

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

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

**THE TRIDUUM SACRUM**  
*'Holy Saturday'*  
3rd 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.

The watercolour painting on the front and back covers of this Booklet is by James Tissot and depicts the event of this Saturday in Holy Week.

It is of:

### *The Watch over the Tomb*

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

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

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

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

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

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

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

## THE ANGELUS

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

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

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

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

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

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

Let us pray:

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

Saturday 3 April 2021

### Holy Saturday

## 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 Lord suffered for us and was buried. Come,  
let us adore him.*

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

A mighty Gód is the Lórd, \*  
a gréat king abóve all góds.  
In his hánd are the dépths of the éarth; \*  
the héights of the móuntains are 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,  
is now, and ever shall be,  
world without end. Amen.

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

### Hymn

Lord, who throughout these forty days  
for us didst fast and pray,  
teach us with thee to mourn our sins,  
and close by thee to stay.

As thou with Satan didst contend  
and didst the victory win,  
O give us strength in thee to fight,  
in thee to conquer sin.

As thou didst hunger bear, and thirst,  
so teach us, gracious Lord,  
to die to self, and chiefly live  
by thy most holy word.

And through these days of penitence,  
and through thy Passiontide,  
yea, evermore in life and death,  
Jesus, with us abide.

Abide with us, that so, this life  
of suffering overpast,  
an Easter of unending joy  
we may attain at last.

### Psalm 4 Thanksgiving

*“The Lord raised him from the dead  
and made him worthy of all admiration” (St Augustine).*

*Antiphon:* Now I will lie down in peace and sleep comes at  
once.

### A Prayer in Time of Trouble

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

### Thanksgiving After Deliverance From Trouble

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

### A Prayer of a Sick Person

O Lord Jesus Christ, our Saviour, Physician of souls and bodies, who didst become man and suffer death on the Cross for our salvation, and through thy tender love and compassion didst heal all manner of sickness and affliction; do thou O Lord, visit me in my suffering, and grant me grace and strength to bear this sickness with which I am afflicted, with Christian patience and submission to thy will, trusting in thy loving kindness and tender mercy. Bless, I pray thee, the means used for my recovery, and those who administer them. I know O Lord, that I justly deserve any punishment thou mayest inflict upon me for I have so often offended thee and sinned against thee, in thought, word and deed. Therefore, I humbly pray thee, look upon my weakness, and deal not with me after my sins, but according to the multitude of thy mercies. Have compassion on me, and let mercy and justice meet; and deliver me from this sickness and suffering I am undergoing. Grant that my sickness may be the means of my true repentance and amendment of my life according to thy will, that I may spend the rest of my days in thy love and fear: that my soul, being helped by thy grace and sanctified by thy Holy Mysteries, may be prepared for its passage to the Eternal Life, and there, in the company of thy blessed Saints, may praise and glorify thee with thy Eternal Father and Life-giving Spirit. Amen.

### Thanksgiving After Recovery from Sickness

Almighty God, our heavenly Father, Source of life and Fountain of all good things, I bless thy Holy Name, and offer to thee most hearty thanks for having delivered me from my sickness and restored me to health. Grant me thy continuing grace, I pray thee, that I may keep my good resolutions and correct the errors of my past life, and improve in virtue, and live a new life in dutiful fear of thee, doing thy will in all things, and devoting this new life 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 Angel of Christ, holy guardian and protector of my soul and body, forgive me everything wherein I have offended thee every day of my life, and protect me from all influence and temptation of the evil one. May I nevermore anger God by any sin. Pray for me to the Lord, that He may make me worthy of the grace of the All-holy Trinity, and of the Most Blessed Virgin Mary, and of all the Saints. Amen.

#### Prayers at the Table

*In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.*  
Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

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

*Lord, have mercy. (Thrice)*

*Then*

O Christ our God, bless the food and drink of thy servants, for thou art Holy always; now and ever, and unto ages of ages. Amen.

*Or*

They that hunger shall eat and be satisfied, they that seek after the Lord shall praise him; their hearts shall live forever. Amen.

*Or*

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

#### After Meals

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

*Lord, have mercy. (Thrice)*

*Then*

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

*Or*

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

*Or*

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

#### A Prayer of Repentance

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

#### Prayer Before a Journey

O Lord Jesus Christ our God, the true and living way, be thou, O Master, my companion, guide and guardian during my journey; deliver and protect me from all danger, misfortune and temptation; that being so defended by Thy divine power, I may have a 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.

When I call, answer me, O God of justice; \*  
from anguish you released me, have mercy and hear me!

O men, how long will your hearts be closed, \*  
will you love what is futile and seek what is false?

It is the Lord who grants favours to those whom he loves; \*  
the Lord hears me whenever I call him.

Fear him; do not sin: ponder on your bed and be still \*  
Make justice your sacrifice, and trust in the Lord.

‘What can bring us happiness?’ many say. \*  
Let the light of your face shine on us, O Lord.

You have put into my heart a greater joy \*  
than they have from abundance of corn and new wine.

I will lie down in peace and sleep comes at once \*  
for you alone, Lord, make me dwell in safety.

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

*Antiphon: Now I will lie down in peace and sleep comes at once.*

#### Psalm-prayer

You consoled your Son in his anguish and released him from the darkness of the grave. Lord, turn your face toward us that we may sleep in your peace and rise in your light.

#### Psalm 16 The Lord, my inheritance

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

*Antiphon: My body shall rest in hope.*

Preserve me, God, I take refuge in you. †  
I say to the Lord: ‘You are my God. \*  
My happiness lies in you alone.’

He has put into my heart a marvellous love \*  
for the faithful ones who dwell in his land.  
Those who choose other gods increase their sorrows. †  
Never will I offer their offerings of blood. \*  
Never will I take their name upon my lips.

O Lord, it is you who are my portion and cup; \*  
it is you yourself who are my prize.  
The lot marked out for me is my delight: \*  
welcome indeed the heritage that falls to me!

I will bless the Lord who gives me counsel, \*  
who even at night directs my heart.  
I keep the Lord ever in my sight: \*  
since he is at my right hand, I 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 right 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: My body shall rest in hope.*

#### **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.

#### **Psalm 24**

##### **The Lord comes to his temple**

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

*Antiphon: Grow higher, eternal doors: let the King of glory enter.*

The Lórd's is the éarth and its fúllness, \*  
the wórld and áll its péoples.  
It is hé who sét it on the séas; \*  
on the wátters he máde it fírm.

Who shall climb the móuntain of the Lórd? \*  
Who shall stánd in his hólý pláce?  
The mán with clean hánds and pure héart, †  
who desires not wórthless thíngs, \*  
who has not swórn so as to déceive his néighbour.

He shall recéive bléssings from the Lórd \*  
and rewárd from the Gód who sáves him.  
Súch are the mén who séek him, \*  
seek the fáce of the Gód of Jácob.

O gátes, lift hígh your héads; †  
grow hígher, áncient dóors. \*  
Let him énter, the kíng of glóry!

Whó is the kíng of glóry? †  
The Lórd, the míghty, the váliant, \*  
the Lórd, the váliant in wár.

O gátes, lift hígh your héads; †  
grow hígher, áncient dóors. \*  
Let him énter, the kíng of glóry!

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

You remembered those who had forgotten your promise of  
rising from the dead;  
give new hope to men when life has lost its meaning.

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

Lamb of God, you became our paschal sacrifice;  
draw all men to yourself.

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

Lord of the universe, you were enclosed in the walls of a  
tomb;  
deliver men from hell and grant them the glory of im-  
mortal life.

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

Son of the living God, you gave paradise to a thief on the  
cross;  
look on your brothers who have died and share with  
them your resurrection.

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

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

Thy kingdom come.

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

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

Let us pray.

Almighty, ever-living God,  
whose Only-Begotten Son descended to the realm of  
the dead,  
and rose from there to glory,  
grant that your faithful people,  
who were buried with him in baptism,  
may, by his resurrection, obtain eternal life.

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 forev-  
er, One Divine Power worshipped in three persons: Father, Son,  
and Holy Spirit. Amen.

#### **Prayer on Leaving a Church**

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

#### **The "Jesus" Prayer**

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

#### **A Prayer to Your Guardian Angel**

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

Christ humbled himself for us and, in obedience, accepted death, even death on a cross. Therefore God raised him to the heights and gave him the name which is above all other names.

### Canticle

#### My soul rejoices in the Lord

### Magnificat

*Antiphon:* Now the Son of Man has been glorified, and in him God has been glorified, and God will glorify him now and forever.

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

The Almíghty works márvels for me. \*  
Hóly his náme!

His mércy is from age to áge, \*  
on thóse who féar him.

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

He fills the stárving with good things, \*  
sends the rích away émpy.

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:* Now the Son of Man has been glorified, and in him God has been glorified, and God will glorify him now and forever.

### 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 Jesus, from your opened side you poured out blood and water, the wonderful sign of the Church; bring your bride to life through your death, burial and resurrection.

- Lord, have mercy on 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.

### Antiphon:

*Grow higher, eternal doors: let the King of glory enter.*

### Psalm-prayer

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

Ÿ. Uphold my cause and defend me.

Ř. By your promise, give me life.

### First Reading

Hebrews 4:1-13

#### God's promise of rest

Be careful: the promise of *reaching the place of rest he had for them* still holds good, and none of you must think that he has come too late for it. We received the Good News exactly as they did; but hearing the message did them no good because they did not share the faith of those who listened. We, however, who have faith, shall reach a place of rest, as in the text: *And so, in anger, I swore that not one would reach the place of rest I had for them.* God's work was undoubtedly all finished at the beginning of the world; as one text says, referring to the seventh day: *After all his work God rested on the seventh day.* The text we are considering says: *They shall not reach the place of rest I had for them.* It is established, then, that there would be some people who would reach it, and since those who first heard the Good News failed to reach it through their disobedience, God fixed another day when, much later, he said 'today' through David in the text already quoted: *If only you would listen to him today; do not harden your hearts.* If Joshua had led them into this place of rest, God would not later on have spoken so much of another day. There must still be, therefore, a place of rest reserved for God's people, the seventh-day rest, since to *reach the place of rest* is to *rest after your work*, as God did after his. We must therefore do everything we can to *reach this place of rest*, or some of you might copy this example of disobedience and be lost.

The word of God is something alive and active: it cuts like any double-edged sword but more finely: it can slip through the place where the soul is divided from the spirit, or joints from the marrow; it can judge the secret emotions and thoughts. No created thing can hide from him; everything is uncovered and open to the eyes of the one to whom we must give account of ourselves.

### Responsory

cf. Mt 27: 66, 60, 62

Ř. They buried the Lord, made the tomb secure and rolled a stone across the entrance, \* and they placed soldiers there to guard the body.

¶. The chief priests went to Pilate and asked for a guard,\* and they placed soldiers there to guard the body.

## Second Reading

### From an ancient homily for Holy Saturday The Lord's descent into the underworld

Something strange is happening – there is a great silence on earth today, a great silence and stillness. The whole earth keeps silence because the King is asleep. The earth trembled and is still because God has fallen asleep in the flesh and he has raised up all who have slept ever since the world began. God has died in the flesh and hell trembles with fear.

He has gone to search for our first parent, as for a lost sheep. Greatly desiring to visit those who live in darkness and in the shadow of death, he has gone to free from sorrow the captives Adam and Eve, he who is both God and the son of Eve. The Lord approached them bearing the cross, the weapon that had won him the victory. At the sight of him Adam, the first man he had created, struck his breast in terror and cried out to everyone: “My Lord be with you all.” Christ answered him: “And with your spirit.” He took him by the hand and raised him up, saying: “Awake, O sleeper, and rise from the dead, and Christ will give you light.”

I am your God, who for your sake have become your son. Out of love for you and for your descendants I now by my own authority command all who are held in bondage to come forth, all who are in darkness to be enlightened, all who are sleeping to arise. I order you, O sleeper, to awake. I did not create you to be held a prisoner in hell. Rise from the dead, for I am the life of the dead. Rise up, work of my hands, you who were created in my image. Rise, let us leave this place, for you are in me and I am in you; together we form only one person and we cannot be separated. For your sake I, your God, became your son; I, the Lord, took the form of a slave; I, whose home is above the heavens, descended to the earth and beneath the earth. For your sake, for the sake of man, I became like a man without help, free among the dead. For the sake of you, who left a garden, I was betrayed to the Jews in a garden, and I was crucified in a garden.

See on my face the spittle I received in order to restore to you the life I once breathed into you. See there the marks of the blows I received in order to refashion your warped nature in my image. On my back see the marks of the scourging I endured to remove the burden of sin that weighs upon your back. See my hands, nailed firmly to a tree, for you who once wickedly stretched out your hand to a tree.

I slept on the cross and a sword pierced my side for you who slept in paradise and brought forth Eve from your side. My side has healed the pain in yours. My sleep will rouse you from your sleep in hell. The sword that pierced me has sheathed the sword that was turned against you. Rise, let us leave this place. The enemy led you out of the earthly paradise. I will not restore you to that paradise, but I will enthrone you in heaven. I forbade you the tree that was only a symbol of life, but see, I who am life itself am now one with you. I appointed cherubim to guard you as slaves are guarded, but now I make them worship you as God. The throne formed by cherubim awaits you, its bear-

*Antiphon:* As Jonah was inside the whale for three days and three nights, so will the Son of Man be held in the heart of the earth.

## Psalm-prayer

Lord Jesus, early in the morning of your resurrection, you made your love known and brought the first light of dawn to those who dwell in darkness. Your death has opened a path for us. Do not enter into judgement with your servants; let your Holy Spirit guide us together into the land of justice.

## Canticle

Philippians 2

### Christ, God's servant

*Antiphon:* ‘Destroy this Temple, and in three days I will raise it up,’ said the Lord. He said this of the temple that was his own body.

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:* ‘Destroy this Temple, and in three days I will raise it up,’ said the Lord. He said this of the temple that was his own body.

## 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

### *Psalm-prayer*

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

### Psalm 143

#### A prayer in time of trouble

*“A man is made righteous not by obedience to the Law, but by faith in Jesus Christ” (Gal 2:16).*

*Antiphon: As Jonah was inside the whale for three days and three nights, so will the Son of Man be held in the heart of the earth.*

Lórd, listen to my práyer: †  
túrn your éar to my appéal. \*  
You are fáithful, you are júst; give ánswer.  
Do not cáll your sérvant to júdgement \*  
for nó one is júst in your sight.

The ényemy pursúes my sóul; \*  
he has crúshed my life to the gróund;  
he has máde me dwéll in dárkness \*  
like the déad, lóng forgóttén.  
Thérefore my spírit fáils; \*  
my héart is númb withín me.

I remémber the dáys that are pást: \*  
I pónder áll your wórks.  
I múse on what your hánd has wróught †  
and to yóu I strétch out my hánds. \*  
Like a párched land my sóul thirsts for yóu.

Lórd, make háste and ánswer; \*  
for my spírit fáils withín me.  
Dó not híde your fáce \*  
lest I becóme like thóse in the gráve.

In the mórning let me knów your lóve \*  
for I pút my trúst in yóu.  
Make me knów the wáy I should wálk: \*  
to yóu I líft up my sóul.

Réscue me, Lórd, from my ényemies; \*  
I have fléd to yóu for réfuge.  
Téach me to dó your will \*  
for yóu, O Lórd, are my Gód.

Let yóur good spírit gúide me \*  
in wáys that are lével and smóoth.  
For your náme’s sake, Lórd, save my life; \*  
in your jústice save my sóul from distréss.

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.

ers swift and eager. The bridal chamber is adorned, the banquet is ready, the eternal dwelling places are prepared, the treasure houses of all good things lie open. The kingdom of heaven has been prepared for you from all eternity.

### Responsory

**R.** Our shepherd, the source of living water, has departed.  
At his passing the sun was darkened, for he who held the first man captive is now taken captive himself.\*  
Today the Saviour has shattered the bars and burst the gates of death.

**V.** He has torn down the barricades of hell and overthrown the power of Satan.\* Today the Saviour has shattered the bars and burst the gates of death.

*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.

Almighty, ever-living God,  
whose Only-Begotten Son descended to the realm of the dead,  
and rose from there to glory,  
grant that your faithful people,  
who were buried with him in baptism,  
may, by his resurrection, obtain eternal life.  
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

Lord, who throughout these forty days  
For us didst fast and pray,  
Teach us with thee to mourn our sins,  
And close by thee to stay.

As thou with Satan didst contend,  
And didst the victory win,  
O give us strength in thee to fight,  
In thee to conquer sin.

As thirst and hunger thou didst bear,  
So teach us, gracious Lord,  
To die to self, and daily live  
By thy most holy word.

And through these days of penitence,  
And through thy Passiontide,  
Yea, evermore, in life and death,  
Jesus, with us abide.

#### Psalm 64

##### A prayer against enemies

*“This psalm in particular invites us to think about  
the passion of the Lord” (St Augustine).*

*Antiphon:* They will mourn for him as for an only son, since it is  
the innocent one of the Lord who has been slain.

Hear my voice, O Gód, as I compláin, \*  
guard my life from dréad of the fóe.  
Híde me from the bánd of the wicked, \*  
from the thróng of thóse who do évil.

They shárpen their tóngues like swórd; \*  
they áim bitter wórd; like árróws  
to shóot at the ínnocent from ámbush, \*  
shóoting súddenly and récklessly.

They schéme their évil cóurse; \*  
they conspíre to lay sécret snáres.  
They sáy: ‘Whó will sée us? \*  
Whó can séarch out our crímes?’

He will séarch who séarches the mínd \*  
and knóws the dépths of the héart.  
Gód has shót them with his árrów \*  
and déalt them súdden wóunds.  
Their ówn tongue has bróught them to rúin \*  
and áll who sée them móck.

Thén will áll men féar; \*  
they will téll what Gód has dóne.  
They will únderstánd God’s déeds. \*  
The júst will rejóice in the Lórd  
and flý to hím for réfuge. \*  
All the úpright héarts will glóry.

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

*Antiphon:* They will mourn for him as for an only son, since it is  
the innocent one of the Lord who has been slain.

#### Psalm-prayer

Father, you gave your Son victory over the men who plotted evil against him; when he cried to you in his agony, you delivered him from fear of his enemies. May those who suffer with him in this life find refuge and success in you.

#### Hymn

Sole hope of all the world and Lord,  
Bestower of the great reward,  
Receive the prayers thy servants raise  
Mixed with meet psalms and chants of praise.

And though our conscience doth proclaim  
Our deep transgressions and our shame,  
Cleanse us, O God, we humbly plead,  
From sins of thought and word and deed.

Our sins remember thou no more;  
Forgive: thou art of mighty pow’r:  
So take upon thee, Lord, our care  
That pure in heart we make our prayer.

Therefore accept, O Lord, this tide  
Of fast which thou hast sanctified,  
That we may reach by mystic ways  
The sacraments of Easter days.

#### Psalm 116B

##### Thanksgiving in the Temple

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

*Antiphon:* O Death, I will be your death. Sheol, I will be your  
destruction.

I trústed, éven when I sáid: \*  
‘I am sórely afflicted,’  
and whén I sáid in my álarm: \*  
‘No mán can be trústed.’

How cán I repáy the Lórd \*  
for his góodness to mé?  
The cúp of salvátion I will ráise; \*  
I will cáll on the Lórd’s name.

My vóws to the Lórd I will fulfil \*  
befóre all his péople.  
O précious in the éyes of the Lórd \*  
is the déath of his fáithful.

Your sérvant, Lord, your sérvant am Í; \*  
you have lóosened my bónds.  
A thánkgiving sácrifice I máke; \*  
I will cáll on the Lórd’s name.

My vóws to the Lórd I will fulfil \*  
befóre all his péople,  
in the cóurts of the hóuse of the Lórd, \*  
in your mídst, O Jerúsalem.

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

*Antiphon:* O Death, I will be your death. Sheol, I will be your  
destruction.

Christ, our Saviour, you died like a grain of wheat falling  
into the ground;  
gather us to yourself in the harvest of redemption.

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

Christ, our shepherd, lying in the tomb you were hidden  
from men;  
teach us to love our real life, which is hidden with you  
in God.

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

Christ, the new Adam, you went down into the world of  
the dead to free the just;  
may those who are dead in sin hear your voice and  
live.

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

Son of the living God, we were buried with you in baptism;  
let us rise with you, alive to God for ever.

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

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

Thy kingdom come.

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

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

Let us pray.

Almighty, ever-living God,  
whose Only-Begotten Son descended to the realm of  
the dead,  
and rose from there to glory,  
grant that your faithful people,  
who were buried with him in baptism,  
may, by his resurrection, obtain eternal life.

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)

### 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.**

### Canticle

Isaiah 38

#### The psalm of Hezekiah on recovering from sickness

*"I was dead and behold, I am alive  
and I hold the keys of death" (Rev 1:17-18).*

*Antiphon: Save my soul from the gates of hell, Lord.*

I said, In the noontide of my days I must depart; †  
I am consigned to the gates of Sheol \*  
for the rest of my years.

I said, I shall not see the Lord \*  
in the land of the living;  
I shall look upon man no more \*  
among the inhabitants of the world.

My dwelling is plucked up and removed from me \*  
like a shepherd's tent;  
like a weaver I have rolled up my life; \*  
he cuts me off from the loom.

From day to night you bring me to an end; \*  
I cry for help until morning;  
like a lion he breaks all my bones; \*  
from day to night you bring me to an end.

Like a swallow or a crane I clamour, \*  
I moan like a dove.  
My eyes are weary with looking upward. \*  
O Lord, I am oppressed; be my security.

Lo, it was for my welfare \*  
that I had great bitterness;  
but you have held back my life \*  
from the pit of destruction,  
for you have cast all my sins \*  
behind your back.

For Sheol cannot thank you, \*  
death cannot praise you;  
those who go down to the pit \*  
cannot hope for your faithfulness.

The living, the living, he thanks you, †  
as I do this day; \*  
the father makes known to the children your faithful-  
ness.

The Lord will save me, \*  
and we will sing to stringed instruments  
all the days of our life, \*  
at the house of the Lord.

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

*Antiphon: Save my soul from the gates of hell, Lord.*

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:* I was dead and now I am to live for ever and ever, and I hold the keys of death and of hell.

Práise Gód in his hóly pláce, \*  
práise him in his míghty 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 dánce, \*  
práise him with stríngs and pípes.

O práise him with resóunding cýmbals, \*  
práise him with cláshing of cýmbals.  
Let éverything that líves and that bréathes \*  
give práise 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:* I was dead and now I am to live for ever and ever, and I hold the keys of death and of hell.

*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

Hosea 5:15-6:2

The Lord says this: They will search for me in their misery. 'Come, let us return to the Lord. He has torn us to pieces, but he will heal us; he has struck us down, but he will bandage our wounds; after a day or two he will bring us back to life, on the third day he will raise us and we shall live in his presence.'

Short Responsory

Christ humbled himself for us and, in obedience, accepted death, even death on a cross. Therefore God raised him to the heights and gave him the name which is above all other names.

Canticle

Benedictus

The Messiah and the one who was sent before him

*Antiphon:* Save us, Saviour of the world. By your cross and the shedding of your blood you have redeemed us. Come to help us, Lord, our God.

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

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

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

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

As for yóu, líttle chíld, \*  
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 líke the dáwn from on hígh.

He will gíve líght to thóse in dárkness, †  
thóse who dwéll in the shádw of déath, \*  
and gúide us ínto the wáy of péáce.

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

*Antiphon:* Save us, Saviour of the world. By your cross and the shedding of your blood you have redeemed us. Come to help us, Lord, our God.

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.**

Christ, our Lord, you saw your mother standing by the cross;

may we share your saving passion in our time of suffering.

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