



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

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

Monday in Holy Week  
*'Fig Monday'*  
29th March AD 2021



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

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

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

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

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

## THE SEAL

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

## TRISAGION PRAYERS

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

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

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

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

Kyrie eleison, Kyrie eleison, Kyrie eleison.

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

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

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

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

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

In order they are:

*The Chief Priests take counsel together*

*The Accursed Fig Tree*

*The Merchants Chased from the Temple*

*Jesus forbids the carrying of loads in the Fore-  
court of the Temple*

*He heals the Lame*

*Jesus goes in the Evening to Bethany*

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

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



thy servant N., granting him/her release from pain and restoration to health and vigour, that he/she may give thanks unto thee and bless thy holy Name, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

#### A Prayer for the Dead

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

#### A General Intercession

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

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

Be mindful, O Lord, of our Bishop *Jonathan*, and of every Bishop of the Church: of Priests and Deacons, the Religious, and Lay Ministers of thy Church, which thou has established to feed the flock of the Word: and by their prayers have mercy upon me and save me, a sinner.

Be mindful, O Lord, of all civil Authorities, of our Armed Forces, of this city in which we dwell, and of every city and land; grant us peaceful times, that we may lead a calm and tranquil life in all godliness and sanctity.

Be mindful, O Lord, of my parents, my brothers and sisters, my relatives and friends, and all who are near and dear to me, (*name those whom you wish to remember*), and grant them mercy, life, peace, health, salvation and visitation, and pardon and remission of sins; that they may evermore praise and glorify thy holy Name.

Be mindful, O Lord, of those who travel by land, and sea, and air; of the young and the old; orphans and widows; the sick and the suffering, the sorrowing and the afflicted, all captives, and the needy poor; upon them all send forth thy mercies, for thou art the Giver of all good things.

Be mindful, O Lord, of me, thy humble servant; grant me thy grace, that I may be diligent and faithful; that I may avoid evil company and influence, and resist all temptation; that I may lead a godly and righteous life, blameless and peaceful, ever serving thee, that I may be accounted worthy at the last to enter into the Kingdom of Heaven.

Be mindful, O Lord, of all those who have fallen asleep in the hope of resurrection unto life eternal, especially N., NN.; pardon all their transgressions both voluntary and involuntary, whether in word, or deed, or thought. Shelter them in a place of brightness, a place of verdure, a place of repose, whence all sickness, sorrow and sighing have fled away, and where the sight of thy countenance rejoiceth all thy Saints from all the ages. Grant them thy heavenly Kingdom, and a portion in thine ineffable and eternal blessings, and the enjoyment of thine unending Life.

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

## THE ANGELUS

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

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

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

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

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

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

Let us pray:

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

## Office of Readings

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

### Invitatory Psalm

Psalm 95

*"Every day, as long as this 'today' lasts,  
keep encouraging one another" (Heb 3:13).*

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

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

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

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

O that todáy you would listen to his vóice! †  
'Hárden not your héarts as at Meribah, \*  
as on that dáy at Mássah in the désert

when your fáthers pút me to the tést; \*  
when they tried me, thóugh they saw my wórk.

For forty yéars I was wéaried of these péople †  
and I sáid: “Their héarts are astráy, \*  
these péople do not nów my wáys.”

Thén I took an óath in my ánger: \*  
“Néver shall they énter my rést.”

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

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

### **Hymn**

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

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

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

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

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

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

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 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

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

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

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

#### Psalm 31: 2-9

##### Trustful prayer in time of adversity

*"Father, into your hands I commend my spirit" (Lk 23:46).*

*Antiphon: Hear me, Lord, and come to rescue me.*

In yóu, O Lórd, I take réfuge. \*

Let me néver be pút to sháme.

In your jústice, sét me frée, \*

héar me and spéedily réscue me.

Be a rók of réfuge fór me, \*

a mighty stróngthold to sáve me,

for yóu are my rók, my stróngthold. \*

For your náme's sake, léad me and gúide me.

Reléase me from the snáres they have hídden \*

for yóu are my réfuge, Lórd.

Into your hánds I comménd my spírit. \*

It is yóu who will redéem me, Lórd.

O Gód of trúth, you detést \*

those who wórship fálse and empty góds.

As for mé, I trúst in the Lórd: \*

let me be glád and rejóice in your lóve.

Yóu who have séen my afflíction \*

and taken héed of my sóul's dístréss,

have not hánded me óver to the énemy, \*

but sét my féet at lárge.

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: Hear me, Lord, and come to rescue me.*

#### Psalm 31: 10-17

*Antiphon: Lord, let your face shine on your servant.*

Have mércy on mé, O Lórd, \*

for Í am in dístréss.

Téars have wásted my éyes, \*

my thróat and my héart.

For my life is spént with sórrów \*  
and my yéars with síghs.  
Affliction has bróken down my strength \*  
and my bónes waste awáy.

In the fáce of áll my fóes \*  
Í am a reopróach,  
an óbject of scórn to my néighbours \*  
and of féar to my friends.

Thóse who sée me in the stráet \*  
run fár awáy from me.  
Í am like a déad man, forgóttén, \*  
like a thing thrown awáy.

I have héárd the slándér of the crówd, \*  
féar is all aróund me,  
as they plót togéther agáinst me, \*  
as they plán to take my life.

But as for mé, I trúst in you, Lórd; \*  
I say: 'Yóu are my Gód.  
My life is in your hánds, deliver me \*  
from the hánds of those who háte me.

Let your fáce shine on your sérvant. \*  
Sáve me in your lóve.'

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

*Antiphon: Lord, let your face shine on your servant.*

#### Psalm 31: 20-25

*Antiphon: Blessed be the Lord, who has shown me the wonders  
of his love.*

How gréat is the góodness, Lórd, \*  
that you kéepr for those who féar you,  
that you shów to thóse who trúst you \*  
in the síght of mén.

You híde them in the shéltér of your présence \*  
from the plóttíng of mén;  
you kéepr them sáfe within your tént \*  
from dispúting tóngues.

Blésséd be the Lórd who has shówn me †  
the wónders of his lóve \*  
in a fórtified city.

'I am fár remóved from your síght' \*  
I sáid in my alárm.  
Yet you héárd the vóice of my pléa \*  
when I cried for hélp.

Lóve the Lórd, all you sáints. \*  
He gúards his fáithful  
but the Lórd will repáy to the fúll \*

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

- **Sanctify the people you redeemed by your blood.**

Unite the faithful to your passion in times of trouble and  
distress  
and let the power of your salvation shine forth in their  
lives.

- **Sanctify the people you redeemed by your blood.**

You humbled yourself even to accepting death, death on a  
cross;

grant to your servants obedience and patience.

- **Sanctify the people you redeemed by your blood.**

Share with the dead your bodily glory;  
let us rejoice one day with them in the fellowship of  
the saints.

- **Sanctify the people you redeemed by your blood.**

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

Thy kingdom come.

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

Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil.

Let us pray.

Almighty God,  
grant that we who are constantly betrayed  
by our own weakness  
may draw the breath of new life  
from the passion and death of your Only-Begotten Son,  
who lives and reigns with you  
in the unity of the Holy Spirit,  
(one) God, for ever and ever.  
**Amen.**

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

**Amen.**

## OCCASIONAL PRAYERS

### Prayer on Entering the Church

I will come into thy house in the multitude of thy mercy: and in  
thy fear I will worship toward thy holy temple. Lead me, O Lord,  
in thy righteousness because of mine enemies; make thy way  
straight before me, that with a clear mind I may glorify thee forev-  
er, One Divine Power worshipped in three persons: Father, Son,  
and Holy Spirit. Amen.

### Prayer on Leaving a Church

Lord, now lettest thou thy servant depart in peace, according to  
thy word: for mine eyes have seen thy salvation, which thou hast  
prepared before the face of all people; a light to lighten the Gen-  
tiles, and the glory of thy people Israel.

### The "Jesus" Prayer

O Lord Jesus Christ, Son of God, have mercy on me, a sinner.

### A Prayer to Your Guardian Angel

O Angel of Christ, holy guardian and protector of my soul and  
body, forgive me everything wherein I have offended thee every  
day of my life, and protect me from all influence and temptation

## Short Responsory

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

## Canticle

### My soul rejoices in the Lord

*Antiphon: As Moses lifted up the serpent in the desert, so the  
Son of Man must be lifted up, so that everyone who believes  
may have eternal life.*

My soul glórífies the Lórd, \*  
my spirit rejóices in Gód, my Sáviour.  
He looks on his sérvant in her lówliness; \*  
henceforth all áges will cáll me bléssed.

The Almíghty works márvels for me. \*  
Hóly his náme!  
His mércy is from age to áge, \*  
on thóse who féar him.

He púts forth his árm in stréngth \*  
and scátters the proud-héarted.  
He casts the míghty from their thrónes \*  
and ráises the lówly.

He fills the stárving with good things, \*  
sends the rich away émpty.

He protects Ísrael, his sérvant, \*  
remémbering his mércy,  
the mércy prómised to our fáthers, \*  
to Ábraham and his sóns for éver.

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

*Antiphon: As Moses lifted up the serpent in the desert, so the  
Son of Man must be lifted up, so that everyone who believes  
may have eternal life.*

## Prayers and intercessions

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

those who áct with pride.

Be stróng, let your héart take cóurage, \*  
all who 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: Blessed be the Lord, who has shown me the wonders  
of his love.*

## Psalm-prayer

God of kindness and truth, you saved your Chosen One,  
Jesus Christ, and you gave your martyrs strength. Watch  
over your people who come to you here and strengthen the  
hearts of those who hope in you, that they may proclaim  
your saving acts of kindness in the eternal city.

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

## First Reading

Hebrews 10:19-39

Brothers, through the blood of Jesus we have the right to  
enter the sanctuary, by a new way which he has opened for  
us, a living opening through the curtain, that is to say, his  
body. And we have the *supreme high priest* over all the *house  
of God*. So as we go in, let us be sincere in heart and filled  
with faith, our minds sprinkled and free from any trace of  
bad conscience and our bodies washed with pure water. Let  
us keep firm in the hope we profess, because the one who  
made the promise is faithful. Let us be concerned for each  
other, to stir a response in love and good works. Do not  
stay away from the meetings of the community, as some do,  
but encourage each other to go; the more so as you see the  
Day drawing near.

If, after we have been given knowledge of the truth, we  
should deliberately commit any sins, then there is no long-  
er any sacrifice for them. There will be left only the dread-  
ful prospect of judgement and of the *raging fire* that is to  
*burn rebels*. Anyone who disregards the Law of Moses is  
ruthlessly *put to death on the word of two witnesses or three*; and  
you may be sure that anyone who tramples on the Son of  
God, and who treats the *blood of the covenant* which sancti-  
fied him as if it were not holy, and who insults the Spirit of  
grace, will be condemned to a far severer punishment. We  
are all aware who it was that said: *Vengeance is mine; I will  
repay*. And again: *The Lord will judge his people*. It is a dread-  
ful thing to fall into the hands of the living God.

Remember all the sufferings that you had to meet after you  
received the light, in earlier days; sometimes by being your-  
selves publicly exposed to insults and violence, and some-  
times as associates of others who were treated in the same  
way. For you not only shared in the sufferings of those who  
were in prison, but you happily accepted being stripped of  
your belongings, knowing that you owned something that  
was better and lasting. Be as confident now, then, since the  
reward is so great. You will need endurance to do God's  
will and gain what he has promised.

Only a little while now, a very little while,  
and the one that is coming will have come; he will not delay.  
The righteous man will live by faith,  
but if he draws back, my soul will take no pleasure in him.  
You and I are not the sort of people who *draw back*, and are  
lost by it; we are the sort who keep *faithful* until our souls  
are saved.

### Responsory

℟. Do not lose courage.\* You will need endurance to do  
God's will and gain what he has promised.  
℣. Your endurance will win you your lives.\* You will need  
endurance to do God's will and gain what he has  
promised.

### Second Reading

From a sermon by Saint Augustine

*Let us too glory in the cross of the Lord*

The passion of our Lord and Saviour Jesus Christ is the  
hope of glory and a lesson in patience.  
What may not the hearts of believers promise themselves as  
the gift of God's grace, when for their sake God's only Son,  
co-eternal with the Father, was not content only to be born  
as man from human stock but even died at the hands of  
the men he had created?

It is a great thing that we are promised by the Lord, but far  
greater is what has already been done for us, and which we  
now commemorate. Where were the sinners, what were  
they, when Christ died for them? When Christ has already  
given us the gift of his death, who is to doubt that he will  
give the saints the gift of his own life? Why does our hu-  
man frailty hesitate to believe that mankind will one day  
live with God?

Who is Christ if not the Word of God: *in the beginning was  
the Word, and the Word was with God, and the Word was God?*  
This Word of God *was made flesh and dwelt among us*. He  
had no power of himself to die for us: he had to take from  
us our mortal flesh. This was the way in which, though  
immortal, he was able to die; the way in which he chose to  
give life to mortal men: he would first share with us, and  
then enable us to share with him. Of ourselves we had no  
power to live, nor did he of himself have the power to die.  
In other words, he performed the most wonderful ex-  
change with us. Through us, he died; through him, we shall  
live.

The death of the Lord our God should not be a cause of  
shame for us; rather, it should be our greatest hope, our  
greatest glory. In taking upon himself the death that he  
found in us, he has most faithfully promised to give us life  
in him, such as we cannot have of ourselves.

He loved us so much that, sinless himself, he suffered for  
us sinners the punishment we deserved for our sins. How  
then can he fail to give us the reward we deserve for our  
righteousness, for he is the source of righteousness? How  
can he, whose promises are true, fail to reward the saints  
when he bore the punishment of sinners, though without  
sin himself?

Brethren, let us then fearlessly acknowledge, and even  
openly proclaim, that Christ was crucified for us; let us  
confess it, not in fear but in joy, not in shame but in glory.  
The apostle Paul saw Christ, and extolled his claim to glo-

and endure our exile bravely, until we are called to the  
heavenly marriage feast, to which the Virgin Mary, exem-  
plar of your Church, has preceded us.

### Canticle

Ephesians 1

God the Saviour

*Antiphon:* God has given freely of his goodness to us in his be-  
loved Son, in whom we gain our freedom through the shed-  
ding of his blood.

Blessed be the God and Father \*  
of our Lord Jesus Christ,  
who has blessed us in Christ \*  
with every spiritual blessing in the heavenly places.

He chose us in him \*  
before the foundation of the world,  
that we should be holy \*  
and blameless before him.

He destined us in love \*  
to be his sons through Jesus Christ,  
according to the purpose of his will, †  
to the praise of his glorious grace \*  
which he freely bestowed on us in the Beloved.

In him we have redemption through his blood, \*  
the forgiveness of our trespasses,  
according to the riches of his grace \*  
which he lavished upon us.

He has made known to us †  
in all wisdom and insight \*  
the mystery of his will,  
according to his purpose \*  
which he set forth in Christ.

His purpose he set forth in Christ \*  
as a plan for the fullness of time,  
to unite all things in him, \*  
things in heaven and things on earth.

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

*Antiphon:* God has given freely of his goodness to us in his be-  
loved Son, in whom we gain our freedom through the shed-  
ding of his blood.

### Short Reading

Romans 5:8-9

What proves that God loves us is that Christ died for us  
while we were still sinners. Having died to make us right-  
eous, is it likely that he would now fail to save us from  
God's anger?



Take áim with your bów in your dréad right hánd. †  
Your árrós are shárp, péoples fall benéath you. \*  
The fóes of the kíng fall dówn and lose héart.

Your thróne, O Gód, shall endúre for éver. †  
A scéptre of jústice is the scéptre of your kíngdom. \*  
Your lóve is for jústice; your hátred for évil.

Therefore Gód, your Gód, has anóinted yóu †  
with the óil of gládness abóve other kíngs: \*  
your róbés are frágrant with alóes and mýrrh.

From the ívory pálace you are gréeted with músic. †  
The dáughters of kíngs are amóng your lóved ones. \*  
On your right stands the quéen in góld of Óphir.

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

*Antiphon: He had no beauty, no majesty to draw our eyes, no  
grace to make us delight in him.*

#### **Psalm 45: 11-18 The King's bride**

*Antiphon: I will grant him very many people as his own, for  
surrendering himself to death.*

Listen, O dáughter, give éar to my wórds: \*  
forgét your own péople and your fáther's hóuse.  
Só will the kíng desíre 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 fávor.  
The dáughter of the kíng is clóthed with spléndour, \*  
her róbés embróidered with péarls set in góld.

She is léd to the kíng with her máiden compánions. †  
Théy are escórted amid gládness and jóy; \*  
they páss withín the pálace of the kíng.

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 remébered. \*  
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.

*Antiphon: I will grant him very many people as his own, for  
surrendering himself to death.*

#### **Psalm-prayer**

When you took on flesh, Lord Jesus, you made a marriage  
of mankind with God. Help us to be faithful to your word

ry. He had many great and inspired things to say about  
Christ, but he did not say that he boasted in Christ's won-  
derful works: in creating the world, since he was God with  
the Father, or in ruling the world, though he was also a  
man like us. Rather, he said: *Let me not boast except in the  
cross of our Lord Jesus Christ.*

#### **Responsory**

℞. Lord, we venerate your cross as we recall your blessed  
passion.\* You who suffered for our sake, have compas-  
sion on us.

℣. Come to the help of your servants, whom you redeemed  
with your precious blood.\* You who suffered for our  
sake, have compassion on us.

*N.B. When Morning Prayer immediately follows the Office of  
Readings – the Office continues at the commencements of the  
Psalms for Morning Prayer.*

Let us pray.

Almighty God,  
grant that we who are constantly betrayed by our own  
weakness  
may draw the breath of new life  
from the passion and death of your Only-Begotten Son,  
who lives and reigns with you  
in the unity of the Holy Spirit,  
God, for ever and ever.  
Amen.

Let us praise the Lord.

– **Thanks be to God.**

## **Morning Prayer (Lauds)**

#### **Introduction**

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

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

#### **Hymn**

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

Tell how, when at length the fullness  
Of the appointed time was come,  
He, the Word, was born of woman,

Left for us his Father's home,  
Showed to men the perfect manhood,  
Shone as light amidst the gloom.

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

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

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

#### Psalm 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:** *Jesus said: 'My soul is sorrowful to the point of death.  
Wait here and keep awake with me.'*

Like the déer that yéarns \*  
for rúnning stráams,  
só my sóul is yéarning \*  
for yóu, my Gód.

My sóul is thírsting 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 dáy 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 críes of gládnness and thanksgíving, \*  
the thróng wild with jóy.

Whý are you cast dówn, my sóul, \*  
why gróan withín me?  
Hope in Gód; I will práise him still, \*  
my sáviour and my Gód.

My sóul is cast dówn withín me \*  
as I think of yóu,

## Vespers (Evening Prayer)

### Introduction

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

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

### Hymn

The royal banners forward go,  
The Cross shines forth in radiant glow;  
Where he, the Life, did death endure,  
And yet by death did life procure.

His feet and hands outstretching there,  
He willed the piercing nails to bear,  
For us and our redemption's sake  
A victim of himself to make.

There whilst he hung, his sacred side  
By soldier's spear was opened wide,  
To cleanse us in the precious flood  
Of water mingled with his blood.

Fulfilled is now what David told  
In true prophetic song of old,  
To all the nations, 'Lo,' said he,  
'Our God is reigning from the tree.'

Blest Three in One, our praise we sing  
To thee from whom all graces spring:  
As by the cross thou dost restore,  
So rule and guide us evermore.

#### Psalm 45: 2-10

##### The wedding of the King

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

**Antiphon:** *He had no beauty, no majesty to draw our eyes, no  
grace to make us delight in him.*

My héart overflóws with nóble wórds. †  
To the kíng I must spéak the sóng I have máde, \*  
my tóngue as nímble as the pén of a scribe.

Yóu are the fáirest of the children of mén †  
and gráciousness is póured upón your líps: \*  
because Gód has bléssed you for évermóre.

O míghty one, gírd your swórd upon your thigh; †  
in spléndour and státe, ríde on in tríumph \*  
for the cáuse of trúth and góodness and ríght.

and guide us into the way of peace.

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

*Antiphon:* Father, Righteous One, the world has not known you,  
but I have known you, because it was you that sent me.

### *Prayers and intercessions*

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

– **Lord, have mercy on us.**

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

– **Lord, have mercy on us.**

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

– **Lord, have mercy on us.**

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

– **Lord, have mercy on us.**

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

– **Lord, have mercy on us.**

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

Thy kingdom come.

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

Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil.

Let us pray.

Almighty God,  
grant that we who are constantly betrayed  
by our own weakness  
may draw the breath of new life  
from the passion and death of your Only-Begotten Son,  
who lives and reigns with you  
in the unity of the Holy Spirit,  
(one) God, for ever and ever.  
Amen.

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

**Amen.**

from the country of Jordan and Mount Hermon, \*  
from the Hill of Mizar.

Deep is calling on deep, \*  
in the roar of waters;  
your torrents and all your waves \*  
swept over me.

By day the Lord will send \*  
his loving kindness;  
by night I will sing to him, \*  
praise the God of my life.

I will say to God, my rock: \*  
‘Why have you forgotten me?  
Why do I go mourning \*  
oppressed by the foe?’

With cries that pierce me to the heart, \*  
my enemies revile me,  
saying to me all the day long: \*  
‘Where is your God?’

Why are you cast down, my soul, \*  
why groan within me?  
Hope in God; I will praise him still, \*  
my saviour and my God.

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

*Antiphon:* Jesus said: ‘My soul is sorrowful to the point of death.  
Wait here and keep awake with me.’

### *Psalm-prayer*

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

### **Canticle**

**Ecclesiasticus 36**

#### **A prayer for Jerusalem, the holy city**

“This is eternal life: to know you, the one true God,  
and Jesus Christ whom you have sent” (Jn 17:3).

*Antiphon:* Now sentence is being passed on this world; now the  
prince of this world is to be overthrown.

Save us, God of all things, \*  
strike all the nations with terror;  
raise your hand against foreign nations, \*  
that they may see the greatness of your might.

Our sufferings proved your holiness to them; \*  
let their downfall prove your glory to us.  
Let them know, as we ourselves know, \*  
that there is no other God but you.

Give us signs again, work further wonders, \*  
clothe your hand, your right arm in glory.

Assemble all the tribes of Jacob, \*  
as when they first received their inheritance.  
Pity the poor people called by your name, \*  
pity Israel, chosen as your first-born.

Have compassion on the holy city, \*  
Jerusalem, the place of your rest.  
Let Zion ring with your praises, \*  
let your temple be filled with your glory.

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

*Antiphon:* Now sentence is being passed on this world; now the  
prince of this world is to be overthrown.

#### Psalm 19: 2-7

##### Praise of God the creator

*"The Rising Sun has come to visit us  
to guide our feet in the way of peace" (Lk 1:78,79).*

*Antiphon:* Jesus leads us in our faith and brings it to perfection:  
he endured the cross, disregarding the shamefulness of it, and  
has taken his seat at God's right hand.

The héavens procláim the glóry of Gód, \*  
and the firmament shows fórth the wórk of his hánds.  
Dáy unto dáy tákes up the stóry \*  
and night unto night makes knówn the méssage.

No spéech, no wórd, no vóice is héard †  
yet their spán exténds through áll the éarth, \*  
their wórds to the útmost bóunds of the wórld.

Thére he has pláced a tént for the sún; †  
it comes fórth like a brídegroom cóming from his  
tént, \*  
rejóices like a chámption to rún its cóurse.

At the énd of the ský is the rising of the sún; †  
to the fúrthest énd of the ský is its cóurse. \*  
There is nóthing conceáled from its búrning héat.

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:* Jesus leads us in our faith and brings it to perfection:  
he endured the cross, disregarding the shamefulness of it, and  
has taken his seat at God's right hand.

#### Psalm-prayer

To enlighten the world, Father, you sent to us your Word  
as the sun of truth and justice shining upon mankind. Illu-

mine our eyes that we may discern your glory in the many  
works of your hand.

#### Short Reading

Jeremiah 11:19-20

I was like a trustful lamb being led to the slaughter-house,  
not knowing the schemes they were plotting against me,  
'Let us destroy the tree in its strength, let us cut him off  
from the land of the living, so that his name may be quickly  
forgotten!' But you, Lord of Hosts, who pronounce a just  
sentence, who probe the loins and heart, let me see the  
vengeance you will take on them, for I have committed my  
cause to you.

#### Short Responsory

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

#### Canticle

Benedictus

##### The Messiah and the one who was sent before him

*Antiphon:* Father, Righteous One, the world has not known you,  
but I have known you, because it was you that sent me.

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

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

A sáviour who would fréed us from our fóes, \*  
from the hánds of áll who háte us.  
So his lóve for our fáthers is fulfilled \*  
and his hólý covenant remémbereð.

He swóre to Ábraham our fáther to gránt us, \*  
that fréed from féar, and sáved from the hánds of our  
fóes,  
we might sérvé him in hóliness and jústice \*  
all the dáy of our life in his présence.

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

To make knówn to his péople their salvátiön \*  
through forgiveness of áll their sins,  
the loving-kindness of the héart of our Gód \*  
who vísits us like the dáwn from on high.

He will give light to those in dárkness, †  
those who dwéll in the shádw of déath, \*