

13 March 2023

## Feria

AT PRIME

Our Father. Hail Mary. I believe.

✠ ✠ O God make speed to save me.

✠ O Lord, make haste to help me. Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be: world without end. Amen. Praise be to thee O Lord, King of eternal glory.

**Hymn** **Jam lucis orto sidere**

**N**OW that the daylight fills the sky,  
We lift our hearts to God on high,  
That he, in all we do or say,  
Would keep us free from harm today.

Would guard our hearts and tongues  
from strife;

From anger's din would hide our life;  
From all ill sights would turn our eyes;  
Would close our ears to vanities:

Would keep our inmost conscience pure;  
Our souls from folly would secure;  
Would bid us check the pride of sense  
With due and holy abstinence.

So we, when this new day is gone,  
And night in turn is drawing on,  
With conscience by the world unstained,  
Shall praise his name for victory gained.

All laud to God the Father be;  
All praise, eternal Son, to thee;  
All glory, as is ever meet,  
To God the Holy Paraclete. Amen.

**Ant.** He that hath clean hands.

**Psalm 24**

**T**HE earth is the Lord's, and all that  
therein is; \* the compass of the  
world, and they that dwell therein.

For he hath founded it upon the seas, \*  
and prepared it upon the floods.

Who shall ascend into the hill of the  
Lord? \* or who shall rise up in his holy  
place?

Even he that hath clean hands, and a  
pure heart; \* and that hath not lift up his  
mind unto vanity, nor sworn to deceive  
his neighbour.

He shall receive the blessing from the  
Lord, \* and righteousness from the God  
of his salvation.

This is the generation of them that  
seek him; \* even of them that seek thy  
face, O Jacob.

Lift up your heads, O ye gates, † and  
be ye lift up, ye everlasting doors; \* and  
the King of glory shall come in.

Who is the King of glory? \* It is the  
Lord strong and mighty, even the Lord  
mighty in battle.

Lift up your heads, O ye gates, † and  
be ye lift up, ye everlasting doors; \* and  
the King of glory shall come in.

Who is the King of glory? \* Even the  
Lord of hosts, he is the King of glory.

**Psalm 19, i**

**T**HE heavens declare the glory of  
God; \* and the firmament sheweth  
his handy-work.

One day telleth another; \* and one  
night certifieth another.

There is neither speech nor language;  
\* but their voices are heard among  
them.

Their sound is gone out into all lands;  
\* and their words into the ends of the  
world.

In them hath he set a tabernacle for the  
sun; \* which cometh forth as a  
bridegroom out of his chamber, and  
rejoiceth as a giant to run his course.

It goeth forth from the uttermost part  
of the heaven, † and runneth about unto  
the end of it again; \* and there is  
nothing hid from the heat thereof.

**Psalm 19, ii**

**T**HE law of the Lord is an undefiled  
law, converting the soul; \* the

testimony of the Lord is sure, and giveth wisdom unto the simple.

The statutes of the Lord are right, and rejoice the heart; \* the commandment of the Lord is pure, and giveth light unto the eyes.

The fear of the Lord is clean, and endureth for ever; \* the judgements of the Lord are true, and righteous altogether.

More to be desired are they than gold, yea, than much fine gold; \* sweeter also than honey, and the honeycomb.

Moreover, by them is thy servant taught; \* and in keeping of them there is great reward.

Who can tell how oft he offendeth? \* O cleanse thou me from my secret faults.

Keep thy servant also from presumptuous sins, lest they get the dominion over me; \* so shall I be undefiled, and innocent from the great offence.

Let the words of my mouth, and the meditation of my heart, be always acceptable in thy sight, \* O Lord, my strength, and my redeemer.

### Psalm 47

**O** CLAP your hands together, all ye people: \* O sing unto God with the voice of melody.

For the Lord is high, and to be feared; \* he is the great King upon all the earth.

He shall subdue the people under us, \* and the nations under our feet.

He shall choose out an heritage for us, \* even the worship of Jacob, whom he loved.

God is gone up with a merry noise, \* and the Lord with the sound of the trumpet.

O sing praises, sing praises unto our God; \* O sing praises, sing praises unto our King.

For God is the King of all the earth: \*

sing ye praises with understanding.

God reigneth over the heathen; \* God sitteth upon his holy seat.

The princes of the people are joined unto the people of the God of Abraham; \* for God, which is very high exalted, doth defend the earth, as it were with a shield.

**Ant.** He that hath clean hands and a pure heart shall ascend into the hill of the Lord.

### Chapter

**Zech. 8, 19**

**L**OVE ye truth and peace, \* saith the Lord God of Hosts. **℞** Thanks be to God.

**Br.** **℞** O Christ, Son of the living God, \* Have mercy upon us. O Christ. **℣** Thou that sittest at the right hand of God the Father. Have mercy. Glory be. O Christ.

**℣** O Christ, arise, help us. **℞** And deliver us for thy Name's sake.

### The Preces are said kneeling:

Kýrie eléison. Christe eléison. Kýrie eléison.

Our Father **secretly until** **℣** And lead us not into temptation. **℞** But deliver us from evil.

I believe in God **secretly until** **℣** The resurrection of the body. **℞** And the life everlasting. Amen.

**℣** Unto thee have I cried, O Lord. **℞** And early shall my prayer come before thee.

**℣** O let my mouth be filled with thy praise. **℞** That I may sing of thy glory and honour all the day long.

**℣** O Lord, turn thy face from my sins. **℞** And put out all my misdeeds.

**℣** Make me a clean heart, O God. **℞** And renew a right spirit within me.

**℣** Cast me not away from thy presence. **℞** And take not thy Holy Spirit from me.

∿ O give me the comfort of thy help again. ℞ And stablish me with thy free spirit.

∿ Deliver me, O Lord from the evil man. ℞ And preserve me from the wicked man.

∿ Deliver me from mine enemies, O God. ℞ Defend me, O Lord from them that rise up against me.

∿ O deliver me from the wicked doers. ℞ And save me from the blood-thirsty men.

∿ So will I always sing praise unto thy Name. ℞ That I may daily perform my vows.

∿ Thou shalt shew us wonderful things in thy righteousness, O God of our salvation. ℞ Thou that art the hope of the ends of the earth, and of them that remain in the broad sea.

∿ O God make speed to save me. ℞ O Lord, make haste to help me.

∿ Holy God, Holy Mighty, Holy Immortal. ℞ Have mercy upon us.

∿ Praise the Lord, O my soul. ℞ And forget not all his benefits.

∿ Who forgiveth all thy sin. ℞ And healeth all thine infirmities.

∿ Who saveth thy life from destruction. ℞ And crowneth thee with mercy and loving-kindness.

∿ Who satisfieth thy mouth with good things. ℞ Making thee young and lusty, as an eagle.

∿ Our help ✠ is in the name of the Lord. ℞ Who hath made heaven and earth.

**The Choir says together:**

**I**CONFESS to God Almighty, to blessed Mary ever-Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, and to all the Saints, that I have sinned exceedingly in thought, word, and deed: by my fault, by my

own fault, by my own most grievous fault. Wherefore I beg blessed Mary ever-Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, and all the Saints, to pray for me to the Lord our God.

**The Officiant says:**

Almighty God have mercy upon us, forgive us our sins, and bring us to everlasting life. ℞ Amen.

The Almighty ✠ and merciful Lord grant us pardon, absolution, and remission of our sins. ℞ Amen.

∿ Vouchsafe, O Lord, to keep us this day without sin. ℞ O Lord, have mercy upon us, have mercy upon us.

∿ O Lord, let thy mercy lighten upon us. ℞ As our trust is in thee.

∿ O Lord, hear my prayer. ℞ And let my cry come unto thee.

Let us pray.

**O**LORD God Almighty, who hast brought us to the beginning of this day: defend us in the same with thy mighty power; that we may not this day fall into any sin, but that all our thoughts, words, and works may be directed to the fulfilment of thy righteousness. Through. ℞ Amen.

∿ O Lord, hear my prayer. ℞ And let my cry come unto thee.

∿ Let us bless the Lord. ℞ Thanks be to God.

**Then, the Martryology is read, and concludes:**

∿ And elsewhere many other holy martyrs, confessors, and holy virgins. ℞ Thanks be to God.

**Then the Officiant says:**

∿ Right dear in the sight of the Lord. ℞ Is the death of his Saints.

**M**AY holy Mary and all the Saints intercede for us to the Lord: that we may be worthy to obtain from him help and salvation, who liveth and reigneth for ever and ever. **R** Amen.

**V** O God make speed to save me. **R** O Lord, make haste to help me.

**This is said thrice; then follows:**

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

Kýrie eléison. Christe eléison. Kýrie eléison.

Our Father **secretly until** **V** And lead us not into temptation. **R** But deliver us from evil.

**V** Show thy servants thy work, O Lord, and their children thy glory. **R** And the glorious Majesty of the Lord our God be upon us; prosper thou the work of our hands upon us, O prosper thou our handy-work.

**V** Glory be to the Father, and to the Son, and to the Holy Ghost. **R** As it was in the beginning, is now and ever shall be: world without end. Amen.

Let us pray.

**O** LORD God, King of heaven and earth, vouchsafe this day to direct and sanctify, to rule and govern our hearts and bodies, our thoughts, words, and deeds, in the ways of thy laws, and in the works of thy commandments; that by thy help we may be saved and delivered both now and ever, O Saviour of the world. Who livest and reignest, world without end. **R** Amen.

**V** Pray, Sir, give me thy blessing.

**Blessing.** May the Lord Almighty order our days and our doings in his peace. **R** Amen.

**Short Lesson** **Isaiah 50, 6**

**I**HID not my face from shame and spitting: † for the Lord God will help

me: \* therefore shall I not be confunded. But thou, O Lord, have mercy upon us. **R** Thanks be to God.

**V** Our help \* is in the name of the Lord. **R** Who hath made heaven and earth.

**V** Bless ye. **R** May God bless us.

**Blessing.** May the Lord bless us, keep us from all evil, and bring us to life everlasting. \* And may the souls of the faithful, through the mercy of God, rest in peace. **R** Amen.

AT TERCE

**V** \* O God make speed to save me. **R** O Lord, make haste to help me. Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be: world without end. Amen. Praise be to thee O Lord, King of eternal glory.

**Hymn** **Nunc Sancte nobis Spiritus**

**C**OME, Holy Ghost, who ever One  
Art with the Father and the Son;  
Come, Holy Ghost, our souls possess  
With thy full flood of holiness.

By every power, by heart and tongue,  
By act and deed, thy praise be sung:  
Inflame with perfect love each sense,  
That others' souls may kindle thence.

O Father, that we ask be done  
Through Jesus Christ, thine only Son,  
Who, with the Holy Ghost and thee,  
Shall live and reign eternally. Amen.

**Ant.** The days of penance.

**Psalm 27, 1**

**T**HE Lord is my light, and my salvation; † whom then shall I fear? \* the Lord is the strength of my life; of whom then shall I be afraid?

When the wicked, even mine enemies and my foes, † came upon me to eat up my flesh, \* they stumbled and fell.

Though an host of men were laid against me, yet shall not my heart be

afraid; \* and though there rose up war against me, yet will I put my trust in him.

One thing have I desired of the Lord, which I will require; \* even that I may dwell in the house of the Lord all the days of my life, to behold the fair beauty of the Lord, and to visit his temple.

For in the time of trouble he shall hide me in his tabernacle; \* yea, in the secret place of his dwelling shall he hide me, and set me up upon a rock of stone.

And now shall he lift up mine head \* above mine enemies round about me.

Therefore will I offer in his dwelling an oblation with great gladness: \* I will sing and speak praises unto the Lord.

### Psalm 27, ii

**H**EARKEN unto my voice, O Lord, when I cry unto thee; \* have mercy upon me, and hear me.

My heart hath talked of thee, Seek ye my face: \* Thy face, Lord, will I seek.

O hide not thou thy face from me, \* nor cast thy servant away in displeasure.

Thou hast been my succour; \* leave me not, neither forsake me, O God of my salvation.

When my father and my mother forsake me, \* the Lord taketh me up.

Teach me thy way, O Lord, \* and lead me in the right way, because of mine enemies.

Deliver me not over into the will of mine adversaries: \* for there are false witnesses risen up against me, and such as speak wrong.

I should utterly have fainted, \* but that I believe verily to see the goodness of the Lord in the land of the living.

O tarry thou the Lord's leisure; \* be strong, and he shall comfort thine heart; and put thou thy trust in the Lord.

### Psalm 28

**U**NTO thee will I cry, O Lord my strength: \* think no scorn of me;

lest, if thou make as though thou hearest not, I come like them that go down into the pit.

Hear the voice of my humble petitions, when I cry unto thee; \* when I hold up my hands towards the mercy-seat of thy holy temple.

O pluck me not away, neither destroy me with the ungodly and wicked doers, \* which speak friendly to their neighbours, but imagine mischief in their hearts.

Reward them according to their deeds, \* and according to the wickedness of their own inventions.

Recompense them after the work of their hands; \* pay them that they have deserved.

For they regard not in their mind the works of the Lord, † nor the operation of his hands; \* therefore shall he break them down, and not build them up.

Praised be the Lord; \* for he hath heard the voice of my humble petitions.

The Lord is my strength, and my shield; † my heart hath trusted in him, and I am helped; \* therefore my heart danceth for joy, and in my song will I praise him.

The Lord is my strength, \* and he is the wholesome defence of his Anointed.

O save thy people, and give thy blessing unto thine inheritance: \* feed them, and set them up for ever.

**Ant.** The days of penance are upon us, for the expiation of our sins, and the salvation of souls.

### Chapter

### Joel 2, 12

**T**URN ye even to me with all your heart, and with fasting and with weeping, and with mourning; † and rend your heart and not your garments, \* saith the Lord almighty. **℟.** Thanks be to God.

**Br.** **℟.** He shall deliver thee\* From the snare of the hunter. He shall. **℣.** And

from the noisome pestilence. From the.  
Glory be. He shall.

℣ He shall defend thee under his wings. ℞ And thou shalt be safe under his feathers.

**The Preces are said kneeling:**

Kýrie eléison. Christe eléison. Kýrie eléison.

Our Father **secretly until** ℣ And lead us not into temptation. ℞ But deliver us from evil.

℣ Turn us then, O Lord God of Hosts. ℞ Shew the light of thy countenance, and we shall be whole.

℣ O Christ, arise, help us. ℞ And deliver us for thy Name's sake.

℣ O Lord, hear my prayer. ℞ And let my cry come unto thee.

Let us pray.

**W**E beseech thee, O Lord, mercifully to pour thy grace into our hearts: that as we do abstain from carnal feastings; so we may inwardly refrain ourselves from all wantonness that may hurt the soul. Through. ℞ Amen.

℣ O Lord, hear my prayer. ℞ And let my cry come unto thee.

℣ Let us bless the Lord. ℞ Thanks be to God.

℣ ✠ May the souls of the faithful, through the mercy of God, rest in peace. ℞ Amen.

Our Father, **secretly.**

℣ ✠ Dóminus det nobis suam pacem. ℞ Et vitam ætérnam. Amen.

**Ant.** Ave Regína cælórum, \* Ave, Dómina Angelórum: Salve radix, salve porta, Ex qua mundo lux est orta: Gaude, Virgo gloriósa, Super omnes speciósa, Vale, o valde decóra, Et pro nobis Christum exóra.

℣ Dignáre me laudáre te, Virgo sacráta. ℞ Da mihi virtútem contra hostes tuos.

Orémus.

**C**ONCEDE, miséricors Deus, fragilitáti nostræ præsidium; ut, qui sanctæ Dei Genitricis memóriam ágimus; intercessiónis ejus auxilió, a nostris iniquitátibus resurgámus. Per eúndem Christum Dóminum nostrum. ℞ Amen.

℣ ✠ Divínium auxiliúm máneat semper nobiscum. ℞ Amen.

15 March 2023

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All praise, eternal Son, to thee;  
All glory, as is ever meet,  
To God the Holy Paraclete. Amen.

**Ant.** Thy loving kindness.

**Psalm 26**

**B**E thou my Judge, O Lord, for I have walked innocently: \* my trust hath been also in the Lord, therefore shall I not fall.

Examine me, O Lord, and prove me; \* try out my reins and my heart.

For thy loving-kindness is ever before mine eyes; \* and I will walk in thy truth.

I have not dwelt with vain persons; \* neither will I have fellowship with the deceitful.

I have hated the congregation of the wicked; \* and will not sit among the ungodly.

I will wash my hands in innocency, O Lord; \* and so will I go to thine altar;

That I may shew the voice of thanksgiving, \* and tell of all thy wondrous works.

Lord, I have loved the habitation of thy house, \* and the place where thine honour dwelleth.

O shut not up my soul with the sinners, \* nor my life with the blood-thirsty;

In whose hands is wickedness, \* and their right hand is full of gifts.

But as for me, I will walk innocently: \* O deliver me, and be merciful unto me.

My foot standeth right: \* I will praise the Lord in the congregations.

**Psalm 52**

**W**HY boastest thou thyself, thou tyrant, \* that thou canst do mischief;

Whereas the goodness of God \* endureth yet daily?

Thy tongue imagineth wickedness, \* and with lies thou cuttest like a sharp

razor.

Thou hast loved unrighteousness more than goodness, \* and to talk of lies more than righteousness.

Thou hast loved to speak all words that may do hurt, \* O thou false tongue.

Therefore shall God destroy thee for ever; \* he shall take thee, and pluck thee out of thy dwelling, and root thee out of the land of the living.

The righteous also shall see this, and fear, \* and shall laugh him to scorn;

Lo, this is the man that took not God for his strength; \* but trusted unto the multitude of his riches, and strengthened himself in his wickedness.

As for me, I am like a green olive-tree in the house of God; \* my trust is in the tender mercy of God for ever and ever.

I will always give thanks unto thee for that thou hast done; \* and I will hope in thy Name, for thy saints like it well.

**Psalm 53**

**T**HE foolish body hath said in his heart, \* There is no God.

Corrupt are they, and become abominable in their wickedness; \* there is none that doeth good.

God looked down from heaven upon the children of men, \* to see if there were any that would understand, and seek after God.

But they are all gone out of the way, are altogether become abominable; \* there is also none that doeth good, no not one.

Are not they without understanding that work wickedness, \* eating up my people as if they would eat bread? they have not called upon God.

They were afraid where no fear was; \* for God hath broken the bones of him that besieged thee; thou hast put them to confusion, because God hath despised them.

Oh, that the salvation were given unto

Israel out of Zion! \* Oh, that the Lord would deliver his people out of captivity!

Then should Jacob rejoice, \* and Israel should be right glad.

### Psalm 97

**T**HE Lord is King, the earth may be glad thereof; \* yea, the multitude of the isles may be glad thereof.

Clouds and darkness are round about him: \* righteousness and judgement are the habitation of his seat.

There shall go a fire before him, \* and burn up his enemies on every side.

His lightnings gave shine unto the world: \* the earth saw it, and was afraid.

The hills melted like wax at the presence of the Lord; \* at the presence of the Lord of the whole earth.

The heavens have declared his righteousness, \* and all the people have seen his glory.

Confounded be all they that worship carved images, and that delight in vain gods: \* worship him, all ye gods.

Sion heard of it, and rejoiced; † and the daughters of Judah were glad, \* because of thy judgements, O Lord.

For thou, Lord, art higher than all that are in the earth: \* thou art exalted far above all gods.

O ye that love the Lord, see that ye hate the thing which is evil: \* the Lord preserveth the souls of his saints; he shall deliver them from the hand of the ungodly.

There is sprung up a light for the righteous, \* and joyful gladness for such as are true-hearted.

Rejoice in the Lord, ye righteous; \* and give thanks for a remembrance of his holiness.

**Ant.** Thy Loving-kindness, O Lord, is ever before mine eyes, and I will walk in thy truth.

### Chapter

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**Blessing.** May the Lord Almighty order our days and our doings in his peace. ✠ Amen.

**Short Lesson**

**Isaiah 50, 6**

**I** HID not my face from shame and spitting: † for the Lord God will help me: \* therefore shall I not be confunded. But thou, O Lord, have mercy upon us. ✠ Thanks be to God.

✠ Our help ✠ is in the name of the Lord. ✠ Who hath made heaven and earth.

✠ Bless ye. ✠ May God bless us.

**Blessing.** May the Lord bless us, keep us from all evil, and bring us to life everlasting. ✠ And may the souls of the faithful, through the mercy of God, rest in peace. ✠ Amen.

AT TERCE

✠ ✠ O God make speed to save me. ✠ O Lord, make haste to help me. Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be: world without end. Amen. Praise be to thee O Lord, King of eternal glory.

**Hymn Nunc Sancte nobis Spiritus**

**C**OME, Holy Ghost, who ever One  
Art with the Father and the Son;  
Come, Holy Ghost, our souls possess  
With thy full flood of holiness.

By every power, by heart and tongue,  
By act and deed, thy praise be sung:  
Inflame with perfect love each sense,  
That others' souls may kindle thence.

O Father, that we ask be done  
Through Jesus Christ, thine only Son,  
Who, with the Holy Ghost and thee,  
Shall live and reign eternally. Amen.

**Ant.** The days of penance.

**Psalm 54**

**S**AVE me, O God, for thy Name's sake, \* and avenge me in thy strength.

Hear my prayer, O God, \* and hearken unto the words of my mouth.

For strangers are risen up against me; \* and tyrants, which have not God before their eyes, seek after my soul.

Behold, God is my helper; \* the Lord is with them that uphold my soul.

He shall reward evil unto mine enemies: \* destroy thou them in thy truth.

An offering of a free heart will I give thee, and praise thy Name, O Lord; \* because it is so comfortable.

For he hath delivered me out of all my trouble; \* and mine eye hath seen his desire upon mine enemies.

**Psalm 55, i**

**H**EAR my prayer, O God, \* and hide not thyself from my petition.

Take heed unto me, and hear me, \*

how I mourn in my prayer, and am vexed.

The enemy crieth so, and the ungodly cometh on so fast; \* for they are minded to do me some mischief, so maliciously are they set against me.

My heart is disquieted within me, \* and the fear of death is fallen upon me.

Fearfulness and trembling are come upon me, \* and an horrible dread hath overwhelmed me.

And I said, O that I had wings like a dove! \* for then would I flee away, and be at rest.

Lo, then would I get me away far off, \* and remain in the wilderness.

I would make haste to escape, \* because of the stormy wind and tempest.

Destroy their tongues, O Lord, and divide them; \* for I have spied unrighteousness and strife in the city.

Day and night they go about within the walls thereof: \* mischief also and sorrow are in the midst of it.

Wickedness is therein; \* deceit and guile go not out of their streets.

For it is not an open enemy, that hath done me this dishonour; \* for then I could have borne it.

Neither was it mine adversary, that did magnify himself against me; \* for then peradventure I would have hid myself from him;

But it was even thou, my companion, \* my guide, and mine own familiar friend.

We took sweet counsel together, \* and walked in the house of God as friends.

Let death come hastily upon them, † and let them go down quick into hell; \* for wickedness is in their dwellings, and among them.

### Psalm 55, ii

**A**S for me, I will call upon God, \* and the Lord shall save me

In the evening, and morning, and at noon-day will I pray, † and that instantly; \* and he shall hear my voice.

It is he that hath delivered my soul in peace from the battle that was against me; \* for there were many with me.

Yea, even God, that endureth for ever, shall hear me, and bring them down; \* for they will not turn, nor fear God.

He laid his hands upon such as be at peace with him, \* and he brake his covenant.

The words of his mouth were softer than butter, having war in his heart; \* his words were smoother than oil, and yet be they very swords.

O cast thy burden upon the Lord, and he shall nourish thee, \* and shall not suffer the righteous to fall for ever.

And as for them, \* thou, O God, shalt bring them into the pit of destruction.

The blood-thirsty and deceitful men shall not live out half their days: \* nevertheless, my trust shall be in thee, O Lord.

**Ant.** The days of penance are upon us, for the expiation of our sins, and the salvation of souls.

### Chapter

Joel 2, 12

**T**URN ye even to me with all your heart, and with fasting and with weeping, and with mourning; † and rend your heart and not your garments, \* saith the Lord almighty. **℟.** Thanks be to God.

**Br.** **℟.** He shall deliver thee\* From the snare of the hunter. He shall. **℣.** And from the noisome pestilence. From the. Glory be. He shall.

**℣.** He shall defend thee under his wings. **℟.** And thou shalt be safe under his feathers.

### The Preces are said kneeling:

Kýrie eléison. Christe eléison. Kýrie eléison.

Our Father **secretly until** ☩ And lead us not into temptation. ☩ But deliver us from evil.

☩ Turn us then, O Lord God of Hosts.

☩ Shew the light of thy countenance, and we shall be whole.

☩ O Christ, arise, help us. ☩ And deliver us for thy Name's sake.

☩ O Lord, hear my prayer. ☩ And let my cry come unto thee.

Let us pray.

**G**RANT to us, we beseech thee, O Lord: that we, being taught by tasting in the way of salvation, and likewise abstaining from all vices that may hurt the soul, may more readily obtain the pardon of thy loving-kindness. Through. ☩ Amen.

☩ O Lord, hear my prayer. ☩ And let my cry come unto thee.

☩ Let us bless the Lord. ☩ Thanks be to God.

☩ ✠ May the souls of the faithful, through the mercy of God, rest in peace. ☩ Amen.

Our Father, **secretly**.

☩ ✠ Dóminus det nobis suam pacem.

☩ Et vitam ætérnam. Amen.

**Ant.** Ave Regína cælórum, \* Ave, Dómina Angelórum: Salve radix, salve porta, Ex qua mundo lux est orta: Gaude, Virgo gloriósa, Super omnes speciósa, Vale, o valde decóra, Et pro nobis Christum exóra.

☩ Dignáre me laudáre te, Virgo sacráta. ☩ Da mihi virtútem contra hostes tuos.

Orémus.

**C**ONCEDE, miséricors Deus, fragilitáti nostræ præsidium; ut, qui sanctæ Dei Genitrícis memóriam ágimus; intercessiónis ejus auxilio, a nostris iniquitátibus resurgámus. Per eúndem Christum Dóminum nostrum. ☩ Amen.

☩ ✠ Divínium auxílium máneat semper nobiscum. ☩ Amen.

18 March 2023

## S. Cyril of Jerusalem, B.C.D.

AT PRIME

Our Father. Hail Mary. I believe.

☩ ✠ O God make speed to save me.

☩ O Lord, make haste to help me. Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be: world without end. Amen. Praise be to thee O Lord, King of eternal glory.

**Hymn** **Jam lucis orto sidere**

**N**OW that the daylight fills the sky,  
We lift our hearts to God on high,  
That he, in all we do or say,  
Would keep us free from harm today.

Would guard our hearts and tongues  
from strife;  
From anger's din would hide our life;

From all ill sights would turn our eyes;  
Would close our ears to vanities:

Would keep our inmost conscience pure;  
Our souls from folly would secure;  
Would bid us check the pride of sense  
With due and holy abstinence.

So we, when this new day is gone,  
And night in turn is drawing on,  
With conscience by the world unstained,  
Shall praise his name for victory gained.

All laud to God the Father be;  
All praise, eternal Son, to thee;  
All glory, as is ever meet,  
To God the Holy Paraclete. Amen.

**Ant.** Arise, O Lord.

**Psalm 94, i**

**O**LORD God, to whom vengeance  
belongeth, \* thou God, to whom

vengeance belongeth, shew thyself.

Arise, thou Judge of the world, \* and reward the proud after their deserving.

Lord, how long shall the ungodly, \* how long shall the ungodly triumph?

How long shall all wicked doers speak so disdainfully, \* and make such proud boasting?

They smite down thy people, O Lord, \* and trouble thine heritage.

They murder the widow, and the stranger, \* and put the fatherless to death.

And yet they say, Tush, the Lord shall not see, \* neither shall the God of Jacob regard it.

Take heed, ye unwise among the people: \* O ye fools, when will ye understand?

He that planted the ear, shall he not hear? \* or he that made the eye, shall he not see?

Or he that nutureth the heathen, \* it is he that teacheth man knowledge; shall not he punish?

The Lord knoweth the thoughts of man, \* that they are but vain.

#### Psalm 94, ii

**B**LESSED is the man whom thou chastenest, O Lord, \* and teachest him in thy law;

That thou mayest give him patience in time of adversity, \* until the pit be digged up for the ungodly.

For the Lord will not fail his people; \* neither will he forsake his inheritance;

Until righteousness turn again unto judgment: \* all such as are true in heart shall follow it.

Who will rise up with me against the wicked? \* or who will take my part against the evil-doers?

If the Lord had not helped me, \* it had not failed but my soul had been put to silence.

But when I said, My foot hath slipt; \*

thy mercy, O Lord, held me up.

In the multitude of the sorrows that I had in my heart, \* thy comforts have refreshed my soul.

Wilt thou have any thing to do with the stool of wickedness, \* which imagineth mischief as a law?

They gather them together against the soul of the righteous, \* and condemn the innocent blood.

But the Lord is my refuge, \* and my God is the strength of my confidence.

He shall recompense them their wickedness, † and destroy them in their own malice; \* yea, the Lord our God shall destroy them.

#### Psalm 108

**O** GOD, my heart is ready, my heart is ready; \* I will sing and give praise with the best member that I have.

Awake, thou lute, and harp; \* I myself will awake right early.

I will give thanks unto thee, O Lord, among the people; \* I will sing praises unto thee among the nations.

For thy mercy is greater than the heavens, \* and thy truth reacheth unto the clouds.

Set up thyself, O God, above the heavens, \* and thy glory above all the earth.

That thy beloved may be delivered: \* let thy right hand save them, and hear thou me.

God hath spoken in His holiness; \* I will rejoice therefore, and divide Sichem, and mete out the valley of Succoth.

Gilead is mine, and Manasses is mine; \* Ephraim also is the strength of my head; Judah is my law-giver;

Moab is my wash-pot; † over Edom will I cast out my shoe; \* upon Philistia will I triumph.

Who will lead me into the strong city? \* and who will bring me into Edom?

Hast not thou forsaken us, O God? \* and wilt not thou, O God, go forth with our hosts?

O help us against the enemy: \* for vain is the help of man.

Through God we shall do great acts; \* and it is he that shall tread down our enemies.

**Ant.** Arise, O Lord, thou judge of the world, and reward the proud after their deserving.

### Chapter

**I Tim. 1, 17**

**U**NTO the King eternal, immortal, invisible, † the only wise God, be honour and glory \* for ever and ever. Amen. **R.** Thanks be to God.

**Br. R.** O Christ, Son of the living God, \* Have mercy upon us. O Christ. **V.** Thou that sittest at the right hand of God the Father. Have mercy. Glory be. O Christ.

**V.** O Christ, arise, help us. **R.** And deliver us for thy Name's sake.

**V.** O Lord, hear my prayer. **R.** And let my cry come unto thee.

Let us pray.

**O**LORD God Almighty, who hast brought us to the beginning of this day: defend us in the same with thy mighty power; that we may not this day fall into any sin, but that all our thoughts, words, and works may be directed to the fulfilment of thy righteousness. Through. **R.** Amen.

**V.** O Lord, hear my prayer. **R.** And let my cry come unto thee.

**V.** Let us bless the Lord. **R.** Thanks be to God.

**Then, the Martyrology is read, and concludes:**

**V.** And elsewhere many other holy martyrs, confessors, and holy virgins. **R.** Thanks be to God.

**Then the Officiant says:**

**V.** Right dear in the sight of the Lord. **R.** Is the death of his Saints.

**M**AY holy Mary and all the Saints intercede for us to the Lord: that we may be worthy to obtain from him help and salvation, who liveth and reigneth for ever and ever. **R.** Amen.

**V.** O God make speed to save me. **R.** O Lord, make haste to help me.

**This is said thrice; then follows:**

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

Kýrie eléison. Christe eléison. Kýrie eléison.

Our Father **secretly until V.** And lead us not into temptation. **R.** But deliver us from evil.

**V.** Show thy servants thy work, O Lord, and their children thy glory. **R.** And the glorious Majesty of the Lord our God be upon us; prosper thou the work of our hands upon us, O prosper thou our handy-work.

**V.** Glory be to the Father, and to the Son, and to the Holy Ghost. **R.** As it was in the beginning, is now and ever shall be: world without end. Amen.

Let us pray.

**O**LORD God, King of heaven and earth, vouchsafe this day to direct and sanctify, to rule and govern our hearts and bodies, our thoughts, words, and deeds, in the ways of thy laws, and in the works of thy commandments; that by thy help we may be saved and delivered both now and ever, O Saviour of the world. Who livest and reignest, world without end. **R.** Amen.

**V.** Pray, Sir, give me thy blessing.

**Blessing.** May the Lord Almighty order our days and our doings in his peace. **R.** Amen.

**Short Lesson****Ecclus. 45, 15**

**H**E blessed him with Glory, that he should execute the office of the priesthood, † to bless the people in his Name, \* and to offer sacrifice to the Lord, incense, and a sweet savour. But thou, O Lord, have mercy upon us.  
 ℞ Thanks be to God.

∇ Our help ✠ is in the name of the Lord. ℞ Who hath made heaven and earth.

∇ Bless ye. ℞ May God bless us.

**Blessing.** May the Lord bless us, keep us from all evil, and bring us to life everlasting. ✠ And may the souls of the faithful, through the mercy of God, rest in peace. ℞ Amen.

**AT TERCE**

∇ ✠ O God make speed to save me.  
 ℞ O Lord, make haste to help me. Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be: world without end. Amen. Praise be to thee O Lord, King of eternal glory.

**Hymn Nunc Sancte nobis Spiritus**

**C**OME, Holy Ghost, who ever One  
 Art with the Father and the Son;  
 Come, Holy Ghost, our souls possess  
 With thy full flood of holiness.

By every power, by heart and tongue,  
 By act and deed, thy praise be sung:  
 In flame with perfect love each sense,  
 That others' souls may kindle thence.

O Father, that we ask be done  
 Through Jesus Christ, thine only Son,  
 Who, with the Holy Ghost and thee,  
 Shall live and reign eternally. Amen.

**Ant.** Let my crying.

**Psalm 102, i**

**H**EAR my prayer, O Lord, \* and let my crying come unto thee.

Hide not thy face from me in the time of my trouble; \* incline thine ear unto me when I call; O hear me, and that

right soon.

For my days are consumed away like smoke, \* and my bones are burnt up as it were a firebrand.

My heart is smitten down, and withered like grass; \* so that I forget to eat my bread.

For the voice of my groaning, \* my bones will scarce cleave to my flesh.

I am become like a pelican in the wilderness, \* and like an owl that is in the desert.

I have watched, and am even as it were a sparrow, \* that sitteth alone upon the housetop.

Mine enemies revile me all the day long; \* and they that are mad upon me are sworn together against me.

For I have eaten ashes as it were bread, \* and mingled my drink with weeping;

And that because of thine indignation and wrath; \* for thou hast taken me up, and cast me down.

My days are gone like a shadow, \* and I am withered like grass.

But, thou, O Lord, shalt endure for ever; \* and thy remembrance through-out all generations.

**Psalm 102, ii**

**T**HOU shalt arise, and have mercy upon Sion; \* for it is time that thou have mercy upon her, yea, the time is come.

And why? thy servants think upon her stones, \* and it pitieth them to see her in the dust.

The heathen shall fear thy Name, O Lord; \* and all the kings of the earth thy Majesty;

When the Lord shall build up Sion; \* and when his glory shall appear;

When he turneth him unto the prayer of the poor destitute, \* and despiseth not their desire.

This shall be written for those that

come after, \* and the people which shall be born shall praise the Lord.

For he hath looked down from his sanctuary; \* out of the heaven did the Lord behold the earth;

That he might hear the mournings of such as are in captivity, \* and deliver the children appointed unto death;

That they may declare the Name of the Lord in Sion, \* and his worship at Jerusalem;

When the people are gathered together, \* and the kingdoms also, to serve the Lord.

**Psalm 102, iii**

**H**E brought down my strength in my journey, \* and shortened my days.

But I said, O my God, take me not away in the midst of mine age; \* as for thy years, they endure throughout all generations.

Thou, Lord, in the beginning hast laid the foundation of the earth, \* and the heavens are the work of thy hands.

They shall perish, but thou shalt endure: \* they all shall wax old as doth a garment;

And as a vesture shalt thou change them, and they shall be changed; \* but thou art the same, and thy years shall not fail.

The children of thy servants shall continue, \* and their seed shall stand fast in thy sight.

**Ant.** Let my crying, O Lord, come unto thee: hide not thy face from me.

**Chapter** **Ecclus. 44, 16**

**B**EHOLD a great priest who in his days pleased the Lord, † and was found righteous, \* and in the time of wrath he was taken in exchange for the world. **℟.** Thanks be to God.

**Br.** **℟.** The Lord loved him \* And adorned him. The Lord. **℣.** He clothed him with a robe of glory. And adorned

him. Glory be. The Lord.

**℣.** The Lord chose him out of all men living as a priest unto himself. **℟.** To offer to him the Sacrifice of Thanksgiving.

**℣.** O Lord, hear my prayer. **℟.** And let my cry come unto thee.

Let us pray.

**G**RANT to us we beseech thee, almighty God, at the intercession of thy blessed Bishop Cyril: so to know thee, the only true God, and Jesus Christ whom thou hast sent; that we may be found worthy to be numbered for evermore among the sheep who hear his voice. Through. **℟.** Amen.

**℣.** O Lord, hear my prayer. **℟.** And let my cry come unto thee.

**℣.** Let us bless the Lord. **℟.** Thanks be to God.

**℣.** ✠ May the souls of the faithful, through the mercy of God, rest in peace. **℟.** Amen.

Our Father, **secretly.**

**℣.** ✠ Dóminus det nobis suam pacem. **℟.** Et vitam ætérnam. Amen.

**Ant.** Ave Regína cælórum, \* Ave, Dómina Angelórum: Salve radix, salve porta, Ex qua mundo lux est orta: Gaude, Virgo gloriósa, Super omnes speciósa, Vale, o valde decóra, Et pro nobis Christum exóra.

**℣.** Dignáre me laudáre te, Virgo sacráta. **℟.** Da mihi virtútem contra hostes tuos.

Orémus.

**C**ONCEDE, miséricors Deus, fragilitáti nostræ præsidium; ut, qui sanctæ Dei Genitrícis memóriam ágimus; intercessiónis ejus auxílio, a nostris iniquitátibus resurgámus. Per eúndem Christum Dóminum nostrum. **℟.** Amen.

**℣.** ✠ Divínium auxílium máneat semper nobiscum. **℟.** Amen.