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TO NATURAL  
DEATH  
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# Prayer Book

2019

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**Wednesday, January 16, 2019**

# Night Prayer

**(Make the Sign of the Cross)**

**PRIEST:** God, come to my assistance.

**ALL:** Lord, make haste to help me.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit:

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

**EXAMINATION OF CONSCIENCE:**

**PRIEST:** At the end of our day, we examine our conscience, our actions and inactions toward God and toward others, asking for God's mercy when we fell short and for His strength to do better.

**PRIEST:** Lord Jesus, you raise us to new life:

Lord, have mercy.

**ALL:** Lord have mercy.

**PRIEST:** Lord Jesus, you forgive us our sins:

Christ, have mercy.

**ALL:** Christ, have mercy.

**PRIEST:** Lord Jesus you feed us with your body and blood:

Lord, have mercy.

ALL: Lord have mercy.

PSALMODY

Ant. 1 (PRIEST): Lord God, be my refuge and my strength.

Psalm 31:1-6

Trustful prayer in adversity

*Father, into your hands I commend my spirit (Luke 23:46).*

ALL: In you, O Lord, I take refuge.  
Let me never be put to shame.  
In your justice, set me free,  
hear me and speedily rescue me.

Be a rock of refuge for me,  
a mighty stronghold to save me,  
for you are my rock, my stronghold.  
For your name's sake, lead me and guide me.

Release me from the snares they have hidden  
for you are my refuge, Lord.  
Into your hands I commend my spirit.  
It is you who will redeem me, Lord.

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

Ant. (ALL): Lord God, be my refuge and my strength.

Ant. 2 (PRIEST): Out of the depths I cry to you, Lord.

Psalm 130

A cry from the depths

*He will save his people from their sins (Matthew 1:21).*

ALL: Out of the depths I cry to you, O Lord,  
Lord, hear my voice!  
O let your ears be attentive  
to the voice of my pleading.

If you, O Lord, should mark our guilt,  
Lord, who would survive?  
But with you is found forgiveness:  
for this we revere you.

My soul is waiting for the Lord,  
I count on his word.  
My soul is longing for the Lord  
more than watchman for daybreak.  
Let the watchman count on daybreak  
and Israel on the Lord.

Because with the Lord there is mercy  
and fullness of redemption,  
Israel indeed he will redeem  
from all its iniquity.

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

**Ant. (ALL):** Out of the depths I cry to you, Lord.

**READING**

**Ephesians 4:26-27**

If you are angry, let it be without sin. The sun must not go down on your wrath; do not give the devil a chance to work on you.

**RESPONSORY**

**PRIEST:** Into your hands, Lord, I commend my spirit.

**ALL:** Into your hands, Lord, I commend my spirit.

**PRIEST:** You have redeemed us, Lord God of truth.

**ALL:** I commend my spirit.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit,

**ALL:** Into your hands, Lord, I commend my spirit.

**GOSPEL CANTICLE**

**Ant. (PRIEST):** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

**Luke 2:29-32**

**Christ is the light of the nations and the glory of Israel**

**(Make the Sign of the Cross)**

**ALL:** Lord, now you let your servant go in peace;  
your word has been fulfilled:  
my own eyes have seen the salvation  
which you have prepared in the sight of every people:  
a light to reveal you to the nations  
and the glory of your people Israel.

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

**Ant. (ALL):** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

### CONCLUDING PRAYER

**PRIEST:** Let us pray.  
Lord Jesus Christ,  
you have given your followers  
an example of gentleness and humility,  
a task that is easy, a burden that is light.  
Accept the prayers and work of this day,  
and give us the rest that will strengthen us  
to render more faithful service to you  
who live and reign for ever and ever.

**ALL:** Amen.

### BLESSING

**PRIEST:** May the all-powerful Lord grant us a restful night and a peaceful death.

**ALL:** Amen.

### Antiphon in honor of the Blessed Virgin Mary

**ALL:** Hail, holy Queen, Mother of mercy,  
our life, our sweetness and our hope.  
To thee do we cry, poor banished children of Eve.  
To thee to we send up our sighs,  
mourning and weeping in this valley of tears.  
Turn, then, most gracious advocate,  
thine eyes of mercy toward us,  
and after this, our exile,  
show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.

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Thursday, January 17, 2019

# Morning Prayer

(Make the Sign of the Cross on your lips)

**PRIEST:** Lord, open my lips.

**ALL:** And my mouth will proclaim your praise.

PSALMODY

Ant. 1 (PRIEST): Awake, lyre and harp, with praise let us awake the dawn.

Psalms 57

Morning prayer in affliction

*This psalm tells of our Lord's passion (St. Augustine).*

ALL: Have mercy on me, God, have mercy  
for in you my soul has taken refuge.  
In the shadow of your wings I take refuge  
till the storms of destruction pass by.

I call to you God the Most High,  
to God who have always been my help.  
May you send from heaven and save me  
and shame those who assail me.

May God send his truth and his love.

My soul lies down among lions,  
who would devour the sons of men.  
Their teeth are spears and arrows,  
their tongue a sharpened sword.

O God, arise above the heavens;  
may your glory shine on earth!

They laid a snare for my steps  
my soul was bowed down.  
They dug a pit in my path  
but fell in it themselves.

My heart is ready, O God,  
my heart is ready.  
I will sing, I will sing your praise.  
Awake, my soul;  
awake, lyre and harp,  
I will awake the dawn.

I will thank you, Lord, among the peoples,  
among the nations I will praise you  
for your love reaches to the heavens  
and your truth to the skies.

O God, arise above the heavens;  
may your glory shine on earth.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit:  
**ALL:** as it was in the beginning, is now, and will be for ever. Amen.

**Ant. (ALL):** Awake, lyre and harp, with praise let us awake the dawn.

**Ant. 2 (PRIEST):** My people, says the Lord, will be filled with my blessings.

**Canticle: Jeremiah 31:10-14**

**The happiness of a people who have been redeemed**

*Jesus was to die...to gather God's scattered children into one fold  
(John 11:51, 52).*

**ALL:** Hear the word of the Lord, O nations,  
proclaim it on distant coasts, and say:  
He who scattered Israel, now gathers them together,  
he guards them as a shepherd his flock.

The Lord shall ransom Jacob,  
he shall redeem him from the hand of his conqueror.  
Shouting, they shall mount the heights of Zion,  
they shall come streaming to the Lord's blessings:  
the grain, the wine, and the oil,  
the sheep and the oxen;  
they themselves shall be like watered gardens,  
never again shall they languish.

Then the virgins shall make merry and dance,  
and young men and old as well.  
I will turn their mourning into joy,  
I will console and gladden them after their sorrows.  
I will lavish choice portions on the priests,  
and my people shall be filled with my blessings,  
says the Lord.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit:  
**ALL:** as it was in the beginning, is now, and will be for ever. Amen.

**Ant. (ALL):** My people, says the Lord, will be filled with my blessings

**Ant. 3 (PRIEST):** The Lord is great and worthy to be praised in the city of our God.

**Psalms 48**

**Thanksgiving for the people's deliverance**

*He took me up a high mountain and showed me Jerusalem, God's holy city  
(Revelation 21:10).*

**ALL:** 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 judgments.

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 to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be for ever. Amen.

**Ant. (ALL):** The Lord is great and worthy to be praised in the city of our God.

**READING**

Isaiah 66:1-2

Thus says the Lord:  
The heavens are my throne,  
And the earth is my footstool.  
What kind of house can you build for me;  
what is to be my resting place?  
My hand made all these things  
when all of them came to be, says the Lord.  
This is the one whom I approve:  
the lowly and afflicted man who trembles at my word.

**RESPONSORY**

**PRIEST:** From the depths of my heart I cry to you; hear me, O Lord.

**ALL:** From the depths of my heart I cry to you; hear me, O Lord.

**PRIEST:** I will do what you desire;  
**ALL:** hear me, O Lord.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit.  
**ALL:** From the depths of my heart I cry to you; hear me, O Lord.

**GOSPEL CANTICLE**

**Ant. (PRIEST):** Let us serve the Lord in holiness, and he will save us from our enemies.

Luke 1:68-79

*The Messiah and his forerunner*

**(Make the Sign of the Cross)**

**ALL:** Blessed be the Lord, the God of Israel;  
he has come to his people and set them free.  
He has raised up for us a mighty savior,  
born of the house of his servant David.

Through his holy prophets he promised of old  
that he would save us from our enemies,  
from the hands of all who hate us.  
He promised to show mercy to our fathers  
and to remember his holy covenant.

This was the oath he swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship him without fear,  
holy and righteous in his sight all the days of our life.  
You, my child, shall be called the prophet of the Most High;  
for you will go before the Lord to prepare his way,  
to give his people knowledge of salvation  
by the forgiveness of their sins.

In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.

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

**Ant. (ALL):** Let us serve the Lord in holiness, and he will save us from our enemies.

#### **INTERCESSIONS**

**PRIEST:** The Lord Jesus has given us the light of another day. In return we thank him as we cry out:

**ALL:** Lord, bless us and bring us close to you.

**PRIEST:** You offered yourself in sacrifice for our sins,

**ALL:** accept our intentions and our work today.

**PRIEST:** You bring us joy by the light of another day,

**ALL:** let the morning star rise in our hearts.

**PRIEST:** Give us strength to be patient with those we meet today,

**ALL:** and so imitate you.

**PRIEST:** Make us aware of your mercy this morning, Lord,

**ALL:** and let your strength be our delight.

#### **THE LORD'S PRAYER**

**PRIEST:** Gathering our prayer and praises into one, let us offer the prayer Christ himself taught us:

**ALL:** Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done on earth  
as it is in heaven.

Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.

#### CONCLUDING PRAYER

**PRIEST:** O God, who brought the Abbot Saint Anthony  
to serve you by a wondrous way of life in the desert,  
grant, through his intercession,  
that, denying ourselves,  
we may always love you above all things.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.

**ALL:** Amen.

#### DISMISSAL

**PRIEST:** The Lord be with you.

**ALL:** And with your spirit.

**PRIEST:** May almighty God bless you,  
the Father, and the Son, and the Holy Spirit.

**ALL:** Amen.

**PRIEST:** Go in peace.

**ALL:** Thanks be to God.

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# Evening Prayer

(Make the Sign of the Cross)

**PRIEST:** God, come to my assistance.

**ALL:** Lord, make haste to help me.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit:

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

#### PSALMODY

**Ant. 1 (PRIEST):** I cried to you, Lord, and you healed me; I will praise you for ever.

Psalm 30

Thanksgiving for deliverance from death

*Christ, risen in glory, gives continual thanks to his Father (Cassian).*

**ALL:** I will praise you, Lord, you have rescued me  
and have not let my enemies rejoice over me.  
O Lord, I cried to you for help  
and you, my God, have healed me.  
O Lord, you have raised my soul from the dead,  
restored me to life from those who sink into the grave.

Sing psalms to the Lord, you who love him,  
give thanks to his holy name.  
His anger lasts a moment; his favor all through life.  
At night there are tears, but joy comes with dawn.

I said to myself in my good fortune:  
“Nothing will ever disturb me.”  
Your favor had set me on a mountain fastness,  
then you hid your face and I was put to confusion.

To you, Lord, I cried,  
to my God I made appeal:  
“What profit would my death be, my going to the grave?  
Can dust give you praise or proclaim your truth?”

The Lord listened and had pity.  
The Lord came to my help.  
For me you have changed my mourning into dancing,  
you removed my sackcloth and clothed me with joy.  
So my soul sings psalms to you unceasingly.  
O Lord my God, I will thank you for ever.

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

**Ant. (ALL):** I cried to you, Lord, and you healed me; I will praise you for ever.

**Ant. 2 (PRIEST):** The one who is sinless in the eyes of God is blessed indeed.

Psalm 32

They are happy whose sins are forgiven

*David speaks of the happiness of the man who is holy in God's eyes not because of his own worth, but because God has justified him (Romans 4:6).*

**ALL:** Happy the man whose offense is forgiven,  
whose sin is remitted.  
O happy the man to whom the Lord  
imputes no guilt,  
in whose spirit is no guile.

I kept it secret and my frame was wasted.  
I groaned all day long,  
for night and day your hand was heavy upon me.  
Indeed my strength was dried up  
as by the summer's heat.

But now I have acknowledged my sins;  
my guilt I did not hide.  
I said: "I will confess  
my offense to the Lord."  
And you, Lord, have forgiven  
the guilt of my sin.

So let every good man pray to you  
in the time of need.  
The floods of water may reach high  
but him they shall not reach.  
You are my hiding place, O Lord;  
you save me from distress.  
You surround me with cries of deliverance.

I will instruct you and teach you  
the way you should go;  
I will give you counsel  
with my eye upon you.

Be not like horse and mule, unintelligent,  
needing bridle and bit  
else they will not approach you.  
Many sorrows has the wicked  
but he who trusts in the Lord,  
loving mercy surrounds him.

Rejoice, rejoice in the Lord,  
exult, you just!  
O come, ring out your joy,  
all you upright of heart.

Glory to the Father, and to the Son,  
and to the Holy Spirit:

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

**Ant. (ALL):** The one who is sinless in the eyes of God is blessed indeed.

**Ant. 3 (PRIEST):** The Father has given Christ all power, honor and kingship; all peoples will obey him.

**Canticle: Revelation 11:17-18; 12:10b-12a**  
**The judgment of God**

**ALL:** We praise you, the Lord God Almighty,  
who is and who was.  
You have assumed your great power,  
you have begun your reign.

The nations have raged in anger,  
but then came your day of wrath  
and the moment to judge the dead:  
the time to reward your servants the prophets  
and the holy ones who revere you,  
the great and the small alike.

Now have salvation and power come,  
the reign of our God and the authority  
of his Anointed One.  
For the accuser of our brothers is cast out,  
who night and day accused them before God.

They defeated him by the blood of the Lamb  
and by the word of their testimony;  
love for life did not deter them from death.  
So rejoice, you heavens,  
and you that dwell therein!

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

**Ant. (ALL):** The Father has given Christ all power, honor and kingship; all peoples will obey him.

**READING**

**1 Peter 1:6-9**

There is cause for rejoicing here. You may for a time have to suffer the distress of many trials; but this is so that your faith, which is more

precious that the passing splendor of fire-tried gold, may by its genuineness lead to praise, glory, and honor when Jesus Christ appears. Although you have never seen him, you love him, and without seeing you now believe in him, and rejoice with inexpressible joy touched with glory because you are achieving faith's goal, your salvation.

#### RESPONSORY

**PRIEST:** The Lord has given us food, bread of the finest wheat.

**ALL:** The Lord has given us food, bread of the finest wheat.

**PRIEST:** Honey from the rock to our heart's content,

**ALL:** bread of the finest wheat.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit.

**ALL:** The Lord has given us food, bread of the finest wheat.

#### GOSPEL CANTICLE

**Ant. (PRIEST):** God has cast down the mighty from their thrones and has lifted up the lowly.

Luke 1:46-55

The soul rejoices in the Lord

(Make the Sign of the Cross)

**ALL:** My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior  
for he has looked with favor on his lowly servant.

From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his Name.

He has mercy on those who fear him  
in every generation.  
He has shown the strength of his arm,  
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,  
and has lifted up the lowly.  
He has filled the hungry with good things,  
and the rich he has sent away empty.

He has come to the help of his servant Israel  
for he has remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children for ever.

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

**Ant. (ALL):** God has cast down the mighty from their thrones and has lifted up the lowly.

### INTERCESSIONS

**PRIEST:** Our hope is in God, who gives us help. Let us call upon him, and say:

**ALL:** Look kindly on your children, Lord.

**PRIEST:** Lord, our God, you made an eternal covenant with your people,

**ALL:** keep us ever mindful of your mighty deeds.

**PRIEST:** Let your ordained ministers grow toward perfect love,

**ALL:** and preserve your faithful people in unity by the bond of peace.

**PRIEST:** Be with us in our work of building the earthly city,

**ALL:** that in building we may not labor in vain.

**PRIEST:** Send workers into your vineyard,

**ALL:** and glorify your name among the nations.

**PRIEST:** Welcome into the company of your saints our relatives and benefactors who have died,

**ALL:** may we share their happiness one day.

### THE LORD'S PRAYER

**PRIEST:** Gathering our prayer and praises into one, let us offer the prayer Christ himself taught us:

**ALL:** Our Father, who art in heaven,

hallowed be thy name;

thy kingdom come;

thy will be done on earth

as it is in heaven.

Give us this day our daily bread;

and forgive us our trespasses

as we forgive those who trespass against us;

and lead us not into temptation,

but deliver us from evil.

### CONCLUDING PRAYER

**PRIEST:** O God, who brought the Abbot Saint Anthony to serve you by a wondrous way of life in the desert, grant, through his intercession,

that, denying ourselves,  
we may always love you above all things.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.

**ALL:** Amen.

#### **DISMISSAL**

**PRIEST:** The Lord be with you.

**ALL:** And with your spirit.

**PRIEST:** May almighty God bless you,  
the Father, and the Son, and the Holy Spirit.

**ALL:** Amen.

**PRIEST:** Go in Peace.

**ALL:** Thanks be to God.

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# Night Prayer

**(Make the Sign of the Cross)**

**PRIEST:** God, come to my assistance.

**ALL:** Lord, make haste to help me.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit:

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

#### **EXAMINATION OF CONSCIENCE**

**PRIEST:** As we come to the end our day, let us acknowledge our failures and ask  
the Lord for pardon and strength.

**PRIEST:** Lord Jesus, you raise the dead to life in the Spirit: Lord, have mercy.

**ALL:** Lord have mercy

**PRIEST:** Lord Jesus, you bring pardon to the sinner: Christ, have mercy.

**ALL:** Christ, have mercy.

**PRIEST:** Lord Jesus, you bring light to those in darkness: Lord, have mercy.

**ALL:** Lord have mercy

PSALMODY

Ant. 1 (PRIEST): In you, my God, my body will rest in hope.

Psalm 16

God is my portion, my inheritance

*The Father raised up Jesus from the dead and broke the bonds of death  
(Acts 2:24).*

ALL: Preserve me, God, I take refuge in you.  
I say to the Lord: "You are my God.  
My happiness lies in you alone."

He has put into my heart a marvelous love  
for the faithful ones who dwell in his land.  
Those who choose other gods increase their sorrows.  
Never will I offer their offerings of blood.  
Never will I take their name upon my lips.

O Lord, it is you who are my portion and cup;  
it is you yourself who are my prize.  
The lot marked out for me is my delight:  
welcome indeed the heritage that falls to me!

I will bless the Lord who gives me counsel,  
who even at night directs my heart.  
I keep the Lord ever in my sight:  
since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad;  
even my body shall rest in safety.  
For you will not leave my soul among the dead,  
nor let your beloved know decay.

You will show me the path of life,  
the fullness of joy in your presence,  
at your right hand happiness for ever.

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

Ant. (ALL): In you, my God, my body will rest in hope.

## READING

1 Thessalonians 5:23

May the God of peace make you perfect in holiness. May he preserve you whole and entire, spirit, soul, and body, irreprouchable at the coming of our Lord Jesus Christ.

## RESPONSORY

**PRIEST:** Into your hands, Lord, I commend my spirit.

**ALL:** Into your hands, Lord, I commend my spirit.

**PRIEST:** You have redeemed us, Lord God of truth.

**ALL:** I commend my spirit.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit.

**ALL:** Into your hands, Lord, I commend my spirit.

## GOSPEL CANTICLE

**Ant. (PRIEST):** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Luke 2:29-32

Christ is the light of the nations and the glory of Israel

(Make the Sign of the Cross)

**ALL:** Lord, now you let your servant go in peace;  
your word has been fulfilled:  
my own eyes have seen the salvation  
which you have prepared in the sight of every people:  
a light to reveal you to the nations  
and the glory of your people Israel.

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

**Ant. (ALL):** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

## CONCLUDING PRAYER

**PRIEST:** Let us pray.  
Lord God,  
send peaceful sleep  
to refresh our tired bodies.  
May your help always renew us  
and keep us strong in your service.  
We ask this through Christ our Lord.

**ALL:** Amen.

## BLESSING

**PRIEST:** May the all-powerful Lord grant us a restful night and a peaceful death.

**ALL:** Amen.

## Antiphon in honor of the Blessed Virgin Mary

**ALL:** Hail, holy Queen, Mother of mercy,  
our life, our sweetness and our hope.  
To thee do we cry, poor banished children of Eve.  
To thee to we send up our sighs,  
mourning and weeping in this valley of tears.  
Turn, then, most gracious advocate,  
thine eyes of mercy toward us,  
and after this, our exile,  
show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.

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**Friday, January 18, 2019**

# Morning Prayer

(Make the Sign of the Cross on your lips)

**PRIEST:** Lord, open my lips.

**ALL:** And my mouth will proclaim your praise.

## PSALMODY

**Ant. 1 (PRIEST):** Lord, you will accept the true sacrifice offered on your altar.

### Psalms 51

**O God, have mercy on me**

*Your inmost being must be renewed, and you must put on the new man  
(Ephesians 4:23-24).*

**ALL:** Have mercy on me, God, in your kindness.  
In your compassion blot out my offense.  
O wash me more and more from my guilt  
and cleanse me from my sin.

My offenses truly I know them;  
my sin is always before me.  
Against you, you alone, have I sinned;  
what is evil in your sight I have done.

That you may be justified when you give sentence  
and be without reproach when you judge.  
O see, in guilt I was born,  
a sinner was I conceived.

Indeed you love truth in the heart;  
then in the secret of my heart teach me wisdom.  
O purify me, then I shall be clean;  
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,  
that the bones you have crushed may revive.  
From my sins turn away your face  
and blot out all my guilt.

A pure heart create for me, O God,  
put a steadfast spirit within me.  
Do not cast me away from your presence,  
nor deprive me of your holy spirit.

Give me again the joy of your help;  
with a spirit of fervor sustain me,  
that I may teach transgressors your ways  
and sinners may return to you.

O rescue me, God, my helper,  
and my tongue shall ring out your goodness.  
O Lord, open my lips  
and my mouth shall declare your praise.

For in sacrifice you take no delight,  
burnt offering from me you would refuse,  
my sacrifice, a contrite spirit.  
A humbled, contrite heart you will not spurn.

In your goodness, show favor to Zion:  
rebuild the walls of Jerusalem.  
Then you will be pleased with lawful sacrifice,  
holocausts offered on your altar.

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

**Ant. (ALL):** Lord, you will accept the true sacrifice offered on your altar.

**Ant. 2 (PRIEST):** All the descendants of Israel will glory in the Lord's gift of victory.

**Canticle: Isaiah 45:15-25**

**People of all nations will become disciples of the Lord**

*Lift up your heads for your redemption is at hand* (Luke 21:28).

**ALL:** Truly with you God is hidden,  
the God of Israel, the savior!  
They are put to shame and disgrace,  
Who vest their anger against him.  
Those go in disgrace  
who carve images.  
Israel, you are saved by the Lord, saved forever!  
You shall never be put to shame or disgrace  
in future ages.

For thus says the Lord,  
the creator of the heavens,  
who is God,  
the designer and maker of the earth  
who established it,  
not creating it to be a waste,  
but designing it to be lived in:

I am the Lord, and there is no other.  
I have not spoken from hiding  
Nor from some dark place of the earth.  
And I have not said to the descendants of Jacob,  
"Look for me in an empty waste."  
I, the Lord, promise justice,  
I foretell what is right.

Come and assemble, gather together,  
you fugitives from among the Gentiles!  
They are without knowledge who bear wooden idols  
and pray to gods that cannot save.

Come here and declare;  
in counsel together:  
Who announced this from the beginning,  
And foretold it from of old?  
Was it not I, the Lord,  
besides whom there is no other God?  
There is no just and saving God but me.

Turn to me and be safe,  
all you ends of the earth,  
for I am God; there is no other!

By myself I swear,  
uttering my just decree,  
And my unalterable word:

To me every knee shall bend;  
by me every tongue shall swear,  
saying, "Only in the Lord  
are just deeds and power.

Before him in shame shall come  
all who vent their anger against him.  
In the Lord shall be the vindication and the glory  
Of all the descendants of Israel."

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

**Ant. (ALL):** All the descendants of Israel will glory in the Lord's gift of victory.

**Ant. 3 (PRIEST):** Let us go into God's presence singing for joy.

### Psalm 100

#### The joyful song of those entering God's temple

*The Lord calls his ransomed people to sing songs of victory (Athanasius).*

**ALL:** 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 to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be for ever. Amen.

**Ant. (ALL):** Let us go into God's presence singing for joy.

**READING**

**Ephesians 2:13-16**

Never let evil talk pass your lips; say only the good things men need to hear, things that will really help them. Do nothing that will sadden the Holy Spirit with whom you were sealed against the day of redemption. Get rid of all bitterness, all passion and anger, harsh words, slander, and malice of every kind. In place of these, be kind to one another, compassionate, and mutually forgiving, just as God has forgiven you in Christ.

**RESPONSORY**

**PRIEST:** At daybreak, be merciful to me.

**ALL:** At daybreak, be merciful to me.

**PRIEST:** Make known to me the path I must walk.

**ALL:** Be merciful to me.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit.

**ALL:** At daybreak, be merciful to me.

**GOSPEL CANTICLE**

**Ant. (PRIEST):** The Lord has come to his people and set them free.

**Luke 1:68-79**

**The Messiah and his forerunner**

**(Make the Sign of the Cross)**

**ALL:** Blessed be the Lord, the God of Israel;  
he has come to his people and set them free.

He has raised up for us a mighty savior,  
born of the house of his servant David.

Through his holy prophets he promised of old  
that he would save us from our enemies,  
from the hands of all who hate us.

He promised to show mercy to our fathers  
and to remember his holy covenant.

This was the oath he swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship him without fear,  
holy and righteous in his sight  
all the days of our life.

You, my child, shall be called the prophet of the Most High;  
for you will go before the Lord to prepare his way,  
to give his people knowledge of salvation  
by the forgiveness of their sins.

In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.

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

**Ant. (ALL):** The Lord has come to his people and set them free.

#### **INTERCESSIONS**

**PRIEST:** Through his cross the Lord Jesus brought salvation to the human race.  
We adore him and in faith we call out to him:

**ALL:** Lord, pour out your mercy on us.

**PRIEST:** Christ, Rising Sun, warm us with your rays,  
**ALL:** and restrain us from every evil impulse.

**PRIEST:** Keep guard over our thoughts, words and actions,  
**ALL:** and make us pleasing in your sight this day.

**PRIEST:** Turn your gaze from our sinfulness,  
**ALL:** and cleanse us from our iniquities.

**PRIEST:** Through your cross and resurrection,  
**ALL:** fill us with the consolation of the Spirit.

#### **THE LORD'S PRAYER**

**PRIEST:** Gathering our prayer and praises into one, let us offer the prayer Christ  
himself taught us:

**ALL:** Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;

thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.

#### CONCLUDING PRAYER

**PRIEST:** God our Father,  
you conquer the darkness of ignorance  
by the light of your Word.  
Strengthen within our hearts  
the faith you have given us;  
let not temptation ever quench the fire  
that your love has kindled within us.  
We ask this through our Lord Jesus Christ, your Son  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever.

**ALL:** Amen.

#### DISMISSAL

**PRIEST:** The Lord be with you.  
**ALL:** And with your spirit.

**PRIEST:** May almighty God bless you,  
the Father, and the Son, and the Holy Spirit.  
**ALL:** Amen.

**PRIEST:** Go in peace.  
**ALL:** Thanks be to God.

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## Evening Prayer

(Make the Sign of the Cross)

**PRIEST:** God, come to my assistance.  
**ALL:** Lord, make haste to help me.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit:  
**ALL:** as it was in the beginning, is now, and will be for ever. Amen. Alleluia.

PSALMODY

Ant. 1 (PRIEST): Lord, lay your healing hand upon me, for I have sinned.

Psalm 41

Prayer of a sick person

*One of you will betray me, yes, one who eats with me* (Mark 14:18).

ALL: 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 ever more.

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

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

Ant. (ALL): Lord, lay your healing hand upon me, for I have sinned.

Ant. 2 (PRIEST): The mighty Lord is with us; the God of Jacob is our stronghold.

Psalm 46

God our refuge and strength

*He shall be called Emmanuel, which means: God-with-us (Matthew 1:23).*

**ALL:** 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 to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be for ever. Amen.

**Ant. (ALL):** The mighty Lord is with us;, the God of Jacob is our stronghold.

**Ant. 3 (PRIEST):** All nations will come and worship before you, O Lord.

Canticle: Revelation 15:3-4  
Hymn of adoration

**ALL:** Mighty and wonderful are your works,  
Lord God Almighty!  
Righteous and true are your ways,  
O King of the nations!

Who would dare refuse you honor,  
or the glory due your name, O Lord?  
Since you alone are holy,  
all nations shall come  
and worship in your presence.  
Your mighty deeds are clearly seen.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit:

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

**Ant. (ALL):** All nations will come and worship before you, O Lord.

#### READING

**Romans 15:1-3**

We who are strong in faith should be patient with the scruples of those whose faith is weak; we must not be selfish. Each should please his neighbor so as to do him good by building up his spirit. Thus, in accord with Scripture, Christ did not please himself: "The reproaches they uttered against you fell on me."

#### RESPONSORY

**PRIEST:** Christ loved us and washed away our sins, in his own blood.

**ALL:** Christ loved us and washed away our sins, in his own blood.

**PRIEST:** He made us a nation of kings and priests,

**ALL:** in his own blood.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit.

**ALL:** Christ loved us and washed away our sins, in his own blood.

#### GOSPEL CANTICLE

**Ant. (PRIEST):** The Lord has come to the help of his servants, for he has remembered his promise of mercy.

**Luke 1:46-55**

**The soul rejoices in the Lord**

**(Make the Sign of the Cross)**

**ALL:** My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior  
for he has looked with favor on his lowly servant.  
From this day all generations will call me blessed:  
the Almighty has done great things for me,

and holy is his Name.

He has mercy on those who fear him  
in every generation.

He has shown the strength of his arm,  
he has scattered the proud in their conceit.  
He has cast down the mighty from their thrones,  
and has lifted up the lowly.

He has filled the hungry with good things,  
and the rich he has sent away empty.

He has come to the help of his servant Israel  
for he has remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children for ever.

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

**Ant. (ALL):** The Lord has come to the help of his servants, for he has remembered his promise of mercy.

#### INTERCESSIONS

**PRIEST:** Blessed be God, who hears the prayers of the needy, and fills the hungry with good things. Let us pray to him in confidence:

**ALL:** Lord, show us your mercy.

**PRIEST:** Merciful Father, upon the cross Jesus offered you the perfect evening sacrifice,

**ALL:** we pray now for all the suffering members of his Church.

**PRIEST:** Release those in bondage, give sight to the blind,

**ALL:** shelter the widow and orphan.

**PRIEST:** Clothe your faithful people in the armor of salvation,

**ALL:** and shield them from the deceptions of the devil.

**PRIEST:** Let your merciful presence be with us, Lord, at the hour of our death,

**ALL:** may we be found faithful and leave this world in your peace.

**PRIEST:** Lead the departed into the light of your dwelling place,

**ALL:** that they may gaze upon you for all eternity.

#### THE LORD'S PRAYER

**PRIEST:** Let us again offer our praise to God and pray in the words of Christ:

**ALL:** Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.

#### **CONCLUDING PRAYER**

**PRIEST:** God our Father,  
help us to follow the example  
of your Son's patience in suffering.  
By sharing the burden he carries,  
may we come to share his glory  
in the kingdom where he lives with you and the Holy Spirit,  
one God for ever and ever.

**ALL:** Amen.

#### **DISMISSAL**

**PRIEST:** The Lord be with you.

**ALL:** And with your spirit.

**PRIEST:** May almighty God bless you,  
the Father, and the Son, and the Holy Spirit.

**ALL:** Amen.

**PRIEST:** Go in peace.

**ALL:** Thanks be to God.

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# Night Prayer

#### **INTRODUCTION**

**(Make the Sign of the Cross)**

**PRIEST:** God, come to my assistance.

**ALL:** Lord, make haste to help me.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit:

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

### EXAMINATION OF CONSCIENCE

**PRIEST:** The Lord is merciful. He makes us clean of heart and leads us out into his freedom when we acknowledge our guilt. Let us ask him to forgive us and bind up the wounds inflicted by our sins.

**ALL:** I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,

**And, striking your breast, say:**  
through my fault, through my fault,  
through my most grievous fault;

**Then continue:**  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

### PSALMODY

**Ant. 1 (PRIEST):** Day and night I cry to you, my God.

#### Psalm 88

#### Prayer of a very sick person

*This is your hour when darkness reigns (Luke 22:53).*

**ALL:** Lord my God, I call for help by day;  
I cry at night before you.  
Let my prayer come into your presence.  
O turn your ear to my cry.

For my soul is filled with evils;  
my life is on the brink of the grave.  
I am reckoned as one in the tomb:  
I have reached the end of my strength,

like one alone among the dead;  
like the slain lying in their graves;  
like those you remember no more,  
cut off, as they are, from your hand.

You have laid me in the depths of the tomb,  
in places that are dark, in the depths.  
Your anger weighs down upon me:

I am drowned beneath your waves.

You have taken away my friends  
and made me hateful in their sight.  
Imprisoned, I cannot escape;  
my eyes are sunken with grief.

I call to you, Lord, all the day long;  
to you I stretch out my hands.  
Will you work your wonders for the dead?  
Will the shades stand and praise you?

Will your love be told in the grave  
or your faithfulness among the dead?  
Will your wonders be known in the dark  
or your justice in the land of oblivion?

As for me, Lord, I call to you for help:  
in the morning my prayer comes before you.  
Lord, why do you reject me?  
Why do you hide your face?

Wretched, close to death from my youth,  
I have borne your trials; I am numb.  
Your fury has swept down upon me;  
your terrors have utterly destroyed me.

They surround me all the day like a flood,  
they assail me all together.  
Friend and neighbor you have taken away:  
my one companion is darkness.

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

**Ant. (ALL):** Day and night I cry to you, my God.

**READING**

**Jeremiah 14:9a**

You are in our midst, O Lord, your name we bear:  
do not forsake us, O Lord, our God!

**RESPONSORY**

**PRIEST:** Into your hands, Lord, I commend my spirit.

**ALL:** Into your hands, Lord, I commend my spirit.

**PRIEST:** You have redeemed us, Lord God of truth.

**ALL:** I commend my spirit.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit.

**ALL:** Into your hands, Lord, I commend my spirit.

### GOSPEL CANTICLE

**Ant. (PRIEST):** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Luke 2:29-32

Christ is the light of the nations and the glory of Israel

(Make the Sign of the Cross)

**ALL:** Lord, now you let your servant go in peace;  
your word has been fulfilled:  
my own eyes have seen the salvation  
which you have prepared in the sight of every people:  
a light to reveal you to the nations  
and the glory of your people Israel.  
Glory to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be for ever. Amen.

**Ant. (ALL):** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

### CONCLUDING PRAYER

**PRIEST:** Let Us Pray.

All-powerful God  
keep us united with your Son  
in his death and burial  
so that we may rise to new life with him,  
who lives and reigns for ever and ever.

**ALL:** Amen.

### BLESSING

**PRIEST:** May the all-powerful Lord grant us a restful night and a peaceful death.

**ALL:** Amen.

Antiphon in honor of the Blessed Virgin Mary

**ALL:** Loving mother of the Redeemer,  
gate of heaven, star of the sea,  
assist your people who have fallen yet strive to rise again.  
To the wonderment of nature you bore your Creator,  
yet remained a virgin after as before.  
You who received Gabriel's joyful greeting,  
have pity on us poor sinners.

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**Saturday, January 19, 2019**

# Morning Prayer

(Make the Sign of the Cross on your lips)

**PRIEST:** Lord, open my lips.

**ALL:** And my mouth will proclaim your praise.

**PSALMODY**

**Ant. 1 (PRIEST):** Dawn finds me ready to welcome you, my God.

Psalm 119:145-152

XIX (Koph)

**ALL:** I call with all my heart; Lord, hear me,  
I will keep your commands.  
I call upon you, save me  
and I will do your will.  
I rise before dawn and cry for help,  
I hope in your word.  
My eyes watch through the night  
to ponder your promise.

In your love hear my voice, O Lord;  
give me life by your decrees.  
Those who harm me unjustly draw near;  
they are far from your law.

But you, O Lord, are close,  
your commands are truth.  
Long have I known that your will  
is established for ever.

Glory to the Father, and to the Son,  
and to the Holy Spirit:

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

**Ant. (ALL):** Dawn finds me ready to welcome you, my God.

**Ant. 2 (PRIEST):** The Lord is my strength, and I shall sing his praise, for he has become my Savior.

**Canticle: Exodus 15:1-4a, 8-13, 17-18**

**Hymn of victory after the crossing of the Red Sea**

*Those who had conquered the beast were singing the song of Moses,  
God's servant (see Revelation 15:2-3).*

**ALL:** I will sing to the Lord, for he is gloriously triumphant;  
horse and chariot he has cast into the sea.

My strength and my refuge is the Lord,  
and he has been my savior.  
He is my God, I praise him;  
the God of my father, I extol him.

The Lord is a warrior,  
Lord is his name!  
Pharaoh's chariots and army he hurled into the sea.  
At a breath of your anger the waters piled up,  
the flowing waters stood like a mound,  
the flood waters congealed in the midst of the sea.

The enemy boasted, "I will pursue and overtake them;  
I will divide the spoils and have my fill of them;  
I will draw my sword; my hand will despoil them!"  
When you blew with your breath, the sea covered them;  
like lead they sank in the mighty waters.

Who is like to you among the gods, O Lord?  
Who is like to you, magnificent in holiness?  
O terrible in renown, worker of wonders,  
when you stretched out your right hand, the earth swallowed them!

In your mercy you led the people you redeemed;  
in your strength you guided them to your holy dwelling.

And you brought them in and you planted them on the mountain of  
your inheritance—  
The place where you made your seat, O Lord,

the sanctuary, Lord, which your hands established.  
The Lord shall reign forever and ever.

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

**Ant. (ALL):** The Lord is my strength, and I shall sing his praise, for he has become my Savior.

**Ant. 3 (PRIEST):** O praise the Lord, all you nations.

**Psalm 117**

**Praise for God's loving compassion**

*I affirm that...the Gentile peoples are to praise God because of his mercy  
(Romans 15:8-9).*

**ALL:** O praise the Lord, all you nations,  
acclaim him all you peoples!

Strong is his love for us;  
he is faithful for ever.

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

**Ant. (ALL):** O praise the Lord, all you nations.

**READING**

**2 Peter 1:10-11**

Be solicitous to make your call and election permanent, brothers; surely those who do so will never be lost. On the contrary, your entry into the everlasting kingdom of our Lord and Savior Jesus Christ will be richly provided for.

**RESPONSORY**

**PRIEST:** I cry to you, O Lord, for you are my refuge.

**ALL:** I cry to you, O Lord, for you are my refuge.

**PRIEST:** You are all I desire in the land of the living;

**ALL:** for you are my refuge.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit.

**ALL:** I cry to you, O Lord, for you are my refuge.

## GOSPEL CANTICLE

**Ant. (PRIEST):** Lord, shine on those who dwell in darkness and the shadow of death.

Luke 1:68-79

### The Messiah and his forerunner

**(Make the Sign of the Cross)**

**ALL:** Blessed be the Lord, the God of Israel;  
he has come to his people and set them free.  
He has raised up for us a mighty savior,  
born of the house of his servant David.

Through his holy prophets he promised of old  
that he would save us from our enemies,  
from the hands of all who hate us.

He promised to show mercy to our fathers  
and to remember his holy covenant.

This was the oath he swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship him without fear,  
holy and righteous in his sight  
all the days of our life.

You, my child, shall be called the prophet of the Most High;  
for you will go before the Lord to prepare his way,  
to give his people knowledge of salvation  
by the forgiveness of their sins.

In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.

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

**Ant. (ALL):** Lord, shine on those who dwell in darkness and the shadow of death.

## INTERCESSIONS

**PRIEST:** Let us all praise Christ. In order to become our faithful and merciful high priest before the Father's throne, he chose to become one of us, a

brother in all things. In prayer we ask of him:  
**ALL:** Lord, share with us the treasure of your love.

**PRIEST:** Sun of Justice, you filled us with light at our baptism,  
**ALL:** we dedicate this day to you.

**PRIEST:** At every hour of the day, we give you glory,  
**ALL:** in all our deeds, we offer you praise.

**PRIEST:** Mary, your mother, was obedient to your word,  
**ALL:** direct our lives in accordance with that word.

**PRIEST:** Our lives are surrounded by passing things; set our hearts on the things  
of heaven,  
**ALL:** so that through faith, hope and charity we may come to enjoy the vision  
of your glory.

#### **THE LORD'S PRAYER**

**PRIEST:** Let us again offer our praise to God and pray in the words of Christ:  
**ALL:** Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.

#### **CONCLUDING PRAYER**

**PRIEST:** Lord,  
free us from the dark night of death.  
Let the light of resurrection  
dawn within our hearts  
to bring us the radiance of eternal life.  
We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever.  
**ALL:** Amen.

#### **DISMISSAL**

**PRIEST:** The Lord be with you.  
**ALL:** And with your spirit.

**PRIEST:** May almighty God bless you,  
the Father, and the Son, and the Holy Spirit.

**ALL:** Amen.

**PRIEST:** Go in peace.

**ALL:** Thanks be to God.

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## Evening Prayer

(Make the Sign of the Cross )

**PRIEST:** God, come to my assistance.

**ALL:** Lord, make haste to help me.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit:

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

**PSALMODY**

**Ant. 1 (PRIEST):** Your word, O Lord, is the lantern to light our way, alleluia.

Psalm 119:105-112

XIV (Nun)

A meditation on God's law

*This is my commandment: that you should love one another (John 15:12).*

**ALL:** Your word is a lamp for my steps  
and a light for my path.  
I have sworn and have made up my mind  
to obey your decrees.

Lord, I am deeply afflicted:  
by your word give me life.  
Accept, Lord, the homage of my lips  
and teach me your decrees.

Though I carry my life in my hands,  
I remember your law.  
Though the wicked try to ensnare me,  
I do not stray from your precepts.

Your will is my heritage for ever,  
the joy of my heart.  
I set myself to carry out your statutes  
in fullness, for ever.

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

**Ant. (ALL):** Your word, O Lord, is the lantern to light our way, alleluia.

**Ant. 2 (PRIEST):** When I see your face, O Lord, I shall know the fullness of joy,  
alleluia.

**Psalm 16**

**The Lord himself is my heritage**

*The Father raised up Jesus, freeing him from the grip of death (Acts 2:24).*

**ALL:** Preserve me, God, I take refuge in you.  
I say to the Lord: "You are my God.  
My happiness lies in you alone."

He has put into my heart a marvelous love  
for the faithful ones who dwell in his land.  
Those who choose other gods increase their sorrows.  
Never will I offer their offerings of blood.  
Never will I take their name upon my lips.

O Lord, it is you who are my portion and cup;  
it is you yourself who are my prize.  
The lot marked out for me is my delight:  
welcome indeed the heritage that falls to me!

I will bless the Lord who gives me counsel,  
who even at night directs my heart.  
I keep the Lord ever in my sight:  
since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad;  
even my body shall rest in safety.  
For you will not leave my soul among the dead,  
nor let your beloved know decay.  
You will show me the path of life,  
the fullness of joy in your presence,  
at your right hand happiness for ever.

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

**Ant. (ALL):** When I see your face, O Lord, I shall know the fullness of joy,  
alleluia.

**Ant. 3 (PRIEST):** Let everything in heaven and on earth bend the knee at the  
name of Jesus, alleluia.

**Canticle: Philippians 2:6-11**  
**Christ, God's holy servant**

**ALL:** Though he was in the form of God,  
Jesus did not deem equality with God  
something to be grasped at.

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

He was known to be of human estate,  
and it was thus that he humbled himself,  
obediently accepting even death,  
death on a cross!

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

So that at Jesus' name  
every knee must bend  
in the heavens, on the earth,  
and under the earth,  
and every tongue proclaim  
to the glory of God the Father:  
JESUS CHRIST IS LORD!

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

**Ant. (ALL):** Let everything in heaven and on earth bend the knee at the name of  
Jesus, alleluia.

**READING**

**Colossians 1:2b-6a**

May God our Father give you grace and peace. We always give thanks to  
God, the Father of our Lord Jesus Christ, in our prayers for you because

we have heard in your faith in Christ Jesus and the love you bear toward all the saints—moved as you are by the hope held in store for you in heaven. You heard of this hope through the message of truth, the gospel, which has come to you, has born fruit, and has continued to grow in your midst, as it has everywhere in the world.

#### RESPONSORY

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

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

**PRIEST:** His splendor reaches far beyond the heavens;

**ALL:** may the name of the Lord be praised.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit.

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

#### GOSPEL CANTICLE

**Ant. (PRIEST):** Behold the Lamb of God, behold him who takes away the sins of the world.

Luke 1:46-55

#### The soul rejoices in the Lord

(Make the Sign of the Cross)

**ALL:** My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior  
for he has looked with favor on his lowly servant.

From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his Name.

He has mercy on those who fear him  
in every generation.  
He has shown the strength of his arm,  
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,  
and has lifted up the lowly.  
He has filled the hungry with good things,  
and the rich he has sent away empty.

He has come to the help of his servant Israel  
for he has remembered his promise of mercy,

the promise he made to our fathers,  
to Abraham and his children for ever.

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

**Ant. (ALL):** Behold the Lamb of God, behold him who takes away the sins of the world.

### INTERCESSIONS

**PRIEST:** God aids and protects the people he has chosen for his inheritance. Let us give thanks to him and proclaim his goodness:

**ALL:** Lord, we trust in you.

**PRIEST:** We pray for Francis, our Pope, and Joseph, our bishop,

**ALL:** protect them and in your goodness make them holy.

**PRIEST:** May the sick feel their companionship with the suffering Christ,

**ALL:** and know that they will enjoy his eternal consolation.

**PRIEST:** In your goodness have compassion on the homeless,

**ALL:** help them to find proper housing.

**PRIEST:** Graciously protect our nation from evil,

**ALL:** that it may prosper in your peace.

**PRIEST:** Lord, you attend to the dying with great mercy,

**ALL:** grant them an eternal dwelling.

### THE LORD'S PRAYER

**PRIEST:** Gathering our prayer and praises into one, let us offer the prayer Christ himself taught us:

**ALL:** Our Father,  
who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.

### CONCLUDING PRAYER

**PRIEST:** Almighty ever-living God,  
who govern all things,  
both in heaven and on earth,  
mercifully hear the pleading of your people  
and bestow your peace on our times.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.

**ALL:** Amen.

### DISMISSAL

**PRIEST:** The Lord be with you.

**ALL:** And with your spirit.

**PRIEST:** May almighty God bless you,  
the Father, and the Son, and the Holy Spirit.

**ALL:** Amen.

**PRIEST:** Go in peace.

**ALL:** Thanks be to God.

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# Night Prayer

### INTRODUCTION

(Make the Sign of the Cross)

**PRIEST:** God, come to my assistance.

**ALL:** Lord, make haste to help me.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit:

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

### EXAMINATION OF CONSCIENCE

**PRIEST:** Brothers and sisters, let us call to mind the goodness of God our Father,  
and acknowledge our sins, so that we may receive his merciful  
forgiveness.

**PRIEST:** You raise the dead to life in the Spirit: Lord, have mercy.

**ALL:** Lord have mercy.

**PRIEST:** You bring pardon and peace to the sinner: Christ, have mercy.

**ALL:** Christ, have mercy.

**PRIEST:** You bring light to those in darkness: Lord, have mercy.

**ALL:** Lord have mercy.

**PSALMODY**

**Ant. 1 (PRIEST):** Have mercy, Lord, and hear my prayer.

**Psalm 4**

**Thanksgiving**

*The resurrection of Christ was God's supreme and wholly marvelous work*  
Saint Augustine

**ALL:** When I call, answer me, O God of justice;  
from anguish you released me, have mercy and hear me!  
O men, how long will your hearts be closed,  
will you love what is futile and seek what is false?

It is the Lord who grants favors to those whom he loves;  
the Lord hears me whenever I call him.

Fear him; do not sin: ponder on your bed and be still.  
Make justice your sacrifice, and trust in the Lord.

“What can bring us happiness?” many say.  
Let the light of your face shine on us, O Lord.

You have put into my heart a greater joy  
than they have from abundance of corn and new wine.

I will lie down in peace and sleep comes at once  
for you alone, Lord, make me dwell in safety.

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

**Ant. (ALL):** Have mercy, Lord, and hear my prayer.

**Ant. 2 (PRIEST):** In the silent hours of night, bless the Lord.

**Psalm 134**

**Evening prayer in the Temple**

*Praise our God, all you his servants, you who fear him, small and great*  
(Revelation 19:5).

**ALL:** O come, bless the Lord,  
all you who serve the Lord,  
who stand in the house of the Lord,  
in the courts of the house of our God.

Lift up your hands to the holy place  
and bless the Lord through the night.  
May the Lord bless you from Zion,  
he who made both heaven and earth.

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

**Ant. (ALL):** In the silent hours of night, bless the Lord.

#### READING

**Deuteronomy 6:4-7**

Hear, O Israel! The Lord is our God, the Lord alone! Therefore, you shall love the Lord, your God, with all your heart, and with all your soul, and with all your strength. Take to heart these words which I enjoin on you today. Drill them into your children. Speak of them at home and abroad, whether you are busy or at rest.

#### RESPONSORY

**PRIEST:** Into your hands, Lord, I commend my spirit.

**ALL:** Into your hands, Lord, I commend my spirit.

**PRIEST:** You have redeemed us, Lord God of truth.

**ALL:** I commend my spirit.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit.

**ALL:** Into your hands, Lord, I commend my spirit.

#### GOSPEL CANTICLE

**Ant. (PRIEST):** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

**Luke 2:29-32**

**Christ is the light of the nations and the glory of Israel**

**(Make the Sign of the Cross)**

**ALL:** Lord, now you let your servant go in peace;  
your word has been fulfilled:  
my own eyes have seen the salvation  
which you have prepared in the sight of every people:  
a light to reveal you to the nations

and the glory of your people Israel.  
Glory to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be for ever. Amen

**Ant. (ALL):** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

#### **CONCLUDING PRAYER**

**PRIEST:** Let us pray.  
Lord, be with us throughout this night.  
When day comes may we rise from sleep  
to rejoice in the resurrection of your Christ,  
who lives and reigns for ever and ever.

**ALL:** Amen.

#### **BLESSING**

**PRIEST:** May the all-powerful Lord grant us a restful night and a peaceful death.

**ALL:** Amen.

#### **Antiphon in honor of the Blessed Virgin Mary**

**ALL:** Hail Mary, full of grace,  
the Lord is with thee!  
Blessed are thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death. Amen.

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**Sunday, January 20, 2019**

# **Morning Prayer**

**PRIEST:** Lord, open my lips.

**ALL:** And my mouth will proclaim your praise.

#### **PSALMODY**

**Ant. 1 (PRIEST):** Blessed is he who comes in the name of the Lord, alleluia.

Psalm 118  
Song of joy for salvation

*This Jesus is the stone which, rejected by you builders, has become the chief stone supporting all the rest (Acts 4:11).*

ALL: Give thanks to the Lord for he is good,  
for his love endures for ever.

Let the sons of Israel say:  
"His love endures for ever."

Let the sons of Aaron say:  
"His love endures for ever."

Let those who fear the Lord say:  
"His love endures for ever."

I called to the Lord in my distress;  
he answered and freed me.  
The Lord is at my side; I do not fear.  
What can man do against me?  
The Lord is at my side as my helper;  
I shall look down on my foes.

It is better to take refuge in the Lord  
than to trust in men;  
it is better to take refuge in the Lord  
than to trust in princes.

The nations all encompassed me;  
in the Lord's name I crushed them.  
They compassed me, compassed me about;  
in the Lord's name I crushed them.  
They compassed me about like bees;  
they blazed like a fire among thorns.  
In the Lord's name I crushed them.

I was hard-pressed and was falling,  
but the Lord came to help me.  
The Lord is my strength and my song;  
he is my savior.  
There are shouts of joy and victory  
in the tents of the just.

The Lord's right hand has triumphed;  
his right hand raised me.  
The Lord's right hand has triumphed;  
I shall not die, I shall live

and recount his deeds.  
I was punished, I was punished by the Lord,  
but not doomed to die.

Open to me the gates of holiness:  
I will enter and give thanks.  
This is the Lord's own gate  
where the just may enter.  
I will thank you for you have answered  
and you are my savior.

The stone which the builders rejected  
has become the corner stone.  
This is the work of the Lord,  
a marvel in our eyes.  
This day was made by the Lord;  
we rejoice and are glad.

O Lord, grant us salvation;  
O Lord, grant success.  
Blessed in the name of the Lord  
is he who comes.  
We bless you from the house of the Lord;  
the Lord God is our light.

Go forward in procession with branches  
even to the altar.  
You are my God, I thank you.  
My God, I praise you.  
Give thanks to the Lord for he is good;  
for his love endures for ever.

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

**Ant. (ALL):** Blessed is he who comes in the name of the Lord, alleluia.

**Ant. 2 (PRIEST):** Let us sing a hymn of praise to our God, alleluia.

**Canticle: Daniel 3:52-57**  
**Let all creatures praise the Lord**  
*The Creator...is blessed for ever (Revelation 19:5).*

**ALL:** Blessed are you, O Lord, the God of our fathers,  
praiseworthy and exalted above all forever.

And blessed is your holy and glorious name,  
praiseworthy and exalted above all for all ages.

Blessed are you in the temple of your holy glory,  
praiseworthy and glorious above all forever.

Blessed are you on the throne of your kingdom,  
praiseworthy and exalted above all forever.

Blessed are you who look into the depths  
from your throne upon the cherubim,  
praiseworthy and exalted above all forever.

Blessed are you in the firmament of heaven,  
praiseworthy and glorious forever.

Bless the Lord, all you works of the Lord,  
praise and exalt him above all forever.

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

**Ant. (ALL):** Let us sing a hymn of praise to our God, alleluia.

**Ant. 3 (PRIEST):** Praise the Lord for his infinite greatness, alleluia.

**Psalm 150**  
**Praise the Lord**

*Let mind and heart be in your song: this is to glorify God with your whole self*  
(Hesychius).

**ALL:** Praise God in his holy place,  
praise him in his mighty heavens.  
Praise him for his powerful deeds,  
praise his surpassing greatness.

O praise him with sound of trumpet,  
praise him with lute and harp.  
Praise him with timbrel and dance,  
praise him with strings and pipes.

O praise him with resounding cymbals,  
praise him with clashing of cymbals.  
Let everything that lives and that breathes  
give praise to the Lord.

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

**Ant. (ALL):** Let us sing a hymn of praise to our God, alleluia.

**READING**

**Ezekiel 36:25-27**

I will sprinkle clean water upon you to cleanse you from all your impurities, and from all your idols I will cleanse you. I will give you a new heart and place a new spirit within you, taking from your bodies your stony hearts and giving you natural hearts. I will put my spirit within you and make you live by my statutes, careful to observe my decrees.

**RESPONSORY**

**PRIEST:** We give thanks to you, O God, as we call upon your name.

**ALL:** We give thanks to you, O God, as we call upon your name.

**PRIEST:** We cry aloud how marvelous you are,

**ALL:** as we call upon your name.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit.

**ALL:** We give thanks to you, O God, as we call upon your name.

**GOSPEL CANTICLE**

**Ant. (PRIEST):** The disciples came to see where Jesus lived, and all that day they stayed with him.

**Luke 1:68-79**

**The Messiah and his forerunner**

**(Make the Sign of the Cross)**

**ALL:** Blessed be the Lord, the God of Israel;  
he has come to his people and set them free.

He has raised up for us a mighty savior,  
born of the house of his servant David.

Through his holy prophets he promised of old  
that he would save us from our enemies,  
from the hands of all who hate us.

He promised to show mercy to our fathers  
and to remember his holy covenant.

This was the oath he swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship him without fear,  
holy and righteous in his sight  
all the days of our life.

You, my child, shall be called the prophet of the Most High;  
for you will go before the Lord to prepare his way,  
to give his people knowledge of salvation  
by the forgiveness of their sins.

In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.

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

**Ant. (ALL):** The disciples came to see where Jesus lived, and all that day they stayed with him.

### INTERCESSIONS

**PRIEST:** Let us give thanks to our Savior who came into this world as God's presence among us. Let us call upon him:

**ALL:** Christ, King of Glory, be our light and our joy.

**PRIEST:** Lord Jesus, you are the rising Sun, he first fruits of the future resurrection,

**ALL:** grant that we may not sit in the shadow of death but walk in the light of life.

**PRIEST:** Show us your goodness, present in every creature,

**ALL:** that we may contemplate your glory everywhere.

**PRIEST:** Do not allow us to be overcome by evil today,

**ALL:** but grant that we may overcome evil through the power of good.

**PRIEST:** You were baptized in the Jordan and anointed by the Holy Spirit,

**ALL:** grant that we may this day give thanks to your Holy Spirit.

### THE LORD'S PRAYER

**PRIEST:** Gathering our prayer and praises into one, let us offer the prayer Christ himself taught us:

**ALL:** Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.

### CONCLUDING PRAYER

**PRIEST:** Almighty ever-living God,  
who govern all things,  
both in heaven and on earth,  
mercifully hear the pleading of your people  
and bestow your peace on our times.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.

**ALL:** Amen.

### DISMISSAL

**PRIEST:** The Lord be with you.

**ALL:** And with your spirit.

**PRIEST:** May almighty God bless you,  
the Father, and the Son, and the Holy Spirit.

**ALL:** Amen.

**PRIEST:** Go in peace.

**ALL:** Thanks be to God.

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# Evening Prayer

(Make the Sign of the Cross)

**PRIEST:** God, come to my assistance.

**ALL:** Lord, make haste to help me.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit:  
**ALL:** as it was in the beginning, is now, and will be for ever. Amen. Alleluia.

**PSALMODY**

**Ant. 1 (PRIEST):** Christ the Lord is a priest for ever, like Melchizedek of old, alleluia.

Psalm 110:1-5, 7

**The Messiah, king and priest**

*Christ's reign will last until all his enemies are made subject to him*  
(1 Corinthians 15:25).

**ALL:** 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 scepter 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 shall drink from the stream by the wayside  
and therefore he shall lift up his head.

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

**Ant. (ALL):** Christ the Lord is a priest for ever, like Melchizedek of old, alleluia.

**Ant. 2 (PRIEST):** God dwells in highest heaven; he has power to do all he wills,  
alleluia.

Psalm 115  
Praise of the true God

*You have renounced idol worship to serve the living and true God*  
(1 Thessalonians 1:9).

ALL: Not to us, Lord, not to us,  
but to your name give the glory  
for the sake of your love and your truth,  
lest the heathen say: "Where is their God?"

But our God is in the heavens;  
he does whatever he wills.  
Their 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;  
they have nostrils but they cannot smell.

With their hands they cannot feel;  
with their feet they cannot walk.  
No sound comes from their throats.  
Their makers will come to be like them  
and so will all who trust in them.

Sons of Israel, trust in the Lord;  
he is their help and their shield.  
Sons of Aaron, trust in the Lord;  
he is their help and their shield.

You who fear him, trust in the Lord;  
he is their help and their shield.  
He remembers us, and he will bless us;  
he will bless the sons of Israel.  
He will bless the sons of Aaron.

The Lord will bless those who fear him,  
the little no less than the great:  
to you may the Lord grant increase,  
to you and all your children.

May you be blessed by the Lord,  
the maker of heaven and earth.  
The heavens belong to the Lord  
but the earth he has given to men.

The dead shall not praise the Lord,  
nor those who go down into the silence.  
But we who live bless the Lord  
now and for ever. Amen.

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

**Ant. (ALL):** God dwells in highest heaven; he has power to do all he wills,  
alleluia.

**Ant. 3 (PRIEST):** Praise God, all you who serve him, both great and small, alleluia.

**Canticle: See Revelation 19:1-7**  
**The wedding of the Lamb**

**ALL:** Alleluia.  
Salvation, glory, and power to our God:  
his judgments are honest and true.  
Alleluia.

Alleluia.  
Sing praise to our God, all you his servants,  
all who worship him reverently, great and small.  
Alleluia.

Alleluia.  
The Lord our all-powerful God is King;  
Let us rejoice, sing praise, and give him glory.  
Alleluia.

Alleluia.  
The wedding feast of the Lamb has begun,  
and his bride is prepared to welcome him.  
Alleluia.

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

**Ant. (ALL):** Praise God, all you who serve him, both great and small, alleluia.

## READING

1 Peter 1:3-5

We are bound to thank God for you always, beloved brothers in the Lord, because you are the first fruits of those whom God has chosen for salvation, in holiness of spirit and fidelity to truth. He called you through our preaching of the good news so that you might achieve the glory of our Lord Jesus Christ.

## RESPONSORY

**PRIEST:** Our Lord is great, mighty is his power.

**ALL:** Our Lord is great, mighty is his power.

**PRIEST:** His wisdom is beyond compare,

**ALL:** mighty is his power.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit.

**ALL:** Our Lord is great, mighty is his power.

## GOSPEL CANTICLE

**Ant. (PRIEST):** There was a wedding in Cana in Galilee, and Jesus was there with Mary his mother.

Luke 1:46-55

The soul rejoices in the Lord

(Make the Sign of the Cross)

**ALL:** My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior  
for he has looked with favor on his lowly servant.

From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his Name.

He has mercy on those who fear him  
in every generation.

He has shown the strength of his arm,  
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,  
and has lifted up the lowly.

He has filled the hungry with good things,  
and the rich he has sent away empty.

He has come to the help of his servant Israel  
for he has remembered his promise of mercy,

the promise he made to our fathers,  
to Abraham and his children for ever.

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

**Ant. (ALL):** There was a wedding in Cana in Galilee, and Jesus was there with  
Mary his mother.

### INTERCESSIONS

**PRIEST:** All praise and honor to Christ! He lives for ever to intercede for us, and  
he is able to save those who approach the Father in his name. Sustained  
by our faith, let us call upon him:

**ALL:** Remember your people, Lord.

**PRIEST:** As the day draws to a close, Sun of Justice, we invoke your name upon  
the whole human race,

**ALL:** so that all men may enjoy your never failing light.

**PRIEST:** Preserve the covenant which you have ratified in your blood,  
**ALL:** cleanse and sanctify your Church.

**PRIEST:** Remember your assembly, Lord,  
**ALL:** your dwelling place.

**PRIEST:** Guide travelers along the path of peace and prosperity,  
**ALL:** so that they may reach their destinations in safety and joy.

**PRIEST:** Receive the souls of the dead, Lord,  
**ALL:** grant them your favor and the gift of eternal glory.

### THE LORD'S PRAYER

**PRIEST:** Now let us offer together the prayer our Lord Jesus Christ taught us:

**ALL:** Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.

### CONCLUDING PRAYER

**PRIEST:** Almighty ever-living God,  
who govern all things,  
both in heaven and on earth,  
mercifully hear the pleading of your people  
and bestow your peace on our times.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.

**ALL:** Amen.

### DISMISSAL

**PRIEST:** The Lord be with you.

**ALL:** And with your spirit.

**PRIEST:** May almighty God bless you,  
the Father, and the Son, and the Holy Spirit.

**ALL:** Amen.

**PRIEST:** Go in peace.

**ALL:** Thanks be to God.

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# Night Prayer

### INTRODUCTION

(Make the Sign of the Cross)

**PRIEST:** God, come to my assistance.

**ALL:** Lord, make haste to help me.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit:

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

### EXAMINATION OF CONSCIENCE

**PRIEST:** Jesus Christ is the victor over life and death: in his mercy may he pardon  
our offenses against God and reconcile us with the Church we have  
wounded by our sins.

**PRIEST:** You came into the world to save sinners: Lord, have mercy

**ALL:** Lord have mercy.

**PRIEST:** You gave yourself up to bring redemption to all: Christ, have mercy.

**ALL:** Christ, have mercy.

**PRIEST:** You destroyed death and gave light to life: Lord, have mercy

**ALL:** Lord have mercy.

**PSALMODY**

**Ant. 1 (PRIEST):** Night holds no terrors for me sleeping under God's wings.

**Psalms 91**

**Safe in God's sheltering care**

*I have given you the power to tread upon serpents and scorpions (Luke 10:19).*

**ALL:** He who dwells in the shelter of the Most High  
and abides in the shade of the Almighty  
says to the Lord: "My refuge,  
my stronghold, my God in whom I trust!"

It is he who will free you from the snare  
of the fowler who seeks to destroy you;  
he will conceal you with his pinions  
and under his wings you will find refuge.

You will not fear the terror of the night  
nor the arrow that flies by day,  
nor the plague that prowls in the darkness  
nor the scourge that lays waste at noon.

A thousand may fall at your side,  
ten thousand fall at your right,  
you, it will never approach;  
his faithfulness is buckler and shield.

Your eyes have only to look  
to see how the wicked are repaid,  
you who have said: "Lord, my refuge!"  
and have made the Most High your dwelling.

Upon you no evil shall fall,  
no plague approach where you dwell.  
For you has he commanded his angels,  
to keep you in all your ways.

They shall bear you upon their hands  
lest you strike your foot against a stone.  
On the lion and the viper you will tread  
and trample the young lion and the dragon.

Since he clings to me in love, I will free him;  
protect him for he knows my name.  
When he calls I shall answer: "I am with you,"  
I will save him in distress and give him glory.

With length of life I will content him;  
I shall let him see my saving power.

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

**Ant. (ALL):** Night holds no terrors for me sleeping under God's wings.

#### READING

Revelation 22:4-5

They shall see the Lord face to face and bear his name on their foreheads. The night shall be no more. They will need no light from lamps or the sun, for the Lord God shall give them light, and they shall reign forever.

#### RESPONSORY

**PRIEST:** Into your hands, Lord, I commend my spirit.

**ALL:** Into your hands, Lord, I commend my spirit.

**PRIEST:** You have redeemed us, Lord God of truth.

**ALL:** I commend my spirit.

**PRIEST:** Glory to the Father, and to the Son, and to the Holy Spirit.

**ALL:** Into your hands, Lord, I commend my spirit.

#### GOSPEL CANTICLE

**Ant. (PRIEST):** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Luke 2:29-32

Christ is the light of the nations and the glory of Israel

(Make the Sign of the Cross)

**ALL:** Lord, now you let your servant go in peace;  
your word has been fulfilled:  
my own eyes have seen the salvation  
which you have prepared in the sight of every people:  
a light to reveal you to the nations  
and the glory of your people Israel.

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

**Ant. (ALL):** Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

### CONCLUDING PRAYER

**PRIEST:** Let us pray.  
Lord, we have celebrated today  
the mystery of the rising of Christ to new life.  
May we now rest in your peace,  
safe from all that could harm us,  
and rise again refreshed and joyful,  
to praise you throughout another day.  
We ask this through Christ our Lord.

**ALL:** Amen.

### BLESSING

**PRIEST:** May the all-powerful Lord grant us a restful night and a peaceful death.

**ALL:** Amen.

### Antiphon or song in honor of the Blessed Virgin Mary

**ALL:** Hail, holy Queen, mother of mercy,  
our life, our sweetness, and our hope.  
To thee do we cry,  
poor banished children of Eve.  
To thee do we send up our sighs  
mourning and weeping in this vale of tears.  
Turn then, most gracious advocate,  
thine eyes of mercy toward us,  
and after this exile  
show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving,  
O sweet Virgin Mary.

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## Praying the Rosary

1. Make the Sign of the Cross.

2. Holding the Crucifix, say the **Apostles' Creed**:

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. — *I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.*

3. On the first bead, say an **Our Father**:

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

4. On each of the next three beads, say a **Hail Mary**:

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. — *Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.*

5. Say the **Glory Be**:

Glory be to the Father, and to the Son, and to the Holy Spirit. — *As it was in the beginning, is now, and ever shall be, world without end. Amen.*

6. For each of the five decades, announce the Mystery (see the bottom of p. 64), then say the **Our Father**.

7. While holding each of the ten beads of the decade, say a **Hail Mary** while meditating on the Mystery. Then say a **Glory Be**.

8. After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima:

**O my Jesus,** — *forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of Thy mercy.*

9. After saying the five decades, say the **Hail, Holy Queen:**

*Hail, holy Queen, — mother of mercy, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, your eyes of mercy toward us; and after this, our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.*

V. Pray for us, O holy Mother of God.

R. *That we may be made worthy of the promises of Christ.*

Let us pray: — *O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.*

10. Make the Sign of the Cross.

#### **MYSTERIES OF THE ROSARY:**

**Mon. & Sat.:** 1. The Annunciation; 2. The Visitation; 3. The Birth of Jesus; 4. Presentation of Jesus in the Temple; 5. Finding of Jesus in the Temple.

**Tue. & Fri.:** 1. Agony in the Garden; 2. Scourging at the Pillar; 3. Crowning with Thorns; 4. Jesus Carries His Cross; 5. The Crucifixion of Jesus.

**Wed. & Sun.:** 1. The Resurrection; 2. The Ascension; 3. The Descent of the Holy Spirit; 4. The Assumption of Mary into Heaven; 5. The Coronation of Mary as Queen of Heaven and the Universe.

**Thursday:** 1. Baptism of Christ in the Jordan; 2. Wedding at Cana; 3. Jesus' Proclamation of the Kingdom of God; 4. The Transfiguration of Jesus; 5. Jesus' Institution of the Eucharist.

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## **The Angelus**

V: The Angel of the Lord declared to Mary:

R: *And she conceived of the Holy Spirit.*

*Hail Mary . . .*

V: Behold the handmaid of the Lord.

R: *Be it done unto me according to Thy word.*

*Hail Mary . . .*

V: And the Word was made Flesh,

R: *And dwelt among us.*

*Hail Mary . . .*

V: Pray for us, O Holy Mother of God,

R: *That we may be made worthy of the promises of Christ.*

V: Let us pray,

R: *Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. Amen.*

## **Pope Francis' January 2019 Prayer Intention**

### **Evangelization**

*“That young people, especially in Latin America, follow the example of Mary and respond to the call of the Lord to communicate the joy of the Gospel to the world.”*

### **Gaining a Plenary Indulgence**

1. Be in the state of grace
2. Perform the indulgenced act (example: meditate and recite aloud the Rosary)
3. Receive the Sacrament of Confession
4. Receive Holy Communion
5. Pray for the Pope's intentions

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## ***Prayer for The Young Church***

God of Justice & Mercy,  
Source of all that is good and holy,  
fill us with your grace and peace.  
Direct our every thought, word and action  
by the wisdom of your Spirit.  
Be ever present to us in our dialogue and efforts  
to energize the youth and young adults of our Diocese  
in the mission of the Church, as entrusted to us by your  
Son, Jesus.

May we strive to be faithful witnesses of the Gospel,  
seeking always to understand your Will,  
with untiring dedication to the building up of your Kingdom.  
All this we pray in the name of Christ our Cornerstone,  
now and forever.

AMEN.

Most Reverend Charles C. Thompson  
Archbishop of Indianapolis  
(Formerly, Bishop of Evansville)

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## ***Pilgrims Prayer for Life***

Almighty and Eternal God: You are the source of all life. You alone have dominion over it.

The life and relationship with which you endowed Adam and Eve were tarnished when they turned away from You. But through His life, death and Resurrection, Your Son, Jesus Christ, made us Your adopted Children!

Now, we freely turn to you, our Father, as faithful daughters and sons, and we call on you with confidence, courage, and a great sense of urgency.

As Herod chose to kill baby boys for fear of a king who would challenge him, today, under the guise of convenience, the selective killing of the unborn continues.

We implore you: Send Your Spirit to guide us as we make pilgrimage to proclaim your message of life. Each person, born and unborn, is a reminder of your ancient instruction: Choose Life!

Be with us. Walk with us. Give us courage and perseverance in our abiding efforts at this time of pilgrimage and beyond.

Bless us this day, and grant us safe passage on this Pilgrimage for Life.

Amen!

Most Reverend Gerald A. Gettelfinger  
Bishop Emeritus, Diocese of Evansville

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## **IMPORTANT INFORMATION:**

In case of an emergency (e.g., you become lost and separated from the group), the information below will allow you to contact someone who can assist you. Remember, Washington, D.C. is very different from your hometown, so if you are lost, contact your group leader, Steve, or your Bus Captain immediately—DO NOT, under any circumstances, accept a ride from someone you do not know, including public transportation or ride-sharing services (Uber, Lyft) without previous permission.

### **Pilgrimage Coordinator:**

**Steve Dabrowski** Cell: (317) 650-7072

### **Hotel:**

**Holiday Inn Express, Springfield (VA)**

6401 Brandon Avenue

Springfield, VA 22150

(703) 644-5555

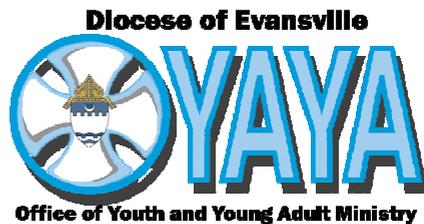
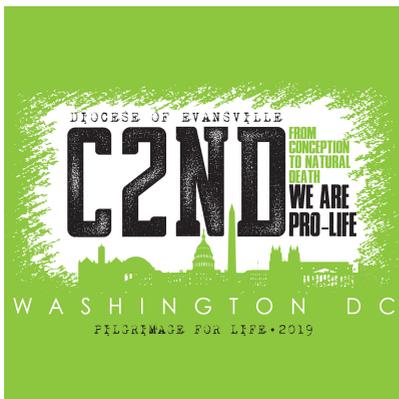
### **Host Parish:**

**St. Elizabeth Ann Seton** (Diocese of Arlington, Woodbridge, VA)

12805 Valleywood Drive

Lake Ridge, VA 22192

(703) 494-4008



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