

VESPERS

WEEK B

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VESPERS

MONDAY B

HYMN

Melody adapted from Bohemian Brethren, *Gesangbuch*, 1566
Words ©Turvey Abbey

O Light, O bless - èd Tri - ni - ty,
Fire and Wis - dom, Child and Sun,
Old - er than cha - os, Young - est One:

Worlds upon worlds in solemn game
Move to the music of your name,
And praise you with their harmony.

We in the morning tell your praise,
Setting to words the wordless tongues
Of all the earth's adoring songs;

And now our evening prayer is made,
When this created sun must fade,
Marking the passing of our days:

In the great dark that takes us then
be our unending light. Amen

Final Verse:

In the great dark that takes us then
Be our un - end - ing light. A - men.

VESPERS

MONDAY B

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: The Lord * has given victory to his anointed King.



Psalm 19

May the Lord answer in time of trial;
may the name of Jacob's God protect you.

May he send you help from his shrine
and give you support from Zion.
May he remember all your offerings
and receive your sacrifice with favour.

May he give you your heart's desire
and fulfil every one of your plans.
(May we ring out our joy at your victory
and rejoice in the name of our God.
May the Lord grant all your prayers.

I am sure now that the Lord
will give victory to his anointed,
will reply from his holy heaven
with the mighty victory of his hand.

Some trust in chariots or horses,
but we in the name of the Lord.
They will collapse and fall,
but we shall hold and stand firm.

Give victory to the king, O Lord,
give answer on the day we call.

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

ANTIPHON 1: The Lord * has given victory to his anointed King.

ANTIPHON 2: O Lord, * your strength gives joy to the king.

Psalm 20



O Lord your strength gives joy to the king;
how your saving help makes him glad!
You have granted him his heart's desire;
you have not refused the prayer of his lips.

You came to meet him with the blessings of success,
you have set on his head a crown of pure gold.
He asked you for life and this you have given,
days that will last from age to age.

Your saving help has given him glory.
You have laid upon him majesty and splendour,
you have granted your blessings to him for ever.
You have made him rejoice with the joy of your presence.

The king has put his trust in the Lord:
through the mercy of the Most High he shall stand firm.
His hand will seek and find all his foes,
his right hand find out those that hate him.

You will burn them like a blazing furnace
on the day when you appear.
And the Lord shall destroy them in his anger;
fire will swallow them up.

You will wipe out their race from the earth
and their children from the sons of men.
Though they plan evil against you,
though they plot, they shall not prevail.

For you will force them to retreat;
at them you will aim with your bow.
O Lord, arise in your strength;
we shall sing and praise your power.

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

ANTIPHON 2: O Lord, * your strength gives joy to the king.

ANTIPHON 3



God planned * to bring all things to - geth - er



un - der Christ, when the ful - ness of time had come.

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

Let my prayer arise before you like incense, Lord. *(Repeat)*

The raising of my hands like an evening sacrifice:

Like incense, Lord.

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

Let my prayer arise before you like incense, Lord.

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.

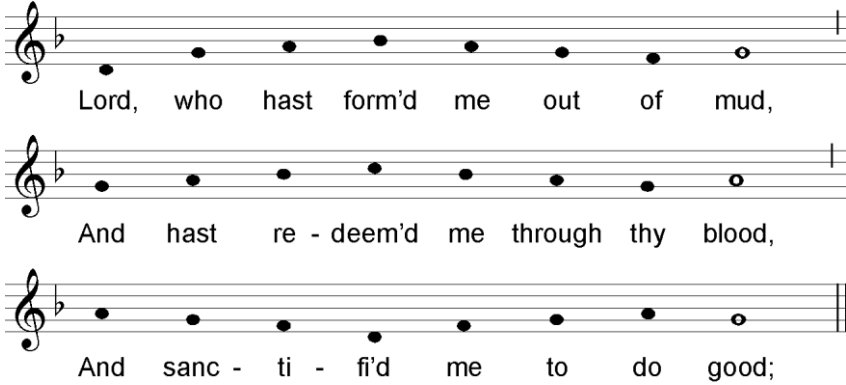
He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever.

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

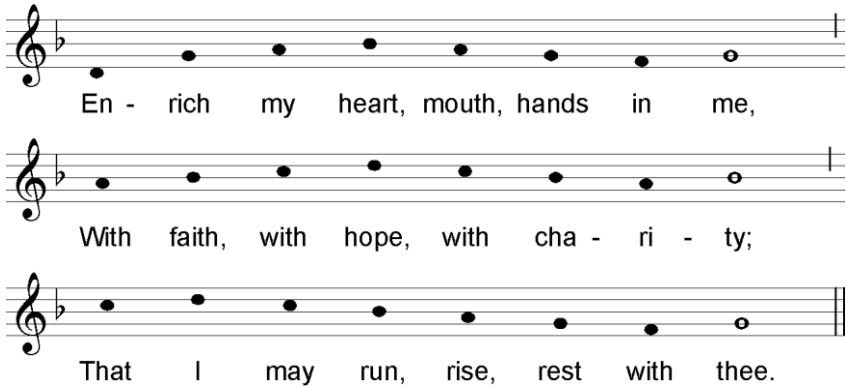
HYMN

Words: 'Trinity Sunday' George Herbert, 1593–1633
Music: ©Turvey Abbey



Lord, who hast form'd me out of mud,
And hast re - deem'd me through thy blood,
And sanc - ti - fi'd me to do good;

Purge all my sins done heretofore:
For I confess my heavy score,
And I will strive to sin no more.



En - rich my heart, mouth, hands in me,
With faith, with hope, with cha - ri - ty;
That I may run, rise, rest with thee.

VESPERS

TUESDAY B

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: God saw * all he had made, and indeed it was very good!

Psalm 103 A



Bless the Lord, my soul!
Lord God, how great you are,
clothed in majesty and glory,
wrapped in light as in a robe!

You stretch out the heavens like a tent.
Above the rains you build your dwelling.
You make the clouds your chariot,
you walk on the wings of the wind,
you make the winds your messengers
and flashing fire your servants.

You founded the earth on its base,
to stand firm from age to age.
You wrapped it with the ocean like a cloak:
the waters stood higher than the mountains.

At your threat they took to flight;
at the voice of your thunder they fled.
They rose over the mountains and flowed down
to the place which you had appointed.
You set limits they might not pass
lest they return to cover the earth.

You make springs gush forth in the valleys:
they flow in between the hills.
They give drink to all the beasts of the field;
the wild-asses quench their thirst.
On their banks dwell the birds of heaven;
from the branches they sing their song.

From your dwelling you water the hills;
earth drinks its fill of your gift.
You make the grass grow for the cattle
and the plants to serve man's needs,

that he may bring forth bread from the earth
and wine to cheer man's heart;
oil, to make his face shine
and bread to strengthen man's heart.

The trees of the Lord drink their fill,
the cedars he planted on Lebanon;
there the birds build their nests:
on the tree-top the stork has her home.
the goats find a home on the mountains
and rabbits hide in the rocks.

You made the moon to mark the months;
the sun knows the time for its setting.
When you spread the darkness it is night
and all the beasts of the forest creep forth.
The young lions roar for their prey
and ask their food from God.

At the rising of the sun they steal away
and go to rest in their dens.
Man goes forth to his work,
to labour till evening falls.

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

Psalm 103 B



(How many are your works, O Lord!
In wisdom you have made them all.
The earth is full of your riches.

(There is the sea, vast and wide,
with its moving swarms past counting,
living things great and small.
The ships are moving there
and the monsters you made to play with.

All of these look to you
to give them their food in due season.
You give it, they gather it up:
you open your hand, they have their fill.

(You hide your face, they are dismayed;
you take back your spirit, they die,
returning to the dust from which they came.
You send forth your spirit, they are created;
and you renew the face of the earth.

May the glory of the Lord last for ever!
May the Lord rejoice in his works!
He looks on the earth and it trembles;
the mountains send forth smoke at his touch.

I will sing to the Lord all my life,
make music to my God while I live.
May my thoughts be pleasing to him.
I find my joy in the Lord.

(Let sinners vanish from the earth
and the wicked exist no more.
Bless the Lord, my soul.

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

ANTIPHON 1: God saw * all he had made, and indeed it was very good!

ANTIPHON 2



Worth - y * is the Lamb that was slain to re - ceive



Glo - ry and hon - our!

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

You will fill me with joy in your presence, Lord. *(Repeat)*

Happiness for ever:

In your presence, Lord.

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

You will fill me with joy in your presence, Lord.

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 B

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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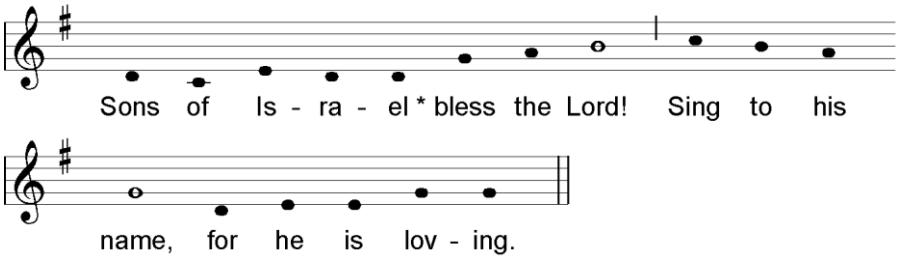
Now day is end - ing
With one ac - cord
Let us to - ge - ther
Thank the Lord.

Peace we have injured,
Lord, we confess:
Cleanse and restore us,
Heal and bless,

That we may bring you
Gifts undefiled,
With all our quarrels
Reconciled.

Father whose mercies
Lighten our days,
Son and Consoler,
Hear our praise.

ANTIPHON 1



Sons of Is - ra - el * bless the Lord! Sing to his
name, for he is lov - ing.

Psalm 134



Alleluia!

Praise the name of the Lord,
praise him, servants of the Lord,
who stand in the house of the Lord
in the courts of the house of our God.

Praise the Lord for the Lord is good.
Sing a psalm to his name for he is loving.
For the Lord has chosen Jacob for himself
and Israel for his own possession.

For I know the Lord is great,
that our Lord is high above all gods.
The Lord does whatever he wills,
in heaven, on earth, in the seas.

(He summons clouds from the ends of the earth;
makes lightning produce the rain;
from his treasures he sends forth the wind.

The first-born of the Egyptians he smote,
of man and beast alike.

(Signs and wonders he worked
In the midst of your land, O Egypt,
against Pharaoh and all his servants.

Nations in their greatness he struck
and kings in their splendour he slew.

(Sihon, king of the Amorites,
Og, the king of Bashan,
and all the kingdoms of Canaan.
He let Israel inherit their land;
on his people their land he bestowed.

Lord, your name stands for ever,
unforgotten from age to age:
for the Lord does justice for his people;
the Lord takes pity on his servants.

Pagan idols are silver and gold,
the work of human hands.
They have mouths but they cannot speak;
they have eyes but they cannot see.

They have ears but they cannot hear;
there is never a breath on their lips.
Their makers will come to be like them
and so will all who trust in them!

Sons of Israel, bless the Lord!
Sons of Aaron, bless the Lord!
Sons of Levi, bless the Lord!
You who fear him, bless the Lord!

From Zion may the Lord be blessed,
he who dwells in Jerusalem!

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

ANTIPHON

Sons of Is - ra - el * bless the Lord! Sing to his
name, for he is lov - ing.

ANTIPHON 2: To you, * O God, will I sing a new song.

Psalm 143



(Blessed be the Lord, my rock
who trains my arms for battle,
who prepares my hands for war.

He is my love, my fortress;
he is my stronghold, my saviour,
my shield, my place of refuge.
He brings peoples under my rule.

Lord, what is man that you care for him,
mortal man, that you keep him in mind;
man, who is merely a breath
whose life fades like a shadow?

Lower your heavens and come down;
touch the mountains; wreath them in smoke.
Flash your lightnings; rout the foe,
shoot your arrows and put them to flight.

(Reach down from heaven and save me;
draw me out from the mighty waters,
from the hands of alien foes
whose mouths are filled with lies,
whose hands are raised in perjury.

To you, O God, will I sing a new song;
I will play on the ten-stringed lute
to you who give kings their victory,
who set David your servant free.

You set him free from the evil sword;
you rescued him from alien foes
whose mouths were filled with lies,
whose hands were raised in perjury.

Let our sons then flourish like saplings
grown tall and strong from their youth:
our daughters graceful as columns,
adorned as though for a palace.

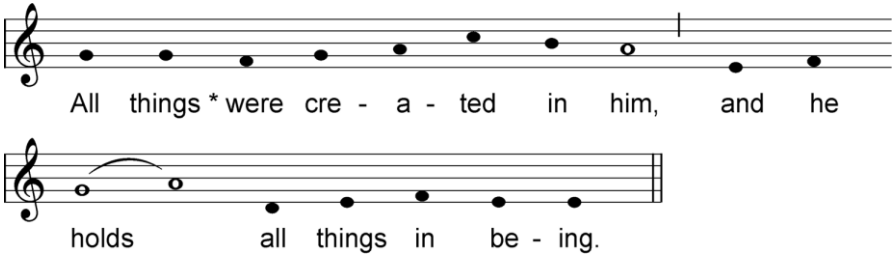
Let our barns be filled to overflowing
with crops of every kind;
(our sheep increasing by thousands,
myriads of sheep in our fields,
our cattle heavy with young,

no ruined wall, no exile,
no sound of weeping in our streets.
Happy the people with such blessings;
happy the people whose God is the Lord.

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

ANTIPHON 2: To you, * O God, will I sing a new song.

ANTIPHON 3



The image shows two staves of musical notation in G-clef. The first staff contains the melody for the first line of text: "All things * were cre - a - ted in him, and he". The second staff contains the melody for the second line: "holds all things in be - ing." The notes are simple quarter and half notes, with a fermata over the first note of the second staff.

NT Cantic 12

(Colossians 1:12–20)



A short musical phrase in G-clef, consisting of a half note followed by four quarter notes.

(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

As the pupil of your eye guard us, Lord. *(Repeat)*

Hide us in the shelter of your wings.

Guard us, Lord.

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

As the pupil of you eye guard us, Lord.

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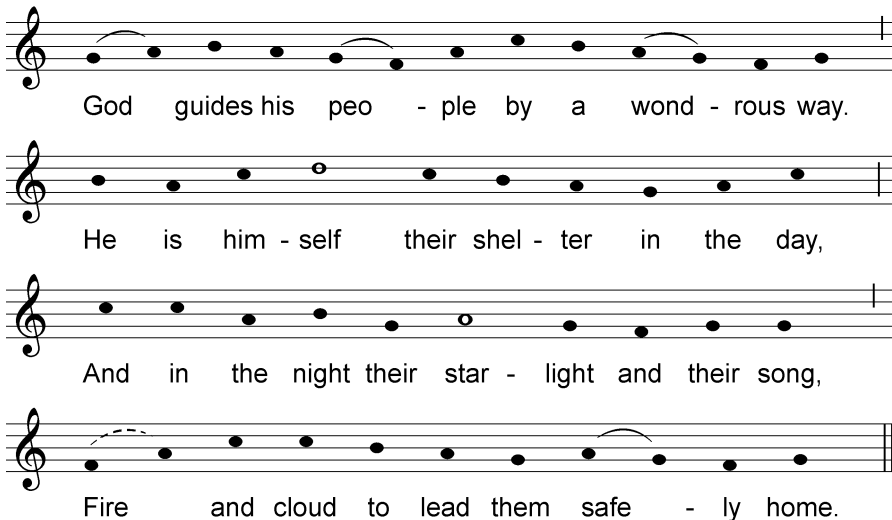
He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever.

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

©Panel of Monastic Musicians



God guides his peo - ple by a wond - rous way.

He is him - self their shel - ter in the day,

And in the night their star - light and their song,

Fire and cloud to lead them safe - ly home.

There in his city night shall be no more.
Sorrow and sickness cannot pass his door.
All the bright glory of his love shall be
Sunlight and moonlight for eternity.

Lead us, our Glory, to that blessed place
Where we shall gaze together on your face,
Singing the endless song, for ever new,
How you have brought your people home to you.

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VESPERS

THURSDAY B

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: In the Lord * our hearts find joy; we trust in his holy name.

Psalm 32



All: Ring out your joy to the Lord, O you just;
for praise is fitting for loyal hearts.

Give thanks to the Lord upon the harp,
with a ten-stringed lute sing him songs.
O sing him a song that is new,
play loudly, with all your skill.

For the word of the Lord is faithful
and all his works to be trusted.
The Lord loves justice and right
and fills the earth with his love.

By his word the heavens were made,
by the breath of his mouth all the stars.
He collects the waves of the ocean;
he stores up the depths of the sea.

Let all the earth fear the Lord,
all who live in the world revere him.
He spoke; and it came to be.
He commanded; it sprang into being.

He frustrates the designs of the nations,
he defeats the plans of the peoples.
His own designs shall stand for ever,
the plans of his heart from age to age.

They are happy, whose God is the Lord,
the people he has chosen as his own.
From the heavens the Lord looks forth,
he sees all the children of men.

From the place where he dwells he gazes
on all the dwellers on the earth,
he who shapes the hearts of them all
and considers all their deeds.

A king is not saved by his army,
nor a warrior preserved by his strength.
A vain hope for safety is the horse;
despite its power it cannot save.

The Lord looks on those who revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine.

Our soul is waiting for the Lord.
The Lord is our help and our shield.
In him do our hearts find joy.
We trust in his holy name.

All: May your love be upon us, O Lord,
as we place all our hope in you.

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: In the Lord * our hearts find joy; we trust in his holy name.

ANTIPHON 2: Heal me, Lord, * for I have sinned against you.

Psalm 40



Happy the man who considers the poor and the weak.
The Lord will save him in the day of evil,
will guard him, give him life, make him happy in the land
and will not give him up to the will of his foes.
The Lord will help him on his bed of pain,
he will bring him back from sickness to health.

As for me, I said: 'Lord, have mercy on me,
heal my soul for I have sinned against you.'
My foes are speaking evil against me.
'How long before he dies and his name be forgotten?'
They come to visit me and speak empty words,
their hearts full of malice, they spread it abroad.

My enemies whisper together against me.
They all weigh up the evil which is on me:
'Some deadly thing has fastened upon him,
he will not rise again from where he lies.'
Thus even my friend, in whom I trusted,
who ate my bread, has turned against me.

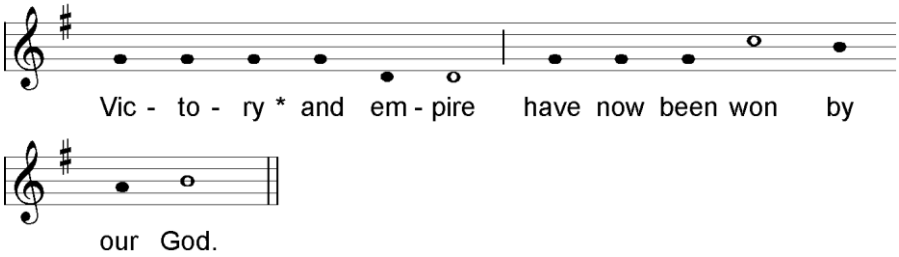
But you, O Lord, have mercy on me.
Let me rise once more and I will repay them.
By this I shall know that you are my friend,
if my foes do not shout in triumph over me.
If you uphold me I shall be unharmed
and set in your presence for evermore.

Blessed be the Lord, the God of Israel
from age to age. Amen. Amen.

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

ANTIPHON 2: Heal me, Lord, * for I have sinned against you.

ANTIPHON 3



Vic - to - ry * and em - pire have now been won by
our God.

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, and the second staff contains the melody for the second line. The notes are: G4, A4, B4, C5, B4, A4, G4 for the first line; and G4, A4, B4, C5, B4, A4, G4 for the second line.

NT Canticle 20

(Rev 11:17–18; 12:10b–12a)



The image shows a single staff of musical notation in G major (one sharp). The notes are: G4, A4, B4, C5, B4, A4, G4.

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 is my shepherd; there is nothing I shall want. *(Repeat)*

Fresh and green are the pastures where he gives me repose:

There is nothing I shall want.

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

The Lord is my shepherd; there is nothing I shall want.

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

HYMN

Alan Rees, O.S.B. ©Belmont Abbey

The great Cre - a - tor of the worlds,
The sov - 'reign God of heav'n,
His ho - ly and im - mor - tal truth
To us on earth has giv'n.

He sent no angel of his host
To bear this mighty word,
But him through whom the worlds were made,
The everlasting Lord.

He sent him not in wrath and power,
But grace and peace to bring;
In kindness, as a king might send
His son, himself a king.

He sent him down as sending God;
As man he came to men;
As one with us he dwelt with us,
And died, and lives again.

(author unknown)

VESPERS

FRIDAY B

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: Seek the Lord, * and you will live.

Psalm 68



Save me, O God,
for the waters have risen to my neck.

I have sunk into the mud of the deep
and there is no foothold.
I have entered the waters of the deep
and the waves overwhelm me.

I am wearied with all my crying.
my throat is parched.
My eyes are wasted away
from looking for my God.

More numerous than the hairs on my head
are those who hate me without cause.
Those who attack me with lies
are too much for my strength.

How can I restore
what I have never stolen?
O God, you know my sinful folly;
my sins you can see.

Let those who hope in you not be put to shame
through me, Lord of hosts:
let not those who seek you be dismayed
through me, God of Israel.

It is for you that I suffer taunts,
that shame covers my face,
that I have become a stranger to my brothers,
an alien to my own mother's sons.
I burn with zeal for your house
and taunts against you fall on me.

When I afflict my soul with fasting
they make it a taunt against me.
When I put on sackcloth in mourning
then they make me a byword,
the gossip of men at the gates,
the subject of drunkards' songs.

This is my prayer to you,
my prayer for your favour.
In your great love, answer me, O God,
with your help that never fails:
rescue me from sinking in the mud;
save me from my foes.

Save me from the waters of the deep
lest the waves overwhelm me.
Do not let the deep engulf me
nor death close its mouth on me.

(This section is read)

Lord, answer, for your love is kind;
in your compassion, turn towards me.
Do not hide your face from your servant;
answer quickly for I am in distress.
Come close to my soul and redeem me;
ransom me pressed by my foes.

You know how they taunt and deride me;
my oppressors are all before you.
Taunts have broken my heart;
I have reached the end of my strength.
I looked in vain for compassion,
for consolers; not one could I find.

For food they gave me poison;
in my thirst they gave me vinegar to drink.
Let their table be a snare to them
and their festive banquets a trap.
Let their eyes grow dim and blind;
let their limbs tremble and shake.

Pour out your anger upon them,
let the heat of your fury overtake them.
Let their camp be left desolate;
let no one dwell in their tents:
for they persecute one whom you struck;
they increase the pain of him you wounded.

Charge them with guilt upon guilt;
let them never be found just in your sight.
Blot them out from the book of the living;
do not enrol them among the just.
As for me in my poverty and pain
let your help, O God, lift me up.



I will praise God's name with a song;
I will glorify him with thanksgiving.
A gift pleasing God more than oxen,
more than beasts prepared for sacrifice.

The poor when they see it will be glad
and God-seeking hearts will revive;
for the Lord listens to the needy
and does not spurn his servants in their chains.
Let the heavens and the earth give him praise,
the sea and all its living creatures.

(For God will bring help to Zion
and rebuild the cities of Judah
and men shall dwell there in possession.
The sons of his servants shall inherit it;
those who love his name shall dwell there.

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

ANTIPHON 1: Seek the Lord, * and you will live.

ANTIPHON 2



Your ways * are just and true, King of all the a - ges!

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: Your ways * are just and true, King of all the ages!

ANTIPHON 3: The Lord * is glorious on high!



Psalm 92

The Lord is king, with majesty enrobed;
the Lord has robed himself with might,
he has girded himself with power.

The world you made firm, not to be moved;
your throne has stood firm from of old.
From all eternity, O Lord, you are.

The waters have lifted up, O Lord,
the waters have lifted up their voice,
the waters have lifted up their thunder.

Greater than the roar of mighty waters,
more glorious than the surgings of the sea,
the Lord is glorious on high.

Truly your decrees are to be trusted.
Holiness is fitting to your house,
O Lord, until the end of time.

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

ANTIPHON 3: The Lord * is glorious on high!

SCRIPTURE READING

RESPONSORY

Christ died for our sins, that he might offer us to God. *(Repeat)*

In the body he was put to death, in the Spirit he was raised to life:

That he might offer us to God.

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

Christ died for our sins, that he might offer us to God.

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