

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.

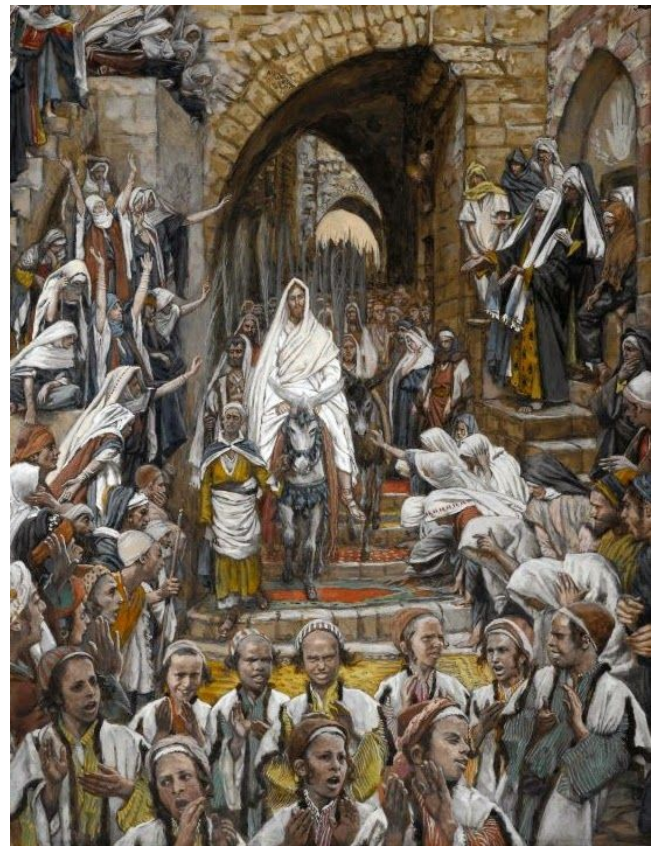
Hear my prayer, O Lord, for thou art merciful and compassionate, and lovest mankind, and to thee are due all glory, honour, and worship: to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

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

## DAILY PRAYER

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

## PASSION (PALM) SUNDAY 28th March AD 2021



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

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

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

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

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

## THE SEAL

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

## TRISAGION PRAYERS

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

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

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

All-Holy Trinity, have mercy on us.

Lord forgive us our sins.

Master, pardon our transgressions.

Holy One, visit and heal our infirmities for your name's sake.

Kyrie eleison, Kyrie eleison, Kyrie eleison.

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

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

Kyrie eleison, Kyrie eleison, Kyrie eleison.

Kyrie eleison, Kyrie eleison, Kyrie eleison.

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

mercy. Bless, I pray thee, the means used for my recovery, and those who administer them. I know O Lord, that I justly deserve any punishment thou mayest inflict upon me for I have so often offended thee and sinned against thee, in thought, word and deed. Therefore, I humbly pray thee, look upon my weakness, and deal not with me after my sins, but according to the multitude of thy mercies. Have compassion on me, and let mercy and justice meet; and deliver me from this sickness and suffering I am undergoing. Grant that my sickness may be the means of my true repentance and amendment of my life according to thy will, that I may spend the rest of my days in thy love and fear: that my soul, being helped by thy grace and sanctified by thy Holy Mysteries, may be prepared for its passage to the Eternal Life, and there, in the company of thy blessed Saints, may praise and glorify thee with thy Eternal Father and Life-giving Spirit. Amen.

### Thanksgiving After Recovery from Sickness

Almighty God, our heavenly Father, Source of life and Fountain of all good things, I bless thy Holy Name, and offer to thee most hearty thanks for having delivered me from my sickness and restored me to health. Grant me thy continuing grace, I pray thee, that I may keep my good resolutions and correct the errors of my past life, and improve in virtue, and live a new life in dutiful fear of thee, doing thy will in all things, and devoting this new life which thou has given me to thy service: that thus living for thee, I may be found ready when it pleaseth thee to call me to thee, O heavenly Father, to whom with thine Only-begotten Son, our Lord Jesus Christ, and thine all-holy and Life-giving Spirit, is due all honor, praise, glory, and thanksgiving: now and ever, and unto ages of ages. Amen.

### A Prayer for the Sick

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

### A Prayer for the Dead

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

### A General Intercession

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

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

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

and ever, and unto ages of ages. Amen.

Or

We thank thee, O Christ our God, that thou hast satisfied us with thy earthly gifts, deprive us not of thy Heavenly Kingdom; but as thou entered into the midst of thy disciples, O Saviour, and gave them peace, enter also among us and save us. Amen.

Or

We thank thee, O God, the Giver of all good things, for these gifts and all thy mercies, and we bless thy Holy Name, always, now and ever, and unto ages of ages. Amen.

#### A Prayer of Repentance

O Lord our God, good and merciful, I acknowledge all my sins which I have committed every day of my life, in thought, word and deed; in body and soul alike. I am heartily sorry that I have ever offended thee, and I sincerely repent; with tears I humbly pray thee, O Lord: of thy mercy forgive me all my past transgressions and absolve me from them. I firmly resolve, with the help of Thy Grace, to amend my way of life and to sin no more; that I may walk in the way of the righteous and offer praise and glory to the Name of the Father, Son, and Holy Spirit. Amen.

#### Prayer Before a Journey

O Lord Jesus Christ our God, the true and living way, be thou, O Master, my companion, guide and guardian during my journey; deliver and protect me from all danger, misfortune and temptation; that being so defended by Thy divine power, I may have a peaceful and successful journey and arrive safely at my destination. For in thee I put my trust and hope, and to thee, together with thy Eternal Father, and the All-holy Spirit, I ascribe all praise, honour and glory: now and ever, and unto ages of ages. Amen.

#### A Prayer in Time of Trouble

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

#### Thanksgiving After Deliverance From Trouble

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

#### 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

## THE ANGELUS

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

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

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

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

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

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

Let us pray:

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

## PRAYER DURING THE EVENING BEFORE PALM SUNDAY - 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.

Hymn

The royal banners forward go,  
the cross shines forth in mystic glow;  
where he in flesh, our flesh who made,  
our sentence bore, our ransom paid.

Where deep for us the spear was dyed,  
life's torrent rushing from his side,  
to wash us in that precious flood,  
where mingled water flowed, and blood.

Fulfilled is all that David told  
in true prophetic song of old,  
amidst the nations, God, saith he,  
hath reigned and triumphed from the tree.

O tree of beauty, tree of light!  
O tree with royal purple dight!  
Elect on whose triumphal breast  
those holy limbs should find their rest.

Blest tree, whose chosen branches bore  
the wealth that did the world restore,  
the price of humankind to pay,  
and spoil the spoiler of his prey.

Upon its arms, like balance true,  
he weighed the price for sinners due,  
the price which none but he could pay,  
and spoiled the spoiler of his prey.

O cross, our one reliance, hail!  
Still may thy power with us avail  
to give new virtue to the saint,  
and pardon to the penitent.

To thee, eternal Three in One,  
let homage meet by all be done:  
whom by the cross thou dost restore,  
preserve and govern evermore. Amen.

#### Psalm 119: 105-112

Meditating the word of the Lord in the Law  
"This is my commandment, that you love one another"  
(John 15:12).

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

Your wórd is a lámp for my stéps \*  
and a light for my páth.  
I have swórn and have máde up my mínd \*  
to obéy your décréés.

Lórd, I am déeplý afflicted; \*  
by your wórd give me life.  
Accépt, Lord, the hómage of my líps \*  
and téach me your décréés.

Though I cárry my life in my hánds, \*  
I remémber your lów.  
Though the wicked trý to ensnáre me, \*  
I do not stráy from your précepts.

Your will is my héritage for éver, \*  
the jóy of my héart.  
I sét myself to cárry out your will \*  
in fúllness, for éver.

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

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

#### Psalm-prayer

Let your Word, Father, be a lamp for our feet and a light to our path, so that we may understand what you wish to teach us and follow the path your light marks out for us.

as an example of humility for all men to follow.  
We have the lessons of his sufferings:  
give us also the fellowship of his resurrection.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.  
Amen.

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

## OCCASIONAL PRAYERS

#### Prayer on Entering the Church

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

#### Prayer on Leaving a Church

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

#### The "Jesus" Prayer

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

#### A Prayer to Your Guardian Angel

O Angel of Christ, holy guardian and protector of my soul and body, forgive me everything wherein I have offended thee every day of my life, and protect me from all influence and temptation of the evil one. May I nevermore anger God by any sin. Pray for me to the Lord, that He may make me worthy of the grace of the 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

sends the rich away empty.

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: Hail, our king, son of David, redeemer of the world!  
The prophets foretold your coming as the Saviour.*

#### Prayers and intercessions

Let us pray humbly to the Saviour of all men. He went up  
to Jerusalem to endure the passion and enter into his  
glory.

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

- Sanctify the people you redeemed by your blood.

Take care of those we have discouraged and those we have  
wronged;  
help us to learn from our sufferings so that justice and  
love may prevail in the end.

- 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, ever-living God,  
you gave our Saviour the command  
to become man and undergo the cross

#### Psalm 16

##### The Lord, my inheritance

“God raised up Jesus, freeing him from the pains of death”  
(Acts 2:24).

*Antiphon: The Lord God helps me: no insult wounds me.*

Presérve me, Gód, I take réfuge in yóu. †  
I sáy to the Lórd: ‘Yóu are my Gód. \*  
My háppiness lies in yóu alóne.’

He has pút into my héart a márvellous lóve \*  
for the fáithful ónes who dwéll in his lánd.  
Those who chóose other góds increáse their sórrrows. †  
Néver will I óffer their ófferings of blóod. \*  
Néver will I táke their náme upon my líps.

O Lórd, it is yóu who are my pórtion and cúp; \*  
it is yóu yoursélf who áre my príze.  
The lót marked óut for me is mý délight: \*  
welcome indéed the héritage that fálls to mé!

I will bléss the Lórd who gíves me cóunsel, \*  
who éven at níght dirécts my héart.  
I kéept the Lórd éver in my síght: \*  
since hé is at my ríght hand, Í shall stand firm.

And so my héart rejóices, my sóul is glád; \*  
éven my bódy shall rést in sáfety.  
For yóu will not léave my sóul among the déad, \*  
nor lét your belóved knów decáy.

You will shów me the páth of life, †  
the fúllness of jóy in your présence, \*  
at your ríght hand háppiness 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 God helps me: no insult wounds me.*

#### Psalm-prayer

Father, in the mysterious plan of your love, you offered  
your Son the bitter cup of death, and yet you would not let  
your Holy One know decay, but opened to him the way of  
life. Help us to look for happiness in you alone and to  
share one day the glory of your Son's resurrection.

#### Canticle

#### Philippians 2

##### Christ, God's servant

*Antiphon: The Lord Jesus humbled himself and, in obedience,  
accepted death, even death on a cross.*

Though he was in the form of God, \*  
Jesus did not count equality with God a thing to be  
grasped.

He emptied himself, †  
taking the form of a servant, \*

being born in the likeness of men.

And being found in human form, †  
he humbled himself and became obedient unto  
death, \*  
even death on a cross.

Therefore God has highly exalted him \*  
and bestowed on him the name which is above every  
name,

That at the name of Jesus every knee should bow, \*  
in heaven and on earth and under the earth,

And every tongue confess that Jesus Christ is Lord, \*  
to the glory of God the Father.

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 Jesus humbled himself and, in obedience,  
accepted death, even death on a cross.*

#### Short Reading

1 Peter 1: 18-21

Remember, the ransom that was paid to free you from the  
useless way of life your ancestors handed down was not  
paid in anything corruptible, neither in silver nor gold, but  
in the precious blood of a lamb without spot or stain,  
namely Christ; who, though known since before the world  
was made, has been revealed only in our time, the end of  
the ages, for your sake. Through him you now have faith in  
God, who raised him from the dead and gave him glory for  
that very reason – so that you would have faith and hope in  
God.

#### 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

#### Magnificat

*Antiphon: Many people spread their cloaks on the road, others  
greenery which they had cut in the fields. They all shouted,  
'Hosanna in the highest heavens!'*

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.

who judges justly.

He himself bore our sins \*  
in his body on the tree,  
that we might die to sin \*  
and live to righteousness.

By his wounds you have been healed.

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 carried our sins in his own body on the cross, so  
that we might die to sin and live for holiness.*

#### Short Reading

Acts 13:26-30

My brothers, sons of Abraham's race, and all you who fear  
God, this message of salvation is meant for you. What the  
people of Jerusalem and their rulers did, though they did  
not realise it, was in fact to fulfil the prophecies read on  
every sabbath. Though they found nothing to justify his  
death, they condemned him and asked Pilate to have him  
executed. When they had carried out everything that scrip-  
ture foretells about him they took him down from the tree  
and buried him in a tomb. But God raised him from the  
dead.

#### 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

#### Magnificat

My soul rejoices in the Lord

*Antiphon: Hail, our king, son of David, redeemer of the world!  
The prophets foretold your coming as the Saviour.*

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, \*

Their makers will come to be like them \*  
and so will all who trust in them.

Sons of Israel, trust in the Lord; \*  
he is their help and their shield.

Sons of Aaron, trust in the Lord; \*  
he is their help and their shield.

You who fear him, trust in the Lord; \*  
he is their help and their shield.

He remembers us, and he will bless us; †  
he will bless the sons of Israel. \*  
(He will bless the sons of Aaron.)

The Lord will bless those who fear him, \*  
the little no less than the great:  
to you may the Lord grant increase, \*  
to you and all your children.

May you be blessed by the Lord, \*  
the maker of heaven and earth.  
The heavens belong to the Lord \*  
but the earth he has given to men.

The dead shall not praise the Lord, \*  
nor those who go down into the silence.  
But we who live bless the Lord \*  
now and for ever. Amen.

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 blood of Christ purifies us to serve the living God.*

**Psalm-prayer**

Father, creator and ruler of heaven and earth, you made man in your likeness to subdue the earth and master it, and to recognize the work of your hands in created beauty. Grant that your children, thus surrounded on all sides by signs of your presence, may live continually in Christ, praising you through him and with him.

**Canticle**

1 Peter 2

**Christ's passion, freely chosen**

**Antiphon:** *He carried our sins in his own body on the cross, so that we might die to sin and live for holiness.*

Christ suffered for you, †  
leaving you an example \*  
that you should follow in his steps.

He committed no sin; \*  
no guile was found on his lips.  
When he was reviled, \*  
he did not revile in return.

When he suffered, \*  
he did not threaten;  
but he trusted to him \*

The Almighty works marvels for me. \*  
Holy his name!

His mercy is from age to age, \*  
on those who fear him.

He puts forth his arm in strength \*  
and scatters the proud-hearted.

He casts the mighty from their thrones \*  
and raises the lowly.

He fills the starving with good things, \*  
sends the rich away empty.

He protects Israel, his servant, \*  
remembering his mercy,  
the mercy promised to our fathers, \*  
to Abraham and his sons 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:** *Many people spread their cloaks on the road, others greenery which they had cut in the fields. They all shouted, 'Hosanna in the highest heavens!'*

**Prayers and intercessions**

As his passion drew near, Christ looked on Jerusalem and wept, because it did not recognize that God's salvation had come. Let us pray in faith and repentance.

- **Lord, have mercy on your people.**

Lord, you longed to gather the children of Jerusalem as a hen gathers her chicks under her wings; help all men to recognize that their moment of salvation has come.

- **Lord, have mercy on your people.**

Do not abandon your faithful, even when they desert you; restore us to yourself, Lord Jesus, and we shall be restored.

- **Lord, have mercy on your people.**

Through your suffering help us to mortify our bodies that we may be ready to celebrate your rising from the dead.

- **Lord, have mercy on your people.**

You are reigning now in the glory of the Father; remember those who have died today.

- **Lord, have mercy on your people.**

**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, ever-living God,  
you gave our Saviour the command  
to become man and undergo the cross  
as an example of humility for all men to follow.  
We have the lessons of his sufferings:  
give us also the fellowship of his resurrection.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy  
Spirit,  
God, for ever and ever. **Amen.**

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

## The 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 joy 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 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,

The Lórd’s revelátion to my Máster: †  
‘Sít on my ríght: \*  
your fóes I will pút beneath your féet.’

The Lórd will wield from Sión †  
your scéptre of pówer: \*  
rúle in the midst of all your fóes.

A prínce from the dáy of your bírth †  
on the hóly móuntains; \*  
from the wómb before the dáwn I begót you.

The Lórd has sworn an óath he will not chángé. †  
‘You are a priest for éver, \*  
a priest like Melchizedek of óld.’

The Máster stánding at your ríght 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:* He was wounded and humbled, but God has raised  
him up with his own right hand.

### 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.

#### Psalm 115

#### Praise of the true God

“Turn away from idols  
and worship the living and true God” (1 Th 1:9).

### Antiphon:

The blood of Christ purifies us to serve the living God.

Not to ús, Lórd, not to ús, \*  
but to yóur náme give the glóry  
for the sáke of your lóve and your trúth, \*  
lest the héathen say: ‘Whére is their Gód?’

But our Gód is in the héavens; \*  
he dóes whatéver he wílls.  
Their ídols are silver and góld, \*  
the wórk of húman hánds.

They have móuths but they cánnót spéak; \*  
they have éyes but they cánnót sée;  
they have éars but they cánnót héar; \*  
they have nóstrils but they cánnót sméll.

With their hánds they cánnót féel; †  
with their féet they cánnót wálk. \*  
(No sóund cómes from their throáts.)



Let us pray.

Almighty, ever-living God,  
you gave our Saviour the command  
to become man and undergo the cross  
as an example of humility for all men to follow.

We have the lessons of his sufferings:  
give us also the fellowship of his resurrection.

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

**Amen.**

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

**Amen.**

## Vespers (Evening Prayer)

✠ 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

*(during which the candles are lit)*

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

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

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

### 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: He was wounded and humbled, but God has raised  
him up with his own right hand.*

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 pierced  
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.

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

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

**Psalm 104: 1-12**  
**Hymn to God the Creator**

*"For everyone who is in Christ there is a new creation; the old creation has gone, and now the new one is here" (2 Cor 5:17).*

*Antiphon: Lord God, how great you are, clothed in majesty and glory, wrapped in light as in a robe.*

Bless the Lórd, my sóul! \*  
Lord Gód, how gréat you áre,  
clóthed in májesty and glóry, \*  
wrápped in light as in a róbe!

You strétch out the héavens like a tént. \*  
Above the ráins you búild your dwélling.  
You máke the clóuds your cháriot, \*  
you wálk on the wíngs of the wind,  
you máke the wínds your méssengers \*  
and fláshing fire your sérvant.

You fóunded the éarth on its báse, \*  
to stand firm from áge to áge.  
You wrápped it with the ócean like a clóak: \*  
the wáters stood hígher than the móuntains.

At your thréat they tóok to flight; \*  
at the vóice of your thúnder they fléd.  
They róse over the móuntains and flowed dówn \*  
to the pláce which yóu had appóinted.  
You set límits they míght not páss \*  
lest they retúrn to cóver the éarth.

You make springs gush fórth in the válleys; \*  
they flów in betwéen the hills.  
They give drink to all the béasts of the field; \*  
the wild-asses quénch their thirst.  
On their bántes dwell the bírds of héaven; \*  
from the bránches they síng their sóng.

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 God, how great you are, clothed in majesty and glory, wrapped in light as in a robe.*

**Psalm 104: 13-23**

*Antiphon: The Lord brought forth bread from the earth and wine, to cheer man's heart.*

From your dwélling you wáter the hills; \*  
éarth drinks its fill of your gift.  
You máke the grass grów for the cáttle \*  
and the plántes to sérv man's néeds,

that he may bring forth bréad from the éarth \*  
and wíne to chéer man's héart;  
óil, to máke his face glád \*  
and bréad to stréngthen man's héart.

fóes,  
we míght sérv him in hóliness and jústice \*  
all the dáys of our life in his présence.

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

To make knówn to his péople their salvátion \*  
through forgíveness of áll their síns,  
the loving-kíndness of the héart of our Gód \*  
who vísits us like the dáwn from on hígh.

He will give líght to those in dárkness, †  
those who dwéll in the shádow 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: Those who went in front and those who followed were all shouting, 'Hosanna! Blessings on him who comes in the name of the Lord! Blessings on the coming kingdom of our father David!'*

**Prayers and intercessions**

Let us adore Christ the Lord. When he entered Jerusalem,  
the crowds proclaimed him Messiah and king.  
- **Blessed is he who comes in the name of the Lord.**

Hosanna to you, the Son of David, the king of ages;  
hosanna to you in your triumph over death and hell.  
- **Blessed is he who comes in the name of the Lord.**

You went up to Jerusalem to endure the passion and enter  
into glory;  
lead your Church into the paschal feast of eternal life.  
- **Blessed is he who comes in the name of the Lord.**

You made your cross the tree of life;  
share your victory with all the baptized.  
- **Blessed is he who comes in the name of the Lord.**

You came to save sinners;  
bring into your kingdom all who believe, hope and  
love.  
- **Blessed is he who comes in the name of the Lord.**

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.

O praise him with resounding cymbals, \*  
praise him with clashing of cymbals.  
Let everything that lives and that breathes \*  
give praise to 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 is he who comes in the name of the Lord;  
peace in heaven; glory in the highest heavens.*

#### Psalm-prayer

Lord God, through your saving plan all things are ours,  
and we are Christ's and Christ is yours. Accept the praises  
of your Church. By these praises, through Christ, with him  
and in him, all your honour and glory is celebrated, all-  
powerful Father, in the Holy Spirit, now and for ever.

#### Short Reading

**Zechariah 9:9**

Rejoice heart and soul, daughter of Zion! Shout with glad-  
ness, daughter of Jerusalem! See now, your king comes to  
you; he is victorious, he is triumphant, humble and riding  
on a donkey, on a colt, the foal of a donkey.

#### 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 Spir-  
it.  
- You have redeemed us, Lord, by your blood.

#### Canticle

**Benedictus**

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

*Antiphon: Those who went in front and those who followed were  
all shouting, 'Hosanna! Blessings on him who comes in the name  
of the Lord! Blessings on the coming kingdom of our father David!'*

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

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

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

He swóre to Ábraham our fáther to gránt us, \*  
that frée from féar, and sáved from the hánds of our

The trées of the Lórd drink their fill, \*  
the cédars he plánted on Lébanon;  
thére the bírds build their nésts; \*  
on the trée-top the stórk has her hóme.  
The góats find a hóme on the móuntains \*  
and rábbits híde in the rócks.

You made the móon to márk the mónth; \*  
the sún knows the tíme for its sétting.  
When you spréad the dárkness it is night \*  
and all the béasts of the fórest creep fórth.  
The young líons róar for their préy \*  
and ásk their fóod from Gód.

At the rísing of the sún they steal áwáy \*  
and gó to rést in their déns.  
Mán goes fórth to his wórk, \*  
to lábour till évening fálls.

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 brought forth bread from the earth and  
wine, to cheer man's heart.*

**Psalm 104: 24-35**

#### Antiphon:

*God saw all he had made, and indeed it was very good.*

How mány are your wóorks, O Lórd! †  
In wisdom you have máde them áll. \*  
The éarth is fúll of your ríches.

Thére is the séa, vast and wide, †  
with its móving swárms past cóunting, \*  
living things gréat and smáll.  
The shíps are móving thére \*  
and the mónsters you máde to pláy with.

Áll of thése look to yóu \*  
to gíve them their fóod in due séason.  
You gíve it, they gáther it úp: \*  
you ópen your hánd, they have their fill.

You híde your fáce, they are dísmáyed; †  
you táke back your spírit, they díe, \*  
retúrning to the dúst from which they cáme.  
You sénd forth your spírit, they are créated; \*  
and you renéw the fáce of the éarth.

May the glóry of the Lórd last for éver! \*  
May the Lórd rejóice in his wóorks!  
He lóoks on the éarth and it trémbles; \*  
the móuntains send forth smóke at his tóuch.

I will síng to the Lórd all my lífe, \*  
make músic to my Gód while I líve.  
May my thóughts be pléasing to híim. \*  
I find my jóy in the Lórd.  
Let sínners vánish from the éarth \*

and the wicked exist no more.  
Bléss the Lórd, my sóul.

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 saw all he had made, and indeed it was very good.*

**Psalm-prayer**

Father, as you made springs in valleys to form streams between mountains, so you made living streams of grace flow from the apostles that their teaching may bring salvation to all nations. May we have a practical knowledge of their doctrine, be obedient to their commands, obtain remission of sins through their prayers, and finally receive the reward of eternal happiness.

**V.** When I am lifted up from the earth,

**R.** I shall draw all things to myself.

**First Reading**

**Hebrews 10: 1-18**

Since the Law has no more than a *reflection* of these realities, and no finished picture of them, it is quite incapable of bringing the worshippers to perfection, with the same sacrifices repeatedly offered year after year. Otherwise, the offering of them would have stopped, because the worshippers, when they had been purified once, would have no awareness of sins. Instead of that, the sins are recalled year after year in the sacrifices. Bulls' blood and goats' blood are useless for taking away sins, and this is what he said, on coming into the world:

*You who wanted no sacrifice or oblation,  
prepared a body for me.*

*You took no pleasure in holocausts or sacrifices for sin;  
then I said,*

*just as I was commanded in the scroll of the book,  
'God, here I am! I am coming to obey your will.'*

Notice that he says first: *You did not want what the Law lays down as the things to be offered, that is: the sacrifices, the oblations, the holocausts and the sacrifices for sin,* and you took no pleasure in them; and then he says: *Here I am! I am coming to obey your will.* He is abolishing the first sort to replace it with the second. And this *will* was for us to be made holy by the *offering* of his *body* made once and for all by Jesus Christ.

All the priests stand at their duties every day, offering over and over again the same sacrifices which are quite incapable of taking sins away. He, on the other hand, has offered one single sacrifice for sins, and then taken his place forever, *at the right hand of God*, where he is now waiting *until his enemies are made into a footstool for him*. By virtue of that one single offering, he has achieved the eternal perfection of all whom he is sanctifying. The Holy Spirit assures us of this; for he says, first:

*This is the covenant I will make with them  
when those days arrive;  
and the Lord then goes on to say:*

**Canticle**

**Daniel 3:52-57**

**Let every creature praise the Lord**  
*"The Creator is blessed for ever" (Rom 1:25).*

**Antiphon:** *May we be counted among the faithful, with the angels and with the children. Triumphant over death, we sing with them, 'Hosanna in the highest.'*

You are blest, Lord God of our fathers. \*  
To you glory and praise for evermore.

Blest your glorious holy name. \*  
To you glory and praise for evermore.

You are blest in the temple of your glory. \*  
To you glory and praise for evermore.

You are blest who gaze into the depths. \*  
To you glory and praise for evermore.

You are blest in the firmament of heaven. \*  
To you glory and praise for evermore.

You who walk on the wings of the wind. \*  
To you glory and praise for evermore.

May they bless you, the saints and the angels. \*  
To you glory and praise for evermore.

From the heavens, the earth and the sea. \*  
To you glory and praise for evermore.

You are blest, Lord God of our fathers. \*  
To you glory and praise for evermore.

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:** *May we be counted among the faithful, with the angels and with the children. Triumphant over death, we sing with them, 'Hosanna in the highest.'*

**Psalm 150**  
**Praise the Lord**

*"Sing praise in your spirit, sing praise with your soul, that is:  
give glory to God in both your soul and your body" (Hesychius).*

**Antiphon:** *Blessed is he who comes in the name of the Lord;  
peace in heaven; glory in the highest heavens.*

Práise Gód in his hóly pláce, \*  
práise him in his mighty héavens.  
Práise him for his pówerful déeds, \*  
práise his surpássing gréatness.

O práise him with sóund of trúmpet, \*  
práise him with lúte and hárp.  
Práise him with tímbrél and dáce, \*  
práise him with stríngs and pípes.

but the Lórd came to hélp me.  
The Lórd is my stréngth and my sǒng; \*  
hé is my sáviour.  
There are shóuts of jóy and víctory \*  
in the ténts of the júst.

The Lórd's right hánd has tríumphed; †  
his ríght hand ráised me. \*  
The Lórd's right hánd has tríumphed;  
I shall not díe, I shall líve \*  
and recóunt his déeds.  
I was púnished, I was púnished by the Lórd, \*  
but nót doomed to díe.

Ópen to mé the gates of hóliness: \*  
I will énter and give thánks.  
This is the Lórd's own gáte \*  
where the júst may énter.  
I will thánk you for yóu have ánsWERed \*  
and yóu are my sáviour.

The stóne which the búilders reJected \*  
has becóme the córner stone.  
This is the wórK of the Lórd, \*  
a márvel in our éyes.  
This day was máde by the Lórd; \*  
we reJóice and are glád.

O Lórd, gránt us salvátion; \*  
O Lórd, grant succéss.  
Bléssed in the náme of the Lórd \*  
is hé who cómes.  
We bléss you from the hóuse of the Lórd; \*  
the Lord Gód is our líght.

Go fórward in procéssion with bránches \*  
éven to the áltar.  
Yóu are my Gód, I thánk you. \*  
Mý Gód, I práise you.  
Give thánks to the Lórd for he is góod; \*  
for his lóve endures 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 crowds of people, who had gathered for the feast day called out to the Lord, 'Blessed is he who comes in the name of the Lord. Hosanna in the highest.'

#### Psalm-prayer

Lord God, you have given us the great day of rejoicing: Jesus Christ, the stone rejected by the builders, has become the cornerstone of the Church, our spiritual home. Shed upon your Church the rays of your glory, that she may be seen as the gate of salvation open to all nations. Let cries of joy and exultation ring out from her tents, to celebrate the wonder of Christ's resurrection.

*I will put my laws into their hearts  
and write them on their minds.*

*I will never call their sins to mind,  
or their offences.*

*When all sins have been forgiven, there can be no more sin offerings.*

#### Responsory

**R.** You do not ask for sacrifice and offerings, but you have prepared a body for me. You do not ask for holocaust and victim; then I said:\* 'Here I am, O God, I come to do your will.'

**V.** The blood of bulls and goats can never take sins away. For this reason, when Christ was about to come into the world, he said:\* 'Here I am, O God, I come to do your will.'

#### Second Reading

From the discourse "On the Palm Branches"  
by Saint Andrew of Crete

*Blessed is he who comes in the name of the Lord;  
blessed is the King of Israel.*

Let us go together to meet Christ on the Mount of Olives. Today he returns from Bethany and proceeds of his own free will towards his holy and blessed passion, to consummate the mystery of our salvation. He who came down from heaven to raise us from the depths of sin, to raise us with himself, we are told in Scripture, *above every sovereignty, authority and power, and every other name that can be named*, now comes of his own free will to make his journey to Jerusalem. He comes without pomp or ostentation. As the psalmist says: *He will not dispute or raise his voice to make it heard in the streets.* He will be meek and humble, and he will make his entry in simplicity.

Let us run to accompany him as he hastens towards his passion, and imitate those who met him then, not by covering his path with garments, olive branches or palms, but by doing all we can to prostrate ourselves before him by being humble and by trying to live as he would wish. Then we shall be able to receive the Word at his coming, and God, whom no limits can contain, will be within us.

In his humility Christ entered the dark regions of our fallen world and he is glad that he became so humble for our sake, glad that he came and lived among us and shared in our nature in order to raise us up again to himself. And even though we are told that he has now ascended above the highest heavens – the proof, surely, of his power and godhead – his love for man will never rest until he has raised our earthbound nature from glory to glory, and made it one with his own in heaven.

So let us spread before his feet, not garments or soulless olive branches, which delight the eye for a few hours and then wither, but ourselves, clothed in his grace, or rather, clothed completely in him. We who have been baptized into Christ must ourselves be the garments that we spread before him. Now that the crimson stains of our sins have been washed away in the saving waters of baptism and we have become white as pure wool, let us present the conqueror of death, not with mere branches of palms but with the real rewards of his victory. Let our souls take the place of the welcoming branches as we join today in the chil-

dren's holy song: *Blessed is he who comes in the name of the Lord. Blessed is the king of Israel.*

### Responsory

**R.** When the people heard that Jesus was on his way to Jerusalem, they went out to meet him. Great crowds of people spread their cloaks on the road while others spread branches in his path, and they shouted,\* Hosanna to the Son of David! Blessings on him who comes in the name of the Lord!

**V.** The crowds who went in front of him and those who followed all shouted aloud,\* Hosanna to the Son of David! Blessings on him who comes in the name of the Lord!

*Let us pray.*

Almighty, ever-living God,  
you gave our Saviour the command  
to become man and undergo the cross  
as an example of humility for all men to follow.

We have the lessons of his sufferings:

give us also the fellowship of his resurrection.

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

God, for ever and ever. **Amen.**

Let us praise the Lord.

- **Thanks be to God.**

## Morning Prayer (Lauds)

✠ 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 118

#### A cry of rejoicing and triumph

*"This is the stone which was rejected by you builders,  
but which has become the cornerstone" (Acts 4:11).*

*Antiphon: The crowds of people, who had gathered for the feast  
day called out to the Lord, 'Blessed is he who comes in the name  
of the Lord. Hosanna in the highest.'*

Give thanks to the Lórd for he is góod,\*  
for his lóve endures for éver.

Let the sóns of Ísrael sáy: \*  
'His lóve endures for éver.'  
Let the sóns of Áaron sáy: \*  
'His lóve endures for éver.'  
Let thóse who fear the Lórd sáy: \*  
'His lóve endures for éver.'

I cálled to the Lórd in my distréss; \*  
he ánswered and fréed me.  
The Lórd is at my side; I do not féar. \*  
What can mán do agáinst me?  
The Lórd is at my side as my hélper; \*  
I shall look dówn on my fóes.

It is bétter to take réfuge in the Lórd \*  
than to trúst in mén;  
it is bétter to take réfuge in the Lórd \*  
than to trúst in prínces.

The nátions áll encómpassed me; \*  
in the Lórd's name I crúshed them.

They cómpassed me, cómpassed me abóut; \*  
in the Lórd's name I crúshed them.  
They cómpassed me abóut like bées; †  
they blázed like a fire among thórns. \*  
In the Lórd's name I crúshed them.

I was hárd-préssed and was fálling, \*