

Compar sit laudatio.  
Amen.

PRAYER BEFORE BENEDICTION

✠ Panem de caelo praestitisti eis.

℟. Omne delectamentum in se habentem.

Orémus.

Deus, qui nobis sub sacramento mirabili, passionis tuae memoriam reliquisti: tribue, quaesumus, ita nos Corporis et Sanguinis tui sacra mysteria venerari, ut redemptionis tuae fructum in nobis iugiter sentiamus. Qui vivis et regnas in saecula saeculorum.

℟. Amen.

THE DIVINE PRAISES

Benedictus Deus.

Benedictum Nomen Sanctum ejus.

Benedictus Jesus Christus, verus Deus et verus homo.

Benedictum Nomen Jesu.

Benedictum Cor ejus sacratissimum.

Benedictus Sanguis ejus pretiosissimus.

Benedictus Jesus in sanctissimo altaris Sacramento.

Benedictus Sanctus Spiritus, Paraclitus.

Benedicta excelsa Mater Dei, Maria sanctissima.

Benedicta sancta ejus et immaculata Conceptione.

Benedicta ejus gloriosa Assumptio.

Benedictum nomen Mariae, Virginis et Matris.

Benedictus sanctus Joseph, ejus castissimus Sponsus.

Benedictus Deus in Angelis suis, et in Sanctis suis.

CLOSING HYMN *Sung by the choir alone.*

Laudemus Dominum,

Quem laudant Angeli,

Quem Cherubim et Seraphim:

Sanctus, Sanctus, Sanctus, proclamant.

Glória Patri et Filio, et Spiritui Sancto.

Sicut erat in principio et nunc et semper, et in saecula saeculorum. Amen.

Laudemus Dominum.

*Might and endless majesty.*

Amen.

✠. *Thou hast given them bread from heaven.*

℟. *Having within it all sweetness.*

*Let us pray.*

*O God, who in this wonderful Sacrament left us a memorial of Thy Passion: grant, we implore Thee, that we may so venerate the sacred mysteries of Thy Body and Blood, as always to be conscious of the fruit of Thy Redemption. Thou who livest and reignest forever and ever.*

℟. Amen.

*Blessed be God.*

*Blessed be His Holy Name.*

*Blessed be Jesus Christ, true God and true Man.*

*Blessed be the Name of Jesus.*

*Blessed be His Most Sacred Heart.*

*Blessed be His Most Precious Blood.*

*Blessed be Jesus in the Most Holy Sacrament of the Altar.*

*Blessed be the Holy Ghost, the Paraclete.*

*Blessed be the great Mother of God, Mary most Holy.*

*Blessed be her Holy and Immaculate Conception.*

*Blessed be her glorious Assumption.*

*Blessed be the name of Mary, Virgin and Mother.*

*Blessed be St. Joseph, her most chaste spouse.*

*Blessed be God in His Angels and in His Saints.*

*Let us praise the Lord,*

*Whom the Angels praise,*

*Whom the Cherubim and Seraphim proclaim:*

*Holy, holy, holy.*

*Glory be to the Father, and to the Son, and to the Holy*

*Ghost. As it was in the beginning, is now, and ever shall be, world without end. Amen*

*Let us praise the Lord.*

\* \* \*

✠ WELCOME to Historic Sweetest Heart of Mary Church for Vespers celebrated according to the Traditional Latin "Tridentine" Form. Join us as we render glory to God according to Holy Mother Church's historic liturgy, employing her rich treasury of sacred music. The Tridentine Mass is offered at our cluster partners St. Josaphat Church every Sunday at 9:30 AM, and every Monday at 7:00 PM; and at St. Joseph Church on the Fourth Sunday of most months at noon.



SWEETEST HEART OF MARY CHURCH

4440 Russell Street

Detroit, Michigan 48207

(313) 831-6659

[www.sweetestheartofmary.org](http://www.sweetestheartofmary.org)

March 21, 2009

4:00 P.M.

THE FIRST VESPERS OF THE FOURTH SUNDAY OF LENT

*With Commemoration of St. Benedict, Abbott*

\* \* \*

PATER NOSTER *Recited quietly by the Celebrant.*

Pater noster, qui es in caelis: Sanctificetur nomen tuum. Advéniat regnum tuum. Fiat volúntas tua, sicut in caelo, et in terra. Panem nostrum quotidíanum da nobis hódie: Et dimitte nobis débíta nostra, sicut et nos dimittimus debitoribus nostris. Et ne nos indúcas in tentatiónem; sed libera nos a malo. Amen.

*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.*

AVE MARÍA *Recited quietly by the Celebrant.*

Ave, María, grátia plena; Dóminus tecum: benedicta tu in muliéribus, et benedictus fructus ventris tui Jesus. Sancta María, Mater Dei, ora pro nobis peccatoribus, nunc et in hora mortis nostrae. Amen.

*Hail, Mary, full of grace, the Lord is with thee: Blessed art thou amongst 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.*

OPENING VERSICLES

✠. Deus † in adiutorium meum intende.

℟. Dómine ad adjuvándum me festína.

Glória Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, \* et in saecula saeculorum. Amen.

Laus tibi Dómine, Rex aetérnae glóriae.

✠. O God, † make speed to save me.

℟. O Lord, make haste to help me.

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

*All praise be unto Thee, O Lord, King of glory everlasting.*

PSALM 143. i

Ant. Benedictus Dóminus \* suscēptor meus et liberátor meus.

1 Benedictus Dóminus Deus meus, qui docet manus meas ad prælium: \* dígitos meos ad bellum.

2 Misericórdia mea, et refúgium meum: \* suscēptor meus, et liberátor meus:

3 Protéctor meus, et in ipso sperávi: \* qui subdit pópulum meum sub me.

4 Dómine, quid est homo quia innotuisti ei? \* aut filius hóminis, quia réputas eum?

5 Homo vanitáti símilis factus est: \* dies ejus sicut umbra prætereunt.

6 Dómine, inclína cælos tuos, et descēde: \* tange montes, et fumigábunt.

7 Fúlgura coruscationem, et dissipábis eos: \* emitte sagittas tuas, et conturbábis eos.

8 Emítte manum tuam de alto, éripe me, et libera me de aquis multís: \* de manu filiórúum alienórum.

9 Quorum os locútum est vanitátem: \* et dextera eórum, dextera iniquitátis.

✠ Glória Patri, et Filio, \* et Spirítui Sancto.

℞ Sicut erat in princípío, et nunc, et semper, \* et in sæcula sæculórum. Amen.

Ant. Benedictus Dóminus \* suscēptor meus et liberátor meus.

PSALM 143. ii

Ant. Beátus pópulus \* cujus Dóminus Deus ejus.

10 Deus, cánticum novum cantábo tibi: \* in psaltério, decachórdó psallam tibi.

11 Qui das salutem régibus: \* qui redemísti David, servum tuum, de gládío malíño: éripe me.

12 Et érue me de manu filiórúum alienórum, quorum os locútum est vanitátem: \* et dextera eórum, dextera iniquitátis:

13 Quorum filii, sicut novéllæ plantatiónes \* in juventúte sua.

14 Filiæ eórum compósitæ: \* circumornátæ ut similitúdo templi.

15 Promptuária eórum plena: \* eructántia ex hoc in illud.

16 Oves eórum foetósæ, abundántes in egréssibus

Ant. Blessed be the Lord \* my support, and my deliverer.

1 Blessed be the Lord my God, Who teacheth my hands to fight, \* and my fingers to war.

2 My mercy and my refuge, \* my support and my deliverer:

3 My defender in whom I trust; \* who subdueth my people that is under me.

4 Lord, what is man, that Thou are made known unto him? \* or the son of man, that thou so regardest him?

5 Man is like unto vanity; \* his days pass away like a shadow.

6 Bow Thy heavens, O Lord, and come down; \* touch the mountains, and they shall smoke.

7 Cast forth Thy lightning, and Thou shalt scatter them; \* shoot out Thine arrows, and Thou shalt afflict them.

8 Send down Thine hand from above, deliver me, and take me out of the great waters, \* from the hand of strange children.

9 Whose mouth talketh of vanity, \* and their right hand is the right hand of wickedness.

✠ Glory be to the Father, and to the Son, \* and to the Holy Ghost.

℞ As it was in the beginning, is now, \* and ever shall be, world without end. Amen.

Ant. Blessed be the Lord \* my support, and my deliverer.

Ant. Blessed are the people \* who have the Lord for their God.

10 I will sing a new song unto Thee, O God; \* and sing praises unto Thee upon the ten-stringed lute.

11 Who hast given salvation unto kings, \* and hast delivered David thy servant from the peril of the sword, O save Thou me.

12 And deliver me from the hand of strange children, whose mouth talketh of vanity, \* and their right hand is the right hand of iniquity.

13 Whose sons are as new plants \* in their youth.

14 Their daughters decked out: \* adorned round about like as a temple.

15 Their garners full \* bringing forth plenteously.

16 Their sheep fruitful in young, abounding in their goings

✠ Fidélium ánimæ † per misericórdiam Dei requiescant in pace.

℞ Amen.

PATER NOSTER Recited quietly by the Celebrant.

Pater noster, qui es in cælis: Sanctificétur nomen tuum. Advéniat regnum tuum. Fiat volúntas tua, sicut in cælo, et in terra. Panem nostrum quotidíanium da nobis hódie: Et dimítte nobis débíta nostra, sicut et nos dimíttimus debitoribus nostris. Et ne nos indúcas in tentatióem; sed libera nos a malo. Amen.

MARIAN ANTIPHON

Ave, Regina cælórum,

Ave, Dómina Angelórum:

Salve, radix, salve, porta

Ex qua mundo lux est orta:

Gaude, Virgo gloriósa,

Super omnes speciósa,

Vale, o valde decóra,

Et pro nobis Christum éxora.

✠ Dignáre me laudáre te, Virgo sacráta.

℞ Da mihi virtútem contra hostes tuos.

Orémus.

Concéde, miséricors Deus, fragilitáti nostræ præsidium: ut, qui sanctæ Dei Genitricis memóriam ágimus; intercessiόνis ejus auxilio, a nostris iniquitatibus resurgámus. Per eúmdem Christum Dóminum nostrum. Amen.

CLOSING PRAYER

✠ Divinum auxiliúm † máneat semper nobiscum.

℞ Amen.

BENEDICTION HYMN

Tantum ergo Sacraméntum

Venerémur cernui:

Et antiquum documéntum

Novo cedat ritui:

Præstet fides suppleméntum

Sénsuum deféctui.

Genitóri, Genitóque

Laus et jubilátió,

Salus, honor, virtus quóque

Sit et benedictió:

Procedénti ab utróque

✠. May the souls † of the faithful departed, through the mercy of God, rest in peace.

℞. Amen.

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.

Hail, O Queen of Heaven enthroned.

Hail, by Angels Mistress owned.

Root of Jesse, Gate of Morn

Whence the world's true light was born:

Glorious Virgin, Joy to thee,

Lovliest whom in heaven they see;

Fairest thou, where all are fair,

Plead with Christ our souls to spare.

✠. Vouchsafe that I may praise thee, O sacred Virgin.

℞. Give me strength against thine enemies.

Let us pray.

We beseech Thee, O Lord, mercifully to assist our infirmity: that like as we do now commemorate Blessed Mary Ever-Virgin, Mother of God; so by the help of her intercession we may die to our former sins and rise again to newness of life. Through the same Christ our Lord. Amen.

✠. May help divine † be with us all, for ever abiding.

℞. Amen.

Down in adoration falling,

Lo! the sacred Host we hail,

Lo! oe'r ancient forms departing

Newer rites of grace prevail;

Faith for all defects supplying,

Where the feeble senses fail.

To the everlasting Father,

And the Son Who reigns on high

With the Holy Spirit proceeding

Forth from each eternally,

Be salvation, honor blessing,

8 Esuriéntes implévit bonis: \* et dívites dimísit inánes.

9 Suscépit Israël púerum suum: \* recordátus misericórdiæ suæ.

10 Sicut locútus est ad patres nostros: \* Ábraham, et sémini ejus in sæcula.

11 Glória Patri, et Filio, \* et Spirítui Sancto.

12 Sicut erat in princípíio, et nunc, et semper, \* et in sæcula sæculórum. Amen.

Ad Magnificat Ant. Nemo te condemnávit, múlier? \* Nemo, Dómine. Nec ego te condemnábo: jam ámplius noli peccáre.

COLLECTS

✠ Dóminus vobíscum.

✠ Et cum spirítu tuo.

Orémus.

Concéde, quæsumus, omnipotens Deus: ut, qui ex mérito nostræ actiónis affligimur, tuæ grátiae consolatióne respirémus. Per Dóminum.

Intercéssio nos, quæsumus, Dómine, beáti Benedicti Abbátis comméndet: ut, quod nostris méritis non valémus ejus patrocínio assequámur. Per Dóminum.

THE SUFFRAGE OF THE SAINTS

Ant. Beáta Dei Génitrix Virgo María, Sanctíque omnes intercédant pro nobis ad Dóminum.

✠ Mirificávit Dóminus Sanctos suos.

✠ Et exaudivit eos clamántes ad se.

Orémus.

A cunctis nos, quæsumus, Dómine, mentis et córporis defénde periculis: et intercedénte beáta et gloriósa semper Vírgine Dei Genitríce María, cum beáto Joseph, beátis Apóstolis tuis Petro et Paulo, [atque beáto N.,] et ómnibus Sanctis, salútem nobis tríbue benígnus et pacem; ut destrúctis adversitatibus et erróribus univérsis, Ecclésia tua secúra tibi sérviat libertáte. Per eúndem Dóminum.

CLOSING VERSICLES

✠ Dóminus vobíscum.

✠ Et cum spirítu tuo.

✠ Benedicámus Dómino.

✠ Deo grátias.

*exalted the humble and meek.*

8 *He hath filled the hungry with good things; \* and the rich He hath sent empty away.*

9 *He remembering his mercy \* hath helped His servant Israel.*

10 *As He promised to our forefathers, \* Abraham and his seed for ever.*

11 *Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

12 *As it was in the beginning, is now, and ever shall be, \* world without end. Amen.*

Ant. on Magnificat: *Woman, hath no man condemned thee? \* No man, Lord. Neither do I condemn thee; go and sin no more.*

✠ *The Lord be with you.*

✠ *And with thy spirit.*

*Let us pray.*

*Grant, we beseech Thee, Almighty God: that we, who for our evil deeds do worthily deserve to be punished, by the comfort of Thy grace may mercifully be relieved. Through our Lord.*

*Grant, we beseech thee, O Lord, that the prayers of Thy holy Abbot, blessed Benedict may commend us unto Thee: that we, who have no power of ourselves to help ourselves, may by his advocacy find favor in Thy sight. Through our Lord.*

Ant. *May the blessed Mother of God, Mary the Virgin, and all the Saints, intercede for us with the same Lord our God.*

✠ *The Lord hath chosen to Himself them that are godly.*

✠ *When they call upon the Lord, He will hear them.*

*Let us pray.*

*Defend us, O Lord, we beseech Thee, from all dangers both of body and soul: and at the intercession of the blessed and glorious Ever-Virgin Mary, Mother of God, of blessed Joseph, of thy holy Apostles Peter and Paul, [of blessed N.,] and of all thy Saints, grant us Thy saving health and peace; that being defended from all adversities and all false doctrines, Thy Church may serve Thee in freedom and quietness. Through the same.*

✠ *The Lord be with you.*

✠ *And with thy spirit.*

✠ *Bless we the Lord.*

✠ *Thanks be to God.*

suis: \* boves eórum crassæ.

17 Non est ruína maceríæ, neque tránsitus: \* neque clamor in platéis eórum.

18 Beátum dixérunt pópulum, cui hæc sunt: \* beátus pópulus, cujus Dóminus Deus ejus.

✠ Glória Patri, et Filio, \* et Spirítui Sancto.

✠ Sicut erat in princípíio, et nunc, et semper, \* et in sæcula sæculórum. Amen.

Ant. Beátus pópulus \* cujus Dóminus Deus ejus.

PSALM 144. i

Ant. Magnus Dóminus, \* et laudábilis nimis: et magnitúdinis ejus non est finis.

1 Exaltábo te, Deus meus, rex: \* et benedicam nómini tuo in sæculum, et in sæculum sæculi.

2 Per singulos dies benedicam tibi: \* et laudábo nomen tuum in sæculum, et in sæculum sæculi.

3 Magnus Dóminus, et laudábilis nimis: \* et magnitúdinis ejus non est finis.

4 Generátio et generátio laudábit ópera tua: \* et poténtiam tuam pronuntiábunt.

5 Magnificéntiam glóriæ sanctitátis tuæ loquéntur: \* et mirabilia tua narrábunt.

6 Et virtútem terribílium tuórum dicent: \* et magnitúdinem tuam narrábunt.

7 Memóriam abundántiæ suavitátis tuæ eructábunt: \* et justitia tua exultábunt.

✠ Glória Patri, et Filio, \* et Spirítui Sancto.

✠ Sicut erat in princípíio, et nunc, et semper, \* et in sæcula sæculórum. Amen.

Ant. Magnus Dóminus, \* et laudábilis nimis: et magnitúdinis ejus non est finis.

PSALM 144. ii

Ant. Suávis Dóminus \* univérsis: et miseratiónes ejus super ómnia ópera ejus.

8 Miserátor, et miséricors Dóminus: \* pátiens, et multum miséricors.

9 Suávis Dóminus univérsis: \* et miseratiónes ejus super ómnia ópera ejus.

10 Confíteántur tibi, Dómine, ómnia ópera tua: \* et sancti tui benedicant tibi.

11 Glóriam regni tui dicent: \* et poténtiam tuam

forth: \* their oxen fat.

17 *There is no breach of the walls, nor are they breached: \* nor is there crying out in their streets.*

18 *Blessed are the people called that have these things: \* yea, blessed are the people who have the Lord for their God.*

✠ *Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

✠ *As it was in the beginning, is now, \* and ever shall be, world without end. Amen.*

Ant. *Blessed are the people \* who have the Lord for their God.*

Ant. *Great is the Lord, \* and marvelous worthy to be praised: and of His greatness there is no end.*

1 *I will extol thee, O God my king: \* and I will bless thy name for ever; yea, for ever and ever.*

2 *Every day will I bless Thee; \* and praise Thy Name for ever, yea, for ever and ever.*

3 *Great is the Lord, and marvelous worthy to be praised; \* and of His greatness there is no end.*

4 *Generation unto generation shall praise Thy works, \* and declare Thy power.*

5 *They shall be speak of the magnificence of Thy glory, \* and declare Thy wondrous works.*

6 *And they shall speak of the might of Thy terrible acts; \* and shall tell of Thy greatness.*

7 *They shall shew forth the memorial of Thine abundant kindness; \* and shall sing of Thy righteousness.*

✠ *Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

✠ *As it was in the beginning, is now, \* and ever shall be, world without end. Amen.*

Ant. *Great is the Lord, \* and marvelous worthy to be praised: and of His greatness there is no end.*

Ant. *The Lord is loving \* unto every man, and His tender mercies are over all His works.*

8 *The Lord is gracious and merciful; \* long-suffering, and plenteous in mercy.*

9 *The Lord is loving unto every man; \* and His tender mercies are over all His works.*

10 *Let all thy works praise Thee, O Lord; \* and Thy saints bless Thee.*

11 *They shall speak of the glory of Thy kingdom, \* and*

loquéntur:

12 Ut notam faciunt filiis hóminum poténtiam tuam:  
\* et glóriam magnificéntiæ regni tui.

13 Regnum tuum regnum ómnium sæculórum: \* et  
dominatio tua in omni generatióne et generatióne.

✠ Glória Patri, et Filio, \* et Spirítui Sancto.

℟. Sicut erat in princípíio, et nunc, et semper, \* et in  
sæcula sæculórum. Amen.

Ant. Suávis Dóminus \* univérsis: et miseratiónes ejus  
super ómnia ópera ejus.

PSALM 144. iii

Ant. Fidélis Dóminus † in ómnibus verbis suis: et  
sanctus in ómnibus opéribus suis.

14 Fidélis Dóminus in ómnibus verbis suis: \* et  
sanctus in ómnibus opéribus suis.

15 Állevat Dóminus omnes qui córruunt: \* et érigit  
omnes elisos.

16 Óculi ómnium in te sperant, Dómine: \* et tu das  
escam illórum in témpore oppórtuno.

17 Áperis tu manum tuam: \* et imples omne ánimam  
benedictióne.

18 Justus Dóminus in ómnibus viis suis: \* et sanctus  
in ómnibus opéribus suis.

19 Prope est Dóminus ómnibus invocántibus eum: \*  
ómnibus invocántibus eum in veritaté.

20 Voluntátem timéntium se faciet: \* et  
deprecatióne eórum exáudiet: et salvos faciet eos.

21 Custódit Dóminus omnes diligéntes se: \* et omnes  
peccatóres dispédet.

22 Laudatióne Dómini loquétur os meum: \* et  
benedicat omnis caro nómini sancto ejus in sæculum,  
et in sæculum sæculi.

✠ Glória Patri, et Filio, \* et Spirítui Sancto.

℟. Sicut erat in princípíio, et nunc, et semper, \* et in  
sæcula sæculórum. Amen.

Ant. Fidélis Dóminus \* in ómnibus verbis suis: et  
sanctus in ómnibus opéribus suis.

THE LITTLE CHAPTER Galatians 4. 22

Fratres: Scriptum est, quóniam Ábraham duos filios  
hábit: unum de ancilla, et unum de líbera: sed qui de  
ancilla, secúndum carnem natus est: qui autem de  
líbera, per repromissióne: quæ sunt per allegóriam  
dicta.

shall tell of Thy power;

12 That Thy power might be known unto men, \* yea, the  
glory, and mightiness of Thy kingdom.

13 Thy kingdom is an everlasting kingdom, \* and Thy  
dominion endureth throughout all generations.

✠. Glory be to the Father, and to the Son, \* and to the  
Holy Ghost.

℟. As it was in the beginning, is now, \* and ever shall be,  
world without end. Amen.

Ant. The Lord is loving \* unto every man, and His tender  
mercies are over all His works.

Ant. The Lord is faithful † in all His words, \* and holy in  
all His works:

14 The Lord is faithful in all His words, \* and holy in all  
His works.

15 The Lord upholdeth all such as fall, \* and lifteth up  
all those that are cast down.

16 The eyes of all hope in Thee, O Lord; \* and Thou  
givest them meat in due season.

17 Thou openest Thine hand, \* and fillest with blessing  
all living creatures.

18 The Lord is righteous in all His ways, \* and holy in all  
His works.

19 The Lord is nigh unto all them that call upon Him; \*  
yea, all such as call upon Him in truth.

20 He will do the will of them that fear Him; \* He also  
will hear their cry, and will save them.

21 The Lord preserveth all them that love Him; \* but  
scattereth abroad all the ungodly.

22 My mouth shall speak the praise of the Lord; \* and let  
all flesh bless His holy Name for ever, yea, for ever and  
ever.

✠. Glory be to the Father, and to the Son, \* and to the  
Holy Ghost.

℟. As it was in the beginning, is now, \* and ever shall be,  
world without end. Amen.

Ant. The Lord is faithful \* in all His words, and holy in  
all His works.

*Brethren: It is written, that Abraham had two sons; the one  
by a bondmaid, the other by a freewoman. But he who was  
of the bondwoman was born after the flesh: but he of the  
freewoman was by promise. Which things are an allegory.*

℟. Deo grátias.

HYMN

Audi, benigne Córditor,  
Nostras preces cum fléribus,  
In hoc sacro jejúnio  
Fusas quadragenário.

Scrutátor alme córdium,  
Infirma tu scis vírium:  
Ad te revérsis éxhibe  
Remissióne grátiam.

Multum quidem peccávimus,  
Sed parce confiténtibus:  
Ad nóminis laudem tui  
Confer medélam lánguidis.

Concéde nostrum cónteri  
Corpus per abstinentiam;  
Culpæ ut relinquant pábulum  
Jejúna corda críminum.

Præsta, beáta Trínitas,  
Concéde, simplex Únitas;  
Ut fructuósa sint tuis  
Jejúniórum múnera. Amen.

✠. Ángelis suis Deus mandávit de te.

℟. Ut custódiat te in ómnibus viis tuis.

Ad Magnificat Ant. Nemo te condemnávit, múlier? \*  
Nemo, Dómine. Nec ego te condemnábo: jam  
ámplius noli peccáre.

MAGNIFICAT

Magnificat † \* ánima mea Dóminum.

2 Et exultávit spíritus meus: \* in Deo, salutári meo.

3 Quia respéxit humilitátem ancillæ suæ: \* ecce enim  
ex hoc beátam me dicent omnes generatióne.

4 Quia fecit mihi magna, qui potens est: \* (**Profound  
bow**) et sanctum nomen ejus.

5 Et misericórdia ejus, a progénie in progénies: \*  
timéntibus eum.

6 Fecit poténtiam in bráchio suo: \* dispérsit supérbos  
mente cordis sui.

7 Depósuit poténtes de sede: \* et exaltávit húmiles.

℟. Thanks be to God.

O Maker of the world, give ear;  
Accept the prayer and own the tear  
Towards thy seat of mercy sent  
In this most holy fast of Lent.

Each heart is manifest to Thee;  
Thou knowest our infirmity;  
Forgive Thou then each soul that fain  
Would seek to Thee, and turn again.

Our sins are manifold and sore,  
But pardon them that sin deplore:  
And, for Thy Name's sake, make each soul  
That feels and owns its languor, whole.

So mortify we every sense  
By grace of outward abstinence,  
That from each stain and spot of sin  
The soul may keep her fast within.

Grant, O thou blessed Trinity,  
Grant, O essential Unity,  
That this our fast of forty days  
May work our profit and Thy praise. Amen.

✠. God shall give his Angels charge over thee.

℟. To keep thee in all thy ways.

Ant. on Magnificat: Woman, hath no man condemned  
thee? \* No man, Lord. Neither do I condemn thee; go and  
sin no more.

My soul † \* doth magnify the Lord.

2 And my spirit hath rejoiced \* in God my Savior.

3 For He hath regarded the lowliness of His handmaiden: \*  
for behold, from henceforth \* all generations shall call me  
blessed.

4 For He that is mighty hath magnified me; \* (**Profound  
bow**) and holy is His Name.

5 And His mercy is on them that fear Him \* throughout all  
generations.

6 He hath shewed strength with his arm; \* He hath  
scattered the proud in the imagination of their hearts.

7 He hath put down the mighty from their seat, \* and hath