

Matins: Night or Early Morning Prayer

The Office of Matins is traditionally a time of vigil, reflection, and deep prayer. It sanctifies the night or the early hours of the morning, inviting the faithful to meditate on the mysteries of Christ's Incarnation and Mary's role in salvation.

Before Matins and Lauds (if Lauds are said separately from Matins)

“St. Paul and Silas, being in prison praying, praised God at midnight, and then the earth quaked, and all the prison doors opened, and all fetters and bonds of prisoners were loosed. Our Lord Jesu Christ also prayed, not only in one part of night, but all the night He woke in prayers, as the Gospel telleth...furthermore some say that for at *Matins* time there appeareth a star in the firmament whereby shipmen are ruled in the sea, and bring themselves to right haven; and for our merciful Lady is that star that succoureth mankind in the troublesome sea of this world, and bringeth her lovers to the haven of health, therefore it is worthy that she be served and praised at *Matins* time.” (*From the Mirror of Our Lady*.) O most blessed Virgin, with you as the star we set our

course on Life's tempestuous seas, may we, like Paul and Silas, follow our Lord's example and keep vigil in prayer, ever wakeful for His coming. Amen.

Opening Versicles

- *V. Thou shalt open my mouth, + O Lord.*
R. And my mouth shall shew forth Thy praise.
V. O God, + come to my assistance.
R. O Lord, make haste to help me.

Antiphon:

O come, let us sing unto the Lord, let us rejoice
before God our Saviour;

Let us come into his presence with thanksgiving, and
with psalms rejoice before him.

Hail Mary, full of grace, the Lord is with thee.

For the Lord is a great God, and a great King above
all gods;

The Lord will not cast off his people;

In his hands are all the ends of the earth, and he
beholdeth the heights of the mountains.

The Lord is with thee.

The sea is his, and he made it, and his hands founded the dry land. (Genuflection is made for next verse)

COME, LET US ADORE AND FALL DOWN BEFORE GOD; let us lament before the Lord who made us; for he is the Lord our God;

We are his people, and the sheep of his pasture.

Hail Mary, full of grace, the Lord is with thee.

Today if ye shall hear his voice, harden not your hearts,

As in the provocation, and as in the day of temptation in the wilderness;

where your fathers tempted me, proved me, and saw my works.

The Lord is with thee.

Forty years long was I nigh unto this generation, and said: They do always err in their hearts;

For they have not known my ways: unto whom I swear my wrath, that they should not enter into my rest.

Hail Mary, full of grace, the Lord is with thee.

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.

Hail Mary, full of grace, the Lord is with thee.

Hymn:

The Lord, whom earth and sea and sky,

With one adoring voice proclaim;

Who rules them all in majesty; Enclos'd himself in
Mary's frame.

Lo! In a humble virgin's womb, O'ershadowed by
Almighty power;

He whom the stars, and sun, and moon, Each serve in
their appointed hour.

O Mother blest! To whom was given within thy body
to contain

The Architect of earth and heaven, whose hands the
universe sustain.

To thee was sent an angel down; In thee the Spirit
was enshrin'd;

Of thee was born that mighty one, the long-desire'd
of all makind.

O Jesu! Born of Virgin bright, Immortal glory be to thee;

Praise to the Father infinite, And Holy Ghost eternally. Amen.

First Nocturn (Sunday, Monday and Thursday)

- Antiphon. Blessed art thou among women, and blessed is the fruit of thy womb.

Psalm 8:2-10

O Lord our Lord, how admirable is thy name in the whole earth! For thy magnificence is elevated above the heavens.

Out of the mouth of infants and of sucklings thou hast perfected praise, because of thy enemies, that thou mayst destroy the enemy and the avenger.

For I will behold thy heavens, the works of thy fingers: the moon and the stars which thou hast founded.

What is man that thou art mindful of him? or the son of man that thou visitest him?

Thou hast made him a little less than the angels, thou hast crowned him with glory and honour:

And hast set him over the works of thy hands.

Thou hast subjected all things under his feet, all sheep and oxen: moreover the beasts also of the fields.

The birds of the air, and the fishes of the sea, that pass through the paths of the sea.

O Lord our Lord, how admirable is thy name in all the earth!

Glory be to the Father, and to the Son; and to the Holy Ghost.

Antiphon. Blessed art thou among women and blessed is the fruit of thy womb.

Antiphon. Like the choicest myrrh, thou hast yielded an odour of sweetness, O holy Mother of God.

Psalm 18: 2-15

The heavens declare the glory of God, and the firmament proclaimeth the work of his hands.

Day to day uttereth speech, and night to night sheweth knowledge.

There are no speeches nor languages, where their voices are not heard.

Their sound hath gone forth into all the earth: and their words unto the ends of the world.

He hath set his tabernacle in the sun: and he, as a bridegroom coming out of his bride chamber, Hath rejoiced as a giant to run the way:

His going out is from the end of heaven, And his circuit even to the end thereof: and there is no one that can hide himself from his heat

The law of the Lord is undefiled, converting souls: the testimony of the Lord is faithful, giving wisdom to little ones.

The statutes of the Lord are right, rejoicing hearts: the commandment of the Lord is clear, enlightening the eyes.

The fear of the Lord is holy, enduring for ever and ever: the judgments of the Lord are true, justified in themselves.

More to be desired than gold and many precious stones: and sweeter than honey and the honeycomb.

For thy servant keepeth them, and in keeping them there is a great reward.

Who can understand sins? Cleanse thou me from my secret faults: and from the sins of others spare thy servant.

If they shall have no dominion over me, then shall I be without undefiled: and I shall be cleansed from the greatest sin.

And the words of my mouth shall be such as may please: and the meditation of my heart always in thy sight.

O Lord, my helper, and my redeemer.
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.

Antiphon. Like the choices myrrh, thou hast yielded an odour of sweetness, O holy Mother of God.

Antiphon. Before the couch of this Virgin sing often unto us sweet chants with solemnity.

Psalm 23:1-10

The earth is the Lord's and the fulness thereof: the world, and all they that dwell therein.

For he hath founded it upon the seas; and hath prepared it upon the rivers.

Who shall ascend into the mountain of the Lord: or who shall stand in his holy place?

The innocent in hands, and clean of heart, who hath not taken his soul in vain, nor sworn deceitfully to his neighbour.

He shall receive a blessing from the Lord, and mercy from God his Saviour.

This is the generation of them that seek him, of them that seek the face of the God of Jacob.

Lift up your gates, O ye princes, and be ye lifted up, O eternal gates: and the King of Glory shall enter in.

Who is this King of Glory? the Lord who is strong and mighty: the Lord mighty in battle.

Lift up your gates, O ye princes, and be ye lifted up, O eternal gates: and the King of Glory shall enter in.

Who is this King of Glory? the Lord of hosts, he is the King of Glory.

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.

Antiphon. Before the couch of this Virgin sing often unto us sweet chants with solemnity.

Second Nocturn (Tuesday and Friday)

Antiphon. In thy comeliness and thy beauty go forth,
proceed prosperously and reign.

Psalm 44:2-18

My heart hath uttered a good word: I speak my works
to the king; My tongue is the pen of a scrivener that
writeth swiftly.

Thou art beautiful above the sons of men: grace is
poured abroad in thy lips; therefore hath God blessed
thee for ever.

Gird thy sword upon thy thigh, O thou most mighty.

With thy comeliness and thy beauty set out, proceed
prosperously, and reign. Because of truth and
meekness and justice: and thy right hand shall
conduct thee wonderfully.

Thy arrows are sharp: under thee shall people fall,
into the hearts of the king's enemies.

Thy throne, O God, is for ever and ever: the sceptre
of thy kingdom is a sceptre of uprightness.

Thou hast loved justice, and hated iniquity: therefore God, thy God, hath anointed thee with the oil of gladness above thy fellows.

Myrrh and stacte and cassia perfume thy garments, from the ivory houses: out of which

The daughters of kings have delighted thee in thy glory. The queen stood on thy right hand, in gilded clothing; surrounded with variety.

Hearken, O daughter, and see, and incline thy ear: and forget thy people and thy father's house.

And the king shall greatly desire thy beauty; for he is the Lord thy God, and him they shall adore

And the daughters of Tyre with gifts, yea, all the rich among the people, shall entreat thy countenance.

All the glory of the king's daughter is within in golden borders,

Clothed round about with varieties. After her shall virgins be brought to the king: her neighbours shall be brought to thee.

They shall be brought with gladness and rejoicing: they shall be brought into the temple of the king.

Instead of thy fathers, sons are born to thee: thou shalt make them princes over all the earth.

They shall remember thy name throughout all generations. Therefore shall people praise thee 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.

Antiphon. In thy comeliness and thy beauty go forth, proceed prosperously and reign.

Antiphon. God shall help her with his countenance: God is in the midst of her, she shall not be moved.

Psalm 45:2-12

Our God is our refuge and strength: a helper in troubles, which have found us exceedingly.

Therefore we will not fear, when the earth shall be troubled; and the mountains shall be removed into the heart of the sea.

Their waters roared and were troubled: the mountains were troubled with his strength.

The stream of the river maketh the city of God joyful: the most High hath sanctified his own tabernacle.

God is in the midst thereof, it shall not be moved:
God will help it in the morning early.

Nations were troubled, and kingdoms were bowed
down: he uttered his voice, the earth trembled.

The Lord of armies is with us: the God of Jacob is
our protector.

Come and behold ye the works of the Lord: what
wonders he hath done upon earth,

Making wars to cease even to the end of the earth. He
shall destroy the bow, and break the weapons: and
the shield he shall burn in the fire.

Be still and see that I am God; I will be exalted
among the nations, and I will be exalted in the earth.

The Lord of armies is with us: the God of Jacob is
our protector.

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.

Antiphon. God shall help her with his countenance:
God is in the midst of her, she shall not be moved.

Antiphon. Our dwelling in thee is as of all those that
rejoice, O holy mother of God.

Psalm 76:1-7

Her foundations are upon the holy hills:

The Lord loveth the gates of Sion above all the tabernacles of Jacob.

Glorious things are said of thee, O city of God.

I will be mindful of Rahab and of Babylon knowing me. Behold the foreigners, and Tyre, and the people of the Ethiopians, these were there.

Shall not Sion say: This man and that man is born in her? and the Highest himself hath founded her.

The Lord shall tell in his writings of peoples and of princes, of them that have been in her.

The dwelling in thee is as it were of all rejoicing. 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.

Antiphon. Our dwelling in thee is as of all those that rejoice, o holy mother of God.

Go To Matins
continues

The Third Nocturn (Wednesday and Saturday)

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Antiphon. Rejoice, O Virgin Mary, thou alone hast destroyed all heresies in all the world.

Psalm 95:1-13

Sing ye to the Lord a new song: sing to the Lord, all the earth.

Sing ye to the Lord and bless his name: shew forth his salvation from day to day.

Declare his glory among the Gentiles: his wonders among all people.

For the Lord is great, and exceedingly to be praised: he is to be feared above all gods.

For all the gods of the Gentiles are devils: but the Lord made the heavens.

Praise and beauty are before him: holiness and majesty in his sanctuary.

Bring ye to the Lord, O ye kindreds of the Gentiles, bring ye to the Lord glory and honour:

Bring to the Lord glory unto his name. Bring up sacrifices, and come into his courts:

Adore ye the Lord in his holy court. Let all the earth be moved at his presence.

Say ye among the Gentiles, the Lord hath reigned. For he hath corrected the world, which shall not be moved: he will judge the people with justice.

Let the heavens rejoice, and let the earth be glad, let the sea be moved, and the fulness thereof:

The fields and all things that are in them shall be joyful. Then shall all the trees of the woods rejoice

Before the face of the Lord, because he cometh: because he cometh to judge the earth. He shall judge the world with justice, and the people with his truth. 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.

Antiphon. Rejoice, O Virgin Mary, thou alone hast destroyed all heresies in all the world.

Antiphon. Vouchsafe that I may praise thee, O sacred Virgin: give me strength against thine enemies.

Psalm 96:1-12

The Lord hath reigned, let the earth rejoice: let many islands be glad.

Clouds and darkness are round about him: justice and judgment are the establishment of his throne.

A fire shall go before him, and shall burn his enemies round about.

His lightnings have shone forth to the world: the earth saw and trembled.

The mountains melted like wax, at the presence of the Lord: at the presence of the Lord of all the earth.

The heavens declared his justice: and all people saw his glory.

Let them be all confounded that adore graven things, and that glory in their idols. Adore him, all you his angels:

Sion heard, and was glad. And the daughters of Juda rejoiced, because of thy judgments, O Lord.

For thou art the most high Lord over all the earth: thou art exalted exceedingly above all gods.

You that love the Lord, hate evil: the Lord preserveth the souls of his saints, he will deliver them out of the hand of the sinner.

Light is risen to the just, and joy to the right of heart.

Rejoice, ye just, in the Lord: and give praise to the remembrance of his holiness.

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.

Antiphon. Vouchsafe that I may praise thee, O sacred Virgin: give me strength against thine enemies.

Antiphon. After child-birth thou didst remain a pure virgin: intercede for us, O Mother of God.

Psalm 97:1-9

Sing ye to the Lord a new song: because he hath done wonderful things. His right hand hath wrought for him salvation, and his arm is holy.

The Lord hath made known his salvation: he hath revealed his justice in the sight of the Gentiles.

He hath remembered his mercy and his truth toward the house of Israel. All the ends of the earth have seen the salvation of our God

Sing joyfully to God, all the earth; make melody, rejoice and sing.

Sing praise to the Lord on the harp, on the harp, and with the voice of a psalm:

With long trumpets, and sound of cornet. Make a joyful noise before the Lord our king:

Let the sea be moved and the fulness thereof: the world and they that dwell therein.

The rivers shall clap their hands, the mountains shall rejoice together

At the presence of the Lord: because he cometh to judge the earth. He shall judge the earth with justice, and the people with equity.

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.

Antiphon. After child-birth thou didst remain a pure virgin: intercede for us, O Mother of God.

Go to Matins
Continues

Matins continues here after First, Second or Third Nocturn.

V. Grace is poured forth on thy lips.

R. Therefore hath God blessed thee forever.

V. 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

R. But deliver us from evil Amen

The Absolution

By the prayers and merits of the blessed Mary ever Virgin, and of all the Saints, may the Lord bring us to the kingdom of heaven.

R. Amen

V. Pray, Lord, a blessing. May the Virgin Mary, with her loving Child, bless us.

R. Amen.

First Lesson Eccles 24:11-13 (Sirach)

In all these I sought rest, and I shall abide in the inheritance of the Lord.

Then the creator of all things commanded, and said to me: and he that made me, rested in my tabernacle,

And he said to me: Let thy dwelling be in Jacob, and thy inheritance in Israel, and take root in my elect.

But thou O Lord have mercy on us

R. Thanks be to God, O holy and Immaculate virgin, with what praises I shall extol thee, I know not:

for he whom the heavens could not contain, rested in thy bosom.

V. Blessed art thou among women and blessed is the fruit of thy womb.

R. For he whom the heavens could not contain, Play rested in your bosom

V. Pray, Lord, a blessing. May the Virgin of virgins herself intercede for us with the Lord

R. Amen.

Second Lesson Eccles 24:15-16 (Sirach)

And so was I established in Sion, and in the holy city likewise I rested, and my power was in Jerusalem.

And I took root in an honourable people, and in the portion of my God his inheritance, and my abode is in the full assembly of saints.

But, Thou, Lord, have mercy on us.

R. Thanks be to God

R. Blessed art thou, O Virgin Mary, who didst bare the Lord, the Creator of the world: Thou wast the mother of him who made thee, and remainest a virgin forever.

V. Hail Mary full of grace the Lord is with thee.

R. And so was I established in Sion, and in the holy city likewise I rested, and my power was in Jerusalem.

Thou wast the mother of him who made thee, and remainest a virgin forever.

V. Pray, Lord, a blessing.

The Blessing

Through the Virgin Mother, may the Lord grant unto us salvation and peace.

R. Amen.

Third Lesson Eccclus 24:17-20 (Sirach)

I was exalted like a cedar in Libanus, and as a cypress tree on mount Sion.

I was exalted like a palm tree in Cades, and as a rose plant in Jericho:

As a fair olive tree in the plains, and as a plane tree
by the water in the streets, was I exalted.

I gave forth a sweet fragrance like cinnamon. and
aromatical balm: I yielded a sweet odour like the
choicest myrrh:

But, thou, Lord, have mercy on us.

R. Thanks be to God.

***The Te Deum is not said in Advent or from
Septuagesima until Easter except on the feasts of
the Blessed Virgin. The following Responory is said
when the Te Deum is omitted.***

R. Surely thou art happy, O holy Virgin Mary, and
most worthy of all praise: For out of thee arose the
Sun of Justice, Christ our God.

V. Pray for the people, mediate for the clergy,
intercede for the devoted female sex. Let all
experience thy assistance, whoever celebrate thy holy
commemoration.

R. For out of thee arose the Sun of justice, Christ our God.

V. Glory be to the Father, to the Son and to the Holy Ghost.

R. Christ our God.

Te Deum

We praise thee, O God: we acknowledge thee to be the Lord

All the earth doth worship thee; the father everlasting

To the all angels cry aloud: the heavens and all the powers therein;

To thee cherubim and seraphim continually do cry;

Holy, holy, holy, Lord God of Sabbath,

Heaven and earth are full of thy majesty of thy glory.

The glorious choir of the Apostles: praise thee;

The admirable company of the prophets: praise thee;

The white robed army of the martyrs: praise thee;

The holy church throughout all the world: doth acknowledge thee;

the father of an infinite majesty,

Thy adorable, true and only Son,

Also the Holy Ghost the Comforter.

Thou art the King of Glory: O Christ.

Thou art the everlasting Son: of the Father.

When thou tookest upon thee to deliver man: thou
didst not abhor the virgin's womb.

When thou hast overcome the sting of death: thou
didst open the Kingdom of heaven to all believers.

Thou sittest at the right hand of God: in the glory of
the Father.

We believe that thou shalt come to be our Judge.

We pray thee, therefore, help thy servants: whom
thou hast redeemed with thy precious blood.

Make them to be numbered with thy Saints: in glory
everlasting

O Lord, save thy people: and bless thine inheritance

Govern them: and lift them up forever.

Day by day: we magnified thee.

And we praise thy name forever: yea, forever and ever.

Vouchsafe, O Lord, this day: to keep us without sin.

O Lord, have mercy upon us: have mercy upon us.

O Lord, let thy mercy be shewed upon us: as we have hoped in thee.

O Lord, in the have I hoped: let me not be confounded forever.

If Lauds are not recited immediately, say the following: (This will be the ending of Matins)

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

Let us pray.

O God, who wast pleased that thy Word, at the message of an angel, should take flesh in the womb of the blessed Virgin Mary; grant to us, thy humble servants, that, as we believe her to be truly the Mother of God, we may be assisted also by her

intercessions with thee. Through the same Christ our Lord.

R. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

V. Let us bless the Lord.

R. Thanks be to God.

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

R. Amen.

Lauds (recite this prayer if Lauds are said separately from Matins)

“St. Paul and Silas, being in prison praying, praised God at midnight, and then the earth quaked, and all the prison doors opened, and all fetters and bonds of prisoners were loosed. Our Lord Jesu Christ also prayed, not only in one part of night, but all the night He woke in prayers, as the Gospel telleth...furthermore some say that for at *Matins* time there appeareth a star in the firmament whereby shipmen are ruled in the sea, and bring themselves to

right haven; and for our merciful Lady is that star that succoureth mankind in the troublesome sea of this world, and bringeth her lovers to the haven of health, therefore it is worthy that she be served and praised at *Matins* time.” (*From the Mirror of Our Lady.*) O most blessed Virgin, with you as the star we set our course on Life’s tempestuous seas, may we, like Paul and Silas, follow our Lord’s example and keep vigil in prayer, ever wakeful for His coming. Amen.

V. Oh God, + come to my assistance,

R. O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Ghost. Amen

Psalm 92:1-5

The Lord hath reigned, he is clothed with beauty: the Lord is clothed with strength, and hath girded himself. For he hath established the world which shall not be moved.

Thy throne is prepared from of old: thou art from everlasting.

The floods have lifted up, O Lord: the floods have lifted up their voice. The floods have lifted up their waves,

With the noise of many waters. Wonderful are the surges of the sea: wonderful is the Lord on high.

Thy testimonies are become exceedingly credible: holiness becometh thy house, O Lord, unto length of days.

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.

Antiphon. Mary was taken up into heaven, the angels rejoice, and with praises bless the Lord.

Antiphon. The Virgin Mary was taken up to the heavenly chamber, where the King of kings sitteth on his starry throne.

Psalm 99:1-5

Sing joyfully to God, all the earth: serve ye the Lord with gladness.

Come in before his presence with exceeding great joy.

Know ye that the Lord he is God: he made us, and not we ourselves. We are his people and the sheep of his pasture.

Go ye into his gates with praise, into his courts with hymns: and give glory to him. Praise ye his name:

For the Lord is sweet, his mercy endureth for ever, and his truth to generation and generation.

Glory be to the Father, and to the Son, and to the Holy Ghost. Amen

Antiphon. Mary was taken up into heaven, the angels rejoice, and with praises bless the Lord.

Antiphon. We run to the odour of thy ointments: the young maidens have loved thee exceedingly.

Psalm 62:1-12

O God, my God, to thee do I watch at break of day.

For thee my soul hath thirsted; for thee my flesh, O how many ways!

In a desert land, and where there is no way, and no water: so in the sanctuary have I come before thee, to see thy power and thy glory.

For thy mercy is better than lives: thee my lips shall praise.

Thus will I bless thee all my life long: and in thy name I will lift up my hands.

Let my soul be filled as with marrow and fatness: and my mouth shall praise thee with joyful lips.

If I have remembered thee upon my bed, I will meditate on thee in the morning:

Because thou hast been my helper. And I will rejoice under the covert of thy wings:

My soul hath stuck close to thee: thy right hand hath received me.

But they have sought my soul in vain, they shall go into the lower parts of the earth:

They shall be delivered into the hands of the sword, they shall be the portions of foxes.

But the king shall rejoice in God, all they shall be praised that swear by him: because the mouth is stopped of them that speak wicked things.

Glory be to the Father, and to the Son, and to the Holy Ghost. Amen

Antiphon. We run to the odour of thy ointments: the young maidens have loved thee exceedingly.

Antiphon. Thou, O daughter, art blessed of the Lord, for through thee have we been made partakers of the fruit of life.

The Benedicite – Daniel 3: 57-88, 56

All ye works of the Lord, bless the Lord: praise and exalt him above all for ever.

O ye angels of the Lord, bless the Lord: praise and exalt him above all for ever.

O ye heavens, bless the Lord: praise and exalt him above all for ever.

O all ye waters that are above the heavens, bless the Lord; praise and exalt him above all for ever.

O all ye powers of the Lord, bless the Lord: praise and exalt him above all for ever.

O ye sun and moon, bless the Lord: praise and exalt him above all for ever.

O ye stars of heaven, bless the Lord: praise and exalt him above all for ever.

O every shower and dew, bless ye the Lord: praise and exalt him above all for ever.

O all ye spirits of God, bless the Lord: praise and exalt him above all for ever.

O ye fire and heat, bless the Lord: praise and exalt him above all for ever.

O ye cold and heat, bless the Lord: praise and exalt him above all for ever.

O ye dews and hoar frosts, bless the Lord: praise and exalt him above all for ever.

O ye frost and cold, bless the Lord: praise and exalt him above all for ever.

O ye ice and snow, bless the Lord: praise and exalt him above all for ever.

O ye nights and days, bless the Lord: praise and exalt him above all for ever.

O ye light and darkness, bless the Lord: praise and exalt him above all for ever.

O ye lightnings and clouds, bless the Lord: praise and exalt him above all for ever.

O let the earth bless the Lord: let it praise and exalt him above all for ever.

O ye mountains and hills, bless the Lord: praise and exalt him above all for ever.

O all ye things that spring up in the earth, bless the Lord: praise and exalt him above all for ever.

O ye fountains, bless the Lord: praise and exalt him above all for ever.

O ye seas and rivers, bless the Lord: praise and exalt him above all for ever.

O ye whales, and all that move in the waters, bless the Lord: praise and exalt him above all for ever.

O all ye fowls of the air, bless the Lord: praise and exalt him above all for ever.

O all ye beasts and cattle, bless the Lord: praise and exalt him above all for ever.

O ye sons of men, bless the Lord, praise and exalt him above all for ever.

O let Israel bless the Lord: let them praise and exalt him above all for ever.

O ye priests of the Lord, bless the Lord: praise and exalt him above all for ever.

O ye servants of the Lord, bless the Lord: praise and exalt him above all for ever.

O ye spirits and souls of the just, bless the Lord: praise and exalt him above all for ever.

O ye holy and humble of heart, bless the Lord: praise and exalt him above all for ever.

O Ananias, Azarias, and Misael, bless ye the Lord:
praise and exalt him above all for ever.

Let us bless the Father, and the Son, with the Holy
Ghost: let us praise and exalt him above all for ever.

Blessed art thou in the firmament of heaven: and
worthy of praise, and glorious, and exalted above all
for ever.

Antiphon. Thou, O daughter, art blessed of the Lord,
for through thee have we been made partakers of the
fruit of life.

Antiphon. Thou are fair and comely, O daughter of
Jerusalem: terrible as an army set in array.

Psalm 148

Praise the Lord from the heavens: praise him in the
heights.

Praise him, all his angels: praise him, all his hosts.

Praise him, sun and moon: praise him, all ye stars and
light.

Praise him, O ye heaven of heavens; and let all the
waters that are above the heavens, praise the name of
the Lord.

For he spake, and they were made: he commanded,
and they were created.

He hath established them for ever, even for ever and
ever: he hath made a decree,

And it shall not pass away.

Praise the Lord from the earth: ye dragons and all
deeps.

Fire and hail, snow and ice, and stormy winds: that
fulfil his words.

Mountains and all hills: fruitful trees and all cedars.

Beasts and all cattle: creeping things and feathered
fowls.

Kings of the earth and all people: princes and all
judges of the earth.

Young men and maidens, old men and children, let
them praise the name of the Lord:

For his name alone is exalted.

His praise is above heaven and earth: and he hath
exalted the horn of his people.

A song of praise to all his Saints: to the children of
Israel, the people that draweth nigh unto him.

Glory be to the Father, and to the Son, and the Holy Ghost. Amen

Antiphon. Thou art fair and comely, O daughter of Jerusalem: terrible as an army set in array.

The Little Chapter. Canticle 6 8.

The daughters of Sion saw her, and declared her most blessed: and the queens, they praised her.

R. Thanks be to God.

Hymn

I Queen of all the virgin choir!

Enthron'd above the starry sky!

Who with pure milk from thy own breast

Thy own Creator didst supply.

What man had lost in hapless Eve,

Thy sacred womb to man restores:

Thou to the wretched here beneath

Hast open'd Heaven's eternal doors.

Hail, O refulgent Hall of light!

Hail, Gate sublime of Heaven's high King!

Through thee redeem'd to endless life,

Thy praise let all the nations sing.

O Jesu! Born of Virgin bright,

Immortal glory be to thee;

Praise to the Father infinite,

And Holy Ghost eternally. Amen.

V. Blessed art thou among women.

R. And blessed is the fruit of thy womb.

Antiphon. O blessed Mother of God, Mary ever
Virgin, temple of the Lord,

sanctuary of the Holy Ghost; thou alone, without
example, wast well-pleasing to our Lord Jesus Christ:

pray for the people, meditate for the clergy; intercede
for the devoted female sex.

In Paschal time

Antiphon. Queen of heaven, rejoice, alleluia. For he
whom thou wast meet to bear, alleluia.

Hath arisen as he said, alleluia. Pray to God for us,
alleluia.

The Benedictus, or Canicle of Zachary.

Blessed + be the Lord God of Israel: for he hath
visited, and wrought the redemption of his people.

And hath raised up a horn of salvation to us: in the
house of his servant David.

As he spake by the mouth of his holy prophets: who
are from the beginning.

Salvation from our enemies: and from the hand of all
that hate us.

To perform mercy to our fathers: and to remember his
holy testament.

The oath that he sware to Abraham our father: that he
would grant unto us:

That being delivered from the hands of our enemies:
we may serve him without fear,

In holiness and justice before him: all the days of our
life.

And thou, child, shalt be called the Prophet of the Highest: for thou shalt go before the face of the Lord to prepare his ways.

To give knowledge of salvation unto his people: for the remission of their sins.

Through the bowels of the mercy of our God: whereby the orient from on high hath visited us.

To enlighten them that sit in darkness, and in the shadow of death: to direct our feet into the way of peace.

Glory be to the Father, and to the Son, and to the Holy Ghost. Amen

Antiphon. O blessed Mother of God, Mary ever Virgin, temple of the Lord, sanctuary of the Holy Ghost; thou alone, without example, wast well-pleasing to our Lord Jesus Christ; pray for the people, meditate for the clergy, intercede for the devoted female sex.

In Paschal Time.

Antiphon. Queen of heaven, rejoice, alleluia. For he whom thou wast meet to bear, alleluia.

Hath arisen as he said, alleluia. Pray to God for us, alleluia.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

Let us pray.

O God, who wast pleased that thy Word, at the message of an angel, should take flesh in the womb of the blessed Virgin Mary; grant to us, thy humble servants, that, as we believe her to be truly the Mother of God, we may be assisted also by her intercessions with thee. Through the same Christ, our Lord. **R. Amen.**

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

V. Let us bless the Lord.

R. Thanks be to God.

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

R. Amen.

Prime

“At Prime tide our Lord Jesu Christ was led to Pilate, and accused; in the same hour after His Resurrection He appeared to Mary Magdlen, and another day He

appeared to His disciples as they were fishing, at the same hour...At Prime time there appeareth a star before the sun, as if it were the ladder or bringer forth of the sun; and our Lady came before and brought forth to mankind that Sun of Righteousness that is our Lord Jesus Christ.” (From the *Mirror of Our Lady*.) O most blessed Virgin, who brought forth the Sun of Righteousness, pray for us that we too may see and know our risen Lord. Amen.

V. O God, + come to my assistance.

R. 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.

Hymn

Remember, O Creator Lord!

That in the Virgin's sacred womb

Thou wast conceiv'd, and of her flesh

Didst our mortality assume.

Mother of Grace, O Mary blest!
To thee, sweet fount of love, we fly,
Shield us through life, and take us hence
To thy dear bosom when we die.
O Jesu! Born of Virgin bright,
Immortal glory be to Thee;
Praise to the Father infinite,
And Holy Ghost eternally. Amen.

Antiphon. Mary was taken up into heaven: the angels rejoice, and with praises bless the Lord.

Psalm 53:3-9

O God, save me in thy name, and judge me in thy strength.

O God, hear my prayer: give ear to the words of my mouth.

For strangers have risen up against me; and the mighty have sought after my soul: and they have not set God before their eyes.

For behold God is my helper: and the Lord is the protector of my soul.

Turn back the evils upon my enemies; and cut them off in thy truth.

I will freely sacrifice to thee, and will give praise, O God, to thy name: because it is good:

For thou hast delivered me out of all trouble: and my eye hath looked down upon my enemies. Glory be to the Father, and to the Son, and to the Holy Ghost.
Amen

Glory be to the Father, and to the Son, and to the Holy Ghost. Amen

Psalm 84:2-14

Thou hast blessed thy land, O Lord: thou hast turned away the captivity of Jacob.

Thou hast forgiven the iniquity of thy people: thou hast covered all their sins.

Thou hast mitigated all thy anger: thou hast turned away from the wrath of thy indignation.

Convert us, O God our saviour: and turn off thy anger from us.

Wilt thou be angry with us for ever: or wilt thou extend thy wrath from generation to generation?

Thou wilt turn, O God, and bring us to life: and thy people shall rejoice in thee.

Shew us, O Lord, thy mercy; and grant us thy salvation.

I will hear what the Lord God will speak in me: for he will speak peace unto his people: And unto his saints: and unto them that are converted to the heart.

Surely his salvation is near to them that fear him: that glory may dwell in our land.

Mercy and truth have met each other: justice and peace have kissed.

Truth is sprung out of the earth: and justice hath looked down from heaven.

For the Lord will give goodness: and our earth shall yield her fruit.

Justice shall walk before him: and shall set his steps in the way.

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.

Psalm 116:1-2

Praise the Lord, all ye gentile: praise him, all ye people.

For his mercy is confirmed upon us: and truth of the Lord endureth for 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.

Antiphon. Mary was taken up into heaven: the angels rejoice, and with praises bless the Lord.

The Little Chapter Canticle 6. 9.

Who is she that cometh forth as the morning rising,
fair as the moon, bright as the sun, terrible as an army
set in array?

R. Thanks be to God.

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

R. Give me strength against thine enemies.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

Let us pray.

O God, who didst vouchsafe to choose the chaste chamber of the blessed Virgin Mary to swell therein; grant, we beseech thee, that, fortified with her defence, we may find our joy in taking part in her commemoration. Who livest and reignest in unity with the Holy Ghost, God, world without end.

R. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

V. Let us bless the Lord.

R. Thanks be to God.

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

R. Amen.

Terce

“At the hour of Terce our Lord Jesu Christ was scourged, and crowned with thorns, and scorned. The same hour after His Resurrection He appeared to the women coming from the sepulchre. And on Pentecost Sunday the same hour He sent the Holy Ghost down to the Apostles.” (From the *Mirror of Our Lady*.) O most blessed Virgin, your son was rejected and most

cruelly treated, but He was vindicated by His rising from the sepulchre in glory; pray that we might experience in our lives the power of His Spirit. Amen.

V. O God, + come to my assistance.

R. 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.

Hymn

Remember, O Creator Lord!

That in the Virgin's sacred womb

Thou wast conceiv'd, and of her flesh

Didst our mortality assume.

Mother of Grace, O Mary blest!

To thee, sweet fount of love, we fly,

Shield us through life, and take us hence

To thy dear bosom when we die.

O Jesu! Born of Virgin bright,

Immortal glory be to Thee;

Praise to the Father infinite,
And Holy Ghost eternally. Amen.

Antiphon. The Virgin Mary was taken up to the heavenly chamber, where the King of kings sitteth on his starry throne.

Psalm 119:1-7

When I was in my trouble I cried to the Lord: and he heard me.

O Lord, deliver my soul from wicked lips, and a deceitful tongue.

What shall be given to thee, or what shall be added to thee, to a deceitful tongue?

The sharp arrows of the mighty, with coals that lay waste.

Woe is me, that my sojourning is prolonged! I have dwelt with the inhabitants of Cedar:

My soul hath been long a sojourner.

With them that hated peace I was peaceable: when I spoke to them they fought against me without cause.

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.

Psalm 120:1-8

I have lifted up my eyes to the mountains, from whence help shall come to me.

My help is from the Lord, who made heaven and earth.

May he not suffer thy foot to be moved: neither let him slumber that keepeth thee.

Behold he shall neither slumber nor sleep, that keepeth Israel.

The Lord is thy keeper, the Lord is thy protection upon thy right hand.

The sun shall not burn thee by day: nor the moon by night.

The Lord keepeth thee from all evil: may the Lord keep thy soul.

May the Lord keep thy coming in and thy going out; from this time forth for evermore.

Glory be to the Father, and to the Son, and to the Holy Ghost. Amen

Psalm 121:1-9

I was glad at the things that were said to me: We shall go into the house of the Lord.

Our feet were standing in thy courts, O Jerusalem.

Jerusalem, which is built as a city, which is compact together.

For thither did the tribes go up, the tribes of the Lord: the testimony of Israel, to praise the name of the Lord.

Because their seats have sat in judgment, seats upon the house of David.

Pray ye for the things that are for the peace of Jerusalem: and abundance for them that love thee.

Let peace be in thy strength: and abundance in thy towers.

For the sake of my brethren, and of my neighbours, I spake peace of thee.

Because of the house of the Lord our God, I have sought good things for thee.

Glory be to the Father, and to the Son, and to the Holy Ghost. Amen

Antiphon. The Virgin Mary was taken up to the heavenly chamber, where the King of kings sitteth on his starry throne.

The Little Chapter Ecclus. 24. 15

And so was I established in Sion, and in the holy city likewise I rested, and my power was in Jerusalem.

R. Thanks be to God.

V. Grace was poured forth on thy lips.

R. Therefore hath God blessed thee for ever.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

Let us pray.

O God, who, by the fruitful virginity of blessed Mary, has given to mankind the rewards of eternal salvation; grant, we beseech thee, that we may experience her intercession, through whom we have received the author of life, our Lord Jesus Christ. Who with Thee, livest and reigneth in the unity of the Holy Ghost, God, world without end.

R. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

V. Let us bless the Lord.

R. Thanks be to God.

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

R. Amen.

Sext.

“At the hour of Sext the sun waxeth more hot; and by means of our Lady the everlasting Sun hath shewed the heat of His charity more largely to mankind.”
(From the *Mirror of Our Lady*.) O most blessed Virgin, pray that we may be warmed by the heat of your son’s divine love. Amen.

V. O God, + come to my assistance.

R. 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.

Hymn

Remember, O Creator Lord!

That in the Virgin's sacred womb

Thou wast conceiv'd, and of her flesh

Didst our mortality assume.

Mother of Grace, O Mary blest!

To thee, sweet fount of love, we fly,

Shield us through life, and take us hence

To thy dear bosom when we die.

O Jesu! Born of Virgin bright,

Immortal glory be to Thee;

Praise to the Father infinite,

And Holy Ghost eternally. Amen

Antiphon. We run to the odour of thy ointments: The young maidens have loved thee exceedingly.

Psalm 122:1-4

Unto thee have I lifted up my eyes, who dwellest in heaven.

Behold as the eyes of servants are on the hands of their masters, As the eyes of the handmaid are on the

hands of her mistress: so are our eyes unto the Lord
our God, until he have mercy on us.

Have mercy upon us, O Lord, have mercy upon us:
for we are greatly filled with contempt.

Yea, our soul is greatly filled: we are an offense unto
the wealthy, and a contempt to the proud.

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.

Psalm 123:1-8

Unless the Lord had been with us, now may Israel
say:

Unless the Lord had been with us; When men rose up
against us,

Preadventure they had swallowed us up alive. When
their fury was enkindled against us,

Preadventure the waters had swallowed us up.

Our soul passed through a torrent: peradventure our
soul had passed through a water insupportable.

Blessed be the Lord: who hath not given us to be a
prey to their teeth.

Our soul hath been snatched as a sparrow: out of the snare of the fowlers. The snare is broken, and we are delivered.

Our help is in the name of the Lord, who made heaven and earth.

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.

Psalm 124:1-5

They who trust in the Lord shall be as Mount Sion: he shall not be moved for ever that dwelleth in Jerusalem.

The hills are round about her: even so is the Lord round about his people, from this time forth for evermore.

For the Lord will not leave the rod of sinners upon the lot of the just: that the just may not stretch forth their hands to iniquity.

Do well, O Lord, to those that are good, and to the right of heart

But such as turn aside unto deceits, the Lord shall number with the workers of iniquity: peace upon Israel.

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.

Antiphon. We run to the odour of thy ointments: The young maidens have loved thee exceedingly.

The Little Chapter. Eccclus. 24. 16.

And I took root in an honourable people, and in the portion of my God his inheritance: and my abode is in the full assembly of Saints.

R. Thanks be to God.

V. Blessed art thou among women.

R. And blessed is the fruit of thy womb.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

Let us pray.

Grant, O most merciful God, a support to our frailty, that we who commemorate the holy Mother of God, may, by the assistance of her intercession, arise from our iniquities. Through the same Christ, our Lord.

R. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

V. Let us bless the Lord.

R. Thanks be to God.

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

R. Amen.

None

“At the hour of None our Lord Jesu Christ cried, and gave out His soul by death, the same hour a knight opened our Lord’s side with a spear, and smote through His heart, whereout came water to our baptism, and blood to our redemption.” (From the *Mirror of Our Lady*.) O most blessed Virgin, you stood by your son, sharing in the pain of His passion, pray that we would never weigh lightly the redemption that He won for us by his wounds on the tree. Amen.

V. O God, + come to my assistance.

R. 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.

Hymn

Remember, O Creator Lord!

That in the Virgin's sacred womb

Thou wast conceiv'd, and of her flesh

Didst our mortality assume.

Mother of Grace, O Mary blest!

To thee, sweet fount of love, we fly,

Shield us through life, and take us hence

To thy dear bosom when we die.

O Jesu! Born of Virgin bright,

Immortal glory be to Thee;

Praise to the Father infinite,

And Holy Ghost eternally. Amen

Antiphon. Thou art fair and comely, O daughter of Jerusalem: terrible as an army set in array.

Psalm 125:1-7

When the Lord turned again the captivity of Sion, we became like men comforted.

Then was our mouth filled with gladness; and our tongue with joy. Then shall they say among the Gentiles: The Lord hath done great things for them.

The Lord hath done great things for us: we are become joyful.

Turn again our captivity, O Lord, as a stream in the south.

They that sow in tears shall reap in joy.

Going they went and wept, casting their seeds.

But coming they shall come with joyfulness, bringing their sheaves with them.

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.

Psalm 126:1-5

Unless the Lord build the house, they labour in vain that build it. Unless the Lord keep the city, he watcheth in vain that keepeth it.

It is vain for you to rise before light, rise ye after you have sitten, you that eat the bread of sorrow. When he shall give sleep to his beloved,

Behold the inheritance of the Lord are children: the reward, the fruit of the womb.

As arrows in the hand of the mighty, so the children of them that have been shaken.

Blessed is the man whose desire is satisfied with them; he shall not be confounded when he speaketh with his enemies in the gate.

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.

Psalm 127:1-6

Blessed are all they that fear the Lord: that walk in his ways.

For thou shalt eat the labours of thy hands: blessed art thou, and it shall be well with thee.

Thy wife as a fruitful vine, on the sides of thy house.
Thy children as olive plants, round about thy table.

Behold, thus shall the man be blessed that feareth the Lord.

May the Lord bless thee out of Sion: and mayest thou see the good things of Jerusalem all the days of thy life.

And mayest thou see thy children's children, peace upon Israel.

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.

Antiphon. Thou are fair and comely, O daughter of Jerusalem: terrible as an army set in array.

The Little Chapter. Eccclus. 24. 19,20 (Sirach)

In the streets, like cinnamon and aromatic balm, I gave forth a sweet fragrance: like the choicest myrrh, I yielded a sweetness of odour:

R. Thanks be to God.

V. After child-birth thou didst remain a pure virgin.

R. Intercede for us, O Mother of God.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

Let us pray.

Forgive, O Lord, we beseech thee, the offences of thy servants; that we, who are unable to please thee by our own acts, may be saved by the intercession of the Mother of thy Son, our Lord. Who livest and reignest with God the Father in unity of the Holy Ghost, God, world without end.

R. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

V. Let us bless the Lord.

R. Thanks be to God.

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

R. Amen.

Vespers

“At *Evensong* time our Lord Jesu Christ on Maundy Thursday supped with His Apostles, and ordained the Holy Sacrament of His Body and Blood. The same hour on Good Friday He was taken down from the Cross. And on Easter Day the same hour He met with two of His disciples going towards Emmaus, and made Himself known to them in the breaking of

bread.” (From the *Mirror of Our Lady*.) O most blessed Virgin, you grieved bitterly as your divine son’s body was lowered from the Cross, having wrought for us our redemption; pray that we may ever be mindful that the same glorious body is given to us in the Holy Eucharist and always treat the Sacrement with due reverence. Amen.

V. O God, + come to my assistance.

R. 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.

Antiphon. While the King was reposing, my spikenard yielded the odour of sweetness.

Psalm 109:1-7

The Lord said to my Lord: Sit thou at my right hand:
Until I make thy enemies: thy footstool.

The Lord shall send forth the rod of thy power out of
Sion: rule thou in the midst of thine enemies.

Thine shall be dominion in the day of thy power:
amid the brightness of the saints: from the womb,
before the day-star have I begotten thee.

The Lord hath sworn, and he will not repent: Thou art a priest for ever according to the order of Melchisedech.

The Lord upon thy right hand: hath overthrown kings in the day of his wrath.

He shall judge among nations, he shall fulfill destructions, he shall smite in sunder the heads in the land of the many.

He shall drink of the brook in the way: therefore shall he lift up the head.

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.

Antiphon. While the King was reposing, my spikenard yielded the odour of sweetness.

Antiphon. His left hand under my head, and his right hand shall embrace me.

Psalm 112:1-9

Praise the Lord, ye children: praise ye the name of the Lord.

Blessed be the name of the Lord: from this time forth, for evermore.

From the rising up of the sun unto the going down of the same: the name of the Lord is worthy to be praised.

The Lord is high above all nations: and his glory above the heavens.

Who is like unto the Lord our God, who dwelleth on high:

And regardeth the things in heaven and in earth?

Who raiseth up the needy from the earth: and lifteth the poor from off the dunghill:

That he may set him with the princes: even with the princes of his people.

Who maketh the barren woman to dwell in a house: the joyful mother of children.

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.

Antiphon. His left hand under my head, and his right hand shall embrace me.

Psalm 121:1-9

I was glad at the things that were said unto me: We will go into the house of the Lord.

Our feet were wont to stand: in thy courts, O Jerusalem.

Jerusalem, which is built as a city: that is at unity with itself.

For thither did the tribes go up, the tribes of the Lord:

For there are set the seats of judgment: the seats over the house of David.

Pray ye for the things that are for the peace of Jerusalem: and plenteousness be to them that love thee.

Let peace be in thy strength: and plenteousness in thy towers.

For my brethren and companions' sake: I spake peace concerning thee.

Because of the house of the Lord our God: I have sought good things for thee.

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.

Antiphon. I am black, but beautiful, O daughters of Jerusalem: therefore hath the king loved me, and brought me into his chamber.

Antiphon. Now is the winter past, the rain is over and gone: arise, my beloved, and come.

Psalms 126:1-5

Unless the Lord build the house: they labour in vain that build it.

Unless the Lord keep the city: he watcheth in vain that keepeth it.

In vain ye rise before the light: rise not till ye have rested, O ye that eat the bread of sorrow.

When he hath given sleep to his beloved: lo, children are a heritage from the Lord, and the fruit of the womb a reward.

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.

Antiphon. Now is the winter past, the rain is over and gone: arise, my beloved, and come.

Antiphon. Thou art become beautiful and sweet in thy delights, O holy Mother of God.

Psalm 147

Praise the Lord, O Jerusalem: praise thy God, O Sion.

For he hath strengthened the bars of thy gates: he hath blessed thy children within thee.

He hath made peace within thy borders: and filleth thee with the fatness of corn.

He sendeth forth his commandment on the earth: his word runneth very swiftly.

He giveth snow like wool: he scattereth the hoar=frost like ashes.

He sendeth his ice like morsels: who is able to abide his frost?

He shall send forth his word, and melt them: he shall blow with his wind, and the waters shall flow.

He maketh known his word unto Jacob: his statutes and ordinances unto Israel.

He hath not dealt so with any nation: neither hath he shewed them his judgments.

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.

Antiphon. Thou art become beautiful and sweet in thy delights, O holy Mother of God.

The Little Chapter Ecclus. 24.14.

From the beginning, and before the world, was I created, and unto the world to come I shall not cease to be, and in the holy dwelling place I have ministered before him.

R. Thanks be to God.

Hymn

Gentle star of ocean! Portal of the sky!

Ever Virgin Mother of the Lord most high!

Oh! By Gabriel's Ave, Utter'd long ago,

Eva's name reversing, Stablish peace below.

Break the captive's fetters; Light on blindness pour;

All our ills expelling, Every bliss implore.

Shew thyself a Mother: offer him our sighs,

Who for us Incarnate did not thee despise.

Virgin of all virgins! To thy shelter take us;

Gentlest of the gentle! Chaste and gentle make us.

Still, as on we journey, help our weak endeavour;
Till with thee and Jesus we rejoice for ever.
Through the highest heaven, to the Almighty Three,
Father, Son, and Spirit, One same glory be. Amen.

V. Grace was poured forth on thy lips.

R. Therefore hath the Lord blessed thee for ever.

Office 1

Antiphon. Blessed Mother and inviolate Virgin,
glorious Queen of the world, intercede for us with the
Lord.

In Paschal time

Antiphon. Queen of heaven, rejoice, alleluia. For he
whom thou wast meet to bear, alleluia. Hath arisen,
as he said, alleluia. Pray to God for us, alleluia.

The Magnificat (Luke 1:46-55)

My soul doth magnify, +the Lord.

And my spirit hath rejoiced in God my Saviour.

Because he hath regarded the lowliness of his handmaid; for behold from henceforth all generations shall call me blessed.

For he that is mighty, hath done great things unto me; and holy is his name.

And his mercy is from generation unto generations, unto them that fear him.

He hath shewed strength in his arm: he hath scattered the proud in the imagination of their heart.

He hath put down the mighty from their seat, and hath exalted the humble.

He hath filled the hungry with good things; and the rich he hath sent empty away.

He hath holpen his servant Israel, being mindful of his mercy:

As he spake unto our fathers, to Abraham and to his seed for 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.

Office 1

Antiphon. Blessed Mother and inviolate Virgin, glorious Queen of the world, intercede for us with the Lord.

In Paschal time

Antiphon. Queen of heaven, rejoice, alleluia. For he whom thou wast meet to bear, alleluia. Hath arisen, as he said, alleluia. Pray to God for us, alleluia.

Commemoration of St. Joseph (This was removed during the 20th century)

A faithful and wise servant, whom the Lord, appointed to be the consolation of his Mother, the nursing-father of his own flesh, and along in all the earth the most faithful fellow helper of great counsel.

V. Behold a man without blame, a true worshipper of God.

R, Abstaining from every evil, work, and abiding in his innocence.

Commenmoration of the Saints. (Office 1 and 3)

O all ye Saints of God, vouchsafe to intercede for our salvation, and that of all mankind.

V. Rejoice in the Lord, and be glad. O ye just.

R. And glory, all ye that are right of heart.

Let us pray.

Protect thy people, O Lord, and reserve them by thy continual defence, who trust in the patronage of Peter and Paul, and all thy other apostles,

Let all thy Sants, we beseech thee, O Lord, assist us everywhere; that, while we honour their merits, we may experience their patronage; grant us thy peace in our times, and repel all wickedness from thy Church: dispose our ways, our acts, and will, and those of all thy servants, in good success of thy salvation: render to our benefactors everylasting blessings, and to all the faithful departed grant eternal rest. Through our Lord Jesus Christ, Thy Son, Who liveth and regeineth with

Thee, in the unity of the Holy Ghost, God, world without end.

R. Amen

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

V. Let us bless the Lord.

R. Thanks be to God.

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

R. Amen.

(Office 2)

Behold, the Lord shall come, and all his Saints with him, and in that day there shall be a great light. Alleluia.

V. Behold, the Lord shall appear upon a shining cloud.

R. And with him thousands of Saints.

Let us Pray.

Visit, O Lord, we beseech thee, and purify our consciences; that Jesus Christ thy Son our Lord, when he cometh with all his Saints, may find in us a mansion prepared for him. Whol liveth and reigneth in the unity of the Holy Ghost, God, world without end.

R. Amen

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

V. Let us bless the Lord.

R. Thanks be to God.

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

R. Amen.

Compline

“Compline is the end of the day; and in the end of our life we have most need of our Lady’s help, and therefore in all these Hours we ought to do her worship and praising. Also the pains that our Lord

Jesu Christ suffered in His Holy Passion in all these seven hours, as is before said, our Lady His Mother suffered the same pain in her heart by compassion, and therefore it is convenient to praise her and do her service in all the same hours.” (From the *Mirror of our Lady*.) O most blessed Virgin, as the day draws to a close may your prayers be ever with us. Amen

V. Convert thou us, + O God our Saviour.

R. And turn away thine anger from us.

V. O God, + come to my assistance.

R. 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.

Psalm 128

Many a time have they fought against me from my youth: let Israel now say.

Many a time have they fought against me from my youth up: but they could not prevail against me.

The wicked have wrought upon my back: and prolonged their iniquity.

The just Lord hath hewn asunder the necks of sinners: and turned back, that have hated Sion.

Let them be as grass upon the tops of houses: that with-ereth before it be plucked up.

Wherewith the mower filleth not his hand: nor he that gathereth the sheaves his bosom.

And they who pass by say not, the blessing of the Lord be upon you: we have blessed you in the name of the Lord.

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.

Psalm 129:1-8

Out of the depths have I cried unto thee, O Lord: O Lord, hear my voice.

O, let thine ears consider well: the voice of my supplication.

If thou, O Lord, shalt mark iniquities: Lord, who shall abide it?

For with thee there is propitiation: and because of thy law, I have waited for thee, O Lord.

My soul hath waited on his word: My soul hath hoped in the Lord.

From the morning watch even until night: let Israel hope in the Lord.

For with the Lord there is mercy: and with him plenteous redemption.

And he shall redeem Israel from all his iniquities.

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.

Psalm 130:1-3

Lord, my heart is not lifted up: nor are my eyes lofty.

Neither have I walked in great matters: nor in things too wonderful for me.

If I not been humbly minded: but have lifted up my soul;

As a child that is weaned upon his mother's breast:
So let my reward be in my soul.

Let Israel hope in the Lord: from this time forth for evermore.

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.

Hymn

Remember, O Creator Lord!

That in the Virgin's sacred womb

Thou wast conceiv'd, and of her flesh

Didst our mortality assume.

Mother of Grace, O Mary blest!

To thee, sweet fount of love, we fly,

Shield us through life, and take us hence

To thy dear bosom when we die.

O Jesu! Born of Virgin bright,

Immortal glory be to Thee;

Praise to the Father infinite,

And Holy Ghost eternally. Amen

The Little Chapter Ecclus. 14. 24

I am the mother of fair love, and of fear, and of knowledge, and of holy hope.

R. Thanks be to God.

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

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

Office 1

Antiphon. We fly to thy patronage, O holy Mother of God: despise not our petitions in our necessities; but deliver us always from all dangers, O glorious and blessed Virgin.

In Paschal time.

Antiphon. Queen of heaven, rejoice, alleluia. For he whom thou wast meet to bear, alleluia. Hath arisen, as he said, alleluia. Pray to God for us, alleluia.

The Nunc Dimittis

Now + dost thou dismiss thy servant, O Lord, in peaceL according to thy word.

For mine eyes have seen: thy salvation.

Which thou hast prepared: before the face of all people.

A light to enlighten the gentiles: and the glory of thy people Israel.

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.

Office 1

Antiphon. We fly to thy patronage, O holy Mother of God: despise not our petitions in our necessities; but deliver us always from all dangers, O glorious and blessed Virgin.

In Paschal time.

Antiphon. Queen of heaven, rejoice, alleluia. For he whom thou wast meet to bear, alleluia. Hath arisen, as he said, alleluia. Pray to God for us, alleluia.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

Let us pray.

Let the glorious intercession of the blessed and glorious Mary ever Virgin, protect us, we beseech Thee, O Lord, and bring us life everlasting. Through our Lord Jesus Christ, Thy Son, Who liveth and reigneth with God the Father, in the unity of the Holy Ghost, world without end.

R. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

V. Let us bless the Lord.

R. Thanks be to God.

The Blessing.

May the almighty and merciful Lord, Father + and Son, and Holy Ghost, bless and preserve us.

R. Amen.

Then is said one of the Antiphons of the Blessed Virgin, according to the season. The Antiphon is to said kneeling except on Sundays and in Paschal time, when it is to be said standing.

From Advent to the Purification

Mother of Christ! hear thou thy people's cry,
Star of the deep, and Portal of the sky!
Mother of Him who thee from nothing made,
Sinking we strive, and call to thee for aid:
Oh, by that joy which Gabriel brought to thee,
Thou Virgin first and last, let us thy mercy see.

In Advent

V. The angel of the Lord announced unto Mary,

R. And she conceived of the Holy Ghost.

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.

R. Amen.

V. May the divine assistance remain always with us.

R. Amen.

From Christmas-day to the Purification.

V. After child-birth thou didst remain a pure virgin.

R. Intercede for us, O Mother of God.

Let us Pray.

O God, who by the fruitful virginity of blessed Mary, hast given to mankind the rewards of eternal salvation; grant, we beseech thee, that we may experience her intercession for us, through whom we have received the author of life, our Lord Jesus Christ, thy son.

R. Amen

V. May the divine assistance remain always with us.

R. Amen.

From compline on the Feast of the Purification to None on Holy Saturday, inclusively.

Antiphon.

Hail, O Queen of Heav'n enthron'd!

Hail, by angels mistress own'd!

Root of Jesse! Gate of morn!

Whence the world's true Light was born.

Glorious Virgin, joy to thee,

Loveliest whom in Heaven they see:

Fairest thou where all are fair!

Plead with Christ our sins to spare.

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

R. Give me strength against thine enemies.

Let us Pray.

Grant, O merciful God, support to our frailty; that we who commemorate the holy Mother of God, may, by the help of her intercession, arise from our iniquities. Through the same Christ our Lord.

R. Amen

V. May the divine assistance remain always with us.

R. Amen.

In Paschal time.

Antiphon.

Joy to thee, O Queen of Heaven! alleluia.

He whom thou wast meet to bear; alleluia.

As was promis'd hath arisen; alleluia.

Pour for us to him thy prayer; alleluia.

V. Rejoice and be glad, O Virgin Mary: alleluia.

R. For the Lord hath risen indeed: alleluia.

Let us pray.

O God, who didst vouchsafe to give joy to the world through the resurrection of thy Son our Lord Jesus Christ; grant, we beseech thee, that, through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord.

R. Amen

V. May the divine assistance remain always with us.

R. Amen.

From the Feast of the Holy Trinity to Advent.

Mother of mercy, hail, O gentle Queen!

Our life, our sweetness, and our hope, all hail!

Children of Eve, to thee we cry from our sad
banishment; to thee we send our sighs,

Weeping and mourning in this tearful vale, Come
then, our Advocate;

Oh, turn on us those pitying eyes of thine: And our
long exile past,

Shew us at last Jesus, of thy pure womb the fruit
divine.

O Virgin Mary, mother blest!

O sweetest, gentlest, holiest!

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

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

Let us pray.

O Almighty everlasting God, who, by the cooperation
of the Holy Ghost, didst prepare the body and soul of
Mary, glorious Virgin and Mother, to become the
worthy habitation of thy Son; grant that we may be
delivered from present evils and from everlasting
death by her pious intercession, in whose
commemoration we rejoice. Through the same Christ
our Lord.

R. Amen

V. May the divine assistance remain always with us.

R. Amen.

LITANY OF OUR LADY OF LORETO

Lord, have mercy on us,

Lord, have mercy on us.

Christ, have mercy on us,

Christ, have mercy on us.

Christ, hear us,

Christ, graciously hear us.

God the Father of heaven,

God the Son, Redeemer of the world,

have mercy on us.

God, the Holy Ghost,

have mercy on us.

Holy Trinity, one God,

have mercy on us.

Holy Mary, *Pray for us..*

Holy Mother of God,

Holy Virgin of virgins,

Mother of Christ,

Mother most lovable,

Mother most admirable,

Mother of good counsel,

Mother of our Creator,

Mother of our Saviour,

Virgin most prudent,

Virgin most venerable,

Virgin most renowned,

Virgin most powerful,

Virgin most merciful,

Virgin most faithful,

Mirror of justice,

Seat of Wisdom,

Cause of our joy,
Spiritual vessel,
Vessel of honour,
Singular vessel of devotion,
Mystical rose,
Tower of David,
Tower of ivory,
House of gold,
Ark of the covenant,
Gate of heaven,
Morning star,
Health of the sick,
Refuge of sinners,
Comfort of the afflicted,
Help of Christians,
Queen of Angels,
Queen of Patriarchs,

Queen of Prophets,

Queen of Apostles,

Queen of Martyrs,

Queen of Confessors,

Queen of Virgins,

Queen of all Saints,

Queen conceived without original sin,

Queen assumed into heaven,

Queen of the most holy Rosary,

Queen of families,

Queen of peace,

Lamb of God, who takest away the sins of the world,

spare us, O Lord.

Lamb of God, who takest away the sins of the world,

graciously hear us, O Lord.

Lamb of God, who takest away the sins of the world,

have mercy on us, O Lord.

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

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

Let us pray.

Grant that we thy servants, Lord, may enjoy unfailing health of mind and body, and through the prayers of the ever Blessed Virgin Mary in her glory, free us from our sorrows in this world and give us eternal happiness in the next. Through Christ our Lord.

R. Amen

Prayers that may be said *before* each office.

These, as also the meditations and prayers at the commencement of the subsequent hours, for no part of the Office.

Open thou my mouth, O Lord, to bless thy holy name: cleanse my heart also from all vain, perverse, and distracting thoughts; enlighten my understanding, inflame my affections, that I may recite this Office of the blessed Virgin Mary with worthy attention and devotion, and may deserve to be heard in the sight of thy divine Majesty; through Christ our Lord. Amen.

O Lord, I offer these Hours unto thee, in union with that divine intention wherewith thou didst thyself offer praises to God, whilst thou wast on earth.

Hail Mary...., Holy Mary....

Everylasting praise, honour, power, and glory be given by all creatures to the most holy and undivided Trinity, to the Humanity of our crucified Lord Christ Jesus, to the fruitful purity of the most blessed and most glorious Mary ever Virgin, and to the company of all the Saints; and may we obtain the remission of all our sins through all eternity. Amen.

V. Blessed is the womb of the Virgin Mary, that bore the Son of the eternal Father.

R. And blessed are the paps that gave suck to Christ our Lord.

Our Father, who art in heaven.....

Hail Mary...., Holy Mary....
