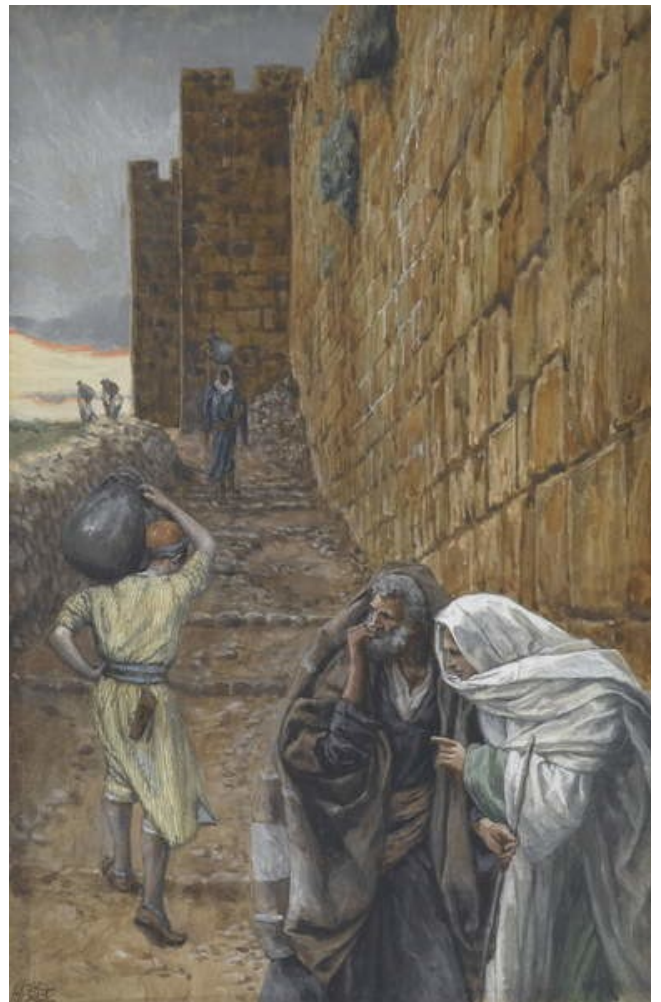




The Parish of
**STONY
STRATFORD**
with
CALVERTON

The Office of Readings & Morning Prayer
The Office of Evening Prayer

THE TRIDUUM SACRUM
'Holy Thursday'
1st April AD 2021



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

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

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

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

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

THE SEAL

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

TRISAGION PRAYERS

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

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

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

All-Holy Trinity, have mercy on us.
Lord forgive us our sins.
Master, pardon our transgressions.
Holy One, visit and heal our infirmities for your name's sake.

Kyrie eleison, Kyrie eleison, Kyrie eleison.

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

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

Kyrie eleison, Kyrie eleison, Kyrie eleison.
Kyrie eleison, Kyrie eleison, Kyrie eleison.

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

You could not Watch with me for one hour

The Second Denial of Peter

All were painted between 1886-1894, and are very small in size. The maximum height of these paintings is just under 10" and the maximum width is just under 12" - some are much smaller.

James Tissot painted 350 Watercolour Paintings of the Life of Christ. For small paintings, the detail is remarkable.

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 watercolour paintings on the front and back covers of this Booklet are by James Tissot and depict seven of the thirty-five events painted by him during Holy Thursday.

In order they are:

The Man with the Pitcher

The Last Supper: Judas Dipping his hand in the dish

The Last Supper

The Washing of the Feet

The Communion of the Apostles

THE ANGELUS

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

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

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

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

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

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

Let us pray:

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

Office of Readings

Introduction

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

Invitatory Psalm

Psalm 95

*“Every day, as long as this ‘today’ lasts,
keep encouraging one another” (Heb 3:13).*

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

Come, ring out our jóy to the Lórd; *
háil the Gód who sáves us.
Let us cóme before him, gíving thánks, *
with sóngs let us háil the Lórd.

A mighty Gód is the Lórd, *
a gréat king abóve all góds.
In his hánd are the dépths of the éarth; *
the héights of the móuntains are his.
To him belongs the séa, for he máde it *
and the drý land sháped by his hánds.

Come in; let us bów and bend lów; *
let us knéel before the Gód who máde us:
for hé is our Gód and wé †
the péople who belóng to his pásture, *
the flóck that is léd by his hánd.

O that todáy you would listen to his vóice! †

'Hárden not your héarts as at Meribah, *
as on that dáy at Mássah in the désert
when your fáthers pút me to the tést; *
when they tried me, thóugh they saw my wórk.

For forty yéars I was wéaried of these péople †
and I sáid: "Their héarts are astráy, *
these péople do not 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.

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

Hymn

Sing, my tongue, the glorious battle,
sing the last, the dread affray;
o'er the cross, the victor's trophy,
sound the high triumphal lay,
how, the pains of death enduring,
earth's Redeemer won the day.

When at length the appointed fullness
of the sacred time was come,
he was sent, the world's Creator,
from the Father's heavenly home,
and was found in human fashion,
offspring of the virgin's womb.

Now the thirty years are ended
which on earth he willed to see.
Willingly he meets his passion,
born to set his people free:
on the cross the Lamb is lifted,
there the sacrifice to be.

There the nails and spear he suffers,
vinegar and gall and reed.
From his sacred body piercèd
blood and water both proceed:
precious flood, which all creation
from the stain of sin hath freed.

Faithful Cross, above all other,
one and only noble Tree.
none in foliage, none in blossom,
none in fruit thy peer may be.
Sweet the wood and sweet the iron,
and thy load, most sweet is he.

Bend, O lofty Tree, thy branches,
thy too rigid sinews bend;
and awhile the stubborn harshness,
which thy birth bestowed, suspend;
and the limbs of heaven's high Monarch
gently on thine arms extend.

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 sickness with which I am afflicted, with Christian patience and submission 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 undergoing. Grant that my sickness may be the means of my true repentance 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 restored 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 servants, NN., and beseech thee to grant them rest in the place of thy rest, where all thy blessed Saints repose, and where the light of thy countenance shineth forever. And I beseech thee also to grant that our present lives may be godly, sober, and blameless, that, we too may be made worthy to enter into thy heavenly Kingdom with those we love but see no longer: for thou art the Resurrection, and the Life, and the Repose of thy departed servants, O Christ our God, and unto thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Amen.

A General Intercession

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

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 and praise thy Holy Name, O Father, Son, and Holy Spirit: now and ever, and unto ages of ages. Amen.

Thanksgiving After Deliverance From Trouble

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

Thou alone wast counted worthy
this world's ransom to sustain,
that a shipwrecked race for ever
might a port of refuge gain,
with the sacred Blood anointed
of the Lamb for sinners slain.

Praise and honour to the Father,
praise and honour to the Son,
praise and honour to the Spirit,
ever Three and ever One:
One in might and One in glory,
while eternal ages run.

Psalm 69: 2-13

I am consumed with zeal for your house

"They gave him wine to drink mixed with gall" (Mt 27:34).

Antiphon: I am wearied with all my crying as I await my God.

Sáve me, O Gód, *
for the wáters have risen to my néck.

I have súnk into the múd of the déep *
and there is nó fóothold.
I have éntered the wáters of the déep *
and the wáves overwhélm me.

I am wéaried with áll my crýing, *
my thróat is párched.
My éyes are wásted awáy *
from lóoking for my Gód.

More númerous than the háirs on my héad *
are those who háte me without cáuse.
Thóse who attáck me with líes *
are too múch for my stréngth.

Hów can Í restóre *
what I have néver stólen?
O Gód, you know my sínful fóllý; *
my síns you can sée.
Let those who hópe in you nó't be put to sháme *
through mé, Lord of hósts:
let not thóse who séeek you be dísmáyed *
through mé, God of Ísraél.

It is for yóu that I súffer táunts, *
that sháme cóvers my fáce,
that I have becóme a stránger to my bróthers, *
an álien to my ówn móther's sóns.
I búrn with zéal for your hóuse *
and táunts against yóu fall on mé.
When I afflíct my sóul with fásting *
they máke it a táunt agáinst me.

When I pút on sáckcloth in móurning *
thén they máke me a býword,
the góssip of mén at the gátes, *
the súbject of drúnkards' sóngs.

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 am wearied with all my crying as I await my God.

Psalm 69: 14-22

Antiphon: For food they gave me poison, and in my thirst they gave me vinegar to drink.

This is my práyer to yóu, *
my práyer for your fávour.
In your great lóve, ánsWER me, O Gód, *
with your hélp that never fáils:
réscue me from sínkING in the múd; *
sáve me from my fóes.

Sáve me from the wátERS of the déep *
lest the wáves overwhélm me.
Dó not let the déep engúlf me *
nor déath clóse its móúth on me.

Lord, ánsWER, for your lóve is kind; *
in your compásson, túrn tóWARDS me.
Do not híde your fáce from your sérvant; *
ánsWER quíckly for Í am in dístréss.
Come clóse to my sóul and redéem me; *
ránsom me préssed by my fóes.

You knóW how they táunt and deride me; *
my oppréssors are áll befóre you.
Táunts have bróken my héart; *
I have réached the énd of my stréngth.
I lóoked in váin for compásson, *
for consólers; not óne could I find.

For fóod they gáve me póison; *
in my thírst they gave me vínegar to drínk.

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: For food they gave me poison, and in my thirst they gave me vinegar to drink.

Psalm 69: 30-37

Antiphon: Seek the Lord, and he will give life to your soul.

As for mé in my póverty and páin *
let your hélp, O Gód, líft me úp.

I will práise Gód's náme with a sóng; *
I will glórfy híM with thanksgíving.
A gíft pleásing Gód more than óxen, *

make us come to you, our final end.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you
in the unity of the Holy Spirit,
God, for ever and ever.
Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life.
Amen.

N.B. Evening Prayer (Vespers) will not be Livestreamed as it is only recited by those who are incapacitated from attending the Evening Mass of the Last Supper of the Lord.

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

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

Lord, have mercy. (Thrice)

Then

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

Or

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

Or

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

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

Prayers and intercessions

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

- **Lord, have mercy on us.**

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

- **Lord, have mercy on us.**

Your heart was pierced with a lance;
heal the wounds of our human weakness.

- **Lord, have mercy on us.**

You made your cross the tree of life;
share your victory with all the baptized.

- **Lord, have mercy on us.**

You gave salvation to the repentant thief;
pardon all our sins.

- **Lord, have mercy on us.**

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.

Let us pray.

Love of you with our whole heart, Lord God, is holiness.

Increase, then, your gifts of divine grace in us,
so that, as in your Son's death
you made us hope for what we believe,
you may likewise, in his resurrection,

more than beasts prepared for sacrifice.

The poor when they see it will be glad *
and God-seeking hearts will revive;
for the Lord listens to the needy *
and does not spurn his servants in their chains.
Let the heavens and the earth give him praise, *
the sea and all its living creatures.

For God will bring help to Sion †
and rebuild the cities of Judah *
and men shall dwell there in possession.
The sons of his servants shall inherit it; *
those who love his name shall dwell there.

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: Seek the Lord, and he will give life to your soul.

Psalm-prayer

God our Father, to show the way of salvation, you chose
that the standard of the cross should go before us, and you
fulfilled the ancient prophecies in Christ's passover from
death to life. Do not let us rouse your burning indignation
by sin, but rather, through the contemplation of his
wounds, make us burn with zeal for the honour of your
Church and with grateful love for you.

Ÿ. When I am lifted up from the earth,
R̄. I shall draw all things to myself.

First Reading

Hebrews 4:14-5:10

Jesus Christ the great High Priest

Since in Jesus, the Son of God, we have the supreme high
priest who has gone through to the highest heaven, we
must never let go of the faith that we have professed. For it
is not as if we had a high priest who was incapable of feel-
ing our weaknesses with us; but we have one who has been
tempted in every way that we are, though he is without sin.
Let us be confident, then, in approaching the throne of
grace, that we shall have mercy from him and find grace
when we are in need of help.

Every high priest has been taken out of mankind and is
appointed to act for men in their relations with God, to
offer gifts and sacrifices for sins; and so he can sympathise
with those who are ignorant or uncertain because he too
lives in the limitations of weakness. That is why he has to
make sin offerings for himself as well as for the people. No
one takes this honour on himself, but each one is called by
God, as Aaron was. Nor did Christ give himself the glory of
becoming high priest, but he had it from the one who said
to him: *You are my son, today I have become your father*, and in
another text: *You are a priest of the order of Melchizedek, and
for ever.*

During his life on earth, he offered up prayer and entreaty,

aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Although he was Son, he learnt to obey through suffering; but having been made perfect, he became for all who obey him the source of eternal salvation and was acclaimed by God with the title of high priest of the order of Melchizedek.

Responsory

Heb 5:7-9

℞. Although he was the son of God, Christ learnt to obey through suffering,* and he became for all who obey him the source of eternal salvation.
℣. During his life on earth, he offered up prayer aloud, and he submitted so humbly that his prayer was heard,* and he became for all who obey him the source of eternal salvation.

Second Reading

From an Easter homily by Saint Melito of Sardis, bishop
The Lamb that was slain has delivered us from death and given us life

There was much proclaimed by the prophets about the mystery of the Passover: that mystery is Christ, and to him be glory for ever and ever. Amen.
For the sake of suffering humanity he came down from heaven to earth, clothed himself in that humanity in the Virgin's womb, and was born a man. Having then a body capable of suffering, he took the pain of fallen man upon himself; he triumphed over the diseases of soul and body that were its cause, and by his Spirit, which was incapable of dying, he dealt man's destroyer, death, a fatal blow. He was led forth like a lamb; he was slaughtered like a sheep. He ransomed us from our servitude to the world, as he had ransomed Israel from the hand of Egypt; he freed us from our slavery to the devil, as he had freed Israel from the hand of Pharaoh. He sealed our souls with his own Spirit, and the members of our body with his own blood. He is the One who covered death with shame and cast the devil into mourning, as Moses cast Pharaoh into mourning. He is the One who smote sin and robbed iniquity of offspring, as Moses robbed the Egyptians of their offspring. He is the One who brought us out of slavery into freedom, out of darkness into light, out of death into life, out of tyranny into an eternal kingdom; who made us a new priesthood, a people chosen to be his own for ever. He is the Passover that is our salvation.
It is he who endured every kind of suffering in all those who foreshadowed him. In Abel he was slain, in Isaac bound, in Jacob exiled, in Joseph sold, in Moses exposed to die. He was sacrificed in the Passover lamb, persecuted in David, dishonoured in the prophets.
It is he who was made man of the Virgin, he who was hung on the tree; it is he who was buried in the earth, raised from the dead, and taken up to the heights of heaven. He is the mute lamb, the slain lamb, the lamb born of Mary, the fair ewe. He was seized from the flock, dragged off to be slaughtered, sacrificed in the evening, and buried at night. On the tree no bone of his was broken; in the earth his body knew no decay. He is the One who rose from the dead, and who raised man from the depths of the tomb.

is now, and ever shall be,
world without end. Amen.

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

Psalm-prayer

Father, you rescued your people from slavery and acquired, through the passion of your Son, a new people united in his body and signed with his holiness. Make us faithful to your covenant and obedient to your commandments, so that we may have in your finest bread food for this life and a foretaste of eternity and be able to walk in your ways until we reach our home.

Short Reading

Hebrews 2: 9-10

We have seen Jesus crowned with glory and splendour because he submitted to death; by God's grace he had to experience death for all mankind. As it was his purpose to bring a great many of his sons into glory, it was appropriate that God, for whom everything exists and through whom everything exists, should make perfect, through suffering, the leader who would take them to their salvation.

Short Responsory

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

Canticle

Benedictus

The Messiah and the one who was sent before him

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

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

He has raised úp for ús a mighty sáviour *
in the hóuse of Dávid his sérvant,
as he prómised by the líps of holy mén, *
thóse who were his próphets from of óld.

A sáviour who would frée us from our fóes, *
from the hánds of áll who háte us.
So his lóve for our fáthers is fulfilled *
and his hóly covenant remébered.

He swóre to Ábraham our fáther to gránt us, *
that frée from féar, and sáved from the hánds of our fóes,
we might sérve him in hóliness and jústice *

as it was in the beginning,
is now, and ever shall be,
world without end. Amen.

Antiphon: See now that God is my salvation: I have trust and
no fear.

Psalm 81

Solemn renewal of the covenant

“Take care that no one among you has a wicked,
disbelieving heart” (Heb 3:12).

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

Ring out your joy to Gód our strength, *
shout in triumph to the Gód of Jácob.

Raise a sÓng and sÓund the tÍmbrel, *
the swéet-sounding hárp and the lúte;
blÓw the trÚmpet at the new móon, *
when the móon is fÚll, on our féast.

For this is Ísrael’s lÁw, *
a commÁnd of the Gód of Jácob.
He impÓsed it as a rÚle on JÓseph, *
when he went Óut against the lÁnd of Égypt.

A vÓice I did not knÓw said to mé: *
‘I fréed your shÓulder from the búrden;
your hÁnds were fréed from the lÓad. *
You cÁlled in distréss and I sÁved you.

‘I ánswered, conceÁled in the stÓrm cloud; *
at the wÁters of Meribah I tésted you.
LÍsten, my péople, to my wÁrning. *
Ó Ísrael, if Ónly you would hÉed!

‘Let there bé no fóreign god amÓng you, *
no wÓrship of an álien gód.
Í am the LÓrd your Gód, †
who brÓught you from the lÁnd of Égypt. *
Ópen wide your móuth and I will fill it.

‘But my péople did not hÉed my vÓice *
and Ísrael wÓuld not obéy,
so I léft them in their stÚbbornness of héart *
to fÓllow their Ówn desÍgns.

‘Ó that my péople would hÉed me, *
that Ísrael would wÁlk in my wÁys!
At Ónce I would subdÚe their fÓes, *
turn my hÁnd ágÁinst their énemies.

‘The Lord’s énemies would cringe at their fÉet *
and their subjÉction would lÁst for éver.
But Ísrael I would féed with finest whéat *
and fill them with hÓney from the rÓck.’

Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,

Responsory

Ŕ. All men have sinned and are far away from God’s saving
presence, but by the free gift of God’s grace they are all
redeemed through Christ Jesus, who sets them free.*
God offered him so that by his death he should be-
come the means by which men’s sins are forgiven,
through their faith in him.

Ÿ. Look, there is the Lamb of God: it is he who takes away
the sin of the world.* God offered him so that by his
death he should become the means by which men’s
sins are forgiven, through their faith in him.

*If Morning Prayer follows immediately then the recitation resumes
with the Psalms*

Let us pray.

Love of you with our whole heart, Lord God, is holiness.

Increase, then, your gifts of divine grace in us,
so that, as in your Son’s death
you made us hope for what we believe,
you may likewise, in his resurrection,
make us come to you, our final end.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you
in the unity of the Holy Spirit,
God, for ever and ever.

Amen.

Let us praise the Lord.

– **Thanks be to God.**

Morning Prayer (Lauds)

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.

Hymn

Sing my tongue, the glorious battle,
Sing the ending of the fray;
To the Cross, our noble trophy,
Here a fitting tribute pay,
Telling how the world’s Redeemer,
Slain as victim, won the day.

Tell how, when at length the fullness
Of the appointed time was come,
He, the Word, was born of woman,
Left for us his Father’s home,
Showed to men the perfect manhood,
Shone as light amidst the gloom.

Now the thirty years are ended
Which on earth he willed to see,
Willingly he meets his Passion,
Born to set his people free;
On the Cross the Lamb is lifted,
There the sacrifice to be.

Faithful Cross, above all other,
One and only noble Tree,
None in foliage, none in blossom,
None in fruit thy peer may be;
Sweet the wood and sweet the iron,
And the load, most sweet is he.

Unto God be praise and glory:
To the Father and the Son,
To the eternal Spirit, honour
Now and evermore be done;
Praise and glory in the highest,
While the timeless ages run.

Psalm 80

Lord, tend your vine
"Come, Lord Jesus!" (Rev 22:20).

Antiphon: Look, Lord, and answer quickly, for I am in distress.

O shépherd of Ísrael, héar us, *
you who léad Jóseph's flóck,
shine fórth from your chérubim thróne *
upon Éphraim, Bénjamin, Manásseh.
O Lórd, róuse up your míght, *
O Lórd, cóme to our hélp.

Gód of hósts, bríng us báck; *
let your fáce shine on ús and wé shall be sáved.

Lórd God of hósts, how lóng *
will you frówn on your péople's pléa?
You have féd them with téars for their bréad, *
an abúndance of téars for their drínk.
You have máde us the táunt of our néighbours, *
our énemies láugh us to scórn.

Gód of hósts, bríng us báck; *
let your fáce shine on ús and wé shall be sáved.

You bróught a víne out of Égypt; *
to plánt it you dróve out the nátions.
Befóre it you cléared the gróund; *
it took róot and spréad through the lánd.

The móuntains were cóvered with its sháadow, *
the céders of Gód with its bóughs.
It strétched out its bránches to the séa, *
to the Great Ríver it strétched out its shóots.

Then why have you bróken down its wálls? *
It is plúcked by áll who pass bý.
It is rávaged by the bóar of the fórest, *
devóured by the béasts of the fíeld.

God of hósts, turn agáin, we implóre, *
look dówn from héaven and sée.
Visit this víne and protéct it, *
the víne your ríght hand has plánted.

Men have búrnt it with fire and destróyed it. *
May they pérish at the frówn of your fáce.
May your hánd be on the mán you have chósen, *
the mán you have gíven your stréngth.
And we shall néver forsáke you agáin; *
give us lífe that we may cáll upon your náme.

Gód of hósts, bríng us báck; *
let your fáce shine on ús and wé shall be sáved.

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, Lord, and answer quickly, for I am in distress.

Psalm-prayer

Lord God, eternal shepherd, you so tend the vineyard you planted that now it extends its branches even to the farthest coast. Look down on your Church and come to us. Help us remain in your Son as branches on the vine, that, planted firmly in your love, we may testify before the whole world to your great power working everywhere.

Canticle

Isaiah 12

The rejoicing of a redeemed people

"If any man is thirsty, let him come to me and drink"
(Jn 7:37)

Antiphon: See now that God is my salvation: I have trust and no fear.

I thank you, Lord: you were angry with me, *
but your anger has passed and you give me comfort.

Truly, God is my salvation, *
I trust, I shall not fear.
For the Lord is my strength, my song, *
he is my saviour.

With joy you will draw water *
from the wells of salvation.
Give thanks to the Lord, give praise to his name! *
Make his mighty deeds known to the peoples.

Declare the greatness of his name, *
sing a psalm to the Lord!
For he has done glorious deeds: *
make them known to all the earth!

People of Zion, sing and shout for joy, *
for great in your midst is the Holy One of Israel.

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