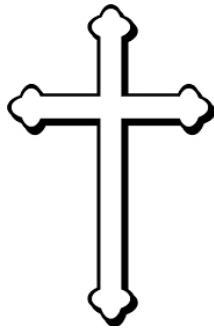


THE OFFICE
of
SUNDAY VESPERS
THIRD SUNDAY OF LENT
Roman Rite. Psalter : Week III
Ordinary Form



EWTN

**EXPOSITION AND ADORATION
OF THE MOST BLESSED SACRAMENT**

O Salutaris Hostia

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.

O Saving Victim opening 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.

THIRD SUNDAY OF LENT AT SECOND VESPERS

Psalter: Week III

A glimpse into the kingdom of God

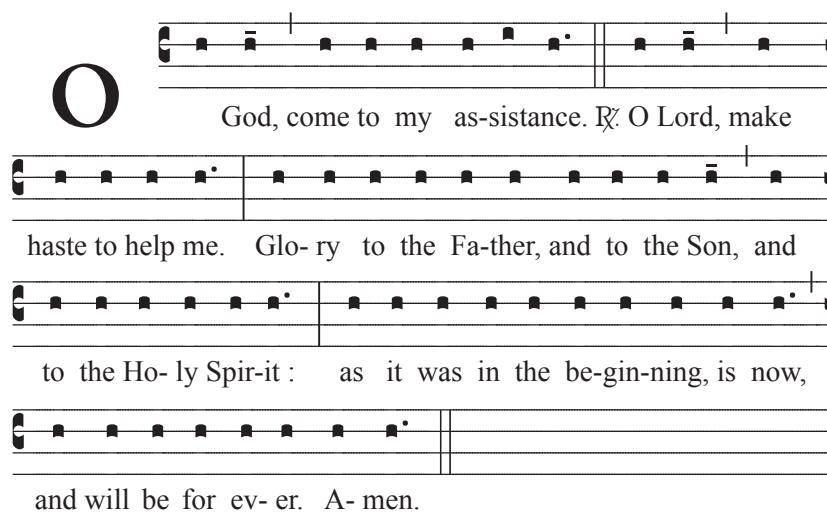
Vespers is the evening prayer of the Church. This is the hour of thanksgiving for the graces bestowed during the day of salvation that has just passed. In Sunday Vespers we review gratefully the history of God's kingdom in the Church and in individual souls. We see Christ our victorious King in his power (Ps 109), and God's care over his chosen ones (Ps 110). There are two principal objects to our Vesper prayers: thanksgiving, and new courage to continue our pilgrimage.

OPENING VERSE

Celebrant:

All:

O God, come to my as-sistance. *R.* O Lord, make
haste to help me. Glo-ry to the Fa-ther, and to the Son, and
to the Ho-ly Spir-it: as it was in the be-gin-ning, is now,
and will be for ev-er. A-men.



- A -

HYMN

St. Gregory the Great. 540-604

Audi, benigne Conditor. (L.M.)

II

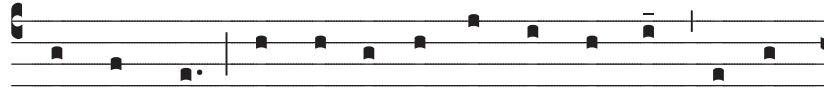
Cantor : **O** mer- ci- ful Cre- a- tor, hear! To us in pit- y
bow thine ear: Ac-cept the tear-ful prayer we raise In this
our fast of for- ty days.

All : 2. Our hearts are o- pen, Lord, to thee; Thou know-est our in-
firm- i- ty; Pour out on all who seek thy face A- bun-dance
of thy par-d'ning grace.

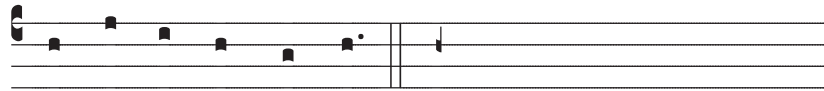
Cantor : 3. Our sins are man- y, this we know; Spare us, good Lord, thy
mer- cy show; And for the hon- or of thy Name Our faint-
ing souls to life re- claim.



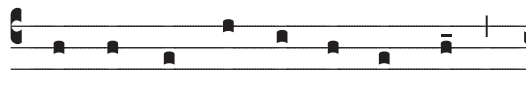
All : 4. Give us the self- con-trol that springs From dis- ci- pline of



out-ward things, That fast-ing in-ward, se- cret- ly, The soul



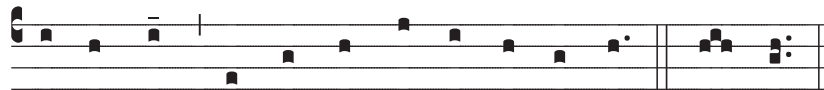
may pure- ly dwell with thee.



Cantor : 5. We pray thee, Ho- ly Trin- i- ty,



All : One God, un-chang-ing U- ni- ty, That we, from this our



ab- sti-nence May reap the fruits of pen- i- tence. A- men.

- B -

Cantor : 1. O merciful Creator, hear!
To us in pity bow thine ear:
Accept the tearful prayer we raise
In this our fast of forty days.

All : 2. Our hearts are open, Lord, to thee;
Thou knowest our infirmity;
Pour out on all who seek thy face
Abundance of thy pard'ning grace.

Cantor : 3. Our sins are many, this we know;
Spare us, good Lord, thy mercy show;

And for the honor of thy Name
Our fainting souls to life reclaim.

All : 4. Give us the self-control that springs
From discipline of outward things,
That fasting inward, secretly
The soul may purely dwell with thee.

Cantor : 5. We pray thee, Holy Trinity,

All : One God, unchanging Unity,
That we, from this our abstinence
May reap the fruits of penitence. Amen.

ANTIPHON I



Cantor : Lord, all-powerful King, /
free us for the sake | *of your name*. *
Give us time to turn | *from our sins*.

Psalm 109

King and Priest

A famous Messianic Psalm. In colorful pictures, the royal psalmist paints the mission, conflict, and triumph of our Savior. We ought to pray this Psalm with sentiments of deepest devotion, homage, adoration; for Christ has applied these words of prophecy to himself.

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

Appointed King by God

Cantor : The Lord's revelation to my Master : /
“ Sit | *on my right* : *
your foes I will put be- | *neath your feet*. ”

All : The Lord will wield from Sion your scep- | *ter of pow-er* : *
rule in the midst of | *all your foes*.

Cantor : A prince from the day of your birth on the | *ho-ly moun-tains* ; *
from the womb before the dawn | *I be-got* you.

Appointed Priest by God

All : The Lord has sworn an oath he will not change. /
“ You are a | *priest for ev-er*, *
a priest like Melchize- | *dek of old*. ”

Conqueror and Judge in God

Cantor : The Master standing | *at your right* hand *
will shatter kings in the day of | *his great wrath*.

All : He shall drink from the stream | *by the way-side* *
and therefore he shall lift | *up his head*.

Doxology

Cantor : Glory to the Father, and | *to the Son*, *
and to the | *Ho-ly Spir-it* :

All : as it was in the begin- | *ning, is now*, *
and will be for ev- | *er. A-men*.

ANTIPHON

All : Lord, all-powerful King, /
free us for the sake | *of your name*. *
Give us time to turn | *from our sins*.



ANTIPHON 2

Cantor : We have been redeemed by the precious | *blood of Christ*, *
the lamb with- | *out blem-ish*.

Psalm 110

Thanksgiving and deliverance out of Egypt

This Psalm is a hymn of thanksgiving for God's care over his chosen people, especially in delivering them out of Egypt (a type of our redemption). We pray it as the thanksgiving prayer of the Church (and of souls) journeying through the world, away from the bondage of the devil and into the promised land of heaven.

*We are lost in wonder at all that you have done for us,
our Lord and mighty God (Apocalypse 15 : 3)*

Statement of theme

Cantor : I will thank the Lord with | *all my heart* *
in the meeting of the just and their | *as-sem-bly*.

Divine Providence in the history of his people

All : Great are the works | *of the Lord* ; *
to be pondered by all | *who love* them.

Cantor : Majestic and glori- | *ous his work*, *
his justice stands firm | *for ev-er*.

All : He makes us remem- | *ber his won-ders*. *
The Lord is compassion | *and love*.

Cantor : He gives food to | *those who fear* him ; *
keeps his covenant ever | *in mind*.

All : He has shown his might | *to his peo-ple* *
by giving them the lands of | *the na-tions*.

In the holy covenant

Cantor : His works are jus- | *tice and truth* : *
his precepts are all of | *them sure*,

All : standing firm for ev- | *er and ev-er* : *
they are made in uprightness | *and truth*.

Cantor : He has sent deliverance to his people /
and established his cove- | *nant for ev-er*. *
Holy his Name, to | *be feared*.

Finale

All : To fear the Lord is the first stage of wisdom ; /
all who do so prove | *them-selves wise*. *
His praise shall last | *for ev-er*.

Doxology

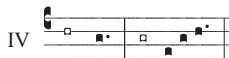
Cantor : Glory to the Father, and | *to the Son*, *
and to the Ho- | *ly Spir-it* :

All : as it was in the begin- | *ning, is now*, *
and will be for ever. | *A-men*.

ANTIPHON

All : We have been redeemed by the precious | *blood of Christ*, *
the lamb with- | *out blem-ish*.

ANTIPHON 3



Cantor : Ours were the sufferings he | **bore**; *
ours the torments | *he en-dured*.

CANTICLE

1 Peter 2:21-24

The willing acceptance of his passion by Christ, the servant of God

Cantor : Christ suffered for you, and left you an ex- | **am-ple** *
to have you follow | *in his foot-steps*.

All : He did no | **wrong**; *
no deceit was found | *in his mouth*.

Cantor : When he was in- | **sult**-ed, *
he re- | *turned no in-sult*.

All : When he was made to | **suf-fer**, *
he did not coun- | *ter with threats*.

Cantor : Instead he delivered himself | **up** *
to the One who | *judg-es just-ly*.

All : In his own | **bod-y** *
he brought your sins | *to the cross*,

Cantor : so that all of us, dead to sin, /
could live in accord with God's | **will**. *
By his wounds | *you were healed*.

Doxology

All : Glory to the Father, and to the | **Son**, *
and to the | *Ho-ly Spir-it* :

Cantor : as it was in the beginning, is | **now**, *
and will be for ev- | *er. A-men*.

ANTIPHON

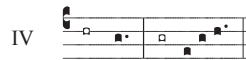
All : Ours were the sufferings he | **bore**; *
ours the torments | *he en-dured*.

READING

1 *Corinthians* 9:21-25

While all the runners in the stadium take part in the race, the award goes to one man. In that case, run so as to win! Athletes deny themselves all sorts of things. They do this to win a crown of leaves that withers, but we a crown that is imperishable.

RESPONSORY



Cantor : Listen to us, O Lord, and have | **mer-cy**, *
for we have | *sinned a-**gainst*** you.

All : Listen to us, O Lord, and have | **mer-cy**, *
for we have | *sinned a-**gainst*** you.

Cantor : Christ Jesus, / hear our humble pe- | **ti-tions**, *

All : for we have | *sinned a-**gainst*** you.

Cantor : Glory to the Father, and to the | **Son**, *
and to the | *Ho-ly Spir-it* :

All : Listen to us, O Lord, and have | **mer-cy**, *
for we have | *sinned a-**gainst*** you.

ANTIPHON. AT MAGNIFICAT



Cantor : Whoever drinks the water that | *I shall give* *
will never be thirsty again, | *says the Lord*.

Magnificat

The cantor begins and alternates verses with the congregation :

Canticle of the Blessed Virgin Mary Lk 1: 46-55

Cantor : 1. My soul ☩ proclaims the greatness | *of the Lord*, *
my spirit rejoices in | *God my Sav-ior*.

All : 2. for he has | *looked with fa-vor* *
on his | *low-ly ser-vant*.

Cantor : 3. From this day all | *gen-er-a-tions* *
will | *call me bless-ed* :

All : 4. the Almighty has done great | *things for me*, *
and holy | *is his Name*.

Cantor : 5. He has mercy on | *those who fear* him *
in every | *gen-er-a-tion*.

All : 6. He has shown the strength | *of his arm*, *
he has scattered the proud in | *their con-cept*.

Cantor : 7. He has cast down the mighty | *from their thrones*, *
and has lifted | *up the low-ly*.

All : 8. He has filled the hungry | *with good things*, *
and the rich he has sent | *a-way emp-ty*.

Cantor : 9. He has come to the help of his | *ser-vant Is-ra-el* *
for he has remembered his prom- | *ise of mer-cy*,

All : 10. the promise he made | *to our fa-thers*, *
to Abraham and his child- | *ren for ev-er*.

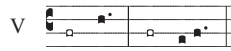
Cantor : 11. Glory to the Father, and | *to the Son*, *
and to the | *Ho-ly Spir-it* :

All : 12. as it was in the begin- | *ning, is now*, *
and will be for ev- | *er. A-men*.

ANTIPHON

All : Whoever drinks the water that | *I shall give* *
will never be thirsty again, | *says the Lord*.

INTERCESSIONS



- Celebrant* : All praise to God the Father
who brought his chosen people to rebirth from imperishable seed
through his eternal Word.
Let us ask him as his | **child**-ren:
- All* : Lord, / be gracious to | *your* **peo**-ple.
- Cantor* : God of mercy,
hear the prayers we offer for all your people,
— may they hunger for your word more than for bodily | **food**.
- All* : Lord, / be gracious to | *your* **peo**-ple.
- Cantor* : Give us a sincere and active love
for our own nation and for all mankind,
— may we work always to build a world of peace and | **good**-ness.
- All* : Lord, / be gracious to | *your* **peo**-ple.
- Cantor* : Look with love on all to be reborn in baptism,
— that they may be living stones in your temple of the | **Spir**-it.
- All* : Lord, / be gracious to | *your* **peo**-ple.
- Cantor* : You moved Nineveh to repentance by the preaching of Jonah,
— in your mercy touch the hearts of sinners by the preaching of your | **word**.
- All* : Lord, / be gracious to | *your* **peo**-ple.
- Cantor* : May the dying go in hope to meet Christ their judge,
— may they rejoice for ever in the vision of your | **glo**-ry.
- All* : Lord, / be gracious to | *your* **peo**-ple.
Our Father . . .
- Celebrant* : O God, author of every mercy and of all goodness,
who in fasting, prayer and almsgiving
have shown us a remedy for sin,
look graciously on this confession of our lowliness, *
that we, who are bowed down by our conscience,
may always be lifted up by your mercy.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit, one God, *
for ever and ever.
- All* : Amen.

Vespers concludes with Benediction of the Most Blessed Sacrament.

**BENEDICTION
OF THE MOST BLESSED SACRAMENT**

Tantum ergo Sacramentum

Tantum ergo Sacraméntum
Venerémur cernui ;
Et antiquum documéntum
Novo cedat rítui ;
Præstet fides suppleméntum
Sénsuum deféctui.

Genitóri, Genitóque
Laus et iubilátio,
Salus, honor, virtus, quoque
Sit et benedíctio :
Procedénti ab utróque
Compar sit laudátio. Amen.

℣. Panem de cælo præstitisti
eis (*T. P. allelúia*).
℟. Omne delectaméntum in se
habéntem (*T. P. allelúia*).

Oratio

DEUS, qui nobis sub sacraménto mirábili, passiónis tuæ memóriam reliquisti : * tribue, quæsumus, ita nos Córporis et Sánguini tui sacra mystéria venerári ; ut redemptionis tuæ fructum in nobis iúgiter sentiámus : Qui vivis et regnas in sæcula sæculórum. ℟. Amen.

Prayer

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 for ever and ever. ℟. Amen.

Therefore we, before him bending,
This great Sacrament revere ;
Types and shadows have their ending,
For the newer Rite is here ;
Faith, our outward sense, befriending,
Makes the inward vision clear.

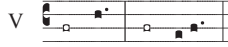
Glory let us give and blessing,
To the Father and the Son ;
Honor, might, and praise addressing,
While eternal ages run ;
Ever too his love confessing,
Who from Both, with Both, is One.
Amen.

℣. You have given them bread from
heaven (*P.T. alleluia*).
℟. Having all sweetness **within** it
(*P.T. alleluia*).

Oremus.

Let us pray.

The Divine Praises



- Cantor* : Blessed be | **God**. *
Blessed be his ho- | *ly* **Name**.
- All* : Blessed be Jesus Christ, / true God and true | **man**. *
Blessed be the Name | *of* **Je**-sus.
- Cantor* : Blessed be his most Sacred | **Heart**. *
Blessed be his most Pre- | *cious* **Blood**.
- All* : Blessed be Jesus in the most holy Sacrament of the | **Al**-tar. *
Blessed be the Holy Spirit, | *the* **Par**-aclete.
- Cantor* : Blessed be the great Mother of God, / Mary most | **ho**-ly. *
Blessed be her holy and Immaculate | *Con*-cep-tion.
- All* : Blessed be her glorious As- | **ump**-tion. *
Blessed be the name of Mary, / Virgin | *and* **Moth**-er.
- Cantor* : Blessed be Saint | **Jo**-seph, *
her most | *chaste* **spouse**.
- All* : Blessed be | **God** *
in his angels and in | *his* **saints**.

Holy God, We Praise Thy Name

<p>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.</p>		<p>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.</p>
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Chant settings prepared by

Fr. Samuel F. Weber, O.S.B.

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