sign of unity for the whole human family.

- Lord, protect your people through the glory of Christ.

You have become the Father of men through water and the Spirit; keep them faithful to their baptism until they enter eternal life.

- Lord, protect your people through the glory of Christ.

Through the exaltation of your Son raise up the sorrowful, set prisoners free, heal the sick;

may the whole world rejoice in your wonderful gifts.

- Lord, protect your people through the glory of Christ.

You nourished the faithful departed with Christ's body and blood;

let them share in his glory on the day of resurrection.

- Lord, protect your people through the glory of Christ.

*On Thursday 21st May - The Ascension of the Lord:*

Rejoicing, let us pray to Christ who is seated at the right hand of the Father.

- You, Christ, are the king of glory.

King of glory, in you our mortal flesh has been lifted to the heights:

deliver us from the corruption of sin and restore us to immortal life.

- You, Christ, are the king of glory.

Following the path of love, you came down to us from heaven:

let us follow that same path in our ascent to you.

- You, Christ, are the king of glory.

You promised to draw all men to yourself:

do not let any of us be separated from your body.

- You, Christ, are the king of glory.

You have ascended into heaven:

let us be there with you in our minds and hearts.

- You, Christ, are the king of glory.

We await your coming in majesty on the great day of judgement:

may we then gaze upon your glory, with all the faithful departed.

- You, Christ, are the king of glory.

*On the 7th Sunday of Easter and weekdays following:*

Christ our Lord urged us to pray and the Holy Spirit came to fill our hearts and minds.

- May the Holy Spirit plead for us.

Eternal shepherd, give to the pastors of your Church wisdom and understanding;

may they lead your faithful people in the way of salvation.

- May the Holy Spirit plead for us.

Heavenly Christ, you are rich in mercy and compassion;

do not forget the poor and the needy you have left behind on earth.

- May the Holy Spirit plead for us.

By the power of the Holy Spirit you were conceived of the Virgin

he will reveal to you things that are to come.  
Alleluia.

*On the Solemnity of Pentecost:*

This is the day of Pentecost, alleluia.  
Today the Holy Spirit appeared to the disciples  
in the form of fire  
and gave to them his special gifts;  
he sent them into the world  
to proclaim that whoever believes and is baptized  
will be saved. Alleluia.

✠ My soul glórífies the Lórd, \*  
my spirit rejóices 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.

*Antiphon:*

*6th Sunday of Easter + Monday, Tuesday, & Wednesday following:*

Anybody who loves me  
will be loved by my Father,  
and I shall love him  
and show myself to him. Alleluia.

*On Thursday 21st May - Solemnity of the Ascension of the Lord:*

King of Glory, Lord Almighty,  
today you have ascended victoriously  
above the heavens.  
Do not leave us as orphans without a guide,  
but send us the one whom you promised,  
the gift of the Father, the Spirit of Truth. Alleluia.

*On Friday & Saturday after Ascension Day:*

Your heavenly Father will give his Holy Spirit  
to those who ask him. Alleluia.

*On the 7th Sunday of Easter:*

I will send you the Advocate,  
the Spirit of truth who comes from the Father.  
He will be my witness, alleluia.

*On Monday 25th May - St Bede the Venerable:*

O holy doctor, Saint Bede, light of the Church,  
lover of the law of God,  
pray for us to the Son of God, Alleluia.

*On Tuesday 26th May - St Philip Neri*

*& on Wednesday 27th May - St Augustine of Canterbury:*

I made myself all things to all men  
in order to save them all. Alleluia.

*On Thursday 28th, Friday 29th, Saturday 30th May:*

When the Spirit of truth comes  
he will teach you the whole truth;  
he will reveal to you things that are to come.  
Alleluia.

**Canticle - Daniel 3: 57-88, 56**

**All creatures, bless the Lord**

*"Praise our God, all you his servants" (Rev 19:5).*

*Antiphon:* Exalt the king of kings;  
sing praise to God, alleluia.

O all you works of the Lord, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, angels of the Lord, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, the heavens of the Lord, O bless the Lord \*  
And you, clouds of the sky, O bless the Lord.  
And you, all armies of the Lord, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, sun and moon, O bless the Lord. \*  
And you, the stars of the heavens, O bless the Lord.  
And you, showers and rain, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, all you breezes and winds, O bless the Lord. \*  
And you, fire and heat, O bless the Lord.  
And you, cold and heat, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, showers and dew, O bless the Lord. \*  
And you, frosts and cold, O bless the Lord.  
And you, frost and snow, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, night-time and day, O bless the Lord. \*  
And you, darkness and light, O bless the Lord.  
And you, lightning and clouds, O bless the Lord. \*  
To him be highest glory and praise for ever.  
O let the earth bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, mountains and hills, O bless the Lord. \*  
And you, all plants of the earth, O bless the Lord.  
And you, fountains and springs, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, rivers and seas, O bless the Lord. \*  
And you, creatures of the sea, O bless the Lord.  
And you, every bird in the sky, O bless the Lord. †  
And you, wild beasts and tame, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, children of men, O bless the Lord. \*  
To him be highest glory and praise for ever.  
O Israel, bless the Lord, O bless the Lord. \*  
And you, priests of the Lord, O bless the Lord.  
And you, servants of the Lord, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, spirits and souls of the just, O bless the Lord. \*  
And you, holy and humble of heart, O bless the Lord.  
Ananias, Azarias, Mizael, O bless the Lord. \*  
To him be highest glory and praise for ever.  
Let us praise the Father, the Son and Holy Spirit: \*  
To you be highest glory and praise for ever.  
May you be blessed, O Lord, in the heavens: \*  
To you be highest glory and praise for ever.

*Antiphon:* Exalt the king of kings;  
sing praise to God, alleluia.

**Psalm 149**

**The saints rejoice**

*"The members of the Church, God's new people,  
will rejoice in their king, who is Christ" (Hesychius).*

*Antiphon:* As they watched, he was lifted up,  
and a cloud removed him from their sight  
into heaven. Alleluia.

Síng a new sǒng to the Lórd, \*  
his práise in the assémbly of the fáithful  
Let Ísrael rejóice in its Máker, \*  
let Sion's sons exúlt in their kíng.

Let them praise his name with dancing \*  
 and make music with timbrel and harp.  
 For the Lord takes delight in his people. \*  
 He crowns the poor with salvation.  
 Let the faithful rejoice in their glory, \*  
 shout for joy and take their rest.  
 Let the praise of God be on their lips \*  
 and a two-edged sword in their hand,  
 to deal out vengeance to the nations \*  
 and punishment on all the peoples;  
 to bind their kings in chains \*  
 and their nobles in fetters of iron;  
 to carry out the sentence pre-ordained: \*  
 this honour is for all his faithful.

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:* As they watched, he was lifted up,  
 and a cloud removed him from their sight  
 into heaven. Alleluia.

*Psalm-prayer:*

Lord Jesus, you came to your own people and gave to all who  
 welcomed you power to become children of God In your merciful  
 love watch over the Church and through her ministry bring salva-  
 tion to the meek and lowly. May we avoid the snares of the impi-  
 ous, and come to rejoice in glory with your saints. Amen.

**Friday 22nd May - Psalm 51**

**God, have mercy on me**

*"You must be made new in mind and spirit,  
 and put on the new nature of God's creating" (Eph 4:23,24).*

*Antiphon:* Have courage, my son:  
 your sins are forgiven you. Alleluia.

Have mercy on me, God, in your kindness. \*  
 In your compassion blot out my offence.  
 O wash me more and more from my guilt \*  
 and cleanse me from my sin.  
 My offences truly I know them; \*  
 my sin is always before me.  
 Against you, you alone, have I sinned; \*  
 what is evil in your sight I have done.  
 That you may be justified when you give sentence \*  
 and be without reproach when you judge,  
 O see, in guilt I was born, \*  
 a sinner was I conceived.  
 Indeed you love truth in the heart; \*  
 then in the secret of my heart teach me wisdom.  
 O purify me, then I shall be clean; \*  
 O wash me, I shall be whiter than snow.  
 Make me hear rejoicing and gladness, \*  
 that the bones you have crushed may revive.  
 From my sins turn away your face \*  
 and blot out all my guilt.  
 A pure heart create for me, O God, \*  
 put a steadfast spirit within me.  
 Do not cast me away from your presence, \*  
 nor deprive me of your holy spirit  
 Give me again the joy of your help; \*  
 with a spirit of fervour sustain me,  
 that I may teach transgressors your ways \*  
 and sinners may return to you.  
 O rescue me, God, my helper, \*  
 and my tongue shall ring out your goodness.  
 O Lord, open my lips \*  
 and my mouth shall declare your praise.  
 For in sacrifice you take no delight, \*  
 burnt offering from me you would refuse,  
 my sacrifice, a contrite spirit. \*

Tuesday	Romans 8: 26-27
Wednesday	1 Peter 5: 14
Thursday	1 Corinthians 6: 19-20
Friday	Galatians 5: 16-25
Saturday	Romans 8: 11
Sunday 31st May	Ephesians 4: 3-6

**Short Responsory**

*until Wednesday before, and on days after, Ascension Day:*

The Lord has truly risen, alleluia, alleluia.  
 – *The Lord has truly risen, alleluia, alleluia.*  
 He has appeared to Simon.  
 – *The Lord has truly risen, alleluia, alleluia.*  
 Glory be to the Father and to the Son and to the Holy Spirit.  
 – *The Lord has truly risen, alleluia, alleluia .*

*On Ascension Day:*

I am ascending to my Father and your Father, alleluia, alleluia.  
 – *I am ascending to my Father and your Father, alleluia, alleluia.*  
 I go to my God and your God.  
 – *I am ascending to my Father and your Father, alleluia, alleluia.*  
 Glory be to the Father and to the Son and to the Holy Spirit.  
 – *I am ascending to my Father and your Father, alleluia, alleluia*

*On the Solemnity of Pentecost:*

The Spirit of the Lord has filled the whole world, alleluia, alleluia.  
 – *The Spirit of the Lord has filled the whole world, alleluia, alleluia.*  
 It is he who holds all things in being and understands every word  
 that is spoken.  
 – *The Spirit of the Lord has filled the whole world, alleluia, alleluia.*  
 Glory be to the Father and to the Son and to the Holy Spirit.  
 – *The Spirit of the Lord has filled the whole world, alleluia, alleluia .*

**Canticle - Magnificat**

*My soul rejoices in the Lord*

*Antiphon:*

*6th Sunday of Easter + Monday, Tuesday, & Wednesday following:*

Anybody who loves me  
 will be loved by my Father,  
 and I shall love him  
 and show myself to him. Alleluia.

*On Thursday 21st May - Solemnity of the Ascension of the Lord:*

King of Glory, Lord Almighty,  
 today you have ascended victoriously  
 above the heavens.  
 Do not leave us as orphans without a guide,  
 but send us the one whom you promised,  
 the gift of the Father, the Spirit of Truth. Alleluia.

*On Friday & Saturday after Ascension Day:*

Your heavenly Father will give his Holy Spirit  
 to those who ask him. Alleluia.

*On the 7th Sunday of Easter:*

I will send you the Advocate,  
 the Spirit of truth who comes from the Father.  
 He will be my witness, alleluia.

*On Monday 25th May - St Bede the Venerable:*

O holy doctor, Saint Bede, light of the Church,  
 lover of the law of God,  
 pray for us to the Son of God, Alleluia.

*On Tuesday 26th May - St Philip Neri*

*& on Wednesday 27th May - St Augustine of Canterbury:*  
 I made myself all things to all men  
 in order to save them all. Alleluia.

*On Thursday 28th, Friday 29th, Saturday 30th May:*

When the Spirit of truth comes  
 he will teach you the whole truth;

Júdah becamé the Lord's témples, \*  
 Ísrael becamé his kíngdom.  
 The séa fléd at the síght: \*  
 the Jórdan turned báck on its cóurse,  
 the móuntains léapt like ráms \*  
 and the hills like yéarling shéep.  
 Whý was it, séa, that you fléd, \*  
 that you túrned back, Jórdan, on your cóurse?  
 Móuntains, that you léapt like ráms; \*  
 hills, like yéarling shéep?  
 Trémble, O éarth, before the Lórd, \*  
 in the présence of the Gód of Jácob,  
 who túrns the róck into a póol \*  
 and flint into a spring of wáter.

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:* Send forth your power, Lord,  
 from your holy temple in Jerusalem,  
 and bring to perfection your work among us.  
 Alleluia.

*Psalm-prayer:*  
 Almighty God, ever-living mystery of unity and Trinity, you gave  
 life to the new Israel by birth from water and the Spirit, and made  
 it a chosen race, a royal priesthood, a people set apart as your  
 eternal possession. May all those you have called to walk in the  
 splendour of the new light render you fitting service and adora-  
 tion. Amen.

**Canticle - Apocalypse 19  
 The wedding of the Lamb**

*Antiphon:* They were all filled with the Holy Spirit  
 and began to speak. Alleluia.

Alleluia.  
 Salvation and glory and power belong to our God, \*  
 his judgements are true and just.  
 Alleluia.

Alleluia.  
 Praise our God, all you his servants, \*  
 you who fear him, small and great.  
 Alleluia.

Alleluia.  
 The Lord our God, the Almighty, reigns, \*  
 let us rejoice and exult and give him the glory.  
 Alleluia.

Alleluia.  
 The marriage of the Lamb has come, \*  
 and his bride has made herself ready.  
 Alleluia.

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 were all filled with the Holy Spirit  
 and began to speak. Alleluia.

**Short Reading**

Sunday 17th May	Hebrews 10: 12-14
Monday:	Hebrews 8: 1-3
Tuesday:	1 Peter 2: 4-5
Wednesday:	Hebrews 7: 24-27
Thursday - Ascension Day	1 Peter 3: 18-22
Friday:	Hebrews 5: 8-10
Saturday:	1 Peter 2: 9-10
Sunday 24th May	Hebrews 10: 12-14
Monday	James 3: 17-18

A húmbled, contrite héart you will not spúrn.  
 In your góodness, show fávour to Síon: \*  
 rebúild the wáalls of Jerúsalem.  
 Thén you will be pléased with lawful sácrifice, \*  
 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:* Have courage, my son:  
 your sins are forgiven you. Alleluia.

*Psalm-prayer:*  
 Father, he who knew no sin was made sin for us, to save us and  
 restore us to your friendship. Look upon our contrite heart and  
 afflicted spirit and heal our troubled conscience, so that in the joy  
 and strength of the Holy Spirit we may proclaim your praise and  
 glory before all the nations.

**Saturday 23rd May - Psalm 92  
 Praise of God, the Creator**

*"The deeds of God's only Son are praised" (St Athanasius).*

*Antiphon:* You have made me glad, O Lord;  
 for the works of your hands I shout with joy,  
 alleluia.

It is góod to give thánks to the Lórd, \*  
 to make músic to your náme, O Most High,  
 to procláim your lóve in the mórning \*  
 and your trúth in the wátches of the níght,  
 on the tén-stringed lýre and the lúte, \*  
 with the múrmuring sóund of the hárp.  
 Your déeds, O Lórd, have made me glád; \*  
 for the wórk of your hánds I shout with jóy.  
 O Lórd, how gréat are your wórk! \*  
 How déep are yóur désígn! \*  
 The fóolish man cánnót knów this \*  
 and the fóol cánnót understánd.  
 Though the wicked spring úp like gráss \*  
 and áll who do évil thríve,  
 they are dóomed to be etérnally destróyed. \*  
 But yóu, Lord, are etérnally on hígh.  
 Sée how your énemíes pérish; \*  
 all dóers of évil are scáttéred.  
 To mé you gíve the wild ox's stréngth; \*  
 you anóint me with the púrest óil.  
 My éyes looked in tríumph on my fóes; \*  
 my éars heard gládly of their fáll.  
 The júst will flóurish like the pálm-tree \*  
 and grów like a Lébánon cédar.  
 Plánted in the hóuse of the Lórd \*  
 they will flóurish in the cóurts of our Gód,  
 still bearing frúit when they are óld, \*  
 still full of sáp, still gréen,  
 to procláim that the Lórd is júst. \*  
 In híim, my róck, there is no wróng.

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:* You have made me glad, O Lord;  
 for the works of your hands I shout with joy,  
 alleluia.

*Psalm-prayer:*  
 Lord Jesus Christ, you taught your disciples that the Father is  
 glorified by good works. Uproot your enemies even if they should  
 grow as thick as weeds, and make us flourish in your courts and  
 always remain in you as you are in the Father. May we bring forth  
 a rich harvest in the radiance of your light. Amen.

Sunday 24th May - 7th Sunday of Easter - Psalm 93

The magnificence of the Creator

*"The Lord, our God, the Almighty is king:*

*let us be glad and rejoice and give him praise" (Rev 19: 6,7).*

*Antiphon:* The Lord is king, with majesty enrobed.  
Alleluia. †

The Lord is king, with májesty enróbed; †  
the Lórd has róbed himself with míght, \*  
he has gírded hímsélf with pówer.  
The wórlđ you made firm, not to be móved; †  
your thróne has stood firm from of óld. \*  
From all etérnity, O Lórd, you áre.  
The wáters have lífted up, O Lórd, †  
the wáters have lífted up their vóice, \*  
the wáters have lífted up their thúnder.  
Gréater than the róar of míghty wáters †  
more glórious than the súrgings of the séa, \*  
the Lórd is glórious on hígh.  
Trúly your decrées are to be trústed. †  
Hóliness is fíttng to your hóuse, \*  
O Lórd, until the énd of tíme.

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 is king, with majesty enrobed.  
Alleluia.

*Psalm-prayer:*

Lord Jesus, king of glory, when you rose from death in the power  
of the Spirit, you firmly established your kingdom not to be shak-  
en or destroyed by death. May your will be done on earth as in  
heaven until the Church is made holy by your embrace. Amen.

*Canticle - Daniel 3:57-88,56*

*All creatures, bless the Lord*

*"Praise our God, all you his servants" (Rev 19: 5).*

*Antiphon:* The whole creation will be freed  
and will enjoy the glory and freedom  
of the children of God. Alleluia.

O all you works of the Lord, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, angels of the Lord, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, the heavens of the Lord, O bless the Lord. \*  
And you, clouds of the sky, O bless the Lord.  
And you, all armies of the Lord, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, sun and moon, O bless the Lord. \*  
And you, the stars of the heavens, O bless the Lord.  
And you, showers and rain, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, all you breezes and winds, O bless the Lord. \*  
And you, fire and heat, O bless the Lord.  
And you, cold and heat, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, showers and dew, O bless the Lord. \*  
And you, frosts and cold, O bless the Lord.  
And you, frost and snow, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, night-time and day, O bless the Lord. \*  
And you, darkness and light, O bless the Lord.  
And you, lightning and clouds, O bless the Lord. \*  
To him be highest glory and praise for ever.  
O let the earth bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, mountains and hills, O bless the Lord. \*  
And you, all plants of the earth, O bless the Lord.  
And you, fountains and springs, O bless the Lord. \*

making móuntains spróut with gráss \*  
and with plánts to sérve man's néeds.  
He provides the béasts with their fóod \*  
and young rávens that cáll upón him.  
His delight is nót in hórses \*  
nor his pléasure in wárríors' stréngth.  
The Lórd delights in thóse who revére him, \*  
in thóse who wáit for his lóve.

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:* There appeared to the apostles  
what seemed like tongues of fire,  
and the Holy Spirit came upon each of them.  
Alleluia.

*Psalm-prayer:*

God, all-powerful and ever-living, from the beginning you have  
founded the holy Jerusalem. Gather the dispersed of Israel into  
your Church and heal the wounds our sins have caused. You  
clothe the lily with splendour and feed the birds of the air with  
your bounty. Grant to all who hope in you health of mind and  
body until the heights of heavenly Jerusalem rise before us. Amen.

Sunday 31st May - The Solemnity of Pentecost

Psalm 110 - The Messiah, king and priest

*"He must be king so that he may put all his enemies under his feet"*  
(1 Cor 15:25).

*Antiphon:* The Spirit of the Lord has filled the whole world.  
Alleluia.

The Lórd's revelátió to my Máster: †  
'Sit on my ríght: \*  
your fóes I will pút beneath your féet.'  
The Lórd will wíeld from Sión †  
your scéptre of pówer: \*  
rúle in the mídst of all your fóes.  
A prínce from the dáy of your bírth †  
on the hóly móuntains; \*  
from the wómb before the dáwn I begót you.  
The Lórd has swórn an óath he will not chánge. †  
'You are a píest for éver, \*  
a píest líke Melchizedek of óld.'  
The Máster stánding at your ríght hand \*  
will shatter kíngs in the dáy of his wráth.  
He shall drínk from the stréam by the wáyside \*  
and thérefore he shall líft up hí héd.

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 Spirit of the Lord has filled the whole world.  
Alleluia.

*Psalm-prayer:*

Almighty God, bring the kingdom of Christ, your anointed one,  
to its fullness. May the perfect offering of your Son, eternal priest  
of the new Jerusalem, be offered in every place to your name and  
make all nations a holy people for you. Amen.

Psalm 114

Israel set free from Egypt

*"You, who have renounced this world,  
have also been led forth from Egypt" (St Augustine).*

*Antiphon:* Send forth your power, Lord,  
from your holy temple in Jerusalem,  
and bring to perfection your work among us.  
Alleluia.

When Ísrael came fórtħ from Égypt, \*  
Jacob's sóns from an álien péople,

makes lightning produce the rain; \*  
 from his treasures he sends forth the wind.  
 The first-born of the Egyptians he smote, \*  
 of man and beast alike.  
 Signs and wonders he worked †  
 in the midst of your land, O Egypt, \*  
 against Pharaoh and all his servants.  
 Nations in their greatness he struck \*  
 and kings in their splendour he slew.  
 Sihon, king of the Amorites, \*  
 Og, the king of Bashan,  
 and all the kingdoms of Canaan. \*  
 He let Israel inherit their land;  
 on his people their land he bestowed.  
 Lord, your name stands for ever, \*  
 unforgotten from age to age,  
 for the Lord does justice for his people; \*  
 the Lord takes pity on his servants.  
 Pagan idols are silver and gold, \*  
 the work of human hands.  
 They have mouths but they cannot speak; \*  
 they have eyes but they cannot see.  
 They have ears but they cannot hear; \*  
 there is never a breath on their lips.  
 Their makers will come to be like them \*  
 and so will all who trust in them!  
 Sons of Israel, bless the Lord! \*  
 Sons of Aaron, bless the Lord!  
 Sons of Levi, bless the Lord! \*  
 You who fear him, bless the Lord!  
 From Zion may the Lord be blessed, \*  
 he who dwells in 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:* I, the Lord, am your Saviour,  
 I am your Redeemer. Alleluia.

*Psalm-prayer:*

Father, you shattered the powers of darkness, with all their evil  
 plots, to give strength to your servants and make them magnani-  
 mous in the struggle for eternal life. Have mercy on us and do not  
 permit us to be deceived by false idols. May we praise your name  
 for ever and receive the eternal gift of our inheritance. Amen.

**Saturday 30th May - First Vespers of Sunday - Psalm 147a**  
**The Lord's goodness and power**

*"You, O God, we worship; you, O Lord, we adore."*

*Antiphon:* There appeared to the apostles  
 what seemed like tongues of fire,  
 and the Holy Spirit came upon each of them.  
 Alleluia.

Praise the Lord for he is good; †  
 sing to our God for he is loving: \*  
 to him our praise is due.  
 The Lord builds up Jerusalem \*  
 and brings back Israel's exiles,  
 he heals the broken-hearted, \*  
 he binds up all their wounds.  
 He fixes the number of the stars; \*  
 he calls each one by its name.  
 Our Lord is great and almighty; \*  
 his wisdom can never be measured.  
 The Lord raises the lowly; \*  
 he humbles the wicked to the dust.  
 O sing to the Lord giving thanks; \*  
 sing psalms to our God with the harp.  
 He covers the heavens with clouds; \*  
 he prepares the rain for the earth,

To him be highest glory and praise for ever.  
 And you, rivers and seas, O bless the Lord. \*  
 And you, creatures of the sea, O bless the Lord.  
 And you, every bird in the sky, O bless the Lord. †  
 And you, wild beasts and tame, O bless the Lord. \*  
 To him be highest glory and praise for ever.  
 And you, children of men, O bless the Lord. \*  
 To him be highest glory and praise for ever.  
 O Israel, bless the Lord, O bless the Lord. \*  
 And you, priests of the Lord, O bless the Lord.  
 And you, servants of the Lord, O bless the Lord. \*  
 To him be highest glory and praise for ever.  
 And you, spirits and souls of the just, O bless the Lord. \*  
 And you, holy and humble of heart, O bless the Lord.  
 Ananias, Azarias, Mizael, O bless the Lord. \*  
 To him be highest glory and praise for ever.  
 Let us praise the Father, the Son and Holy Spirit: \*  
 To you be highest glory and praise for ever.  
 May you be blessed, O Lord, in the heavens: \*  
 To you be highest glory and praise for ever.

*Antiphon:* The whole creation will be freed  
 and will enjoy the glory and freedom  
 of the children of God. Alleluia.

**Psalm 148**

**An anthem to the Lord, the Creator**

*"To the One who sits on the throne and to the Lamb  
 be all praise, honour, glory and power, for ever and ever" (Rev 5:13).*

*Antiphon:* The name of the Lord is praised,  
 in heaven and on earth. Alleluia.

Praise the Lord from the heavens, \*  
 praise him in the heights.  
 Praise him, all his angels, \*  
 praise him, all his host.  
 Praise him, sun and moon, \*  
 praise him, shining stars.  
 Praise him, highest heavens \*  
 and the waters above the heavens.  
 Let them praise the name of the Lord. \*  
 He commanded: they were made.  
 He fixed them for ever, \*  
 gave a law which shall not pass away.  
 Praise the Lord from the earth, \*  
 sea creatures and all oceans,  
 fire and hail, snow and mist, \*  
 stormy winds that obey his word;  
 all mountains and hills, \*  
 all fruit trees and cedars,  
 beasts, wild and tame, \*  
 reptiles and birds on the wing;  
 all earth's kings and peoples, \*  
 earth's princes and rulers,  
 young men and maidens, \*  
 old men together with children.  
 Let them praise the name of the Lord \*  
 for he alone is exalted.  
 The splendour of his name \*  
 reaches beyond heaven and earth.  
 He exalts the strength of his people. \*  
 He is the praise of all his saints,  
 of the sons of Israel, \*  
 of the people to whom he comes close.

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 name of the Lord is praised,  
 in heaven and on earth. Alleluia.

*Psalm-prayer:*

Lord, extolled in the heights by angelic powers, you are also praised by all earth's creatures, each in its own way. With all the splendour of heavenly worship, you still delight in such tokens of love as earth can offer. May heaven and earth together acclaim you as King; may the praise that is sung in heaven resound in the heart of every creature on earth. Amen.

**Monday 25th June - St Bede the Venerable - Psalm 84**

**Longing for the Lord's temple**

*"We have no lasting city in this life,  
but we look for one in the life to come" (Heb 13:14).*

*Antiphon:* My heart and my soul ring out their joy  
to the living God. Alleluia.

How lovely is your dwelling place, \*  
Lórd, Gód of hósts.  
My sóul is lónging and yéarning, \*  
is yéarning for the cóurts of the Lórd.  
My héart and my sóul ring out their jóy \*  
to Gód, the living Gód.  
The spárraw hersélf finds a hóme \*  
and the swállow a nést for her bróod;  
she láys her yóung by your áltars, \*  
Lord of hósts, my kíng and my Gód.  
They are háppy, who dwéll in your hóuse, \*  
for éver sínging your práise.  
They are háppy, whose stréngth is in yóu, \*  
in whose héarts are the róads to Sion.  
As they gó through the Bitter Váley †  
they máke it a pláce of springs, \*  
the áutumnn rain cóvers it with bléssings.  
They wálk with éver growing stréngth, \*  
they will sée the God of góds in Sion.  
O Lórd God of hósts, hear my práyer, \*  
give éar, O Gód of Jácob.  
Turn your éyes, O Gód, our shield, \*  
lók on the fáce of your anóinted.  
Óne day withín your cóurts \*  
is bétter than a thóusand elsewhére.  
The thréshold of the hóuse of Gód \*  
I préfér to the dwéllings of the wicked.  
For the Lord Gód is a rámpart, a shield; \*  
he will gíve us his fávour and glóry.  
The Lórd will not refúse any góod \*  
to thóse who wálk without bláme.  
Lórd, Gód of hósts, \*  
háppy the mán who trusts in yóu!

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 heart and my soul ring out their joy  
to the living God. Alleluia.

*Psalm-prayer:*

Almighty God, you listened to the prayer of Christ, your Chosen One, and granted him the lasting joy of your presence. Help us to love your Church on her pilgrimage toward you and to offer the sacrifice of praise at your altar. May we hasten to your home and joyfully look upon your glorious splendour. Amen.

**Tuesday 26th May - St Philip Neri - Psalm 85**

**Our salvation is very near**

*"When our Saviour came on earth God blessed his land" (Origen).*

*Antiphon:* You will restore our life again, Lord,  
and your people will rejoice in you. Alleluia.

O Lórd, you once fávoured your lánd \*  
and révived the fórtunes of Jácob,  
you forgáve the gúilt of your péople \*

'I will not énter the hóuse where I live \*  
nor gó to the béd where I rést.  
I will gíve no sléep to my éyes, \*  
to my éyelids I will gíve no slúmber  
till I find a pláce for the Lórd, \*  
a dwélling for the Stróng One of Jácob.'  
At Éphrata we héard of the árck; \*  
we fóund it in the pláins of Yéarim.  
'Let us gó to the pláce of his dwélling; \*  
let us gó to knéel at his fóotstool.'  
Go up, Lórd, to the pláce of your rést, \*  
yóu and the árck of your stréngth.  
Your priests shall be clóthed with hóliness; \*  
your fáithful shall ring out their jóy.  
For the sáke of Dávid your sérvant \*  
dó not rejéct your anóinted.  
The Lórd swore an óath to Dávid; \*  
he will not go báck on his wórd:  
'A són, the frúit of your bódý, \*  
will I sèt upón your thróne.  
'If they kéeep my cóvenant in trúth \*  
and my láws that Í have táught them,  
their sóns álsó shall rúle \*  
on your thróne from áge to áge.'  
For the Lórd has chósen Sion; \*  
he has desired it fór his dwélling:  
'This is my résting-pláce for éver; \*  
hére have I chósen to live.  
'I will gréatly bléss her próduce, \*  
I will fill her póor with bréad.  
I will clóthe her priests with salvátion \*  
and her fáithful shall ring out their jóy.  
'Thére David's stóck will flówer; \*  
I will prépare a lámp for my anóinted.  
I will cóver his énemies with sháme \*  
but on him my crówn shall shíne.'

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 God gave him the throne of David,  
his father. Alleluia.

*Psalm-prayer:*

You have chosen the new Zion as your dwelling place, Lord God, the Church as your place of rest. You have kindled in her a lamp that will burn brightly for ever before Christ your Anointed One. Make our hearts your tabernacle, clothe your priests with justice, your faithful with holiness and give bread to the poor. May all rejoice with you in heaven. Amen.

**Friday 29th May - Psalm 135**

**Praise the Lord, the wonder-worker**

*"You are a chosen race. Sing the praises of the one  
who called you out of darkness into his wonderful light" (1 Pet 2:9).*

*Antiphon:* I, the Lord, am your Saviour,  
I am your Redeemer. Alleluia.

Práise the náme of the Lórd, \*  
práise him, sérvants of the Lórd,  
who stánd in the hóuse of the Lórd \*  
in the cóurts of the hóuse of our Gód.  
Praise the Lórd for the Lórd is góod. \*  
Sing a psálm to his náme for he is lóving.  
For the Lórd has chosen Jácob for himsélf \*  
and Ísrael for his ówn posséssion.  
For I knów the Lórd is gréat, \*  
that our Lórd is hígh above all góds.  
The Lórd does whatéver he wílls, \*  
in héaven, on éarth, in the séas.  
He summons clóuds from the énds of the éarth; †



that stánds for éver.  
Jerúsalem! The móuntains surróund her, †  
so the Lórd surróunds his péople \*  
both nów and for éver.  
For the scéptre of the wicked shall not rést \*  
over the lánd of the júst  
for féar that the hánds of the júst \*  
should túrn to évil.  
Do góod, Lord, to thóse who are góod, \*  
to the úpright of héart;  
but the cróoked and thóse who do évil, \*  
dríve them awáy!  
On Ísrael, 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.

*Antiphon:* Peace be with you, it is I: do not be afraid.  
Alleluia.

*Psalm-prayer:*

Surround your people, Lord, within the safety of your Church,  
which you preserve on her rock foundation. Do not let us stretch  
out our hands to evil deeds, nor be destroyed by the insidious  
snares of the enemy, but bring us to share the lot of the saints in  
light. Amen.

**Wednesday 27th May - St Augustine of Canterbury - Psalm 15**  
**Who is worthy to face the Lord?**

*"You have come to Mount Zion,  
to the city of the living God" (Heb 12:22).*

*Antiphon:* I have become a minister of the Gospel  
according to the bountiful gift of God. Alleluia.

Lord, whó shall be admítted to your tént \*  
and dwéll on your hóly móuntain?  
Hé who wáiks without fáult; \*  
hé who ácts with jústice  
and spéaks the trúth from his héart; \*  
hé who does not slándér with his tóngue;  
hé who does no wróng to his bróther, \*  
who cásts no slúr on his néighbour,  
who hólds the góddless in disdáin, \*  
but hónours thóse who féar the Lórd;  
hé who keeps his plédge, come what máy; \*  
who tákes no ínterest on a lóan  
and accépts no bribes against the ínnocent. \*  
Such a mán will stand firm 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.

*Antiphon:* I have become a minister of the Gospel  
according to the bountiful gift of God. Alleluia.

*Psalm-prayer:*

You first chose to live among men, Lord Jesus, and in returning  
to your Father you made an eternal home for us. Help us walk  
blamelessly in your ways, that we may come at last to your holy  
mountain. Amen.

**Thursday 28th May - Psalm 132**  
**God's promise to the house of David**

*"The Lord God will give him the throne of David his father" (Lk 1:32).*

*Antiphon:* The Lord God gave him the throne of David,  
his father. Alleluia.

O Lórd, remémber Dávid \*  
and áll the many hárdships he endúred,  
the óath he swóre to the Lórd, \*  
his vów to the Stróng One of Jácob.

and cóvered áll their síns.  
You avérted áll your ráge, \*  
you cálméd the héat of your ánger.  
Revíve us nów, Gód, our hélper! \*  
Put an énd to your gríevance agáinst us.  
Will you be ángry with ús for éver, \*  
will your ánger néver céase?  
Will you nót restóre agáin our lífe \*  
that your péople may rejóice in yóu?  
Let us sée, O Lórd, your mércy \*  
and gíve us your sáving hélp.  
I will héar what the Lórd Gód has to sáy, \*  
a vóice that spéaks of péace,  
péace for his péople and his fríends \*  
and thóse who túrn to hím in their héarts.  
His hélp is néar for thóse who féar hím \*  
and his glóry will dwéll in our lánd.  
Mércy and fáithfulness have mét; \*  
jústice and péace have embráced.  
Fáithfulness shall spring from the éarth \*  
and jústice look dówn from héaven.  
The Lórd will máke us próspér \*  
and our éarth shall yield its frúit.  
Jústice shall márch befóre hím \*  
and péace shall fóllow his stéps.

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:* You will restore our life again, Lord,  
and your people will rejoice in you. Alleluia.

*Psalm-prayer:*

God of love and fidelity, you loved the world enough to give your  
only Son as Saviour and from a virgin brought him forth to the  
world. May we receive him as both Lord and brother and freely  
celebrate him as our gracious redeemer. Amen.

**Wednesday 27th May - St Augustine of Canterbury - Psalm 63**  
**Thirsting for God**

*"Let the man who has put away the deeds of the night watch for God."*

*Antiphon:* You are the light of the world.  
A city built on a hill-top cannot be hidden.  
Alleluia.

O Gód, you are my Gód, for you I lóng; \*  
for yóu my sóul is thirsting.  
My bódy pínes for yóu \*  
like a drý, weary lánd without wáter.  
So I gáze on yóu in the sánctuary \*  
to sée your stréngth and your glóry.  
For your lóve is bétter than lífe, \*  
my líps will spéak your práise.  
So I will bléss you áll my lífe, \*  
in your náme I will líft up my hánds.  
My sóul shall be filled as with a bánquet, \*  
my móuth shall práise you with jóy.  
On my béd I remémber yóu. \*  
On yóu I múse through the níght  
for yóu have béeen my hélp; \*  
in the shádw of your wíngs I rejóice.  
My sóul clíngs to yóu; \*  
your ríght hand hólds me fást.

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:* You are the light of the world.  
A city built on a hill-top cannot be hidden.  
Alleluia.

*Psalm-prayer:*

This morning, Lord, we lift up our hands to praise you. We thirst for you; we long for you. Help us to love you more than life itself and fill us with good gifts from your banquet table. Amen.

**Thursday 28th May - Psalm 87**  
**Jerusalem, mother of all nations**

*"The Jerusalem which is above is free and is our mother" (Gal 4:26).*

*Antiphon:* We will dance and sing; you are the source of life and our joy, city of God! Alleluia.

On the hóly móuntain is his city \*  
chérished by the Lórd.  
The Lórd prefers the gátes of Sion \*  
to áll Jacob's dweílings.  
Of yóu are told glórious thínigs, \*  
O city of Gód!  
'Bábylon and Égypt I will cóunt \*  
among thóse who knów me;  
Philístia, Týre, Ethiópia, \*  
thése will be her children  
and Sion shall be cálléd "Móther" \*  
for áll shall be her children.'  
It is hé, the Lórd Most High, \*  
who gives éach his pláce.  
In his régister of péoples he wrítes: \*  
'Thése are her children,'  
and while they dánce they will síng: \*  
'In yóu all find their hómé.'

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:* We will dance and sing; you are the source of life and our joy, city of God! Alleluia.

*Psalm-prayer:*

Lord God, your only Son wept over ancient Jerusalem, soon to be destroyed for its lack of faith. He established the new Jerusalem firmly upon rock and made it the mother of the faithful. Make us rejoice in your Church and grant that all people may be reborn into the freedom of your Spirit. Amen.

**Friday 29th May - Psalm 51**  
**God, have mercy on me**

*"You must be made new in mind and spirit,  
and put on the new nature of God's creating" (Eph 4: 23, 24).*

*Antiphon:* O Lord, wash me more and more from my guilt.  
Alleluia.

Have mércy on me, Gód, in your kíndness. \*  
In your compásson blot óut my offénce.  
O wásh me more and móre from my gúilt \*  
and cléanse me fróm my sín.  
My offénces trúly I knów them; \*  
my sín is álwáys befóre me.  
Against yóu, you alóne, have I sinned; \*  
what is évil in your síght I have dóne.  
That you may be jústified whén you give séntence \*  
and be withóut repróach when 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 wisdom.  
O púrfify me, thén I shall be cléan; \*  
O wásh me, I shall be whítter 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 heart créate for me, O Gód, \*

**Canticle - Apocalypse 19**  
**The wedding of the Lamb**

*Antiphon:* Alleluia. The Lord our God is king:  
let us rejoice and give glory to him. Alleluia.

Alleluia.  
Salvation and glory and power belong to our God, \*  
his judgements are true and just.  
Alleluia.

Alleluia.  
Praise our God, all you his servants, \*  
you who fear him, small and great.  
Alleluia.

Alleluia.  
The Lord our God, the Almighty, reigns, \*  
let us rejoice and exult and give him the glory.  
Alleluia.

Alleluia.  
The marriage of the Lamb has come, \*  
and his bride has made herself ready.  
Alleluia.

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:* Alleluia. The Lord our God is king:  
let us rejoice and give glory to him. Alleluia.

**Monday 25th May - St Bede the Venerable - Psalm 123**  
**The Lord guards his people**

*"The two blind men cried out,  
'Lord, have pity on us, Son of David'" (Mt 20:30).*

*Antiphon:* The Lord will be your everlasting light,  
your God will be your glory, alleluia.

To yóu have I lífted up my éyes, \*  
you who dwéll in the héavens;  
my éyes, like the éyes of sláves \*  
on the hánd of their lórd.  
Like the éyes of a sérvant \*  
on the hánd of her místress,  
so our éyes are on the Lórd our Gód \*  
till he shów us his mércy.  
Have mércy on us, Lórd, have mércy. \*  
We are filled with contémp.†  
Indéed all too fúll is our sóul †  
with the scórn of the rích, \*  
with the próud man's dísdáin.

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 will be your everlasting light,  
your God will be your glory, alleluia.

*Psalm-prayer:*

Lord Jesus Christ, you will wait on the servants who have kept faithful watch for you. Teach us to keep our eyes fixed on every trace of the work of your hands, so that we may watch for your coming and enter your home, our lamps radiant with light. Amen.

**Tuesday 26th May - St Philip Neri - Psalm 125**  
**The Lord guards his people**

*"Peace to the Israel of God" (Gal 6:16).*

*Antiphon:* Peace be with you, it is I: do not be afraid.  
Alleluia.

Thóse who put their trúst in the Lórd †  
are like Mount Sion, that cánnot be sháken, \*

‘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 chánge. †  
 ‘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:* When he had made purification for sin, he sat at  
 the right hand of the Majesty on high. Alleluia.

*Psalm-prayer:*

Almighty God, bring the kingdom of Christ, your anointed one,  
 to its fullness. May the perfect offering of your Son, eternal priest  
 of the new Jerusalem, be offered in every place to your name and  
 make all nations a holy people for you. Amen.

### Psalm 111

#### Great are the works of the Lord

“How great and wonderful are all your works,  
 Lord God Almighty” (Rev 15:3).

*Antiphon:* The Lord has delivered his people. Alleluia.

I will thánk the Lórd with all my héart \*  
 in the méeting of the júst and their assémbly.  
 Gréat are the wórks of the Lórd, \*  
 to be póndered by áll who lóve them.  
 Majéstic and glórious his wórk, \*  
 his jústice stands firm for éver.  
 He mákes us reméber his wónders. \*  
 The Lórd is compássiion and lóve.  
 He gives fóod to thóse who féar him; \*  
 keeps his cóvenant éver in mínd.  
 He has shówn his míght to his péuple \*  
 by gíving them the lánds of the nátiions.  
 His wórks are jústice and trúth, \*  
 his précepts are áll of them síre,  
 standing firm for éver and éver; \*  
 they are máde in úprightness and trúth.  
 He has sént deliverance to his péuple †  
 and establihed his cóvenant for éver. \*  
 Hólý his náme, to be féared.  
 To fear the Lórd is the first stage of wisdom; \*  
 all who dó so próve themselves wíse.  
 His práise shall lást 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.

*Antiphon:* The Lord has delivered his people. Alleluia.

*Psalm-prayer:*

Merciful God, splendour of the Church and crown of all saints,  
 give us that firm faith which begets wisdom and nourish us with  
 heavenly bread in the holy assembly. May we renew the memory  
 of your wondrous deeds in the one sacrifice worthy of you, until  
 we enjoy the fullness of your covenant in an eternity of happiness.  
 Amen.

put a stéadfast spirit withín me.  
 Do not cást me áway from your présence, \*  
 nor deprive me of your hólý spirit.  
 Give me agáin the jóy of your hélp; \*  
 with a spirit of férvour sustáin me,  
 that I may téach transgréssors your wáys \*  
 and sinners may retúrn to yóu.  
 O réscue me, Góð, my hélpér, \*  
 and my tóngue shall ring out your góodness.  
 O Lórd, ópen my líps \*  
 and my móuth shall decláre your práise.  
 For in sácrifice you táke no delight, \*  
 burnt óffering from mé you would refuse,  
 my sácrifice, a cóntrite spirit. \*  
 A húmbled, contrite héart you will not spúrn.  
 In your góodness, show fávour to Sion: \*  
 rebúild the wálls of Jerúsalem.  
 Thén you will be pléased with lawful sácrifice, \*  
 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:* O Lord, wash me more and more from my guilt.  
 Alleluia.

*Psalm-prayer:*

Father, he who knew no sin was made sin for us, to save us and  
 restore us to your friendship. Look upon our contrite heart and  
 afflicted spirit and heal our troubled conscience, so that in the joy  
 and strength of the Holy Spirit we may proclaim your praise and  
 glory before all the nations. Amen.

### Saturday 30th May - Psalm 119: 145-152

#### Meditating the word of the Lord in the Law

“When anyone obeys what he has said,  
 God’s love comes to perfection in him” (1 John 2:5)

*Antiphon:* The words I have spoken to you are spirit  
 and they are life. Alleluia.

I cáll with all my héart; Lord, héar me, \*  
 I will kéeep your commánds.  
 I cáll upón you, sáve me \*  
 and Í will do your will.  
 I rise before dáwn and cry for hélp, \*  
 I hópe in your wórd.  
 My éyes wáttch through the níght \*  
 to pónder your prómise.  
 In your lóve hear my vóice, O Lórd; \*  
 give me lífe by your décréés.  
 Those who hárm me unjústly draw néar; \*  
 they are fár from your láw.  
 But yóu, O Lórd, are clóse, \*  
 your commánds are trúth.  
 Lóng have I knówn that your will \*  
 is establihed 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.

*Antiphon:* The words I have spoken to you are spirit  
 and they are life. Alleluia.

*Psalm-prayer:*

Save us by the power of your hand, Father, for our enemies have  
 ignored your words. May the fire of your word consume our sins  
 and its brightness illumine our hearts. Amen.

Sunday 31st May - Pentecost - Psalm 63

Thirsting for God

*"Let the man who has put away the deeds of the night watch for God."*

*Antiphon:* How good and how kind, O Lord,  
is your Spirit in us! Alleluia.

O Gód, you are my Gód, for you I lóng; \*  
for yóu my sóul is thirsting.  
My bódy pines for yóu \*  
like a drý, weary lánd without wáter.  
So I gáze on yóu in the sánctuary \*  
to sée your stréngth and your glóry.  
For your lóve is bétter than life, \*  
my lips will spéak your práise.  
So I will bléss you áll my life, \*  
in your náme I will lift up my hánds.  
My sóul shall be filled as with a bânquet, \*  
my móuth shall práise you with jóy.  
On my béd I remémber yóu. \*  
On yóu I míse through the night  
for yóu have béen my hélp; \*  
in the sháadow of your wings I rejóice.  
My sóul clings to yóu; \*  
your ríght hand hólds me fást.

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:* How good and how kind, O Lord,  
is your Spirit in us! Alleluia.

*Psalm-prayer:*

This morning, Lord, we lift up our hands to praise you. We thirst  
for you; we long for you. Help us to love you more than life itself  
and fill us with good gifts from your banquet table. Amen.

**Canticle - Daniel 3:57-88,56**  
**All creatures, bless the Lord**

*"Praise our God, all you his servants" (Rev 19: 5).*

*Antiphon:* Let every spring of water bless the Lord;  
let everything that lives in water  
sing a hymn to God. Alleluia.

O all you works of the Lord, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, angels of the Lord, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, the heavens of the Lord, O bless the Lord. \*  
And you, clouds of the sky, O bless the Lord.  
And you, all armies of the Lord, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, sun and moon, O bless the Lord. \*  
And you, the stars of the heavens, O bless the Lord.  
And you, showers and rain, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, all you breezes and winds, O bless the Lord. \*  
And you, fire and heat, O bless the Lord.  
And you, cold and heat, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, showers and dew, O bless the Lord. \*  
And you, frosts and cold, O bless the Lord.  
And you, frost and snow, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, night-time and day, O bless the Lord. \*  
And you, darkness and light, O bless the Lord.  
And you, lightning and clouds, O bless the Lord. \*  
To him be highest glory and praise for ever.  
O let the earth bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, mountains and hills, O bless the Lord. \*  
And you, all plants of the earth, O bless the Lord.

our Gód has compásson.

The Lórd protécts the simple héarts; \*

I was hélpless so he sáved me.

Turn báck, my sóul, to your rést \*  
for the Lórd has been góod;

he has képt my sóul from déath, †

my éyes from téars, \*

and my féet from stúmbing.

I will wálk in the présence of the Lórd \*

in the lánd of the living.

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 saved my soul from the power of death,  
alleluia.

*Psalm-prayer:*

God of power and mercy, through your Son's passion and resur-  
rection you have freed us from the bonds of death and the an-  
guish of separation from you. Be ever with us on our pilgrimage;  
then we shall sing rather than weep. Keep our feet from stum-  
bling, so that we may be able to follow you until we come to eter-  
nal rest. Amen.

**Saturday 23rd May - 1st Vespers of Sunday - Psalm 113**  
**Praise of the Lord's name**

*"He put down princes from their thrones and exalted the lowly" (Lk 1:52)*

*Antiphon:* The Lord God is high above the heavens; and  
from the dust he lifts up the lowly, alleluia.

Práise, O sérvants of the Lórd, \*  
práise the náme of the Lórd!

May the náme of the Lórd be bléssed \*  
both nów and for évermóre!

From the rising of the sún to its sétting \*  
práised be the náme of the Lórd!

Hígh above all nátions is the Lórd, \*  
abóve the héavens his glóry.

Whó is like the Lórd, our Gód, \*  
who has risen on hígh to his thróne

yet stóops from the héights to look dówn, \*  
to look dówn upon héaven and éarth?

From the dúst he lifts up the lówly, \*  
from his mísery he ráises the póor

to sét him in the cómpány of prínces, \*  
yés, with the prínces of his péople.

To the childless wife he gives a hóme \*  
and gláddens her héart with children.

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 God is high above the heavens; and  
from the dust he lifts up the lowly, alleluia.

*Psalm-prayer:*

Lord Jesus, Word of God, surrendering the brightness of your  
glory you became man so that we might be raised from the dust to  
share your very being. May there be innumerable children of the  
Church to offer homage to your name from the rising of the sun  
to its setting. Amen.

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 God is high above the heavens; and  
from the dust he lifts up the lowly, alleluia.

*Psalm-prayer:*

Lord Jesus, Word of God, surrendering the brightness of your  
glory you became man so that we might be raised from the dust to  
share your very being. May there be innumerable children of the  
Church to offer homage to your name from the rising of the sun  
to its setting. Amen.

**Sunday 24th May - 7th Sunday of Easter - Psalm 110**  
**The Messiah, king and priest**

*"He must be king so that he may put all his enemies under his feet"*  
(1 Cor 15:25).

*Antiphon:* When he had made purification for sin, he sat at  
the right hand of the Majesty on high. Alleluia.

The Lórd's revelátion to my Máster: †

God is king óver the nátions; \*  
God réigns on his hóly thróne.  
The prínces of the péoples are assémbled \*  
with the péople of Ábraham's Gód.  
The rúlers of the éarth belong to Gód, \*  
to Gód who réigns over áll.

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 goes up with shouts of joy;  
the Lord ascends with trumpet blast. Alleluia.

*Psalm-prayer:*

Lord Jesus, to you belongs the dominion of heaven, earth, and all things under the earth, for you have ascended on high and are seated on the throne prepared for you by the Father. May all peoples be gathered into your Church to form a holy nation, a kingly priesthood, your own chosen heritage, to praise and adore your divine majesty, now and for ever. Amen.

### Canticle - Apocalypse 11 The Judgement

*Antiphon:* Now the Son of Man has been glorified,  
and in him God has been glorified, alleluia.

We give thanks to you, Lord God Almighty, \*  
who are and who were,  
that you have taken your great power \*  
and begun to reign.  
The nations raged, \*  
but your wrath came,  
and the time for the dead to be judged, \*  
for rewarding your servants, the prophets and saints,  
and those who fear your name, \*  
both small and great.  
Now the salvation and the power †  
and the kingdom of our God \*  
and the authority of his Christ have come,  
for the accuser of our brethren has been thrown down, \*  
who accuses them day and night before our God.  
And they have conquered him \*  
by the blood of the Lamb  
and by the word of their testimony, \*  
for they loved not their lives even unto death.  
Rejoice, then, O heaven, \*  
and you that dwell therein.

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:* Now the Son of Man has been glorified,  
and in him God has been glorified, alleluia.

### Friday 22nd May - Psalm 116a

#### Thanksgiving

*"We must experience many hardships  
before we can enter the kingdom of God" (Acts 14:22).*

*Antiphon:* The Lord saved my soul from the power of death,  
alleluia.

I love the Lórd for hé has héard \*  
the crý of my appéal;  
for he túrned his éar to mé \*  
in the dáy when I cálléd him.  
They surróunded me, the snáres of déath, \*  
with the ánguish of the tómb;  
they cáught me, sórrów and distréss. †  
I cálléd on the Lórd's náme. \*  
O Lórd, my Gód, deliver me!  
How grácious is the Lórd, and júst; \*

And you, fountains and springs, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, rivers and seas, O bless the Lord. \*  
And you, creatures of the sea, O bless the Lord.  
And you, every bird in the sky, O bless the Lord. †  
And you, wild beasts and tame, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, children of men, O bless the Lord. \*  
To him be highest glory and praise for ever.  
O Israel, bless the Lord, O bless the Lord. \*  
And you, priests of the Lord, O bless the Lord.  
And you, servants of the Lord, O bless the Lord. \*  
To him be highest glory and praise for ever.  
And you, spirits and souls of the just, O bless the Lord. \*  
And you, holy and humble of heart, O bless the Lord.  
Ananias, Azarias, Mizael, O bless the Lord. \*  
To him be highest glory and praise for ever.  
Let us praise the Father, the Son and Holy Spirit: \*  
To you be highest glory and praise for ever.  
May you be blessed, O Lord, in the heavens: \*  
To you be highest glory and praise for ever.

*Antiphon:* Let every spring of water bless the Lord;  
let everything that lives in water  
sing a hymn to God. Alleluia.

### Psalm 149

#### The saints rejoice

*"The members of the Church, God's new people,  
will rejoice in their king, who is Christ" (Hesychius).*

*Antiphon:* The apostles spoke in different tongues  
and proclaimed the wonderful deeds of God.  
Alleluia.

Síng a new sóng to the Lórd, \*  
his práise in the assémbly of the fáithful.  
Let Ísrael réjóice in its Máker, \*  
let Sion's sons exúlt in their kíng.  
Let them práise his náme with dáncing \*  
and make músic with tímbrél and hárp.  
For the Lórd takes delight in his péople. \*  
He crówns the póor with salvátion.  
Let the fáithful réjóice in their glóry, \*  
shout for jóy and táke their rést.  
Let the práise of Gód be on their líps \*  
and a twó-edged swórd in their hánd,  
to déál out véngeance to the nátions \*  
and púnishment on áll the péoples;  
to bind their kíngs in cháíns \*  
and their nóbles in fétters of íron;  
to cárry out the séntence pre-órdáined: \*  
this hónour is for áll his fáithful.

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 apostles spoke in different tongues  
and proclaimed the wonderful deeds of God.  
Alleluia.

*Psalm-prayer:*

Lord Jesus, you came to your own people and gave to all who welcomed you power to become children of God. In your merciful love watch over the Church and through her ministry bring salvation to the meek and lowly. May we avoid the snares of the impious, and come to rejoice in glory with your saints. Amen.

#### Scripture Reading:

6th Sunday of Easter	1 John 1: 1-10
Monday	1 John 2: 1-11
Tuesday	1 John 2: 12-17

Wednesday	1 John 2: 18-29
Ascension Day	Ephesians 4: 1-24
Friday	1 John 3: 1-10
Saturday	1 John 3: 11-17
7th Sunday of Easter	1 John 3: 18-24
Monday	1 John 4: 1-10
Tuesday	1 John 4: 11-21
Wednesday	1 John 5: 1-12
Thursday	1 John 5: 13-21
Friday	2 John
Saturday	3 John
PENTECOST	Romans 8: 5-27

### Short Responsory

until Wednesday before, and on days after, Ascension Day:

Have mercy on us, Christ, Son of the living God, alleluia, alleluia.

– Have mercy on us, Christ, Son of the living God, alleluia, alleluia.

You have risen from the dead.

– Have mercy on us, Christ, Son of the living God, alleluia, alleluia.

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

– Have mercy on us, Christ, Son of the living God, alleluia, alleluia.

On Ascension Day:

Christ ascended on high, alleluia, alleluia.

– Christ ascended on high, alleluia, alleluia.

He led captivity captive.

– Christ ascended on high, alleluia, alleluia.

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

– Christ ascended on high, alleluia, alleluia

On the Solemnity of Pentecost:

They were all filled with the Holy Spirit, alleluia, alleluia.

– They were all filled with the Holy Spirit, alleluia, alleluia.

They began to speak.

– They were all filled with the Holy Spirit, alleluia, alleluia.

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

– They were all filled with the Holy Spirit, alleluia, alleluia

### Canticle - Benedictus

The Messiah and the one who was sent before him

Antiphon:

6th Sunday of Easter + Monday, Tuesday, & Wednesday following:

I will not leave you orphans;

I am going but I will come back to you

and your hearts will be glad. Alleluia.

On Thursday 21st May - Solemnity of the Ascension of the Lord:

I am ascending to my Father and your Father,

my God and your God. Alleluia.

On Friday & Saturday after Ascension Day:

In Jesus we see one who is crowned now

with glory and honour because he suffered death,

alleluia.

On the 7th Sunday of Easter:

Father, I have glorified you on earth:

I have accomplished the work

that you gave me to do, alleluia.

On Monday 25th May - St Bede the Venerable:

The learned will shine as brightly

as the vault of heaven,

and those who have instructed many in virtue

will shine like stars for all eternity. Alleluia.

On Tuesday 26th May - St Philip Neri

& on Wednesday 27th May - St Augustine of Canterbury:

It is not you who speak:

the Spirit of your Father speaks in you. Alleluia.

Antiphon: I came from the Father  
and have come into the world,  
and now I leave the world to go to the Father.  
Alleluia.

Psalm-prayer:

Lord Jesus, Word of God, surrendering the brightness of your glory you became man so that we might be raised from the dust to share your very being. May there be innumerable children of the Church to offer homage to your name from the rising of the sun to its setting. Amen.

Thursday 14th May -

The Ascension of the Lord - Psalm 110

The Messiah, king and priest

“He must be king so that he may put all his enemies under his feet”

(1 Cor 15:25)

Antiphon: He ascended into heaven  
and is seated at the right hand of the Father.  
Alleluia.

The Lórd’s revelátion to my Máster: †

‘Sit on my right: \*

your fóes I will put beneath your féet.’

The Lórd will wield from Sion †

your scéptre of pówer: \*

rúle in the mídst of all your fóes.

A prince from the dáy of your bírth †

on the hóly 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 kings in the dáy of his wráth.

He shall drink from the stréam by the wáyside \*

and thérefore he shall lift 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: He ascended into heaven  
and is seated at the right hand of the Father.  
Alleluia.

Psalm-prayer:

Almighty God, bring the kingdom of Christ, your anointed one, to its fullness. May the perfect offering of your Son, eternal priest of the new Jerusalem, be offered in every place to your name and make all nations a holy people for you. Amen.

Psalm 47

The Lord is King

“He is seated at the right hand of the Father,  
and his kingdom will have no end.”

Antiphon: God goes up with shouts of joy;  
the Lord ascends with trumpet blast. Alleluia.

All péoples, cláp your hánds, \*  
cry to Góð with shóuts of jóy!  
For the Lórd, the Most High, we must féar, \*  
great king over áll the éarth.  
He súbdues péoples únder us \*  
and nátions únder our féet.  
Our inhéritance, our glóry, is from hím, \*  
given to Jácob out of lóve.  
God goes úp with shóuts of jóy; \*  
the Lord goes úp with trúmpet blást.  
Sing práise for Góð, sing práise, \*  
sing práise to our king, sing práise.  
God is king of áll the éarth, \*  
sing práise with áll your skill.

He cannot buy life without end, \*  
 nor avoid coming to the grave.  
 He knows that wise men and fools must both perish \*  
 and leave their wealth to others.  
 Their graves are their homes for ever, †  
 their dwelling place from age to age, \*  
 though their names spread wide through the land.  
 In his riches, man lacks wisdom; \*  
 he is like the beasts that are destroyed.  
 This is the lot of those who trust in themselves, \*  
 who have others at their beck and call.  
 Like sheep they are driven to the grave, †  
 where death shall be their shepherd \*  
 and the just shall become their rulers.  
 With the morning their outward show vanishes \*  
 and the grave becomes their home.  
 But God will ransom me from death \*  
 and take my soul to himself.  
 Then do not fear when a man grows rich, \*  
 when the glory of his house increases.  
 He takes nothing with him when he dies, \*  
 his glory does not follow him below.  
 Though he flattered himself while he lived: \*  
 'Men will praise me for all my success,'  
 yet he will go to join his fathers, \*  
 who will never see the light any more.  
 In his riches, man lacks wisdom; \*  
 he is like the beasts that are destroyed.

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:* Look for the things of heaven,  
 not for the things which are upon this earth.  
 Alleluia.

*Psalm-prayer:*  
 Make our mouths speak your wisdom, Lord Jesus, and help us to  
 remember that you became man and redeemed us from death  
 that we might merit the beauty of your light. Amen.

**Wednesday 20th May - Psalm 113**  
**Praise of the Lord's name**

*"He put down princes from their thrones and exalted the lowly" (Lk 1:52)*

*Antiphon:* I came from the Father  
 and have come into the world,  
 and now I leave the world to go to the Father.  
 Alleluia.

Praise, O servants of the Lord, \*  
 praise the name of the Lord!  
 May the name of the Lord be blessed \*  
 both now and for evermore!  
 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 has risen on high to his throne  
 yet stoops from the heights to look down, \*  
 to look down upon heaven and earth?  
 From the dust he lifts up the lowly, \*  
 from his misery he raises the poor  
 to set him in the company of princes, \*  
 yes, with the princes of his people.  
 To the childless wife he gives a home \*  
 and gladdens her heart with children.

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.

*On Thursday 28th, Friday 29th, Saturday 30th May:*  
 Go into the world and teach all people;  
 baptize them in the name of the Father,  
 and of the Son, and of the Holy Spirit, alleluia.

*On the Solemnity of Pentecost:*  
 Receive the Holy Spirit.  
 Those whose sins you forgive  
 will be forgiven them. Alleluia.

✠ Blessed be the Lord, the God of Israel! \*  
 He has visited his people and redeemed them.  
 He has raised up for us a mighty saviour \*  
 in the house of David his servant,  
 as he promised by the lips of holy men, \*  
 those who were his prophets from of old.  
 A saviour who would free us from our foes, \*  
 from the hands of all who hate us.  
 So his love for our fathers is fulfilled \*  
 and his holy covenant remembered.  
 He swore to Abraham our father to grant us, \*  
 that free from fear, and saved from the hands of our foes,  
 we might serve him in holiness and justice \*  
 all the days of our life in his presence.  
 As for you, little child, \*  
 you shall be called a prophet of God, the Most High.  
 You shall go ahead of the Lord \*  
 to prepare his ways before him,  
 To make known to his people their salvation \*  
 through forgiveness of all their sins,  
 the loving-kindness of the heart of our God \*  
 who visits us like the dawn from on high.  
 He will give light to those in darkness, †  
 those who dwell in the shadow of death, \*  
 and guide us into the way of peace.

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:*

*6th Sunday of Easter + Monday, Tuesday, & Wednesday following:*  
 I will not leave you orphans;  
 I am going but I will come back to you  
 and your hearts will be glad. Alleluia.

*On Thursday 21st May - Solemnity of the Ascension of the Lord:*  
 I am ascending to my Father and your Father,  
 my God and your God. Alleluia.

*On Friday & Saturday after Ascension Day:*  
 In Jesus we see one who is crowned now  
 with glory and honour because he suffered death,  
 alleluia.

*On the 7th Sunday of Easter:*  
 Father, I have glorified you on earth:  
 I have accomplished the work  
 that you gave me to do, alleluia.

*On Monday 25th May - St Bede the Venerable:*  
 The learned will shine as brightly  
 as the vault of heaven,  
 and those who have instructed many in virtue  
 will shine like stars for all eternity. Alleluia.

*On Tuesday 26th May - St Philip Neri*  
*& on Wednesday 27th May - St Augustine of Canterbury:*  
 It is not you who speak:  
 the Spirit of your Father speaks in you. Alleluia.

*On Thursday 28th, Friday 29th, Saturday 30th May:*  
 Go into the world and teach all people;  
 baptize them in the name of the Father,  
 and of the Son, and of the Holy Spirit, alleluia.

On the Solemnity of Pentecost:

Receive the Holy Spirit.  
Those whose sins you forgive  
will be forgiven them. Alleluia.

### Prayers and intercessions

6th Sunday of Easter and each weekday following except Thursday:

Let us pray to the Father, the all-powerful God, who raised up Jesus, our prince and our Saviour.

- Glorify us, Lord, with the glory of Christ.

Father, you brought your beloved Son from the darkness of death to the light of glory;

let us enter into the regions of your own wonderful light.

- Glorify us, Lord, with the glory of Christ.

You saved us through faith in Jesus Christ;

help us to live today in the grace of our baptism.

- Glorify us, Lord, with the glory of Christ.

You have told us to seek the things that are in heaven;

enable us to resist the attraction of sin.

- Glorify us, Lord, with the glory of Christ.

Reveal the riches of our hidden life in Christ

that men may see the signs of the new heaven and the new earth.

- Glorify us, Lord, with the glory of Christ.

On Thursday 21st May - The Ascension of the Lord:

Let us pray to the Lord who is now lifted up from the earth, drawing all things to himself.

- You, Christ, are the king of glory.

Lord Jesus, you offered one sacrifice for sin and then ascended in victory to the Father;

achieve the eternal perfection of those whom you are sanctifying.

- You, Christ, are the king of glory.

Eternal priest, minister of the new covenant, you are alive and interceding for us;

save your people who turn to you in prayer.

- You, Christ, are the king of glory.

After your passion, you appeared to your disciples, and they knew you to be alive:

strengthen our belief that you are with us today.

- You, Christ, are the king of glory.

On this day you promised the Holy Spirit to the apostles, for the spreading of your gospel to the ends of the earth;

strengthen us by the power of the Spirit in bearing witness before the world.

- You, Christ, are the king of glory.

On the 7th Sunday of Easter and weekdays following:

Let us be united in prayer with all who are justified in the Spirit of God, and let us say to Christ, our Lord:

- May your Spirit come to our aid.

Lord Jesus, help us to live by your Spirit;

and show us that we are God's children.

- May your Spirit come to our aid.

Through your Holy Spirit intercede for us with the Father;

make us worthy of your promises.

- May your Spirit come to our aid.

Make us generous, warm-hearted and unselfish;

help us always to think of the needs of others.

- May your Spirit come to our aid.

Through the Holy Spirit grant us the desire to seek God's kingdom and his justice;

strengthen our resolve to know you and the Father.

- May your Spirit come to our aid.

On Sunday 31st May - The Solemnity of Pentecost:

On this day of Pentecost, the Church is filled with joy. Strengthened with measureless hope, we pray to Christ, who is calling his Church together in the Holy Spirit.

my tongue as nimble as the pen of a scribe.

You are the fairest of the children of men †

and graciousness is poured upon your lips: \*

because God has blessed you for evermore.

O mighty one, gird your sword upon your thigh; †

in splendour and state, ride on in triumph \*

for the cause of truth and goodness and right.

Take aim with your bow in your dread right hand. †

Your arrows are sharp, peoples fall beneath you. \*

The foes of the king fall down and lose heart.

Your throne, O God, shall endure for ever. †

A sceptre of justice is the sceptre of your kingdom. \*

Your love is for justice; your hatred for evil.

Therefore God, your God, has anointed you †

with the oil of gladness above other kings: \*

your robes are fragrant with aloes and myrrh.

From the ivory palace you are greeted with music. †

The daughters of kings are among your loved ones. \*

On your right stands the queen in gold of Ophir.

Listen, O daughter, give ear to my words: \*

forget your own people and your father's house.

So will the king desire your beauty: \*

Hé is your lord, pay homage to him.

And the people of Tyre shall come with gifts, \*

the richest of the people shall seek your favour.

The daughter of the king is clothed with splendour, \*

her robes embroidered with pearls set in gold.

She is led to the king with her maiden companions. †

They are escorted amid gladness and joy; \*

they pass within the palace of the king.

Sons shall be yours in place of your fathers: \*

you will make them princes over all the earth.

May this song make your name for ever remembered \*

May the peoples praise you from age to age.

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:* Blessed is he who comes in the name of the Lord.  
Alleluia.

*Psalm-prayer:*

When you took on flesh, Lord Jesus, you made a marriage of mankind with God. Help us to be faithful to your word and endure our exile bravely, until we are called to the heavenly marriage feast, to which the Virgin Mary, exemplar of your Church, has preceded us. Amen.

### Tuesday 19th May - Psalm 49

#### The uselessness of riches

"The rich man will find it very hard  
to enter the kingdom of heaven" (Mt 19:23).

*Antiphon:* Look for the things of heaven,  
not for the things which are upon this earth.  
Alleluia.

Héar this, all you peoples, \*

give heed, all who dwell in the world,

mén both low and high, \*

rich and poor alike!

My lips will speak words of wisdom. \*

My heart is full of insight.

I will turn my mind to a parable, \*

with the harp I will solve my problem.

Why should I fear in evil days? \*

the malice of the foes who surround me,

mén who trust in their wealth, \*

and boast of the vastness of their riches?

For no man can buy his own ransom, \*

or pay a price to God for his life.

The ransom of his soul is beyond him. †



Sons of Áaron, trúst in the Lórd; \*  
 hé is their hélp and their shíeld.  
 You who féar him, trúst in the Lórd; \*  
 hé is their hélp and their shíeld.  
 He remémbers us, and hé will bléss us; †  
 he will bléss the sóns of Ísrael. \*  
 (He will bléss the sóns of Áaron.)  
 The Lórd will bléss thóse who féar him, \*  
 the little no léss than the gréat:  
 to yóu may the Lórd grant incréase, \*  
 to yóu and áll your children.  
 May yóu be bléssed by the Lórd, \*  
 the máker of héaven and éarth.  
 The héavens belóng to the Lórd \*  
 but the éarth he has gíven to mén.  
 The déad shall not práise the Lórd, \*  
 nor thóse who go dówn into the sílence.  
 But wé who líve bléss the Lórd \*  
 nów and for éver. 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:* You have been converted from idolatry  
 to the living God. Alleluia.

*Psalm-prayer:*

Father, creator and ruler of heaven and earth, you made man in  
 your likeness to subdue the earth and master it, and to recognize  
 the work of your hands in created beauty. Grant that your chil-  
 dren, thus surrounded on all sides by signs of your presence, may  
 live continually in Christ, praising you through him and with  
 him. Amen.

**Canticle - Apocalypse 19  
 The wedding of the Lamb**

*Antiphon:* Alleluia. Victory and glory and power to our God!  
 Alleluia.

Alleluia.  
 Salvation and glory and power belong to our God, \*  
 his judgements are true and just.  
 Alleluia.

Alleluia.  
 Praise our God, all you his servants, \*  
 you who fear him, small and great.  
 Alleluia.

Alleluia.  
 The Lord our God, the Almighty, reigns, \*  
 let us rejoice and exult and give him the glory.  
 Alleluia.

Alleluia.  
 The marriage of the Lamb has come, \*  
 and his bride has made herself ready.  
 Alleluia.

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:* Alleluia. Victory and glory and power to our God!  
 Alleluia.

**Monday 18th May - Psalm 45  
 The wedding of the King**

*"Behold, the bridegroom is coming; go out to meet him" (Mt 25:6).*

*Antiphon:* Blessed is he who comes in the name of the Lord.  
 Alleluia.

My héart overflóws with nóble wórds. †  
 To the kíg I must spéak the sóng I have máde, \*

- Lord, renew the face of the earth.  
 Lord Jesus, raised on the cross, you poured out the water of re-  
 birth for the life of the world.  
 Quicken the life of all men with the gift of the Spirit.  
 - Lord, renew the face of the earth.  
 Raised up to God's right hand, you bestowed on the apostles the  
 Father's Gift;  
 your Church now waits for the same Gift, the same hope.  
 - Lord, renew the face of the earth.  
 You breathed your Spirit upon the apostles, and gave them the  
 power of forgiveness:  
 set all men free today from the prison of sin.  
 - Lord, renew the face of the earth.  
 You promised to send us the Spirit of truth, that we might be-  
 come your heralds throughout the world.  
 Through his presence in the Church may we bear faithful witness  
 to you.  
 - Lord, renew the face of the earth.

*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 pro-  
 tect 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.

**The Concluding Prayer**

*6th Sunday of Easter + Monday, Tuesday, & Wednesday following:*  
 Almighty God, give us the grace of an attentive love to celebrate  
 these days of joy devoted to the honour of the Risen Lord. Teach  
 us to hold fast in our actions to the mystery we recall in worship.  
 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 Thursday 21st May - Solemnity of the Ascension of the Lord:*  
 Almighty God, fill us with a holy joy; teach us how to thank you  
 with reverence and love on account of the ascension of Christ  
 your Son. You have raised us up with him: where he, the head,  
 has preceded us in glory, there we, the body, are called in hope.  
 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 Friday & Saturday after Ascension Day & the 7th Sunday of Easter:*  
 Lord God, you restore us to eternal life by our Saviour's resurrec-  
 tion: place us at your right hand, where he is enthroned with you.  
 You gave us a new birth in baptism: clothe us in the garment of  
 eternal happiness when Christ comes in his glory. Who lives and  
 reigns with you in the unity of the Holy Spirit, one God, for ever  
 and ever. Amen.

*On Monday 25th May - St Bede the Venerable:*  
 Lord God, you enrich your Church with the grace of Saint Bede's

learning. In your love, grant to us who serve you that his wisdom may always enlighten us, and his prayer help us. 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 Tuesday 26th May - St Philip Neri:*

God our Father, you are continually raising to the glory of holiness those who serve you faithfully. In your love, hear our prayer: let the Holy Spirit inflame us with that fire with which, in so admirable a way, he took possession of Saint Philip's heart. 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 Wednesday 27th May - St Augustine of Canterbury:*

Almighty God, you led the English people to the gospel by the preaching of Saint Augustine of Canterbury. Grant that his work may last on in the Church and bear fruit in every generation. 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 Thursday 28th, Friday 29th, Saturday 30th May:*

Lord God, let your Spirit come upon us in power and fill us with his gifts, to render our minds pleasing to you and make us docile to your will. 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 the Solemnity of Pentecost:*

Lord God, you sanctify your Church in every race and nation by the mystery we celebrate on this day. Pour out the gifts of the Holy Spirit on all mankind, and fulfil now in the hearts of your faithful what you accomplished when the Gospel was first preached on earth. 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.

#### 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 THE SIXTH & SEVENTH WEEK OF EASTER + PENTECOST

*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 17th Acts of the Apostles 8: 5-8, 14-17  
Psalm 66  
1 Peter 3: 15-18  
John 14: 15-21

May we by thee the Father learn,  
And know the Son, and thee discern,  
Who art of both; and thus adore  
In perfect faith for evermore.

#### The Psalms:

*Two Psalms with a Canticle are said on Sundays & Solemnities -  
one Psalm on subsequent weekdays*

**Sunday 17th May - 6th Sunday of Easter - Psalm 110**

**The Messiah, king and priest**

*"He must be king so that he may put all his enemies under his feet"  
(1 Cor 15:25).*

*Antiphon:* He raised Christ from the dead  
and placed him at his own right hand, in heaven.  
Alleluia.

The Lórd's revelátiún to my Máster: †  
'Sit on my right: \*  
your fóes I will put beneath your féet.'  
The Lórd will wield from Sion †  
your scéptre of pówer: \*  
rúle in the midst of all your fóes.  
A prince 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 kings in the dáy of his wráth.  
He shall drink from the stréam by the wayside \*  
and thérefore he shall lift 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:* He raised Christ from the dead  
and placed him at his own right hand, in heaven.  
Alleluia.

*Psalm-prayer:*

Almighty God, bring the kingdom of Christ, your anointed one,  
to its fullness. May the perfect offering of your Son, eternal priest  
of the new Jerusalem, be offered in every place to your name and  
make all nations a holy people for you. Amen.

**Psalm 115**

**Praise of the true God**

*"Turn away from idols and worship the living and true God" (1 Th 1:9).*

*Antiphon:* You have been converted from idolatry  
to the living God. Alleluia.

Not to ús, Lórd, not to ús, \*  
but to yóur náme give the glóry  
for the sáke of your lóve and your trúth, \*  
lest the héathen say: 'Whére is their Gód?'  
But our Gód is in the héavens; \*  
he dóes whatever he wills.  
Their idols are silver and góld, \*  
the wórk of húman hánds.  
They have móuths but they cánnót spéak; \*  
they have éyes but they cánnót sée;  
they have éars but they cánnót héar; \*  
they have nóstrils but they cánnót sméll.  
With their hánds they cánnót féel; †  
with their féet they cánnót wálk. \*  
(No sóund cómes from their thróats.)  
Their mákers will cóme to be like them \*  
and so will áll who trúst in thém.  
Sons of Ísrael, trúst in the Lórd; \*  
hé is their hélp and their shield.

# 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. Alleluia.

*The following hymn is sung before Ascension Day:*

The Lamb's high banquet we await,  
In snow-white robes of royal state;  
And now, the Red Sea's channel past,  
To Christ our Prince we sing at last.

Upon the altar of the Cross  
His body hath redeemed our loss;  
And tasting of his scarlet blood,  
Our life is hid with him in God.

Now Christ our paschal Lamb is slain,  
The Lamb of God that knows no stain,  
The true oblation offered here,  
Our own unleavened bread sincere.

O thou, from whom hell's monarch flies,  
O great, O very Sacrifice,  
Thy captive people are set free,  
And endless life restored in thee.

To thee who, dead, again dost live,  
All glory, Lord, thy people give:  
All glory, as is ever meet,  
To Father and to Paraclete.

*The following hymn is sung on Ascension Day:*

Sing we triumphant hymns of praise,  
New hymns to heaven exulting raise:  
Christ, by a road before untrod,  
Ascendeth to the throne of God.

The holy Apostolic band  
Upon the Mount of Olives stand,  
And with the Virgin Mother see  
Jesu's resplendent majesty.

O grant us thitherward to tend,  
And with unwearied hearts ascend  
Toward thy kingdom's throne, where thou  
(As is our faith) art seated now.

All glory, Lord, to thee we pay,  
Ascending o'er the stars to-day;  
All glory, as is ever meet,  
To Father and to Paraclete.

*The following hymn is sung after Ascension until and including Pentecost:*

Come, O Creator Spirit, come,  
And make within our hearts thy home;  
To us thy grace celestial give,  
Who of thy breathing move and live.

O Comforter, that name is thine,  
Of God most high the gift divine;  
The well of life, the fire of love,  
Our souls' anointing from above.

Our senses with thy light inflame,  
Our hearts to heavenly love reclaim;  
Our bodies' poor infirmity  
With strength perpetual fortify.

Monday	Acts of the Apostles 16: 11-15 Psalm 149 John 15: 26 - 16: 4
Tuesday	Acts of the Apostles 16: 22-34 Psalm 138 John 16: 5-11
Wednesday	Acts of the Apostles 17: 15, 22- 18: 1 Psalm 148 John 16: 12-15
ASCENSION	Acts of the Apostles 1: 1-11 Psalm 47 Ephesians 1: 17-23 Matthew 28: 16-20
Friday	Acts of the Apostles 18: 9-18 Psalm 47 John 16: 20-23
Saturday	Acts of the Apostles 18: 23-28 Psalm 47 John 16: 23-28
Sunday 24th	Acts of the Apostles 1: 12-14 Psalm 27 1 Peter 4: 13-16 John 17: 1-11a
Monday	Ecclesiasticus 39: 6-10 Psalm 37 Matthew 5: 13-16
Tuesday	Philippians 4: 4-9 Psalm 34 John 17: 20-26
Wednesday	1 Thessalonians 2: 2-8 Psalm 117 Luke 10: 1-9
Thursday	Acts of the Apostles 22: 30; 23: 6-11 Psalm 16 John 17: 20-26
Friday	Acts of the Apostles 25: 13-21 Psalm 103 John 21: 15-19
Saturday	Acts of the Apostles 28: 16-20, 30-31 Psalm 11 John 21: 20-25
PENTECOST	Acts of the Apostles 2: 1-11 Psalm 104 1 Corinthians 12: 3b-7, 12-13 John 20: 19-23

## PRAYERS AT MIDDAY

*As we prepare for the Solemnity of Pentecost I am suggesting that in place of the Office of Sext, it may be helpful to pray the Litany of the Holy Spirit:*

Lord, have mercy on us.	
Christ, have mercy on us.	
Lord, have mercy on us.	
Father all-powerful,	<i>have mercy on us.</i>
Jesus, Eternal, Son of the Father, Redeemer of the world,	<i>save us.</i>
Spirit of the Father and the Son, boundless life of both,	<i>sanctify us.</i>
Holy Trinity,	<i>hear us.</i>

Holy Spirit, Who proceedest from the Father and the Son,  
*enter our hearts.*

Holy Spirit, Who art equal to the Father and the Son,  
*enter our hearts.*

Promise of God the Father,	<i>have mercy on us.</i>
Ray of heavenly light,	<i>have mercy on us.</i>
Author of all good,	<i>have mercy on us.</i>
Source of heavenly water	<i>have mercy on us.</i>
Consuming fire	<i>have mercy on us.</i>
Ardent charity	<i>have mercy on us.</i>
Spiritual unction	<i>have mercy on us.</i>
Spirit of love and truth	<i>have mercy on us.</i>
Spirit of wisdom and understanding	<i>have mercy on us.</i>
Spirit of counsel and fortitude	<i>have mercy on us.</i>
Spirit of knowledge and piety	<i>have mercy on us.</i>
Spirit of the fear of the Lord	<i>have mercy on us.</i>
Spirit of grace and prayer	<i>have mercy on us.</i>
Spirit of peace and meekness	<i>have mercy on us.</i>
Spirit of modesty and innocence	<i>have mercy on us.</i>
Holy Spirit, the Comforter	<i>have mercy on us.</i>
Holy Spirit, the Sanctifier	<i>have mercy on us.</i>
Holy Spirit, Who governs the Church	<i>have mercy on us.</i>
Gift of God, the Most High	<i>have mercy on us.</i>
Spirit Who fills the universe	<i>have mercy on us.</i>
Spirit of the adoption of the children of God	<i>have mercy on us.</i>

Holy Spirit, *inspire in us a horror of sin.*  
Holy Spirit, *come and renew the face of the earth.*  
Holy Spirit, *shed Thy light in our souls.*  
Holy Spirit, *engrave your law in our hearts.*  
Holy Spirit, *in flame us with the flame of your love.*  
Holy Spirit, *open to us the treasures of your graces.*  
Holy Spirit, *teach us to pray well.*  
Holy Spirit, *enlighten us with your heavenly inspirations.*  
Holy Spirit, *lead us in the way of salvation.*  
Holy Spirit, *grant us the only necessary knowledge.*  
Holy Spirit, *inspire in us the practice of good.*  
Holy Spirit, *grant us the merits of all virtues.*  
Holy Spirit, *make us persevere in justice.*  
Holy Spirit, *be our everlasting reward.*

Lamb of God, Who takes away the sins of the world,  
*Send us your Holy Spirit.*

Lamb of God, Who takes away the sins of the world,  
*pour down into our souls the gifts of the Holy Spirit.*

Lamb of God, Who takes away the sins of the world,  
*grant us the Spirit of wisdom and piety.*

V. Come, Holy Spirit! Fill the hearts of your faithful,  
R. And enkindle in them the fire of your love.

Let us pray.

Grant, O merciful Father, that your Divine Spirit may enlighten, inflame and purify us, that He may penetrate us with His heavenly dew and make us fruitful in good works, through Our Lord Jesus Christ, your Son, Who with you, in the unity of the same Spirit, lives and reigns, one God, forever and ever. Amen.

*To the above Litany may be added:*

#### **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.

*The 'Lord's Prayer' follows:*

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**

Let us pray.

Since it is from you, God our Father, that redemption comes to us, your adopted children, look with favour on the family you love, give true freedom to us and to all who believe in Christ, and bring us all alike to our eternal heritage. Through Christ our Lord. Amen.

Let us praise the Lord.

Thanks be to God.