



VESPERS

WEEK A

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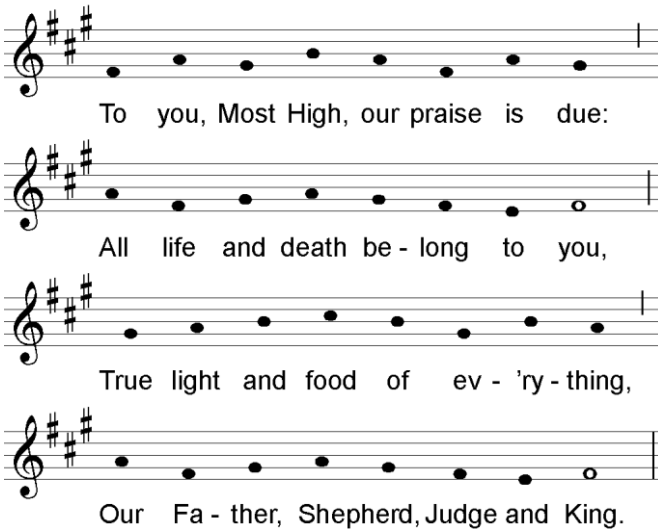
VESPERS

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.

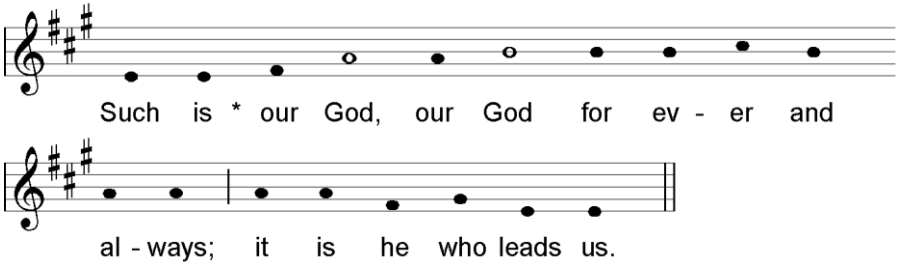
From presumption restrain your servant
and let it not rule me.
Then shall I be blameless,
clean from grave sin.

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.

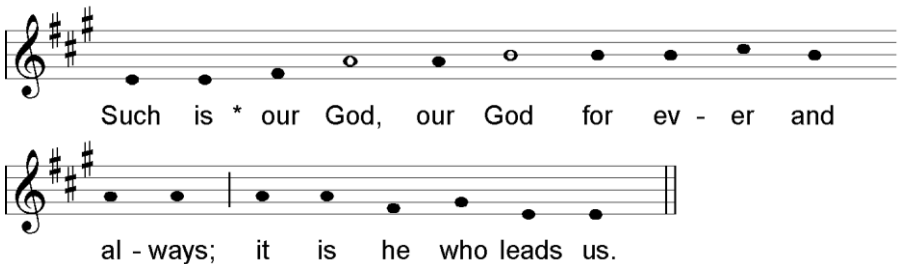
With justice your right hand is filled.
Mount Zion rejoices;
the people of Judah rejoice
at the sight of your judgements.

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.

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

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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.

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.

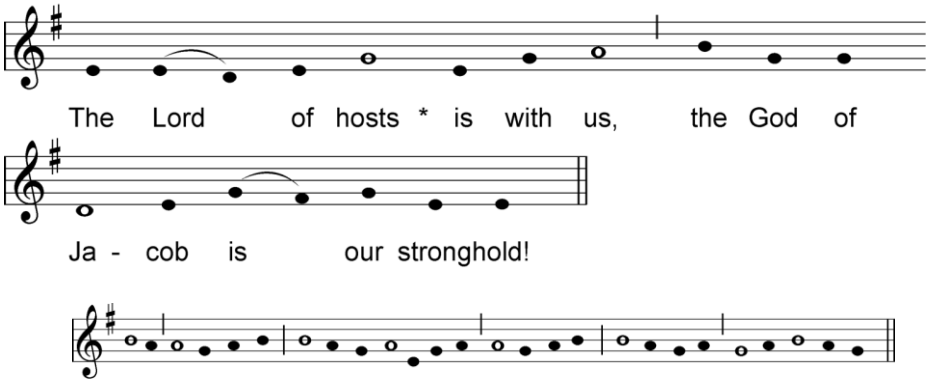
In our wandering we have travelled
Far from you throughout the day,
Yet forgiving all, you sent us
Christ to lead us, Christ the way.

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!

The image shows three staves of musical notation in G major (one sharp). The first staff contains the melody for 'The Lord of hosts * is with us, the God of'. The second staff contains the melody for 'Ja - cob is our stronghold!'. The third staff is a continuation of the melody, likely for the end of the phrase.

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.

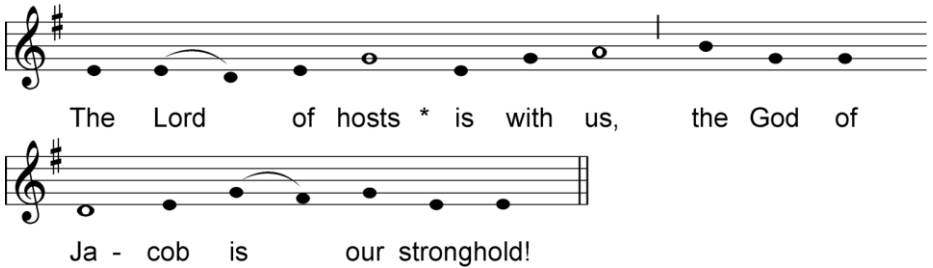
The Lord of hosts is with us:
the God of Jacob is our stronghold.

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 melody is simple, using quarter and half notes with a final cadence. A star symbol is placed above the word 'hosts'.

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.

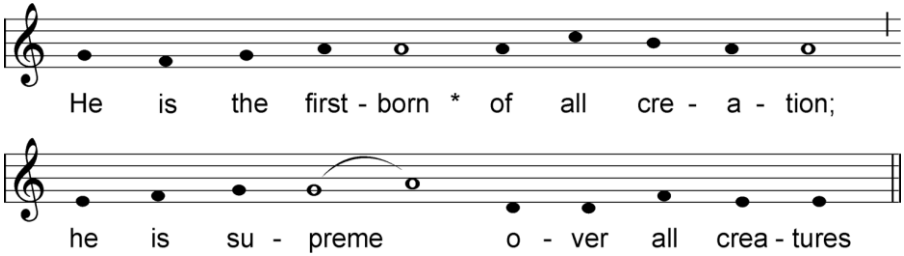
He let Israel inherit their land,
for his love endures for ever.
On his servant their land he bestowed,
for his love endures for ever.
He remembered us in our distress,
for his love endures for ever.

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)



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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.
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He protects Israel, his servant,
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the mercy promised to our fathers,
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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!

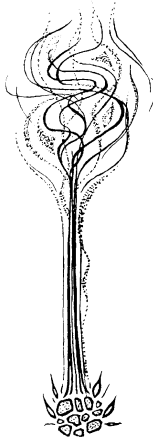
(O let my tongue
cleave to my mouth
if I remember you not,
if I prize not Jerusalem
above all my joys!

(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.

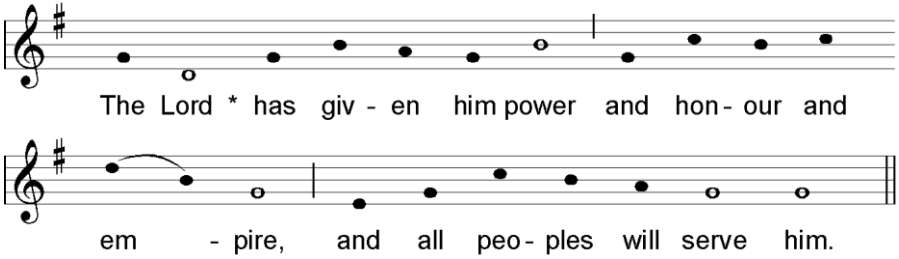
To you, Lord God, my eyes are turned:
in you I take refuge; spare my soul!
From the trap they have laid for me keep me safe:
keep me from the snares of those who do evil.

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