

place of verdure, a place of repose, whence all sickness, sorrow and sighing have fled away, and where the sight of thy countenance rejoiceth all thy Saints from all the ages. Grant them thy heavenly Kingdom, and a portion in thine ineffable and eternal blessings, and the enjoyment of thine unending Life.

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



## DAILY PRAYER

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

### *Week Beginning* **5th Sunday of Lent**



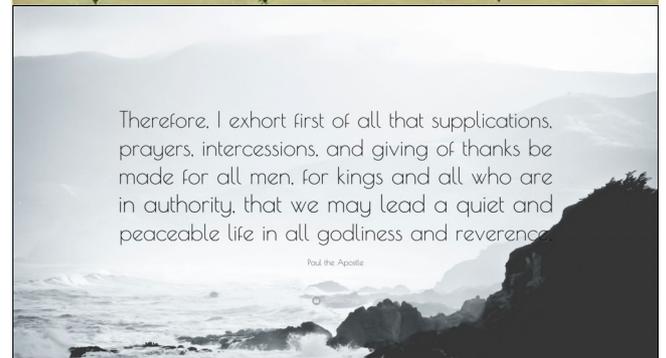
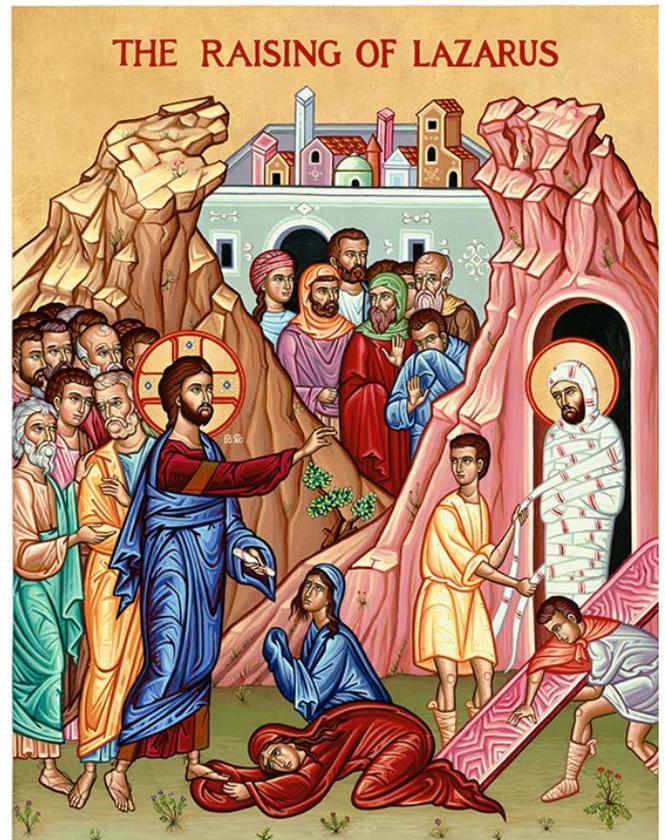
**The Angelus**

**Artist: Jean-François Millet**

**Completed between 1857 and 1859.**

The painting depicts two peasants bowing in a field over a basket of potatoes to say a prayer, the Angelus, that together with the ringing of the bell from the church on the horizon marks the end of a day's work.

In 1986 the painting was transferred to the permanent collection of the Musée d'Orsay, Paris.



Therefore, I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence.

Paul the Apostle

*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.

which thou has given me to thy service: that thus living for thee, I  
may be found ready when it pleaseth thee to call me to thee, O  
heavenly Father, to whom with thine Only-begotten Son, our  
Lord Jesus Christ, and thine all-holy and Life-giving Spirit, is due  
all honor, praise, glory, and thanksgiving: now and ever, and unto  
ages of ages. Amen.

### A Prayer for the Sick

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

### A Prayer for the Dead

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

### A General Intercession

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

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

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

peaceful and successful journey and arrive safely at my destination. For in thee I put my trust and hope, and to thee, together with thy Eternal Father, and the All-holy Spirit, I ascribe all praise, honor and glory: now and ever, and unto ages of ages. Amen.

#### A Prayer in Time of Trouble

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

#### Thanksgiving After Deliverance From Trouble

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

#### A Prayer of a Sick Person

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

## THE ANGELUS

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

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

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

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

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

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

Let us pray:

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

## PRAYER IN THE MORNING - LAUDS

#### The Invitatory

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

#### Psalm 95 - said daily

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

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.  
míghty 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 hím 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 with-  
out end. Amen.

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

*A hymn suitable for Lent may be sung*

## THE PSALMS

### On Sunday 29th March - Psalm 63

*Antiphon:* You, my God, have become my help.

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 see 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 míse through the níght  
for yóu have béeen my hélp; \*  
in the sháadow of your wíngs I rejoyce.  
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, my God, have become my help.

### On Monday 30th March - Psalm 5

*Antiphon:* It is you whom I invoke, O Lord.  
In the morning you hear me.

To my wórds give éar, O Lórd, \*  
give héed to my gróaning.  
Atténd to the sóund of my cries, \*  
my Kíng and my Gód.  
It is yóu whom I invóke, O Lórd. \*  
In the mórning you héar me;  
in the mórning I offer you my práyer, \*  
wáatching and wáiting.  
Yóu are no Gód who loves évil; \*  
no sínner is your gúest.  
The bóastful shall not stánd their gróund \*  
befóre your fáce.  
You háte áll who do évil; \*  
you destróy all who lie.  
The decéitful and blóodthirsty mán \*  
the Lórd detésts.  
But Í through the gréatness of your lóve \*  
have áccess to your hóuse.  
I bów down befóre your holy témples, \*  
filled with áwe.  
Léad me, Lórd, in your jústice, †  
because of thóse who líe in wáit; \*  
make cléar your way befóre me.  
No trúth can be fóund in their móuths, \*  
their héart is all míschief,  
their thróat a wide-open gráve, \*  
all hóney their spéech.  
All thóse you protéct shall be glád \*  
and ring out their jóy.  
You shéltér them; in yóu they rejoyce, \*  
thóse who lóve your náme.  
It is yóu who bléss the júst man, Lórd: \*  
you surróund him with fávour as with a shíeld.

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

## 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.

## 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

need lamplight or sunlight, because the Lord God will be shining on them. They will reign for ever and ever.

### Short Responsory

Into your hands, Lord, I commend my spirit.

– *Into your hands, Lord, I commend my spirit.*

You have redeemed us, Lord God of truth.

– *Into your hands, Lord, I commend my spirit.*

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

– *Into your hands, Lord, I commend my spirit.*

### Canticle - The Nunc Dimitis

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

✠ At lást, all-pówerful Máster, †  
you 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,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

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

### Let us pray.

God our Father, as we have celebrated today the mystery of the Lord's resurrection, grant our humble prayer: free us from all harm that we may sleep in peace and rise in joy to sing your praise. Through Christ our Lord. **Amen.**

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

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

### Marian Anthem Ave Regina Caelorum

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

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

## OCCASIONAL PRAYERS

### Prayer on Entering the Church

I will come into thy house in the multitude of thy mercy: and in thy fear I will worship toward thy holy temple. Lead me, O Lord, in thy righteousness because of mine enemies; make thy way straight before me, that with a clear mind I may glorify thee 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.

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

*Antiphon:* It is you whom I invoke, O Lord.  
In the morning you hear me.

### On Tuesday 31st March - Psalm 24

*Antiphon:* The man with clean hands and pure heart  
will climb the mountain of the Lord.

The Lórd's is the éarth and its fúllness, \*  
the wórld and álł its péoples.  
It is hé who sét it on the séas; \*  
on the wáters he máde it firm.  
Who shall clímb the móuntain of the Lórd? \*  
Who shall stánd in his hóly pláce?  
The mán with clean hánds and pure héart, †  
who desíres not wórtless things, \*  
who has not swórn so as to déceive his néighbour.

He shall recéive bléssings from the Lórd \*  
and rewárd from the Gód who sáves him.

Súch are the mén who séek him, \*  
seek the fáce of the Gód of Jácob.

O gátes, líft high your héads; †  
grow higher, áncient dóors. \*

Let him énter, the kíng of glóry!

Whó is the kíng of glóry? †

The Lórd, the míghty, the váliant, \*  
the Lórd, the váliant in wár.

O gátes, líft high your héads; †  
grow higher, áncient dóors. \*

Let him énter, the kíng of glóry!

Who is hé, the kíng of glóry? †

Hé, the Lórd of ármies, \*  
hé is the kíng of glóry.

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

*Antiphon:* The man with clean hands and pure heart  
will climb the mountain of the Lord.

### On Wednesday 1st April - Psalm 36

*Antiphon:* In your light, God, we see light.

Sín spéaks to the sinner \*  
in the dépths of his héart.  
There is no féar of Gód \*  
befóre his éyes.

He so flátters hímsélf in his mínd \*  
that he knóws not his guílt.

In his móuth are míschief and décét. \*

All wísdóm is góne.

He plóts the deféat of góodness \*  
as he líes on his béd.

He has sét his fóot on évil wáys, \*  
he clíngs to what is évil.

Your lóve, Lórd, réaches to héaven; \*  
your trúth to the skíes.

Your jústice is líke Gód's móuntain, \*  
your júdgements líke the déep.

To both mán and béast you gíve protéctíon. \*

O Lórd, how précíous is your lóve.

My Gód, the sóns of mén \*  
fínd réfuge in the shéltér of your wíngs.

They féast on the ríches of your hóuse; \*  
they drínk from the stréam of your delíght.

In yóu is the sóurce of lífe \*  
and in your líght we see líght.

Keep on lóving thóse who knów you, \*  
doíng jústice fúr úpríght héarts.

Let the fúot of the prúod not crúsh me \*  
nor the hánd of the wicked cast me óut.  
Sée how the évil-doers fáll! \*  
Flung dówn, they shall néver arise.

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:* In your light, God, we see light.

#### On Thursday 2nd April - Psalm 57

*Antiphon:* Awake, lyre and harp: I will awaken the dawn.

Have mércy on me, Gód, have mércy \*  
for in yóu my sóul has taken réfuge.  
In the shádw of your wings I take réfuge \*  
till the stórms of destrúction pass bý.  
I cáll to Gód the Most High, \*  
to Gód who has álwáys been my hélp.  
May he sénd from héaven and sáve me †  
and sháme thóse who assáil me. \*  
May Gód send his trúth and his lóve.  
My sóul lies dówn among lions, \*  
who would devóur the sóns of mén.  
Their téeth are spéars and árrows, \*  
their tóngue a shárpened swórd.  
O Gód, arise above the héavens; \*  
may your glóry shine on éarth!  
They láid a snáre for my stéps, \*  
my sóul was bowed dówn.  
They dúg a pít in my páth \*  
but féll in it themsélves.  
My héart is réady, O Gód, \*  
my héart is réady.  
I will síng, I will síng your práise. \*  
Awáke, my sóul,  
awáke, lyre and hárp, \*  
I will awáke the dáwn.  
I will thánk you, Lórd, among the péoples, \*  
among the nátions I will práise you  
for your lóve réaches to the héavens \*  
and your trúth to the skíes.  
O Gód, arise above the héavens; \*  
may your glóry shine on éarth!

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:* Awake, lyre and harp: I will awaken the dawn.

#### On Friday 3rd April - Psalm 51

*Antiphon:* Lord, you will be pleased with lawful sacrifice  
offered on your altar.

Have mércy on me, Gód, in your kindness. \*  
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 purify me, thén I shall be cléan; \*  
O wásh me, I shall be whítter than snów.  
Make me héar rejóicing and gládnness, \*

#### Hymn

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

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

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

#### Psalm 91

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

He who dwélls in the shéltér of the Most High \*  
and abídes in the sháde of the Almighty  
sáys to the Lórd: 'My réfuge, \*  
my stróngthold, my Gód in whom I trúst!'  
It is hé who will frée you from the snáre \*  
of the fówler who séeks to destróy you;  
hé will concéal you with his pinions \*  
and únder his wings you will find réfuge.  
You will not féar the térror of the night \*  
nor the árrow that flíes by dáy,  
nor the plágue that prówls in the dárkness \*  
nor the scóurge that lays wáste at noon.  
A thóusand may fáll at your síde, \*  
tén thousand fáll at your right,  
yóu, it will néver appróach; \*  
his fáithfulness is búckler and shield.  
Your éyes have ónly to lóok \*  
to sée how the wicked are repáid,  
yóu who have said: 'Lórd, my réfuge!' \*  
and have máde the Most High your dwélling.  
Upon yóu no évil shall fáll, \*  
no plágue appróach where you dwéll.  
For yóu has he commáded his ángels, \*  
to kéeep you in áll your wáys.  
They shall béar you upón their hánds \*  
lest you strike your fúot against a stóne.  
On the líon and the víper you will tréad \*  
and trámple the young líon and the drágon.  
Since he clíngs to me in lóve, I will frée him; \*  
protéct him for he knóws my náme.  
When he cálls I shall ánsWER: 'I am with you,' \*  
I will sáve him in dístréss and give him glóry.  
With léngth of life I will contént him; \*  
I shall lét him see my sáving pówer.

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

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

#### Psalm-prayer

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

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

They will see the Lord face to face, and his name will be written  
on their foreheads. It will never be night again and they will not

- Lord, have mercy on your people.

May the dying go forward in hope to meet Christ, their judge;  
may they see your face and be happy for ever.

- Lord, have mercy on your people .

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

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

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

Thy kingdom come.

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

Give us this day our daily bread,

and forgive us our trespasses,

as we forgive those who trespass against us,

and lead us not into temptation,

but deliver us from evil. Amen.

### Concluding Prayer

Lord our God, your Son so loved the world  
that he gave himself up to death for our sake.

Strengthen us by your grace,

and give us a heart willing to live by that same love.

Through 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.**

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

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

## NIGHT PRAYERS - COMPLINE

### INTRODUCTION

✠ O God, come to our aid.

O Lord, make haste to help us.

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

as it was in the beginning, is now, and ever shall be,

world without end. Amen.

### Examination of Conscience

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

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 Gód, \*

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, Gód, my helper, \*

and my tongue shall ring out your goodness.

O Lórd, 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. \*

A humbled, contrite heart you will not spurn.

In your goodness, show favour to Sion: \*

rebuild the walls of Jerusalem.

Then you will be pleased with lawful sacrifice, \*

holocausts offered on your altar.

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 will be pleased with lawful sacrifice  
offered on your altar.

### On Saturday 4th March - Psalm 119: 145-152

*Antiphon:* My eyes watch for you before dawn.

I call with all my heart; Lord, hear me, \*

I will keep your commands.

I call upon you, save me \*

and I will do your will.

I rise before dawn and cry for help, \*

I hope in your word.

My eyes watch through the night \*

to ponder your promise.

In your love hear my voice, O Lórd; \*

give me life by your decrees.

Those who harm me unjustly draw near; \*

they are far from your law.

But you, O Lórd, are close, \*

your commands are truth.

Long have I known that your will \*

is established 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 without end. Amen.

*Antiphon:* My eyes watch for you before dawn.

### Scripture Reading

Sunday Hebrews 1: 1 - 2:4

Monday Hebrews 2: 5-18

Tuesday Hebrews 3:1-19

Wednesday Hebrews 6: 9-20

Thursday Hebrews 7: 1-10

Friday Hebrews 7: 11-28

Saturday Hebrews 8: 1-13

### Short Responsory

Christ, Son of the living God, have mercy on us.

- Christ, Son of the living God, have mercy on us.

You were wounded because of our sins.

- Christ, Son of the living God, have mercy on us.

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

- Christ, Son of the living God, have mercy on us.

**Canticle  
Benedictus**

*Antiphon:* I am the resurrection and the life.  
If anyone believes in me, even though he dies  
he will live, and whoever lives and believes in me  
will never die.

Bléssed be the Lórd, the Gód of Ísrael! \*  
He has visited 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 lips 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 \*  
through forgíveness of áll their sins,  
the loving-kindness of the héart of our Gód \*  
who visits us like the dáwn from on high.  
He will give líght to those in dárkness, †  
thóse who dwéll in the shádw of déath, \*  
and gúide us into the wáy of péace.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be, world with-  
out end. Amen.

*Antiphon:* I am the resurrection and the life.  
If anyone believes in me, even though he dies  
he will live, and whoever lives and believes in me  
will never die.

**Prayers and intercessions**

Let us bless our Redeemer,  
who has brought us to this day of salvation.  
*Lord, create a new spirit within us.*

Christ, our life, we were buried with you in baptism  
to rise from the dead;  
lead us this day along the new path of life;  
*Lord, create a new spirit within us.*

You went everywhere, Lord, doing good for everyone;  
help us to care for the common good of all.  
*Lord, create a new spirit within us.*

Help us to work with other people to build the earthly city;  
but never let us lose sight of your heavenly kingdom.  
*Lord, create a new spirit within us.*

Healer of souls and bodies, mend our broken lives;  
let us receive all the blessings of your holiness.  
*Lord, create a new spirit within us.*

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

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

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 was wounded for our faults,  
he was bruised for our sins.  
Through his wounds we are healed.

**Short Reading**

Sunday	Acts of the Apostles	13: 26-30a
Monday	Romans	5: 8-9
Tuesday	1 Corinthians	1: 27b-30
Wednesday	Ephesians	4: 32 - 5:2
Thursday	Hebrews	13: 12-15
Friday	1 Peter	2: 21-24
Saturday	1 Peter	1: 18-21

**Short Responsory**

Hear us, Lord, and have mercy, for we have sinned against you.  
- *Hear us, Lord, and have mercy, for we have sinned against you.*  
Listen, Christ, to the prayers of those who cry to you.  
- *Hear us, Lord, and have mercy, for we have sinned against you.*  
Glory be to the Father and to the Son and to the Holy Spirit.  
- *Hear us, Lord, and have mercy, for we have sinned against you.*

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

**The Magnificat**

*Antiphon:* I believe that you are the Christ, the Son of God,  
the one who was to come into this world.

✠ 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 mighty from their thrónes \*  
and ráises the lówly.  
He fills the stárving with good things, \*  
sends the rich away émpy.  
He protects Ísrael, his sérvant, \*  
remébering 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 believe that you are the Christ, the Son of God,  
the one who was to come into this world.

**Prayers and intercessions**

God the Father has chosen for himself a people, who are born  
again, not from any mortal seed but from his everlasting Word.  
Let us praise his name and turn to him in prayer.  
- Lord, have mercy on your people.

Merciful God, hear our prayers for all your people;  
may they hunger more for your word than for any human food.  
- Lord, have mercy on your people.

Teach us to love sincerely the people of our nation and of every  
race on earth;  
may we work for their peace and welfare.  
- Lord, have mercy on your people.

Strengthen those who will be reborn in baptism;  
make them living stones in the temple of your Spirit.

he will nót rise agáin from whére he lies.'  
 Thus éven my friend, in whóm I trústed, \*  
 who áte my bréad, has túrned agáinst me.  
 But yóu, O Lórd, have mércy on mé. \*  
 Let me ríse once móre and Í will repáy them.  
 By this I shall knów that yóu are my friend, \*  
 if my fóes do not shóut in tríumph óver me.  
 If yóu uphóld me Í shall be unhárméd \*  
 and sét in your présence for éver móre.  
 Blésséd be the Lórd, the Gód of Ísrael \*  
 from áge to áge. Amén. Amén.

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

*Antiphon:* Lord, heal my soul, for I have sinned against you.

**On Saturday 4th April - Psalm 119: 105-112**

*Antiphon:* I sat teaching in the temple day after day  
 and you never laid hands on me.  
 Now you have scourged me  
 and lead me to be crucified.

Your wórd is a lámp for my stéps \*  
 and a light for my páth.  
 I have swórn and have máde up my mind \*  
 to obéy your décréés.  
 Lórd, I am déeplý afflíctéd; \*  
 by your wórd give me life.  
 Accépt, Lord, the hómage of my líps \*  
 and téach me your décréés.  
 Though I cárry my life in my hánds, \*  
 I remémber your láw.  
 Though the wíckéd trý to ensnáre me, \*  
 I do not stráy from your précept's.  
 Your will is my héritage for éver, \*  
 the jóy of my héart.  
 I sét myself to cárry out your státutes \*  
 in fúllness, 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 sat teaching in the temple day after day  
 and you never laid hands on me.  
 Now you have scourged me  
 and lead me to be crucified.

Each day of the week the following **Canticle** is said:

**1 Peter 2 - Christ's passion, freely chosen**

*Antiphon:* He was wounded for our faults,  
 he was bruised for our sins.  
 Through his wounds we are healed.

Christ suffered for you, †  
 leaving you an example \*  
 that you should follow in his steps.  
 He committed no sin; \*  
 no guile was found on his lips.  
 When he was reviled, \*  
 he did not revile in return.  
 When he suffered, \*  
 he did not threaten;  
 but he trusted to him \*  
 who judges justly.  
 He himself bore our sins \*  
 in his body on the tree,  
 that we might die to sin \*  
 and live to righteousness.  
 By his wounds you have been healed.

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**

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

*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	Ezekiel 37: 12-14 Psalm 130 Romans 8: 8-11 John 11: 1-45
Monday	Daniel 13: 1-9, 15-17, 19-30, 33-62 Psalm 23 John 8: 1-11
Tuesday	Numbers 21: 4-9 Psalm 102 John 8: 21-30
Wednesday	Daniel 3: 14-20, 91-92, 95 Psalm (Daniel 3: 52-56) John 8: 31-42
Thursday	Genesis 17: 3-9 Psalm 105 John 8: 51-59

Friday        Jeremiah 20: 10-13  
                  Psalm 18  
                  John 10: 31-42

Saturday      Ezekiel 37: 21-28  
                  Psalm (Jeremiah 31: 10-13)  
                  John 11: 45-56

## PRAYERS FOR MIDDAY

### SEXT

V/.    ✠ O God, come to our aid.  
 R/.    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.

*An appropriate Lenten hymn may be sung*

#### PSALMS

*One or all of the following Psalms is said.*

#### Psalm 118

*Antiphon:*    As I live, says the Lord, I have no pleasure  
 in the death of the wicked man;  
 rather let him turn from his evil way and live.

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 lóve endures for éver.’  
 I cálléd to the Lórd in my distréss; \*  
 he ánswered and fréed me.  
 The Lórd is at my side; I do not féar. \*  
 What can mán do agáinst me?  
 The Lórd is at my side as my hélper; \*  
 I shall look dówn on my fóes.  
 It is bétter to take réfuge in the Lórd \*  
 than to trúst in mén;  
 it is bétter to take réfuge in the Lórd \*  
 than to trúst in prínces.

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.

#### Psalm 118

The nátions áll encómpassed me; \*  
 in the Lórd’s name I crúshed them.  
 They cómpassed me, cómpassed me abóut; \*  
 in the Lórd’s name I crúshed them.  
 They cómpassed me abóut like bées; †  
 they blázed like a fire among thórns. \*  
 In the Lórd’s name I crúshed them.  
 I was hárd-préssed and was fálling, \*  
 but the Lórd came to hélp me.  
 The Lórd is my stréngth and my sóng; \*  
 hé is my sáviour.  
 There are shóuts of jóy and víctory \*  
 in the ténts of the júst.  
 The Lórd’s right hánd has tríumphed; †  
 his ríght hand ráised me. \*  
 The Lórd’s right hánd has tríumphed;  
 I shall not díe, I shall líve \*  
 and recóunt his déeds.  
 I was púnished, I was púnished by the Lórd, \*

to sávour the swéetness of the Lórd, \*  
 to behóld his témples.  
 For thére he keeps me sáfe in his tént \*  
 in the dáy of évil.  
 He hídes me in the shéltér of his tént, \*  
 on a róck he sets me sáfe.  
 And nów my héad shall be ráised \*  
 above my fóes who surróund me  
 and I shall óffer withín his tént \*  
 a sácrífice of jóy.  
 I will síng and make músic for 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:*    The Lord is my light and my help:  
 whom shall I fear?

#### On Thursday 2nd April - Psalm 30

*Antiphon:*    Lord, I cried to you for help  
 and you have healed me: I will thank you for ever.

I will práise you, Lórd, yóu have réscued me \*  
 and have nót let my énemíes rejóice óver me.  
 O Lórd, I cried to you for hélp \*  
 and yóu, my Gód, have héaled me.  
 O Lórd, you have ráised my sóul from the déad, \*  
 restóred me to lífe from thóse who sínk into the gráve.  
 Sing psálms to the Lórd, yóu who lóve him, \*  
 give thánks to his hóly náme.  
 His ánger lasts a móment; his fávour all thróugh lífe. \*  
 At níght there are téars, but jóy comes with dáwn.  
 I sáid to mysélf in my góod fórtune: \*  
 ‘Nóthing will éver dístúrb me.’  
 Your fávour had sét me on a móuntain fástness, \*  
 then you híd your fáce and I was pút to confúsíon.  
 To yóu, Lórd, I cried, \*  
 to my Gód I máde apfél:  
 ‘What prófit wóuld my déath be, my góing to the gráve? \*  
 Can dúst give you práise or prócláim your trúth?’  
 The Lórd lístened and had píty. \*  
 The Lórd cáme to my hélp.  
 For mé you have chánged my móurning into dáncing, \*  
 you remóved my sáckcloth and clóthed me with jóy.  
 So my sóul síngs psálms to you uncéasingly. \*  
 O Lord my Gód, I will thank you 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:*    Lord, I cried to you for help  
 and you have healed me: I will thank you for ever.

#### On Friday 3rd April - Psalm 41

*Antiphon:*    Lord, heal my soul, for I have sinned against you.

Happy the mán who consíders the póor and the wéak. \*  
 The Lórd will sáve him in the dáy of évil,  
 will gúard him, give him lífe, make him háppy in the lánd \*  
 and will nót give him úp to the wíll of his fóes.  
 The Lórd will hélp him on his béd of páin, \*  
 he will bríng him báck from síckness to héalth.  
 As for mé, I sáid: ‘Lórd, have mércy on mé, \*  
 heal my sóul for Í have sínned agáinst you.’  
 My fóes are spéákíng évil agáinst me. \*  
 ‘How lóng before he díes and his náme is forgóttén?’  
 They cóme to vísit me and spéák empty wóords, \*  
 their héarts full of málice, they spréad it abróad.  
 My énemíes whísper togéther agáinst me. \*  
 They áll weígh úp the évil which is ón me.  
 ‘Some déadly thíng has fástened upón him, \*

See the wicked bracing their bows; \*  
 they are fixing their arrows on the string  
 to shoot upright men in the dark. \*  
 Foundations once destroyed, what can the just do?  
 The Lord is in his holy temple, \*  
 the Lord, whose throne is in heaven.  
 His eyes look down on the world; \*  
 his gaze tests mortal men.  
 The Lord tests the just and the wicked; \*  
 the lover of violence he hates.  
 He sends fire and brimstone on the wicked; \*  
 he sends a scorching wind as their lot.  
 The Lord is just and loves justice; \*  
 the upright shall see his face.

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 cares for the weak and oppressed.

#### On Tuesday 31st March - Psalm 20

*Antiphon:* The Lord will give victory to his Anointed One.

May the Lord answer in time of trial; \*  
 may the name of Jacob's God protect you.  
 May he send you help from his shrine \*  
 and give you support from Sion.  
 May he remember all your offerings \*  
 and receive your sacrifice with favour.  
 May he give you your heart's desire \*  
 and fulfil every one of your plans.  
 May we ring out our joy at your victory †  
 and rejoice in the name of our God. \*  
 May the Lord grant all your prayers.  
 I am sure now that the Lord \*  
 will give victory to his anointed,  
 will reply from his holy heaven \*  
 with the mighty victory of his hand.  
 Some trust in chariots or horses, \*  
 but we in the name of the Lord.  
 They will collapse and fall, \*  
 but we shall hold and stand firm.  
 Give victory to the king, O Lord, \*  
 give answer on the day we call.

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 give victory to his Anointed One.

#### On Wednesday 1st April - Psalm 27

*Antiphon:* The Lord is my light and my help:  
 whom shall I fear?

The Lord is my light and my help; \*  
 whom shall I fear?  
 The Lord is the stronghold of my life; \*  
 before whom shall I shrink?  
 When evil-doers draw near \*  
 to devour my flesh,  
 it is they, my enemies and foes, \*  
 who stumble and fall.  
 Though an army encamp against me \*  
 my heart would not fear.  
 Though war break out against me \*  
 even then would I trust.  
 There is one thing I ask of the Lord, \*  
 for this I long,  
 to live in the house of the Lord, \*  
 all the days of my life,

but not doomed to die.

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.

#### Psalm 118

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 without end. Amen.

*Antiphon:* As I live, says the Lord, I have no pleasure  
 in the death of the wicked man;  
 rather let him turn from his evil way and live.

#### 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.

#### Short Reading

1 Peter 4: 13-14

Beloved, if you can have some share in the sufferings of Christ, be glad, because you will enjoy a much greater gladness when his glory is revealed. It is a blessing for you when they insult you for bearing the name of Christ, because it means that you have the Spirit of glory, the Spirit of God resting on you.

Ÿ. From my sins turn away your face.

Ř. And blot out all my guilt.

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

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

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

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

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

We Commit Ourselves To Thee O Lord

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

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

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

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

### Concluding Prayer

Let us pray.

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

Let us praise the Lord.  
Thanks be to God.

## EVENING PRAYERS AT DUSK - VESPERS

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

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

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

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

Now, as day fadeth quite  
we see the evening light,  
our wonted hymn outpouring;  
Father of might unknown,  
Thee, His incarnate Son,  
and Holy Spirit adoring.

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

### THE PSALMS

#### On Sunday 29th March - Psalm 110

*Antiphon:* As Moses lifted up the serpent in the wilderness,  
so the Son of Man must be lifted up.

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 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 kíngs 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:* As Moses lifted up the serpent in the wilderness,  
so the Son of Man must be lifted up .

#### On Monday 30th March - Psalm 11

*Antiphon:* The Lord cares for the weak and oppressed.

In the Lórd I have tákén my réfuge. †  
Hów can you sáy to my sóul: \*  
'Flý like a bírd to its móuntain.