



The Parish of  
**STONY  
STRATFORD**  
with  
**CALVERTON**

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

**Tuesday in Holy Week**  
*'Temple Tuesday'*  
**30th March 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.

The watercolour paintings on the front and back covers  
of this Booklet are by James Tissot and depict the  
events of this Tuesday in Holy Week.

In order they are:

*The Gentiles ask to see Jesus*

*The Chief Priests ask Jesus by what right does  
he act in this way*

*The Tribute Money*

*The Pharisees Question Jesus*

*Woe unto you Scribes and Pharisees*

*The Prophecy of the Destruction of the Temple*

*The Ointment of the Magdalene*

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 remark-  
able.

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;

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

*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 94 (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

Glory be to Jesus,  
Who, in bitter pains,  
Poured for me the lifeblood  
From His sacred Veins!

Grace and Life eternal  
In that blood I find;  
Blest be His compassion,  
Infinitely kind.

Blest through endless ages  
Be the precious Stream,  
Which from endless torments  
Doth the world redeem.

There the fainting spirit  
Drinks of life her fill;  
There as in a fountain  
Laves herself at will.

O, the blood of Christ! it  
Soothes the Father's ire;  
Opes the gate of Heaven;  
Quells eternal fire.

Abel's blood for vengeance  
Pleaded to the skies;  
But the blood of Jesus  
For our pardon cries.

Oft as it is sprinkled  
On our guilty hearts,  
Satan in confusion  
Terror struck departs.

Oft as earth exulting  
Wafts its praise on high,  
Angel hosts, rejoicing,  
Make their glad reply.

Lift we then our voices,  
Swell the mighty flood;

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

### Thanksgiving After Deliverance From Trouble

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

### A Prayer of a Sick Person

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

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.

#### 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

#### Louder still and louder Praise the precious blood

#### Psalm 37: 1-11

#### The fate of the evil and the righteous

*"Blessed are the gentle:*

*they shall have the earth for their heritage" (Mt 5:5).*

*Antiphon: Commit your life to the Lord, and he will act on your behalf.*

Do not frét because of the wicked; \*  
do not énvý thóse who do évil,  
for they wither quickly like gráss \*  
and fáde like the gréen of the fields.

If you trúst in the Lórd and do góod, \*  
then you will live in the lánd and be secúre.  
If you fínd your delíght in the Lórd, \*  
he will gránt your héart's desíre.

Commít your life to the Lórd, \*  
trust in hím and hé will áct,  
so that your jústice breaks fórtH like the light, \*  
your cáuse like the nóon-day sún.

Be still before the Lórd and wait in pátiencie; \*  
do not frét at the mán who próspers;  
a mán who makes évil plóts \*  
to bríng down the néedy and the póor.

Calm your ánger and forgét your ráge; \*  
do not frét, it ónly leads to évil.  
For thóse who do évil shall pérish; \*  
the pátient shall inhérit the lánd.

A little lónger – and the wicked shall have góne. \*  
Lóok at his pláce, he is not thére.  
But the húmble shall ówn the lánd \*  
and enjóy the fúllness of péace.

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

*Antiphon: Commit your life to the Lord, and he will act on your behalf.*

#### Psalm 37: 12-29

*Antiphon: Turn away from evil and do good: the Lord will support the just.*

The wicked man plóts against the júst \*  
and gnáshes his téeth agáinst him;  
but the Lórd láughs at the wicked \*  
for he sées that his dáy is at hánd.

The swórd of the wicked is dráwn, \*  
his bow is bént to sláughter the úpright.

Their swórd shall pierce their own héarts \*  
and their bóws shall be bróken to pieces.

The júst man's féw posséssions \*  
are bétter than the wícked man's wéalth;  
for the pówer of the wícked shall be bróken \*  
and the Lórd will support the júst.

He protéct's the líves of the úpright, \*  
their héritage will lást for éver.  
They shall nó't be put to sháme in evil dáys, \*  
in time of fámine their fód shall not fáil.

But áll the wícked shall pérish \*  
and áll the énemies of the Lórd.  
Théy are like the béauty of the méadows, \*  
they shall vánish, they shall vánish like smóke.

The wícked man bórróws without repáying, \*  
but the júst man is génerous and gíves.  
Those bléssed by the Lórd shall own the lánd, \*  
but thóse he has cúrsed shall be destróyed.

The Lórd guides the stéps of a mán \*  
and makes sáfe the páth of one he lóves.  
Though he stúmbles he shall néver fáil \*  
for the Lórd hólds him by the hánd.

I was yóung and nów I am óld, †  
but I have néver seen the júst man forsáken \*  
nor his children bégging for bréad.  
All the dáy he is génerous and lénds \*  
and his children becóme a bléssing.

Then túrn away from évil and do góod \*  
and yóu shall have a hóme for éver;  
for the Lórd lóves jústice \*  
and will néver forsáke his friends.

The unjúst shall be wíped out for éver \*  
and the children of the wícked destróyed.  
The júst shall inhérit the lánd; \*  
thére they shall líve 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:* Turn away from evil and do good: the Lord will support the just.

Psalm 37: 30-40

*Antiphon:* Wait for the Lord, keep to his way.

The júst man's móuth utters wísdóm \*  
and his líps spéak what is ríght;  
the lów of his Gód is in his héart, \*  
his stéps shall be sáved from stúmbing.

The wícked man wátches for the júst \*

help us to extend to others the consolation you have given us.

- **Sanctify the people you redeemed by your blood.**  
Unite the faithful to your passion in times of trouble and distress  
and let the power of your salvation shine forth in their lives.
- **Sanctify the people you redeemed by your blood.**  
You humbled yourself even to accepting death, death on a cross;  
grant to your servants obedience and patience.
- **Sanctify the people you redeemed by your blood.**  
Share with the dead your bodily glory;  
let us rejoice one day with them in the fellowship of the saints.
- **Sanctify the people you redeemed by your blood.**

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.

All-powerful, ever-living God,  
may our sacramental celebration of the Lord's passion  
bring us your forgiveness.  
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.**

## 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

## Short Responsory

We worship you, Christ, and we bless you.  
- **We worship you, Christ, and we bless you.**  
By your cross you have redeemed the world.  
- **We worship you, Christ, and we bless you.**  
Glory be to the Father and to the Son  
and to the Holy Spirit.  
- **We worship you, Christ, and we bless you.**

## Canticle

### My soul rejoices in the Lord

*Antiphon: I have the right to lay down my life, and I have the right to take it up again.*

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 Almíghty 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 rích 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: I have the right to lay down my life, and I have the right to take it up again.*

## Prayers and intercessions

Let us turn in prayer to the Saviour of all men. By dying he destroyed our death and by rising he restored our life.  
- **Sanctify the people you redeemed by your blood.**  
Christ, our Redeemer, let us share in your passion by works of penance,  
let us attain the glory of your resurrection.  
- **Sanctify the people you redeemed by your blood.**  
Grant us the protection of your Mother, the comforter of the afflicted,

and séeks occásion to kill him.  
The Lórd will not léave him in his pówer \*  
nor lét him be condémmned when he is júdged.

Then wáit for the Lórd, keep to his wáy. \*  
It is hé who will frée you from the wícked,  
raise you úp to posséss the lánd \*  
and sée the wícked destróyed.

I have séen the wícked triúmphant, \*  
tówering like a cédar of Lébanon.  
I pássed by agáin; he was góne. \*  
I séarched; he was nówhere to be fóund.

See the júst man, márk the úpright, \*  
for the péaceful man a fúture lies in stóre,  
but sínners shall áll be destróyed. \*  
No fúture lies in stóre for the wícked.

The salvátion of the júst comes from the Lórd, \*  
their strónghold in time of distréss.  
The Lórd hélpes them and delívers them \*  
and sáves them: for their réfuge is in him.

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: Wait for the Lord, keep to his way.*

## Psalm-prayer

You proclaimed the poor to be blessed, Lord Jesus, for the kingdom of heaven is given to them. Fill us generously with your gifts. Teach us to put our trust in the Father and to seek his kingdom first of all rather than imitate the powerful and envy the rich.

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

## First Reading

### Hebrews 12:1-13

*Let us run to Christ our Guide in the struggle*

With so many witnesses in a great cloud on every side of us, we too, then, should throw off everything that hinders us, especially the sin that clings so easily, and keep running steadily in the race we have started. Let us not lose sight of Jesus, who leads us in our faith and brings it to perfection: for the sake of the joy which was still in the future, he endured the cross, disregarding the shameful of it, and from now on has taken his place at the right of God's throne. Think of the way he stood such opposition from sinners and then you will not give up for want of courage. In the fight against sin, you have not yet had to keep fighting to the point of death. Have you forgotten that encouraging text in which you are addressed as sons? *My son, when the Lord corrects you, do not treat it lightly; but do not get discouraged when he reprimands you. For the Lord trains the ones that he loves and he punishes all*

those that he acknowledges as his sons. Suffering is part of your training; God is treating you as his sons. Has there ever been any son whose father did not train him? If you were not getting this training, as all of you are, then you would not be sons but bastards. Besides, we have all had our human fathers who punished us, and we respected them for it; we ought to be even more willing to submit ourselves to our spiritual Father, to be given life. Our human fathers were thinking of this short life when they punished us, and could only do what they thought best; but he does it all for our own good, so that we may share his own holiness. Of course, any punishment is most painful at the time, and far from pleasant; but later, in those on whom it has been used, it bears fruit in peace and goodness. So *hold up your limp arms and steady your trembling knees and smooth out the path you tread*; then the injured limb will not be wrenched, it will grow strong again.

### Responsory

*Heb 12:2; Ph 2:8*

℞. Jesus, who leads us in our faith and brings it to perfection, for the sake of the joy which was still in the future, he endured the cross,\* and now he has taken his place at God's right hand.

℣. He was humble and walked the path of obedience to death,\* and now he has taken his place at God's right hand.

### Second Reading

**From the book On the Holy Spirit  
by Saint Basil the Great, bishop**

*By one death and resurrection the world was saved*

When mankind was estranged from him by disobedience, God our Saviour made a plan for raising us from our fall and restoring us to friendship with himself. According to this plan Christ came in the flesh, he showed us the gospel way of life, he suffered, died on the cross, was buried and rose from the dead. He did this so that we could be saved by imitation of him, and recover our original status as sons of God by adoption.

To attain holiness, then, we must not only pattern our lives on Christ's by being gentle, humble and patient, we must also imitate him in his death. Taking Christ for his model, Paul said that he wanted to become like him in his death in the hope that he too would be raised from death to life. We imitate Christ's death by being buried with him in baptism. If we ask what this kind of burial means and what benefit we may hope to derive from it, it means first of all making a complete break with our former way of life, and our Lord himself said that this cannot be done unless a man is born again. In other words, we have to begin a new life, and we cannot do so until our previous life has been brought to an end. When runners reach the turning point on a racecourse, they have to pause briefly before they can go back in the opposite direction. So also when we wish to reverse the direction of our lives there must be a pause, or a death, to mark the end of one life and the beginning of another.

Our descent into hell takes place when we imitate the burial of Christ by our baptism. The bodies of the baptized are in a sense buried in the water as a symbol of their renunciation of the sins of their unregenerate nature. As the Apos-

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

*Antiphon: Deliver me, Lord, and set me close to you: let who will raise his hand against me.*

### Psalm-prayer

You condemned the rich, Lord Jesus, because they have already received their reward, and you proclaimed the poor blessed because the kingdom of heaven is theirs. Teach us to seek for imperishable goods and to have confidence in your blood, poured out as the price of our redemption.

### Canticle

**Apocalypse 4,5**

#### The song of the redeemed

*Antiphon: You were slain, Lord, and with your blood you bought us for God.*

Worthy are you, our Lord and God, \*  
to receive glory and honour and power,  
for you created all things, \*  
and by your will they existed and were created.

Worthy are you, O Lord, \*  
to take the scroll and to open its seals,  
for you were slain, †  
and by your blood you ransomed men for God \*  
from every tribe and tongue and people and nation.

You have made us a kingdom and priests to our God, \*  
and we shall reign on earth.

Worthy is the Lamb who was slain \*  
to receive power and wealth  
and wisdom and might \*  
and honour and glory and blessing.

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 were slain, Lord, and with your blood you bought us for God.*

### Short Reading

**1 Corinthians 1:27-30**

To shame what is strong, God chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen – those who are nothing at all to show up those who are everything. The human race has nothing to boast about to God, but you, God has made members of Christ Jesus and by God's doing he has become our wisdom, and our virtue, and our holiness, and our freedom.



My héart is fúll of insight.  
I will túrn my mínd to a párablé, \*  
with the hárp I will sólve my próblem.

Whý should I féar in evil dáys \*  
the málice of the fóes who surróund me,  
mén who trúst in their wéalth, \*  
and bóast of the vástness of their ríches?

For nó man can bý his own ránsom, \*  
or pay a príce to Gód for his life.  
The ránsom of his sóul is beyónd him. †  
He cánnót buy life without énd, \*  
nor avóid cóming to the gráve.

He knows that wíse men and fóols must both pérish \*  
and léave their wéalth to óthers.  
Their gráves are their hómes for éver, †  
their dwélling place from áge to áge, \*  
though their námes spread wíde through the lánd.

In his ríches, mán lacks wísdóm; \*  
hé is like the béasts that are destróyed.

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

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

#### Psalm 49: 14-21

*Antiphon: Deliver me, Lord, and set me close to you: let who will raise his hand against me.*

This is the lót of those who trúst in themsélves, \*  
who have óthers at their béck and cáll.  
Like shéep they are dríven to the gráve, †  
where déath shall bé their shépherd \*  
and the júst shall becóme their rúlers.

With the mórníng their óutward show vánishes \*  
and the gráve becómes their hóme.  
But Gód will ránsom me from déath \*  
and táke my sóul to himsélf.

Then do not féar when a mán grows rích, \*  
when the glóry of his hóuse incréases.  
He takes nóthing with him when he díes, \*  
his glóry does not fóllo w him belów.

Though he fláttéréd himsélf while he líved: \*  
'Men will práise me for áll my succéss,'  
yet he will gó to jóin his fáthers, \*  
who will néver see the líght any móre.

In his ríches, mán lacks wísdóm; \*  
hé is like the béasts that are destróyed.

Glory be to the Father and to the Son

tle says: *The circumcision you have undergone is not an operation performed by human hands, but the complete stripping away of your unregenerate nature. This is the circumcision that Christ gave us, and it is accomplished by our burial with him in baptism. Baptism cleanses the soul from the pollution of worldly thoughts and inclinations: You will wash me, says the psalmist, and I shall be whiter than snow. We receive this saving baptism only once because there was only one death and one resurrection for the salvation of the world, and baptism is its symbol.*

#### Responsory

℞. When we were baptized in Christ Jesus we were baptized in his death;\* if in union with him we have imitated his death, we shall also imitate him in his resurrection.

℣. When we were baptized we went into the tomb with him and joined him in death;\* if in union with him we have imitated his death, we shall also imitate him in his resurrection.

*N.B. When the Office of Readings is celebrated immediately before Morning Prayer then the recitation continues with the appointed Psalms.*

Let us pray.

All-powerful, ever-living God,  
may our sacramental celebration of the Lord's passion bring us your forgiveness.  
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

O dearest Lord, thy sacred head  
with thorns was pierced for me;  
O pour thy blessing on my head  
that I may think for thee.

O dearest Lord, thy sacred hands  
with nails were pierced for me;  
O shed thy blessing on my hands

that they may work for thee.

O dearest Lord, thy sacred feet  
with nails were pierced for me;  
O pour thy blessing on my feet  
that they may follow thee.

O dearest Lord, thy sacred heart  
with spear was pierced for me;  
O pour thy Spirit in my heart  
that I may live for thee.

*Tune: Albano*

**Psalm 43**  
**Longing for the temple**

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

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

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

Since yóu, O Gód, are my stróngthold, \*  
whý have you rejeéted me?  
Whý do Í go móurning \*  
oppreséed by the fóe?

O sénd forth your líght and your trúth; \*  
let thése be my gúide.  
Let them bríng me to your hóly móuntain, \*  
to the pláce where you dwéll.

And I will cóme to the áltar of Gód, \*  
the Gód of my jóy.  
My redéemer, I will thánk you on the hárp, \*  
O Gód, my Gód.

Whý are you cast dówn my sóul, \*  
why gróan 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: Lord, plead my cause; from deceitful and cunning  
men rescue me.*

**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.

## Vespers (Evening Prayer)

### 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

Sweet the moments, rich in blessing,  
Which before the cross we spend,  
Life and health and peace possessing  
From the sinner's dying Friend.

Here I stay, forever viewing  
Mercy streaming in His blood;  
Precious drops, my soul bedewing,  
Plead and claim my peace with God.

Truly blessèd is the station,  
Low before His cross to lie,  
While I see divine compassion  
Floating in His languid eye.

Here we find our hope of heaven,  
While upon the Lamb we gaze;  
Loving much, and much forgiven,  
Let our hearts o'erflow with praise.

Lord, in ceaseless contemplation  
Fix our hearts and eyes on Thee,  
Till we taste Thy full salvation,  
And unveiled Thy glories see.

For Thy sorrows we adore Thee,  
For the griefs that wrought our peace;  
Gracious Saviour, we implore Thee,  
In our hearts Thy love increase.

**Psalm 49: 2-13**  
**The uselessness of riches**

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

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

Héar this, áll you péoples, \*  
give héed, all who dwéll in the wórld,  
mén both lów and high, \*  
rich and póor alike!

My líps will speak wórd of wísdóm. \*

through forgiveness of all their sins,  
the loving-kindness of the heart of our Gód \*  
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: Father, glorify me in your own presence, with the  
glory which I had with you before the world began.*

### Prayers and intercessions

Let us pray earnestly to Christ our Saviour, who redeemed  
us by his death and resurrection.

- **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.

All-powerful, ever-living God,  
may our sacramental celebration of the Lord's passion  
bring us your forgiveness.

Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spir-  
it,

God, for ever and ever.

**Amen.**

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

**Amen.**

### Canticle

Isaiah 38

#### The psalm of Hezekiah on recovering from sickness

*"I was dead and behold, I am alive  
and I hold the keys of death" (Rev 1:17-18).*

*Antiphon: Lord, you have defended the cause of my soul; you  
have redeemed my life, Lord my God.*

I said, In the noontide of my days I must depart; †  
I am consigned to the gates of Sheol \*  
for the rest of my years.

I said, I shall not see the Lord \*  
in the land of the living;  
I shall look upon man no more \*  
among the inhabitants of the world.

My dwelling is plucked up and removed from me \*  
like a shepherd's tent;  
like a weaver I have rolled up my life; \*  
he cuts me off from the loom.

From day to night you bring me to an end; \*  
I cry for help until morning;  
like a lion he breaks all my bones; \*  
from day to night you bring me to an end.

Like a swallow or a crane I clamour, \*  
I moan like a dove.  
My eyes are weary with looking upward. \*  
O Lord, I am oppressed; be my security.

Lo, it was for my welfare \*  
that I had great bitterness;  
but you have held back my life \*  
from the pit of destruction,  
for you have cast all my sins \*  
behind your back.

For Sheol cannot thank you, \*  
death cannot praise you;  
those who go down to the pit \*  
cannot hope for your faithfulness.

The living, the living, he thanks you, †  
as I do this day; \*  
the father makes known to the children your faithful-  
ness.

The Lord will save me, \*  
and we will sing to stringed instruments  
all the days of our life, \*  
at the house of the Lord.

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

*Antiphon: Lord, you have defended the cause of my soul; you  
have redeemed my life, Lord my God.*

Psalm 64 (65)  
A solemn thanksgiving

"Sion is to be understood as the heavenly city" (Origen)

*Antiphon:* My servant, the Just One, will justify many: he will take their faults on himself.

To yóu our práise is dúe \*  
in Sion, O Gód.

To yóu we páy our vóws, \*  
you who héar our práyer.

To yóu all flésh will cóme \*  
with its búrden of sín.  
Too héavy for ús, our offénces, \*  
but you wípe them awáy.

Blessed is hé whom you chóose and cáll \*  
to dwéll in your cóurts.  
We are filled with the bléssings of your hóuse, \*  
of your hóly témples.

You kéept your plédge with wónders, \*  
O Gód our sáviour,  
the hópe of áll the éarth \*  
and of fár distant ísles.

You uphóld the móuntains with your stréngth, \*  
you are gírded with pówer.  
You still the róaring of the séas, †  
(the róaring of their wáves) \*  
and the túmult of the péoples.

The énds of the éarth stand in áwe \*  
at the síght of your wónders.  
The lánds of súnrise and súnset \*  
you fill with your jóy.

You cáre for the éarth, give it wáter, \*  
you fill it with ríches.  
Your ríver in héaven brims óver \*  
to provide its gráin.

And thús you provide for the éarth; \*  
you drénc'h its fúrrows;  
you lével it, sóften it with shówers; \*  
you bléss its grówth.

You crówn the yéar with your góodness. †  
Abúndance flóws in your stéps, \*  
in the pástures of the wildérness it flóws.

The hills are gírded with jóy, \*  
the méadows cóvered with flócks,  
the vállays are décked with whéat. \*  
They shóut for jóy, yes they síng.

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 servant, the Just One, will justify many: he will take their faults on himself.

*Psalm-prayer*

Father, you created everything in and for your Son, not because you needed creation, but you wished to make your goodness the source of goodness for others. Abide with your Church and fill her to overflowing through your sacraments that she may give us more abundantly the fruits of your favour which bring fullness of life.

Short Reading

Zechariah 12:10-11

Over the House of David and the citizens of Jerusalem I will pour out a spirit of kindness and prayer. They will look on the one whom they have pierced; they will mourn for him as for an only son, and weep for him as people weep for a first-born child. When that day comes, there will be great mourning in Judah.

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:* Father, glorify me in your own presence, with the glory which I had with you before the world began.

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 \*  
all the dáys of our life in his présence.

As for yóu, little child, \*  
you shall be cálléd a próphet of Gód, the Most High.  
You shall go ahéad of the Lórd \*  
to prépare his wáys befóre him,

To make knówn to his péople their salvátion \*