



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.

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SUNDAY AT FIRST VESPERS

Psalter: Week III

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 112 & 115). There are two principal objects to our Vesper prayers: thanksgiving, and new courage to continue our pilgrimage during the coming week.

OPENING VERSE

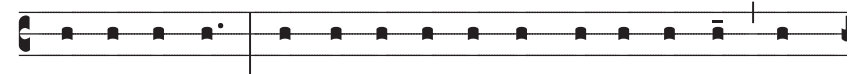
STAND

Celebrant:

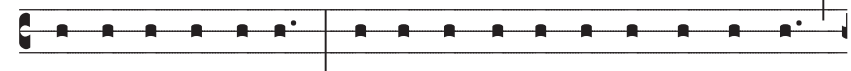
All:

O

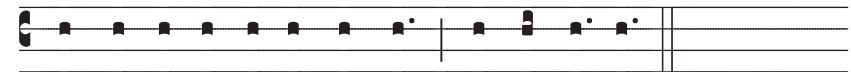
God, come to my as-sistance. *R.* O Lord, make



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 : From the rising of the sun *to its setting*, *
may the name of the *Lord* be **praised**.

Psalm 112

Hymn of the humble

Humility, the foundation of God's kingdom, is the theme of this hymn; he who humbles himself will be exalted. I see the Church, an unfruitful mother in the eyes of the world, elevated as Mother of God's countless children. I see the Saints, as little ones in the dust, and yet placed as princes in the Kingdom; I see the "Man of Sorrows," humiliated unto the death of the Cross, but lifted up as King of that kingdom. Do I wish to go by any other way?

*He has cast down the mighty
and lifted up the lowly (Luke 1 : 52)*

Praise God always

Cantor : Praise, O servants of the **Lord**, *
praise the Name of the **Lord** !

All : May the Name of the *Lord* be **blest** *
both now and for *evermore* !

Praise his exalted Name

Cantor : From the rising of the sun *to its setting* *
praised be the Name of the **Lord** !

All : High above all nations *is the Lord*, *
above the heavens *his glory*.

Praise his gracious condescension

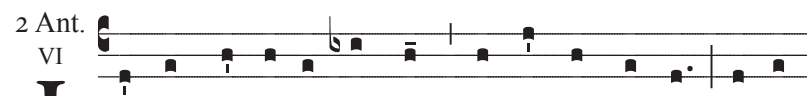
Cantor : Who is like the *Lord our God*, *
who has risen on high *to his throne*.

All : yet stoops from the heights *to look down*, *
to look down upon heaven *and earth* ?

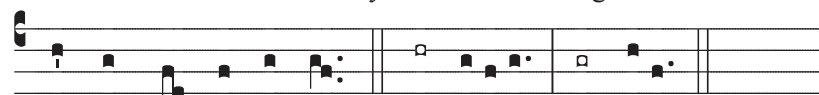
Cantor : From the dust he lifts *up the lowly*, *
from his misery he raises *the poor*.

All : to set him in the company of **princes**, *
yes, with the princes of *his people*.

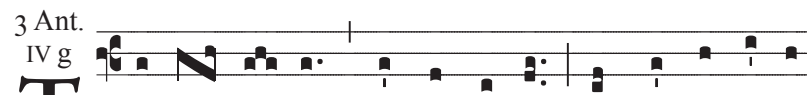
Cantor : To the childless wife he gives a **home**, *
and gladdens her *heart with children*.



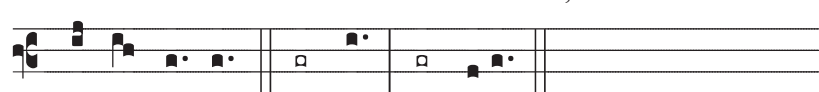
I shall take in- to my hand * the sav-ing chal-ice and in-



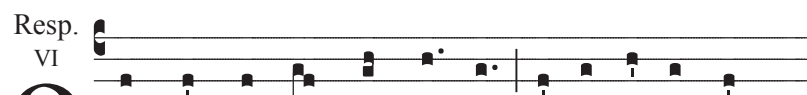
voked the Name of the Lord. *Psalm 115*



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



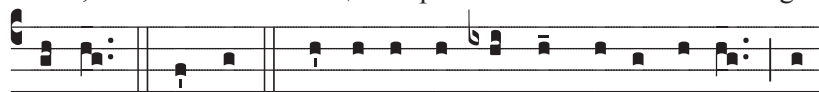
him for- ev- er. *Canticle: Philippians 2 : 6-11*



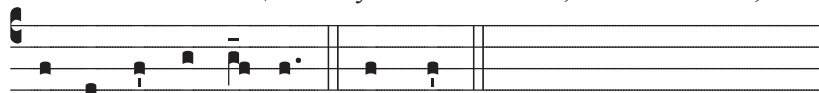
OUR hearts are filled with won-der * as we contemplate your



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 : Christ had compassion on the hungry / and performed a miracle of love for them. / Mindful of this, let us **pray** :

All : Show us your love, *O Lord*.

Cantor : Lord, we recognize that all the favors we have received today / come through your generosity,

All : do not let them return to you empty, / but let them **bear fruit**.

Cantor : Light and salvation of all nations, / protect the missionaries you have sent into the **world**,

All : enkindle in them the fire of *your Spirit*.

Cantor : Grant that man may shape the world / in keeping with human **dignity**,

All : and respond generously to the needs of *our time*.

Cantor : Healer of body and spirit, / comfort the sick and be present to the **dying**,

All : in your mercy visit and **refresh** us.

Cantor : May the faithful departed be numbered among the **saints**,

All : whose names are in the Book of **Life**.

Our Father . . .

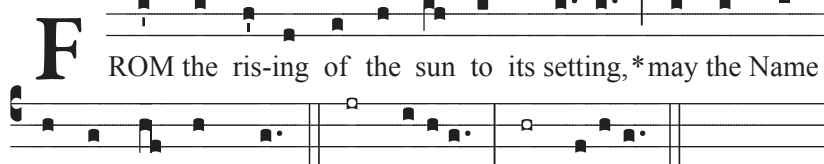
Celebrant : *Prayer proper to the Sunday*

All : Amen.

Antiphons *In Cantu* for cantor, schola or choir

I Ant.

VIII



of the Lord be praised. *Psalm 112*

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**.

All : From the rising of the sun to its **setting**, *
may the name of the *Lord* be **praised**.



ANTIPHON 2

Cantor : I shall take into my hand the *saving chalice* *
and invoke the Name of *the Lord*.

Psalm 115

Thanksgiving and deliverance out of Egypt

Sunday's Holy Mass is thanksgiving for redemption.

*Through Christ let us offer to God
a continual sacrifice of praise (Hebrews 13 : 5)*

Confidence in time of crisis: thanksgiving

Cantor : I trusted even *when I said* : *
“I am sorely **afflicted**,”

All : and when I said in *my alarm* : *
“No man can **be trusted**.”

Cantor : How can I *repay the Lord* *
for his goodness to **me**?

All : The cup of salvation *I will raise* ; *
I will call on *the Lord's* name.

Refrain

Cantor : My vows to the Lord *I will fulfill* *
before all *his people*.

Thanksgiving for salvation

All : O precious in the eyes of *the Lord* *
is the death of *his faithful*.

Cantor : Your servant, Lord, your servant *am I* ; *
you have loosened *my bonds*.

All : A thanksgiving sacrifice *I make* : *
I will call on *the Lord's* Name.

Refrain

Cantor : My vows to the Lord I *will fulfill* *
before all *his people*,

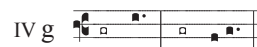
All : in the courts of the house *of the Lord*, *
in your midst, O *Jerusalem*.

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*.

All : I shall take into my hand the *saving chalice* *
and invoke the Name of *the Lord*.



ANTIPHON 3

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

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.

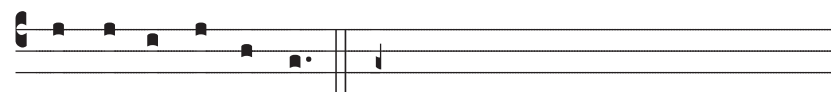
All : Rather, he emptied himself /
and took the form of a *slave*, *
being born in the likeness *of men*.

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

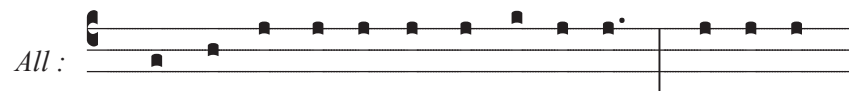
All : obediently accepting even *death*, *
death on a *cross* !

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

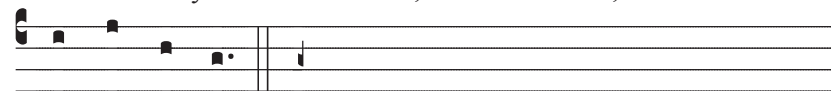
All : So that at Jesus' name /
every knee must *bend* *
in the heavens, on the earth, and under *the earth*,



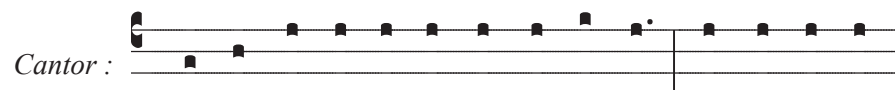
his children for ev- er.



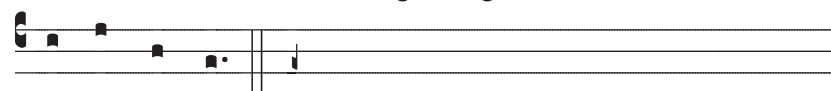
10. Glo- ry to the Fa-ther, and to the Son, * and to the



Ho- ly Spir- it :

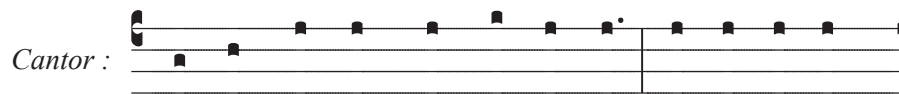


11. as it was in the be- gin-ning, is now * and will be for

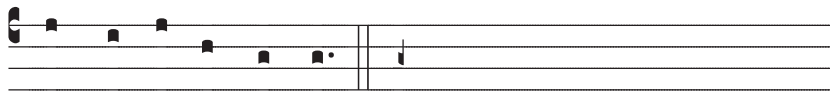


ev- er. A- men. *The antiphon is repeated by the Cantor.*

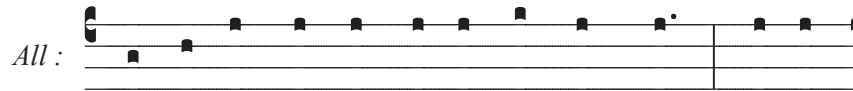




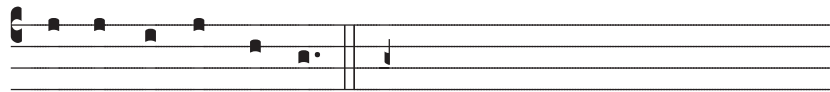
5. He has shown the strength of his arm, * he has scattered



the proud in their con-ceil.



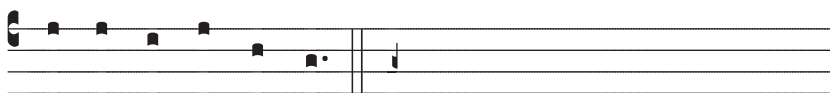
6. He has cast down the might-y from their thrones, * and has



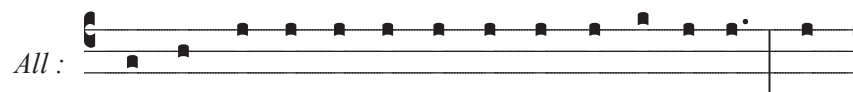
lift-ed up the low-ly.



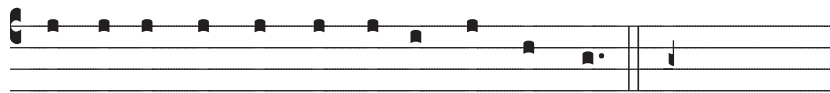
7. He has filled the hun-gry with good things, * and the rich he



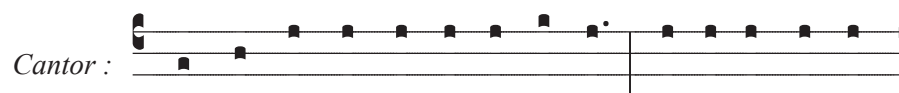
has sent a-way emp-ty.



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

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 :

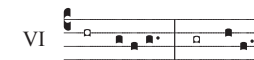
Cantor : as it was in the beginning, is now, *
and will be for ever. Amen.

All : The Lord Jesus humbled himself, *
and God exalted him for ever.

READING

Hebrews 13 : 20-21

May the God of peace, who brought up from the dead the great Shepherd of the sheep by the Blood of the eternal covenant, Jesus our Lord, furnish you with all that is good, that you may do his will. Through Jesus Christ may he carry out in you all that is pleasing to him. To Christ 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.*

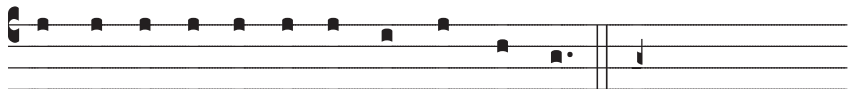
The soul rejoices in the Lord

Luke I : 46-55

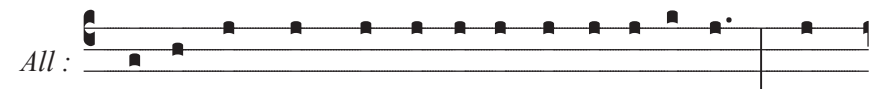
VIII G

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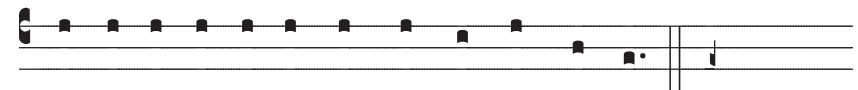
Y soul proclaims the greatness of the Lord, * and



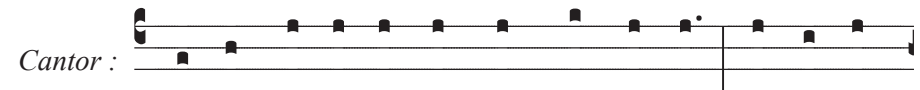
my spir- it re-joic- es in God my Sav- ior.



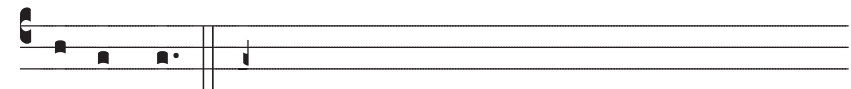
2. for he has looked with fav-or on his low-ly servant. * From



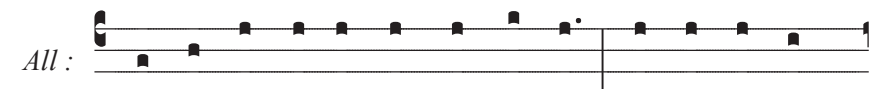
this day all gen- er- a- tions will call me bless-ed :



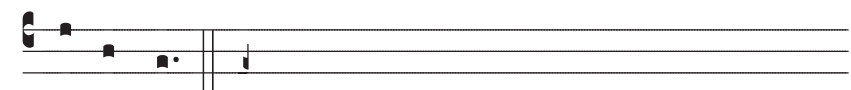
3. the Al-might-y has done great things for me, * and ho- ly



is his Name.



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



er- a- tion.

III

Prepared by
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SUNDAY at FIRST VESPERS

Roman Rite. Psalter : Week III

Ordinary Form



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Diocese of Oakland

2012