

HYMNS

A Child is Born in Bethlehem

88

1. A child is born in Beth - le - hem, al - le - lu - ia, And joy -
 2. He lies with - in a low - ly stall, al - le - lu - ia, The King
 3. That he might bring our mor - tal race, al - le - lu - ia, Back to
 4. The Wise Men has - ten to their King, al - le - lu - ia, And gold,
 5. Up - on his fest - ive na - tal day, al - le - lu - ia, Un - to
 6. And to the ho - ly One in Three, al - le - lu - ia, Give praise

1. ful is Je - ru - sa - lem, al - le - lu - ia, al - le - lu - ia.
 2. and Sov - 'reign o - ver all, al - le - lu - ia, al - le - lu - ia.
 3. the im - age of his face, al - le - lu - ia, al - le - lu - ia.
 4. and myrrh, and in - cense bring, al - le - lu - ia, al - le - lu - ia.
 5. our In - fant Lord we pray, al - le - lu - ia, al - le - lu - ia.
 6. and thanks e - ter - nal - ly, al - le - lu - ia, al - le - lu - ia.

Our joy - ful hearts we raise, Christ is born, let

us a - dore him With new - found songs of praise.

Text: *Puer natus in Bethlehem*, 13th c. Latin; Tr. Richard F. Littledale, alt.
 Melody: PUERNATUS, 8.8 with alleluias and refrain; Anon.

89

A Hymn of Glory Let Us Sing



1. A hymn of glo - ry let us sing; New
2. The ho - ly ap - os - tol - ic band Up -
3. To whom the an - gels draw - ing nigh, "Why
4. "A - gain you shall be - hold him so, As
5. O ris - en Christ, as - cend - ed Lord, All



1. songs throughout the world shall ring, Al - le - lu - ia, Al - le -
2. on the Mount of Ol - ives stand Al - le - lu - ia, Al - le -
3. stand and gaze up - on the sky?" Al - le - lu - ia, Al - le -
4. you to - day have seen him go." Al - le - lu - ia, Al - le -
5. praise to you let earth ac - cord, Al - le - lu - ia, Al - le -



1. lu - ia. Christ, by a road be - fore un - trod As -
2. lu - ia. And with his fol - low - ers they see Je -
3. lu - ia. "This is the Sav - ior," thus they say. "This
4. lu - ia. "In glo - rious state as - cend - ing high Up
5. lu - ia. Who are, while end - less ag - es run, With



1. cends un - to the throne of God.
2. sus' re-splend-ent maj - es - ty.
3. is his no - ble tri-umph day." Al - le - lu - ia, Al - le -
4. to the por - tals of the sky."
5. Fa - ther and with Spir - it One.



lu - ia, Al - le - lu - ia, Al - le - lu - ia, Al - le - lu - ia.

Text: *Hymnum canamus gloriae*, Venerable Bede; Tr. Benjamin Webb, alt.
 Melody: LASST UNS ERFREUEN, 8.8.8.8. (L.M.) with alleluias;
 17th c. German; Adapt. Ralph Vaughan Williams.

A Message Came to a Maiden Young

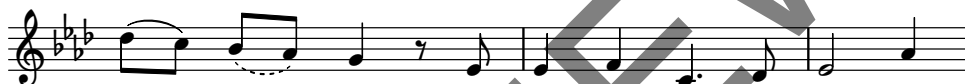
90



1. A mes - sage came to a maid - en young; The
2. No great - er news could a mes - sen - ger bring; For
3. He came, God's Word to the world here be - low; And
4. And some - times trum - pets from Si - on ring out, And



1. an - gel stood be - side her In shin - ing robes, and with
2. 'twas from the young moth - er He came, who walked on the
3. round him there did gath - er A band who found that this
4. tramp - ing comes, and drum - ming; "Thy king - dom come," so we



1. gold - en tongue He told what should be - tide her:
2. earth as a king, And yet to all a broth - er:
3. teach - er to know Was e'en to know the Fa - ther:
4. cry; and they shout, "It comes!" and still 'tis com - ing.



1. The maid was lost in won - der; Her world was
2. His truth has spread like leav - en; 'Twill mar - ry
3. He healed the sick who sought him, For - gave the
4. Far, far a - head, to win us, Yet with us,



1. rent a - sun - der; Ah! how could
2. earth to heav - en, Till all a -
3. foes who fought him; Be - side the
4. nay with - in us; Till all shall



1. she Christ's moth - er be By God's most high de - cree!
2. gree In char - i - ty To dwell from sea to sea.
3. sea Of Gal - i - lee He set the na - tions free.
4. see That King is he, The Love from Gal - i - lee!

Text: Vs 1: Dutch, tr. Percy Dearmer; Vs 2-4, Percy Dearmer.
 Melody: ANNUNCIATION, Irregular; Dutch folk song.

91

A Thrilling Voice by Jordan Rings

□ *Divine Office Hymn: Advent*

WINCHESTER NEW



1. A thrill - ing voice by Jor - dan rings, Re -
2. Now let each bur - dened soul a - rise, That
3. The Lamb de - scends from heav'n a - bove To
4. That when a - gain he shines re - vealed, And
5. To high - est Par - ent glo - ry be And



1. buk - ing guilt and dark - some things: Vain dreams of sin and
2. sunk in guilt and wound - ed lies; See! The new Star's re -
3. par - don sin with fre - est love: Or such in - dul - gent
4. trem - bling worlds to ter - ror yield, He give not sin its
5. to the Son be vic - to - ry, And to the Spir - it



1. vi - sions fly; Christ in his might shines forth on high.
2. ful - gent ray Shall chase dis - ease and sin a - way.
3. mer - cy shown With tear - ful joy our thanks we own.
4. just re - ward, But in his love pro - tect and guard.
5. praise is owed From age to age e - ter - nal - ly.

Text: *Vox clara ecce intonat*, 10th c.; Tr. John M. Neale, alt.
 Melody: WINCHESTER NEW, 8.8.8.8. (L.M.); Bartholomaeus Crassellius.

A Thrilling Voice by Jordan Rings

92

□ *Divine Office Hymn: Advent*

CHANT TUNE

1. A thrill - ing voice by Jor - dan rings, Re - buk - ing guilt and
 2. Now let each bur - dened soul a - rise, That sunk in guilt and
 3. The Lamb de - scends from heav'n a - bove To par - don sin with
 4. That when a - gain he shines re - vealed, And trem - bling worlds to
 5. To high - est Par - ent glo - ry be And to the Son be

1. dark - some things: Vain dreams of sin and vi - sions fly;
 2. wound - ed lies; See! The new Star's re - ful - gent ray
 3. fre - est love: Or such in - dul - gent mer - cy shown
 4. ter - ror yield, He give not sin its just re - ward,
 5. vic - to - ry, And to the Spir - it praise is owed

1. Christ in his might shines forth on high.
 2. Shall chase dis - ease and sin a - way.
 3. With tear - ful joy our thanks we own.
 4. But in his love pro - tect and guard.
 5. From age to age e - ter - nal - ly. A - men.

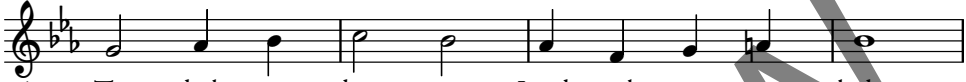
Text: *Vox clara voce intonat*, 10th c.; Tr. John M. Neale, alt.
 Melody: a g a c d e d L H, 8.8.8.8. (L.M.); Anon.

93

Abide with Me



1. A - bide with me! Fast falls the e - ven - tide;
2. Swift to its close ebbs out life's lit - tle day;
3. I need your pres - ence ev - 'ry pass - ing hour;
4. I fear no foe with you at hand to bless;
5. Hold then your cross be - fore my clos - ing eyes;



1. The dark - ness deep - ens; Lord, with me a - bide;
2. Earth's joys grow dim, its glo - ries pass a - way;
3. What but your grace can foil the tempt - er's pow'r?
4. Ills have no weight, and tears no bit - ter - ness.
5. Shine through the gloom, and point me to the skies!



1. When oth - er help - ers fail and com - forts flee,
2. Change and de - cay in all a - round I see;
3. Who like your - self my guide and strength can be?
4. Where is death's sting? Where, grave, your vic - to - ry?
5. Heav'n's morn - ing breaks and earth's vain shad - ows flee;



1. Help of the help - less, O a - bide with me!
2. O Lord who chang - es not, a - bide with me!
3. Through cloud and sun - shine, Lord, a - bide with me!
4. I tri - umph still, if you a - bide with me!
5. In life, in death, O Lord, a - bide with me!

Text: Henry Francis Lyte, alt. Melody: EVENTIDE, 10.10.10.10; William H. Monk, 1823-1889.

Adeste Fideles

94



1. Ad - és - te fi - dé - les, lae - ti, tri - um - phán - tes; ve -
2. En gre - ge re - líc - to, hú - mi - les ad cu - nas vo -
3. Can - tet nunc i - o! cho - rus an - ge - ló - rum;
4. Er - go qui na - tus di - e ho - di - ér - na,



1. ní - te, ve - ní - te in Béth - le - hem:
2. cá - ti pas - tó - res ap - pró - pe - rant:
3. can - tet nunc au - la cae - lés - ti - um:
4. Ie - su ti - bi sit gló - ri - a:



1. Na - tum vi - dé - te re - gem an - ge - ló - rum:
2. Et nos o - ván - ti gra - du fes - ti - né - mus:
3. Gló - ri - a, gló - ria in ex - cél - sis De - o!
4. Pa - tris æ - tér - ni Ver - bum ca - ro fac - tum:



Ve - ní - te ad - o - ré - mus, Ve - ní - te ad - o - ré - mus,



Ve - ní - te ad - o - ré - mus — Dó - mi - num.

Text: Attr. John F. Wade. Melody: ADESTE FIDELES,
Irregular with refrain; Attr. John F. Wade.

Adoremus in Aeternum

95



Ad - o - ré - mus in ae - tér - num sanc - tís - si - mum Sa - cra - mé - num.

Text: Anon. Melody: ADOREMUS IN AETERNUM.

96

Adoro Te Devote



1. A - dó - ro te de - vó - te, la - tens Dé - i - tas,
2. Vi - sus, tac - tus, gus - tus in te fál - li - tur,
3. In cru - ce la - - té - bat so - la Dé - i - tas,
4. Pla - gas, si - cut Tho - mas, non in - tú - e - or:
5. O me - mo - ri - - á - le mor - tis Dó - mi - ni!



1. Quæ sub his fi - gú - ris ve - re lá - ti - tas; Ti -
2. Sed au - dí - tu so - lo tu - to cré - di - tur. Cre -
3. At hic la - tet si - mul et Hu - má - ni - tas, Am -
4. De - um ta - men me - um te con - fi - te - or. Fac
5. Pa - nis vi - vus, vi - tam præ - tans hó - mi - ni! Præ -



1. bi se cor me - um to - tum súb - i - cit, Qui - a
2. do quid - quid di - xit De - i Fí - li - us; Nil hoc
3. bo ta - men cre - dens at - que cón - fi - tens, Pe - to
4. me ti - bi sem - per ma - gis cré - de - re, In te
5. sta me - æ men - ti de te ví - ve - re, Et te



1. te con - tém - plans to - tum dé - fi - cit.
2. ver - bo ve - ri - tá - tis vé - ri - us.
3. quod pe - tí - vit la - tro pœ - ni - tens.
4. spem ha - bé - re, te di - lí - ge - re.
5. il - lí sem - per dul - ce sá - pe - re.

6. Pie Pelicâne, Jesu Dómine,
Me immúndum munda tuo ságuine:
Cuius una stilla salvum fácere
Totum mundum quit ab omni scélere.

7. Iesu, quem velátum nunc aspicio,
Oro, fiat illud quod tam sítio:
Ut te reveláta cernens fácie,
Visu sim beátus tuæ glóriæ. Amen.

Text: St. Thomas Aquinas. Melody: ADORO TE DEVOTE, I.I.I.I.I.I.I; Anon.

Again We Keep This Solemn Fast

97



1. A - gain we keep this sol - emn fast, As
2. The law and seers that were of old In
3. More spar - ing there - fore let us make The
4. In prayer to - geth - er let us fall, And
5. Thy grace have we of - fend - ed sore, By
6. Re - mem - ber thou, though frail we be, That



1. taught by ways of a - ges past; The fast to all men
2. di - verse ways this Lent fore - told, Which Christ, all sea - sons'
3. words we speak, the food we take, Our sleep and mirth, and
4. cry for mer - cy, one and all, And weep be - fore the
5. sins, O God, which we de - plore; But pour up - on us
6. yet thy hand - i - work are we; Nor let the hon - or



1. known, and bound In for - ty days of year - ly round.
2. King and Guide, In af - ter ag - es sanc - ti - fied.
3. clos - er barred Be eve - ry sense in ho - ly guard.
4. Judge - 's feet, And his a - veng - ing wrath en - treat.
5. from on high, O pard - 'ning One, thy clem - en - cy.
6. of thy name Be by an - oth - er put to shame.

7. Forgive the sin that we have wrought;
Increase the good that we have sought;
That we at length, our wand'rings o'er,
May please thee here and evermore.

8. We pray thee, Holy Trinity,
One God, unchanging Unity,
That we from this our abstinence
May reap the fruits of penitence.

Text: *Ex more docti mystio*, Attr. Pope St. Gregory the Great; Tr. John M. Neale, alt.
Melody: ERHALT UNS HERR, 8.8.8.8. (L.M.); Joseph Klug.

98

Ah, Holy Jesus



1. Ah, ho - ly Je - sus, how have you of - fend - ed,
2. Who was the guilt - y? Who brought this up - on you?
3. For me, dear Je - sus, was your in - car - na - tion,
4. There - fore, dear Je - sus, since I can - not pay you,



1. That man to judge you has in hate pre - tend - ed? By foes de -
2. It is my trea - son, Lord, that has un - done you. 'Twas I, Lord
3. Your mor - tal sor - row, and your life's ob - la - tion; Your death of
4. I do a - dore you and will ev - er pray you, Think on your



1. rid - ed, by your own re - ject - ed, O most af - flict - ed!
2. Je - sus, I it was de - nied you; I cru - ci - fied you.
3. an - guish and your bit - ter pas - sion, For my sal - va - tion.
4. pit - y and your love un - swerv - ing, Not my de - serv - ing.

Text: Johann Heerman; Tr. Robert Bridges. Melody: HERZLIEBSTER JESU, 11.11.11.5; Johann Crüger.

All Creatures of Our God and King

99



1. All crea - tures of our God and King Lift
2. Thou rush - ing wind that art so strong Ye
3. Thou flow - ing wa - ter, pure and clear, Make
4. Dear moth - er earth, who day by day Un -
5. Let all things their Cre - a - tor bless, And



1. up your voice and with us sing, Al - le - lu - ia! Al - le -
2. clouds that sail in Heav'n a - long, O praise him! Al - le -
3. mu - sic for thy Lord to hear, O praise him! Al - le -
4. fold - est bless - ings on our way, O praise him! Al - le -
5. wor - ship him in hum - ble - ness, O praise him! Al - le -



1. lu - ia! Thou burn - ing sun with gold - en beam, Thou
2. lu - ia! Thou ris - ing moon, in praise re - joice, Ye
3. lu - ia! Thou fire so mas - ter - ful and bright, That
4. lu - ia! The flow'rs and fruits that in thee grow, Let
5. lu - ia! Praise, praise the Fa - ther, praise the Son, And



1. sil - ver moon with soft - er gleam!
2. lights of eve - ning, find a voice!
3. giv - est man both warmth and light. O praise him! O
4. them his glo - ry al - so show.
5. praise the Spir - it, Three in One!



praise him! Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

Text: *Canticum di fratre sole*, Attr. St. Francis of Assisi; Tr. William H. Draper.

Melody: LASST UNS ERFREUEN, 8.8.8.8. (L.M.) with alleluias;

17th c. German; adapt. Ralph Vaughan Williams.

100

All Glory, Laud and Honor



All glo - ry, laud and hon - or, To you, Re-deem-er, King,



To whom the lips of chil - dren Made sweet ho - san - nas ring.



1. You are the King of Is - ra - el, And Da - vid's roy - al Son,
2. The com - pa - ny of an - gels Are prais - ing you on high,
3. The peo - ple of the He - brews With palms be - fore you went;
4. To you, be - fore your pas - sion, They sang their hymns of praise;
5. You did ac - cept their prais - es; Ac - cept the prayers we bring,



1. Now in the Lord's name com - ing, The King and Bless - ed One.
2. And mor - tal men and all things Cre - at - ed make re - ply.
3. Our prayer and praise and an - thems Be - fore you we pre - sent.
4. To you, now high ex - alt - ed, Our mel - o - dy we raise.
5. De - light - ing in all good things, O good and gra - cious King.

Text: *Gloria, laus et honor*, Theodulph of Orleans; Tr. John M. Neale.
 Melody: ST. THEODULPH, 7.6.7.6 D; Melchior Teschner.

101

All Hail, Adored Trinity



1. All hail, a - dor - ed Trin - i - ty; All hail, e - ter - nal
2. Three Per - sons praise we ev - er - more, One on - ly God our
3. O Trin - i - ty, O U - ni - ty, Be pre - sent as we



1. U - ni - ty; O God the Fa - ther, God the
2. hearts a - dore; In thy sweet mer - cy ev - er
3. wor - ship thee; And with the songs that an - gels



1. Son, And God the Spir - it, ev - er One.
2. kind May we our sure pro - tec - tion find.
3. sing U - nite the hymns of praise we bring.

Text: *O Lux Beata Trinitas*; Tr. John David Chambers.
 Melody: OLD HUNDREDTH, 8.8.8.8. (L.M.); Louis Bourgeois.

All Hail the Power of Jesus' Name

102



1. All hail the pow'r of Je - sus' Name! Let an - gels pros-trate
2. Crown him, ye mar - tyrs of your God, who from his al - tar
3. Hail him, ye heirs of Da - vid's line, whom Da - vid Lord did
4. O that, with yon - der sa - cred throng, we at his feet may
5. Let eve - ry tribe and eve - ry tongue be - fore him pros-trate



1. fall; Bring forth the roy - al di - a - dem, and
2. call; Ex - tol the Stem of Jess - e's Rod, and
3. call, The God in - car - nate, Man di - vine, and
4. fall, Join in the ev - er - last - ing song, and
5. fall, Join in the ev - er - last - ing song, and



1. crown him Lord of all, Bring forth the roy - al
2. crown him Lord of all, Ex - tol the Stem of
3. crown him Lord of all, The God in - car - nate,
4. crown him Lord of all, Join in the ev - er -
5. crown him Lord of all, Join in the ev - er -



1. di - a - dem, and crown him Lord of all!
2. Jess - e's Rod, and crown him Lord of all!
3. Man di - vine, and crown him Lord of all!
4. last - ing song, and crown him Lord of all!
5. last - ing song, and crown him Lord of all!

Text: Edward Perronet, alt. John Rippon. Melody: CORONATION,
 8.6.8.6 (C.M.) with repeat; Oliver Holden.

103

All My Hope on God is Founded



1. All my hope on God is found-ed; He doth still my
2. Pride of man and earth - ly glo - ry, Sword and crown be -
3. God's great good - ness aye en - dur - eth, Deep his wis - dom,
4. Dai - ly doth th'al - might - y Giv - er Boun-teous gifts on
5. Still from man to God e - ter - nal Sac - ri - fice of



1. trust re - new: Me through change and chance he guid - eth,
2. tray man's trust; What with care and toil he build - eth,
3. pass - ing thought: Splen - dor, light and life at - tend him,
4. us be - stow; His de - sire our souls de - light - eth,
5. praise be done, High a - bove all prais - es prais - ing



1. On - ly good and on - ly true, God un - known,
2. Tow'r and tem - ple, fall to dust. But God's pow'r,
3. Beau - ty spring - eth out of naught. Ev - er - more
4. Pleas - ure leads us where we go. Love doth stand
5. For the gift of Christ, his Son. Christ doth call



1. He a - lone Calls my heart to be his own.
2. Hour by hour, Is my tem - ple and my tow'r.
3. From his store New - born worlds rise and a - dore.
4. At his hand, Joy doth wait on his com - mand.
5. One and all: Ye who fol - low shall not fall.

Text: Joachim Neander; Tr. Robert Bridges. Melody: MEINE HOFFNUNG,
8.7.8.7.6.7; J. Neander's *Alpha und Omega*, 1680.

104

All Nations, Clap Your Hands



1. All na-tions, clap your hands, Let shouts of tri - umph ring, For
2. A - bove our might-y foes He gave us pow'r to stand, And
3. With shouts as - cends our King, With trum-pet's stir - ring call; Praise
4. O sing in joy - ful strains, And make his glo - ry known; God
5. Our fa - thers' God to own The kings of earth draw nigh, For



1. might - y o - ver all the lands The Lord most high is King.
2. as our her - it - age he chose The good-ly prom - ised land.
3. God, praise God, his prais - es sing, For God is Lord of all.
4. o - ver all the na - tions reigns, And ho - ly is his throne.
5. none can save but God a - lone, He is the Lord Most High.

Text: *The Psalter*, 1912. Melody: ST. THOMAS (WILLIAMS), 6.6.8.6 (S.M.); Aaron Williams.

All People That on Earth Do Dwell

105



1. All peo - ple that on earth do dwell, Sing to the Lord with
2. Know that the Lord is God in - deed; He formed us all with -
3. O en - ter then his gates with praise; Ap - proach with joy his
4. For why? The Lord our God is good; His mer - cy is for
5. Praise God, from whom all bless - ings flow; Praise him, all crea - tures



1. cheer - ful voice: Him serve with fear, his praise forth
2. out our aid: We are his flock he sure - ly
3. courts un - to; Praise, laud, and bless his name al -
4. ev - er sure; His truth at all times firm - ly
5. here be - low; Praise him a - bove, you heav'n - ly



1. tell; Come now be - fore him and re - joice.
2. feeds, The sheep who by his hand were made.
3. ways, For it is seem - ly so to do.
4. stood, And shall from age to age en - dure.
5. hosts: Praise Fa - ther, Son, and Ho - ly Ghost.

Text: *Psalm 100*, William Kethe; Doxology, Thomas Ken.
Melody: OLD HUNDREDTH, 8.8.8.8. (L.M.); Louis Bourgeois.

106

All Praise to Thee, My God, This Night



1. All praise to thee, my God, this night, For
2. For - give me, Lord, for thy dear Son, The
3. Teach me to live, that I may dread The
4. O may my soul on thee re - pose, And
5. When in the night I sleep - less lie, My
6. Praise God, from whom all bless - ings flow: Praise



1. all the bless - ings of the light: Keep me, O keep me,
2. ill that I this day have done; That with the world, my -
3. grave as lit - tle as my bed; Teach me to die, that
4. with sweet sleep mine eye - lids close; Sleep that shall me more
5. soul with heav'n - ly thoughts sup - ply; Let no ill dreams dis -
6. him, all crea - tures here be - low; Praise him a - bove, ye



1. King of kings, Be - neath thine own al - might - y wings.
2. self, and thee, I, ere I sleep, at peace may be.
3. so I may Rise glo - rious on the fi - nal day.
4. vig' - rous make To serve my God when I a - wake.
5. turb my rest, No pow'rs of dark - ness me mo - lest.
6. heav'n - ly hosts: Praise Fa - ther, Son, and Ho - ly Ghost.

Text: Thomas Ken. Melody: TALLIS' CANON, 8.8.8.8. (L.M.); Thomas Tallis.

All You Who Seek a Comfort Sure

107



1. All you who seek a com - fort sure In
2. Je - sus, who gave him - self for you Up -
3. For hear how kind - ly he in - vites; And
4. O Heart! O Joy of saints on high! O
5. O wash my wounds in that dear blood, Which



1. trou - ble and dis - tress, What - ev - er griefs weigh
2. on the cross to die, O - pens to you his
3. hear his words so blest: "All you that la - bor,
4. Hope of sin - ners here! At - tract - ed by these
5. from your pas - sion flow; New grace, new hope in -



1. down the mind, Or guilt the soul op - press:
2. Sac - red Heart; O, to that Heart draw nigh!
3. come to me, And I will give you rest."
4. lov - ing words, To you I lift my prayer.
5. spire, a - new And bet - ter heart be - stow.

Text: *Quicumque certum queritis*, 18th c. Latin; Tr. Edward Caswall.
 Melody: MORNING SONG, 8.6.8.6 (C.M.); 19th c. American.

108

All You Who Seek the Gentle Christ

□ *Divine Office Hymn: Epiphany*

WAREHAM



1. All you who seek the gen - tle Christ, To
2. This gleam - ing star out - shines by far The
3. Be - hold, three sag - es from the East, The
4. What is this won - drous thing, they say, A
5. He is the King of na - tions all, Ex -
6. All glo - ry, Je - sus, be to you, Re -



1. heav - en lift your eyes and see The
2. bright - ness of the sun's full glow, For
3. lands of sun - rise and of hope, Per -
4. King who thus com - mands the stars, Whom
5. pect - ed by the Jews of old, The
6. vealed to all the na - tions now, To



1. sign of glo - ry with - out end, Re -
2. it de - clares that God made Man Has
3. ceive the stand - ard of the King, And
4. pow'rs a - bove a - dore in fear, Whom
5. prom - ised seed of A - bra - ham, Born
6. God the Fa - ther glo - ry be And



1. veal - ing his de - scent to earth.
2. come to bless and save us all.
3. its good tid - ings read a - right.
4. light and heav - en's realm o - bey?
5. of his race in course of time.
6. to the Spir - it end - less - ly.

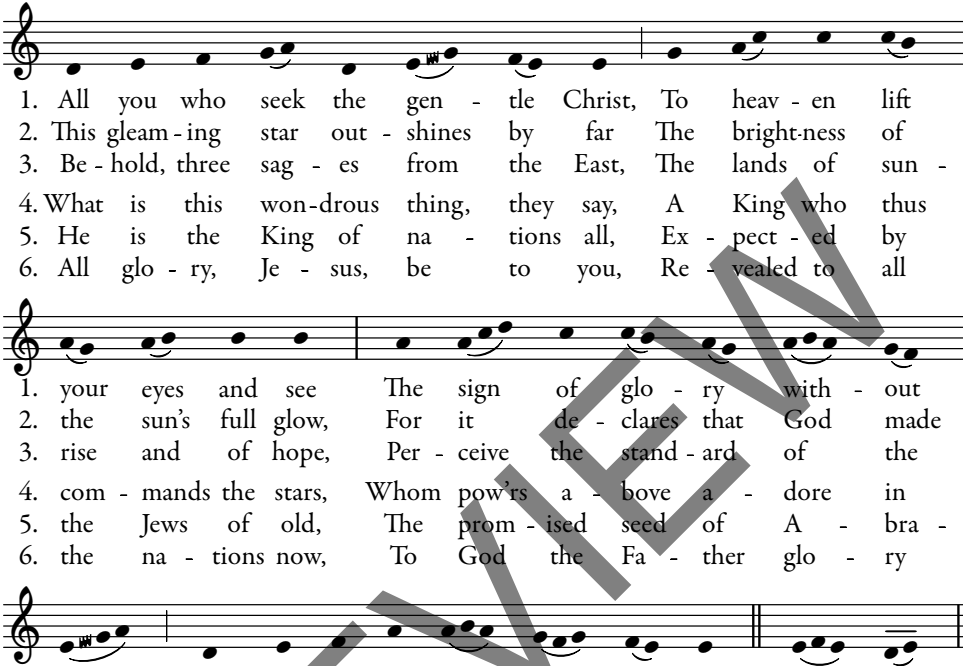
Text: *Quicumque Christum quaeritis*, Prudentius; Tr. St. Cecilia's Abbey, Ryde, Isle of Wight, UK,
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 Melody: WAREHAM, 8.8.8.8. (L.M.); William Knapp.

All You Who Seek the Gentle Christ

109

□ *Divine Office Hymn: Epiphany*

CHANT TUNE



1. All you who seek the gen - tle Christ, To heav - en lift
 2. This gleam - ing star out - shines by far The bright - ness of
 3. Be - hold, three sag - es from the East, The lands of sun -
 4. What is this won - drous thing, they say, A King who thus
 5. He is the King of na - tions all, Ex - pect - ed by
 6. All glo - ry, Je - sus, be to you, Re - vealed to all

1. your eyes and see The sign of glo - ry with - out
 2. the sun's full glow, For it de - clares that God made
 3. rise and of hope, Per - ceive the stand - ard of the
 4. com - mands the stars, Whom pow'rs a - bove a - dore in
 5. the Jews of old, The prom - ised seed of A - bra -
 6. the na - tions now, To God the Fa - ther glo - ry

1. end, Re - veal - ing his de - scent to earth.
 2. Man Has come to bless and save us all.
 3. King, And its good tid - ings read a - right.
 4. fear, Whom light and heav - en's realm o - bey?
 5. ham, Born of his race in course of time.
 6. be And to the Spir - it end - less - ly. A - men

Text: *Quicumque Christum quaeritis*, Prudentius; Tr. St. Cecilia's Abbey, Ryde, Isle of Wight, UK,

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Melody: d e f ga d efg fe e LH, 8.8.8.8. (L.M.); Anon.

110 Alleluia, Alleluia, Hearts to Heaven and Voices Raise



1. Al - le - lu - ia, al - le - lu - ia!
2. Now the i - ron bars are bro - ken,
3. Christ is ris - en, Christ, the first fruits
4. Al - le - lu - ia, al - le - lu - ia!



1. Hearts to heav'n and voic - es raise: Sing to God a
2. Christ from death to life is born, Glo - rious life, and
3. Of the ho - ly har - vest field, Which will all its
4. Glo - ry to the Fa - ther be; Al - le - lu - ia!



1. hymn of glad - ness, Sing to God a hymn of praise.
2. life im - mor - tal, On this ho - ly East - er morn.
3. full a - bun - dance At his sec - ond com - ing yield:
4. to the Sav - ior Who has gained the vic - to - ry;



1. He, who on the cross a vic - tim,
2. Christ has tri - umphed, and we con - quer
3. Then the gold - en ears of har - vest
4. Al - le - lu - ia! to the Spir - it,



1. For the world's sal - va - tion bled, Je - sus Christ, the
2. Through his might - y en - ter - prise: Hop - ing that to
3. Will their heads be - fore him wave, Rip - ened by his
4. Font of love and sanc - ti - ty: Al - le - lu - ia,



1. King of glo - ry, Now is ris - en from the dead.
2. life e - ter - nal By his ris - ing we may rise.
3. glo - rious sun - shine From the fur - rows of the grave.
4. al - le - lu - ia! To the Tri - une Maj - es - ty.

Text: Christopher Wordsworth. Melody: HYMN TO JOY, 8,7,8,7 D; Ludwig van Beethoven.

Alleluia! Alleluia! Let the Holy Anthem Rise

111



1. Al - le - lu - ia! Al - le - lu - ia! Let the ho - ly an - them rise, And the
2. Al - le - lu - ia! Al - le - lu - ia! He en - dured the knot - ted whips, And the
3. Al - le - lu - ia! Al - le - lu - ia! Like the sun from out the wave, He has
4. Al - le - lu - ia! Al - le - lu - ia! He has burst our pris - on bars: He has
5. Al - le - lu - ia! Al - le - lu - ia! Bless - ed Je - sus, make us rise From the



1. choirs of heav - en chant it In the tem - ple of the skies; Let the
2. jeer - ing of the rab - ble, And the scorn of mock - ing lips, And the
3. ris - en up in tri - umph From the dark - ness of the grave. He's the
4. lift - ed up the por - tals Of our home be - yond the stars; He has
5. life of this cor - rup - tion To the life that nev - er dies. May we



1. moun - tains skip with glad - ness And the joy - ful val - leys ring With ho -
2. ter - rors of the gib - bet Up - on which he would be slain, But his
3. splen - dor of the na - tions; He's the light of end - less day; He's the
4. won for us our freedom— 'Neath his feet our foes are trod; He has
5. share with you your glo - ry When the days of time are past, And the



1. san - nas in the high - est To our Sav - ior and our King!
2. death was on - ly slum - ber; He is ris - en up a - gain!
3. ver - y Lord of glo - ry Who has ris - en up to - day!
4. pur - chased back our birth - right To the king - dom of our God!
5. dead shall be a - wak - ened By the trum - pet's might - y blast!

Text: Edward Caswall. Melody: HOLY ANTHEM, 8:7.8.7 D; St. Basil's Hymnal, 1889.

112

Alleluia! Sing to Jesus



1. Al - le - lu - ia! Sing to Je - sus; His the scep - ter,
2. Al - le - lu - ia! Not as or - phans Are we left in
3. Al - le - lu - ia! Bread of heav - en, Here on earth our
4. Al - le - lu - ia! King e - ter - nal, You the Lord of



1. his the throne; Al - le - lu - ia! His the tri - umph, His the
2. sor - row now; Al - le - lu - ia! He is near us, Faith be -
3. food, our stay; Al - le - lu - ia! Here the sin - ful Flee to
4. lords we own; Al - le - lu - ia! Born of Mar - y, Earth your



1. vic - to - ry a - lone. Hark! The songs of peace-ful Zi - on
2. lieves, nor ques - tions how. Though the cloud from sight re - ceived him
3. you from day to day. In - ter - ces - sor, Friend of sin - ners,
4. foot-stool, heav'n your throne. You with - in the veil have en - tered,



1. Thun - der like a might - y flood: "Je - sus out of
2. When the for - ty days were o'er: Shall our hearts for -
3. Earth's Re - deem - er, plead for me, Where the songs of
4. Robed in flesh, our great High Priest, Here on earth both



1. ev - ery na - tion Has re - deemed us by his blood."
2. get his prom - ise, "I am with you ev - er - more"?
3. all the sin - less Sweep a - cross the crys - tal sea.
4. Priest and Vic - tim In the Eu - cha - ris - tic feast.

Text: William C. Dix. Melody: HYFRYDOL, 8.7.8.7 D; Rowland H. Prichard.

Alma Redemptoris Mater

113

Al - ma Re - dem - ptó - ris Ma - ter, quæ pér - vi - a cæ - li

Por - ta ma - nes, et stel - la ma - ris, suc - cúr - re ca - dén - ti,

Súr - ge - re qui cu - rat pó - pu - lo: tu quæ ge - nu - ís - ti,

Na - tú - ra mi - rán - te, tu - um san - ctum Ge - ní - tó - rem,

Vir - go pri - us ac pos - té - ri - us, Ga - bri - é - lis ab o -

re Su - mens il - lud Á - ve, pec - ca - tó - rum mi - se - ré - re.

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.

Text: Trad. Latin, Hermannus Contraecus.
Melody: ALMA REDEMPTORIS MATER, Irregular; Anon.

114

Amazing Grace



1. A - maz - ing grace! How sweet the sound That saved a
2. 'Twas grace that taught my heart to fear, And grace my
3. Through man - y dan - gers, toils, and snares, I have al -
4. The Lord has prom - ised good to me, His word my
5. When we've been there ten thou - sand years, Bright shin - ing



1. wretch like me! I once was lost, but
2. fears re - lieved; How pre - cious did that
3. read - y come; 'Tis grace has brought me
4. hope se - cures; He will my shield and
5. as the sun, We've no less days to



1. now am found, Was blind, but now I see.
2. grace ap - pear, The hour I first be - lieved!
3. safe thus far, And grace will lead me home.
4. por - tion be, As long as life en - dures.
5. sing God's praise Than when we first be - gun.

Text: John Newton. Melody: NEW BRITAIN, 8.6.8.6 (C.M.); *Virginia Harmony*, 1831.

115


America



1. My country 'tis of thee, Sweet land of lib - er - ty, Of thee I
2. My na - tive coun - try, thee— Land of the no - ble, free— Thy name I
3. Let mu - sic swell the breeze, And ring from all the trees Sweet freedom's
4. Our fa - thers' God, to thee, Au - thor of lib - er - ty, To thee we



1. sing; Land where my fa - thers died, Land of the pil - grim's pride,
2. love. I love thy rocks and rills, Thy woods and tem - pled hills;
3. song: Let mor - tal tongues a - wake; Let all that breathe par - take;
4. sing: Long may our land be bright With free - dom's ho - ly light;



1. From ev - 'ry moun - tain side Let free - dom ring.
 2. My heart with rap - ture thrills Like that a - bove.
 3. Let rocks their si - lence break— The sound pro - long.
 4. Pro - tect us by thy might, Great God, our King.

Text: Samuel Francis Smith. Melody: AMERICA, 6.6.4.6.6.6.4; *Thesaurus Musicus*, 1744.

America the Beautiful

116



1. O beau - ti - ful for spa - cious skies, For am - ber waves of
 2. O beau - ti - ful for pil - grim feet, Whose stern, im - pas - sioned
 3. O beau - ti - ful for he - roes proved In lib - er - at - ing
 4. O beau - ti - ful for pa - triot dream That sees be - yond the



1. grain, For pur - ple mountain maj - es - ties A - bove the fruit - ed
 2. stress A thor - ough - fare for free - dom beat A - cross the wil - der -
 3. strife, Who more than self their coun - try loved, And mer - cy more than
 4. years Thine al - a - bas - ter cit - ies gleam, Un - dimmed by hu - man



1. plain! A - mer - i - ca! A - mer - i - ca! God shed his grace on thee, And
 2. ness! A - mer - i - ca! A - mer - i - ca! God mend thine ev - ery flaw, Con -
 3. life! A - mer - i - ca! A - mer - i - ca! May God thy gold re - fine Till
 4. tears! A - mer - i - ca! A - mer - i - ca! God shed his grace on thee And



1. crown thy good with broth - erhood, From sea to shin - ing sea!
 2. firm thy soul in self - control, Thy lib - er - ty in law!
 3. all suc - cess be no - bleness, And ev - ery gain di - vine!
 4. crown thy good with broth - er - hood From sea to shin - ing sea!

Text: Katharine Lee Bates. Melody: MATERNA, 8.6.8.6 (C.M.) D; Samuel A. Ward, 1848-1903.

117

Angels from the Realms of Glory



1. An - gels from the realms of glo - ry, Wing your flight o'er
2. Shep-herds, in the field a - bid - ing, Watch - ing o'er your
3. Sa - ges, leave your con - tem - pla - tions, Bright - er vi - sions
4. Saints be - fore the al - tar bend - ing, Watch - ing long in
5. All cre - a - tion, join in prais - ing God, the Fa - ther,



1. all the earth; Ye who sang cre - a - tion's sto - ry
2. flocks by night; God with us is now re - sid - ing;
3. beam a - far; Seek the great De - sire of na - tions;
4. hope and fear, Sud - den - ly the Lord, de - scend - ing,
5. Spir - it, Son, Ev - er - more your voic - es rais - ing



1. Now pro - claim Mes - si - ah's birth:
2. Yon - der shines the in - fant light:
3. Ye have seen his na - tal star: Come and wor - ship,
4. In his tem - ple shall ap - pear:
5. To th'e - ter - nal Three in One.



come and wor - ship, Wor - ship Christ, the new - born King.

Text: James Montgomery. Melody: REGENT SQUARE, 8.7.8.7.8.7; Henry T. Smart.

Angels We Have Heard on High

118

1. An - gels we have heard on high, Sweet - ly sing - ing
 2. Shep - herds, why this ju - bi - lee? Why your joy - ous
 3. Come to Beth - le - hem, and see Him whose birth the
 4. See Him in a man - ger laid, Whom the choirs of

1. o'er the plains; And the moun - tains
 2. strains pro - long? Say what may the
 3. an - gels sing; Come, a - dore on
 4. an - gels praise; Mar - y, Jo - seph,

1. in re - ply, Ech - o - ing their joy - ous strains.
 2. tid - ings be Which in - spire your heav'n - ly song?
 3. bend - ed knee Christ the Lord, the new - born King.
 4. lend your aid, While our hearts in love we raise.

Gló - - - - - ri - a

in ex - cél - sis De - o! Gló - - - - -

- - - ri - a in ex - cél - sis De - o!

Text: *Les Anges dans nos campagnes*, 18 c. French; Tr. James Chadwick; Alt. Henri Hemy.
 Melody: GLORIA, 7:7-7:7 with refrain; Trad. French carol.

119

Around the Throne a Glorious Band



1. A - round the throne, a glo - rious band, The
2. Through trib - u - la - tion great they came; They
3. They see their Sav - ior face to face And
4. "Wor - thy the Lamb, for sin - ners slain, Through
5. Oh, may we tread the sa - cred road That



1. saints in count-less num - bers stand, Of ev - ery tongue, re -
2. bore the cross, de - spised the shame. From all their la - bors
3. sing the tri-umphs of his grace. Each day and night they
4. end - less years to live and reign; You have re-deemed us
5. saints and ho - ly mar - tyrs trod, Wage to the end the



1. deemed to God, Ar - rayed in gar - ments washed in blood.
2. now they rest In God's e - ter - nal glo - ry blest.
3. sing his praise, To him the loud thanks - giv - ing raise:
4. by your Blood And made us kings and priests to God."
5. glo - rious strife, And win, like them, a crown of life.

Text: Rowland Hill. Melody: SOLOTHURN, 8.8.8.8. (L.M.); Traditional Swiss melody.

As with Gladness Men of Old

120



1. As with glad - ness men of old Did the guid - ing
2. As with joy - ful steps they sped To that low - ly
3. As they of - fered gifts most rare At that man - ger
4. Ho - ly Je - sus, ev - ery day Keep us in the
5. In the heav'n - ly coun - try bright, Need they no cre -



1. star be - hold, As with joy they hailed its light
2. man - ger bed There to bend the knee be - fore
3. rude and bare; So may we with ho - ly joy,
4. nar - row way; And, when earth - ly things are past,
5. at - ed light; Thou its Light, its Joy, its Crown,



1. Lead - ing on - ward, beam - ing bright, So, most glo - rious
2. Him whom heav'n and earth a - dore; So may we with
3. Pure and free from sin's al - loy, All our cost - liest
4. Bring our ran - somed souls at last Where they need no
5. Thou its Sun which goes not down; There for ev - er



1. Lord, may we Ev - er - more be led to thee.
2. will - ing feet Ev - er seek thy mer - cy seat.
3. treas - ures bring, Christ, to thee, our heav'n - ly King.
4. star to guide, Where no clouds thy glo - ry hide.
5. may we sing Al - le - lu - ias to our King!

Text: William C. Dix. Melody: DIX, 7-7-7-7-7; Conrad Kocher.

At the Cross Her Station Keeping

122

Sequence: Our Lady of Sorrows

1. At the Cross her sta-tion keep-ing, Stood the mourn-ful Moth-
 2. Through her heart, his sor-row shar-ing, All his bit-ter an-
 er weep-ing, Close to Je-sus to the last. 3. O how sad and
 guish bear-ing, Now at length the sword has passed. 4. Christ a-bove in
 sore dis-tressed Was that Moth-er, high-ly blest, Of the sole-be-
 tor-ment hangs, She be-neath be-holds the pangs Of her dy-ing
 got-ten One. 5. Is there one who would not weep, Whelmed in mis-
 glo-rious Son. 6. Can the hu-man heart re-frain From par-tak-
 er-ies so deep, Christ's dear Moth-er to be-hold? 7. Bruised, de-
 ing in her pain, In that Moth-er's pain un-told? 8. For the
 rid-ed, cursed, de-filed, She be-held her ten-der Child All
 sins of his own na-tion, Saw him hang in des-o-la-tion, Till
 with blood-y scourg-es rent: 9. O thou Moth-er! fount of love!
 his spir-it forth he sent. 10. Make me feel as thou hast felt;
 Touch my spir-it from a-bove, Make my heart with thine ac-cord:
 Make my soul to glow and melt With the love of Christ my Lord.

Additional verses on next page

DEVOTIONAL PRAYERS

PREPARATION FOR MASS

PRAYER OF SAINT THOMAS AQUINAS

Almighty eternal God, behold, I come to the Sacrament of your Only Begotten Son, our Lord Jesus Christ, as one sick to the physician of life, as one unclean to the fountain of mercy, as one blind to the light of eternal brightness, as one poor and needy to the Lord of heaven and earth. I ask, therefore, for the abundance of your immense generosity, that you may graciously cure my sickness, wash away my defilement, give light to my blindness, enrich my poverty, clothe my nakedness, so that I may receive the bread of Angels, the King of kings and Lord of lords, with such reverence and humility, such contrition and devotion, such purity and faith, such purpose and intention as are conducive to the salvation of my soul. Grant, I pray, that I may receive not only the Sacrament of the Lord's Body and Blood, but also the reality and power of that Sacrament. O most gentle God, grant that I may so receive the Body of your Only Begotten Son, our Lord Jesus Christ, which he took from the Virgin Mary, that I may be made worthy to be incorporated into his Mystical Body and to be counted among its members. O most loving Father, grant that I may at last gaze for ever upon the unveiled face of your beloved Son, whom I, a wayfarer, propose to receive now veiled under these species: Who lives and reigns with you for ever and ever. Amen.

PRAYER OF SAINT AMBROSE

I draw near, loving Lord Jesus Christ, to the table of your most delightful banquet in fear and trembling, a sinner, presuming not upon my own merits, but trusting rather in your goodness and mercy. I have a heart and body defiled by my many offenses, a mind and tongue over which I have kept no good watch. Therefore, O loving God, O awesome Majesty, I turn in my misery, caught in snares, to you the fountain of mercy, hastening to you for healing, flying to you for protection; and while I do not look forward to having you as Judge, I long to have you as Savior. To you, O Lord, I display my wounds; to you I uncover my shame. I am aware of my many and great sins, for which I fear, but I hope in your mercies, which are without number. Look upon me, then, with eyes of mercy, Lord Jesus Christ, eternal King, God and Man, crucified for mankind. Listen to me, as I place my hope in you; have pity on me, full of miseries and sins, you, who will never cease to let the fountain of compassion flow. Hail, O Saving Victim, offered for me and for the whole human race on the wood of the Cross. Hail, O noble and

precious Blood, flowing from the wounds of Jesus Christ, my crucified Lord, and washing away the sins of all the world. Remember, Lord, your creature, whom you redeemed by your Blood. I am repentant of my sins; I desire to put right what I have done. Take from me, therefore, most merciful Father, all my iniquities and sins, so that, purified in mind and body, I may worthily taste the Holy of Holies. And grant that this sacred foretaste of your Body and Blood which I, though unworthy, intend to receive, may be the remission of my sins, the perfect cleansing of my faults, the banishment of shameful thoughts, and the rebirth of right sentiments; and may it encourage a wholesome and effective performance of deeds pleasing to you and be a most firm defense of body and soul against the snares of my enemies. Amen.

GUIDELINES FOR THE RECEPTION OF COMMUNION

For Catholics

As Catholics, we fully participate in the celebration of the Eucharist when we receive Holy Communion. We are encouraged to receive Communion devoutly and frequently. In order to be properly disposed to receive Communion, participants should not be conscious of grave sin and normally should have fasted for one hour. A person who is conscious of grave sin is not to receive the Body and Blood of the Lord without prior sacramental confession except for a grave reason where there is no opportunity for confession. In this case, the person is to be mindful of the obligation to make an act of perfect contrition, including the intention of confessing as soon as possible (canon 916). A frequent reception of the Sacrament of Penance is encouraged for all.

For our fellow Christians

We welcome our fellow Christians to this celebration of the Eucharist as our brothers and sisters. We pray that our common baptism and the action of the Holy Spirit in this Eucharist will draw us closer to one another and begin to dispel the sad divisions which separate us. We pray that these will lessen and finally disappear, in keeping with Christ's prayer for us "that they may all be one" (*Jn 17: 21*).

Because Catholics believe that the celebration of the Eucharist is a sign of the reality of the oneness of faith, life, and worship, members of those churches with whom we are not yet fully united are ordinarily not admitted to Holy Communion. Eucharistic sharing in exceptional circumstances by other Christians requires permission according to the directives of the diocesan bishop and the provisions of canon law (canon 844 §4). Members of the Orthodox Churches, the Assyrian Church of the East, and the Polish National Catholic Church are urged to respect the discipline of their own Churches. According

to Roman Catholic discipline, the Code of Canon Law does not object to the reception of Communion by Christians of these Churches (canon 844 §3).

For those not receiving Holy Communion

All who are not receiving Holy Communion are encouraged to express in their hearts a prayerful desire for unity with the Lord Jesus and with one another.

For non-Christians

We also welcome to this celebration those who do not share our faith in Jesus Christ. While we cannot admit them to Holy Communion, we ask them to offer their prayers for the peace and the unity of the human family.

THANKSGIVING AFTER MASS

PRAYER OF SAINT THOMAS AQUINAS

I give you thanks, Lord, holy Father, almighty and eternal God, who have been pleased to nourish me, a sinner and your unworthy servant, with the precious Body and Blood of your Son, our Lord Jesus Christ: this through no merits of mine, but due solely to the graciousness of your mercy. And I pray that this Holy Communion may not be for me an offense to be punished, but a saving plea for forgiveness. May it be for me the armor of faith, and the shield of good will. May it cancel my faults, destroy concupiscence and carnal passion, increase charity, patience, humility, obedience, and all the virtues; may it be a firm defense against the snares of all my enemies, both visible and invisible, the complete calming of my impulses, both of the flesh and of the spirit, a firm adherence to you, the one true God, and the joyful completion of my life's course. And I beseech you to lead me, a sinner, to that banquet beyond all telling, where with your Son and the Holy Spirit you are the true light of your Saints, the fullness of satisfied desire, eternal gladness, consummate delight and perfect happiness. Through Christ our Lord. Amen.

PRAYER TO THE MOST HOLY REDEEMER

Anima Christi

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within thy wounds conceal me. Do not permit me to be parted from thee. From the evil foe protect me. At the hour of my death call me. And bid me come to thee, to praise thee with all thy saints for ever and ever. Amen.

PRAYER AFTER COMMUNION BEFORE A CRUCIFIX

En Ego, O Bone et Dulcissime Iesu

Here, O good and gentle Jesus, I kneel before you, and with all the fervor of my soul I pray that you engrave within my heart lively sentiments of faith, hope, and love, true repentance for my sins, and a firm purpose of amendment. While I see and I ponder your five wounds with great affection and sorrow in my soul, I have before my eyes those words of yours that David prophesied about you: “They have pierced my hands and feet; I can count all my bones” (*Ps* 22 [21]; 17). Amen.

PRAYER OF SELF-OFFERING

Saint Ignatius Loyola

Receive, Lord, my entire freedom. Accept the whole of my memory, my intellect, and my will. Whatever I have or possess, it was you who gave it to me; I restore it to you in full, and I surrender it completely to the guidance of your will. Give me only love of you together with your grace, and I am rich enough and ask for nothing more. Amen.

PRAYER TO THE BLESSED VIRGIN MARY

O Mary, Virgin and Mother most holy, behold, I have received your most dear Son, whom you conceived in your immaculate womb, brought forth, nursed, and embraced most tenderly. Behold him at whose sight you used to rejoice and be filled with all delight; him whom, humbly and lovingly, once again I present and offer him to you to be clasped in your arms, to be loved by your heart, and to be offered up to the Most Holy Trinity as the supreme worship of adoration, for your own honor and glory and for my needs and for those of the whole world. I ask you therefore, most loving Mother: entreat for me the forgiveness of all my sins and, in abundant measure, the grace of serving him in the future more faithfully, and, at the last, final grace, so that with you I may praise him for all the ages of ages. Amen.

FORMULAS OF CATHOLIC DOCTRINE

THE TEN COMMANDMENTS

(*Ex 20: 1-17; Deut 5: 6-21*)

1. I am the LORD your God. You shall not have strange gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

THE TWO COMMANDMENTS OF LOVE (*Mt 22: 37, 39*)

1. You shall love the LORD your God with all your heart, with all your soul, and with all your mind.
2. You shall love your neighbor as yourself.

THE GOLDEN RULE (*Mt 7: 12*)

Do to others as you would have them do to you.

THE BEATITUDES (*Mt 5: 3-12*)

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

THE THREE THEOLOGICAL VIRTUES

1. Faith
2. Hope
3. Charity

THE FOUR CARDINAL VIRTUES

1. Prudence
2. Justice
3. Fortitude
4. Temperance

GIFTS OF THE HOLY SPIRIT

1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge
6. Piety
7. Fear of the Lord

FRUITS OF THE HOLY SPIRIT

1. Charity
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Generosity
8. Gentleness
9. Faithfulness
10. Modesty
11. Self-control
12. Chastity

THE FIVE PRECEPTS OF THE CHURCH

1. You shall attend Mass on Sundays and on holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.

5. You shall help to provide for the needs of the Church.

THE SEVEN CORPORAL WORKS OF MERCY

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

THE SEVEN SPIRITUAL WORKS OF MERCY

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

THE FOUR LAST THINGS

1. Death
2. Judgment
3. Hell
4. Heaven

THE SEVEN CAPITAL SINS

1. Pride
2. Covetousness
3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth

PRAYERS BEFORE CONFESSION

GOD'S MERCY

Saint Catherine of Siena

Merciful Lord, it does not surprise me that you forget completely the sins of those who repent. I am not surprised that you remain faithful to those who hate and revile you. The mercy which pours forth from you fills the whole world. It was by your mercy that we were created, and by your mercy that you redeemed us by sending your Son. Your mercy is the light in which sinners find you and good people come back to you. Your mercy is everywhere, even in the depths of hell where you offer to forgive the tortured souls. Your justice is constantly tempered with mercy, so you refuse to punish us as we deserve. O mad Lover! It was not enough for you to take on our humanity; you had to die for us as well.

REFLECTING YOUR BRIGHTNESS

William of Saint Thierry

Loving you, O God, brings its own reward here on earth, as well as the eternal reward of heaven. And failure to love you, even when we can offer a thousand excuses, brings its own punishment. By becoming mirrors of your love, by wearing the mask of your likeness, and by allowing you to make us perfect, we can know the joy of heaven, even while we abide here on earth. Our consciences are sullied by our many sins; cleanse them, that we may reflect your infinite brightness.

A SEED OF LOVE

Saint Teresa of Jesus

Although I have often abandoned you, O Lord, you have never abandoned me. Your hand of love is always outstretched towards me, even when I stubbornly look the other way. And your gentle voice constantly calls me, even when I obstinately refuse to listen. When the sins in my soul are increasing, I lose the taste for virtuous things. Yet even at such moments, Lord, I know I am failing you and failing myself. You alone can restore my taste for virtue. There are so many false friends willing to encourage sin. But your friendship alone can give the strength of mind to resist and defeat sin. What a good friend you are, Lord! You are so patient, willing to wait as long as necessary for me to turn to you. You rejoice at the times when I love you, but you do not hold against me the times when I ignore you. Your patience is beyond my understanding. Even when I pray, my mind fills with worldly concerns and vain daydreams. Yet you are happy if I give only a single second of honest prayer, turning that second into a seed of love.

O Lord, I enjoy your friendship so much; why is it not possible for me to think of you constantly?

WHO WILL HELP ME?

Saint Hildegard von Bingen

Where am I? How did I get here? Who can I ask to comfort me? How will I break these chains of sin that enslave me? Whose eye can bear to look at these ugly spiritual wounds that disfigure me? Whose hands will anoint me with oil, that I may be healed? Who will help me unless it is you, O God? Whenever I think of the glorious freedom which you promise, my slavery to sin seems ever more oppressive. Whenever I think of the beauty of your Son, my spiritual ugliness seems even more terrible. Whenever I think of the joyful music of your love, my soul sinks into despair. Dear God, what will become of me?

ACTS OF CONTRITION

From the Order of Penance

O MY GOD, I AM SORRY

O my God, I am sorry and repent with all my heart for all the wrong I have done and for the good I have failed to do, because by sinning I have offended you, who are all good and worthy to be loved above all things. I firmly resolve, with the help of your grace, to do penance, to sin no more, and to avoid the occasions of sin. Through the merits of the Passion of our Savior Jesus Christ, Lord, have mercy.

THE JESUS PRAYER

Lord Jesus, Son of God, have mercy on me, a sinner.

O MY GOD, I AM HEARTILY SORRY

O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen.

PRAYERS AFTER CONFESSION

PRAYER AFTER CONFESSION

Saint Odo of Cluny

O Only Begotten Son of the sovereign Father, look upon us with a benign countenance. It is you who called the penitent heart of the Magdalene to the pinnacle of glory. The lost penny is again restored to the royal treasury; and the gem wiped clean from mire surpasses the stars in brilliance. O Jesus, balm on our wounds and sole hope of the penitent, through the tears of the Magdalene wash away our sins. O most gracious Mother of God, take us, the weeping descendants of Eve, from a thousand waves in this life to a haven of safety. To God alone be glory for his manifold graces—to God who forgives the sins of sinners and bestows rewards. Amen.

PRAYER OF FIRM PURPOSE OF AMENDMENT

Saint Benedict of Nursia

O Lord, I place myself in your hands and dedicate myself to you. I pledge myself to do your will in all things: To love the Lord God with all my heart, all my soul, all my strength. Not to kill. Not to steal. Not to covet. Not to bear false witness. To honor all persons. Not to do to another what I would not wish done to myself. To chastise the body. Not to seek after pleasures. To love fasting. To relieve the poor. To clothe the naked. To visit the sick. To bury the dead. To help in trouble. To console the sorrowing. To hold myself aloof from worldly ways. To prefer nothing to the love of Christ. Not to give way to anger. Not to foster a desire for revenge. Not to entertain deceit in the heart. Not to make a false peace. Not to forsake charity. Not to swear, lest I swear falsely. To speak the truth with heart and tongue. Not to return evil for evil. To do no injury: Yea, even to bear patiently any injury done to me. To love my enemies. Not to curse those who curse me, but rather to bless them. To bear persecution for justice's sake. Not to be proud. Not to be given to intoxicating drink. Not to be an overeater. Not to be lazy. Not to be slothful. Not to be a murmurer. Not to be a detractor. To put my trust in God. To refer the good I see in myself to God. To refer any evil in myself to myself. To fear the day of judgment. To be in dread of hell. To desire eternal life with spiritual longing. To keep death before my eyes daily. To keep constant watch over my actions. To remember that God sees me everywhere. To call upon Christ for defense against evil thoughts that arise in my heart. To guard my tongue against wicked speech. To avoid much speaking. To avoid idle talk. To read only what is good to read. To look at only what is good to see. To pray often. To ask forgiveness

daily for my sins, and to seek ways to amend my life. To obey my superiors in all things rightful. Not to desire to be thought holy, but to seek holiness. To fulfill the commandments of God by good works. To love chastity. To hate no one. Not to be jealous or envious of anyone. Not to love strife. Not to love pride. To honor the aged. To pray for my enemies. To make peace after a quarrel, before the setting of the sun. Never to despair of your mercy, O God of Mercy. Amen.

PRAYER OF RESOLUTION

Saint Frances de Sales

O my God: Henceforth I resolve to strive earnestly to be patient and gentle, and not to allow the waters of contradiction to extinguish the fire of that charity which I owe to my neighbor. Amen.

COMMON PRAYERS

THE SIGN OF THE CROSS

In the name of the Father
and of the Son
and of the Holy Spirit. Amen.

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.

THE 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.

THE LORD'S PRAYER

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.

ANGEL OF GOD

Angel of God, my guardian dear,
to whom God's love commits me here,
ever this day be at my side, to light and
guard, to rule and guide. Amen.

ETERNAL REST

Eternal rest grant unto them, O Lord,
and let perpetual light shine
upon them.
May they rest in peace. Amen.

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.

COME, HOLY SPIRIT

Come, Holy Spirit,
fill the hearts of your faithful
and enkindle in them the fire of your
love.

Send forth your Spirit
and they shall be created.

And you shall renew the face of the
earth. Amen.

THE MEMORARE

Remember, O most gracious Virgin
Mary,
that never was it known
that anyone who fled to your
protection,
implored your help, or sought your
intercession was left unaided.

Inspired by this confidence
I fly unto you, O Virgin of virgins, my
Mother.

To you do I come, before you I stand,
sinful and sorrowful,
O Mother of the Word Incarnate,
despise not my petitions,
but in your mercy hear and answer
me. Amen.

ACT OF FAITH

O my God, I firmly believe that
you are one God in three divine
Persons, Father, Son, and Holy
Spirit.

I believe that your divine Son became
man and died for our sins and that
he will come to judge the living
and the dead.

I believe these and all the truths
which the Holy Catholic Church
teaches because you have revealed
them who are eternal truth and
wisdom, who can neither deceive
nor be deceived. In this faith I
intend to live and die. Amen.

ACT OF HOPE

O Lord God,
I hope by your grace for the pardon of
all my sins,
and after life here to gain eternal
happiness,
because you have promised it
who are infinitely powerful, faithful,
kind, and merciful.
In this hope I intend to live and die.
Amen.

ACT OF LOVE

O Lord God,
I love you above all things,
and I love my neighbor for your
sake, because you are the highest,
infinite, and perfect good,
worthy of all my love.
In this love I intend to live and die.
Amen.

STATIONS OF THE CROSS

The readings and prayers of these Stations of the Cross are taken from the Way of the Cross at the Colosseum in Rome, Italy, on Good Friday 2005, composed by Joseph Cardinal Ratzinger (Pope Benedict XVI).

FIRST STATION

Jesus is condemned to death

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Mt 27: 22-23, 26

Pilate said to them, "Then what shall I do with Jesus called Messiah?" They all said, "Let him be crucified!" But he said, "Why? What evil has he done?" They only shouted the louder, "Let him be crucified!" Then he released Barabbas to them, but after he had Jesus scourged, he handed him over to be crucified.

PRAYER

Lord, you were condemned to death because fear of what other people may think suppressed the voice of conscience. So too, throughout history, the innocent have always been maltreated, condemned, and killed. How many times have we ourselves preferred success to the truth, our reputation to justice? Strengthen the quiet voice of our conscience, your own voice, in our lives. Look at me as you looked at Peter after his denial. Let your gaze penetrate our hearts and indicate the direction our lives must take. On the day of Pentecost you stirred the hearts of those who, on Good Friday, clamored for your death, and you brought them to conversion. In this way you gave hope to all. Grant us, ever anew, the grace of conversion.

At the Cross her station keeping,
Stood the mournful Mother weeping,
Close to Jesus to the last.

SECOND STATION

Jesus carries his Cross

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Mt 27: 27-31

Then the soldiers of the governor took Jesus inside the praetorium and gathered the whole cohort around him. They stripped off his clothes and threw a scarlet military cloak about him. Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" They spat upon him and took the reed and kept striking him on the head. And when they had mocked him, they stripped him of the cloak, dressed him in his own clothes, and led him off to crucify him.

PRAYER

Lord, you willingly subjected yourself to mockery and scorn. Help us not to ally ourselves with those who look down on the weak and suffering. Help us to acknowledge your face in the lowly and the outcast. May we never lose heart when faced with the contempt of this world, which ridicules our obedience to your will. You carried your own Cross and you ask us to follow you on this path (*see Mt 10: 38*). Help us to take up the Cross, and not to shun it. May we never complain or become discouraged by life's trials. Help us to follow the path of love and, in submitting to its demands, to find true joy.

Through her heart, his sorrow sharing,
All his bitter anguish bearing,
Now at length the sword has passed.

THIRD STATION

Jesus falls the first time

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Is 53: 4-6

Yet it was our pain that he bore, / our sufferings he endured. / We thought of him as stricken, / struck down by God and afflicted, / But he was pierced for our sins, / crushed for our iniquity. / He bore the punishment that makes us whole, / by his wounds we were healed. / We had all gone astray like sheep, / all following our own way; / But the LORD laid upon him / the guilt of us all.

PRAYER

Lord Jesus, the weight of the cross made you fall to the ground. The weight of our sin, the weight of our pride, brought you down. But your fall is not a tragedy, or mere human weakness. You came to us when, in our pride, we were laid low. The arrogance that makes us think that we ourselves can create human beings has turned man into a kind of merchandise, to be bought and sold, or stored to provide parts for experimentation. In doing this, we hope to conquer death by our own efforts, yet in reality we are profoundly debasing human dignity. Lord help us; we have fallen. Help us to abandon our destructive pride and, by learning from your humility, to rise again.

O how sad and sore distressed
Was that Mother, highly blest,
Of the sole-begotten One.

FOURTH STATION

Jesus meets his afflicted mother

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Lk 2: 34-35, 51

Simeon blessed them and said to Mary his mother, “Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed.”

And his mother kept all these things in her heart.

PRAYER

Holy Mary, Mother of the Lord, you remained faithful when the disciples fled. Just as you believed the angel’s incredible message—that you would become the Mother of the Most High—so too you believed at the hour of his greatest abasement. In this way, at the hour of the Cross, at the hour of the world’s darkest night, you became the Mother of all believers, the Mother of the Church. We beg you: teach us to believe, and grant that our faith may bear fruit in courageous service and be the sign of a love ever ready to share suffering and to offer assistance.

Christ above in torment hangs,
She beneath beholds the pangs
Of her dying glorious Son.

FIFTH STATION

Simon helps Jesus to carry his Cross

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Mt 27: 32; 16: 24

As they were going out, they met a Cyrenian named Simon; this man they pressed into service to carry his cross.

Then Jesus said to his disciples, “Whoever wishes to come after me must deny himself, take up his cross, and follow me.”

PRAYER

Lord, you opened the eyes and heart of Simon of Cyrene, and you gave him, by his share in your Cross, the grace of faith. Help us to aid our neighbors in need, even when this interferes with our own plans and desires. Help us to realize that it is a grace to be able to share the cross of others and, in this way, know that we are walking with you along the way. Help us to appreciate with joy that, when we share in your suffering and the sufferings of this world, we become servants of salvation and are able to help build up your Body, the Church.

Is there one who would not weep,
Whelmed in miseries so deep,
Christ’s dear Mother to behold?

SIXTH STATION

Veronica wipes the face of Jesus

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Is 53: 2-3

He had no majestic bearing to catch our eye, / no beauty to draw us to him. / He was spurned and avoided by men, / a man of suffering, knowing pain, / Like one from whom you turn your face, / spurned, and we held him in no esteem.

PRAYER

Lord, grant us restless hearts, hearts which seek your face. Keep us from the blindness of heart which sees only the surface of things. Give us the simplicity and purity which allow us to recognize your presence in the world. When we are not able to accomplish great things, grant us the courage which is born of humility and goodness. Impress your face on our hearts. May we encounter you along the way and show your image to the world.

Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?

SEVENTH STATION

Jesus falls the second time

∇. We adore you, O Christ, and we praise you.

✠. Because by your holy cross you have redeemed the world.

READING

Lam 3: 1-2, 9, 16

I am one who has known affliction / under the rod of God's anger, / One whom he has driven and forced to walk / in darkness, not in light.

He has hemmed in my ways with fitted stones, / and made my paths crooked.

He has made me eat gravel, / trampled me into the dust.

PRAYER

Lord Jesus Christ, you have borne all our burdens and you continue to carry us. Our weight has made you fall. Lift us up, for by ourselves we cannot rise from the dust. Free us from the bonds of lust. In place of a heart of stone, give us a heart of flesh, a heart capable of seeing. Lay low the power of ideologies, so that all may see that they are a web of lies. Do not let the wall of materialism become unsurmountable. Make us aware of your presence. Keep us sober and vigilant,

capable of resisting the forces of evil. Help us to recognise the spiritual and material needs of others, and to give them the help they need. Lift us up, so that we may lift others up. Give us hope at every moment of darkness, so that we may bring your hope to the world.

Bruised, derided, cursed, defiled,
She beheld her tender Child
All with bloody scourges rent.

EIGHTH STATION

Jesus meets the women of Jerusalem

Ÿ. We adore you, O Christ, and we praise you.

℞. Because by your holy cross you have redeemed the world.

READING

Lk 23: 28-31

Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, ‘Blessed are the barren, the wombs that never bore and the breasts that never nursed.’ At that time people will say to the mountains, ‘Fall upon us!’ and to the hills, ‘Cover us!’ for if these things are done when the wood is green what will happen when it is dry?”

PRAYER

Lord, to the weeping women you spoke of repentance and the Day of Judgment, when all of us will stand before your face: before you, the Judge of the world. You call us to leave behind the trivialization of evil, which salves our consciences and allows us to carry on as before. You show us the seriousness of our responsibility, the danger of our being found guilty and without excuse on the Day of Judgment. Grant that we may not simply walk at your side, with nothing to offer other than compassionate words. Convert us and give us new life. Grant that in the end we will not be dry wood, but living branches in you, the true vine, bearing fruit for eternal life (*See Jn 15: 1-10*).

For the sins of his own nation,
Saw him hang in desolation,
Till his spirit forth he sent.

NINTH STATION

Jesus falls a third time

✠. We adore you, O Christ, and we praise you.

✠. Because by your holy cross you have redeemed the world.

READING

Lam 3: 27-32

It is good for a person, when young, / to bear the yoke, / To sit alone and in silence, / when its weight lies heavy, / To put one's mouth in the dust – / there may yet be hope – / To offer one's cheek to be struck, / to be filled with disgrace. / For the Lord does not / reject forever; / Though he brings grief, he takes pity, / according to the abundance of his mercy.

PRAYER

Lord, your Church often seems like a boat about to sink, a boat taking in water on every side. In your field we see more weeds than wheat. The soiled garments and face of your Church throw us into confusion. Yet it is we ourselves who have soiled them! It is we who betray you time and time again, after all our lofty words and grand gestures. Have mercy on your Church; within her too, Adam continues to fall. When we fall, we drag you down to earth, and Satan laughs, for he hopes that you will not be able to rise from that fall; he hopes that being dragged down in the fall of your Church, you will remain prostrate and overpowered. But you will rise again. You stood up, you arose and you can also raise us up. Save and sanctify your Church. Save and sanctify us all.

O thou Mother! fount of love!
 Touch my spirit from above,
 Make my heart with thine accord.

TENTH STATION

Jesus is stripped of his clothes

✠. We adore you, O Christ, and we praise you.

✠. Because by your holy cross you have redeemed the world.

READING

Mt. 27: 33-36

And when they came to a place called Golgotha (which means Place of the Skull), they gave Jesus wine to drink mixed with gall. But when he had tasted it, he refused to drink. After they had crucified him, they divided his garments by casting lots; then they sat down and kept watch over him there.

PRAYER

Lord Jesus, you were stripped of your garments, exposed to shame, cast out of society. You took upon yourself the shame of Adam, and you healed it. You also take upon yourself the sufferings and the needs of the poor, the outcasts of our world. And in this very way you fulfill the words of the prophets. This is how you bring meaning into apparent meaninglessness. This is how you make us realize that your Father holds you, us, and the whole world in his hands. Give us a profound respect for man at every stage of his existence, and in all the situations in which we encounter him. Clothe us in the light of your grace.

Make me feel as thou hast felt;
Make my soul to glow and melt
With the love of Christ my Lord.

ELEVENTH STATION

Jesus is nailed to the Cross

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Mt 27: 37-42

And they placed over his head the written charge against him: This is Jesus, the King of the Jews. Two revolutionaries were crucified with him, one on his right and the other on his left. Those passing by reviled him, shaking their heads and saying, "You who would destroy the temple and rebuild it in three days, save yourself, if you are the Son of God, [and] come down from the cross!" Likewise the chief priests with the scribes and elders mocked him and said, "He saved others; he cannot save himself. So he is the king of Israel! Let him come down from the cross now, and we will believe in him."

PRAYER

Lord Jesus Christ, you let yourself be nailed to the Cross, accepting the terrible cruelty of this suffering, the destruction of your body and your dignity. You allowed yourself to be nailed fast; you did not try to escape or to lessen your suffering. May we never flee from what we are called to do. Help us to remain faithful to you. Help us to unmask the false freedom which would distance us from you. Help us to accept your “binding” freedom, and, “bound” fast to you, to discover true freedom.

Holy Mother! pierce me through,
In my heart each wound renew
Of my Savior crucified.

TWELFTH STATION

Jesus dies on the Cross

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Mt 27: 45-50

From noon onward, darkness came over the whole land until three in the afternoon. And about three o'clock Jesus cried out in a loud voice, “Eli, Eli, lema sabachthani?” which means, “My God, my God, why have you forsaken me?” Some of the bystanders who heard it said, “This one is calling for Elijah.” Immediately one of them ran to get a sponge; he soaked it in wine, and putting it on a reed, gave it to him to drink. But the rest said, “Wait, let us see if Elijah comes to save him.” But Jesus cried out again in a loud voice, and gave up his spirit.

PRAYER

Lord Jesus Christ, at the hour of your death the sun was darkened. Ever anew you are being nailed to the Cross. At this present hour of history we are living in God's darkness. Through your great sufferings and the wickedness of men, the face of God, your face, seems obscured, unrecognizable. And yet, on the Cross, you have revealed yourself. Precisely by being the one who suffers and loves, you are exalted. From the Cross on high you have triumphed. Help us to recognize your face at this hour of darkness and tribulation. Help us to believe in you and

to follow you in our hour of darkness and need. Show yourself once more to the world at this hour. Reveal to us your salvation.

Let me share with thee his pain,
Who for all my sins was slain,
Who for me in torments died.

THIRTEENTH STATION

The body of Jesus is taken down from the Cross

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Mt 27: 54-55

The centurion and the men with him who were keeping watch over Jesus feared greatly when they saw the earthquake and all that was happening, and they said, “Truly, this was the Son of God!” There were many women there, looking on from a distance, who had followed Jesus from Galilee, ministering to him.

PRAYER

Lord, you descended into the darkness of death. But your body is placed in good hands and wrapped in a white shroud (*Mt 27: 59*). Faith has not completely died; the sun has not completely set. How often does it appear that you are asleep? How easy it is for us to step back and say to ourselves: “God is dead.” In the hour of darkness, help us to know that you are still there. Do not abandon us when we are tempted to lose heart. Help us not to leave you alone. Give us the fidelity to withstand moments of confusion and a love ready to embrace you in your utter helplessness, like your Mother, who once more holds you to her breast. Help us, the poor and rich, simple and learned, to look beyond all our fears and prejudices, and to offer you our abilities, our hearts, and our time, and thus to prepare a garden for the Resurrection.

Let me mingle tears with thee,
Mourning him who mourned for me,
All the days that I may live.

FOURTEENTH STATION

Jesus is laid in the tomb

Ÿ. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Mt 27: 59-61

Taking the body, Joseph wrapped it in clean linen and laid it in his new tomb that he had hewn in the rock. Then he rolled a huge stone across the entrance to the tomb and departed. But Mary Magdalene and the other Mary remained sitting there, facing the tomb.

PRAYER

Lord Jesus Christ, in your burial you have taken on the death of the grain of wheat. You have become the lifeless grain of wheat which produces abundant fruit for every age and for all eternity. From the tomb shines forth in every generation the promise of the grain of wheat which gives rise to the true manna, the Bread of Life, in which you offer us your very self. The eternal Word, through his Incarnation and death, has become a Word which is close to us: you put yourself into our hands and into our hearts, so that your word can grow within us and bear fruit. Through the death of the grain of wheat you give us yourself, so that we too can dare to lose our life in order to find it, so that we too can trust the promise of the grain of wheat. Help us grow in love and veneration for your Eucharistic mystery to make you, the Bread of heaven, the source of our life. Help us to become your “fragrance,” and to make known in this world the mysterious traces of your life. Like the grain of wheat which rises from the earth, putting forth its stalk and then its ear, you could not remain enclosed in the tomb: the tomb is empty because he—the Father—“did not abandon you to the nether world, nor let your flesh see corruption” (*Acts 2: 31; Ps 16 (15): 10*). No, you did not see corruption. You have risen, and have made a place for our transfigured flesh in the very heart of God. Help us to rejoice in this hope and bring it joyfully to the world. Help us to become witnesses of your resurrection.

By the Cross with thee to stay,
There with thee to weep and pray,
Is all I ask of thee to give.

EUCCHARISTIC ADORATION & BENEDICTION

EXPOSITION

After the minister exposes the Blessed Sacrament according to the ritual, an appropriate hymn is sung.

O salutáris Hóstia,
Quæ cæli pandis óstium:
Bella premunt hostília,
Da robur, fer auxílium.

Uni trinóque Dómino
Sit sempitérna glória,
Qui vitam sine término
Nobis donet in pátria. Amen.

Or:

O saving Victim, open wide
The gate of heav'n to man below;
Our foes press on from every side;
Thine aid supply; thy strength bestow.

All praise and thanks to thee ascend
for evermore, blest One in Three;
O grant us life that shall not end
in our true native land with thee. Amen.

ADORATION

There follows a suitable period of adoration, consisting of moments of silence, which may also be accompanied by Scripture readings with a homily or brief exhortation, litanies, prayers, or hymns.

BENEDICTION

Towards the end of the Eucharistic Adoration, the minister, kneeling, incenses the Blessed Sacrament according to the custom, while an appropriate hymn is sung.

Tantum ergo Sacraméntum
venerémur cernui:
et antiquum documéntum
novo cedat ritui:
præstet fides suppleméntum
sénsuum deféctui.

Genitóri, Genitóque
laus et jubilátio,
salus, honor, virtus quoque
sit et benedíctio:
Procedénti ab utróque
compar sit laudátio. Amen.

Or:

Down in adoration falling,
Lo! the sacred Host we hail;
Lo! o'er 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 Ghost proceeding
Forth from Each eternally,
Be salvation, honor, blessing,
Might, and endless majesty. Amen.

The following verse and response are sometimes added:

℣. You have given them bread from heaven (E.T. alleluia).

℟. Having all sweetness within it (E.T. alleluia).

The minister stands and continues:

Let us pray. / O God, who in this wonderful sacrament / have left us a memorial of your Passion, / grant us, we pray, / so to revere the sacred mysteries of your Body and Blood / that we may always experience in ourselves / the fruits of your redemption. / Who live and reign with God the Father / in the unity of the Holy Spirit, / God, for ever and ever. ℟. Amen.

After the prayer, the priest or deacon puts on the humeral veil, genuflects, and, taking the monstrance, makes a sign of the cross over the people in silence.

The minister then reposes the Blessed Sacrament according to the customary ritual. The Divine Praises may be recited during or after the reposition.

THE DIVINE PRAISES

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 Spirit, 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 Saint Joseph, her most chaste Spouse.

Blessed be God in his Angels and in his Saints.

There may follow an appropriate hymn or acclamation.

Holy God, we praise thy name;
Lord of all, we bow before thee.

All on earth thy scepter claim,
all in heav'n above adore thee.

Infinite thy vast domain,
everlasting is thy reign;

Infinite thy vast domain,
everlasting is thy reign;

Hark! the loud celestial hymn
angel choirs above are raising;
Cherubim and seraphim,
in unceasing chorus, praising,
Fill the heav'ns with sweet accord:
"Holy, holy, holy Lord!"

Fill the heav'ns with sweet accord:
"Holy, holy, holy Lord!"

THE ANGELUS

Ÿ. The Angel of the Lord declared unto Mary.

℞. And she conceived by the Holy Spirit. Hail, Mary...

Ÿ. Behold the handmaid of the Lord.

℞. Be it done unto me according to thy word. Hail Mary...

Ÿ. And the Word was made flesh.

℞. And dwelt among us. Hail Mary...

Ÿ. Pray for us, O holy Mother of God.

℞. That we may be made worthy of the promises of Christ.

Let us pray.

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

ANTIPHON TONES
for use with pointed antiphon texts

I 	V 
II 	VI 
III 	VII 
IV 	VIII 

Optional verse for Entrance and Communion Antiphons:

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.



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PRAYER TO ST. MICHAEL THE ARCHANGEL

Saint Michael the Archangel, defend us in battle;
be our protection against the wickedness and snares of the devil.

May God rebuke him, we humbly pray:
and do thou, O Prince of the heavenly host,
by the power of God,
cast into hell Satan and all the evil spirits
who prowl about the world seeking the ruin of souls. Amen.

ACT OF CONTRITION

O my God, I am sorry and repent with all my heart
for all the wrong I have done and for the good I have failed to do,
because by sinning I have offended you,
who are all good and worthy to be loved above all things.

I firmly resolve, with the help of your grace,
to do penance, to sin no more, and to avoid the occasions of sin.
Through the merits of the Passion of our Savior Jesus Christ,
Lord, have mercy. Amen.

ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that you are present in the Most Holy Sacrament.
I love you above all things, and I desire to receive you into my soul.

Since I cannot at this moment receive you sacramentally,
come at least spiritually into my heart.

I embrace you as if you were already there
and unite myself wholly to you.

Never permit me to be separated from you. Amen.



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