



PRAYER BEFORE THE DIVINE OFFICE

Open my lips, O Lord, to praise your holy Name. Cleanse my heart of any vain, evil, or distracting thoughts. Give light to my mind and fervor to my will; enable me to recite this Office worthily, attentively, and devoutly, so that my prayer will be heard in the presence of your divine Majesty. Through Christ our Lord. Amen.

Lord, I offer you this Hour with the divine intention you had while on earth offering praises to God.

PRAYER AFTER THE DIVINE OFFICE

Let every creature give unending praise, honor, power and glory throughout all eternity to the Most Holy and Undivided Trinity, the crucified humanity of our Lord Jesus Christ, the chaste Motherhood of Mary, the ever glorious and blessed Virgin, and to the entire assembly of saints, and may we be granted the forgiveness of our sins.

Blessed is the womb of the Blessed Virgin Mary which bore the Son of the Eternal Father. And blessed are the breasts which nursed Christ our Lord.

This resource and chant settings prepared by Fr. Samuel F. Weber, O.S.B.
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SUNDAY AT FIRST VESPERS

Psalter: Week I

A glimpse into the kingdom of God

Vespers is the evening prayer of the Church. This is the hour of thanksgiving for the graces bestowed during the day of salvation that has just passed. In Sunday Vespers we review gratefully the history of God's kingdom in the Church and in individual souls. We see Christ our victorious King in his power (Philippians Ct.), and God's care over his chosen ones (Ps 140 & 141), especially in time of danger and trouble. There are two principal objects to our Vesper prayers: thanksgiving, and new courage to continue our pilgrimage during the coming week.

OPENING VERSE

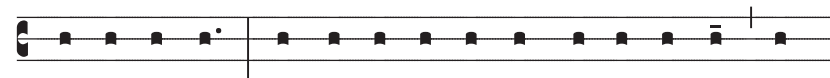
STAND

Celebrant:

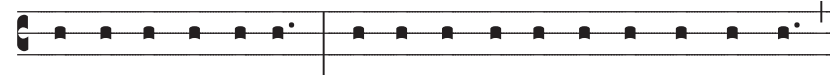
All:

O

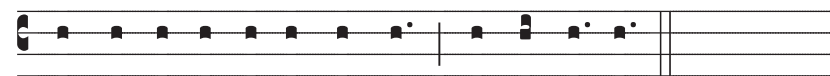
God, come to my as-sistance. *R.* O Lord, make



haste to help me. Glo-ry to the Fa-ther, and to the Son, and



to the Ho-ly Spir-it: as it was in the be-gin-ning, is now,



and will be for ev-er. A-men. Al-le-lu-ia.

HYMN

St. Ambrose. † 397

Deus, Creator omnium. (L.M.)

*C 1. O God, Creator of the world,
Its Ruler, gracious and supreme,
You beautify the day with light,
And night with morn and stars' fair gleam.*

*A 2. Repose for bodies worn by toil,
Our strength and vigor will repair,
While sleep restores the wearied mind,
And dissipates all anxious care.*

*C 3. We thank you for the day now spent,
For coming night we grace implore,
We sing a hymn to beg your help
In our resolve to sin no more.*

*C 4. May ev'ry heart delight in you,
And ev'ry voice your praises sing
As purest Object of our love,
And may each soul its homage bring.*

*A 5. And when at length the darkness reigns,
And shrouds the things of earth from sight,
May shadows never dim our faith,
But let our faith shine through the night.*

*C 6. Pray we the Father and the Son,
And Holy Spirit, Three in One,
Blest Trinity whom all obey,
Guard us, your sheep, by night and day.*

Amen.

SIT

ANTIPHON I



Cantor : Like burning *incense*, **Lord**, *
let my prayer rise *up to you*.

Psalm 140

Prayer in temptation

Once more we raise our voice in special prayer for aid and protection against the deceits and trickeries of the devil, in particular against evil suggestions and impure thoughts.

*An angel stood before the face of God,
having a golden censer. The fragrant incense soaring aloft
was the prayer of God's people on earth (Apocalypse 8 : 4)*

Overture

Cantor : I have called to you, Lord ; / hasten to **help** me ! *
Hear my voice when I *cry to you*.

All : Let my prayer arise before *you like incense*, *
the raising of my hands like an evening *oblation*.

Plea for preservation from sin

Cantor : Set, O Lord, a guard over *my mouth* ; *
keep watch at the door *of my lips* !

All : Do not turn my heart to things *that are wrong*, *
to evil deeds with me *who are sinners*.

Cantor : Never allow me to share *in their feasting*. *
if a good man strikes or reproves me *it is kindness* ;

All : but let the oil of the wicked not *anoint my head*. *
Let my prayer be ever *against their malice*.

Destruction of enemies

Cantor : Their princes were thrown down by the side *of the rock* : *
then they understood that my *words were kind*.

All : As a millstone is shattered to pieces *on the ground*, *
so their bones were strewn at the mouth *of the grave*.

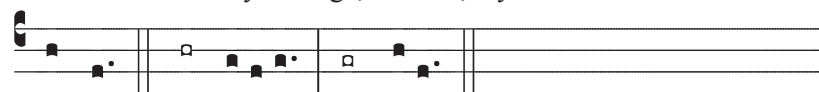
Final petition

Cantor : To you, Lord God, my *eyes are turned* : *
in you I take refuge ; *spare my soul* !

All : From the trap they have laid for me, *keep me safe* : *
keep me from the snares of those *who do evil*.



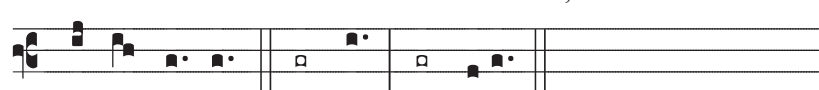
YOU are my re-fuge, O Lord, * you are all that I de-sire



in life. *Psalm 141*



THE Lord Je-sus * humbled himself, and God ex-alt-ed



him for- ev- er. *Canticle: Philippians 2 : 6-11*



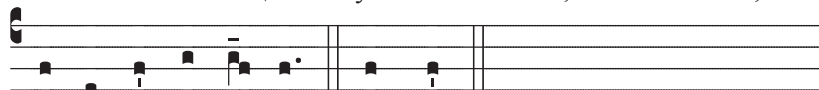
OUR hearts are filled with won-der * as we contemplate your



works, O Lord. Our hearts. ♪ We praise the wisdom which wrought



them all. * As we. ♪ Glo-ry to the Fa-ther, and to the Son, and



to the Ho- ly Spir- it. Our hearts.

INTERCESSIONS



Celebrant : We give glory to the one God, / Father, Son and Holy Spirit, / and in our weakness we **pray** :

All : Lord, / be with *your people*.

Cantor : Holy Lord, Father all-powerful, / let justice spring up on the **earth**,

All : then your people will dwell in the beauty of **peace**.

Cantor : Let every nation come into your **kingdom**,

All : so that all peoples will *be saved*.

Cantor : Let married couples live in your **peace**,

All : and grow in mutual **love**.

Cantor : Reward all who have done good to us, **Lord**,

All : and grant them eternal **life**.

Cantor : Lord, / you attend the dying with great **mercy**,

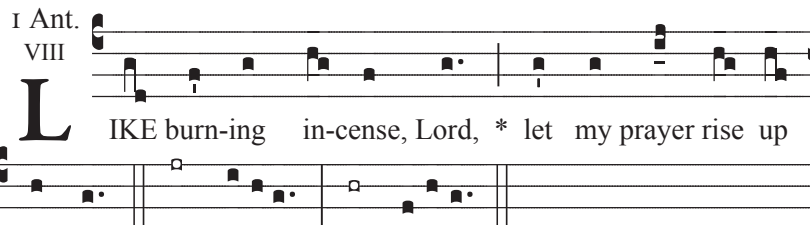
All : grant them an eternal **dwelling**.

Our Father . . .

Celebrant : Prayer proper to the Sunday

All : Amen.

Antiphons *In Cantu* for cantor, schola or choir



to you. *Psalm 140*

Doxology

Cantor : Glory to the Father, and to *the Son*, *
and to the *Holy Spirit* :

All : as it was in the beginning, *is now*, *
and will be for ever. **Amen**.

Cantor : Like burning *incense*, **Lord**, *
let my prayer rise *up to you*.



ANTIPHON 2

Cantor : You are my *refuge*, **Lord**, *
you are all the I desire *in life*.

Psalm 141

You, Lord, are my refuge

This psalm is the prayer of a man who is sorely tried. The Christian soul can pour into it her desire for deliverance from the dungeon of the body and sin. The psalm is also an excellent prayer for the hour of death, and as such it was used by St. Francis of Assisi.

*What was written in this psalm
was fulfilled in our Lord's passion (Saint Hilary)*

First strophe: cry of one suffering

Cantor : With all my voice I cry to *the Lord*, *
with all my voice I entreat *the Lord*.

All : I pour out my trouble *before* him; *
I tell him all my *distress*

Cantor : while my spirit *faints within* me. *
But you, O Lord, know *my path*.

All : On the way where *I shall walk* *
they have hidden a snare to *entrap* me.

Cantor : Look on my *right and see* : *
there is no one who takes *my part*.

All : I have no means of *escape*, *
not one who cares for *my soul*.

Second strophe: plea of one suffering

Cantor : I cry to you, O Lord. /
I have said : "You *are my refuge*, *
all I have left in the land of *the living*."

All : Listen, then, *to my cry* *
for I am in the depths of *distress*,

Cantor : Rescue me from those *who pursue* me, *
for they are stronger *than I*.

All : Bring my soul out *of this prison* *
and then I shall praise *your name*.

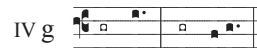
Cantor : Around me the just *will assemble* *
because of your goodness *to me*.

Doxology

All : Glory to the Father, and *to the Son*, *
and to the Holy **Spirit** :

Cantor : as it was in the beginning, *is now*, *
and will be for ever. **Amen**.

Cantor : You are my *refuge*, **Lord**, *
you are all that I desire *in life*



ANTIPHON 3

Cantor : The Lord Jesus humbled himself, *
and God exalted him *forever*.

Canticle

Philippians 2:6-11

Christ, God's holy servant

Cantor : Though he was in the form of God, /
Jesus did not deem equality with **God** *
something to *be grasped* at.

All : Rather, he emptied himself /
and took the form of a **slave**, *
being born in the likeness *of men*.

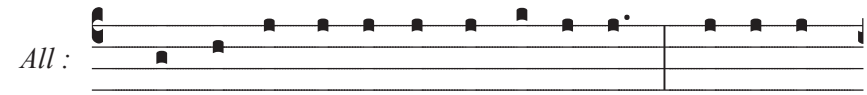
Cantor : He was known to be of human **estate**, *
and it was thus that he humbled *himself*

All : obediently accepting even **death**, *
death on *a cross* !

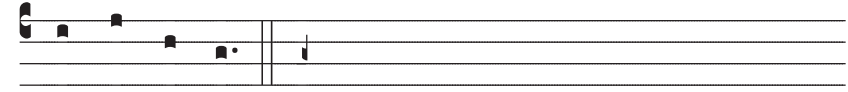
Cantor : Because of this, /
God highly **exalted** him *
and bestowed on him the name /



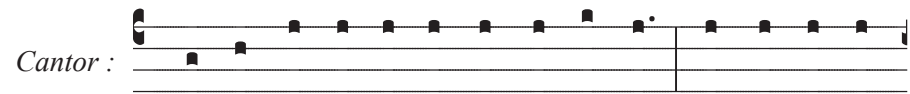
his children for ev- er.



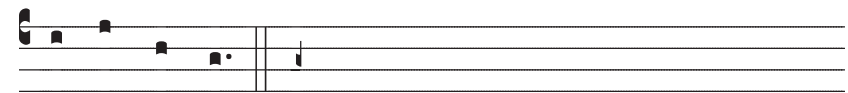
10. Glo- ry to the Fa-ther, and to the Son, * and to the



Ho- ly Spir- it :

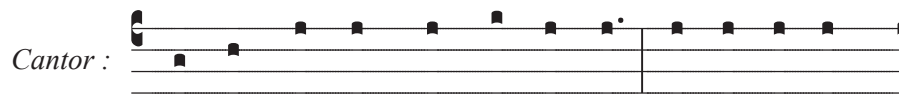


11. as it was in the be- gin-ning, is now * and will be for

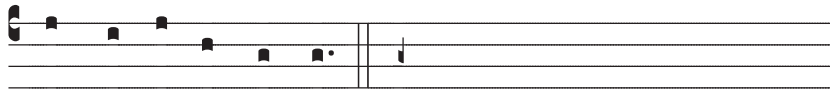


ev- er. A- men. *The antiphon is repeated by the Cantor.*

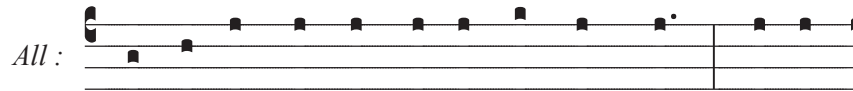




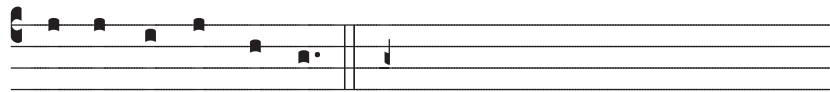
5. He has shown the strength of his arm, * he has scattered



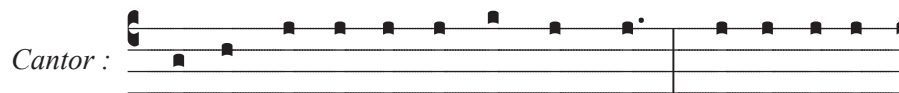
the proud in their con-ceil.



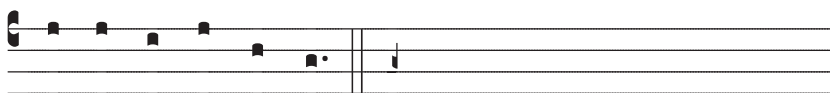
6. He has cast down the might-y from their thrones, * and has



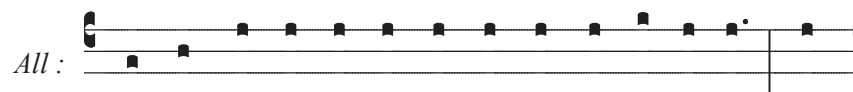
lift-ed up the low-ly.



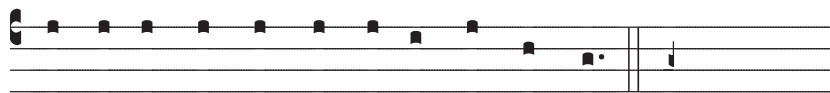
7. He has filled the hun-gry with good things, * and the rich he



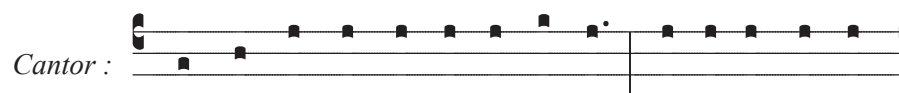
has sent a-way emp-ty.



8. He has come to the help of his ser-vant, Is- ra- el * for



he has re-mem-bered his promise of mer- cy,



9. the prom-ise he made to our fa-thers, * to A-bra-ham and

All : So that at Jesus' name /
every knee must **bend** *
in the heavens, on the earth, and under *the* earth,

Cantor : and every tongue proclaim /
to the glory of God the **Father** : *
JESUS CHRIST IS LORD !

All : Glory to the Father, and to the **Son**, *
and to the Holy **Spirit** :

Cantor : as it was in the beginning, is **now**, *
and will be for ever. **Amen**.

Cantor : The Lord Jesus humbled himself, *
and God exalted him *forever*.

READING

Romans II : 33-36

How deep are the riches and the wisdom and the knowledge of God !
How inscrutable his judgments, how unsearchable his ways ! For
“who has known the mind of the Lord ? Or who has been his coun-
selor ? Who has given him anything so as to deserve return ?” For
from him and through him and for him all things are. To him be glory
forever. Amen.



RESPONSORY

Cantor : Our hearts are *filled with* **wonder** *
as we contemplate your works, **O Lord**.

All : Our hearts are *filled with* **wonder** *
as we contemplate your works, **O Lord**.

Cantor : We praise the wisdom which *wrought them* **all**, *

All : as we contemplate your works, **O Lord**.

Cantor : Glory to the Father, and to *the* **Son**, *
and to the Holy **Spirit**.

All : Our hearts are *filled with* **wonder** *
as we contemplate your works, **O Lord**.

CANTICLE OF MARY

STAND

*The antiphon is sung by the Cantor. Tone VIII.**The Cantor begins the Canticle, and alternates verses with All.*

The soul rejoices in the Lord

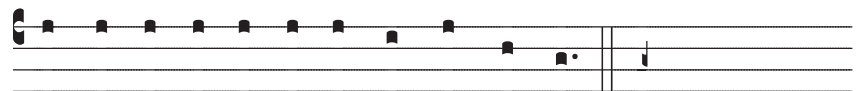
Luke I : 46-55

Cantor :

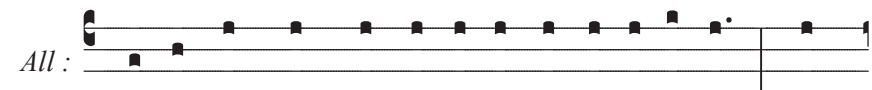
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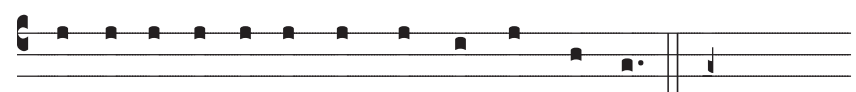
Y soul proclaims the greatness of the Lord, * and



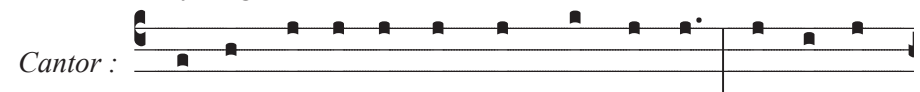
my spir- it re-joic- es in God my Sav- ior.



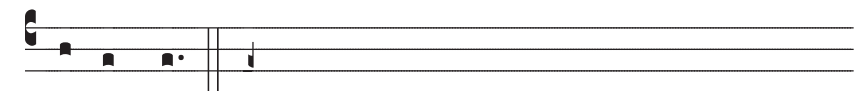
2. for he has looked with fav-or on his low-ly servant. * From



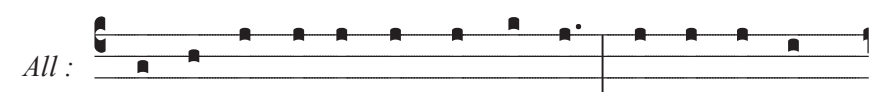
this day all gen- er- a- tions will call me bless-ed :



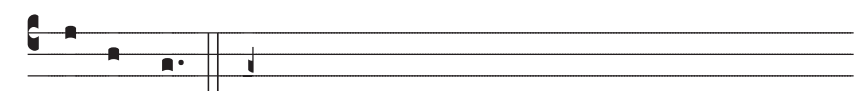
3. the Al-might-y has done great things for me, * and ho- ly



is his Name.



4. He has mer- cy on those who fear him * in ev- 'ry gen-



er- a- tion.

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SUNDAY at FIRST VESPERS

Roman Rite. Psalter : Week I

Ordinary Form



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Diocese of Oakland

2012