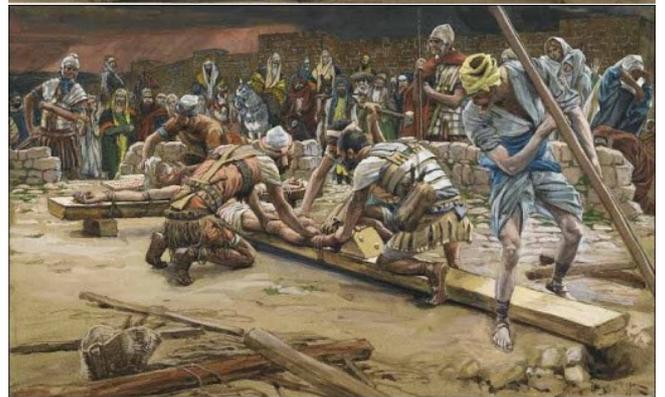
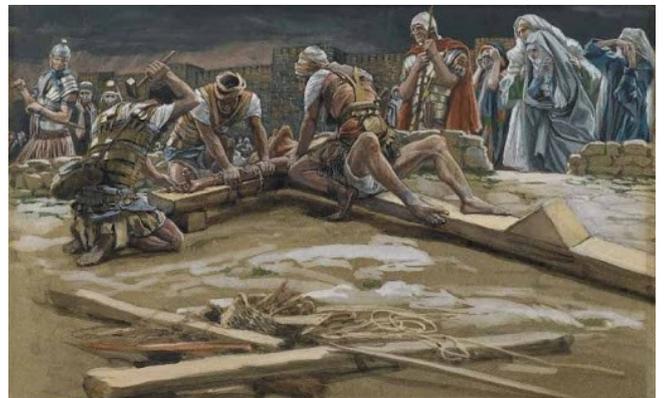




The Parish of  
**STONY  
STRATFORD**  
with  
**CALVERTON**

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

**THE TRIDUUM SACRUM**  
*'Good Friday'*  
2nd April 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.

holy commandments, and lead a sober, righteous and godly life,  
ever remembering thy mercies, and the blessings thou hast unde-  
servedly 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 sick-  
ness with which I am afflicted, with Christian patience and sub-  
mission 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 under-  
going. Grant that my sickness may be the means of my true re-  
pentance 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  
heartily thanks for having delivered me from my sickness and re-  
stored 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 serv-  
ants, NN., and beseech thee to grant them rest in the place of thy  
rest, where all thy blessed Saints repose, and where the light of thy  
countenance shineth forever. And I beseech thee also to grant  
that our present lives may be godly, sober, and blameless, that, we  
too may be made worthy to enter into thy heavenly Kingdom with  
those we love but see no longer: for thou art the Resurrection,  
and the Life, and the Repose of thy departed servants, O Christ  
our God, and unto thee we ascribe glory: to the Father, and to the  
Son, and to the Holy Spirit; now and ever, and unto ages of ages.  
Amen.

Lord shall praise him; their hearts shall live forever. Amen.

Or

Bless us, O Lord, and these thy gifts of which we are about to partake, for thou art blessed and glorified; now and ever, and unto ages of ages. Amen.

#### After Meals

*Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.*

*Lord, have mercy. (Thrice)*

Then

Blessed is God, who is merciful unto us and nourisheth us from His bounteous gifts by His Grace and compassion, always, now and ever, and unto ages of ages. Amen.

Or

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

Or

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

#### A Prayer of Repentance

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

#### Prayer Before a Journey

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

#### A Prayer in Time of Trouble

O God, our help and assistance, who art just and merciful, and who heareth the supplications of thy people; look down upon me, a miserable sinner, have mercy upon me, and deliver me from this 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

## THE ANGELUS

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

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

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

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

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

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

Let us pray:

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

## Office of Readings

### Introduction

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

### Invitatory Psalm

Psalm 95

*“Every day, as long as this ‘today’ lasts,  
keep encouraging one another” (Heb 3:13).*

*Antiphon:* Christ, the Son of God, redeemed us with his blood.  
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 today you would listen to his voice! †  
‘Harden not your hearts as at Meribah, \*  
as on that day at Massah in the desert  
when your fathers put me to the test; \*  
when they tried me, though they saw my work.

For forty years I was wearied of these people †  
and I said: “Their hearts are astray, \*  
these people do not know my ways.”  
Then I took an oath in my anger: \*  
“Never shall they enter my rest.”

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 Son of God, redeemed us with his blood.  
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.

Let us pray.

Be mindful, Lord, of this your family,  
for whose sake our Lord Jesus Christ, when betrayed,  
did not hesitate to yield himself into his enemies' hands  
and undergo the agony of the cross.  
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.**

*N.B. Evening Prayer (Vespers) will not be  
Livestreamed as it is only recited by those who  
were incapacitated from attending the afternoon  
Celebration of the Lord's Passion & Death.*

## 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

As for you, little child, \*  
you shall be called a prophet of God, the Most High.  
You shall go ahead of the Lord \*  
to prepare his ways before him,

To make known to his people their salvation \*  
through forgiveness of all their sins,  
the loving-kindness of the heart of our God \*  
who visits us like the dawn from on high.

He will give light to those in darkness, †  
those who dwell in the shadow of death, \*  
and guide us into the way of peace.

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

*Antiphon:* Over his head was placed the charge against him:  
'This is Jesus, the Nazarene, the King of the Jews.'

### Prayers and intercessions

Let us pray to our Redeemer, who suffered for us, was buried, and rose from the dead.

- **Lord, have mercy on us.**

Lord and master, for us you became obedient even to death;  
keep us faithful to God's will in the darkness of our lives.

- **Lord, have mercy on us.**

Jesus, our life, by dying on the cross you destroyed hell and death;  
grant that we may die with you and rise with you in glory.

- **Lord, have mercy on us.**

Christ, our king, you were the scorn of the people, a worm not a man;  
teach us to tread your path of humility.

- **Lord, have mercy on us.**

Jesus, our Saviour, you laid down your life for your friends;  
let us love one another as you have loved us.

- **Lord, have mercy on us.**

Jesus, our hope, you stretched out your hands on the cross to embrace all ages of men;  
gather all God's scattered children into the kingdom of salvation.

- **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.

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 2

#### The Messiah, king and victor

"They rose up together against your servant Jesus,  
whom you had anointed" (Acts 4:27).

*Antiphon:* They arise, the kings of the earth; princes plot against the Lord and his anointed.

Why this tumult among nations, \*  
among peoples this useless murmuring?  
They arise, the kings of the earth, \*  
princes plot against the Lord and his Anointed.  
'Come, let us break their fetters, \*  
come, let us cast off their yoke.'

He who sits in the heavens laughs; \*  
the Lord is laughing them to scorn.  
Then he will speak in his anger, \*  
his rage will strike them with terror.  
'It is I who have set up my king \*  
on Zion, my holy mountain.'

I will announce the decree of the Lord: †  
The Lord said to me: 'You are my Son. \*  
It is I who have begotten you this day.  
Ask and I shall bequeath you the nations, \*  
put the ends of the earth in your possession.  
With a rod of iron you will break them, \*  
shatter them like a potter's jar.'

Now, O kings, understand, \*  
take warning, rulers of the earth;  
serve the Lord with awe \*  
and trembling, pay him your homage  
lest he be angry and you perish; \*  
for suddenly his anger will blaze.

Blessed are they who put their trust in 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:* They arise, the kings of the earth; princes plot against the Lord and his anointed.

### Psalm-prayer

Lord God, you gave the peoples of the world as the inheritance of your only Son; you crowned him as King of Zion, your holy city, and gave him your Church to be his Bride. As he proclaims the law of your eternal kingdom, may we serve him faithfully, and so share his royal power for ever.

### Psalm 22

#### The just man suffers; the Lord hears him

*“Jesus cried out in a loud voice,  
‘Eli, Eli, lama sabachthani?’” (Mt 27:46).*

*Antiphon: They divided my clothing among them. They cast lots for my robe.*

My Gód, my Gód, why have you forsáken me? \*  
You are fár from my pléa and the crý of my distréss.  
O my Gód, I call by dáy and you gíve no replý; \*  
I cáll by night and I find no péace.

Yet yóu, O Gód, are hólý, \*  
enthróned on the práises of Ísrael.  
In yóu our fáthers put their trúst; \*  
they trústed and you sét them frée.  
When they críed to yóu, they escáped. \*  
In you they trústed and néver in váin.

But Í am a wórm and no mán, \*  
scorned by mén, despísed by the péople.  
Áll who sée me deríde me. \*  
They curl their líps, they tóss their héads.  
‘He trústed in the Lórd, let him sáve him; \*  
let him reléase him if thís is his fríend.’

Yes, it was yóu who tóok me from the wómb, \*  
entrústed me to my móther’s bréast.  
To yóu I was commítted from my bírth, \*  
from my móther’s wómb yóu have been my Gód.  
Do not léave me alóne in my distréss; \*  
come clóse, there is nóne else to hélp.

Mány búlls have surróunded me, \*  
fierce búlls of Báshan close me ín.  
Agáinst me they ópen wide their jáws, \*  
like líons, rénding and róaring.

Like wáter Í am poured óut, \*  
disjóinted are áll my bónes.  
My héart has becóme like wáx, \*  
it is mélted wíthín my bréast.

Párched as burnt cláy is my thróat, \*  
my tóngue cléaves to my jáws.

Mány dógs have surróunded me, \*  
a bánd of the wicked besét me.  
They tear hóles in my hánds and my féet \*  
and láy me in the dúst of déath.

I can cóunt every óne of my bónes. \*  
These péople stáre at me and glóat;  
they dívide my clóthing amóng them. \*

to Ísrael his láws and decrées.  
He has not déalt thus with óther nátions; \*  
he has not táught them his decrées.

Glory be to the Fátter and to the Son  
and to the Hólý Spírít,  
as it was in the begínning,  
is now, and ever shall be,  
world wíthout end. Amen.

*Antiphon: We venerate your Cross, Lord; we praise and glorify your holy resurrection. Because of the tree joy has come into the whole world.*

### Psalm-prayer

All-powerful God, it is through your Church, generously endowed with gifts of grace and fortified by the Holy Spirit, that you send out your word to all nations. Strengthen your Church with the best of all food and make her dauntless in faith. Multiply her children to celebrate with one accord the mysteries of your love at the altar on high.

### Short Reading

Isaiah 52:13-15

See, my servant will prosper, he shall be lifted up, exalted, rise to great heights. As the crowds were appalled on seeing him – so disfigured did he look that he seemed no longer human – so will the crowds be astonished at him, and kings stand speechless before him; for they shall see something never told and witness something never heard before.

### Short Responsory

Christ humbled himself for us and, in obedience, accepted death, even death on a cross.

### Canticle

Benedictus

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

*Antiphon: Over his head was placed the charge against him:  
‘This is Jesus, the Nazarene, the King of the Jews.’*

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

He has raised úp for ús a míghty sáviour \*  
ín the hóuse of Dávid his sérvant,  
as he prómised by the líps of hólý 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 hólý covenant remémbered.

He swóre to Ábraham our fáther to gránt us, \*  
that frée from féar, and sáved from the hánds of our fóes,  
we míght sérve him in hólíness and jústice \*  
all the dáys of our lífe in his présénce.

You march out to save your people, \*  
to save the one you have anointed.  
You made a path for your horses in the sea, \*  
in the raging of the mighty waters.

This I heard and I tremble with terror, \*  
my lips quiver at the sound.  
Weakness invades my bones, \*  
my steps fail beneath me  
yet I calmly wait for the doom \*  
that will fall upon the people who assail us.

For even though the fig does not blossom, \*  
nor fruit grow on the vine,  
even though the olive crop fail, \*  
and fields produce no harvest,  
even though flocks vanish from the folds \*  
and stalls stand empty of cattle,

Yet I will rejoice in the Lord \*  
and exult in God my saviour.  
The Lord my God is my strength. †  
He makes me leap like the deer, \*  
he guides me to the high places.

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 Christ showed his love for us and freed us from  
our sins with his life's blood.*

**Psalm 147B**  
**God, the foundation of Jerusalem**  
"Come, and I will show you the bride  
that the Lamb has chosen" (Rev 21:9).

*Antiphon: We venerate your Cross, Lord; we praise and glorify  
your holy resurrection. Because of the tree joy has come into  
the whole world.*

O praise the Lórd, Jerúsalem! \*  
Sion, praise your Gód!

He has strénghened the bárs of your gátes \*  
he has bléssed the children withín you.  
He estáblished péace on your bórders, \*  
he féeds you with finest whéat.

He sénds out his wórd to the éarth \*  
and swiftly rúns his commánd.  
He shówers down snów white as wóol, \*  
he scátters hóar-frost like áshes.

He húrls down háilstones like crúmbs. \*  
The wáters are frózen at his tóuch;  
he sénds forth his wórd and it mélts them: \*  
at the bréath of his móuth the waters flów.

He mákes his wórd known to Jácob, \*

They cást lóts for my róbe.

O Lórd, do not léave me alóne, \*  
my stréngh, make háste to hélp me!  
Réscue my sóul from the swórd, \*  
my life from the grip of these dógs.  
Save my life from the jáws of these líons, \*  
my poor sóul from the hórn of these óxen.

I will téll of your náme to my bréthren \*  
and práise you where théy are assémbled.  
'You who féar the Lórd give him práise; †  
all sóns of Jácob, give him glóry. \*  
Revére him, Ísrael's sóns.

'For hé has néver despised \*  
nor scórned the póverty of the póor.  
From him he has not hídden his fáce, \*  
but he héard the póor man when he cried.'

Yóu are my práise in the gréat assémbly. \*  
My vóws I will páy before thóse who féar him.  
The póor shall éat and shall háve their fill. †  
They shall práise the Lórd, thóse who séek him. \*  
May their héarts líve for éver and éver!

All the éarth shall reméber and retúrn to the Lórd, †  
all fámilies of the nátions wórship befóre him; \*  
for the kíngdom is the Lórd's, he is rúler of the  
nátions.

They shall wórship him, áll the míghty of the éarth; \*  
befóre him shall bów all who go dówn to the dúst.

And my sóul shall líve for him, my children sérve him. \*  
They shall téll of the Lórd to generátions yet to cóme,  
decláre his fáithfulness to péoples yet unbórn: \*  
'Thése things the Lórd has dóne.'

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: They divided my clothing among them. They cast lots  
for my robe.*

#### *Psalm-prayer*

Father, when your Son was handed over to torture and  
seemed abandoned by you, he cried out to you from the  
cross and death was destroyed, life was restored. By his  
death and resurrection, may we see the day when the poor  
man is saved, the downtrodden is lifted up and the chains  
that bind peoples are broken. United to the thanks that  
Christ gives you, your Church will sing your praises.

Psalm 38

The plea of a sinner in great peril

“All his friends stood at a distance” (Lk 23:49).

*Antiphon:* Those who sought my life used violence against me.

O Lórd, do not rebúke me in your ánger; \*  
do not púnish me, Lórd, in your ráge.  
Your árrows have sunk déep in mé; \*  
your hánd has come dówn upón me.  
Through your ánger all my bódy is sick: \*  
through my sín, there is no héalth in my límb.

My guílt towers higher than my héad; \*  
it is a wéight too héavy to béar.  
My wóunds are fóul and féstering, \*  
the resúlt of my ówn fóly.  
I am bówed and bróught to my knées. \*  
I go móurning áll the day lóng.

All my fráme búrns with féver; \*  
áll my bódy is sick.  
Spént and útterly crúshed, \*  
I cry alóud in ánguish of héart.

O Lórd, you knów all my lónging: \*  
my gróans are not hídden from yóu.  
My heart thróbs, my stréngth is spént; \*  
the very light has góne from my éyes.

My friends avóid me like a léper; \*  
those clósest to me stánd afar óff.  
Those who plót against my life lay snáres; †  
those who séek my rúin speak of hárm, \*  
planning tréachery áll the day lóng.

But Í am like the déaf who cannot héar, \*  
like the dúmb unáble to spéak.  
Í am like a mán who hears nóthing \*  
in whose móuth is nó defénce.

I cóunt on yóu, O Lórd: \*  
it is yóu, Lord Gód, who will ánsver.  
I práy: ‘Do not lét them móck me, \*  
those who tríumph if my fóot should slíp.’

For Í am on the póint of fálling \*  
and my páin is álwáys befóre me.  
I conféss that Í am guíilty \*  
and my sín fills me with dísmáy.

My wánton énemies are númerless \*  
and my lýng fóes are mány.  
They repáy me évil for góod \*  
and attáck me for séeking what is ríght.

O Lórd, dó not forsáke me! \*  
My Gód, do not stáy afar óff!  
Make háste and cóme to my hélp, \*  
O Lórd, my Gód, my sáviour!

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

A púre heart créate for me, O Gód, \*  
put a stéadfast spírit withín me.  
Do not cást me áwáy from your préseñce, \*  
nor depríve me of your hóly spírit.

Give me agáin the jóy of your hélp; \*  
with a spírit of févour sustáin me,  
that I may téach transgréssors your wáys \*  
and sinners may retúrn to yóu.

O réscue me, Gód, my hélper, \*  
and my tóngue shall ring out your góodness.  
O Lórd, ópen my líps \*  
and my móuth shall decláre your práise.

For in sácrífice you táke no delight, \*  
burnt óffering from mé you wóuld refúse,  
my sácrífice, a cóntrite spírit. \*  
A húmbed, contrite héart you will not spúrn.

In your góodness, show fávour to Sión: \*  
rebúild the wálls of Jerúsalem.  
Thén you will be pléased with lawful sácrífice, \*  
hólocausts óffered on your áltar.

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

*Antiphon:* God did not spare his own Son, but gave him up for us all.

*Psalm-prayer*

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

**Canticle**

**Habakkuk 3**

**The Lord will appear in judgement**

“Lift up your heads, for your redemption is near at hand”  
(Lk 21:28).

*Antiphon:* Jesus Christ showed his love for us and freed us from our sins with his life’s blood.

Lord, I have heard of your fame, \*  
I stand in awe at your deeds.  
Do them again in our days, †  
in our days make them known! \*  
In spite of your anger, have compassion.

God comes forth from Teman, \*  
the Holy One comes from Mount Paran.  
His splendour covers the sky \*  
and his glory fills the earth.  
His brilliance is like the light, †  
rays flash from his hands; \*  
there his power is hidden.

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 51

God, have mercy on me

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

*Antiphon: God did not spare his own Son, but gave him up for us all.*

Have mércy on me, Gód, in your kíndness. \*  
In your compásson blot óut my óffénce.  
O wásh me more and móre from my gúilt \*  
and cléanse me fróm my sín.

My óffénces trúly I knów them; \*  
my sín is álwáys befóre me.  
Against yóu, you alóne, have I sínned; \*  
what is évil in your síght I have dóne.

That you may be jústified wén you give séntence \*  
and be wíthóut repróach when you júdge,  
O sée, in gúilt I was bórn, \*  
a sinner was Í concéived.

Índeed you love trúth in the héart; \*  
then in the sécret of my héart teach me wísdóm.  
O púrfy me, thén I shall be cléan; \*  
O wásh me, I shall be whítter than snów.

Make me héar rejóicing and gládnness, \*  
that the bónes you have crúshed may revíve.  
From my síns turn awáy your fáce \*  
and blót out áll my gúilt.

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

*Antiphon: Those who sought my life used violence against me.*

#### Psalm-prayer

Do not abandon us, Lord our God; you did not forget the broken body of your Christ, nor the mockery his love received. We, your children, are weighed down with sin; give us the fullness of your mercy.

**V.** False witnesses have risen against me,  
**R.** And falsehood has deceived itself.

#### First Reading

Hebrews 9:11-28

#### The new Covenant in the blood of Christ

Now Christ has come, as the high priest of all the blessings which were to come. He has passed through the greater, the more perfect tent, which is better than the one made by men's hands because it is not of this created order; and he has entered the sanctuary once and for all, taking with him not the blood of goats and bull calves, but his own blood, having won an eternal redemption for us. The blood of goats and bulls and the ashes of a heifer are sprinkled on those who have incurred defilement and they restore the holiness of their outward lives; how much more effectively the blood of Christ, who offered himself as the perfect sacrifice to God through the eternal Spirit, can purify our inner self from dead actions so that we do our service to the living God.

He brings a new covenant, as the mediator, only so that the people who were called to an eternal inheritance may actually receive what was promised: his death took place to cancel the sins that infringed the earlier covenant. Now wherever a will is in question, the death of the testator must be established; indeed, it only becomes valid with that death, since it is not meant to have any effect while the testator is still alive. That explains why even the earlier covenant needed something to be killed in order to take effect, and why, after Moses had announced all the commandments of the Law to the people, he took the calves' blood, the goats' blood and some water, and with these he sprinkled the book itself and all the people, using scarlet wool and hyssop; saying as he did so: *This is the blood of the covenant that God has laid down for you.* After that, he sprinkled the tent and all the liturgical vessels with blood in the same way. In fact, according to the Law almost everything has to be purified with blood; and if there is no shedding of blood, there is no remission. Obviously, only the copies of heavenly things can be purified in this way, and the heavenly things themselves have to be purified by a higher sort of sacrifice than this. It is not as though Christ had entered a man-made sanctuary which was only modelled on the real one; but it was heaven itself, so that he could appear in the actual presence of God on our behalf. And he does not have to offer himself again and again, like the high priest going into the sanctuary year after year with the blood that is not his own, or else he would have had to suffer over and over

again since the world began. Instead of that, he has made his appearance once and for all, now at the end of the last age, to do away with sin by sacrificing himself. Since men only die once, and after that comes judgement, so Christ, too, offers himself only once to *take the faults of many on himself*, and when he appears a second time, it will not be to deal with sin but to reward with salvation those who are waiting for him.

### Responsory

**Heb 9:28; Is 53:11**

**R.** He was led out as a lamb that is led to the slaughterhouse; harshly dealt with, he never opened his mouth; he was given over to death,\* so as to give life to his people.

**V.** He surrendered himself to death and was ranked with sinners,\* so as to give life to his people.

### Second Reading

**From the Catecheses by Saint John Chrysostom, bishop  
The power of Christ's blood**

If we wish to understand the power of Christ's blood, we should go back to the ancient account of its prefiguration in Egypt. "Sacrifice a lamb without blemish," commanded Moses, "and sprinkle its blood on your doors." If we were to ask him what he meant, and how the blood of an irrational beast could possibly save men endowed with reason, his answer would be that the saving power lies not in the blood itself, but in the fact that it is a sign of the Lord's blood. In those days, when the destroying angel saw the blood on the doors he did not dare to enter, so how much less will the devil approach now when he sees, not that figurative blood on the doors, but the true blood on the lips of believers, the doors of the temple of Christ.

If you desire further proof of the power of this blood, remember where it came from, how it ran down from the cross, flowing from the Master's side. The gospel records that when Christ was dead, but still hung on the cross, a soldier came and pierced his side with a lance and immediately there poured out water and blood. Now the water was a symbol of baptism and the blood, of the holy Eucharist. The soldier pierced the Lord's side, he breached the wall of the sacred temple, and I have found the treasure and made it my own. So also with the lamb: the Jews sacrificed the victim and I have been saved by it.

"There flowed from his side water and blood." Beloved, do not pass over this mystery without thought; it has yet another hidden meaning, which I will explain to you. I said that water and blood symbolised baptism and the holy Eucharist. From these two sacraments the Church is born: from baptism, "the cleansing water that gives rebirth and renewal through the Holy Spirit," and from the holy Eucharist. Since the symbols of baptism and the Eucharist flowed from his side, it was from his side that Christ fashioned the Church, as he had fashioned Eve from the side of Adam. Moses gives a hint of this when he tells the story of the first man and makes him exclaim: "Bone from my bones and flesh from my flesh!" As God then took a rib from Adam's side to fashion a woman, so Christ has given us blood and water from his side to fashion the Church. God took the rib when Adam was in a deep sleep, and in

the same way Christ gave us the blood and the water after his own death.

Do you understand, then, how Christ has united his bride to himself and what food he gives us all to eat? By one and the same food we are both brought into being and nourished. As a woman nourishes her child with her own blood and milk, so does Christ unceasingly nourish with his own blood those to whom he himself has given life.

### Responsory

**R.** Your ransom was not paid in anything corruptible, neither in silver nor gold, but in the precious blood of Christ, a lamb without blemish.\* Through him we all have access to the Father in the one Spirit.

**V.** The blood of Jesus Christ, the Son of God, purifies us from all sin.\* Through him we all have access to the Father in the one Spirit.

*N.B. If the Office of Morning Prayer immediately follows that of the Office of Readings, it commences from this point with the Psalms.*

### Let us pray.

Be mindful, Lord, of this your family,  
for whose sake our Lord Jesus Christ, when betrayed,  
did not hesitate to yield himself into his enemies' hands  
and undergo the agony of the cross.

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.