



DAILY PRAYER

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

FROM THE RESUMPTION OF ORDINARY TIME to CORPUS CHRISTI AD 2020

The Solemnity of the Most Holy Trinity

WORD on FIRE

SOLEMNITY OF CORPUS CHRISTI

DOWN IN ADORATION FALLING,
LO! THE SACRED HOST WE HAIL;
LO! O'RE ANCIENT FORMS DEPARTING,
NEWER RITES OF GRACE PREVAIL;
FAITH FOR ALL DEFECTS SUPPLYING,
WHERE THE FEEBLE SENSES FAIL.
SAINT THOMAS AQUINAS

WORD on FIRE

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.

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
place of verdure, a place of repose, whence all sickness, sorrow
and sighing have fled away, and where the sight of thy counte-
nance 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 compassion-
ate, and lovest mankind, and to thee are due all glory, honour,
and worship: to the Father, and to the Son, and to the Holy Spir-
it: now and ever, and unto ages of ages. Amen.

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 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

THE ANGELUS / REGINA CAELI

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

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

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

Ÿ. As He promised hath arisen. Alleluia!

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

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

Ŕ. For the Lord is risen indeed, alleluia.

Let us pray:

O God,

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

grant, we beseech thee,

that with the help of His Mother, the Virgin Mary,

we may obtain the joys of everlasting life.

Through Christ our Lord.

Ŕ. 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:

On Monday 1st June - Mary, Mother of the Church:

Christ is the son of Mary: come, let us adore him.

On Tuesday 2nd June:

The Lord is a great king: come, let us adore him.

On Wednesday 3rd June - St Charles Lwanga & Companions, Martyrs

& on Friday 5th June - St Boniface, Martyr:

The Lord is the king of martyrs:
come, let us adore him.

On Thursday 4th June - Our Lord Jesus Christ, the Eternal High Priest:

Let us give glory to Christ
who has an eternal priesthood.

On the Solemnity of the Most Holy Trinity - Sunday 7th June:

The true God is one in Trinity
and a Trinity in One: come, let us adore him.

On Monday, Tuesday, Wednesday 8th - 10th June + Friday 12th June

Let us rejoice in the Lord,
with songs let us praise him.

On Thursday 11th June - St Barnabas, Apostle:

The Holy Spirit has spoken to us
through the prophets and teachers of the Church:
come, let us adore him.

On Saturday 13th June - St Antony of Padua, Priest:

The Lord is the source of all wisdom:
come, let us adore him.

On the Solemnity of Corpus et Sanguis Christi:

Christ is the bread of life: come let us adore him.

Come, ring out our joy to the Lórd; *

háil the Gód who sáves us.

Let us cóme before him, giving thánks, *

with sóngs let us háil the Lórd.

mighty Gód is the Lórd, *

a gréat king abóve all góds.

In his hánd are the dépths of the éarth; *

the héights of the móuntains are hís.
 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 without end. Amen.

Antiphon:

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The following hymn is sung before and after Trinity Sunday:

O Christ, the Light of heaven
 And of the world true Light,
 You come in all your radiance
 To cleave the web of night.

May what is false within us
 Before your truth give way,
 That we may live untroubled,
 With quiet hearts this day.

May steadfast faith sustain us,
 And hope made firm in you;
 The love that we have wasted,
 O God of love, renew.

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 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

Canticle - Nunc Dimittis

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

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

✠ At lást, all-pówerful Máster, †
you give léave to your sérvant *
to go in péace, accórding to your prómise.
For my éyes have séen your sálvation *
which you have prépared for all nátions,
the light 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. Alleluia.

Let us pray.

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

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

The Final Anthem to Our Lady follows:

Regina Caeli

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

*Regína cæli, lætare, allelúia,
quia quem meruisti portare, allelúia,
resurrexit sicut dixit, allelúia;
ora pro nobis Deum, allelúia.*

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

Blest Trinity we praise you
In whom our quest will cease;
Keep us with you for ever
In happiness and peace .

The following hymn is sung on Trinity Sunday:

Holy, holy, holy! Lord God Almighty!
Early in the morning our song shall rise to thee.
Holy, holy, holy! Merciful and mighty,
God in three persons, blessed Trinity!

Holy, holy, holy! All the saints adore thee,
casting down their golden crowns around the glassy sea;
cherubim and seraphim falling down before thee,
which wert, and art, and evermore shalt be.

Holy, holy, holy! Though the darkness hide thee,
though the eye of sinful man thy glory may not see,
only thou art holy; there is none beside thee,
perfect in power, in love and purity.

Holy holy, holy! Lord God Almighty!
All thy works shall praise thy name, in earth and sky and sea.
Holy, holy, holy! Merciful and mighty,
God in three persons, blessed Trinity

The following hymn is sung on Corpus Christi:

The heavenly Word proceeding forth
Yet leaving not the Father's side,
Accomplishing his work on earth
Had reached at length life's eventide.

By false disciple to be given
To foemen for his life athirst,
Himself, the very bread of heaven,
He gave to his disciples first.

He gave himself in either kind,
He gave his flesh, he gave his blood;
In love's own fullness thus designed
Of man's whole self to be the food.

O Saviour victim, opening wide
The gates of life to man below,
Our foes press hard on every side;
Thine aid supply, thy strength bestow.

All praise and thanks to thee ascend
For evermore, blest One in Three;
O grant us life that shall not end
In our true native land with thee .

The Psalms

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

Monday 1st June - Mary, Mother of the Church - Psalm 29 Praise the word of the Lord

*"A voice was heard from heaven, saying, 'This is my beloved Son'"
(Mt 3:17)*

Antiphon: Adore the Lord in his holy court.

O give the Lórd, you sóns of Gód, *
give the Lórd glóry and pówer;
give the Lórd the glóry of his náme. *
Adóre the Lórd in his hólý court.
The Lórd's vóice resóunding on the wáters, *
the Lórd on the imménsity of wáters;
the vóice of the Lórd, full of pówer, *
the vóice of the Lórd, full of spléndour.
The Lórd's vóice sháttering the céders, *
the Lórd shátters the céders of Lébanon;
he makes Lébanon léap like a cálf *
and Sírión like a yóung wild óx.

The Lórd's vóice fláshes flames of fire. †
 The Lórd's vóice sháking the wilderness, *
 the Lórd shákes the wilderness of Kádesh;
 the Lórd's vóice rénding the óak tree *
 and stripping the fórest báre.
 The Gód of glóry thúnders. *
 In his témples they áll cry: 'Glóry!'
 The Lórd sat enthronéd over the flóod; *
 the Lórd sits as king for éver.
 The Lórd will give stréngth to his péople, *
 the Lórd will bless his péople with 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: Adore the Lord in his holy court.

Psalm-prayer:

Your voice sounds over the waters, Lord, as you reign above the
 flood. May we, who are born again in Christ by the new gift of
 water, praise your wonderful deeds with him in your holy temple.
 Amen.

Tuesday 2nd June - Psalm 24

The Lord comes to his temple

*"The gates of heaven were opened to Christ
 because he was lifted up in the flesh" (St Irenaeus).*

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 áll its péoples.
 It is hé who sét it on the séas; *
 on the wátters he máde it firm.
 Who shall climb the móuntain of the Lórd? *
 Who shall stánd in his hóly pláce?
 The mán with clean hánds and pure héart, †
 who désires not wóorthless thínghs, *
 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, lift 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, lift 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.

Psalm-prayer:

Lord God, ruler and guide of heaven and earth, you gave Christ a
 share in our human race, made him a priest, and brought him
 into the temple of your glory. Make our intentions pure and self-
 less and give virtue to our thoughts, that the King of glory may
 enter our hearts and bring us rejoicing to your holy mountain.
 Amen.

NIGHT PRAYERS - COMPLINE

INTRODUCTION

☒ O God, come to our aid.

O Lord, make haste to help us.

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

Examination of Conscience

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

Hymn

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

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

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

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

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

Psalms:

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

Sunday	Psalm 91
Monday	Psalm 86
Tuesday	Psalm 143
Wednesday	Psalm 31
Thursday	Psalm 16
Friday	Psalm 88
Saturday	Psalm 4

Short Reading

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

Short Responsory

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.

And on - The Feast of Our Lord Jesus Christ, the Eternal Priest:

O God, who for the glory of your majesty and the salvation of the human race made your Only-Begotten Son the Eternal High Priest, grant that, through the outpouring of the Holy Spirit, those whom he has chosen as ministers and stewards of his mysteries may be found faithful in carrying out the ministry they have received. 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.

And on - The Solemnity of the Most Holy Trinity:

God our Father, you revealed the great mystery of your godhead to men when you sent into the world the Word who is Truth and the Spirit who makes us holy. Help us to believe in you and worship you, as the true faith teaches: three Persons, eternal in glory, one God, infinite in majesty. 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 .

And on - The Solemnity of Corpus Christi:

Lord Jesus Christ, you gave your Church an admirable sacrament as the abiding memorial of your passion. Teach us so to worship the sacred mystery of your Body and Blood that its redeeming power may sanctify us always. Who live and reign with God the Father 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.**

Wednesday 3rd June - Psalm 36

The sinner's wickedness; God's goodness

"The man who follows me will not walk in darkness, but he will have the light of life for his guide" (Jn 8:12).

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 himsélf in his mínd *
that he knóws not his guílt.
In his móuth are mischief and decéit. *
All wisdom is góne.
He plóts the deféat of góodness *
as he lies on his béd.
He has sét his fóot on evil wáys, *
he clings to what is évil.
Your lóve, Lord, réaches to héaven; *
your trúth to the skíes.
Your jústice is like God's móuntain, *
your júdgements like the déep.
To both mán and béast you give protéction. *
O Lórd, how précious is your lóve.
My Gód, the sóns of mén *
find réfuge in the shéltér of your wíngs.
They féast on the ríches of your hóuse; *
they drink from the stráem of your delight.
In yóu is the sóurce of life *
and in your líght we see líght.
Keep on lóving thóse who knów you, *
doing jústice for úpríght héarts.
Let the fóot of the próud not crúsh me *
nor the hánd of the wicked cast me óut.
Sée how the évil-doers fáll! *
Flung dówn, they shall néver aríse.

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.

Psalm-prayer:

Lord God, source of light and life, you make the sun rise and the rain fall on good and bad men alike. By the light of your truth may the virtuous know your goodness and sinners feel your mercy, so that together they may drink from your stream of delight. Amen.

Thursday 4th June - Psalm 63

Thirsting for God

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

Antiphon: Through the blood of the Cross of Christ, the Father has established peace with all things, whether on earth or in heaven.

O Gód, you are my Gód, for you I lóng; *
for yóu my sóul is thírsting.
My bódy pines for yóu *
like a drý, weary lánd without wáter.
So I gáze on yóu in the sánctuary *
to sée your stréngth and your glóry.
For your lóve is bétter than lífe, *
my líps will spéak your práise.
So I will bléss you áll my lífe, *
in your náme I will líft up my hánds.
My sóul shall be filled as with a bánquet, *
my móuth shall práise you with jóy.
On my béd I remémber yóu. *
On yóu I múse through the níght
for yóu have béen my hélp; *

in the shadow of your wings I rejoice.
My soul clings to you; *
your right hand holds me fast.

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: Through the blood of the Cross of Christ,
the Father has established peace with all things,
whether on earth or in heaven.

Psalm-prayer:

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

Friday 5th June - Psalm 51
God, have mercy on me

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

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

Have mercy on me, Gód, in your kindness. *
In your compassion blot out my offence.
O wash me more and more from my guilt *
and cleanse me from my sin.
My offences truly I know them; *
my sin is always before me.
Against you, you alone, have I sinned; *
what is evil in your sight I have done.
That you may be justified when you give sentence *
and be without reproach when you judge,
O see, in guilt I was born, *
a sinner was I conceived.
Indeed you love truth in the heart; *
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean; *
O wash me, I shall be whiter than snow.
Make me hear rejoicing and gladness, *
that the bones you have crushed may revive.
From my sins turn away your face *
and blot out all my guilt.
A pure heart create for me, O 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 Lord, open my lips *
and my mouth shall declare your praise.
For in sacrifice you take no delight, *
burnt offering from me you would refuse,
my sacrifice, a contrite spirit. *
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.

Psalm-prayer:

Father, he who knew no sin was made sin for us, to save us and

mysteries.

- Lord Jesus Christ, give us the bread of eternal life.
Lord Jesus Christ, eternal high priest, you have committed to your
priests the ministration of your sacraments:
help them to do their part in your work with the unending
gladness of genuine charity.
- Lord Jesus Christ, give us the bread of eternal life.
Lord Jesus Christ, manna from heaven, you make into one all
who share the one bread:
grant peace and concord to all who believe in you.
- Lord Jesus Christ, give us the bread of eternal life.
Lord Jesus Christ, heavenly physician, you give an eternal remedy
and a pledge of resurrection to those who eat your bread:
grant health to the ailing and a real hope to sinners.
- Lord Jesus Christ, give us the bread of eternal life.
Lord Jesus Christ, king who is to come, we know that whenever
we celebrate these mysteries, we proclaim your death until
you come again:
bring all those who have died in you to share your resurrec-
tion.
- Lord Jesus Christ, give us the bread of eternal life .

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

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

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

Concluding Prayer

Each day:

We give you thanks, Lord God Almighty,
for bringing us safely to the evening of this day;
we humbly ask that the prayer we make with uplifted hands
may be an offering pleasing in your sight.
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.

Except on - The Feast of Mary Mother of the Church:

O God, Father of mercies,
whose Only Begotten Son, as he hung upon the Cross,
chose the Blessed Virgin Mary, his Mother,
to be our Mother also; grant, we pray, that with her loving help,
your Church may be more fruitful day by day,
and exulting in the holiness of her children,
may draw to her embrace all the families of the peoples.
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.

saints for ever.

- *May the Virgin Mary intercede for us.*

And on - The Feast of Our Lord Jesus Christ, the Eternal Priest:

Through Christ, let us pour forth our prayers to God the Father,
who directs all things by his will and blesses all who trust in
him.

- *With confidence we ask that you hear us.*

Christ, Word of the Father,

place on our lips the prayer we are about to offer.

- *With confidence we ask that you hear us.*

Christ our Priest, Bread of Life,

grant your chosen ones to live the gift of their own priest-
hood, as they bring their self-oblation to perfection in you.

- *With confidence we ask that you hear us.*

Christ in glory, always interceding for us with the Father,

keep us faithful in prayer, lest labourers should be lacking for
your harvest.

- *With confidence we ask that you hear us.*

Christ the Lord, sent by the Father,

grant that in you all may find life and the way of the King-
dom.

- *With confidence we ask that you hear us.*

Christ, Son of the living God, who by your death have conquered
death,

grant that the ultimate self-offering of our dead may bring
them eternal joy in glory.

- *With confidence we ask that you hear us.*

And on - The Solemnity of the Most Holy Trinity:

Father, through your Holy Spirit you gave Christ your Son to us
in the flesh, so that we might have life through him. Filled
now with that life, we raise our hearts in praise of the Holy
Trinity, saying:

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

Father almighty, eternal God, in the name of your Son send your

Holy Spirit upon the Church:

may the Comforter preserve us in unity, harmony and the
fullness of truth.

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

Lord, send your labourers into the harvest to teach all nations and
baptize them in the name of the Father and of the Son and
of the Holy Spirit:

strengthen them all in the faith.

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

Lord, support all those who suffer persecution on account of their
faith in your Son:

give them the Spirit of truth who will, according to his prom-
ise, speak through them.

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

Father almighty, all acknowledge that you, the Word and the
Spirit are one:

as we believe in one God, so may we hope in you and love
you.

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

Father of the living, bring those who have died to share your glo-
ry:

with your Son and the Holy Spirit may they reign eternally
with you in heaven.

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

And on - The Solemnity of Corpus Christi:

At the supper to which all are invited, Christ gives his body and
blood for the life of the world. Earnestly we beseech him,
saying:

- *Lord Jesus Christ, give us the bread of eternal life.*

Lord Jesus Christ, Son of the living God, you have commanded
us to celebrate the eucharistic meal in remembrance of you:
enrich your Church with the worthy celebration of these

restore us to your friendship. Look upon our contrite heart and
afflicted spirit and heal our troubled conscience, so that in the joy
and strength of the Holy Spirit we may proclaim your praise and
glory before all the nations.

Saturday 6th June - Psalm 119: 145-152

Meditating the word of the Lord in the Law

*"When anyone obeys what he has said,
God's love comes to perfection in him" (1 John 2:5)*

Antiphon: My eyes watch for you before dawn.

I cáll with all my héart; Lord, héar me, *

I will kéeep your commánds.

I cáll upón you, sáve me *

and Í will do your will.

I rise before dáwn and cry for hélp, *

I hópe in your wórd.

My éyes wátcH through the níght *

to pónder your prómise.

In your lóve héar my vóice, O Lórd; *

give me life by your decrées.

Those who hárm me unjústly draw néar; *

they are fár from your lów.

But yóu, O Lórd, are clóse, *

your commánds are trúth.

Lóng have I knówn that your will *

is establiShed 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: My eyes watch for you before dawn.

Psalm-prayer:

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

Sunday 7th June - THE MOST HOLY TRINITY - Psalm 63
Thirsting for God

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

Antiphon: All majesty and power, glory and honour,
praise and adoration belongs to you,
O blessed Trinity, for ever and ever.

O Gód, you are my Gód, for you I lóng; *

for yóu my sóul is thírsting.

My bódy pines for yóu *

like a drý, weary lánd without wáter.

So I gáze on yóu in the sánctuary *

to sée your stréngth and your glóry.

For your lóve is bétter than life, *

my líps will spéak your práise.

So I will bléss you áll my lífe, *

in your náme I will líft up my hánds.

My sóul shall be filled as with a bánquet, *

my móuth shall práise you with jóy.

On my béd I reméber yóu. *

On yóu I múse through the níght

for yóu have béeen my hélp; *

in the sháadow of your wíngs I rejóice.

My sóul clíngs to yóu; *

your ríght hand hólds me fást.

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

Antiphon: All majesty and power, glory and honour,
praise and adoration belongs to you,
O blessed Trinity, for ever and ever.

Psalm-prayer:

Father, creator of unfailing light, give that same light to those who call to you. May our lips praise you; our lives proclaim your goodness; our work give you honour, and our voices celebrate you for ever. Amen.

Canticle - Daniel 3:57-88,56

All creatures, bless the Lord

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

Antiphon: All your creatures rightly give you praise,
worship and honour, O blessed Trinity.

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

Antiphon: All your creatures rightly give you praise,
worship and honour, O blessed Trinity.

Psalm 149

The saints rejoice

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

Antiphon: From him, through him and in him are all things:
to him be glory for ever.

On Thursday 11th June - St Barnabas, Apostle:

The entire assembly kept silence,
and they listened to Barnabas and Paul
describing all the signs and wonders
God had worked through them
among the Gentiles.

On Saturday 13th June - First Vespers of Sunday:

Lord, how good you are
and how gentle is your spirit.
When you wished to show your goodness
to your sons you gave them bread from heaven,
filling the hungry with good things
and sending the rich away empty.

On the Solemnity of Corpus et Sanguis Christi:

O sacred feast, in which we partake of Christ:
his sufferings are remembered,
our minds are filled with his grace
and we receive a pledge of the glory
that is to be ours, alleluia.

Prayers and intercessions

Each day:

Through Christ we are sons of God: in him we see what we shall
be when we come to the Father. With confidence we pray:

- *Lord, in your mercy, hear our prayer.*

Guide leaders and governments:

give them wisdom and integrity.

- *Lord, in your mercy, hear our prayer.*

You are the Lord and source of our freedom:

bring those in captivity of mind or body to the freedom of
the children of God.

- *Lord, in your mercy, hear our prayer.*

Give courage and strength to the young.

Help them to choose their work, and make the right deci-
sions for their way of life.

- *Lord, in your mercy, hear our prayer.*

Give patient tolerance to all who are no longer young;

open the hearts of the young to accept from them under-
standing and love.

- *Lord, in your mercy, hear our prayer.*

Receive the departed into your eternal kingdom;

sustain our hope to reign with you for ever.

- *Lord, in your mercy, hear our prayer.*

Except on - The Feast of Mary, Mother of the Church:

Let us praise God the Father who chose Mary as the mother of his
Son and wanted all generations to call her blessed. With
confidence we pray:

- *May the Virgin Mary intercede for us.*

Father, you did great things for the Virgin Mary and brought her,
body and soul, to the glory of heaven;
fill the hearts of your children with the hope of Christ's glo-
ry.

- *May the Virgin Mary intercede for us.*

Through the prayers of Mary, our mother, heal the sick, comfort
the sorrowful, pardon sinners;
grant peace and salvation to all.

- *May the Virgin Mary intercede for us.*

You favoured Mary with the fullness of grace;

bestow on all men your overflowing blessings.

- *May the Virgin Mary intercede for us.*

May your Church be united heart and soul, held fast by love,
and may your faithful be joined in continuous prayer, with
Mary the mother of Jesus.

- *May the Virgin Mary intercede for us.*

Father, you exalted the Virgin Mary and crowned her queen of
heaven;
may the dead enter your kingdom and rejoice with your

On Saturday 13th June - First Vespers of Sunday:

Lord, how good you are
and how gentle is your spirit.
When you wished to show your goodness
to your sons you gave them bread from heaven,
filling the hungry with good things
and sending the rich away empty.

On the Solemnity of Corpus et Sanguis Christi:

O sacred feast, in which we partake of Christ:
his sufferings are remembered,
our minds are filled with his grace
and we receive a pledge of the glory
that is to be ours, alleluia.

✠ My soul glórífies the Lórd, *
my spirit rejóices in Gód, my Sáviour.
He looks on his sérvant in her lówliness; *
henceforth all áges will cáll me bléssed.
The Almighty works márvels for me. *
Hóly his náme!
His mércy is from age to áge, *
on thóse who féar him.
He púts forth his árm in stréngth *
and scátters the proud-héarted.
He casts the 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, *
remémbering his mércy,
the mercy 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:

On Monday 1st June - Mary, Mother of the Church:

Blessed are you, Mary,
because you believed that all those things
which were said to you by the Lord
would be fulfilled.

On Tuesday 2nd June:

My spirit exults in the Lord God, my saviour.

On Wednesday 3rd June - St Charles Lwanga & Companions, Martyrs
& on Friday 5th June - St Boniface, Martyr:

The saints, who followed
in the footsteps of Christ, rejoice in heaven.
They gave their life for love of Christ:
therefore, they will reign with him for ever.

On Thursday 4th June - Our Lord Jesus Christ, the Eternal High Priest:

The Lord brought down the mighty
from their seats, and raised up the lowly.

On Saturday 6th June - First Vespers of Sunday:

We give you thanks, O God;
we give thanks to you the one and true Trinity,
the one and highest God,
the one and all-holy Unity.

On the Solemnity of the Most Holy Trinity - Sunday 7th June:

With our heart and lips we praise you,
we worship you and we bless you,
God the Father unbegotten, only-begotten Son,
and Holy Spirit Paraclete:
all glory is yours for ever.

On Monday, Tuesday, Wednesday 8th - 10th June + Friday 12th June

Let my soul proclaim your greatness for ever,
O my God.

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

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

Antiphon: From him, through him and in him are all things:
to him be glory for ever.

Psalm-prayer:

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

Monday 8th June - Psalm 42

Longing for the Lord and his temple

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

Antiphon: When can I enter and see the face of God?

Like the déer that yéarns *
for rúnning stréams,
só my sóul is yéarning *
for yóu, my Gód.
My sóul is thirsting for Gód, *
the Gód of my life;
whén can I énter and sée *
the fáce of Gód?
My téars have becóme my bréad, *
by níght, by dáy,
as I héar it sáid all the day lóng: *
'Whére is your Gód?'
Thése things will Í remémber *
as I póur out my sóul:
how I would léad the rejóicing crówd *
into the hóuse of Gód,
amid cries of gládness and thanksgiving, *
the thróng wild with jóy.
Whý are you cast dówn, my sóul, *
why gróan withín me?
Hope in Gód; I will práise him stíll, *
my sáviour and my Gód.
My sóul is cast dówn withín me *
as I thínk of yóu,
from the cóuntry of Jórdan and Mount Hérmon, *
from the Hill of Mízar.
Déep is cálling on déep, *
in the róar of wátters;
your tórrents and áll your wáves *
swept óver mé.
By dáy the Lórd will sénd *
his lóving kíndness;
by níght I will síng to hím, *

praise the Gód of my life.
 I will sáy to Gód, my róck: *
 ‘Whý have you forgóttén me?
 Whý do Í go móurníng *
 opprésed by the fóe?’
 With cries that pierce me to the héart, *
 my éníemies revíle me,
 sáyíng to me áll the day lóng: *
 ‘Whére is your Gód?’
 Whý are you cast dówn, my sóul, *
 why gróan withín me?
 Hope in Gód; I will práise him still, *
 my sáviour and my Gód.
 Glory be to the Fátter and to the Son
 and to the Holy Spírít,
 as it was in the begínníng,
 is now, and ever shall be,
 world without end.
 Amen.

Antiphon: When can I enter and see the face of God?

Psalm-prayer:

Lord Gód, never-fáiling fountáin of life éternál, by the sáving
 wátters of bápítism you cálléd us from the dépths of sín, to the
 dépths of mércy. Do not fórgét the tráíals of our éxíle, but from the
 wéllspring of the Wórd, sátsfíy our thírst for you so we máy cómé
 réjóicíng to your hóly móuntáin. Amen.

Tuesday 9th June - Psalm 43
Longing for the temple

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

Antiphon: Lord, send forth your light and your truth.

Defénd me, O Gód, and pleád my cáuse *
 ágáinst a gódléss nátióin.
 From decéítful and cúnning mén *
 réscue me, O Gód.
 Sínce yóu, O Gód, are my strónghold, *
 whý have you réjéctéd me?
 Whý do Í go móurníng *
 opprésed by the fóe?
 O sénd forth your líght and your tráth; *
 lét thése be my gúíde.
 Lét them bríng me to your hóly móuntáin, *
 to the pláce where you dwéll.
 And I wíll cómé to the áltár of Gód, *
 the Gód of my jóy.
 My redéemer, I wíll thánk you on the hárp, *
 O Gód, my Gód.
 Whý are you cast dówn my sóul, *
 why gróan withín me?
 Hope in Gód; I wíll práise him still, *
 my sáviour and my Gód.

Glory be to the Fátter and to the Son and to the Holy Spírít,
 as it was in the begínníng, is now, and ever shall be,
 world without end. Amen.

Antiphon: Lord, send forth your light and your truth.

Psalm-prayer:

Fátter, your Son was condémméd by réason of our síns, but on
 Éástér mórníng you glórífíed him with the glóry he álwáys hád
 with you. Do not léave us, his mémbérs, in the énémy’s hánds,
 but bríng us, thróugh our jóyful pártícípátion at your áltár, to your
 éternál tabérnácle on hígh to ádóre in spírít and tráth. Amen.

Wednesday 10th June - Psalm 77
Remembering the works of the Lord

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

Antiphon: Your ways, O God, are holy:
 what god is as great as our God?

And on - The Feast of Our Lord Jesus Christ, the Eternal Priest:

Let us have peace with God through our Lord Jesus Christ.
 - Let us have peace with God through our Lord Jesus Christ.
 And we rejoice in the hope of the glory of the children of God.
 - Let us have peace with God through our Lord Jesus Christ.
 Glory be to the Father and to the Son and to the Holy Spirit.
 - Let us have peace with God through our Lord Jesus Christ.

And on - The Solemnity of the Most Holy Trinity:

Let us bless the Father and the Son with the Holy Spirit.
 - Let us bless the Father and the Son with the Holy Spirit.
 To God alone be all honour and glory.
 - Let us bless the Father and the Son with the Holy Spirit.
 Glory be to the Father and to the Son and to the Holy Spirit.
 - Let us bless the Father and the Son with the Holy Spirit .

And on - The Solemnity of Corpus Christi:

He gave them the bread of heaven to eat, alleluia, alleluia.
 - He gave them the bread of heaven to eat, alleluia, alleluia.
 Man has tasted the food of angels.
 - He gave them the bread of heaven to eat, alleluia, alleluia.
 Glory be to the Father and to the Son and to the Holy Spirit.
 - He gave them the bread of heaven to eat, alleluia, alleluia.

Canticle - Magnificat

My soul rejoices in the Lord

Antiphon:

On Monday 1st June - Mary, Mother of the Church:

Blessed are you, Mary,
 because you believed that all those things
 which were said to you by the Lord
 would be fulfilled.

On Tuesday 2nd June:

My spirit exults in the Lord God, my saviour.

On Wednesday 3rd June - St Charles Lwanga & Companions, Martyrs

& on Friday 5th June - St Boniface, Martyr:

The saints, who followed
 in the footsteps of Christ, rejoice in heaven.
 They gave their life for love of Christ:
 therefore, they will reign with him for ever.

On Thursday 4th June - Our Lord Jesus Christ, the Eternal High Priest:

The Lord brought down the mighty
 from their seats, and raised up the lowly.

On Saturday 6th June - First Vespers of Sunday:

We give you thanks, O God;
 we give thanks to you the one and true Trinity,
 the one and highest God,
 the one and all-holy Unity.

On the Solemnity of the Most Holy Trinity - Sunday 7th June:

With our heart and lips we praise you,
 we worship you and we bless you,
 God the Father unbegotten, only-begotten Son,
 and Holy Spirit Paraclete:
 all glory is yours for ever.

On Monday, Tuesday, Wednesday 8th - 10th June + Friday 12th June

Let my soul proclaim your greatness for ever,
 O my God.

On Thursday 11th June - St Barnabas, Apostle:

The entire assembly kept silence,
 and they listened to Barnabas and Paul
 describing all the signs and wonders
 God had worked through them
 among the Gentiles.

Psalm-prayer:

Father, precious in your sight is the death of the saints, but precious above all is the love with which Christ suffered to redeem us. In this life we fill up in our own flesh what is still lacking in the sufferings of Christ; accept this as our sacrifice of praise, and we shall even now taste the joy of the new Jerusalem. Amen.

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

Antiphon: You are the Way, you are the Truth;
you, Lord, are the life of the world.

Alleluia.

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

Alleluia.

Alleluia.

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

Alleluia.

Alleluia.

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

Alleluia.

Alleluia.

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

Alleluia.

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

Antiphon: You are the Way, you are the Truth;
you, Lord, are the life of the world.

Short Reading

Monday 8th June	Galatians 4: 4-5
Tuesday:	1 John 3: 1-2
Wednesday:	1 Peter 4:13-14
Thursday	Hebrews 10: 19-23
Friday:	1 Peter 4: 13-14
Saturday:	Romans 11: 33-36
Sunday 7th June	Ephesians 4: 3-6
Monday	1 Thessalonians 2: 13
Tuesday	Romans 3: 23-25
Wednesday	1 Peter 5: 5-7
Thursday	Colossians 1: 3-6
Friday	1 Corinthians 2: 7-10
Saturday	1 Corinthians 10:16-17
Sunday 14th June	1 Corinthians 11: 23-25

Short Responsory

Each day:

Your word, O Lord, will endure for ever.

- *Your word, O Lord, will endure for ever.*

Your truth will last from age to age.

- *Your word, O Lord, will endure for ever.*

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

- *Your word, O Lord, will endure for ever.*

Except on - The Feast of Mary Mother of the Church:

Hail Mary, full of grace: the Lord is with you.

- *Hail Mary, full of grace: the Lord is with you.*

You are most blessed of all women and blessed is the fruit of your womb.

- *Hail Mary, full of grace: the Lord is with you.*

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

- *Hail Mary, full of grace: the Lord is with you.*

I cry aloud to Gód, *

cry aloud to Gód that he may héar me.

In the dáy of my distréss I sought the Lórd. †

My hánds were raised at night without céasing; *
my sóul refused to be consóled.

I remébered my Gód and I gróaned. *

I póndered and my spirit fáinted.

You withhéld sléep from my éyes *

I was tróubled, I cóuld not spéak.

I thóught of the dáys of long agó *

and remébered the yéars long pást.

At night I músed within my héart. *

I póndered and my spirit quéstioned.

‘Will the Lórd réject us for éver? *

Will he shów us his fávour no móre?

Has his lóve vánished for éver? *

Has his prómise cóme to an énd?

Does Gód forgét his mércy *

or in ánger withhóld his compásson?’

I said: ‘This is what cáuses my gríef; *

that the wáy of the Most High has chánged.’

I reméber the déeds of the Lórd, *

I reméber your wónders of óld,

I múse on áll your wórks *

and pónder your míghty déeds.

Your wáys, O Gód, are hóly. *

What gód is gréat as our Gód?

Yóu are the Gód who works wónders. *

Yóu showed your pówer among the péoples.

Your stróng arm redéemed your péople, *

the sóns of Jácob and Jóseph.

The wáters sáw you, O Gód, *

the wáters sáw you and trémbled;

the dépths were móved with térror. *

The clóuds póured down ráin,

the skíes sent fóρθ their vóice; *

your árrows fláshed to and frá.

Your thúnder rólled round the ský, *

your fláshes lighted up the wórd.

The éarth was móved and trémbled *

when your wáy léd through the séa,

your páth through the míghty wáters *

and nó one sáw your fóotprints.

You guíded your péople like a flóck *

by the hánd of Móses and Áaron.

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: Your ways, O God, are holy:
what god is as great as our God?

Psalm-prayer:

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

**Thursday 11th June - St Barnabas, Apostle - Psalm 80
Lord, tend your vine**

“Come, Lord Jesus!” (Rev 22:20).

Antiphon: Lord, rouse up your might and come to our help.

O shépherd of Ísrael, héar us, *

you who léad Jóseph’s flóck,

shine fóρθ from your chérubim thróne *

upon Éphraim, Bénjamin, Manásseh.

O Lórd, róuse up your míght, *

O Lórd, cóme to our hélp.

Gód of hósts, bríng us báck; *

let your fáce shine on ús and wé shall be sáved.
 Lórd God of hósts, how lóng *
 will you frówn on your péople's pléa?
 You have féed them with téars for their bréad, *
 an abúndance of téars for their drínk.
 You have máde us the táunt of our néighbours, *
 our énemies láugh us to scórn.
 Gód of hósts, bring us báck; *
 let your fáce shine on ús and wé shall be sáved.
 You bróught a víne out of Égypt; *
 to plánt it you dróve out the nátions.
 Befóre it you cléared the gróund; *
 it took róot and spréad through the lánd.
 The móuntains were cóvered with its shádw, *
 the céders of Gód with its bóughs.
 It strétched out its bránches to the séa, *
 to the Great Ríver it strétched out its shóots.
 Then whý have you bróken down its wálls? *
 It is plúcked by áll who pass bý.
 It is rávaged by the bóar of the fórest, *
 devóured by the béasts of the field.
 God of hósts, turn agáin, we implóre, *
 look dówn from héaven and sée.
 Vísit this víne and protéct it, *
 the víne your ríght hand has plánted.
 Men have búrnt it with fire and destróyed it. *
 May they pérish at the frówn of your fáce.
 May your hánd be on the mán you have chósen, *
 the mán you have gíven your stréngth.
 And we shall néver forsáke you agáin; *
 gíve us lífe that we may cáll upon your náme.
 Gód of hósts, bring us báck; *
 let your fáce shine on ús and wé shall be sáved.
 Glory be to the Fátter and to the Son and to the Holy Spírít,
 as it was in the begínning, is now, and ever shall be,
 world without end. Amen.

Antiphon: Lord, rouse up your might and come to our help.

Psalm-prayer:

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

Friday 12th June - Psalm 51

God, have mercy on me

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

Antiphon: O God,
 you will not spurn a humbled, contrite heart.

Have mércy on me, Gód, in your kíndness. *
 In your compásson blot óut my offénce.
 O wásh me more and móre from my gúilt *
 and cléanse me fróm my sín.
 My offénces trúly I knów them; *
 my sín is álwáys befóre me.
 Agáinst yóu, you alóne, have I sinned; *
 what is évíl in your síght I have dóne.
 That you may be jústified whén you gíve séntence *
 and be withóut repróach when you júdge,
 O sée, in gúilt I was bórn, *
 a sinner was Í concéived.
 Índeed you love trúth in the héart; *
 then in the sécret of my héart teach me wísdóm.
 O púrfy me, thén I shall be cléan; *
 O wásh me, I shall be whítter than snów.
 Make me héar réjóicing and gládnness, *

Sunday 14th June - The Solemnity of Corpus Christi

Psalm 110 - The Messiah, king and priest

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

Antiphon: Christ the Lord is a priest for ever.
 Like Melchizedek he made an offering
 of bread and wine.

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

Glory be to the Fátter and to the Son and to the Holy Spírít,
 as it was in the begínning, is now, and ever shall be,
 world without end. Amen.

Antiphon: Christ the Lord is a priest for ever.
 Like Melchizedek he made an offering
 of bread and wine.

Psalm-prayer:

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

Psalm 116b

Thanksgiving in the Temple

*"Through him [Christ], let us offer God
 an unending sacrifice of praise" (Heb 13:15).*

Antiphon: I will take the chalice of salvation
 and offer a thanksgiving sacrifice.

I trústed, éven when I sáid: *
 'I am sórely afflícted,'
 and whén I sáid in my alárm: *
 'No mán can be trústed.'
 How cán I repáy the Lórd *
 for his góodness to mé?
 The cúp of salvátion I will ráise; *
 I will cáll on the Lórd's náme.
 My vóws to the Lórd I will fulfil *
 befóre all his péople.
 O précíous in the éyes of the Lórd *
 is the déath of his fáithful.
 Your sérvant, Lord, your sérvant am Í; *
 you have lóosened my bónds.
 A thánksgiving sácrífice I máke; *
 I will cáll on the Lórd's náme.
 My vóws to the Lórd I will fulfil *
 befóre all his péople,
 in the cóurts of the hóuse of the Lórd, *
 in your mídst, O Jerúsalem.

Glory be to the Fátter and to the Son and to the Holy Spírít,
 as it was in the begínning, is now, and ever shall be,
 world without end. Amen.

Antiphon: I will take the chalice of salvation
 and offer a thanksgiving sacrifice.

The Lórd is your gúard and your sháde; *
at your right side he stánds.
By dáy the sún shall not smíte you *
nor the móon in the night.
The Lórd will gúard you from évil, *
he will gúard your sóul.
The Lord will gúard your góing and cóming *
both nów and 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: My help shall come from the Lord,
who made heaven and earth.

Psalm-prayer:

Lord Jesus Christ, you have prepared a quiet place for us in your
Father's eternal home. Watch over our welfare on this perilous
journey, shade us from the burning heat of day, and keep our
lives free of evil until the end. Amen.

Saturday 13th June - First Vespers of Sunday - Psalm 111

Great are the works of the Lord

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

Antiphon: The Lord is merciful:
he gives food to those who fear him,
to make them remember his wonders.

I will thánk the Lórd with all my héart *
in the méeting of the júst and their assémbly.
Gréat are the wórks of the Lórd, *
to be póndered by áll who lóve them.
Majéstic and glórious his wórks, *
his jústice stands firm for éver.
He mákes us remémber his wónders. *
The Lórd is compásson and lóve.
He gives fód to thóse who féar him; *
keeps his cóvenant éver in mind.
He has shówn his míght to his péople *
by giving them the lánds of the nátions.
His wórks are jústice and trúth, *
his précepts are áll of them síure,
standing firm for éver and éver; *
they are máde in úprightness and trúth.
He has sént deliverance to his péople †
and establihed his cóvenant for éver. *
Hóly his náme, to be féared.
To fear the Lórd is the first stage of wisdom; *
all who dó so próve themselves wíse.
His práise shall lást for éver!

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

Antiphon: The Lord is merciful:
he gives food to those who fear him,
to make them remember his wonders.

Psalm-prayer:

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

that the bónes you have crúshed may revive.
From my síns turn awáy your fáce *
and blót out áll my gúilt.
A púre heart créate for me, O Gód, *
put a stéadfast spirit withín me.
Do not cást me awáy from your présence, *
nor deprive me of your hóly spirit.
Give me agáin the jóy of your hélp; *
with a spírit of férvour sustáin me,
that I may téach transgréssors your wáys *
and sinners may réturn to yóu.
O réscue me, Gód, my hélpér, *
and my tóngue shall ring out your góodness.
O Lórd, ópen my líps *
and my móuth shall decláre your práise.
For in sácrifice you táke no delight, *
burnt óffering from mé you would refúse,
my sácrifice, a cóntrite spírit. *
A húmbléd, contridge héart you will not spúrn.
In your góodness, show fávour to Síon: *
rebúild the wálls of Jerúsalem.
Thén you will be pléased with lawfúl sácrifice, *
hólocausts óffered on your áltar.

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

Antiphon: O God,
you will not spurn a humbled, contrite heart.

Psalm-prayer:

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

Saturday 13th June - St Antony of Padua - Psalm 92

Praise of God, the Creator

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

Antiphon: Lord, we proclaim your love in the morning
and your truth in the watches of the night.

It is góod to give thánks to the Lórd, *
to make músic to your náme, O Most Hígh,
to procláim your lóve in the mórning *
and your trúth in the wátches of the night,
on the tén-stringed lýre and the lúte, *
with the múrmuring sóund of the hárp.
Your déeds, O Lórd, have made me glád; *
for the wórks of your hánds I shout with jóy.
O Lórd, how gréat are your wórks! *
How déep are yóur designs!
The fóolish man cánnót knów this *
and the fóol cánnót understánd.
Though the wicked spring úp like gráss *
and áll who do évil thrive,
they are dóomed to be etérnally destróyed. *
But yóu, Lord, are etérnally on hígh.
Sée how your énemíes pérish; *
all dóers of évil are scáttéréd.
To mé you give the wild ox's stréngth; *
you anóint me with the púrest óil.
My éyes looked in tríumph on my fóes; *
my éars heard gládly of their fáll.
The júst will flóurish like the pálm-tree *
and grów like a Lébanon cédar.
Plánted in the hóuse of the Lórd *
they will flóurish in the cóurts of our Gód,
still bearing frúit when they are óld, *
still full of sáp, still gréen,
to procláim that the Lórd is júst. *

In him, my r6ck, there is no wr6ng.

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, we proclaim your love in the morning
and your truth in the watches of the night.

Psalm-prayer:

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

Sunday 14th June - CORPUS CHRISTI - Psalm 63
Thirsting for God

“Let the man who has put away the deeds of the night watch for God.”

Antiphon: Your people eat the food of angels,
you give them bread from heaven. Alleluia.

O G6d, you are my G6d, for you I l6ng; *
for y6u my s6ul is thirsting.
My b6dy pines for y6u *
like a dr6y, weary l6nd without w6ter.
So I g6ze on y6u in the s6nctuary *
to s6e your str6ngth and your gl6ry.
For your l6ve is b6tter than life, *
my lips will sp6ak your pr6ise.
So I will bl6ss you 6ll my life, *
in your n6me I will lift up my h6nds.
My s6ul shall be filled as with a b6nquet, *
my m6uth shall pr6ise you with j6y.
On my b6d I rem6mber y6u. *
On y6u I m6se through the n6ight
for y6u have b6en my h6lp; *
in the sh6dow of your wings I rej6ice.
My s6ul clings to y6u; *
your right hand h6lds me f6st.

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: Your people eat the food of angels,
you give them bread from heaven. Alleluia.

Psalm-prayer:

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

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

“Praise our God, all you his servants” (Rev 19: 5).

Antiphon: Priests are set apart to offer incense
and bread to God. Alleluia.

O all you works of the Lord, O bless the Lord. *
To him be highest glory and praise for ever.
And you, angels of the Lord, O bless the Lord. *
To him be highest glory and praise for ever.
And you, the heavens of the Lord, O bless the Lord. *
And you, clouds of the sky, O bless the Lord.
And you, all armies of the Lord, O bless the Lord. *
To him be highest glory and praise for ever.
And you, sun and moon, O bless the Lord. *
And you, the stars of the heavens, O bless the Lord.
And you, showers and rain, O bless the Lord. *
To him be highest glory and praise for ever.
And you, all you breezes and winds, O bless the Lord. *
And you, fire and heat, O bless the Lord.
And you, cold and heat, O bless the Lord. *

and cr6sh the oppr6ssor.
He shall end6re like the s6n and the m6on *
from 6ge to 6ge.
He shall desc6nd like r6in on the m6adow, *
like r6indrops on the 6arth.
In his d6ays j6stice shall fl6urish *
and p6ace till the m6on fails.
He shall r6le from s6a to s6a, *
from the Great River to earth's b6unds.
Bef6re him his 6nemies shall fall, *
his f6es lick the d6st.
The kings of T6rshish and the s6a coasts *
shall p6ay him tribute.
The kings of Sh6ba and S6ba *
shall bring him gifts.
Before him all kings shall fall pr6strate, *
all n6tions shall s6rve him.
For he shall s6ave the p6oor when they cr6y *
and the n6edy who are h6lpless.
H6 will have pity on the w6ak *
and save the lives of the p6oor.
From oppr6ssion he will r6scue their lives, *
to him their blood is d6ar.
L6ng may he live, *
may the g6ld of Sh6ba be given him.
They shall pr6ay for him without c6asing *
and bl6ss him all the d6ay.
May c6orn be ab6ndant in the l6nd *
to the p6eaks of the m6ountains.
May its fr6uit r6stle like L6banon; †
may men fl6urish in the c6ities *
like gr6ass on the 6arth.
May his n6me be bl6ssed for 6ver *
and end6re like the s6n.
Every tribe shall be bl6ssed in him, *
all n6tions bless his n6me.
Bl6ssed be the L6rd, God of 6srael, *
who al6ne works w6onders,
ever bl6ssed his gl6rious n6me. *
Let his gl6ry fill the 6arth.
Am6n! Am6n!

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 will make you the light of the nations
to bring my salvation to the ends of the earth.

Psalm-prayer:

Almighty God, you gave the kingdom of justice and peace to Da-
vid and his descendant, our Lord Jesus Christ. Extend this king-
dom to every family of nations so that through your Son all men
may obtain true peace, the poor receive justice, the destitute relief,
and the people of earth find a blessing in his name. Amen.

Friday 12th June - Psalm 121
The guardian of the people

*“They will never hunger or thirst again; neither the sun
nor the scorching wind will ever plague them” (Rev 7:16).*

Antiphon: My help shall come from the Lord,
who made heaven and earth.

I lift up my 6yes to the m6ountains: *
from wh6re shall come my h6lp?
My h6lp shall c6ome from the L6rd *
who made h6aven and 6arth.
May he n6ver 6allow you to st6umble! *
Let him sl6eep not, your g6uard.
N6, he sl6eeps not nor sl6umbers, *
6srael's g6uard.

Wednesday 10th June - Psalm 62

Peace in God

*"May the God of hope fill you with all peace
as you believe in him" (Rom 15:13).*

Antiphon: We are waiting in hope for the blessings
of the glorious coming of our Saviour.

In God alóne is my sóul at rést; *
my hélp comes from him.
He alóne is my róck, my stróngthold, *
my fórtress: I stand firm.
How lóng will you áll attack one mán *
to bréak him dówn,
as thóugh he were a tóttèring wáll, *
or a túmbling fénce?
Their plán is ónly to destróy: *
they take pléasure in lies.
With their móuth they útter bléssing *
but in their héart they cúrse.
In God alóne be at rést, my sóul; *
for my hópe comes from him.
He alóne is my róck, my stróngthold, *
my fórtress: I stand firm.
In Gód is my sáfety and glóry, *
the róck of my stréngth.
Take réfuge in Gód, all you péople. *
Trúst him at áll times.
Póur out your héarts befóre him *
for Gód is our réfuge.
Cómmon folk are ónly a bréath, *
gréat men an illúsióin.
Pláced in the scáles, they rise; *
they weigh léss than a bréath.
Dó not put your trúst in oppréssióin *
nor vain hópes on plúnder.
Dó not set your héart on ríches *
even whén they incréase.
For Gód has sáid ónly óne thing: *
only twó do I knów:
that to Gód alóne belongs pówer *
and to yóu, Lord, lóve;
and that yóu repáy each mán *
accórding to his déeds.

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

Antiphon: We are waiting in hope for the blessings
of the glorious coming of our Saviour.

Psalm-prayer:

Lord God, you reward each one according to his works. Hear us
as we pour out our hearts to you, seeking your grace and secure
protection. We look to you for our stable hope in a constantly
changing world. Amen.

Thursday 11th June - Psalm 72

The Messiah's royal power

*"They opened their treasures and offered him gifts
of gold, frankincense and myrrh" (Mt 2:11).*

Antiphon: I will make you the light of the nations
to bring my salvation to the ends of the earth.

O Gód, give your júdgement to the kíng, *
to a kíng's son your jústice,
that he may júdge your péople in jústice *
and your póor in right júdgement.
May the móuntains bring forth péace for the péople *
and the hills, jústice.
May he defénd the póor of the péople †
and save the children of the néedy *

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

Antiphon: Priests are set apart to offer incense
and bread to God. Alleluia.

Psalm 149

The saints rejoice

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

Antiphon: To the one who overcomes
I will give the hidden manna
and a new name. Alleluia.

Sing a new sǒng to the Lórd, *
his práise in the assémbly of the fáithful.
Let Ísrael rejóice in its Mákèr, *
let Sión's sons exúlt in their kíng.
Let them práise his náme with dáncing *
and make músic with tímbrèl and hárp.
For the Lórd takes delight in his péople. *
He crówns the póor with salvátion.
Let the fáithful rejóice in their glóry, *
shout for jóy and táke their rést.
Let the práise of Gód be on their líps *
and a twó-edged swórd in their hánd,
to déal out véngeance to the nátióins *
and púnishment on áll the péoples;
to bind their kíngs in cháíns *
and their nóbles in féttèrs of iron;
to cárry out the séntence pre-ordáined: *
this hónour is for áll his fáithful.

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

Antiphon: To the one who overcomes
I will give the hidden manna
and a new name. Alleluia.

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

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

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

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

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

Antiphon: Holy, holy, holy is the Lord God almighty,
who was, who is, and who is to come.

Monday 8th June - Psalm 43
The wedding of the King

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

Antiphon: You are the fairest of the children of men,
and graciousness is poured upon your lips.

My héart overflóws with nóble wórds. †
To the king I must spéak the sóng I have máde, *
my tóngue as nimble as the pén of a scribe.
Yóu are the fáirest of the children of mén †
and gráciousness is póured upón your lips: *
because Gód has bléssed you for évermóre.
O mighty one, gird your swórd upon your thigh; †
in spléndour and státe, ride on in triumph *
for the cáuse of trúth and góodness and right.
Take áim with your bów in your dréad right hánd. †
Your árrows are shárp, péoples fall beneath you. *
The fóes of the king fall dówn and lose héart.
Your thróne, O Gód, shall endúre for éver. †
A scéptre of jústice is the scéptre of your kingdóm. *
Your lóve is for jústice; your hátréd for évil.
Therefore Gód, your Gód, has anóinted yóu †
with the óil of gládness abóve other kings: *
your róbes are frágrant with alóes and mýrrh.
From the ivory pálace you are gréeted with músic. †
The dáughters of kings are amóng your lóved ones. *
On your right stands the quéen in góld of Óphir.
Listen, O dáughter, give éar to my wórds: *
forgét your own péople and your fáther's hóuse.
Só will the king désire your béauty: *
Hé is your lórd, pay hómage to him.
And the péople of Týre shall cóme with gifts, *
the richest of the péople shall séek your fávour.
The dáughter of the king is clóthed with spléndour, *
her róbes embróided with péarls set in góld.
She is léd to the king with her máiden compánions. †
Théy are escórted amid gládness and jóy; *
they páss within the pálace of the king.
Sóns shall be yóurs in pláce of your fáthers: *
you will máke them prínces over áll the éarth.
May this sóng make your náme for éver remémbered. *
May the péoples práise you from áge to áge.

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.

Canticle - Benedictus

The Messiah and the one who was sent before him

Antiphon:

On Monday 1st June - Mary, Mother of the Church:
They all joined together in constant prayer,
with Mary the mother of Jesus .

On Tuesday 2nd June & Saturday 6th June:
The Lord has raised up a mighty saviour for us,
as he promised through the lips of his prophets.

On Wednesday 3rd June - St Charles Lwanga & Companions, Martyrs
& on Friday 5th June - St Boniface, Martyr:
Blessed are those who are persecuted
in the cause of right:
theirs is the kingdom of heaven.

On Thursday 4th June - Our Lord Jesus Christ, the Eternal High Priest:
May they all be one, Father,
so that the world may believe
it was you who sent me.

On the Solemnity of the Most Holy Trinity - Sunday 7th June:
Blessed be the creator and ruler of all things,
the holy and undivided Trinity,
both now and for ever and for ages unending.

On Monday, Tuesday, Wednesday 8th - 10th June + Friday 12th June
Blessed be the Lord, for he has visited us
and freed us.

On Thursday 11th June - St Barnabas, Apostle:
Barnabas set out for Tarsus to look for Saul,
and when he found him
he brought him to Antioch,
where they worked together in the Church
and instructed a large number of people.

On Saturday 13th June - St Antony of Padua, Priest:
The learned will shine as brightly as
the vault of heaven,
and those who have instructed many in virtue
will shine like stars for all eternity.

On the Solemnity of Corpus et Sanguis Christi:
I am the living bread
which came down from heaven:
whoever eats this bread will live for ever, alleluia.

✠ Bléssed be the Lórd, the Gód of Ísraél! *
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 fréé us from our fóes, *
from the hánds of áll who háte us.
So his lóve for our fáthers is fulfilled *
and his hólý covenant remémbered.
He swóre to Ábraham our fáther to gránt us, *
that fréé 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 ahead 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, †
those who dwéll in the shádw of déath, *
and gúide us into the wáy of péace.

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

Antiphon:

On Monday 1st June - Mary, Mother of the Church:

They all joined together in constant prayer,
with Mary the mother of Jesus .

On Tuesday 2nd June & Saturday 6th June:

The Lord has raised up a mighty saviour for us,
as he promised through the lips of his prophets.

*On Wednesday 3rd June - St Charles Lwanga & Companions, Martyrs
& on Friday 5th June - St Boniface, Martyr:*

Blessed are those who are persecuted
in the cause of right:
theirs is the kingdom of heaven.

On Thursday 4th June - Our Lord Jesus Christ, the Eternal High Priest:

May they all be one, Father,
so that the world may believe
it was you who sent me.

On the Solemnity of the Most Holy Trinity - Sunday 7th June:

Blessed be the creator and ruler of all things,
the holy and undivided Trinity,
both now and for ever and for ages unending.

On Monday, Tuesday, Wednesday 8th - 10th June + Friday 12th June

Blessed be the Lord, for he has visited us
and freed us.

On Thursday 11th June - St Barnabas, Apostle:

Barnabas set out for Tarsus to look for Saul,
and when he found him
he brought him to Antioch,
where they worked together in the Church
and instructed a large number of people.

On Saturday 13th June - St Antony of Padua, Priest:

The learned will shine as brightly as
the vault of heaven,
and those who have instructed many in virtue
will shine like stars for all eternity.

On the Solemnity of Corpus et Sanguis Christi:

I am the living bread
which came down from heaven:
whoever eats this bread will live for ever, alleluia.

Prayers and intercessions

Each day:

As Christians called to share the life of God, let us praise the Lord
Jesus, the high priest of our faith.

- *You are our Saviour and our God.*

Almighty King, you have baptized us, and made us a royal priest-
hood:

may we offer you a constant sacrifice of praise.

- *You are our Saviour and our God.*

Help us to keep your commandments;

so that through your Holy Spirit we may dwell in you, and
you in us.

- *You are our Saviour and our God.*

Everlasting Wisdom, come to us:

dwell with us and work in us today.

- *You are our Saviour and our God.*

Help us to be considerate and kind;

grant that we may bring joy, not pain, to those we meet.

- *You are our Saviour and our God .*

Except on - The Feast of Mary, Mother of the Church:

Let us proclaim the greatness of our Saviour who chose to be born

A prince from the day of your birth †
on the holy mountains; *
from the womb before the dawn I begot you.
The Lord has sworn an oath he will not change. †
'You are a priest for ever, *
a priest like Melchizedek of old.'
The Master standing at your right hand *
will shatter kings in the day of his wrath.
He shall drink from the stream by the wayside *
and therefore he shall lift up his head.

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

Antiphon: O true, highest and everlasting Trinity,
Father, Son, and Holy Spirit!

Psalm-prayer:

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

Psalm 111

Great are the works of the Lord

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

Antiphon: Give us freedom, salvation and life,
O blessed Trinity.

I will thank the Lord with all my heart *
in the meeting of the just and their assembly.
Great are the works of the Lord, *
to be pondered by all who love them.
Majestic and glorious his work, *
his justice stands firm for ever.
He makes us remember his wonders. *
The Lord is compassion and love.
He gives food to those who fear him; *
keeps his covenant ever in mind.
He has shown his might to his people *
by giving them the lands of the nations.
His works are justice and truth, *
his precepts are all of them sure,
standing firm for ever and ever; *
they are made in uprightness and truth.
He has sent deliverance to his people †
and established his covenant for ever. *
Holy his name, to be feared.

To fear the Lord is the first stage of wisdom; *
all who do so prove themselves wise.
His praise shall last 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: Give us freedom, salvation and life,
O blessed Trinity.

Psalm-prayer:

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

Canticle - Apocalypse 19

The wedding of the Lamb

Antiphon: Holy, holy, holy is the Lord God almighty,
who was, who is, and who is to come.

who áte my bréad, has túrned agáinst me.
But yóu, O Lórd, have mércy on mé. *
Let me rise once móre and Í will repáy them.
By this I shall knów that yóu are my friend, *
if my fóes do not shóut in triúmph 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.

Psalm-prayer:

Lord Jesus, healer of soul and body, you said: Blessed are the merciful, they will obtain mercy. Teach us to come to the aid of the needy in a spirit of brotherly love, that we in turn may be received and strengthened by you. Amen.

Saturday 6th June - 1st Vespers of Sunday - Psalm 113

Praise of the Lord's name

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

Antiphon: All glory belongs to you, Holy Trinity, one God,
before all ages, now and for ever.

Práise, O sérvants of the Lórd, *
práise the náme of the Lórd!
May the náme of the Lórd be blésséd *
both nów and for évermóre!
From the rising of the sún to its sétting *
práised be the náme of the Lórd!
High above all nátions is the Lórd, *
abóve the héavens his glóry.
Whó is like the Lórd, our Gód, *
who has risen on high to his thróne
yet stóops from the héights to look dówn, *
to look dówn upon héaven and éarth?
From the dúst he lífts up the lówly, *
from his mísery he ráises the póor
to sét him in the cómpany of prínces, *
yés, with the prínces of his péople.
To the childless wife he gives a hóme *
and gláddens her héart with children.

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

Antiphon: All glory belongs to you, Holy Trinity, one God,
before all ages, now and for ever.

Psalm-prayer:

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

Sunday 7th June - The Most Holy Trinity - Psalm 110

The Messiah, king and priest

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

Antiphon: O true, highest and everlasting Trinity,
Father, Son, and Holy Spirit!

The Lórd's revelátióin to my Máster: †
'Sit on my right: *
your fóes I will pút beneath your féet.'
The Lórd will wield from Sion †
your scéptre of pówer: *
rúle in the mídst of all your fóes.

of the Virgin Mary. Confident that he will hear us, we ask:
- *Lord, may your mother pray for us.*

Sun of justice, you showed your day was dawning in the immaculate Virgin Mary;

help us to walk in the daylight of your presence.

- *Lord, may your mother pray for us.*

Eternal Word, in the living flesh of Mary you found a dwelling place on earth;

remain with us for ever in hearts free from sin.

- *Lord, may your mother pray for us.*

Christ, our Saviour, you willed that your mother should be there when you died;

through her intercession may we rejoice to share your suffering.

- *Lord, may your mother pray for us.*

Loving Saviour, while hanging on the cross, you gave your mother Mary to be the mother of John;

let us be known as her children by our way of living.

- *Lord, may your mother pray for us*

And on - The Feast of Our Lord Jesus Christ, the Eternal Priest:

Father of mercies and God of all consolation, you fill with your kindness all who approach you. As we begin this day, through Christ and with him and in him, we your children pray:

- *Lord, graciously hear us.*

Jesus Christ, Son of the living God,

lead us into the light of your truth.

- *Lord, graciously hear us.*

Christ, Word of God, you are with the Father for ever;

stir up in your faithful the will to proclaim the Gospel.

- *Lord, graciously hear us.*

Jesus, Anointed of the Father in the Holy Spirit,

consecrate your Church in holiness.

- *Lord, graciously hear us.*

Christ, High Priest of the New Covenant,

clothe Priests with your holiness, to the glory of the Father.

- *Lord, graciously hear us.*

Christ, Wisdom of God, our peace and reconciliation,

grant that we may be made one in heart and mind in your Church.

- *Lord, graciously hear us.*

Christ, Eternal Priest, who glorify the Father,

grant that in you our offering may be rendered as praise to your eternal glory.

- *Lord, graciously hear us*

And on - The Solemnity of the Most Holy Trinity:

Full of joy on this morning, we adore and glorify the Father, Son and Holy Spirit, saying:

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

Holy Father, of ourselves we are nothing. We beg you to give us the Holy Spirit:

may he strengthen us in our weakness and intercede for us before your face.

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

Son of God, you asked the Father to send the Comforter to your Church:

may he, the Spirit of truth, remain with us always.

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

Come, Holy Spirit, and give us an abundance of your fruits. Make us loving, joyful, peaceful, patient and kind:

give us integrity, forbearance, gentleness, faith, modesty, temperance and chastity.

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

Father almighty, you sent the Spirit of your Son into our hearts:

fill us with your Spirit, that we may be your heirs and co-heirs with Christ.

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

Lord Jesus Christ, you sent the Paraclete from the Father's side to be your witness:

make us also your witnesses before men.

- *Glory be to the Father and to the Son and to the Holy Spirit*

And on - The Solemnity of Corpus Christi:

Joyfully we make our prayer to Jesus Christ, the bread of life, and we say:

- *Happy are those who are called to your supper, Lord.*

Lord Jesus Christ, high priest of the new and eternal covenant, on the altar of the cross you offered a perfect sacrifice to the Father:

teach us how to offer it with you.

- *Happy are those who are called to your supper, Lord.*

Lord Jesus Christ, king of peace and justice, you consecrated bread and wine as a sign of your self-giving: unite us as victims to yourself.

- *Happy are those who are called to your supper, Lord.*

Lord Jesus Christ, obedient always to your Father's will, throughout the world the Church renews your offering from the rising of the sun to its setting:

unite in one body those who share the one bread.

- *Happy are those who are called to your supper, Lord.*

Lord Jesus Christ, as the manna came from the heavens, you nourish your Church with your body and blood: in the strength of your food we will walk in your paths.

- *Happy are those who are called to your supper, Lord.*

Lord Jesus Christ, unseen guest at our banquet, you stand at our door and knock:

come to us, fill our hearts with your truth and stay with us.

- *Happy are those who are called to your supper, 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.

The Concluding Prayer

Each day:

Look with favour on our morning prayer, Lord, and in your saving love

let your light penetrate the hidden places of our hearts.

May no sordid desires darken our minds, renewed and enlightened as we are by your heavenly grace.

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.

Hópe in 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?

Psalm-prayer:

Father, you protect and strengthen those who hope in you; you heard the cry of your Son and kept him safe in your tent in the day of evil. Grant that your servants who seek your face in times of trouble may see your goodness in the land of the living. Amen.

Thursday 4th June - Psalm 110

The Messiah, king and priest

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

Antiphon: The Lord has sworn an oath,
and he will not change: You are a priest for ever.

The Lórd's revelátiún to my Máster: †

'Sit on my right: *

your fóes I will pút beneath your féet.'

The Lórd will wield from Sion †

your scéptre of pówer: *

rúle in the mídst of all your fóes.

A prince from the dáy of your bírth †

on the hólý móúntains; *

from the wómb before the dáwn I begót you.

The Lórd has sworn an óath he will not chángé. †

'You are a príest for éver, *

a príest like Melchizedek of óld.'

The Máster stánding at your right hand *

will shatter kings in the dáy of his wráth

He shall drink from the stréam by the wáyside *

and thérefore he shall líft up his héad.

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

Antiphon: The Lord has sworn an oath,
and he will not change: You are a priest for ever.

Psalm-prayer:

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

Friday 5th June - Psalm 41

Prayer in time of sickness

"One of you will betray me - one who is eating with me" (Mk 14:18).

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 nó't give him úp to the will 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 said: 'Lórd, have mércy on mé, *

heal my sóul for Í have sínned agáinst you.'

My fóes are spéaking évil agáinst me. *

'How lóng before he díes and his náme is forgóttén?'

They cóme to vísit me and spéak empty wórd, *

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, *

he will nó't rise agáin from whére he líes.'

Thus éven my fríend, in whóm I trústéd, *

Théy will collápe and fáll, *
but wé shall hólđ and stand fírm.
Give víctory to the kíng, O Lórd, *
give ánswer on the dáy we cáll.

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.

Psalm-prayer:

Lord, you accepted the perfect sacrifice of your Son upon the cross. Hear us during times of trouble and protect us by the power of his name, that we who share his struggle on earth may merit a share in his victory. Amen.

Wednesday 3rd June - Psalm 27
Keeping faith in time of peril

"Behold, the place where God dwells among men" (Rev 21:3).

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

The Lórd is my líght and my hélp; *
whóm shall I féar?

The Lórd is the stróngthold of my lífe; *
before whóm shall I shrínk?

When évil-dóers draw néar *
to devóur my flésh,

it is théy, my énemies and fóes, *
who stúmbles and fáll.

Though an ármý encámp agáínst me *
my héart would not féar.

Though wár break óut agáínst me *
even thén would I trúst.

There is óne thíngh I ásk of the Lórd, *
for thís I lóng,

to líve in the hóuse of the Lórd, *
all the dáy of my lífe,

to sávour the swéetness of the Lórd, *
to behóld his témples.

For thére he kéeps me sáfe in his tént *
in the dáy of évil.

He hídes me in the shéltér of his tént, *
on a rók he sets me sáfe.

And nów my héad shall be ráised *
above my fóes who surróund me
and I shall óffer wíthín his tént *
a sácífice of jóy.

I will síng and make músic for the Lórd.

It is your fáce, O Lórd, that I séek: híde not your fáce.

O Lórd, héar my vóice when I cáll; *
have mércy and ánswer.

Of yóu my héart has spóken: *
'Séek his fáce.'

It is your fáce, O Lórd, that I séek; *
híde not your fáce.

Dísmíss not your sérvánt in ánger; *
yóu have been my hélp.

Dó not abándon or forsáke me, *
O Gód my hélp!

Though fáther and móther forsáke me, *
the Lórd will recéive me

Instrúct me, Lórd, in your wáy; *
on an éven path léad me.

When they líe in ámbush protéct me *
from my énemy's gréed.

False wítnesses ríse agáínst me, *
bréathing out fúry.

I am síúre I shall sée the Lórd's góodness *
in the lánd of the líving.

Hope in híim, hold fírm and take héart. *

Except on - The Feast of Mary Mother of the Church:

O God, Father of mercies,
whose Only Begotten Son, as he hung upon the Cross,
chose the Blessed Virgin Mary, his Mother,
to be our Mother also; grant, we pray, that with her loving help,
your Church may be more fruitful day by day,
and exulting in the holiness of her children,
may draw to her embrace all the families of the peoples.
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.

And on - The Feast of Our Lord Jesus Christ, the Eternal Priest:

O God, who for the glory of your majesty and the salvation of the human race made your Only-Begotten Son the Eternal High Priest, grant that, through the outpouring of the Holy Spirit, those whom he has chosen as ministers and stewards of his mysteries may be found faithful in carrying out the ministry they have received. 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.

And on - The Solemnity of the Most Holy Trinity:

God our Father, you revealed the great mystery of your godhead to men when you sent into the world the Word who is Truth and the Spirit who makes us holy.

Help us to believe in you and worship you, as the true faith teaches: three Persons, eternal in glory, one God, infinite in majesty. 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.

And on - The Solemnity of Corpus Christi:

Lord Jesus Christ, you gave your Church an admirable sacrament as the abiding memorial of your passion. Teach us so to worship the sacred mystery of your Body and Blood that its redeeming power may sanctify us always. Who live and reign with God the Father 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 NINE & TENTH WEEK OF ORDINARY TIME

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.'

Monday	Genesis 3: 9-15, 20 Psalm 87 John 19: 25-34
Tuesday	2 Peter 3: 11-15, 17-18 Psalm 90 Mark 12: 13-17
Wednesday	2 Maccabees 7: 1-2, 9-14 Psalm 124 Matthew 5: 1-12
Thursday	Genesis 22: 9-18 Psalm 40 Matthew 26: 36-42
Friday	Acts of the Apostles 26: 19-23 Psalm 117 John 10: 11-16
Saturday	2 Timothy 4: 1-8 Psalm 71 Mark 12: 38-44
Sunday 7th	Exodus 34: 4-6, 8-9 from Daniel 3: 52-56 2 Corinthians 13: 11-13 John 3: 16-18
Monday	1 Kings 17: 1-6 Psalm 121 Matthew 5: 1-12
Tuesday	1 Kings 17: 7-16 Psalm 4 Matthew 5: 13-16
Wednesday	1 Kings 18: 20-39 Psalm 16 Matthew 5: 17-19
Thursday	Acts of the Apostles 11: 21-26; 13: 1-3 Psalm 98 Matthew 10: 7-13
Friday	1 Kings 19: 9, 11-16 Psalm 27 Matthew 5: 27-32
Saturday	Isaiah 61: 1-3 Psalm 89 Luke 10: 1-9
Sunday 14th	Deuteronomy 8: 2-3, 14-16 Psalm 147 1 Corinthians 10: 16-17 John 6: 51-58

Types and shadows have their ending,
For the newer rite is here;
Faith, our outward sense befriending,
Makes the inward vision clear.

Glory let us give, and blessing
To the Father and the Son;
Honour, might and praise addressing,
While eternal ages run;
Ever too his love confessing,
Who, from both, with both is one .

The Psalms:

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

Monday 1st June - Psalm 11

The Lord, support of the just

*"Blessed are those who hunger and thirst for what is right:
they shall be satisfied" (Mt 5:6).*

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.
See the wícked brácing their bów; *
they are fixing their árróws on the stríng
to shóot úpríght mén in the dárk. *
Foundátions ónce destróyed, what can the júst do?"
The Lórd is in his hólý témples, *
the Lórd, whose thróne is in héaven.
His éyes look dówn on the wórld; *
his gáze tests mórtal mén.
The Lórd tests the júst and the wícked; *
the lóver of víolence he hátes.
He sends fire and brímstone on the wícked; *
he sends a scórching wínd as their lóts.
The Lórd is júst and loves jústice; *
the úpríght shall sée his fáce.

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.

Psalm-prayer:

Lord God, you search the hearts of all, both the good and the wicked. May those who are in danger for love of you, find security in you now, and, in the day of judgement, may they rejoice in seeing you face to face. Amen.

Tuesday 2nd June - Psalm 20

Prayer for victory

"Whoever calls upon the name of the Lord will be saved" (Acts 2:21).

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

May the Lórd ánsWER in tíme of tríal; *
may the náme of Jacob's Gód protéct you.
May he sénd you hélp from his shríne *
and gíve you suppórt from Síon.
May he remémbér áll your ófferings *
and recéíve your sácrífice with fávor.
May he gíve you your héart's desíre *
and fulfil every óne of your pláns.
May we ríng out our jóy at your víctory †
and rejóice in the náme of our Gód. *
May the Lórd gránt all your práyers.
I am súde nów that the Lórd *
will gíve víctory tó his anóinted,
will replý from his hólý héaven *
with the míghty víctory of his hánd.
Sóme trust in cháríots or hórses, *
but wé in the náme of the Lórd.

EVENING PRAYERS AT DUSK -

VESPERS

✠ O God, come to our aid.

O Lord, make haste to help us.

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

The following hymn is sung before and after Trinity Sunday:

O Strength and Stay upholding all creation,
Who ever dost thyself unmoved abide,
Yet day by day the light in due gradation
From hour to hour in all its changes guide.

Grant to life's day a calm unclouded ending,
An eve untouched by shadows of decay,
The brightness of a holy death-bed blending
With dawning glories of the eternal day.

Hear us, O Father, gracious and forgiving,
Through Jesus Christ thy co-eternal Word,
Who, with the Holy Ghost, by all things living
Now and to endless ages art adored .

The following hymn is sung on Trinity Sunday:

O Trinity of blessed light,
O Unity of princely might,
The fiery sun now goes his way;
Shed thou within our hearts thy ray.

To thee our morning song of praise,
To thee our evening prayer we raise;
Thy glory humbly we adore
For ever and for evermore.

All laud to God the Father be;
All praise, eternal Son, to thee;
All glory, as is ever meet,
To God the Holy Paraclete.

The following hymn is sung on Corpus Christi:

Of the glorious Body telling,
O my tongue, its mysteries sing,
And the Blood, all price excelling,
Which the world's eternal King,
In a noble womb once dwelling,
Shed for this world's ransoming.

Given for us, for us descending,
Of a Virgin to proceed,
Man with man in converse blending,
Scattered he the Gospel seed,
Till his sojourn drew to ending
Which he closed in wondrous deed.

At the last great Supper lying
Circled by his brethren's band,
Meekly with the law complying,
First he finished its command,
Then, immortal Food supplying,
Gave himself with his own hand.

Word made Flesh, by word he maketh
Very bread his Flesh to be;
Man in wine Christ's Blood partaketh:
And if senses fail to see,
Faith alone the true heart waketh
To behold the mystery.

Humbly we, before him bending,
This great Sacrament revere;

PRAYERS AT MIDDAY

As we prepare for the Solemnity of Corpus Christi I am suggesting that in place of the Office of Sext, it may be helpful to pray the Litany of the Blessed Sacrament:

Lord, have mercy.

R/. Lord, have mercy.

Christ, have mercy.

R/. Christ, have mercy.

Lord, have mercy.

R/. Lord, have mercy.

Christ, hear us.

R/. Christ, graciously hear us.

God the Father of Heaven,

R/. have mercy on us.

God the Son, Redeemer of the world,

R/. have mercy on us.

God the Holy Spirit,

R/. have mercy on us.

Holy Trinity, one God,

R/. have mercy on us.

Jesus, Eternal High Priest of the Eucharistic Sacrifice,

R/. have mercy on us.

Jesus, Divine Victim on the Altar for our salvation,

R/. have mercy on us.

Jesus, hidden under the appearance of bread,

R/. have mercy on us.

Jesus, dwelling in the tabernacles of the world,

R/. have mercy on us.

Jesus, really, truly and substantially present
in the Blessed Sacrament,

R/. have mercy on us.

Jesus, abiding in Your fullness, Body, Blood, Soul and Divinity,

R/. have mercy on us.

Jesus, Bread of Life,

R/. have mercy on us.

Jesus, Bread of Angels,

R/. have mercy on us.

Jesus, with us always until the end of the world,

R/. have mercy on us.

Sacred Host, summit and source of all worship and Christian life,

R/. have mercy on us.

Sacred Host, sign and cause of the unity of the Church,

R/. have mercy on us.

Sacred Host, adored by countless angels,

R/. have mercy on us.

Sacred Host, spiritual food,

R/. have mercy on us.

Sacred Host, Sacrament of love,

R/. have mercy on us.

Sacred Host, bond of charity,

R/. have mercy on us.

Sacred Host, greatest aid to holiness,

R/. have mercy on us.

Sacred Host, gift and glory of the priesthood,

R/. have mercy on us.

Sacred Host, in which we partake of Christ,

R/. have mercy on us.

Sacred Host, in which the soul is filled with grace,

R/. have mercy on us.

Sacred Host, in which we are given a pledge of future glory,

R/. have mercy on us.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

For those who do not believe in Your Eucharistic presence,

R/. have mercy, O Lord.

For those who are indifferent to the Sacrament of Your love,

R/. have mercy on us.

For those who have offended You
in the Holy Sacrament of the Altar,

R/. have mercy on us.

That we may show fitting reverence
when entering Your holy temple,

R/. we beseech You, hear us.

That we may make suitable preparation
before approaching the Altar,

R/. we beseech You, hear us.

That we may receive You frequently in Holy Communion
with real devotion and true humility,

R/. we beseech You, hear us.

That we may never neglect to thank You
for so wonderful a blessing,

R/. we beseech You, hear us.

That we may cherish time spent in silent prayer before You,

R/. we beseech You, hear us.

That we may grow in knowledge of this Sacrament of sacraments,

R/. we beseech You, hear us.

That all priests may have a profound love of the Holy Eucharist,

R/. we beseech You, hear us.

That they may celebrate the Holy Sacrifice of the Mass
in accordance with its sublime dignity,

R/. we beseech You, hear us.

That we may be comforted and sanctified with Holy Viaticum
at the hour of our death,

R/. we beseech You, hear us.

That we may see You one day face to face in Heaven,

R/. we beseech You, hear us.

Lamb of God, You take away the sins of the world,

R/. spare us, O Lord.

Lamb of God, You take away the sins of the world,

R/. graciously hear us, O Lord.

Lamb of God, You take away the sins of the world,

R/. have mercy on us, O Lord.

V. O Sacrament Most Holy, O Sacrament Divine,

R/. all praise and all thanksgiving be every moment Thine.

Let us pray.

Most merciful Father,

You continue to draw us to Yourself
through the Eucharistic Mystery.

Grant us fervent faith in this Sacrament of love,
in which Christ the Lord Himself

is contained, offered and received.

We make this prayer through the same Christ our Lord. Amen

To the above Litany may be added:

The Great Litany

In peace let us pray to the Lord.

Lord, have mercy.

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

Lord, have mercy.

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

Lord, have mercy.

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

Lord, have mercy.

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

Lord, have mercy.

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

Lord, have mercy.

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

Lord, have mercy.

For seasonable weather, abundance of the fruits of the earth,

and peaceful times, let us pray to the Lord.
Lord, have mercy.

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

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

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

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

We Commit Ourselves To Thee O Lord

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

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

The 'Lord's Prayer' follows:

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

The Concluding Prayer

Let us pray.

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

Let us praise the Lord.

Thanks be to God.