



**VESPERS**

**WEEK A**

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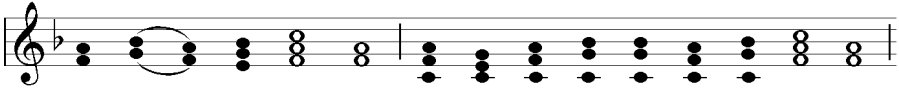


**SATURDAY VESPERS  
IN  
ORDINARY TIME  
WEEK A**

BENEDICTINE COMMUNITIES  
TURVEY BEDFORDSHIRE

# LUCERNARIUM HYMN

## PHOS HILARON



O Li - ght so joy - ous. E - ter - nal splendour of the Father.



Ho - ly and blest! Je - sus Christ!

Now as we come to the setting of the sun  
and our eyes behold the evening light.  
We sing your praises O God:  
Father, Son and Holy Spirit. **(R.)**

Worthy are you at all times  
to be praised with joyful song.  
O Son of God, O giver of life,  
All the world gives glory to you. **(R.)**

Let my prayer come before you, O Lord  
arising as incense in your presence,  
The lifting up of my hands  
as an evening sacrifice of praise. **(R.)**

Give praise to the Father Almighty  
to his Son Jesus Christ the Lord  
To the Spirit who dwells in our hearts  
both now and for ever, amen. Alleluia. **(R.)**

**ANTIPHON 1:** Surely \* goodness and kindness shall follow me all the days of my life.

Psalm 22



The Lord is my shepherd;  
there is nothing I shall want.  
Fresh and green are the pastures  
where he gives me repose.

Near restful waters he leads me,  
to revive my drooping spirit.  
He guides me along the right path;  
he is true to his name.

If I should walk in the valley of darkness  
no evil would I fear.  
You are there with your crook and your staff;  
with these you give me comfort.

You have prepared a banquet for me  
in the sight of my foes.  
My head you have anointed with oil;  
my cup is overflowing.

Surely goodness and kindness shall follow me  
all the days of my life.  
In the Lord's own house shall I dwell  
for ever and ever.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**ANTIPHON 1:** Surely \* goodness and kindness shall follow me all the days of my life.

**ANTIPHON 2:** In the presence \* of the angels I will bless you, Lord!

Psalm 137



I thank you, Lord, with all my heart,  
you have heard the words of my mouth.  
In the presence of the angels I will bless you.  
I will adore before your holy temple.

I thank you for your faithfulness and love  
which excel all we ever knew of you.  
On the day I called, you answered;  
you increased the strength of my soul.

All earth's kings shall thank you  
when they hear the words of your mouth.  
They shall sing of the Lord's ways:  
'How great is the glory of the Lord!'

The Lord is high yet he looks on the lowly  
and the haughty he knows from afar.  
Though I walk in the midst of affliction  
you give me life and frustrate my foes.

You stretch out your hand and save me,  
your hand will do all things for me.  
Your love, O Lord, is eternal,  
discard not the work of your hands.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**ANTIPHON 2:** In the presence \* of the angels I will bless you, Lord!

**ANTIPHON 3:** Let every creature \* in heaven and on earth bend the knee at the name of Jesus, alleluia!

NT Canticle 11



(Philippians 2:6–11)

Though he was in the form of God,  
Jesus did not count equality with God a thing to be grasped.

He emptied himself, taking the form of a servant,  
being born in the likeness of men.

( And being found in human form, he humbled himself  
and became obedient unto death,  
even death on a cross.

Therefore God has highly exalted him  
and bestowed on him the name which is above every name,

that at the name of Jesus every knee should bow,  
in heaven and on earth and under the earth,

and every tongue confess that Jesus Christ is Lord,  
to the glory of God the Father.

Glory be to the Father, the Son and Holy Spirit,  
both now and for ever, amen.

**REPEAT ANTIPHON**

**ANTIPHON 4:** Those \* with clean hands and pure hearts shall climb the mountain of the Lord.

Psalm 23



The Lord's is the earth and its fullness,  
the world and all its peoples.  
It is he who set it on the seas;  
on the waters he made it firm.

Who shall climb the mountain of the Lord?  
Who shall stand in his holy place?  
The man with clean hands and pure heart,  
who desires not worthless things,  
who has not sworn so as to deceive his neighbour.

He shall receive blessings from the Lord  
and reward from the God who saves him.  
Such are the men who seek him,  
seek the face of the God of Jacob.

O gates, lift high your heads;  
grow higher, ancient doors.  
Let him enter, the king of glory!

Who is the king of glory?  
The Lord, the mighty, the valiant,  
the Lord, the valiant in war.

O gates, lift high your heads;  
grow higher, ancient doors.  
Let him enter, the king of glory!

Who is he, the king of glory?  
He, the Lord of armies,  
he is the king of glory.

Glory be to the Father, the Son and Holy Spirit,  
both now and for ever, amen.

**ANTIPHON 4:** Those \* with clean hands and pure hearts shall climb the mountain of the Lord.



## SCRIPTURE READING

## RESPONSORY

From the rising of the sun to its setting, praise the name of the Lord!  
(repeat)

His glory is above the heavens:

Praise the name of the Lord!

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

From the rising of the sun to its setting, praise the name of the Lord!



## MAGNIFICAT

*This is preceded by an antiphon related to the Sunday gospel.*



### Canticle of Mary

(Luke 1:46–55)

My soul glorifies the Lord,  
my spirit rejoices in God, my Saviour.  
He looks on his servant in her lowliness;  
henceforth all ages will call me blessed.

The Almighty works marvels for me.  
Holy his name!  
His mercy is from age to age,  
on those who fear him.

He puts forth his arm in strength  
and scatters the proud-hearted.  
He casts the mighty from their thrones  
and raises the lowly.

He fills the starving with good things,  
sends the rich away empty.

He protects Israel, his servant,  
remembering his mercy,  
the mercy promised to our fathers,  
to Abraham and his sons for ever.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

### REPEAT ANTIPHON

## INTERCESSIONS

**OUR FATHER**

*(said by the Superior)*

## CONCLUDING PRAYER

LET US BLESS THE LORD  
THANKS BE TO GOD

May the divine assistance remain always with us.  
And with our absent brothers and sisters. Amen.



(Mt 12:40)

# SUNDAYS IN ORDINARY TIME

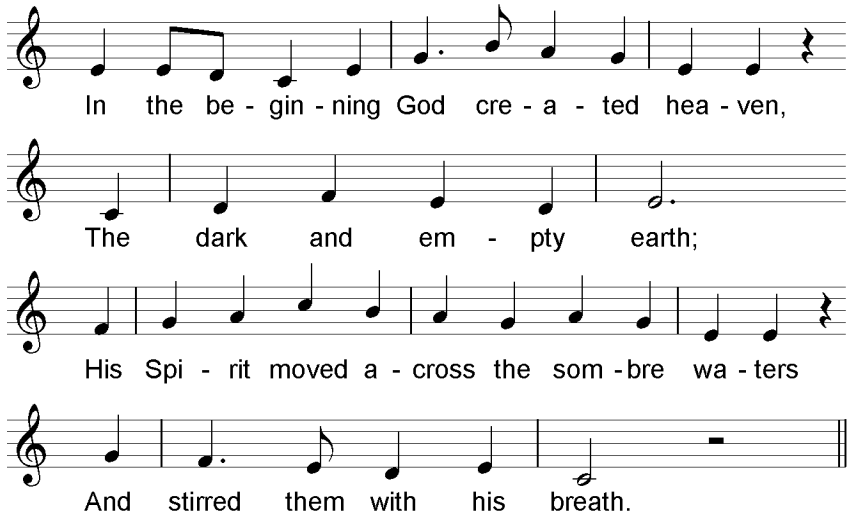


## VESPERS, WEEK A

O God, come to our aid,  
O Lord, make haste to help us.  
Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen. Alleluia!

**HYMN**

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In the be - gin - ning God cre - a - ted hea - ven,  
The dark and em - pty earth;  
His Spi - rit moved a - cross the som - bre wa - ters  
And stirred them with his breath.

Then God created light, and with its coming  
The dark was swept away;  
The morning came and then the quiet evening,  
The end of God's first day.

To God, the Father of the world, give glory,  
With Christ, his only Son,  
Who with the Spirit govern all creation:  
Blest Trinity in One.

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**ANTIPHON 1:** The Lord \* will extend his dominion from Zion, and he will reign for ever, alleluia!

Psalm 109



( The Lord's revelation to my Master:  
'Sit on my right:  
your foes I will put beneath your feet.'

( The Lord will wield from Zion  
your sceptre of power:  
rule in the midst of all your foes.

( A prince from the day of your birth  
on the holy mountains;  
from the womb before the dawn I begot you.

( The Lord has sworn an oath he will not change.  
'You are a priest for ever,  
a priest like Melchizedek of old.'

The Master standing at your right hand  
will shatter kings in the day of his wrath.

( He, the Judge of the nations,  
will heap high the bodies;  
heads shall be shattered far and wide.

He shall drink from the stream by the wayside  
and therefore he shall lift up his head.

Glory be to the Father, the Son and Holy Spirit,  
both now and for ever, amen.

**ANTIPHON 1:** The Lord \* will extend his dominion from Sion, and he will reign for ever, alleluia!

**ANTIPHON 2:** Serve \* the Lord with awe, and trembling pay him your homage.



Psalm 2

Why this tumult among nations,  
among peoples this useless murmuring?  
They arise, the kings of the earth,  
princes plot against the Lord and his Anointed.  
'Come, let us break their fetters,  
come, let us cast off their yoke.'

He who sits in the heavens laughs;  
the Lord is laughing them to scorn.  
Then he will speak in his anger,  
his rage will strike them with terror.  
'It is I who have set up my king  
on Zion, my holy mountain.'

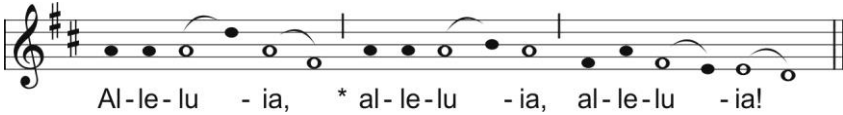
( I will announce the decree of the Lord:  
The Lord said to me: 'You are my son.  
It is I who have begotten you this day.  
Ask and I shall bequeath you the nations,  
put the ends of the earth in your possession.  
With a rod of iron you will break them,  
shatter them like a potter's jar.'

Now, O kings, understand,  
take warning, rulers of the earth;  
serve the Lord with awe  
and trembling, pay him your homage  
( lest he be angry and you perish;  
for suddenly his anger will blaze.  
Blessed are they who put their trust in God.

Glory be to the Father, the Son and Holy Spirit,  
both now and for ever, amen.

**ANTIPHON 2:** Serve \* the Lord with awe, and trembling pay him your homage.

### ANTIPHON 3



(from Rv 21 and 22)

I saw the holy city, Jerusalem,  
coming down from God out of heaven.  
It had all the radiant glory of God  
and shone like a precious stone.

I could see no temple in the city,  
since the Lord God and the Lamb were themselves the temple;  
nor did it need the sun or moon for light,  
since it was lit by God's glory and the Lamb was a lighted torch.

By its light shall the nations live  
and the kings of the earth will bring it their treasures.  
Its gates will never be shut by day,  
and in that city there shall be no night.

The throne of God and of the Lamb will be in its place,  
and his servants will worship him.  
They will see him face to face,  
and his name will be written on their foreheads.

It will never be night again,  
they will need neither lamplight nor sun,  
for the Lord God will be shining on them,  
and they will reign for ever and ever!

The Spirit and the Bride say: 'Come!'  
Let all who listen, answer: 'Come!'  
Indeed, I am coming soon.  
Amen. Come, Lord Jesus!

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**REPEAT ANTIPHON**



**ANTIPHON 4:** Sing \* to the Lord with rejoicing.

Psalm 46



All peoples, clap your hands,  
cry to God with shouts of joy!  
For the Lord, the most high, we must fear,  
great king over all the earth.

He subdues peoples under us  
and nations under our feet.  
Our inheritance, our glory, is from him,  
given to Jacob out of love.

God goes up with shouts of joy;  
the Lord goes up with trumpet blast.  
Sing praise for God, sing praise,  
sing praise to our king, sing praise.

God is king of all the earth,  
Sing praise with all your skill.  
God is king over the nations;  
God reigns on his holy throne.

The princes of the peoples are assembled  
with the people of Abraham's God.  
The rulers of the earth belong to God,  
to God who reigns over all.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**ANTIPHON 4:** Sing \* to the Lord with rejoicing.

## SCRIPTURE READING

## RESPONSORY

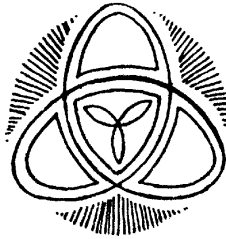
Blessed are you, O Lord, in the vault of heaven. *(repeat)*

You are exalted and glorified above all else for ever:

In the vault of heaven.

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

Blessed are you, O Lord, in the vault of heaven.



## MAGNIFICAT

*This is preceded by an antiphon related to the Sunday gospel.*



### Canticle of Mary

(Luke 1:46–55)

My soul glorifies the Lord,  
my spirit rejoices in God, my Saviour.  
He looks on his servant in her lowliness;  
henceforth all ages will call me blessed.

The Almighty works marvels for me.  
Holy his name!  
His mercy is from age to age,  
on those who fear him.

He puts forth his arm in strength  
and scatters the proud-hearted.  
He casts the mighty from their thrones  
and raises the lowly.

He fills the starving with good things,  
sends the rich away empty.

He protects Israel, his servant,  
remembering his mercy,  
the mercy promised to our fathers,  
to Abraham and his sons for ever.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

### REPEAT ANTIPHON

## INTERCESSIONS

**OUR FATHER**

*(said by the Superior)*

**CONCLUDING PRAYER**

LET US BLESS THE LORD  
THANKS BE TO GOD

May the divine assistance remain always with us.  
And with our absent brothers and sisters. Amen.



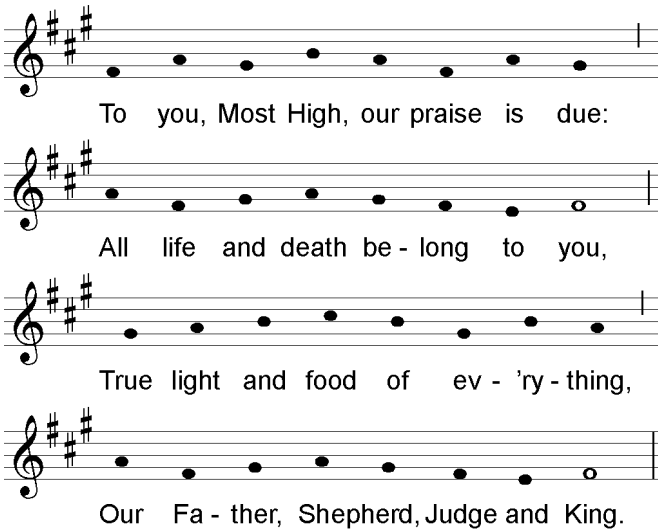
**VESPERS**

**MONDAY A**

O God, come to our aid,  
O Lord, make haste to help us.  
Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen. Alleluia!

**HYMN**

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To you, Most High, our praise is due:  
All life and death be - long to you,  
True light and food of ev - 'ry - thing,  
Our Fa - ther, Shepherd, Judge and King.

Adoring angels veil their eyes,  
We also bring our sacrifice:  
Unceasing thanks, unceasing praise  
To you, the Mercy of our days.

All you have made is in your hands,  
Without your will no creature stands.  
Now work is done, the night begins  
Confirm our peace, forgive our sins.

Creation's glory, Three in One,  
Eternal and unsetting sun  
In whom is neither change nor shade,  
Give light to all your love has made.

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**ANTIPHON 1:** The fear \* of the Lord is holy: there is nothing concealed from him.

Psalm 18



The heavens proclaim the glory of God  
and the firmament shows forth the work of his hands.  
Day unto day takes up the story  
and night unto night makes known the message.

No speech, no word, no voice is heard  
yet their span extends through all the earth,  
their words to the utmost bounds of the world.

There he has placed a tent for the sun;  
it comes forth like a bridegroom coming from his tent,  
rejoices like a champion to run its course.

At the end of the sky is the rising of the sun;  
to the furthest end of the sky is its course.  
There is nothing concealed from its burning heat.

The law of the Lord is perfect,  
it revives the soul.  
The rule of the Lord is to be trusted,  
it gives wisdom to the simple.

The precepts of the Lord are right,  
they gladden the heart.  
The command of the Lord is clear,  
it gives light to the eyes.

The fear of the Lord is holy,  
abiding for ever.  
The decrees of the Lord are truth  
and all of them just.

They are more to be desired than gold,  
than the purest of gold  
and sweeter are they than honey,  
than honey from the comb.

So in them your servant finds instruction;  
great reward is in their keeping.  
But who can detect all his errors?  
From hidden faults acquit me.

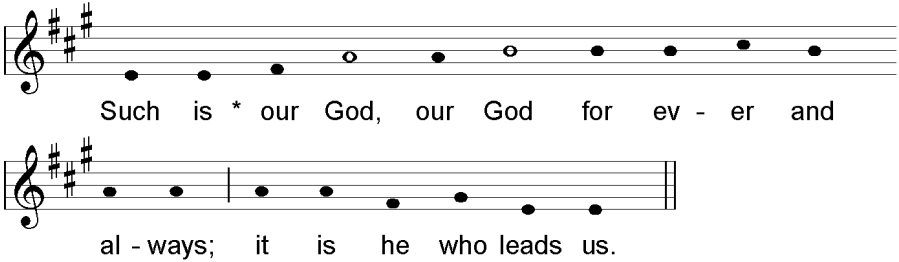
From presumption restrain your servant  
and let it not rule me.  
Then shall I be blameless,  
clean from grave sin.

May the spoken words of my mouth,  
the thoughts of my heart,  
win favour in your sight, O Lord,  
my rescuer, my rock!

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**ANTIPHON 1:** The fear \* of the Lord is holy: there is nothing concealed  
from him.

## ANTIPHON 2



Such is \* our God, our God for ev - er and  
al - ways; it is he who leads us.

## Psalm 47



The Lord is great and worthy to be praised  
in the city of our God.  
His holy mountain rises in beauty,  
the joy of all the earth.

Mount Zion, true pole of the earth,  
the Great King's city!  
God, in the midst of its citadels,  
has shown himself its stronghold.

For the kings assembled together,  
together they advanced.  
They saw; at once they were astounded;  
dismayed, they fled in fear.

A trembling seized them there,  
like the pangs of birth,  
By the east wind you have destroyed  
the ships of Tarshish.

As we have heard, so we have seen  
in the city of our God,  
in the city of the Lord of hosts  
which God upholds for ever.

O God, we ponder your love  
within your temple.  
Your praise, O God, like your name  
reaches the ends of the earth.



With justice your right hand is filled.  
Mount Zion rejoices;  
the people of Judah rejoice  
at the sight of your judgements.

Walk through Zion, walk all round it;  
count the number of its towers.  
Review all its ramparts,  
examine its castles,

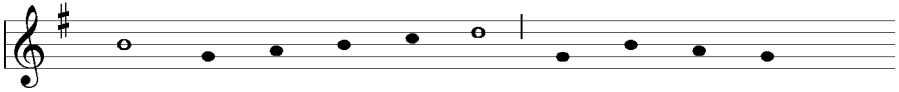
that you may tell the next generation  
that such is our God,  
our God for ever and always.  
It is he who leads us.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

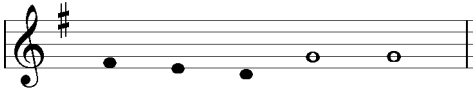
#### ANTIPHON 2

Such is \* our God, our God for ev - er and  
al - ways; it is he who leads us.

### ANTIPHON 3



God \* chose us in his Son, and made us his



ad - opt - ed child - ren.

### NT Canticle 10

(Ephesians 1: 3–10)



Blessed be the God and Father  
of our Lord Jesus Christ,  
who has blessed us in Christ  
with every spiritual blessing in the heavenly places.

He chose us in him  
before the foundation of the world,  
that we should be holy  
and blameless before him.

He destined us in love  
to be his sons through Jesus Christ,  
according to the purpose of his will,  
( to the praise of his glorious grace,  
which he freely bestowed on us in the Beloved.

In him we have redemption through his blood,  
the forgiveness of our trespasses,  
according to the riches of his grace  
which he lavished upon us.

He has made known to us in all wisdom and insight  
the mystery of his will,  
according to his purpose  
which he set forth in Christ.

His purpose he set forth in Christ  
as a plan for the fullness of time,  
to unite all things in him,  
things in heaven and things on earth.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**REPEAT ANTIPHON**

**ANTIPHON 4:** O sing \* to the Lord, bless his name!

Psalm 95



O sing a new song to the Lord,  
sing to the Lord all the earth.  
O sing to the Lord, bless his name.

Proclaim his help day by day,  
tell among the nations his glory  
and his wonders among all the peoples.

The Lord is great and worthy of praise,  
to be feared above all gods;  
the gods of the heathens are naught.

It was the Lord who made the heavens,  
his are majesty and state and power  
and splendour in his holy place.

Give the Lord, you families of peoples,  
give the Lord glory and power,  
give the Lord the glory of his name.

Bring an offering and enter his courts,  
worship the Lord in his temple.  
O earth, tremble before him.

Proclaim to the nations: 'God is king.'  
The world he made firm in its place;  
he will judge the peoples in fairness.

Let the heavens rejoice and earth be glad,  
let the sea and all within it thunder praise,  
let the land and all it bears rejoice,  
all the trees of the wood shout for joy

at the presence of the Lord for he comes,  
he comes to rule the earth.  
With justice he will rule the world,  
he will judge the peoples with his truth.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**ANTIPHON 4:** O sing \* to the Lord, bless his name!

## **SCRIPTURE READING**

## **RESPONSORY**

Heal my soul, for I have sinned against you.                    *(Repeat)*

I said, Lord, have mercy on me!

For I have sinned against you.

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

Heal my soul, for I have sinned against you.

## **MAGNIFICAT ANTIPHON**

My soul \* magnifies the Lord, for he has looked on me in my lowliness.

## **INTERCESSIONS**

**OUR FATHER**                    *(said by the Superior)*

## **CONCLUDING PRAYER**

LET US BLESS THE LORD  
THANKS BE TO GOD

May the divine assistance remain always with us.  
And with our absent brothers and sisters. Amen.



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I - con of God, e - ter - nal Son,  
of the Most High and Ho - ly One,  
Christ laid his power be - fore God's throne  
Want - ing his Fa - ther's will a - lone.

Humble of heart, the Servant came,  
Teaching his friends the Father's name;  
Master and Lord, his love complete,  
Christ knelt to wash his servant's feet.

May God's own Wisdom be our guide  
To put our will to power aside,  
And understand true glory is  
A heart as quick to serve as his.

Father of Glory, through your Son  
Freedom and life are truly won:  
Remake us in his image till  
We find our glory in your will.

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## VESPERS

TUESDAY A

O God, come to our aid,  
O Lord, make haste to help us.  
Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen. Alleluia!

## HYMN

**ANTIPHON 1:** Rejoice \* in the Lord, exult in his presence!

### Psalm 67 A



Let God arise, let his foes be scattered.  
Let those who hate him flee before him.  
( As smoke is blown away so will they be blown away;  
like wax that melts before the fire,  
so the wicked shall perish at the presence of God.

But the just shall rejoice at the presence of God,  
they shall exult and dance for joy.  
( O sing to the Lord, make music to his name;  
make a highway for him who rides on the clouds.  
Rejoice in the Lord, exult at his presence.

Father of the orphan, defender of the widow,  
such is God in his holy place.  
( God gives the lonely a home to live in;  
he leads the prisoners forth into freedom:  
but rebels must dwell in a parched land.

When you went forth, O God, at the head of your people,  
when you marched across the desert, the earth trembled:  
the heavens melted at the presence of God,  
at the presence of God, Israel's God.

You poured down, O God, a generous rain:  
when your people were starved you gave them new life.  
It was there that your people found a home,  
prepared in your goodness, O God, for the poor.

The Lord gives the word to the bearers of good tidings:  
'The Almighty has defeated a numberless army  
and kings and armies are in flight, in flight  
while you were at rest among the sheepfolds.'

At home the women already share the spoil.  
They are covered with silver as the wings of a dove,  
its feathers brilliant with shining gold  
and jewels flashing like snow on Mount Zalmon.

The mountains of Bashan are mighty mountains;  
high-ridged mountains are the mountains of Bashan.  
( Why look with envy, you high-ridged mountains,  
at the mountain where God has chosen to dwell?  
It is there that the Lord shall dwell for ever.

The chariots of God are thousands upon thousands.  
The Lord has come from Sinai to the holy place.  
( You have gone up on high; you have taken captives,  
receiving men in tribute, O God,  
even those who rebel, into your dwelling, O Lord.

Glory be to the Father, the Son and Holy Spirit,  
both now and for ever, amen.

### Psalm 67 B



May the Lord be blessed day after day.  
He bears our burdens, God our saviour.  
This God of ours is a God who saves.  
The Lord our God holds the keys of death.  
and God will smite the head of his foes,  
the crown of those who persist in their sins.

The Lord said: 'I will bring them back from Bashan;  
I will bring them back from the depth of the sea.  
Then your feet will tread in their blood  
and the tongues of your dogs take their share of the foe.'

They see your solemn procession, O God,  
the procession of my God, of my king, to the sanctuary:  
the singers in the forefront, the musicians coming last,  
between them, maidens sounding their timbrels.



'In festive gatherings, bless the Lord;  
bless God, O you who are Israel's sons.'

( There is Benjamin, least of the tribes, at the head,  
Judah's princes, a mighty throng,  
Zebulun's princes, Naphtali's princes.

Show forth, O God, show forth your might,  
your might, O God, which you have shown for us  
for the sake of your temple high in Jerusalem  
may kings come to you bringing their tribute.

Threaten the wild beast that dwells in the reeds,  
the bands of the mighty and lords of the peoples.  
Let them bow down offering silver.  
Scatter the peoples who delight in war.  
Princes will make their way from Egypt:  
Ethiopia will stretch out her hands to God.

Kingdoms of the earth, sing to God, praise the Lord  
who rides on the heavens, the ancient heavens.  
He thunders his voice, his mighty voice.  
Come, acknowledge the power of God.

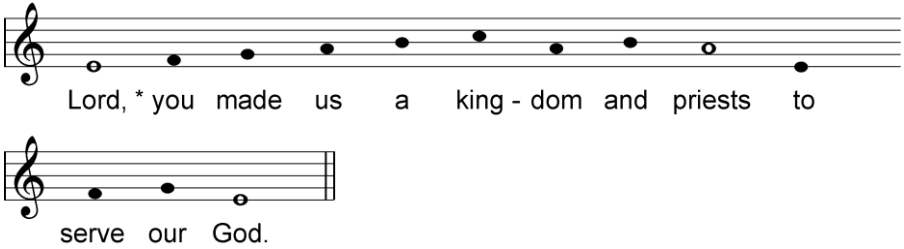
His glory is on Israel; his might is in the skies.  
God is to be feared in his holy place.

( He is the Lord, Israel's God.  
He gives strength and power to his people.  
Blessed be God!

Glory be to the Father, the Son and Holy Spirit,  
both now and for ever, amen.

**ANTIPHON 1:** Rejoice \* in the Lord, exult in his presence!

## ANTIPHON 2



Lord, \* you made us a king - dom and priests to  
serve our God.

The image shows two staves of musical notation. The first staff contains a melody of ten notes: a half note on G4, a quarter note on A4, a quarter note on B4, a quarter note on C5, a quarter note on D5, a quarter note on E5, a quarter note on D5, a quarter note on C5, a quarter note on B4, and a half note on A4. The second staff contains a melody of three notes: a quarter note on G4, a quarter note on A4, and a half note on G4. The lyrics are placed below the notes.

## NT Canticle 19



(Revelation 4:11;5:9,10,12)

Worthy are you, our Lord and God,  
to receive glory and honour and power,  
for you made all things,  
and by your will they existed and were created.

( Worthy are you, O Lord,  
to take the scroll and open the seals  
for you were slain,  
and by your blood you ransomed men for God  
from every tribe and tongue and people and nation.

You have made us a kingdom and priests to our God,  
and we shall reign on earth.

Worthy is the Lamb who was slain,  
to receive power and wealth,  
and wisdom and might,  
and honour and glory and blessing.

Glory be to the Father, the Son and Holy Spirit,  
both now and for ever, amen.

## REPEAT ANTIPHON

**ANTIPHON 3:** The Lord \* is king, let earth rejoice!

Psalm 96



The Lord is king, let earth rejoice,  
let all the coastlands be glad.  
Cloud and darkness are his raiment;  
his throne, justice and right.

A fire prepares his path;  
it burns up his foes on every side.  
His lightnings light up the world,  
the earth trembles at the sight.

The mountains melt like wax  
before the Lord of all the earth.  
The skies proclaim his justice;  
all peoples see his glory.

Let those who serve idols be ashamed,  
those who boast of their worthless gods.  
All you spirits, worship him.

Zion hears and is glad;  
the people of Judah rejoice  
because of your judgements O Lord.

For you indeed are the Lord  
most high above all the earth  
exalted far above all spirits.

The Lord loves those who hate evil:  
he guards the souls of his saints;  
he sets them free from the wicked.

Light shines forth for the just  
and joy for the upright of heart.  
Rejoice, you just, in the Lord;  
give glory to his holy name.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**ANTIPHON 3:** The Lord \* is king , let earth rejoice!

## **SCRIPTURE READING**

### **RESPONSORY**

Your word, O Lord, will endure for ever.      *(Repeat)*

Your truth lasts from age to age:

Will endure for ever.

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

Your word, O Lord, will endure for ever.

### **MAGNIFICAT ANTIPHON**

My spirit \* exults in God my Saviour.

### **INTERCESSIONS**

**OUR FATHER**      *(said by the Superior)*

### **CONCLUDING PRAYER**

LET US BLESS THE LORD  
THANKS BE TO GOD

May the divine assistance remain always with us.  
And with our absent brothers and sisters. Amen.

# MAGNIFICAT

Canticle of Mary

(Luke 1:46–55)



My soul glorifies the Lord,  
my spirit rejoices in God, my Saviour.  
He looks on his servant in her lowliness;  
henceforth all ages will call me blessed.

The Almighty works marvels for me.  
Holy his name!  
His mercy is from age to age,  
on those who fear him.

He puts forth his arm in strength  
and scatters the proud-hearted.  
He casts the mighty from their thrones  
and raises the lowly.

He fills the starving with good things,  
sends the rich away empty.

He protects Israel, his servant,  
remembering his mercy,  
the mercy promised to our fathers,  
to Abraham and his sons for ever.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**REPEAT ANTIPHON**



**VESPERS**

**WEDNESDAY A**

O God, come to our aid,  
O Lord, make haste to help us.  
Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen. Alleluia!

**HYMN**

Philip Gaisford O.S.B ©Worth Abbey

In the quiet of the evening,  
Now the work of day is done,  
Turn our thoughts, most loving Father  
To the work of Christ, your Son.

In our wandering we have travelled  
Far from you throughout the day,  
Yet forgiving all, you sent us  
Christ to lead us, Christ the way.

When our ignorance is danger,  
Or we credit worldly lies,  
Then, with timely care, you give us  
Christ the truth to make us wise.

As the light of day is fading,  
Father, keep us in your sight;  
Pierce the dark of sin with splendour  
Shining out from Christ the light.

Glory be to God the Father,  
Glory be to God the Son,  
Glory to the Holy Spirit,  
Glory to the Three in One.

## ANTIPHON 1



The Lord of hosts \* is with us, the God of



Ja - cob is our stronghold!



## Psalm 45

God is for us a refuge and strength,  
a helper close at hand, in time of distress:  
so we shall not fear though the earth should rock,  
though the mountains fall into the depths of the sea,  
even though its waters rage and foam,  
even though the mountains be shaken by its waves.

The Lord of hosts is with us:  
the God of Jacob is our stronghold.

The waters of a river give joy to God's city,  
the holy place where the Most High dwells.  
God is within, it cannot be shaken;  
God will help it at the dawning of the day.  
Nations are in tumult, kingdoms are shaken;  
he lifts his voice, the earth shrinks away.

The Lord of hosts is with us:  
the God of Jacob is our stronghold.

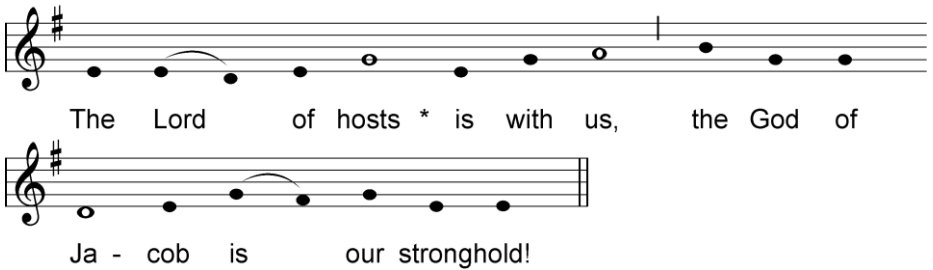
Come, consider the works of the Lord  
the redoubtable deeds he has done on the earth.  
He puts an end to wars over all the earth;  
the bow he breaks, the spear he snaps.  
He burns the shields with fire.  
'Be still and know that I am God,  
supreme among the nations, supreme on the earth!'



The Lord of hosts is with us:  
the God of Jacob is our stronghold.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**ANTIPHON 1**



The Lord of hosts \* is with us, the God of  
Ja - cob is our stronghold!

The image shows two staves of musical notation in G major (one sharp). The first staff contains the melody for the first line of text: 'The Lord of hosts \* is with us, the God of'. The second staff contains the melody for the second line: 'Ja - cob is our stronghold!'. The notes are simple, with some slurs and a fermata over the final note of the second line.

**ANTIPHON 2:** To the God \* of heaven give thanks, for his love endures for ever.

Psalm 135



Alleluia!

O give thanks to the Lord for he is good,  
for his love endures for ever.

Give thanks to the God of gods,  
for his love endures for ever.

Give thanks to the Lord of lords,  
for his love endures for ever;

who alone has wrought marvellous works,  
for his love endures for ever;  
whose wisdom it was made the skies,  
for his love endures for ever;  
who fixed the earth firmly on the seas,  
for his love endures for ever.

It was he who made the great lights,  
for his love endures for ever,  
the sun to rule in the day,  
for his love endures for ever,  
the moon and stars in the night,  
for his love endures for ever.

The first-born of the Egyptians he smote,  
for his love endures for ever.  
He brought Israel out from their midst,  
for his love endures for ever;  
arm outstretched, with power in his hand,  
for his love endures for ever.

He divided the Red Sea in two,  
for his love endures for ever;  
he made Israel pass through the midst,  
for his love endures for ever;  
he flung Pharaoh and his force in the sea,  
for his love endures for ever.

Through the desert his people he led,  
for his love endures for ever.  
Nations in their greatness he struck,  
for his love endures for ever.  
Kings in their splendour he slew,  
for his love endures for ever.

Sihon, king of the Amorites,  
for his love endures for ever;  
and Og, the king of Bashan,  
for his love endures for ever.

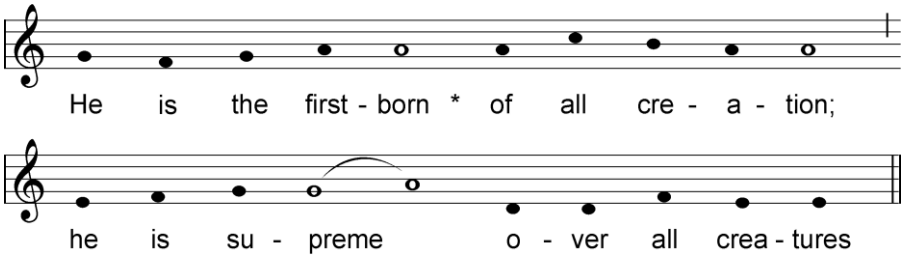
He let Israel inherit their land,  
for his love endures for ever.  
On his servant their land he bestowed,  
for his love endures for ever.  
He remembered us in our distress,  
for his love endures for ever.

And he snatched us away from our foes,  
for his love endures for ever.  
He gives food to all living things,  
for his love endures for ever.  
To the God of heaven give thanks,  
for his love endures for ever.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**ANTIPHON 2:** To the God \* of heaven give thanks, for his love endures  
for ever.

### ANTIPHON 3



He is the first - born \* of all cre - a - tion;  
he is su - preme o - ver all crea - tures

### NT Cantic 12

(Colossians 1:12–20)



( Let us give thanks to the Father,  
who has qualified us to share  
in the inheritance of the saints in light.

He has delivered us from the dominion of darkness  
and transferred us to the kingdom of his beloved Son,  
in whom we have redemption,  
the forgiveness of sins.

He is the image of the invisible God,  
the first-born of all creation,  
( for in him all things were created,  
in heaven and on earth,  
visible and invisible.

All things were created  
through him and for him.  
He is before all things,  
and in him all things hold together.

He is the head of the body, the Church;  
he is the beginning,  
the first-born from the dead,  
that in everything he might be pre-eminent.

For in him all the fullness of God was pleased to dwell,  
and through him to reconcile to himself all things,  
whether on earth or in heaven,  
making peace by the blood of his cross.

Glory be to the Father, the Son and Holy Spirit,  
both now and for ever, amen.

### REPEAT ANTIPHON

**ANTIPHON 4:** Acclaim \* our King, for he has worked wonders!

Psalm 97



Sing a new song to the Lord  
for he has worked wonders.  
His right hand and his holy arm  
have brought salvation.

The Lord has made known his salvation;  
has shown his justice to the nations.  
He has remembered his truth and love  
for the house of Israel.

All the ends of the earth have seen  
the salvation of our God.  
Shout to the Lord all the earth,  
ring out your joy.

Sing psalms to the Lord with the harp  
with the sound of music.  
With trumpets and the sound of the horn  
acclaim the King, the Lord.

Let the sea and all within it, thunder;  
the world, and all its peoples.  
Let the rivers clap their hands  
and the hills ring out their joy

at the presence of the Lord: for he comes,  
he comes to rule the earth.  
He will rule the world with justice  
and the peoples with fairness.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**ANTIPHON 4:** Acclaim \* our King, for he has worked wonders!

## **SCRIPTURE READING**

## **RESPONSORY**

Redeem me, Lord, and show me your mercy.      *(Repeat)*

Do not cast me away with sinners:

Show me your mercy.

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

Redeem me, Lord, and show me your mercy.

## **MAGNIFICAT ANTIPHON**

The Lord \* has done great things for me: holy is his name.

## **INTERCESSIONS**

**OUR FATHER**      *(said by the Superior)*

## **CONCLUDING PRAYER**

LET US BLESS THE LORD  
THANKS BE TO GOD

May the divine assistance remain always with us.  
And with our absent brothers and sisters. Amen.

# MAGNIFICAT

## Canticle of Mary

(Luke 1:46–55)



My soul glorifies the Lord,  
my spirit rejoices in God, my Saviour.  
He looks on his servant in her lowliness;  
henceforth all ages will call me blessed.

The Almighty works marvels for me.  
Holy his name!  
His mercy is from age to age,  
on those who fear him.

He puts forth his arm in strength  
and scatters the proud-hearted.  
He casts the mighty from their thrones  
and raises the lowly.

He fills the starving with good things,  
sends the rich away empty.

He protects Israel, his servant,  
remembering his mercy,  
the mercy promised to our fathers,  
to Abraham and his sons for ever.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**REPEAT ANTIPHON**

**HYMN**

©Mount St. Bernard Abbey



Mak - er of all, at whose word the great stars  
Come to birth and then die,  
Cloth - ing our day in the beau - ty of light  
Bring - ing sleep as your gift.

Day is now done, and as evening draws on  
We give thanks for your care;  
Come to our aid as we sing in your praise  
And give voice to our love.

Deep in the heart may our song find its source,  
On our lips sound with joy;  
You are the one whom our love would embrace,  
Whom our soul would adore.

Night will enshroud us in darkness and gloom  
And the daylight will fade,  
Kindle within us the light of our faith  
To make night clear as day.

Lull now to rest all our sinful desires  
While the soul stays alert,  
Faith is the source of untroubled repose  
To the hearts that are pure.

Come, let us pray to the Father and Christ,  
To the Spirit of both:  
Three who are One in unwearying might  
And in tenderest love.



## VESPERS

THURSDAY A

O God, come to our aid,  
O Lord, make haste to help us.  
Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen. Alleluia!

## HYMN

**ANTIPHON 1:** Sing to us \* one of Zion's songs.

### Psalm 136



( By the rivers of Babylon  
there we sat and wept,  
remembering Zion;  
on the poplars that grew there  
we hung up our harps.

( For it was there that they asked us,  
our captors, for songs,  
our oppressors, for joy.  
'Sing to us,' they said,  
'one of Zion's songs.'

( O how could we sing  
the song of the Lord  
on alien soil?  
If I forget you, Jerusalem,  
let my right hand wither!

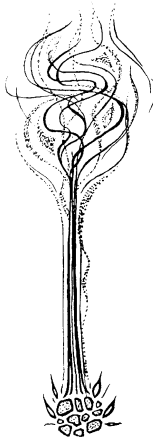
( O let my tongue  
cleave to my mouth  
if I remember you not,  
if I prize not Jerusalem  
above all my joys!

( Remember, O Lord,  
against the sons of Edom  
the day of Jerusalem;  
when they said: 'Tear it down!  
Tear it down to its foundations!'

( O Babylon, destroyer,  
he is happy who repays you  
the ills you brought on us.  
He shall seize and shall dash  
your children on the rock!

Glory be to the Father, the Son and Holy Spirit,  
both now and for ever, amen.

**ANTIPHON 1:** Sing to us \* one of Zion's songs.



**ANTIPHON 2:** Let my prayer \* rise before you like incense.

Psalm 140



I have called to you, Lord; hasten to help me!  
Hear my voice when I cry to you.  
Let my prayer arise before you like incense,  
the raising of my hands like an evening oblation.

Set, O Lord, a guard over my mouth;  
keep watch, O Lord, at the door of my lips!  
Do not turn my heart to things that are wrong,  
to evil deeds with men who are sinners.

Never allow me to share in their feasting.  
If a good man strikes or reproves me it is kindness;  
but let the oil of the wicked not anoint my head.  
Let my prayer be ever against their malice.

Their princes were thrown down by the side of the rock:  
then they understood that my words were kind.  
As a millstone is shattered to pieces on the ground,  
so their bones were strewn at the mouth of the grave.

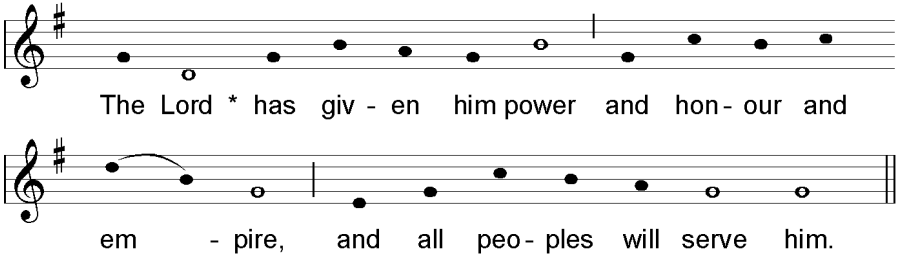
To you, Lord God, my eyes are turned:  
in you I take refuge; spare my soul!  
From the trap they have laid for me keep me safe:  
keep me from the snares of those who do evil.

Let the wicked fall into the traps they have set  
whilst I pursue my way unharmed.

Glory be to the Father, the Son and Holy Spirit,  
both now and for ever, amen.

**ANTIPHON 2:** Let my prayer \* rise before you like incense.

### ANTIPHON 3



The Lord \* has giv - en him power and hon - our and  
em - pire, and all peo - ples will serve him.

### NT Canticle 20

(Rev 11:17–18;12:10b–12a)



We give thanks to you, Lord God Almighty,  
who are and who were,  
that you have taken your great power  
and begun to reign.

The nations raged,  
but your wrath came,  
and the time for the dead to be judged,  
for rewarding your servants, the prophets and saints,  
and those who fear your name,  
both small and great.

Now the salvation and the power and the kingdom of our God  
and the authority of his Christ have come.  
For the accuser of our brethren has been thrown down,  
who accuses them day and night before our God.

And they have conquered him  
by the blood of the Lamb  
and by the word of their testimony,  
for they loved not their lives even unto death.  
Rejoice, then, O heaven,  
and you that dwell therein.

Glory be to the Father, the Son and Holy Spirit,  
both now and for ever, amen.

### REPEAT ANTIPHON

**ANTIPHON 4:** Exalt \* the Lord our God: bow down before him.

Psalm 98



The Lord is king; the peoples tremble.  
He is throned on the cherubim; the earth quakes.  
The Lord is great in Zion.

He is supreme over all the peoples.  
Let them praise his name, so terrible and great.  
he is holy, full of power.

You are a king who loves what is right;  
you have established equity, justice and right;  
you have established them in Jacob.

Exalt the Lord our God;  
bow down before Zion, his footstool.  
He the Lord is holy.

Among his priests were Aaron and Moses,  
among those who invoked his name was Samuel.  
They invoked the Lord and he answered.

To them he spoke in the pillar of cloud.  
They did his will; they kept the law,  
which he, the Lord, had given.

O Lord our God, you answered them.  
For them you were a God who forgives;  
yet you punished all their offences.

Exalt the Lord our God;  
bow down before his holy mountain  
for the Lord our God is holy.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
both now and for ever, amen.

**ANTIPHON 4:** Exalt \* the Lord our God: bow down before him.

## **SCRIPTURE READING**

### **RESPONSORY**

The Lord fed us with finest wheat.      *(Repeat)*

He filled us with honey from the rock:

With finest wheat.

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

The Lord fed us with finest wheat.

### **MAGNIFICAT ANTIPHON**

The Lord \* has cast the mighty from their thrones, and raised up  
the lowly.

### **INTERCESSIONS**

**OUR FATHER**                      *(said by the Superior)*

### **CONCLUDING PRAYER**

LET US BLESS THE LORD  
THANKS BE TO GOD

May the divine assistance remain always with us.  
And with our absent brothers and sisters. Amen.

# MAGNIFICAT

Canticle of Mary

(Luke 1:46–55)



My soul glorifies the Lord,  
my spirit rejoices in God, my Saviour.  
He looks on his servant in her lowliness;  
henceforth all ages will call me blessed.

The Almighty works marvels for me.  
Holy his name!  
His mercy is from age to age,  
on those who fear him.

He puts forth his arm in strength  
and scatters the proud-hearted.  
He casts the mighty from their thrones  
and raises the lowly.

He fills the starving with good things,  
sends the rich away empty.

He protects Israel, his servant,  
remembering his mercy,  
the mercy promised to our fathers,  
to Abraham and his sons for ever.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**REPEAT ANTIPHON**





**VESPERS**

**FRIDAY A**

O God, come to our aid,  
O Lord, make haste to help us.  
Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen. Alleluia!

**HYMN**

Charles Watson, O.S.B. ©Prinknash Abbey

Once in a garden A - dam walked  
With God at eve - ning - tide  
Ma - ker and man a - mong the trees,  
Com - pan - ions side by side.

But faithless Adam turned away  
And lost that blessed Face;  
From paradise to sorrow came,  
With promises of grace.

Jesus the shepherd passed through death  
To rescue what was lost;  
Mankind is reconciled to God,  
And God has paid the cost.

Children of Adam who were far  
In Christ have been brought near.  
The Father feasts his guilty sons,  
Most prodigal, most dear.

Maker and Lord, who take delight  
Among the sons of men,  
Bring us to share your evening calm  
In Paradise again.

**ANTIPHON 1:** All the earth \* shall remember and return to the Lord.

Psalm 21 A



My God, my God, why have you forsaken me?  
You are far from my plea and the cry of my distress.  
O my God, I call by day and you give no reply;  
I call by night and I find no peace.

Yet you, O God, are holy,  
enthroned on the praises of Israel.  
In you our fathers put their trust;  
they trusted and you set them free.  
When they cried to you, they escaped.  
In you they trusted and never in vain.

But I am a worm and no man,  
the butt of men, laughing-stock of the people.  
All who see me deride me.  
They curl their lips, they toss their heads.  
'He trusted in the Lord, let him save him;  
let him release him if this is his friend.'

Yes, it was you who took me from the womb,  
entrusted me to my mother's breast.  
To you I was committed from my birth,  
from my mother's womb you have been my God.  
Do not leave me alone in my distress;  
come close, there is none else to help.

Many bulls have surrounded me,  
fierce bulls of Bashan close me in.  
Against me they open wide their jaws,  
like lions rending and roaring.

Like water I am poured out,  
disjointed are all my bones.  
My heart has become like wax,  
it is melted within my breast.

Parched as burnt clay is my throat,  
my tongue cleaves to my jaws.

Many dogs have surrounded me,  
a band of the wicked beset me.  
They tear holes in my hands and my feet  
and lay me in the dust of death.

I can count every one of my bones,  
These people stare at me and gloat;  
they divide my clothing among them.  
They cast lots for my robe.

O Lord, do not leave me alone,  
my strength, make haste to help me!  
Rescue my soul from the sword,  
my life from the grip of these dogs.  
Save my life from the jaws of these lions,  
my poor soul from the horns of these oxen.

### Psalm 21 B



I will tell of your name to my brethren  
and praise you where they are assembled.

( 'You who fear the Lord give him praise;  
all sons of Jacob, give him glory.  
Revere him, Israel's sons.

For he has never despised  
nor scorned the poverty of the poor.  
From him he has not hidden his face,  
but he heard the poor man when he cried.'

You are my praise in the great assembly.  
My vows I will pay before those who fear him.

( The poor shall eat and shall have their fill.  
They shall praise the Lord, those who seek him.  
May their hearts live for ever and ever!

( All the earth shall remember and return to the Lord,  
all families of the nations worship before him  
for the kingdom is the Lord's; he is ruler of the nations.  
They shall worship him, all the mighty of the earth;  
before him shall bow all who go down to the dust.

And my soul shall live for him, my children serve him.  
They shall tell of the Lord to generations yet to come,  
declare his faithfulness to peoples yet unborn:  
'These things the Lord has done.'

Glory be to the Father, the Son and Holy Spirit,  
both now and for ever, amen.

**ANTIPHON 1:** All the earth \* shall remember and return to the Lord.

## ANTIPHON 2



All the peoples \* will come and a - dore you, O Lord!

## NT Canticle 21

(Revelation 15:3–4)



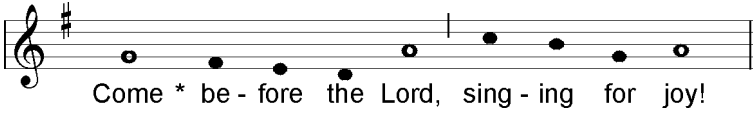
Great and wonderful are your deeds,  
O Lord God, the Almighty!  
Just and true are your ways,  
O King of the ages!

Who shall not fear and glorify your name, O Lord,  
for you alone are holy!  
All nations shall come and worship you,  
for your judgements have been revealed.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**ANTIPHON 2:** All the peoples \* will come and adore you, O Lord!

### ANTIPHON 3



### Psalm 99



Cry out with joy to the Lord, all the earth.  
Serve the Lord with gladness.  
Come before him, singing for joy.

Know that he, the Lord, is God.  
He made us, we belong to him,  
we are his people, the sheep of his flock.

Go within his gates, giving thanks.  
Enter his courts with songs of praise.  
Give thanks to him and bless his name.

Indeed, how good is the Lord,  
eternal his merciful love.  
He is faithful from age to age.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
both now and for ever, amen.

**ANTIPHON 3:** Come \* before the Lord, singing for joy!

## **SCRIPTURE READING**

### **RESPONSORY**

Christ loved us, he has washed away our sins with his blood.  
*(Repeat)*

He has made us a line of kings, priests to serve our God:

He has washed away our sins with his blood.

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

Christ loved us, he has washed away our sins with his blood.

### **MAGNIFICAT ANTIPHON**

Remember, Lord, \* your mercy, the mercy you promised to our fathers.

### **INTERCESSIONS**

**OUR FATHER** *(said by the Superior)*

### **CONCLUDING PRAYER**

LET US BLESS THE LORD  
THANKS BE TO GOD

May the divine assistance remain always with us.  
And with our absent brothers and sisters. Amen.

# MAGNIFICAT

Canticle of Mary

(Luke 1:46–55)



My soul glorifies the Lord,  
my spirit rejoices in God, my Saviour.  
He looks on his servant in her lowliness;  
henceforth all ages will call me blessed.

The Almighty works marvels for me.  
Holy his name!  
His mercy is from age to age,  
on those who fear him.

He puts forth his arm in strength  
and scatters the proud-hearted.  
He casts the mighty from their thrones  
and raises the lowly.

He fills the starving with good things,  
sends the rich away empty.

He protects Israel, his servant,  
remembering his mercy,  
the mercy promised to our fathers,  
to Abraham and his sons for ever.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now  
and shall be for ever, amen.

**REPEAT ANTIPHON**

