

The Nebraska Breviary

Ordinary Time

**The Community of
the Benedictine Way**
Incarnation Monastery
Omaha, Nebraska

Lauds

Invitatory

The Angelus is prayed in silence as the bell is rung.

A biography of the Saint of the Day is read.

All stand at the end of the biography.

O God, make speed to save us.

O God, make haste to help us.

Glory to God, Source of All Being, Incarnate Word, and Holy Spirit:

**As it was in the beginning, is now,
And will be forever. Amen. Alleluia.**

Opening Antiphon

Sunday

In the beginning was the Word;

The Word was with God and the Word was God.

Tuesday

Through the Word all things came into being,

**Not one thing came into being except through
the Word.**

Wednesday

What has come into being in the Word was life,

And the life was the light of all.

Thursday

The light shines in darkness

And darkness could not overpower it.

Friday

Those who accepted the Word,

Were given power to become children of God.

Saturday

And the Word was made Flesh:

And dwelt among us.

Hymn

The appointed hymn (on the following pages) is sung, unless another hymn is indicated due to a Principal or Major Feast.

Sunday

Morning Has Broken

Eleanor Farjeon

Arrangement II

Music Traditional Scottish

C Am Dm G F C Am

Soprano

Morn - ing has bro - ken like the first morn - ing; black - bird has
Sweet the rain's new fall, sun - lit from heav - en, like the first
Mine is the sun - light! Mine is the morn - ing born of the

Alto

3 Em/G F Em Dm G C F C

S.

spo - ken like the first bird. Praise for the sing - ing! Praise for the
dew - fall on the first grass. Praise for the sweet - ness of the wet
one light E - den saw play! Praise with e - la - tion, praise ev' - ry

A.

6 Am Dm/F G C/G F G7 C

S.

morn - ing! Praise for them spring - ing fresh from the Word!
gar - den, sprung in com - plete - ness where His feet pass.
morn - ing, God's re - cre - a - tion of the new day!

A.

Tuesday

They'll Know We Are Christians



1. We are one in the Spir - it, we are
2. We will walk with each oth - er, we will
3. We will work with each oth - er, we will
4. All praise to the Fa - ther, from



one in the Lord, We are one in the
walk hand in hand, We will walk with each
work side by side, We will work with each
whom all things come, And all praise to Christ



Spir - it, we are one in the Lord, And we
oth - er, we will walk hand in hand, And to -
oth - er, we will work side by side, And we'll
Je - sus, his on - ly Son, And all



pray that all u - ni - ty may one day be re -
geth - er we'll spread the news that God is in our
guard hu - man's dig - ni - ty and save hu - man's
praise to the Spir - it, who makes us



stored:
land: And they'll know we are Chris - tians by our
pride:
one:



love, by our love, Yes, they'll know we are



Chris - tians by our love.

Wednesday

All the Ends of the Earth

Refrain

All the ends of the earth, all you crea-tures of the sea, lift up your
eyes to the won-ders of the Lord. For the Lord of the earth, the
Mas-ter of the sea, has come with jus-tice for the world.

Verse 1

1. Break in-to song at the deeds of the Lord, the
won-ders he has done in ev-'ry age. D.C.

Verse 2

2. Heav-en and earth shall re-joice in his might; ev-'ry heart,
ev-'ry na-tion call him Lord. D.C.

Verse 3

3. The Lord has made sal-va-tion known, faith-ful to the prom-
is-es of old. Let the ends of the earth, let the
sea and all it holds make mu-sic be-fore our King! D.C.

Thursday

Holy, Holy, Holy, Lord God Almighty!

The musical score is written in G major and 4/4 time. It consists of four systems, each with a vocal line and a bass line. Chords are indicated above the vocal line.

System 1: Chords: D, Bm, A, D, G, D. Lyrics: 1 Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!
2 Ho - ly, ho - ly, ho - ly! All the saints a - dore thee,
3 Ho - ly, ho - ly, ho - ly! Though the dark - ness hide thee,
4 Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!

System 2: Chords: A, Bm, E7, A, D, A, E7, A, A7. Lyrics: Ear - ly in the morn - ing our song shall rise to thee.
cast - ing down their gold - en crowns a - round the glass - y sea;
though the eye made blind by sin thy glo - ry may not see,
All thy works shall praise thy name, in earth, and sky, and sea;

System 3: Chords: D, Bm, A, D, G, D. Lyrics: Ho - ly, ho - ly, ho - ly! Mer - ci - ful and might - y!
cher - u - bim and ser - a - phim fall - ing down be - fore thee,
on - ly thou art ho - ly; there is none be - side thee,
Ho - ly, ho - ly, ho - ly! Mer - ci - ful and might - y!

System 4: Chords: Bm, D7, G, D7, G, Em, A7, D. Lyrics: God in three per - sons, bless - ed Trin - i - ty!
which wert and art, and ev - er - more shalt be.
per - fect in power, in love and pu - ri - ty.
God in three per - sons, bless - ed Trin - i - ty!

Friday

Praise to the Lord



All 1. Praise to the Lord, the Al-might-y, the King of cre-
Women 2. Praise to the Lord, who o'er all things so won-drous-ly
All 3. Praise to the Lord, who doth pros-per thy work and de-
Choir 4. Praise to the Lord, who doth nour-ish thy life and re-
All 5. Praise to the Lord! O let all that is in me a-



a - tion! O my soul, praise him, for
reign - ing bears thee on ea - gle's wings,
fend thee; sure - ly his good - ness and
store thee, fit - ting thee well for the
dore him! All that hath life and breath,



he is thy health and sal - va - tion!
e'er in his keep - ing main - tain - ing.
mer - cy here dai - ly at - tend thee.
tasks that are ev - er be - fore thee.
come now with prais - es be - fore him!



All ye who hear, now to his tem - ple draw
God's care en - folds all, whose true good he up -
Pon - der a - new what the Al - might - y can
Then to thy need God as a moth - er doth
Let the a - men sound from his peo - ple a -



near; join me in glad ad - o - ra - tion!
holds. Hast thou not known his sus - tain - ing?
do, who with his love doth be - friend thee.
speed, spread - ing the wings of grace o'er thee.
gain; glad - ly for - ev - er a - dore him.

Saturday

BLESSED VIRGIN MARY

Mary the Dawn

541

1 Mar - y the Dawn, Christ the Per - fect Day;
 2 Mar - y the Root, Christ the Mys - tic Vine;
 3 Mar - y the Wheat - sheaf, Christ the Liv - ing Bread;
 4 Mar - y the Font, Christ the Cleans - ing Flood;
 5 Mar - y the Tem - ple, Christ the Tem - ple's Lord;
 6 Mar - y the Bea - con, Christ the Ha - ven's Rest;

+ Ped.

Mar - y the Gate, Christ the Heav'n - ly Way!
 Mar - y the Grape, Christ the Sa - cred Wine!
 Mar - y the Rose - tree, Christ the Rose blood - red!
 Mar - y the Chal - ice, Christ the Sav - ing Blood!
 Mar - y the Shrine, Christ the God a - dored!
 Mar - y the Mir - ror, Christ the Vi - sion Blest!

- Ped.

Mar - y the Moth - er, Christ the Moth - er's Son;

+ Ped. - Ped. + Ped.

Both ev - er blest while end - less a - ges run. A - men.

Psalter

The Psalms are found in the Saint Helena's Psalter (small blue book) and are recited according to the following schedule:

	I	II	III	IV
Su	32, 98, 146	118	42, 43, 99	26, 93, 116
M	3, 8	111	100	64
T	6, 40, 112	57, 65, 76	28, 144	39, 132
W	70, 145	38, 87, 108 (vv.1-6)	53, 80, 84	1, 67, 48
Th	63, 102	27, 92	10, 81, 72	52, 147
F	22, 23	51, 29	142, 138, 149	77, 103
Sa	130, 101, 19	15, 96	85, 143	25, 46

This doxology follows the final psalm.

Glory to God, Source of All Being, Incarnate

Word, and Holy Spirit:

As it was in the beginning, is now,

And will be forever. Amen.

Reading

Pause for reflection.

Canticle

Sunday – Weeks 1 and 3: Te Deum

You are God: we praise you

You are the Lord: we acclaim you;

You are the eternal Father:

All creation worships you.

To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:

Holy, holy, holy Lord, God of power and might,
Heaven and earth are full of your glory.

The glorious company of apostles praise you.

The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaims you:

[All] Father of majesty unbounded

Your true and only Son, worthy of all worship,

And the Holy Spirit, advocate and guide.

You Christ, are the king of glory,

The eternal Son of the Father.

When you became man to set us free

You did not shun the Virgin's womb.

You overcame the sting of death

And opened the Kingdom of heaven to all believers.

You are seated at God's right hand in glory.

We believe that you will come and be our judge.

Come then, Lord, and help your people,
Bought with the price of your own blood,

And bring us with your saints
To glory everlasting.

Sunday – Weeks 2 and 4: Colossians 3:13, 12-16

Christ has been raised and is seated at the right
hand of God *

Therefore set your mind on things that are above

Not on things that are on earth, for you have died,*
And your life is hid with Christ in God.

As God's chosen ones, holy and beloved,*
Clothe yourselves with compassion and kindness.

Bear with one another, and as God has forgiven you,*
So you also must forgive

Let the word of Christ dwell in you richly *
And with gratitude in your hearts,
Sing psalms, hymns, and spiritual songs to God.

Above all, clothe yourselves with love,*
Which binds everything together in perfect harmony.

Tuesday – Weeks 1 and 3: Matthew 5:3-10

How blessed are the poor in spirit *
The kingdom of Heaven is theirs.

Blessed are the gentle *
They shall have the earth as inheritance.

Blessed are those who mourn *
They shall be comforted.

Blessed are those who hunger and thirst for uprightness *
They shall have their fill.

Blessed are the merciful *
They shall have mercy shown them.

Blessed are the pure in heart *
They shall see God

Blessed are the peacemakers *
They shall be recognized as children of God

Blessed are those who are persecuted in the cause
of uprightness *
The kingdom of Heaven is theirs.

Tuesday – Weeks 2 and 4: Wisdom 9:1-6

O God of our forebears, merciful God, *
by your word you have made all things.

In your wisdom you have formed humankind *
to have dominion over the creatures you have made,

To rule the world in holiness and righteousness, *
and to administer justice with an upright heart.

Grant me the wisdom that sits beside your throne, *
and do not reject me from among your servants.

For were any perfect among human beings,
if they lacked the wisdom that comes from you, *
they would still count for nothing.

Send forth wisdom from your holy heavens, from
the place of your glory, *
to help me and to toil with me, and to teach me
what is pleasing to you.

Wednesday – Weeks 1 and 3: Wisdom 7:14, 25-28

Wisdom is an unfailing treasure for mortals *
Those who find wisdom gain friendship with God.

Wisdom is a breath of the power of God *
A pure emanation of the glory of the Almighty.

Wisdom is a reflection of the eternal light,
untarnished mirror of God's active power *
The image of God's goodness.

In each generation Wisdom passed into holy souls,
making them friends of God and prophets *
For God loves the one who lives with Wisdom.

Wednesday – Weeks 2 and 4: Luke 6:20-23

How blessed are you who are poor *
The kingdom of God is yours.

Blessed are you who are hungry now *
You shall have your fill.

Blessed are you who are weeping now *
You shall laugh.

Blessed are you when people hate you, drive you
out, denounce your name *
On account of the Son of Man.

Rejoice when that day comes and dance for joy *
Your reward will be great in Heaven.

Thursday – Weeks 1 and 3: Adapted from Julian of Norwich

You, O Christ, are the One:
The might and goodness of Fatherhood.

You, O Christ, are the One:
The wisdom of kindness of Motherhood.

You, O Christ, are the One:
The light and grace of all blessed love;
You are Trinity; you are Unity.

You, O Christ, are the One:
The high sovereign goodness of all manner of things.

You are the One who makes us to love;
You are the One who makes us to long.

You, O Christ, are the One:
The endless fulfilling of all our true desires.

Thursday – Weeks 2 and 4: Ephesians 1:3-8

Blessed be God *
Who has blessed us in Christ with every spiritual
blessing.

We were chosen in Christ before the foundation of
the world *
Chosen to be holy and blameless in love.

Through Jesus Christ, God destined us for adoption
as children *

According to the good pleasure of the divine will.

Praise to God for that glorious grace *

So freely bestowed on us in the Beloved.

In the Beloved we have redemption through the
blood of the cross *

We have forgiveness of our sins through the riches
of God's grace so freely given to us.

Friday – Weeks 1 and 3: Philippians 2:6-11

Christ Jesus, being in the form of God *

Did not count equality with God something to be
grasped.

But he emptied himself *

Taking the form of a slave,
Becoming as human beings are;

And being in every way *

Like a human being,

He was humbler yet *

Even to accepting death,
Death on a cross.

And for this God raised him high *

And gave him the name
Which is above all other names;

So that all beings *

In the heavens, on earth, and in the underworld
Should bend the knee at the name of Jesus,

And every tongue should acknowledge Jesus
Christ as Savior *
To the glory of God.

Friday – Weeks 2 and 4: Revelation 4:11, 5:9-10, 13

Splendor and honor and royal power *
Are yours by right, O God most high,

You created everything that is, *
And by your will they were created and have their being;

And yours by right, O Lamb that was slain *
For with your blood you have redeemed for God,

From every family, language, people and nation *
A royal priesthood to serve our God.

And so, to the One who sits upon the throne *
And to Christ the Lamb

Be worship and praise, dominion and splendor *
For ever and for evermore.

Saturday – Weeks 1 and 3: Sirach 39:13-16

Listen to me, my faithful children, *
and blossom like a rose growing by a stream of water.

Send out fragrance like incense and sing a hymn of
praise; *
bless our God for all creation.

Ascribe majesty to the Most High; give thanks with
praise, *
with harps, and with songs on your lips.

All God's works are good, *
and whatever God commands will be done.

Saturday – Weeks 2 and 4: Song of the Three Young Men

Glorify God, all you works of God, *
sing praise and exalt God for ever.

In the firmament of power, glorify God, *
sing praise and exalt God for ever.

Let the earth glorify God, *
sing praise and exalt God for ever.

Glorify God, O mountains and hills, and all that
grows upon the earth, *
sing praise and exalt God for ever.

Glorify God, O springs of water, seas, and streams,
O whales and all that moves in the waters, *
sing praise and exalt God for ever.

All birds of the air, glorify God, *
sing praise and exalt God for ever.

Glorify God, O beasts of the wild and all you flocks
and herds, *
sing praise and exalt God for ever.

O all people everywhere, glorify God, *
sing praise and exalt God for ever.

Second Reading

Pause for Reflection

The Benedictus Antiphon

The Officiant begins the antiphon

Sunday

Once when Zechariah was serving as priest before God* **he was chosen by lot, according to the custom of the priesthood.**

Tuesday

Then there appeared to Zechariah an angel of the Lord* **standing at the right side of the altar of incense.**

Wednesday

Zechariah said 'how will I know that this is so?*' **the angel replied 'I am Gabriel I have been sent to bring you this good news.**

Thursday

They were going to name him Zechariah* **but his mother, Elizabeth, said 'no, he is to be called John.'**

Friday

Throughout the hill country, all who heard this pondered* **'what will this child become'?**

Saturday

Then Zechariah was filled with the Holy Spirit* **and spoke this prophecy.**

The Benedictus

Blessed are you, O God of Israel; *
you have come to your people and set us free.

You have raised up for us a mighty Savior, *
born of the house of your servant David.

Through your holy prophets you promised of old,
that you would save us from our enemies, *
from the hands of all who hate us.

You promised to show mercy to our forebears *
and to remember your holy covenant.

This was the oath you swore to Sarah and Abraham, *
to set us free from the hands of our enemies,

Free to worship you without fear, *
holy and righteous before you all the days of our life.

And you, child, shall be called the prophet of the
Most High, *
for you will go before the Promised One to prepare
the way,

To give all people knowledge of salvation, *
by the forgiveness of their sins.

In the tender compassion of our God, *
the dawn from on high shall break upon us,

To shine on those who dwell in darkness and the
shadow of death, *
and to guide our feet into the way of peace.

**Glory to God, Source of All Being, Incarnate
Word, and Holy Spirit: As it was in the
beginning, is now, And will be forever. Amen.**

All repeat the appointed antiphon.

Closing Prayers

1



1 Seek ye — first the king - dom of God
2 Ask, and it shall be giv - en un - to you,



and its right - eous - ness, and all these things shall be
seek and we shall find. knock and the door shall be



add - ed un - to you; Al - le - lu, al - le - lu - ia!
o - pened un - to you; Al - le - lu, al - le - lu - ia!

Intercessions

The Prior offers an opening prayer.

The People offer their intercessions silently or aloud.

The Officiant concludes with these words:

We commend to you, Almighty God, all for whom we
pray - aloud or in the silence of our hearts - through
Jesus, who taught us to pray, saying

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

Collect

Sunday

Collect of the Day

Tuesday

O Christ, our true and only Light: Receive our morning prayers and illumine the secrets of our hearts with your healing goodness, that no evil desires may possess us who are made new in the light of your heavenly grace, through Jesus Christ our Savior. Amen.

Wednesday

O God, our shield and armor of light, whom we adore with all the angelic host: Defend us from evil; watch over any who are in danger this day and give your angels charge over them; and grant that we may always rejoice in your heavenly protection and serve you bravely in the world; through Jesus Christ our Savior. Amen.

Thursday

Most holy God, the source of all good desires, all right judgements, and all just works: Give to us your servants that peace which the world cannot give, so that our minds may be fixed on the doing of your will, and that we, being delivered from the fear of all enemies, may live in peace and quietness; through the mercies of Christ Jesus our Savior. Amen.

Friday

Almighty God, whose most dear One went not up to joy before suffering pain and entered not into glory before being crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ our Redeemer. Amen.

Saturday

O God in heaven, almighty and everlasting, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Savior. Amen.

Let us bless our God.

To God be thanks for ever.

The grace of our Savior Jesus Christ, and the love of God, and the communion of the Holy Spirit, be with us all evermore. **Amen.**

The people bow to the altar and remain in place until the altar candle is extinguished.

Lauds and Holy Eucharist

Invitatory

The Angelus is prayed in silence as the bell is rung.

A biography of the Saint of the Day is read.

All stand at the end of the biography.

O God, make speed to save us.

O God, make haste to help us.

**Glory to God, Source of All Being, Incarnate
Word, and Holy Spirit:**

**As it was in the beginning, is now,
And will be forever. Amen. Alleluia.**

Opening Antiphon

Sunday

In the beginning was the Word;

The Word was with God and the Word was God.

Tuesday

Through the Word all things came into being,

**Not one thing came into being except through
the Word.**

Wednesday

What has come into being in the Word was life,

And the life was the light of all.

Thursday

The light shines in darkness

And darkness could not overpower it.

Friday

Those who accepted the Word,

Were given power to become children of God.

Saturday

And the Word was made Flesh:

And dwelt among us.

Hymn

The appointed hymn (on the following pages) is sung, unless another hymn is indicated due to a Principal or Major Feast.

Sunday

Morning Has Broken

Eleanor Farjeon

Arrangement II

Music Traditional Scottish

C Am Dm G F C Am

Soprano

Morn - ing has bro - ken like the first morn - ing; black - bird has
Sweet the rain's new fall, sun - lit from heav - en, like the first
Mine is the sun - light! Mine is the morn - ing born of the

Alto

3 Em/G F Em Dm G C F C

S.

spo - ken like the first bird. Praise for the sing - ing! Praise for the
dew - fall on the first grass. Praise for the sweet - ness of the wet
one light E - den saw play! Praise with e - la - tion, praise ev' - ry

A.

6 Am Dm/F G C/G F G7 C

S.

morn - ing! Praise for them spring - ing fresh from the Word!
gar - den, sprung in com - plete - ness where His feet pass.
morn - ing, God's re - cre - a - tion of the new day!

A.

Tuesday

They'll Know We Are Christians



1. We are one in the Spir - it, we are
2. We will walk with each oth - er, we will
3. We will work with each oth - er, we will
4. All praise to the Fa - ther, from



one in the Lord, We are one in the
walk hand in hand, We will walk with each
work side by side, We will work with each
whom all things come, And all praise to Christ



Spir - it, we are one in the Lord, And we
oth - er, we will walk hand in hand, And to -
oth - er, we will work side by side, And we'll
Je - sus, his on - ly Son, And all



pray that all u - ni - ty may one day be re -
geth - er we'll spread the news that God is in our
guard hu - man's dig - ni - ty and save hu - man's
praise to the Spir - it, who makes us



stored:
land: And they'll know we are Chris - tians by our
pride:
one:



love, by our love, Yes, they'll know we are



Chris - tians by our love.

Wednesday

All the Ends of the Earth

Refrain

All the ends of the earth, all you crea-tures of the sea, lift up your
eyes to the won-ders of the Lord. For the Lord of the earth, the
Mas-ter of the sea, has come with jus-tice for the world.

Verse 1

1. Break in-to song at the deeds of the Lord, the
won-ders he has done in ev-'ry age. D.C.

Verse 2

2. Heav-en and earth shall re-joice in his might; ev-'ry heart,
ev-'ry na-tion call him Lord. D.C.

Verse 3

3. The Lord has made sal-va-tion known, faith-ful to the prom-
is-es of old. Let the ends of the earth, let the
sea and all it holds make mu-sic be-fore our King! D.C.

Thursday

Holy, Holy, Holy, Lord God Almighty!

The musical score is written in G major and 4/4 time. It consists of four systems, each with a vocal line and a bass line. Chords are indicated above the vocal line. The lyrics are as follows:

1 Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!
2 Ho - ly, ho - ly, ho - ly! All the saints a - dore thee,
3 Ho - ly, ho - ly, ho - ly! Though the dark - ness hide thee,
4 Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!

Ear - ly in the morn - ing our song shall rise to thee.
cast - ing down their gold - en crowns a - round the glass - y sea;
though the eye made blind by sin thy glo - ry may not see,
All thy works shall praise thy name, in earth, and sky, and sea;

Ho - ly, ho - ly, ho - ly! Mer - ci - ful and might - y!
cher - u - bim and ser - a - phim fall - ing down be - fore thee,
on - ly thou art ho - ly; there is none be - side thee,
Ho - ly, ho - ly, ho - ly! Mer - ci - ful and might - y!

God in three per - sons, bless - ed Trin - i - ty!
which wert and art, and ev - er - more shalt be.
per - fect in power, in love and pu - ri - ty.
God in three per - sons, bless - ed Trin - i - ty!

Friday

Praise to the Lord



All 1. Praise to the Lord, the Al - might - y, the King of cre -
Women 2. Praise to the Lord, who o'er all things so won - drous - ly
All 3. Praise to the Lord, who doth pros - per thy work and de -
Choir 4. Praise to the Lord, who doth nour - ish thy life and re -
All 5. Praise to the Lord! O let all that is in me a -



a - tion! O my soul, praise him, for
reign - ing bears thee on ea - gle's wings,
fend thee; sure - ly his good - ness and
store thee, fit - ting thee well for the
dore him! All that hath life and breath,



he is thy health and sal - va - tion!
e'er in his keep - ing main - tain - ing.
mer - cy here dai - ly at - tend thee.
tasks that are ev - er be - fore thee.
come now with prais - es be - fore him!



All ye who hear, now to his tem - ple draw
God's care en - folds all, whose true good he up -
Pon - der a - new what the Al - might - y can
Then to thy need God as a moth - er doth
Let the a - men sound from his peo - ple a -



near; join me in glad ad - o - ra - tion!
holds. Hast thou not known his sus - tain - ing?
do, who with his love doth be - friend thee.
speed, spread - ing the wings of grace o'er thee.
gain; glad - ly for - ev - er a - dore him.

Saturday

BLESSED VIRGIN MARY

Mary the Dawn

541

1 Mar - y the Dawn, Christ the Per - fect Day;
 2 Mar - y the Root, Christ the Mys - tic Vine;
 3 Mar - y the Wheat - sheaf, Christ the Liv - ing Bread;
 4 Mar - y the Font, Christ the Cleans - ing Flood;
 5 Mar - y the Tem - ple, Christ the Tem - ple's Lord;
 6 Mar - y the Bea - con, Christ the Ha - ven's Rest;

+ Ped.

Mar - y the Gate, Christ the Heav'n - ly Way!
 Mar - y the Grape, Christ the Sa - cred Wine!
 Mar - y the Rose - tree, Christ the Rose blood - red!
 Mar - y the Chal - ice, Christ the Sav - ing Blood!
 Mar - y the Shrine, Christ the God a - dored!
 Mar - y the Mir - ror, Christ the Vi - sion Blest!

- Ped.

Mar - y the Moth - er, Christ the Moth - er's Son;

+ Ped. - Ped. + Ped.

Both ev - er blest while end - less a - ges run. A - men.

Psalter

The Psalms are found in the Saint Helena's Psalter (small blue book) and are recited according to the following schedule:

	I	II	III	IV
Su	32, 98, 146	118	42, 43, 99	26, 93, 116
M	3, 8	111	100	64
T	6, 40, 112	57, 65, 76	28, 144	39, 132
W	70, 145	38, 87, 108 (vv.1-6)	53, 80, 84	1, 67, 48
Th	63, 102	27, 92	10, 81, 72	52, 147
F	22, 23	51, 29	142, 138, 149	77, 103
Sa	130, 101, 19	15, 96	85, 143	25, 46

This doxology follows the final psalm.

Glory to God, Source of All Being, Incarnate

Word, and Holy Spirit:

As it was in the beginning, is now,

And will be forever. Amen.

Reading

Pause for reflection.

Canticle

Sunday – Weeks 1 and 3: Te Deum

You are God: we praise you

You are the Lord: we acclaim you;

You are the eternal Father:

All creation worships you.

To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:

Holy, holy, holy Lord, God of power and might,
Heaven and earth are full of your glory.

The glorious company of apostles praise you.

The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaims you:

[All] Father of majesty unbounded

Your true and only Son, worthy of all worship,

And the Holy Spirit, advocate and guide.

You Christ, are the king of glory,

The eternal Son of the Father.

When you became man to set us free

You did not shun the Virgin's womb.

You overcame the sting of death

And opened the Kingdom of heaven to all believers.

You are seated at God's right hand in glory.

We believe that you will come and be our judge.

Come then, Lord, and help your people,
Bought with the price of your own blood,

And bring us with your saints
To glory everlasting.

Sunday – Weeks 2 and 4: Colossians 3:13, 12-16

Christ has been raised and is seated at the right
hand of God *

Therefore set your mind on things that are above

Not on things that are on earth, for you have died,*
And your life is hid with Christ in God.

As God's chosen ones, holy and beloved,*
Clothe yourselves with compassion and kindness.

Bear with one another, and as God has forgiven you,*
So you also must forgive

Let the word of Christ dwell in you richly *
And with gratitude in your hearts,
Sing psalms, hymns, and spiritual songs to God.

Above all, clothe yourselves with love,*
Which binds everything together in perfect harmony.

Tuesday – Weeks 1 and 3: Matthew 5:3-10

How blessed are the poor in spirit *
The kingdom of Heaven is theirs.

Blessed are the gentle *
They shall have the earth as inheritance.

Blessed are those who mourn *
They shall be comforted.

Blessed are those who hunger and thirst for uprightness *
They shall have their fill.

Blessed are the merciful *
They shall have mercy shown them.

Blessed are the pure in heart *
They shall see God

Blessed are the peacemakers *
They shall be recognized as children of God

Blessed are those who are persecuted in the cause
of uprightness *
The kingdom of Heaven is theirs.

Tuesday – Weeks 2 and 4: Wisdom 9:1-6

O God of our forebears, merciful God, *
by your word you have made all things.

In your wisdom you have formed humankind *
to have dominion over the creatures you have made,

To rule the world in holiness and righteousness, *
and to administer justice with an upright heart.

Grant me the wisdom that sits beside your throne, *
and do not reject me from among your servants.

For were any perfect among human beings,
if they lacked the wisdom that comes from you, *
they would still count for nothing.

Send forth wisdom from your holy heavens, from
the place of your glory, *
to help me and to toil with me, and to teach me
what is pleasing to you.

Wednesday – Weeks 1 and 3: Wisdom 7:14, 25-28

Wisdom is an unfailing treasure for mortals *
Those who find wisdom gain friendship with God.

Wisdom is a breath of the power of God *
A pure emanation of the glory of the Almighty.

Wisdom is a reflection of the eternal light,
untarnished mirror of God's active power *
The image of God's goodness.

In each generation Wisdom passed into holy souls,
making them friends of God and prophets *
For God loves the one who lives with Wisdom.

Wednesday – Weeks 2 and 4: Luke 6:20-23

How blessed are you who are poor *
The kingdom of God is yours.

Blessed are you who are hungry now *
You shall have your fill.

Blessed are you who are weeping now *
You shall laugh.

Blessed are you when people hate you, drive you
out, denounce your name *
On account of the Son of Man.

Rejoice when that day comes and dance for joy *
Your reward will be great in Heaven.

Thursday – Weeks 1 and 3: Adapted from Julian of Norwich

You, O Christ, are the One:
The might and goodness of Fatherhood.

You, O Christ, are the One:
The wisdom of kindness of Motherhood.

You, O Christ, are the One:
The light and grace of all blessed love;
You are Trinity; you are Unity.

You, O Christ, are the One:
The high sovereign goodness of all manner of things.

You are the One who makes us to love;
You are the One who makes us to long.

You, O Christ, are the One:
The endless fulfilling of all our true desires.

Thursday – Weeks 2 and 4: Ephesians 1:3-8

Blessed be God *
Who has blessed us in Christ with every spiritual blessing.

We were chosen in Christ before the foundation of the world *
Chosen to be holy and blameless in love.

Through Jesus Christ, God destined us for adoption
as children *

According to the good pleasure of the divine will.

Praise to God for that glorious grace *

So freely bestowed on us in the Beloved.

In the Beloved we have redemption through the
blood of the cross *

We have forgiveness of our sins through the riches
of God's grace so freely given to us.

Friday – Weeks 1 and 3: Philippians 2:6-11

Christ Jesus, being in the form of God *

Did not count equality with God something to be
grasped.

But he emptied himself *

Taking the form of a slave,
Becoming as human beings are;

And being in every way *

Like a human being,

He was humbler yet *

Even to accepting death,
Death on a cross.

And for this God raised him high *

And gave him the name
Which is above all other names;

So that all beings *

In the heavens, on earth, and in the underworld
Should bend the knee at the name of Jesus,

And every tongue should acknowledge Jesus
Christ as Savior *
To the glory of God.

Friday – Weeks 2 and 4: Revelation 4:11, 5:9-10, 13

Splendor and honor and royal power *
Are yours by right, O God most high,

You created everything that is, *
And by your will they were created and have their being;

And yours by right, O Lamb that was slain *
For with your blood you have redeemed for God,

From every family, language, people and nation *
A royal priesthood to serve our God.

And so, to the One who sits upon the throne *
And to Christ the Lamb

Be worship and praise, dominion and splendor *
For ever and for evermore.

Saturday – Weeks 1 and 3: Sirach 39:13-16

Listen to me, my faithful children, *
and blossom like a rose growing by a stream of water.

Send out fragrance like incense and sing a hymn of
praise; *
bless our God for all creation.

Ascribe majesty to the Most High; give thanks with
praise, *
with harps, and with songs on your lips.

All God's works are good, *
and whatever God commands will be done.

Saturday – Weeks 2 and 4: Song of the Three Young Men

Glorify God, all you works of God, *
sing praise and exalt God for ever.

In the firmament of power, glorify God, *
sing praise and exalt God for ever.

Let the earth glorify God, *
sing praise and exalt God for ever.

Glorify God, O mountains and hills, and all that
grows upon the earth, *
sing praise and exalt God for ever.

Glorify God, O springs of water, seas, and streams,
O whales and all that moves in the waters, *
sing praise and exalt God for ever.

All birds of the air, glorify God, *
sing praise and exalt God for ever.

Glorify God, O beasts of the wild and all you flocks
and herds, *
sing praise and exalt God for ever.

O all people everywhere, glorify God, *
sing praise and exalt God for ever.

Second Reading

Pause for Reflection

The Benedictus Antiphon

The Officiant begins the antiphon

Sunday

Once when Zechariah was serving as priest before God* **he was chosen by lot, according to the custom of the priesthood.**

Tuesday

Then there appeared to Zechariah an angel of the Lord* **standing at the right side of the altar of incense.**

Wednesday

Zechariah said 'how will I know that this is so?*' **the angel replied 'I am Gabriel I have been sent to bring you this good news.**

Thursday

They were going to name him Zechariah* **but his mother, Elizabeth, said 'no, he is to be called John.'**

Friday

Throughout the hill country, all who heard this pondered* **'what will this child become'?**

Saturday

Then Zechariah was filled with the Holy Spirit* **and spoke this prophecy.**

The Benedictus

Blessed are you, O God of Israel; *
you have come to your people and set us free.

You have raised up for us a mighty Savior, *
born of the house of your servant David.

Through your holy prophets you promised of old,
that you would save us from our enemies, *
from the hands of all who hate us.

You promised to show mercy to our forebears *
and to remember your holy covenant.

This was the oath you swore to Sarah and Abraham, *
to set us free from the hands of our enemies,

Free to worship you without fear, *
holy and righteous before you all the days of our life.

And you, child, shall be called the prophet of the
Most High, *
for you will go before the Promised One to prepare
the way,

To give all people knowledge of salvation, *
by the forgiveness of their sins.


In the tender compassion of our God, *
the dawn from on high shall break upon us,

To shine on those who dwell in darkness and the
shadow of death, *
and to guide our feet into the way of peace.

**Glory to God, Source of All Being, Incarnate
Word, and Holy Spirit: As it was in the
beginning, is now, And will be forever. Amen.**

All repeat the appointed antiphon.

Closing Prayers



1 Seek ye first the king - dom of God
2 Ask, and it shall be giv - en un - to you,
and its right - eous - ness, and all these things shall be
seek, and ye shall find. knock, and the door shall be
add - ed un - to you; Al - le - lu, al - le - lu - ia!
o - pened un - to you; Al - le - lu, al - le - lu - ia!

Intercessions

The Prior offers an opening prayer.

The People offer their intercessions silently or aloud.

The Officiant concludes with these words:

We commend to you, Almighty God, all for whom we pray - aloud or in the silence of our hearts. **Amen.**

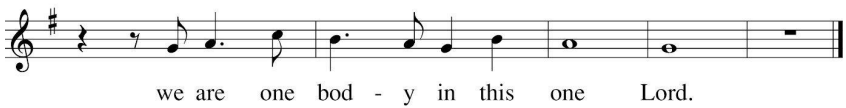
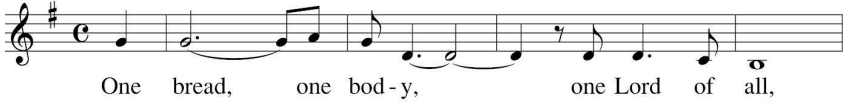
Hymn

The appointed hymn (on the following pages) is sung.

Sunday

One Bread, One Body

Refrain



Verses



- | | | | |
|---------------|-------------|--------------|------------|
| 1. Gen - tile | or Jew, | Ser - vant | or free, |
| 2. Man - y | the gifts, | Man - y | the works, |
| 3. Grain for | the fields, | Scat - tered | and grown, |



Wom - an	or man	no	more.
One in	the Lord	of	all.
Gath - ered	to one	for	all.

D.C.

Tuesday

BREAD OF LIFE

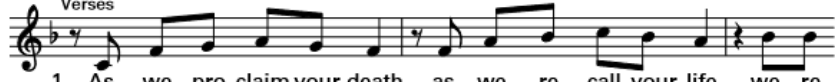
Bernadette Farrell

Refrain




Bread of life, hope of the world, Je-sus Christ, our broth - er:
feed us now, give us life, lead us to one an - oth - er.

Verses



1. As we pro-claim your death, as we re - call your life, we re-
2. The bread we break and share was scat-tered once as grain: just as
3. We eat this liv - ing bread, we drink this sav-ing cup: sign of
4. Hold us in u - ni - ty, in love for all to see; that the
5. You are the bread of peace, you are the wine of joy, bro-ken

to Refrain



1. mem - ber your prom - ise to re - turn a - gain.
2. now it is gath - ered, make your peo - ple one.
3. hope in our bro-ken world, source of last - ing love.
4. world may be - lieve in you, God of all who live.
5. now for your peo - ple, poured in end - less love.

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Wednesday

I Come with Joy to Meet My Lord



1. I come with joy to meet my Lord, For -
2. I come with Chris - tians far and near To
3. As Christ breaks bread and bids us share Each
4. And thus with joy we meet our Lord. His
5. To - geth - er met, to - geth - er bound, We'll



giv - en, loved, and free, In awe and won - der
find, as all are fed, The new com - mu - ni -
proud di - vi - sion ends. The love that made us
pres - ence, al - ways near, Is in such friend - ship
go our dif - f'rent ways, And as his peo - ple



to re - call His life laid down for me.
ty of love In Christ's com - mu - nion bread.
makes us one, And stran - gers now are friends.
bet - ter known; We see and praise him here.
in the world, We'll live and speak his praise.

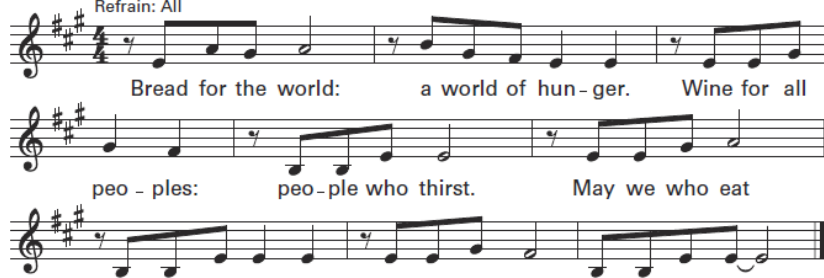
Text: Brian Wren, b.1936, © 1971, 1995, Hope Publishing Co.
Tune: LAND OF REST, CM; American; harm. by Annabel M. Buchanan, 1888-1983

Thursday

BREAD FOR THE WORLD


Bernadette Farrell

Refrain: All

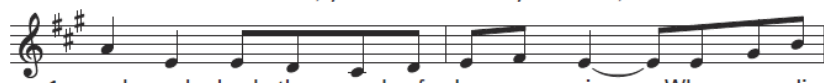


Bread for the world: a world of hun-ger. Wine for all
peo - ples: peo-ple who thirst. May we who eat
be bread for oth - ers. May we who drink pour out our love.


Verses: Cantor



1. Lord Je - sus Christ, you are the bread of life, bro - ken to
2. Lord Je - sus Christ, you are the wine of peace, poured in - to
3. Lord Je - sus Christ, you call us to your feast, at which the




1. reach and heal the wounds of hu - man pain. Where we di -
2. hearts once bro - ken and where dry - ness sleeps. Where we are
3. rich and pow'r - ful have be - come the least. Where we sur -



1. vide your peo - ple you are wait - ing there
2. tired and wea - ry, you are wait - ing there
3. vive on oth - ers in our hu - man greed,

to Refrain



1. on bend - ed knee to wash our feet with end - less care.
2. to be the way which beck - ons us be - yond de - spair.
3. you walk a - mong us beg - ging for your ev - 'ry need.

Friday

Let Us Break Bread Together



1. Let us break bread to - geth - er on our knees;
2. Let us drink wine to - geth - er on our knees;
3. Let us praise God to - geth - er on our knees;



Let us break bread to - geth - er on our knees;
Let us drink wine to - geth - er on our knees;
Let us praise God to - geth - er on our knees;



When I fall on my knees, With my face to the ris - ing



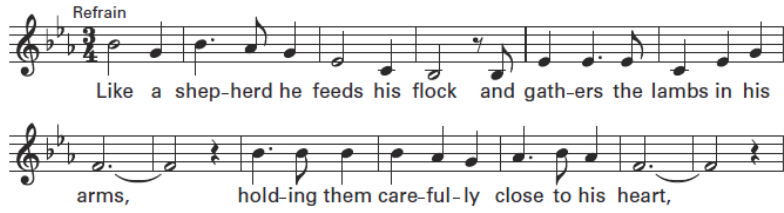
sun, O Lord, have mer - cy on me.

Saturday

LIKE A SHEPHERD

Bob Dufford, SJ

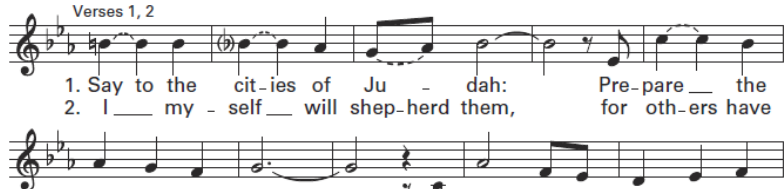
Refrain




Like a shep-herd he feeds his flock and gath-ers the lambs in his
arms, hold-ing them care-ful-ly close to his heart,
lead-ing them home. home, lead-ing them home.

1-3 to Verses Final

Verses 1, 2



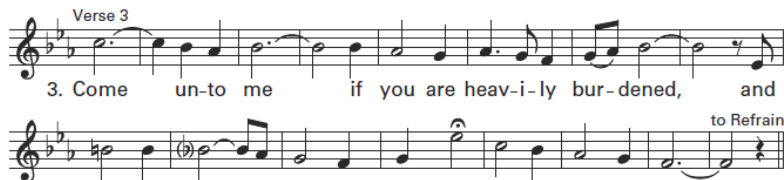
1. Say to the cit-ies of Ju - dah: Pre-pare__ the
2. I__ my - self__ will shep-herd them, for oth-ers have
1. way of the Lord. Go to the moun-tain-top,
2. led them a - stray. The lost I will res - cue and



to Refrain

1. lift your voice: Je - ru - sa - lem, here is your God.
2. heal their wounds and pas-ture them, giv-ing them rest.

Verse 3



3. Come un-to me if you are heav-i-ly bur-dened, and
3. take my yoke up-on your shoul-ders. I will give you rest.

to Refrain

Peace

The Priest says,

The peace of the Lord be always with you.

And also with you.

All exchange a sign of peace.

The priest continues with the Eucharistic Prayer:

Eucharistic Prayer (B)

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give God thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

The Priest says the Preface of the Incarnation unless it is a Principal (Proper Preface from the BCP) or Major Feast (Of a Saint, as below.)

Preface of the Incarnation

Because you gave Jesus Christ, your only Son, to be born for us; who, by the mighty power of the Holy Spirit, was made perfect human of the flesh of the Virgin Mary his mother; so that we might be delivered from the bondage of sin, and receive power to become your children.

Preface of a Saint

Because you are greatly glorified in the assembly of your saints. All your creatures praise you, and your faithful servants bless you, confessing before the rulers of this world the great Name of your only Son.

Preface of The Blessed Virgin Mary

Because as blessed Mary consented to become God-bearer for the world you call us to bear your Word to all whom our lives touch.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

**Holy, Holy, Holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said,

"Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said,

"Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

**We remember his death,
We proclaim his resurrection,
We await his coming in glory;**

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit.

In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with the Ever-Blessed Virgin Mary, Saint Benedict, Saint Scholastica, Saint _____ and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **Amen.**

And now, as our Savior Christ has taught us, we are bold to say:

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

*The Priest breaks the consecrated Bread.
A period of silence is kept.*

[Alleluia.] Christ our Passover is sacrificed for us;
Therefore let us keep the feast. [Alleluia.]

The Gifts of God for the People of God.

Communion

*The assembly communes one another and the Priest.
Silence for reflection follows the Communion.*

Post-Communion Prayer

Let us pray.

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

Blessing

The Priest blesses the People.

Dismissal

The Deacon, or the Priest, dismisses the People with these words:

Let us go forth in the name of Christ.

Thanks be to God.

The people bow to the altar. All remain in place until the altar candle is extinguished.

Diurnum

Invitatory

All stand when the sound of the chime dissipates.

O God, make speed to save us.

O God, make haste to help us.

**Glory to God, Source of All Being, Incarnate
Word, and Holy Spirit:**

**As it was in the beginning, is now,
And will be forever. Amen. [Alleluia]**

Advent

The angel Gabriel said to Mary*

Hail, full of grace, the Lord is with you, blessed are
you among women.

Christmastide

Mary kept in mind all these things,*
pondering them in her heart.

Epiphany

Your light has come, Jerusalem, the glory of the
Lord shines upon you.*

Nations shall walk by your light, alleluia.

Lent

Let us prove ourselves through patient endurance*
The armor of righteousness with the power of God.

Eastertide

Alleluia.*

Alleluia. Alleluia.

Season of Pentecost

I call with my whole heart;*

Answer me, O God, that I may keep your statutes.

Psalter

The Psalms are found in the Saint Helena's Psalter (small blue book) and are recited according to the following schedule:

	I	II	III	IV
Su	119: 1-8	119: 57-64	119: 113-120	121
M	119: 9-16	119: 65-72	119: 121-128	122
T	119:17-24	119: 73-80	119: 129-136	123
W	119: 25-32	119: 81-88	119: 137-144	124
Th	119: 33-40	119: 89-96	119: 145-152	125
F	119: 41-48	119: 97-104	119: 153-160	120, 126
Sa	119:49-56	119: 105-112	119: 161-176	127, 128

This doxology follows the last psalm:

Glory to God, Source of All Being, Incarnate Word, and Holy Spirit:

**As it was in the beginning, is now,
And will be forever. Amen. [Alleluia]**

Reading:

Sunday

Some women in our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that Jesus was alive. - *Luke 24:23*

Monday

The love of God has been poured into our hearts through the Holy Spirit that has been given to us.
- *Romans 5:5*

Tuesday

Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body. - *1 Corinthians 6:19-20*

Wednesday

Bear one another's burdens, and in this way you will fulfill the law of Christ. - *Galatians 6:2*

Thursday

If anyone is in Christ, they are a new creation; the old has passed away, behold the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation. - *2 Corinthians 5:17-18*

Friday

It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, "Father, into your hands I commend my spirit." Having said this, he breathed his last. - *Luke 23:44-46*

Saturday

Mary said: "Here am I, the servant of the Lord; let it be with me according to your word." - *Luke 1:38*

Officiant: Jesus, teach us to pray, as John taught his disciples. Jesus says to us, when you pray, say:

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

A ten-minute period of silent meditation

Collect

Sunday

Almighty Savior, who at noonday called your servant Saint Paul to be an apostle to the Gentiles: We pray you to illumine the world with the radiance of your glory, that all nations may come and worship you; for you live and reign for ever and ever. *Amen.*

Monday & Wednesday

Loving God send your Holy Spirit into our hearts, to direct and rule us according to your will, to comfort us in all our afflictions, to defend us from all error, and to lead us into all truth; through Jesus Christ our Savior. *Amen.*

Tuesday & Friday

Blessed Savior, at this hour you hung upon the cross, stretching out your loving arms: Grant that all the people of the earth may look to you and be saved; for your tender mercies' sake. *Amen.*

Thursday & Saturday

Lord Jesus Christ, you said to your apostles, "Peace I give to you; my own peace I leave with you:" Regard not our sins, but the faith of your Church, and give to us the peace and unity of that Heavenly City, where with the Father and the Holy Spirit you live and reign, now and forever. *Amen.*

A Benedictine Litany (*chanted*)

God the Father of heaven

Have mercy on us

God the Son, Redeemer of the world

Have mercy on us

God the Holy Spirit

Have mercy on us

Holy Mary, Mother of God

Pray for us (*and after each saint*)

Holy Mary, Daughter of the Poor

Saint Joseph

Archangel Michael

Archangel Gabriel

Archangel Raphael

All you holy Cherubim

All you holy Seraphim

All you holy Angels

All you holy Patriarchs and Matriarchs

All you holy Prophets and Apostles

All you holy Martyrs and Confessors

St. John the Baptist

St. Anthony of the Desert

Holy Father, St. Benedict

St. Maurus and St. Placid

St. Benedict of Aniane
St. Meinrad

St. Scholastica
St. Walburga
St. Hildegard

St. Brigid of Kildare
St. Columba of Iona
St. Augustine of Canterbury

St. Romuald
St. Bernard
All you holy Monastics

St. Columba Marmion
St. Thomas Merton
St. Christian de Charge and companions

Be merciful to us

Hear us O Lord

For those who hunger and thirst for holiness

Hear us O Lord

For those who hunger and thirst for food and water

Hear us O Lord

For those who seek to find peace

Hear us O Lord

For those who seek peace among nations and
peoples

Hear us O Lord

For Migrants, Refugees, and Immigrants

Hear us O Lord

For the sick, and those suffering with addictions

Hear us O Lord

For the lonely, the despairing and the hopeless

hear us O Lord

For the poor and forgotten

Hear us O Lord

(straight-tone chant) Loving God, at mid-day we turn our gaze to you, confident that, like monks and nuns who have gone before us, you will guide us ever more deeply into obedience, stability, and conversion. Grant this through our Savior, Jesus Christ. *Amen.*

St. Benedict

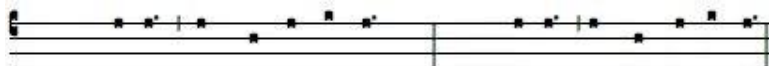
Pray for us.

Let us bless our God.

To God be thanks for ever.

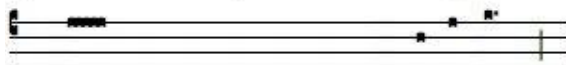
The people bow to each other across the choir and then bow to the altar.

Vespers

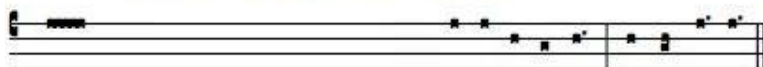


Officiant: O God, make speed to save us.

Response: O God, make haste to help us.



All: Glory to the holy and undivided Trini-ty, one God:



as it was in the beginning, is now, and will be for-ev-er. A-men. Al - le - lu - ia.

Phos Hilaron

1 O gra - cious Light, Lord Je - sus Christ, in
2 Now sun - set comes, but light shines forth, the
3 Wor - thy are you of end - less praise, O

you the Fa - ther's glo - ry shone. Im - mor - tal, ho - ly,
lamps are lit to pierce the night. Praise Fa - ther, Son, and
Son of God, Life - giv - ing Lord; where - fore you are through

blest is he, and blest are you, his ho - ly Son.
Spi - rit: God who dwells in the e - ter - nal light.
all the earth and in the high - est heaven a - dored.

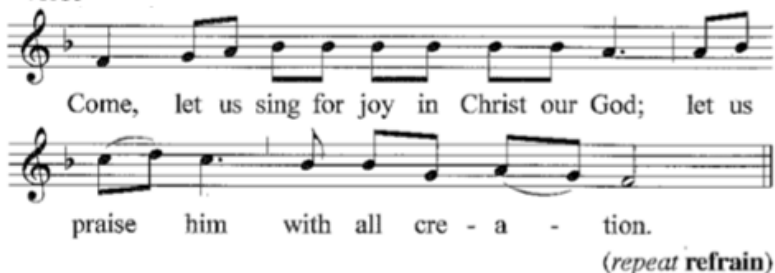
Incense Rite *(when appropriate)*

refrain



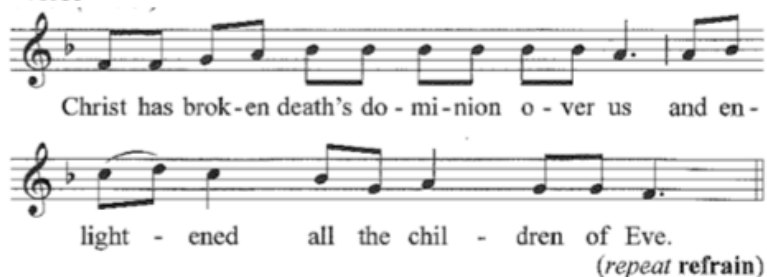
Like in - cense let my prayer rise be - fore you, O
God; the lift - ing of my hands like an ev' -
ning o - bla - tion.

verse



Come, let us sing for joy in Christ our God; let us
praise him with all cre - a - tion.
(repeat refrain)

verse



Christ has brok - en death's do - mi - nion o - ver us and en -
light - ened all the chil - dren of Eve.
(repeat refrain)

Psalter

The Psalms are found in the Saint Helena's Psalter (small blue book) and are recited according to the following chart:

	I	II	III	IV
Sa	54, 71	33, 114	35, 1	86, 94
Su	78 pt. 1, 150	12, 18 pt. 1, 150	73, 150	13, 14, 150
M	78 pt. 2	18 pt. 2	74	36, 97
T	104	111, 115	107	82
W	37	61, 34	47, 49	31, 133
Th	30, 66	2, 109, vs 1- 4 & 20-30	135	62, 90
F	137, vs 1-6	11, 16, 20	69, vs 1-23 & 31-38	131, 136

This doxology follows each psalm:

**Glory to God, Source of All Being, Incarnate
Word, and Holy Spirit:**

**As it was in the beginning, is now,
And will be forever. Amen.**

Reading

A pause for reflection follows.

Hymn

*The daily hymn, as follows, is sung unless another is
appointed for a Principal or Major Feast.*

Saturday

Prayer of Peace



1. Peace be - fore us, peace be - hind us, peace
2. Love be - fore us, love be - hind us, love
3. Light be - fore us, light be - hind us, light
4. Christ be - fore us, Christ be - hind us, Christ
5. Al - le - lu - ia, al - le - lu - ia, al - le -
6. Peace be - fore us, peace be - hind us, peace



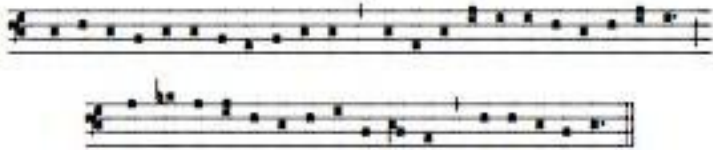
un - der our feet. Peace with - in us, peace
un - der our feet. Love with - in us, love
un - der our feet. Light with - in us, light
un - der our feet. Christ with - in us, Christ
lu - ia, Al - le - lu - ia, al - le -
un - der our feet. Peace with - in us, peace



o - ver us, let all a - round us be peace.
o - ver us, let all a - round us be love.
o - ver us, let all a - round us be light.
o - ver us, let all a - round us be Christ.
lu - ia, al - le - lu - ia.
o - ver us, let all a - round us be peace.

Sunday

Over the Chaos of the Empty Waters



Over the chaos of the empty waters, †
hovered the Spirit, bringing forth creation;
so from the empty tomb the Second Adam
issued triumphant.

By the same Spirit we, regenerated
into the body of our risen Savior,
seek, through the power of the new creation,
life everlasting.

Maker of all things, Jesus Christ our Savior,
and Holy Spirit, Trinity eternal,
to you be glory, in both earth and heaven,
throughout the ages. Amen.

Tuesday

BLEST BE THE LORD

Dan Schutte

Refrain

Blest be the Lord; blest be the Lord, the God of
mer-cy, the God who saves. I shall not fear the dark of
night, nor the ar-row that flies by day.

Detailed description: The Refrain is written in 3/8 time with a key signature of two flats (B-flat and E-flat). It consists of three lines of music. The first line has three measures, the second line has three measures, and the third line has three measures. The lyrics are placed below the notes.

Verses

1. He will re-lease me from the nets of all my foes.
2. I need not shrink be-fore the ter-rors of the night,
3. Al-though a thou-sand strong have fall-en at my side,

1. He will pro-TECT me from their wick-ed hands.
2. nor stand a-lone be-fore the light of day.
3. I'll not be shak-en with the Lord at hand.

Detailed description: The Verses section contains two systems of music. The first system has three lines of music with three verses of lyrics below. The second system also has three lines of music with three verses of lyrics below. The lyrics are placed below the notes.

1. Be-neath the shad-ow of his wings I
2. No harm shall come to me, no ar-row
3. His faith-ful love is all the ar-mor

to Refrain

1. will re-joyce to find a dwell-ing place se-cre.
2. strike me down, no e-vil set-tle in my soul.
3. that I need to wage my bat-tle with the foe.

Detailed description: This section contains the third verse of the first system and the final line of music. The lyrics are placed below the notes. The final line of music is marked 'to Refrain'.

Wednesday

PRAYER OF ST. FRANCIS

Sebastian Temple

Verses 1, 2, 4



1. Make me a chan-nel of your peace. Where there is ha-tred,
2. Make me a chan-nel of your peace. Where there's de-spair in
4. Make me a chan-nel of your peace. It is in par-don-



1. let me bring your love. _____ Where there is in - ju -
2. life, let me bring hope. _____ Where there is dark-ness _
4. ing that we are par-doned, _____ In giv - ing of our -



1. ry, your par-don, Lord, And where there's doubt, true
2. _____ on - ly light, And where there's sad - ness
4. selves that we re - ceive, And in dy - ing that we're



1. faith in you. 2. joy.
2. ev - er
4. born to e - ter - nal life.

Verse 3



3. O Mas-ter, grant that I may nev-er seek So much to be con-



3. soled, as to con-sole, To be un-der-stood, as to un-der-



3. stand, To be loved, as to love, with all my soul.

Thursday

We Are Called



1. Come! Live in the light! Shine with the
2. Come! O - pen your heart! Show your
3. Sing! Sing a new song! Sing of that



joy and the love of the Lord! We are called
mer - cy to all those in fear! We are called
great day when all will be one! God will reign,



to be light for the king - dom, to
to be hope for the hope - less so all
and we'll walk with each oth - er as



live in the free - dom of the cit - y of God!
ha - tred and blind - ness will be no more!
sis - ters and broth - ers u - nit - ed in love!



We are called to act with jus-tice, we are called to



love ten - der - ly, we are called to serve one an - oth - er;



to walk hum - bly with God!


Friday

THE CRY OF THE POOR

Psalms 34

John Foley, S.J.

Refrain




The Lord hears the cry of the poor. Bless-ed be the Lord.

Verses: Slightly faster

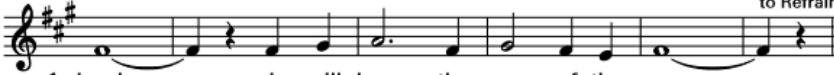


1. I will bless the Lord at all times, with praise
2. Let the low - ly hear and be glad: the Lord
3. Ev - 'ry spir - it crushed, God will save; will be
4. We pro - claim your great - ness, O God, your praise



1. ev - er in my mouth. Let my soul glo - ry in the
2. lis - tens to their pleas; and to hearts bro - ken, God is
3. ran - som for their lives; will be safe shel - ter for their
4. ev - er in our mouth; ev - 'ry face bright-ened in your

to Refrain



1. Lord, who will hear the cry of the poor.
2. near, who will hear the cry of the poor.
3. fears, and will hear the cry of the poor.
4. light, for you hear the cry of the poor.

The Magnificat Antiphon

The Officiant begins the antiphon.

Sunday

The angel Gabriel was sent to a town called Nazareth*
to a virgin named Mary who was engaged to Joseph of the house of David.

Tuesday

The angel said to her 'Do not be afraid Mary'*
For you have found favor with God.

Wednesday

The Holy Spirit will come upon you*
And the power of the Most High will encompass you.

Thursday

Know that your elderly relative Elizabeth has conceived a son*
For nothing is impossible with God.

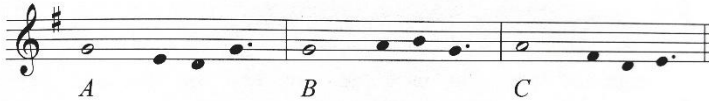
Friday

Here I am, the servant of the Lord *
Let it be with me according to your word.

Saturday

When Elizabeth heard Mary's greeting, the child leaped in her womb. Elizabeth was filled with the Holy Spirit and exclaimed *
'Blessed are you among women and blessed is the fruit of your womb.

The Magnificat



A My soul proclaims the greatness\of our God
B my whole being finds joy in\God my Savior.
A God has looked on the lowliness\of God's servant
C all generations to come will\call me blessed.

A For me has God\done great deeds,
B God, the mighty, whose\name is holy.
A God's mercy is on all\who revere God,
C from one generation\to the next.

A God has put forth God's\arm in strength
B And thwarted the plans\of the proud.
A God has cast down the mighty\from their thrones
B to high places God has\raised the lowly
A With good things God has\filled the hungry,
C and sent away the rich\empty handed.

A God has upheld God's\servant Israel,
B remembering the promise of mercy
A which God made to our people\long a-go:
C to Abraham, Sarah, and God's\seed for-ever.

A Give glory to\God our Creator
B God has fulfilled God's promise in Mary;
A She gave birth to\Christ our Savior
C by the power of the\Holy Spirit.

The antiphon is repeated.

Closing Prayers



1 Seek ye first the king - dom of God
2 Ask, and it shall be giv - en un - to you,
and its right - eous - ness, and all these things shall be
seek, and ye shall find. knock, and the door shall be
add - ed un - to you; Al - le - lu, al - le - lu - ia!
o - pened un - to you; Al - le - lu, al - le - lu - ia!

Intercessions

The Prior offers an opening prayer.

The People offer their intercessions silently or aloud.

The Officiant concludes with these words:

We commend to you, Almighty God, all for whom we
pray - aloud or in the silence of our hearts - through
Jesus, who taught us to pray, saying

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

Collect

Sunday

Almighty God, our Savior Jesus Christ triumphed over the powers of death and prepared a place for us in the new Jerusalem: Grant that we, who have this day given thanks for the Resurrection, may praise you in the City of which Christ is the light; and where you live and reign for ever and ever. Amen.

Tuesday

O holy God, whom the whole heavens adore: Let the whole earth also worship you, all nations obey you, all tongues confess and bless you, and people everywhere love you and serve you in peace; through Jesus Christ our Savior. Amen.

Wednesday

Most loving God: Preserve us from faithless fears and worldly anxieties, that no clouds of this mortal life may hide from us the light of that love which is immortal, and which you have manifested to us in Jesus Christ; who lives and reigns with you in the unity of the Holy Spirit, one God, now and forever. Amen.

Thursday

Sun of Righteousness, so gloriously risen: Shine in our hearts as we celebrate our redemption, that we may see the way to our eternal home; where you live and reign, one holy and undivided Trinity, now and forever. Amen.

Friday

O Jesus Christ, by your death you took away the sting of death: Grant to us your servants so to follow in faith where you have led the way, that at the last we may fall asleep peacefully in you and wake up in your likeness; for your tender mercies' sake. Amen.

Saturday

O God, the source of eternal light: Shed forth your unending day upon us who watch for you, that our lips may praise you, our lives may bless you, and our worship on the morrow give you glory; through Jesus Christ our Savior. Amen.

Let us bless our God.

To God be thanks forever.

The grace of our Savior Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

OR

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. Amen.

The people bow to the altar. All remain in place until the altar candle is extinguished.