

The Divine Office

Sunday Lauds Per Annum
Sundays after Pentecost

PREPARATORY PRAYER

Before the Office, it is praiseworthy to kneel, make the sign of the cross and then say silently the following prayers.

Aperi Domine

Open my mouth, O Lord, to bless thy holy Name: cleanse my heart from all vain, evil, and wandering thoughts; enlighten my understanding and kindle my affections, that I may fittingly recite this Office with attention and devotion, and so may be meet to be heard before the presence of thy divine Majesty, through Christ our Lord. Amen.

The Prayer of St. Gertrude

O Lord, in union with that divine intention wherewith thou thyself didst offer thy praises to God while upon the earth, I now recite this Office to thee.

PSALMS

The first half of Antiphon 1 is sung.

Psalm 50. *Miserére*



HAVE mercy upon me, O God, after thy great goodness; *

Be Seated.

according to the multitude of thy mercies do away • mine offences.

² Wash me thoroughly from my wickedness, *
and • cleanse me from my sin.

³ For I acknowledge my faults, *
and my sin is e • ver before me.

⁴ Against thee only have I sin-ned, † and done this evil in thy sight; *
that thou mightest be justified in thy saying, and clear when • thou art judg-ed.

⁵ Behold, I was shápen in wickedness, *
and in sin hath my mo • ther concéiv-ed me.

⁶ But lo, thou requirest truth in the inward parts, *
and shalt make me to understand • wisdom secretly.

⁷ Thou shalt purge me with hyssop, and I shall be clean; *
thou shalt wash me, and I shall be • whiter than snow.

⁸ Thou shalt make me hear of joy and gládness, *
that the bones which thou hast • broken may rejoice.

⁹ Turn thy fáce from my sins, *
and put out • all my misdeeds.

¹⁰ Make me a clean heart, Ó God, *
and renew a right spir • it within me.

¹¹ Cast me not away from thy présence, *
and take not thy holy • Spirit from me.

¹² O give me the comfort of thy help again, *
and stablish me with • thy free Spirit.

¹³ Then shall I teach thy ways unto the wicked, *
and sinners shall be con • verted unto thee.

¹⁴ Deliver me from blood-guiltiness, O God, † thou that art the Gód of my health; *
and my tongue shall sing • of thy righteousness.

¹⁵ Thou shalt open my lips, O Lord, *
and my • mouth shall shew thy praise.

¹⁶ For thou desirest no sacrifice, † else wóuld I gíve it thee; *
but thou delightest not • in burnt-óff-er-ings.

¹⁷ The sacrifice of God is a tróubl-ed spírit: *
a broken and contrite heart, O God, • shalt thou nót despise.

¹⁸ O be favourable and gracious únto Sión; *
build thou the walls • of Jerúsalem.

¹⁹ Then shalt thou be pleased with the sacrifice of righteousness, † with the burnt-offerings ánd
oblátions; *

Stand.

then shall they offer young bullocks up • on thine áltar.

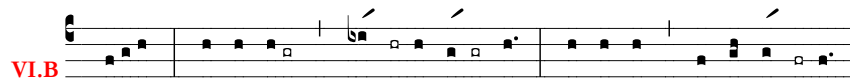
Bow (women genuflect) while singing:

Glory be to the Fátther and tó the Son, *
and • to the Hóly Ghost.

Stand upright.

As it was in the beginning, † is now, and éver sháll be, *
world • without énd. Amen.

Psalm 117. Confitemini Domino



*O give thanks unto the Lord, for hé is grácious, **

Be Seated.

because his mercy endure • eth for éver.

² Let Israel now confess that hé is grácious, *
and that his mercy endure • eth for éver.

³ Let the house of Áaron nów confess, *
that his mercy endure • eth for éver.

⁴ Yea, let them now that féar the Lórd confess, *
that his mercy endure • eth for éver.

⁵ I called upon the Lórd in tróuble; *
and the Lord • heard mé at large.

⁶ The Lórd is ón my side; *
I will not fear what man • doeth únto me.

⁷ The Lord taketh my part with thém that hélp me; *
therefore shall I see my desire up • on mine énemies.

⁸ It is better to trúst in the Lórd *
than to put any • confídence in man.

- ⁹ It is better to trúst in the Lórd *
than to put any confi • dence in prínces.
- ¹⁰ All nations compass-éd me róund about; *
but in the Name of the Lord will • I destróy them.
- ¹¹ They kept me in on every side, † they kept me in, I say, on é-ve-rý side; *
but in the Name of the Lord will • I destróy them.
- ¹² They came about me like bees, † and are extinct even as the fíre amóng the thorns; *
for in the Name of the Lord I • will destróy them.
- ¹³ Thou hast thrust sore at mé, that Í might fall; *
but the • Lord was mý help.
- ¹⁴ The Lord is my stréngth, and mý song, *
and is become • my salvátiön.
- ¹⁵ The voice of joy and health is in the dwellings óf the ríghteous; *
the right hand of the Lord bringeth • mighty thínks to pass.
- ¹⁶ The right hand of the Lord háth the pre-éminence; *
the right hand of the Lord bringeth • mighty thínks to pass.
- ¹⁷ I sháll not díe, but live, *
and declare the • wörks óf the Lord.
- ¹⁸ The Lord hath chastened ánd corrécted me; *
but he hath not given me • over únto death.
- ¹⁹ Open me the gátes of ríghteousness, *
that I may go into them, and give • thanks úntó the Lord.
- ²⁰ This is the gáte of thé Lord; *
the ríghteous shall • enter ínto it.
- ²¹ I will thank thee, for thóu hast héard me, *
and art become • my salvátiön.
- ²² The same stone which the búilders refús-ed *
Is become the headstone • in the córner.
- ²³ This ís the Lórd's doing, *
and it is marvel • lous in óur eyes.
- ²⁴ This is the day wích the Lórd hath made; *
we will rejoice • and be glád in it.
- ²⁵ Hélp me nów, O Lord; *
O Lord, send us • now prospéritý.
- ²⁶ Bless-ed be he that cometh in the Náme of thé Lord; *
we have wished you good luck, ye that are of the • höuse óf the Lord.
- ²⁷ God is the Lord, who hath shéw-ed ús light; *
bind the sacrifice with cords, yea, even unto the horns • of the áltar.

²⁸ Thou art my God, and Í will thánk thee; *
thou art my God, and • I will práise thee.

²⁹ O give thanks unto the Lord; for hé is grácious, *

Stand.

and his mercy endure • eth for éver.

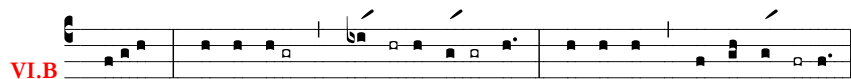
Bow (women genuflect) while singing:

Glory be to the Fátther and tó the Son, *
and • to the Hóly Ghost.

Stand upright.

As it was in the beginning, † is now, and éver sháll be, *
world • without énd. Amen.

Psalm 62. Deus, Deus meus



*O God, thóu art mý God; **

Be Seated.

early • will I séek thee.

² My soul thirsteth for thee, my flesh also lóngeth áfter thee, *
in a barren and dry land • where no wáter is.

³ Thus have I looked for thée in hóliness, *
that I might behold thy pow • er and glóry.

⁴ For thy loving-kindness is better thán the life itself; *
my • lips shall práise thee.

⁵ As long as I live will I magnify thee ón this mánnér, *
and lift up my • hands in thý Name.

⁶ My soul shall be satisfi-ed, † even as it were with márrów and fátness, *
when my mouth praiseth • thee with jóyful lips.

⁷ Have I not remember-ed thée in mý bed, *
and thought upon thee when • I was wáking?

⁸ Because thou hast béen my hélper, *
therefore under the shadow of thy • wings will Í rejoice.

⁹ My soul hángeth upón thee; *
thy right hand • hath uphólden me.

¹⁰ These also that seek the húrť of mý soul, *
they shall go • under thé earth.

¹¹ Let them fall upon the édge of thé sword, *
that they may be a por • tion for fóxes.

¹² But the King shall rejoice in God; † all they also that swear by him shall bé comméded, *

Stand.

for the mouth of them that speak lies • shall be stóp-ped.

Bow (women genuflect) while singing:

Glory be to the Fátther and tó the Son, *
and • to the Hóly Ghost.

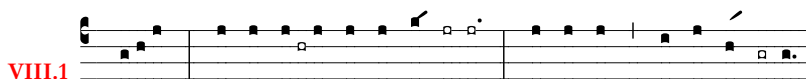
Stand upright.

As it was in the beginning, † is now, and éver sháll be, *
world • without énd. Amen.

Antiphon 1 is sung in its entirety.

The first half of Antiphon 2 is sung.

The Song of the Three Children. *Benedicite, omnia opera.*



*O all ye works of the Lord, bless ye the Lórd: **

Be Seated.

praise him, and magnify • him for éver.

² O ye Angels of the Lord, bless ye the Lórd: *
O ye Heav • ens, bless yé the Lord.

³ O ye Waters that be above the Firmament, bless ye the Lórd: *
O all ye Powers of the • Lord, bless yé the Lord.

⁴ O ye Sun and Moon, bless ye the Lórd: *
O ye Stars of Heav • en, bless yé the Lord.

⁵ O ye Showers and Dew, bless ye the Lórd: *
O ye winds of • God, bless yé the Lord.

⁶ O ye Fire and Heat, bless ye the Lórd: *
O ye Winter and Sum • mer, bless yé the Lord.

⁷ O ye Dews and Frosts, bless ye the Lórd: *
O ye Frost and • Cold, bless yé the Lord.

⁸ O ye Ice and Snow, bless ye the Lórd: *
O ye Nights and • Days, bless yé the Lord.

⁹ O ye Light and Darkness, bless ye the Lórd: *
O ye Lightnings and • Clouds, bless yé the Lord.

¹⁰ O let the Earth bless the Lórd; *
yea, let it praise him, and magnify • him for éver.

¹¹ O ye Mountains and Hills, bless ye the Lórd: *
O all ye Green Things upon the • earth, bless yé the Lord.

¹² O ye Wells, bless ye the Lórd: *
O ye Seas and • Floods, bless ye the Lord.

¹³ O ye Whales, and all that move in the waters, bless ye the Lórd: *
O all ye Fowls of the • Air, bless yé the Lord.

¹⁴ O all ye Beasts and Cattle, bless ye the Lórd: *
O ye Children of • Men, bless yé the Lord.

¹⁵ O let Isra-el bless the Lórd; *
praise him, and magnify • him for éver.

¹⁶ O ye Priests of the Lord, bless ye the Lórd: *
O ye Servants of the • Lord, bless yé the Lord.

¹⁷ O ye Spirits and Souls of the Righteous, bless ye the Lórd: *
O ye holy and humble Men of • heart, bless ye the Lord.

¹⁸ O Ananias, Azarias, and Misael, bless ye the Lórd: *

Stand.

praise him and magnify • him for éver.

Bow (women genuflect) while singing:

¹⁹ Let us bless the Father and the Son, and the Holy Ghóst; *
praise him and magnify • him for éver.

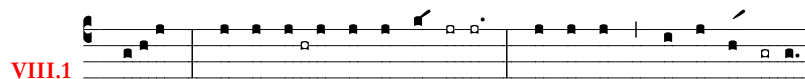
Stand upright.

²⁰ Bless-ed art thou, O Lord, in the firmament of héaven; *
and to be prais-ed, and glorifi-ed, and magnifi • ed for éver.

Antiphon 2 is sung in its entirety.

The first half of Antiphon 3 is sung.

Psalm 148. Laudate Dominum



*O praise the Lord of héaven: **

Be Seated.

• praise him in the height.

² Praise him, all ye Angels of his: *
• praise him, ál his host.

³ Praise him, sun and móon: *
praise him, • all ye stáirs and light.

⁴ Praise him, all ye héavens, *
and ye waters that are a • bove the héavens.

⁵ Let them praise the Name of the Lórd: *
for he spake the word, and they were made; he commanded, and they • were créated.

⁶ He hath made them fast for ever and éver: *
he hath given them a law which shall • not be bróken.

⁷ Praise the Lord upon éarth, *
ye dra • gons and áll deeps;

⁸ Fire and hail, snow and vápours, *
wind and storm, ful • filling his word;

⁹ Mountains and all hills; *
fruitful trees and • áll céders;

¹⁰ Beasts and all cáttle; *
worms and • feather-éd fowls;

¹¹ Kings of the earth, and all péople; *
princes, and all • judges óf the world;

¹² Young men and maidens, old men and children, † praise the Name of the Lórd: *
for his Name only is excellent, and his praise above • heaven ánd earth.

¹³ He shall exalt the horn of his people: † all his saints shall práise him; *
even the Children of Israel, even the peo • ple that sérveth him.

Psalm 149. *Cantáte Dómino*

O sing unto the Lord a new sóng; *
let the congregation of • säints práise him.

² Let Isra-el rejoice in him that máde him, *
and let the children of Sion be • joyful ín their King.

³ Let them praise his Name in the dánce: *
let them sing praises unto him with • tabret ánd harp.

⁴ For the Lord hath pleasure in his péople, *
and helpeth the • mæek-héarted.

⁵ Let the saints be joyful with glóry; *
let them re • joice in théir beds

⁶ Let the praises of God be in their móuth; *
and a two-edged • sword in théir hands;

⁷ To be aveng-ed of the héathen, *
and to re • buke the péople;

⁸ To bind their kings in cháins, *
and their nobles with • links of íron;

⁹ To execute judgment upon them, as it is written, *
Such ho • nour have áll his saints.

Psalm 150. Laudate Dominum

O praise God in his hóliness: *
praise him in the firmament • of his pówer.

² Praise him in his noble ácts: *
praise him according to his ex • cellent gréatness.

³ Praise him in the sound of the trúmpet: *
praise him up • on the lúte and harp.

⁴ Praise him in the cymbals and dánces: *
praise him up • on the stríngs and pipe.

⁵ Praise him upon the well-tun-ed cýmbals: *
praise him upon the • löud cýmbals.

⁶ Let every thing that hath bréath *

Stand.

• práise the LORD.

Bow (women genuflect) while singing:

Glory be to the Father and to the Són, *
and • to the Hóly Ghost.

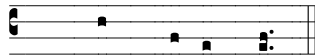
Stand upright.

As it was in the beginning, † is now, and ever sháll be, *
world • without énd. Amen.

Antiphon 3 is sung in its entirety.

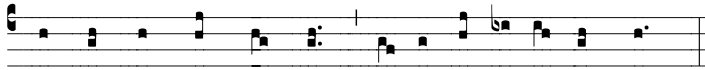
CHAPTER

Blessing, and glory, and wisdom, and thanksgíving, † and honour, and power, and might, be untô
our God * for ever and evêr. Amen.

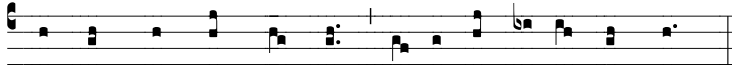


℟. Thanks be to God.

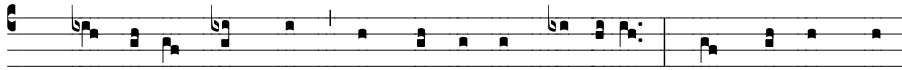
SHORT RESPONSE



Incline my heart, O God, * Unto thy tes-ti-mo-nies.



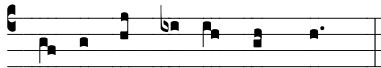
Incline my heart, O God, Unto thy tes-ti-mo-nies.



✠ Turn away mine eyes, lest they behold van-i-ty, and quicken thou



me in thy way.



Unto thy tes-ti-mo-nies.

Bow (women genuflect) while singing:



Glory be to the Father and to the Son and to the Holy Ghost.

Stand upright.



Incline my heart, O God, Unto thy tes-ti-mo-nies.

HYMN (Winter)

*The Winter hymn is sung from the Sunday nearest 1 October until Advent;
and from January 13 through Quinquagesima Sunday.*



Maker of all, eternal King,

Who day and night about dost bring,
Thou, weary mortals to relieve,
Dost in their turn the seasons give.

Now chan-ti-cleer proclaims each day,
And calls the sun's awakening ray
The wandering pilgrim's guiding light,
That marks the watches night by night.

Roused at the note, the morning star
Heaven's dusky veil uplifts afar;
Night's vagrant bands no longer roam,
But from their dark ways hie them home.

The encouragèd sailor's fear are o'er,
The foaming billow's rage no more;
Lo! e'en the very Church's Rock
Melts at the crowing of the cock.

O let us then all ardent rise;
The cock rebukes men's slumbering eyes,
Bestirs who still in sleep would lie,
And shames who would their Lord deny.

New hope his clarion note awakes,
Sickness the feeble frame forsakes,
The robber sheathes his lawless sword,
Faith to the fallen is restorèd.

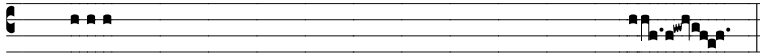
Look on us, Jesu, when we fall,
And with thy look our souls recall;
If thou but look, our sins are gone,
And with due tears our pardon won.

Shed through our hearts thy piercing ray,
Our souls' dull slumber drive away;
Thy Name be first on every tongue,
To thee our earliest praises sung.

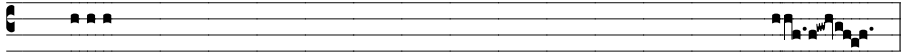
Bow (women genuflect) while singing:

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.

VERSICLE



∩ The Lord is King, and hath put on glorious appar-el.



∩ The Lord hath put on his apparel, and girded himself with strength.

HYMN (Summer)

The Summer hymn is sung from Third Sunday after Pentecost until the Sunday nearest 1 October.



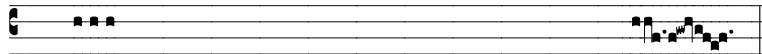
Lol the dim shadows
Of the night are waning;
Radiantly glowing,
Dawn of day returneth :
Fervent in spirit,
To the mighty Father,
Pray we devoutly.

So shall our Maker,
Of his great compassion,
Banish all sickness,
Kindly health bestowing;
And may he grant us,
Of a Father's goodness,
Mansions in heaven.

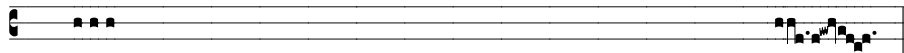
Bow (women genuflect) while singing:

This he vouchsafe us,
God for ever blesséd,
Father eternal,
Son and Holy Spirit,
Whose is the glory
Which through all creation
Ever resoundeth. Amen.

VERSICLE



∇ The Lord is King, and hath put on glorious appar-el.



⦿ The Lord hath put on his apparel, and girded himself with strength.

THE BENEDICTUS

The first half of the Antiphon is sung.

✠ Blessed † be the Lord • Gód of Ísra-el; *

for he hath visited and redéem • ed his péople ;

And hath raised up a mighty sal • vátion fór us, *
in the house of his • sérvant Dávid ;

As he spake by the mouth of his • hólý Próphets, *
which have béen • since the wórld began ;

That we should be sav-ed • fróm our énemies, *
and from the hand of • áll that háte us.

To perform the mercy promis-ed tó • our forefáthers, *
and to remember his • hólý cóvenant ;

To perform the oath which he sware to our fóre • father Ábraham, *
that • hé would gíve us ;

That we being delivered out of the hánd • of our énemies *
might sérve • him withóut fear ;

In holiness and righteous • néss befóre him, *
all the • dáys of óur life.

And thou, child, shalt be called the Prophet • óf the Híghest: *
for thou shalt go before the face of the Lórd • to preparé his ways ;

To give knowledge of salvation ún • to his péople *
for the re • míssion of théir sins,

Through the tender • mércy óf our God; *
whereby the Day-Spring from on high hath • vísitéd us ;

To give light to them that sit in darkness, † and in the • sháadow óf death, *
and to guide our feet ín • to the wáy of peace.

Bow (women genuflect) while singing:

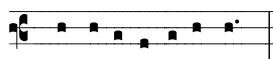
Glory be to the Fáth • er and tó the Son, *
and • tó the Hólý Ghost.

Stand upright.

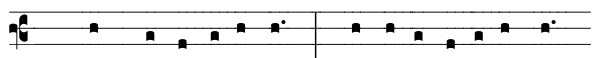
As it was in the beginning, † is now, and • éver sháll be, *
wórld • without énd. Amen.

The Antiphon is sung in its entirety.

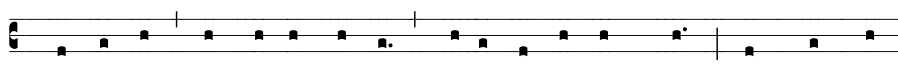
THE PRAYERS



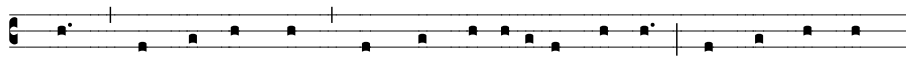
Ky-ri-e e-le-i-son.



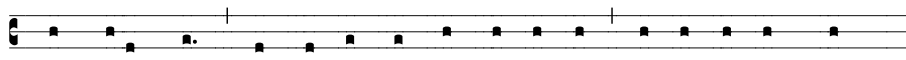
✠ Chris-te e-le-i-son. Ky-ri-e e-le-i-son.



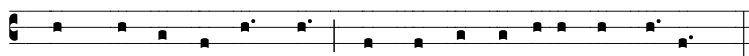
Our Father who art in heaven, Hallowed be thy Name. Thy Kingdom



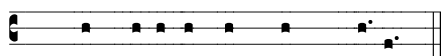
come. Thy will be done, on earth as it is in heaven. Give us this day



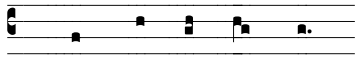
our daily bread. And forgive us our trespasses, as we forgive those



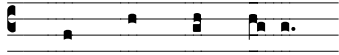
who trespass against us. And lead us not into temptation.



✠ But deliver us from ✠ evil.



∴ The Lord be with you.

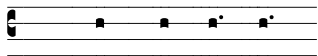


✠ And with thy spirit.



Let us pray.

The collect is prayed, ending with the words:



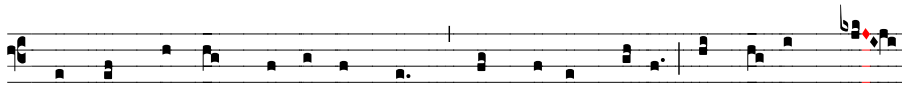
...world without end.



✠ Amen

Appointed commemorations are observed.

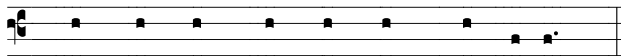
THE SUFFRAGE OF ALL SAINTS



May the blessed Mother of God, † the Virgin Mary, and all the Saints,



intercede for us to the Lord.



∴ The Lord hath made his Saints wonderful.



✠ And hath heard them when they called upon him.



Let us pray.

Defend us, we beseech thee, O Lord, from all perils of mind and body: and at the intercession of the blessed and glorious Mary, the ever Virgin Mother of God, of blessed Joseph, of thy blessed Apostles Peter and Paul, [of blessed N.,] and of all Saints, graciously bestow upon us both peace and safety; that all adversity and error being done away, thy Church may serve thee in untroubled freedom, through the same Jesus Christ, thy Son, our Lord; who with thee in the unity of the Holy Ghost, liveth and reigneth God: world without end.

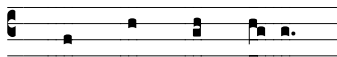


℟ Amen

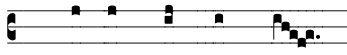
THE BLESSING



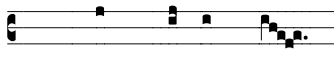
℣ The Lord be with you.



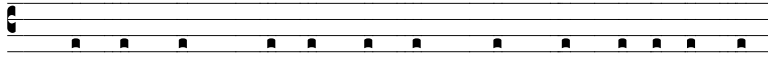
℟ And with thy spirit.



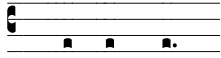
℣ Let us bless the Lord.



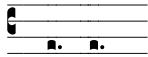
℟ Thanks be to God.



∇ May the souls ✠ of the faithful, through the mercy of God,



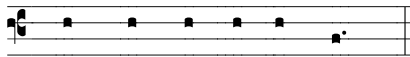
rest in peace.



∇ **Amen**

The Our Father is said silently.

Our Father, who art in heaven, hallowed be thy Name. Thy Kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, ✠ but deliver us from evil. Amen.



∇ The Lord give us his peace.



∇ **And life everlasting. Amen.**

THE MARIAN ANTIPHON

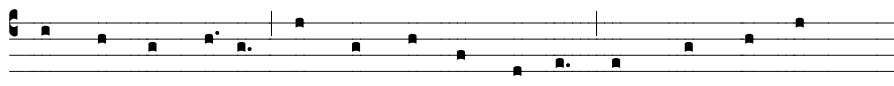
From I Vespers of Trinity Sunday through None of the Saturday before Advent.



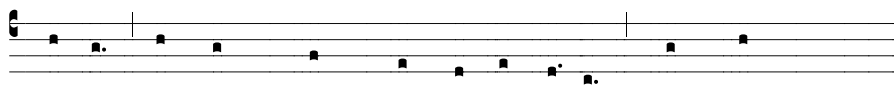
Mary we hail thee: **Mother and Queen** compassionate; Mary, our



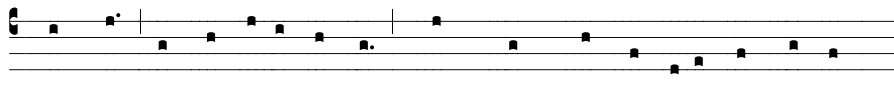
comfort, life and hope, we hail thee. To thee we exiles, children of



Eve, lift our crying. To thee we are sighing, as mournful and



weeping, we pass through this vale of sorrow. Turn thou,



therefore, O our intercessor, those thine eyes of pity and loving-



kindness upon us sinners. Hereafter, when our earthly exile shall



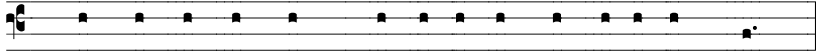
be ended, shew us Jesus, the blessed fruit of thy womb.



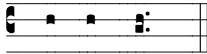
O gentle, O tender, O gracious Virgin Ma-ry.



∇ Pray for us, O holy Mother of God.

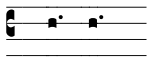


℞ That we may be made worthy of the promises of Christ.

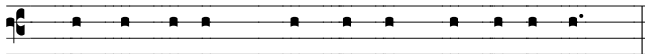


Let us pray.

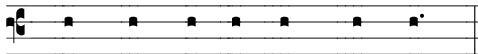
Almighty, everlasting God, who by the co-operation of the Holy Ghost didst prepare the body and soul of the glorious Virgin-Mother Mary to become a habitation meet for thy Son: grant that as we rejoice in her commemoration; we may be delivered by her loving intercession from our present evils and from eternal death. Through the same Christ our Lord.



℞ Amen



∇ May the divine ✠ help remain with us always.



℞ And with our absent brethren.

After the Office is ended, it is praiseworthy to say the following Prayers.

To the holy and undivided Trinity,
To the crucified humanity of our Lord Jesus Christ,
To the fruitful Virginity of the blessed and glorious ever Virgin Mary,
And to the whole company of the Saints
Be everlasting praise, honor, power and glory from every creature,
And unto us the remission of all our sins for ever, world without end.

℞ Amen.

∇ Blessed is the womb of the Virgin Mary, which bore the Son of the Father eternal.

℞ And blessed are the paps which gave suck to Christ the Lord.

The Pater Noster & Ave Maria are prayed silently.