

Part One  
The Psalter



Week 1  
 Sunday  
 FIRST Vespers



ear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

I have no fear of death as just an end;  
 My life has not been something to prolong.  
 For every moment when I feel a song  
 Spring to my throat, six more contend  
 With it for wails and tears. Why should I spend  
 More time at this? But still, if I am wrong,  
 And worse awaits perhaps, then come a throng  
 Of dreads against which I cannot defend.

If only I could know! Why does he keep  
 Us in suspense like this? He told us, true,  
 But that was centuries ago. Can we  
 Be certain when there's nothing we can see?  
 But isn't that the point? That's faith. The clue  
 Is trust; you'll wake in joy from this brief sleep.

*Antiphon: 1* Please let my prayer rise up before you like burning incense,  
Master.

Psalm 141

Of David

Dear YHWH, I cry out to you;  
 please hurry to me,  
 and listen to my voice calling upon you.  
 Make my prayer into incense in your presence,  
 and my uplifted hands into an evening sacrifice.  
 Please, YHWH, station watchmen at my mouth  
 to guard the doorway of my lips;  
 and keep my heart from yearning toward any sin,  
 from doing wrong in evil company,  
 and eating the tasty cuisine they serve.  
 Let good men slap me; that is a favor,  
 and if they scold me, it is rich perfume;  
 my head is ready for it,  
 because my prayer rejects the others' sinful acts.  
 Their chiefs lie scattered at the foot of the cliff—  
 I told them so. How sweet it is!—  
 their bones strewn round the entrance of the grave  
 like clods a plowman turns aside.  
 But I keep my eyes upon you, YHWH my God,  
 and find my safety with you;  
 please do not leave my soul defenseless.  
 Keep me away from the snares sinners set for me  
 and all the traps they put in front of me;  
 entangle them in the nets they made,  
 and let me escape unscathed.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please let my prayer rise up before you like burning incense,  
Master.

*Antiphon 2:* You are my last resort, Master; all I have left.

Psalm 142

*A maskil of David. A prayer when he was in the cave*

I call YHWH at the top of my voice,  
 and shout my plea to him,  
 pouring out my problems in his ears,  
 and telling him my troubles.  
 When once my spirit was drowning there within me,  
 you knew what path to bring me down;  
 But now a snare is hidden for me  
 somewhere on the trail ahead—  
 and look beside me now, and you will see  
 no one who takes my part.  
 Escape has been cut off,  
 and no one cares about my life.  
 And that is why I called out to you, YHWH;  
 I said, “You are my last resort,  
 all I have left in the land of the living.”  
 Please give my cry a hearing,  
 because I have been disgraced, degraded;  
 rescue me from my oppressors,  
 people so much stronger than I,  
 and let me sing my praises to your name  
 surrounded by virtuous friends.  
 —I know you will be generous to me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* You are my last resort, Master; all I have left.

*Antiphon 3:* The Master lowered himself, and God elevated him forever.

*Song*

*Philippians 2.6-11*

When he possessed God’s form,

Jesus did not consider being equal to God  
 something he had to keep hold of;  
 he emptied himself  
 and took the form of a slave,  
 and turned himself into what was the same as a human being;  
 and once he found himself in human shape,  
 he lowered himself so far  
 as to submit obediently to death,  
 and death upon a cross.  
 And that is why God elevated him  
 above everyone else,  
 and gave him the name  
 that is greater than every other name;  
 so that at the name "Jesus"  
 every knee in heaven, on earth,  
 and under the earth is to bend,  
 and everyone's tongue is to acknowledge for God's glory  
 that he is the slave of Prince Jesus.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* The Master lowered himself, and God elevated him forever.

*Reading:*

*Romans 11.33-36*

The depth of God's riches, wisdom, and knowledge! How undiscoverable are his ideas! How impossible to track his paths! "Does anyone know YHWH's mind? Has anyone ever told him what to do? Has anyone ever given him something that would force him to make a return?" Everything comes from him and through him and to him; he is to be given glory for ever. Amen.

*Responsory*

Our hearts are filled with awe as we ponder your works, Master. Our hearts are filled with awe as we ponder your works, Master.

We praise the wisdom which produced them all as we ponder your

works, Master.

Glory to the Father, to the Son, and to the Holy Spirit  
Our hearts are filled with awe as we ponder your works, Master.

*Antiphon:* When the sun rises in the morning sky, you will see the King of all Kings coming from the Father glowing like a bridegroom from the wedding chamber.

**Magnificat**

My soul is full of the Master's magnificence;  
my spirit is bursting with joy in God, my savior,  
because he has turned his eyes toward his poor little slave,  
and now from this time on people will honor me  
through all the ages to come!  
Yes, the God of Power has done tremendous things in me!  
How holy his name is!  
His kindness reaches from age to age  
to those in awe of him.  
He has flexed his strong right arm;  
and routed arrogance and conceit.  
He has toppled powers from their thrones  
and elevated nobodies;  
he has filled the hungry with the best cuisine  
and sent the rich away with nothing.  
He has given support to his servant Israel,  
just as he told our ancestors,  
remembering to shower his mercies  
on Abraham and his descendants for ever.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for the ages of ages. Amen.

*Antiphon:* When the sun rises in the morning sky, you will see the King of all Kings coming from the Father glowing like a bridegroom from the wedding chamber.

### Petitions

We give glory to the Father, to the Son, and to the Holy Spirit, and pray in our weakness, *Master, please be with your people.*

Holy Master, Father possessed of total power, please make virtue germinate on the earth, and let your people live in the beauty of your peace. *Master, please be with your people.*

Please let every nation into your kingdom, so that all peoples will be saved. *Master, please be with your people.*

Please let married couples live in your peace, and grow in mutual love. *Master, please be with your people.*

Please reward everyone who has done me favors, Master, and bestow eternal life on them. *Master, please be with your people.*

Please look with pity on victims of hatred and war, and bestow heaven's peace upon them. *Master, please be with your people.*

Master, thank you for the special blessing you have given me today. *Master, please be with your people.*


Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

### Prayer

Dear God, Our Father, every year we are overjoyed to look forward to this feast of our rescue from sin; please help us welcome our Prince as our redeemer and meet him with confidence when he comes to be our judge, as he lives and reigns with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.




 Compline


ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.

The world is still in Saturday—but not  
 The Sabbath rest, that awful Saturday  
 Without the Master, who had gone away  
 (Though promising a swift return)—which caught  
 His friends off guard and caused their hopes to rot  
 Before they even ripened. We still stay  
 Huddled in the darkened room and pray  
 That something may be true in what he taught.

Because we don't believe, not really. We  
 Hope we believe, believe at least we hope  
 That after all, we *could* be right; he *might*  
 Have risen after that horrendous night.  
 But we must trust his love, and try to grope  
 Our way. Be patient. One day, we will see.

**Antiphon:** Please be merciful, Master, and listen to my prayer.

**Psalm 4**

*For the leader: with stringed instruments. A psalm of David*

Please listen to me when I call, my God, my source of virtue.  
 You gave me release from agony;  
 and so please have mercy and listen to me.  
 Now you, mere men, how long  
 will you keep speaking of my virtue as if it were my shame?

How long will you love what is worthless  
 and keep running after lies?  
 YHWH sets apart the ones who care about him;  
 and so he answers me whenever I call on him.  
 You are angry? Do not sin;  
 ponder it on your bed, in silence;  
 then offer the proper sacrifice,  
 and put your trust in YHWH.  
 There are so many people who say,  
 "Can anyone show us anything good?  
 Shine the light of your face upon us, YHWH."  
 And all the time, you have put more joy into my heart  
 than when we had all the wheat and wine we wanted.  
 And I lie down in peace, and fall asleep at once,  
 because you are all I need, YHWH, to keep my home free of fear.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Please be merciful, Master, and listen to my prayer.

*Reading*

*Deuteronomy 6:4-7*

Hear this, Israel: YHWH, our God YHWH, is the only god. You are to love your God YHWH with your whole heart, your whole soul, and all your strength. Take to heart all the commandments I have told you today; repeat them constantly to your children, speak of them at home and away from home, when you lie down to rest, and when you rise.

*Responsory*

I hand over my spirit into your care, Master. I hand over my spirit into your care, Master.  
 because you have redeemed me, faithful Master, my God, I hand over my spirit.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 I hand over my spirit into your care, Master.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Nunc Dimittis**

Now, my Lord and Master, you may dismiss your slave,  
as you promised, in peace;  
because my eyes have seen the rescue you have prepared for us  
within the very sight of all the nations:  
a light to disclose the truth to the Gentiles,  
and the glory of your people Israel.  
Glory to the Father, to the Son, and to the Holy Spirit,  
As in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Prayer**

Dear Master, please be with us throughout the night tonight; and help us rise from sleep when day comes to find our happiness in the return to life of your Prince, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Omnipotent Master bestow on us a restful night and a peaceful death. Amen.

We salute you, Mary, favorite of God; the Master is with you. You are the most remarkable woman in the world, for becoming the mother of such a remarkable child as Jesus. Holy Mary, Mother of God, please pray for us sinners now and also at the moment of our death. Amen.



lease, Master open my lips,  
and my mouth will sing your praises.



ACTINS

Invitation psalm  
Psalm 95

*Come, let us sing the Master a song; let us shout our joy to  
the Rock who keeps us safe. Hallelujah!*

Come let us sing YHWH a song;  
let us shout our joy to the Rock who keeps us safe;  
let us come to him with thanks,  
and sing loud happy psalms to him.

*Come, let us sing the Master a song; let us shout our joy to  
the Rock who keeps us safe. Hallelujah!*

Because YHWH is a great God,  
the great king over all the gods;  
The deep abysses of the earth belong to him,  
and the mountain-tops are his as well.  
The sea is his because he made it,  
and so is the land his hands have formed.

*Come, let us sing the Master a song; let us shout our joy to  
the Rock who keeps us safe. Hallelujah!*

So come, let us bow down in worship,  
kneeling before YHWH who made us too;  
because he is our God,  
and we are the people in his pasture,  
the sheep his hand leads on.

*Come, let us sing the Master a song; let us shout our joy to  
the Rock who keeps us safe. Hallelujah!*

Today is the day for you to listen to his voice:  
“Do not dig in your heels as you did at Meribah,  
as you acted on that day at Massa in the desert,  
when your fathers provoked me  
and tormented me though they had seen what I had done.

*Come, let us sing the Master a song; let us shout our joy to  
the Rock who keeps us safe. Hallelujah!*

For forty years I put up with that crowd,  
saying, ‘they are a people with wandering hearts,  
with no idea of what I expect of them.’  
And so I swore in my exasperation,  
‘They will not enter my rest.’”

*Come, let us sing the Master a song; let us shout our joy to  
the Rock who keeps us safe. Hallelujah!*

Glory to the Father, to the Son, and to the Holy Spirit,  
As in the beginning, so now and always, for ages of ages. Amen.

*Come, let us sing the Master a song; let us shout our joy to  
the Rock who keeps us safe. Hallelujah!*

We once again begin existing, now  
That night has died, and death’s reflection, sleep.  
I was not, yet I was. How could I keep  
My self if self did not know self? And how  
Could that cicada’s carapace endow  
Itself with thought once more? The leap  
To consciousness for body means to reap  
What was not sown—and here my mind must bow.

Then is it so impossible that he  
Restored himself from slaughter, and re-clothed  
Himself in flesh—immortal, sealed?  
He who designed the universe revealed  
By simple sleep his gift to his betrothed:  
That death is dead. His death has set us free.

### First Nocturne

*Antiphon 1:* See how the Master’s cross is revealed as as the Tree of Life.

## Psalm 1

A man is well advised  
 not to take directions from atheists,  
 and to keep his feet from paths that sinners walk,  
 and never sit down with sneering friends.  
 His pleasure is to come from YHWH's commandments,  
 and from contemplating his law both day and night.  
 He is like a tree  
 planted beside a stream,  
 laden with fruit at harvest-time,  
 with leaves that never wither;  
 everything he does succeeds.  
 But atheists are not like this;  
 They are like chaff blown away by the wind;  
 atheists will not stand up to the test,  
 and sinners will not be found where honest folk gather,  
 because YHWH has care for where the virtuous walk,  
 but the path that atheists follow leads nowhere.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* See how the Master's cross is revealed as as the Tree of Life.

*Antiphon 2:* Here is the King I chose to rule from Mount Zion.

## Psalm 2

Why are the Gentiles ranting,  
 with their people hatching useless plots?  
 Kings over all the earth draw up their forces—  
 heads of state conspire together—  
 against YHWH and the Prince he anointed:  
 "Let us break out of their fetters  
 and cut their chains from us."  
 YHWH laughs from his throne in heaven,  
 and sneers at all of them;

and then his angry voice booms down at them  
 and terrifies them with its displeasure:  
 “I am the one who set this king of mine  
 upon my holy mountain Zion.”  
 I will reveal the edict  
 YHWH issued to me:  
 “You are my son;  
 today I have become your sire.  
 You have but to ask me, and I will give you  
 nations as inheritance,  
 the farthest reaches of the earth as yours to own.  
 You are to hold an iron scepter over them  
 and shatter them like jars of clay.”  
 So then, kings, be wise  
 and learn a lesson, leaders of the world:  
 Be subject to YHWH, with respect;  
 tremble as you attend his festivals;  
 pay humble greetings to his son, or you will rouse his anger  
 and you will die before your time,  
 because his wrath takes fire in an instant.  
 You are well advised to put your trust in him.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Here is the King I chose to rule from Mount Zion.

*Antiphon 3:* Master, you are my shield, my grandeur, the one who holds  
 my head up high.

**Psalm 3**

A psalm of David, when he fled from his son Absalom

YHWH, my enemies are growing;  
 there are so many who have taken sides against me—  
 So many who keep saying,  
 “He can expect no help from God.”

Ah, but you *are* a shield before me, YHWH;  
 you are my pride, the one who holds my head up high.  
 I used to voice my plea to you  
 and you would listen from your holy mountain.  
 I would lie down at night and sleep  
 and wake again, because YHWH kept me safe.  
 I have no fear of all these millions  
 camped all around me everywhere I look.  
 Wake up, YHWH;  
 Save me, my God!  
 There! You have hit my enemies in the face  
 and knocked out their atheistic teeth!  
 Rescue is found in you, YHWH;  
 your blessings fall upon your people.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Master, you are my shield, my grandeur, the one who holds my head up high.

May the Prince's words always fill your hearts, and may you share the wisdom you receive with others.

**Reading 1**  
 (From the Proper)

**Second Nocturne**

*Antiphon 1:* Who can go up the Master's mountain or stand in his holy place?

**Psalm 24**

A psalm of David

The earth belongs to YHWH, and everything within it,  
 as does the world of men, and everyone who lives there,



because he is the one who laid its foundation in the sea  
 and built it up above the waters.  
 Then who is fit to go up YHWH's mountain  
 and stand within his holy place?  
 One whose hands are clean, whose heart is pure,  
 who has never given his soul to any idol,  
 and never taken a lying oath.  
 That man will receive a blessing from YHWH,  
 his virtue will come from the God who keeps him safe.  
 Jacob is the model for those who look for him—  
 who look for you, to gaze upon your face.  
 Raise up your heads, gates!  
 Grow taller, everlasting doors,  
 so that the King of glory can come in!  
 Who is this "King of glory"?  
 YHWH, strong and powerful;  
 YHWH, powerful in war!  
 Raise up your heads, gates!  
 Grow taller, everlasting doors,  
 so that the King of glory can come in!  
 Who is this King of glory?  
 YHWH, commander of our army;  
 he is the King of glory!  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Who can go up the Master's mountain or stand in his holy place?

*Antiphon 2:* I will bless you day after day, Master. Hallelujah!

Psalm 145

Praise. Of David

I

**A**h, my God, my King, I will glorify you

and bless your name from now to eternity.  
**B**lessings will be yours from me every day,  
 and praises to your name for ever.  
**C**all YHWH great, deserving the highest praise,  
 his magnificence is beyond any limit.  
**D**own from one generation to the next your deeds will pass,  
 and everyone will tell what you have done.  
**E**very day I ponder the glorious splendor of your majesty,  
 and the wonders you perform.  
**F**rom every man you will hear about your mighty deeds,  
 and I will declare how great you are.  
**G**ladly they will recall your immense goodness  
 and sing of your virtue—  
**h**ow gracious YHWH is, how full of kindness,  
 how slow to be angered, and great in mercy.  
**I** see that YHWH is good to everyone,  
 and his tender mercy extends to all his creatures.  
**J**ustly will you be praised by all your creatures, YHWH,  
 and all your sacred people will bless you,  
**k**eep speaking of the glory of your Kingdom,  
 and constantly praise your power,  
**L**etting every human being know your mighty deeds,  
 and the glorious majesty of your Kingdom.  
**G**lory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon* : I will bless you day after day, Master. Hallelujah!

*Antiphon 3*: Your rule over everything lasts forever, Master. Hallelujah!

## II

**M**ay your Kingdom last forever!  
 Yes, your authority endures through all generations.  
**N**otice how YHWH supports everyone who is about to fall,  
 and picks up everyone who has lost his footing.

**O**nly you are the one every creature looks toward,  
 and you give them their food at the proper time.  
**P**lease put out your open hand,  
 and satisfy all the wants of every living thing.  
**Q**uintessentially virtuous is YHWH in everything he does;  
 tender in all his actions;  
**r**ight beside everyone who calls on him—  
 to those who call out from their hearts.  
**S**o he will satisfy the desires of those who respect him;  
 he will listen to their cry and save them,  
**τ**o preserve everyone who loves YHWH;  
 but he will destroy every immoral person.  
**U**ntiringly my mouth will speak praise of YHWH  
 and everything material will bless his holy name  
 through all the ages of ages.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon* : Your rule over everything lasts forever, Master. Hallelujah!

May the Prince's words always fill your hearts, and may you share the wisdom you receive with others.

**Reading**  
**(From the Proper)**

**Te Deum**

We sing your praise as God;  
 we humbly call you Master.  
 The whole world honors you  
 as its eternal Father.  
 all the angels too,  
 the heavens and the Powers of the universe,  
 the cherubim and seraphim  
 cry out in chorus,

“Holy! Holy! Holy Master! God of power and might—  
Heaven and earth are filled with the majesty of your glory!”  
The glorious college of Apostles,  
the venerable guild of Prophets,  
the white-robed army of Martyrs chant their praise to you;  
the holy Church throughout the world acclaim you  
as Father of unfathomable majesty,  
your true and only Son as worthy of our adoration,  
and the Holy Spirit as our Patron.  
You, our Prince, are the King of Glory,  
the ever-eternal Son of the Father.  
And as you undertook to set man free,  
you did not recoil at the Virgin’s womb;  
and when you overcame the sting of death,  
you opened the Kingdom of Heaven to us believers;  
and now you are enthroned beside God in the glory of the Father;  
And we believe you will return to be our judge.  
And so we beg you, please come to the aid of your family,  
whom you have bought with your priceless blood.  
Record them with the Sacred People in glory.  
Please save your people, Master, and bless your inheritance,  
And be their King and support from now for ever.  
We sing your praises each and every day,  
and sanctify your name for ages and for ages upon ages.  
Grant us the blessing, Master, for this day,  
to keep us free of sin.  
Have your mercy, Master, descend upon us,  
since we have put our trust in you.  
I have placed my trust in you, my Master;  
never let my hopes be shattered.



ear God, please come to my aid;  
Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit  
As in the beginning, so now and always, for ages of ages. Amen.

Reversing sunset, now the dawn reveals  
The truth about the sun, that it returns  
In promised peace and beauty; that it burns  
Away night's fog and gloom; its brilliance heals  
Our baseless fears; its climb brings hope, and seals  
Our confidence that goals ambition yearns  
To reach can come with effort. Faith discerns  
The Resurrection hinted at, and kneels.

We say "the sun returns," but when we see  
It rise, we know it did not come again.  
It shone all night, but earth had turned its back  
And then came round once more. So when we lack  
And later welcome back our Savior, then  
It is not God who turns again, but we.

*Antiphon 1:* As morning breaks, I look to you, my God, to be my  
strength today. Hallelujah!

**Psalm 63**

*A psalm of David, when he was in the wilderness of Judah*

Dear God, you are my God;  
I look for you as morning breaks.  
My soul is thirsty to drink you,  
my body yearns after you  
like a parched, dry land  
yearning for water.  
I have gone into the holy place looking for you

with the hope of glimpsing your power and glory.  
 And because your tender kindness is a greater good than life itself  
 my lips will sing your praises.  
 I will shower these blessings on you all my life,  
 lifting up my hands in your name,  
 and my soul will be sated as if I had eaten  
 all the tenderest cuts of meat—  
 and my mouth will open lips of joy to praise you.  
 When I think of you as I lie in bed,  
 I ponder what you are all through the night.  
 There, in the shade of your wings, I find my joy,  
 and my soul runs after you,  
 while your strong hand grasps and raises me.  
 And so the ones after my life, to destroy it,  
 will find themselves in the abyss below the earth.  
 They will fall, cut down by swords,  
 and be food for jackals.  
 But the king will find his happiness in God,  
 and everyone who swears allegiance to him will triumph;  
 it is the mouths of liars which will be silenced.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* As morning breaks, I look to you, my God, to be my strength today. Hallelujah!

*Antiphon 2:* From the depths of the flames, the three young men called out in unison, “God be blessed!” Hallelujah!

*Song* *Daniel 3.57-88, 56*  
 Bless YHWH, everything that YHWH made;  
 sing his praise and raise him high above everything forever!  
 YHWH’s angels, bless YHWH,  
 sing his praise and raise him high above everything forever!  
 Spheres of heaven, bless YHWH,

sing his praise and raise him high above everything forever!  
Water above the heavens, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Every member of YHWH's army, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Sun and moon, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Stars in the sky, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Every rainfall and dew, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Every wind, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Fire and heat, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Frost and chill, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Ice and snow, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Nights and days, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Light and darkness, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Lightning and clouds, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Bless YHWH, earth,  
    sing his praise and raise him high above everything forever!  
Mountains and hills, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Everything that grows on the earth, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Brooks, bless YHWH,  
    sing his praise and raise him high above everything forever!  
Oceans and rivers, bless YHWH,  
    sing his praise and raise him high above everything forever!

Porpoises and every water creature, bless YHWH,  
     sing his praise and raise him high above everything forever!  
 Every bird in the sky, bless YHWH,  
     sing his praise and raise him high above everything forever!  
 Every animal, wild and tame, bless YHWH,  
     sing his praise and raise him high above everything forever!  
 Children of men, bless YHWH,  
     sing his praise and raise him high above everything forever!  
 Israel, bless YHWH,  
     sing his praise and raise him high above everything forever!  
 YHWH's priests, bless YHWH,  
     sing his praise and raise him high above everything forever!  
 YHWH's attendants, bless YHWH,  
     sing his praise and raise him high above everything forever!  
 Spirits and souls of honest folk, bless YHWH,  
     sing his praise and raise him high above everything forever!  
 Holy men whose hearts are humble, bless YHWH,  
     sing his praise and raise him high above everything forever!  
 Bless YHWH, Hananiah, Azariah, Mishael,  
     sing his praise and raise him high above everything forever!  
 Let us bless the Father, the Son, and the Holy Spirit,  
     sing his praise and raise him high above everything forever!  
 You are awesome, YHWH, in the dome of heaven;  
     you richly deserve our praise and glory  
     and our elevation of you above everything forever.

*Antiphon 2:* From the depths of the flames, the three young men called out in unison, "God be blessed!" Hallelujah!

*Antiphon 3:* Zion's people should celebrate their King, Hallelujah!

Psalm 149

Hallelujah!  
 Sing a new song to YHWH,  
     and praise him where the sacred people meet.



Israel should celebrate the one who made them  
 and Zion's children hold a festival to their King,  
 praising his name by their dancing  
 with harps and tambourines adding their cheerful voices.  
 Because YHWH enjoys his people,  
 and he will make them splendid with his rescue.  
 So let the sacred people express their joy in YHWH;  
 have them sing full-throated before they rest.  
 And then they should have praise for YHWH in their mouths  
 when they take their sabers in their hands  
 to wreak vengeance upon the Gentiles,  
 and punishment upon their people—  
 to clap their kings in chains  
 and their nobility in iron fetters;  
 to carry out the sentence written down for them.  
 This is the glorious task of all his sacred people!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Zion's people should celebrate their King, Hallelujah!

*Reading*

*Revelation 7.10, 12*

Rescue belongs to our God, seated on the throne, and to the Lamb.  
 Praise and glory, wisdom and thanks and honor and power and strength  
 to our God through all the ages upon ages. Amen.

*Responsory*

Our Prince, Son of the living God, please have mercy on us. Our Prince,  
 Son of the living God, please have mercy on us.  
 You are enthroned beside the Father; please have mercy on us.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 Our Prince, Son of the living God, please have mercy on us.

*Antiphon:* The Bridegroom claims his bride, the Church, since the Prince  
 has washed her sins away in Jordan's water; the Wise Men are hurrying

with their gifts to the royal wedding; and the wedding guests are celebrating, because the Prince has turned the water into wine. Hallelujah!

**Benedictus**

Praises to the God of Israel,  
 because he has turned his eyes toward his people and set them free,  
 and to rescue us has fashioned for our head a horn  
 in the house of his servant David—  
 just as he promised  
 through the mouths of his holy prophets in olden times—  
 bringing rescue from our enemies  
 and escape from the hands of everyone who hates us.  
 A work of kindness to our fathers,  
 recalling his sacred Treaty,  
 the oath he swore to our father Abraham  
 to grant us freedom from the grasp of our enemies  
 to worship him without fear  
 in holiness and virtue every day of our lives.  
 And you, my child, will be called the prophet of God Supreme;  
 you will precede his coming  
 to prepare the roads for the Master;  
 to make his people aware of their liberation  
 as their sins are removed from them  
 because of the tender kindness of our God,  
 by the new dawn from heaven that will rise on us  
 to shine on those who live in darkness and the shadow of death,  
 and to place our feet upon the path of peace.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* The Bridegroom claims his bride, the Church, since the Prince has washed her sins away in Jordan's water; the Wise Men are hurrying with their gifts to the royal wedding; and the wedding guests are celebrating, because the Prince has turned the water into wine. Hallelu-

jah!

### Petitions

Our Prince is the sun that never sets, the real light that shines on every human being. Let us voice our praise to him: *Master, you are our life and our rescue.*

Creator of the stars, thank you for your gift of the first rays of dawn, in which we recall your resurrection. *Master, you are our life and our rescue.*

May your Holy Spirit please teach us to do your will today, and may your wisdom always guide us. *Master, you are our life and our rescue.*

Each Sunday, you give us the privilege of gathering as your people around the table where your word and body are served to us. *Master, you are our life and our rescue.*

We thank you from the depths of our hearts for blessings too numerous to count. *Master, you are our life and our rescue.*

Master, please bestow on me the special favor I ask you today. *Master, you are our life and our rescue.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

### Prayer

Father, since you revealed your Son to the nations by the guidance of a star, please lead us to your glory in heaven by the light of faith. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.



## TERCE

Dear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

Warmth, and youth, and vigor, strength, and joy  
 Climb through the early struggles of the day;  
 As yet unwearied, thinking we know the way,  
 We face the future, hopeful as a boy  
 That effort wins; there's nothing to alloy  
 Our golden confidence in self as yet. We say  
 "Of course I can," and do, and find a way,  
 We think, to make the universe our toy.

Yes, so we think; But still we know the sun  
 Climbs up the heavens only to decline.  
 Our noon will come and evening follow all  
 Too quickly; and will then our spirits fall  
 Into dejection? Not if we resign  
 Our hopes and dreams to him who losing won.

*Antiphon 1:* What better thing can we do than put our trust in the  
 Master? His love will never fail us. Hallelujah!

### Psalm 118

Hallelujah!

I

Thank YHWH because he is so good,  
 because his mercy is forever.  
 Israel should now be saying,  
 "His mercy is forever."  
 Anyone who holds YHWH in awe should say,

“His mercy is forever.”  
 I called upon YHWH when I was in trouble,  
     and YHWH answered, and brought me out into the open air;  
 and with YHWH beside me,  
     what have I to be afraid of?  
     What can any mere human do to me?  
 YHWH is on my side, ready to help me,  
     and so I can do what I please to people who hate me.  
 It is better to put your trust in YHWH  
     than to rely on human beings—  
 It is better to put your trust in YHWH  
     than to rely even on kings.  
 You see, all the Gentiles were surrounding me,  
     but I demolished them in YHWH’s name.  
 They had me surrounded, yes, they were around me everywhere,  
     and in YHWH’s name I demolished them.  
 They swarmed around me like bees,  
     like a fire in a thicket of thorns; but I put it out;  
     in YHWH’s name I demolished them.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* What better thing can we do than put our trust in the Master? His love will never fail us. Hallelujah!

*Antiphon 2:* The Master is the one who makes me strong, and that is why I sing his praises. Hallelujah!

## II

Yes, you tried to shove me down,  
     but YHWH held me up;  
 YHWH is my strength, he is the song I sing;  
     and he is the one who keeps me safe.  
 Shouts of joy and victory  
     in the tents of honest folk:

“YHWH’s right hand is the strong one!  
YHWH’s right hand is raised to help us!  
YHWH’s right hand has won the battle!”  
I will not die; I will live  
to tell what YHWH has done:  
True, YHWH punished me harshly,  
but he did not condemn me to death.  
Open the gates of virtue for me  
and I will pass through them  
singing praise to YHWH.  
This is YHWH’s gate  
where honest folk go in.  
And I will sing your praises  
because you answered me  
and have come to my rescue.  
The stone the builders threw away  
has become the cornerstone;  
and this was YHWH’s doing,  
something our eyes found astounding.  
Today is a day made by YHWH,  
and so we should celebrate it and enjoy ourselves in it.  
Please, YHWH, save us now;  
Please, we beg you YHWH, now send us success.  
Praise the one who comes here in YHWH’s name!  
See, we have blessed you from YHWH’s house!  
YHWH is God;  
it is he who has given us light;  
so tie the sacrifice to the altar’s horns.  
You are my God, and you are the one I am to praise;  
You are my God, and I raise you high over everything.  
Thank YHWH, because he is good,  
because his mercy is forever!  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The Master is the one who makes me strong, and that is why I sing his praises. Hallelujah!

*Reading**1 John 4.16*

We have recognized and believed in the love God has for us. God is love; and one who has his home in love has his home in God, and God has his home in him.

Please make my heart desire to do your will, my God; make my steps run along your path.

*Prayer*

Dear God, Our Father, by bringing your Son our Prince back to life, you conquered the power of death and opened for us the way to eternal life; may our celebration today raise us from our torpor and renew our lives by the Spirit who lives within us. We make this request through our Master Prince Jesus your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

The shadows cringe and hide beneath the light  
That blazes in its fullest glory. Noon  
Means respite from our labors, since the boon  
Of radiance brings with it heat, whose might  
Is enervating, and we feel it right  
To pause and contemplate—to read the rune

Of nature, and to try to hear the tune  
 God sings in his creation: All is right.

The tide of day is at its flood, while we  
 Sit quiet, feeling guilt when so much work  
 Still beckons to be done. But we are wrong;  
 He does the work; we simply go along  
 And tinker; and when we pause, we do not shirk  
 Our duty, since our task here is to see.

*Antiphon 1:* Please have mercy on us from your home in heaven.

Psalm 123

*A song of ascents*

I keep my eyes raised up to you  
 living there in the heavens.  
 Yes, in the way servants fix their eyes upon their masters' hands,  
 maids on the hands of their mistresses,  
 Our eyes are on our God YHWH  
 until he shows his mercy toward us.  
 Please, have mercy on us, YHWH! Have mercy on us!  
 We have had our fill of contempt;  
 our souls are ready to burst  
 with scorn from plutocrats,  
 with disdain from snobs.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Please have mercy on us from your home in heaven.

*Antiphon 2:* Our help is in the Master's name.

Psalm 124

*A song of ascents. Of David*

"If YHWH had not been fighting on our side,"  
 Israel should be saying now,



“If YHWH had not been fighting on our side  
     when our enemies attacked us,  
     they would have swallowed us alive.  
 When their fury took fire against us  
     we would have drowned in that great sea of flame;  
 its torrent would have swept our lives into it;  
     its flood would have risen over us  
     and overwhelmed our souls.”  
 Praises to YHWH,  
     who did not leave us prey to their teeth;  
 our lives escaped like birds out of snares  
     the fowlers set for them.  
     The cords were snapped, and we ran out.  
 Our help is in the name of YHWH,  
     the one who made heaven and earth.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Our help is in the Master’s name.

*Reading*

*Galatians 6.7-8*

A person harvests what he plants. So if your body is the ground you plant in, you will reap decay from the body; and if you plant in what is spirit, you will harvest from the Spirit eternal life.

Your promise, Master, will be valid for ever; in every age what you say is true.

*Prayer*

Dear God, Our Father, may the Spirit you sent upon your Church to begin the teaching of the Good News continue to work in the world through the hearts of everyone who believes it. We make this request through our Master, Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;  
Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit  
As in the beginning, so now and always, for ages of ages. Amen.

Fatigue sets in. It is too much; we plod  
Our way through heat and cold, and all for what?  
We do because we do, it seems; the rut  
Grows deeper, and the plow won't break the sod;  
The seed is sterile, the harvest just a clod  
Of thirsty earth that knows no water but  
Our sweat, its salt destroying life. We cut  
Our losses, lifting hopeless hands to God.

Why have we been abandoned? Where is he?  
It is his work; then why are we alone?  
Why not admit our failure? Why go on?  
Because to fail succeeds. We have but gone  
The cross-road, that is all; we must atone  
Our sins with him before we can be free.

*Antiphon 1.* The Master has done marvels for us; he is the source of all  
our joy.

**Psalm 126**

*A song of ascents*

When YHWH brought back Zion's captives,  
we thought it was a dream;  
and then our mouths filled up with laughter

and our tongues began to sing.  
 Then the Gentiles said,  
 "YHWH has done marvels for them."  
 Yes, YHWH has done marvels for us,  
 and we are bursting with joy!  
 Please return the captives, YHWH,  
 the way streams in the southern desert fill with water.  
 Those who plant in tears  
 will harvest with delight.  
 A man who goes out every day weeping  
 carrying the seed to be planted,  
 Will be sure to come back full of joy  
 as he brings back his sheaves.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1.* The Master has done marvels for us; he is the source of all our joy.

*Antiphon 2:* May the Master build our house and guard our country.

#### Psalm 127

*A song of ascents. Of Solomon*

If YHWH does not build the house,  
 the builders are wasting their labor;  
 if YHWH does not guard the country,  
 the watchmen stay awake for nothing.  
 It is useless for you to rise so early  
 and go to bed so late,  
 to eat suffering instead of food,  
 when he gives those he loves his gifts in sleep.  
 One of YHWH's gifts is children,  
 he rewards us with a harvest from the womb.  
 Arrows in a warriors hands  
 are what a young man's children are;  
 it is a blessing to have one's quiver full of them.

That man will not be humiliated  
 when he confronts his enemies at the gate.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* May the Master build our house and guard our country.

*Reading*

*Galatians 6.9-10*



So we mustn't grow tired of doing good; if we don't lie down at the work, we will reap our harvest when the time is right. And so whenever we find the occasion, we should do good to everyone, especially to the members of the family of faith.


I call out to you from the abyss within my heart, my Master; I will always do your will.

*Prayer*

Father, since you sent your Word to bring us the truth and your Spirit to make us holy, and since through them we come to know the secret of your life, please help us to worship you as one God in three Persons by proclaiming and living our faith in you. We make this request through our Master, Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

Let us bless the Master. Thank God.

 **Second**  **espers**

 ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

The day expires in orange light, which makes  
 The sky green. Peace descends. Why should its throes  
 Screamed by the clouds in yellow, mauve, and rose  
 So still our souls? It is the silence. Flakes  
 From heaven's agony bring rest that slakes  
 Our own day's thirst. So failing autumn shows  
 Its gasp of golden peace, as if it knows  
 The efflorescent spring that later wakes.

And that is why their dying soothes. God speaks  
 Through nature, and we see night herald day  
 And winter spring—and so will aging's end  
 be all? Or does our autumn eve portend  
 The morning spring? Of course. It is his way  
 To tell the heart it *will* have what it seeks.

*Antiphon 1:* The Master will hand you his mighty scepter from Zion, and  
 you will be king for ever. Hallelujah!

Psalm 110

A psalm of David

YHWH said to my master,  
 “Sit enthroned beside me  
 until I make your enemies a footstool for you.”  
 YHWH will hand you his mighty scepter from Zion,  
 and you will be king though enemies surround you.  
 Your people will be glad to serve you  
 the day you assume your power;  
 because the beauty of your holiness comes from the morning's womb;  
 you still have the dew of youth upon you.  
 And YHWH has sworn an oath he will not take back,  
 “You are a priest for ever  
 in the line of Melchisedech.”  
 YHWH is there beside you,  
 to smash kings on the day his rage is kindled.  
 He will pass sentence on the Gentiles,

filling the land with corpses,  
 leaving country after country without their heads.  
 He drinks from the stream beside the path,  
 and that is why he holds his head up high.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* The Master will hand you his mighty scepter from Zion, and you will be king for ever. Hallelujah!

*Antiphon 2:* The earth is shaken to its foundation before the glory of your face. Hallelujah!

Psalm 114

Hallelujah!

When Israel came out of Egypt,  
 Jacob's family from a people who spoke strange words,  
 Judah became his holy refuge,  
 Israel became his kingdom.  
 The sea ran away when it saw it,  
 and the Jordan flowed back on itself;  
 Mountains skipped like rams  
 and the hills leaped about like little sheep.  
 What was the matter, sea? Why did you run away?  
 Why, Jordan, did you turn back on yourself?  
 Why did you mountains skip like rams?  
 Why did you hills leap about like little sheep?  
 Shake, earth, in the presence of YHWH,  
 who turns rock into a pool  
 and flint into a fountain.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The earth is shaken to its foundation before the glory of your face. Hallelujah!

*Antiphon 3:* Total power is yours, Master God, our mighty king.  
Hallelujah!

*Song* *See Revelation 19.1-7*  
Hallelujah! Rescue, glory and power are our God's  
because his verdicts are truthful and just! Hallelujah!  
Hallelujah! Sing praises to God, servants of his,  
and everyone who worships him, great and small. Hallelujah!  
Hallelujah! The Master, the Ruler of All, is king,  
so let us celebrate and give him glory. Hallelujah!  
Hallelujah! The wedding-banquet of the Lamb has started,  
and his bride has prepared herself to greet him. Hallelujah!  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Total power is yours, Master God, our mighty king.  
Hallelujah!

*Reading* *2 Corinthians 1.3-4*  
We have to give praise to the God and Father of our Master, Prince  
Jesus—the Father of sympathy and tender-heartedness and the God of  
every kind of support—the one who has encouraged us in every hardship  
we have had so we can support others in all their hardships with the  
support we received from God.

*Responsory*

The whole of creation declares the greatness of your glory. The whole of  
creation declares the greatness of your glory.  
Eternal ages praise the greatness of your glory.  
Glory to the Father, to the Son, and to the Holy Spirit  
The whole of creation declares the greatness of your glory.

*Antiphon:* Complete authority in heaven and on earth has been given to  
me, says the Master.

**Magnificat**

My soul is full of the Master's magnificence;  
 my spirit is bursting with joy in God, my savior,  
 because he has turned his eyes toward his poor little slave,  
 and now from this time on people will honor me  
 through all the ages to come!  
 Yes, the God of Power has done tremendous things in me!  
 How holy his name is!  
 His kindness reaches from age to age  
 to those in awe of him.  
 He has flexed his strong right arm;  
 and routed arrogance and conceit.  
 He has toppled powers from their thrones  
 and elevated nobodies;  
 he has filled the hungry with the best cuisine  
 and sent the rich away with nothing.  
 He has given support to his servant Israel,  
 just as he told our ancestors,  
 remembering to shower his mercies  
 on Abraham and his descendants for ever.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Complete authority in heaven and on earth has been given to me, says the Master.

**Petitions**

Our Master the Prince is our head; we are cells in his body. Let us call out to him in joy, *Master, Please come to us and rule over us.*

Our Prince and savior, please make your Church a stronger symbol of the unity of all mankind, and make it more effective in being the sacrament of rescue for every people. *Master, Please come to us and rule over us.*

Through your presence, please guide the college of bishops in union with the Pope, and give them the gifts of unity, love, and peace. *Master, Please come to us and rule over us.*



Please bind all Christians more closely to yourself, their divine head, and lead them to proclaim your kingdom by the witness of their lives. *Master, Please come to us and rule over us.*

Please grant peace to the world, and let every land flourish in justice and security. *Master, Please come to us and rule over us.*

Please bestow on the dead the glory of resurrection, and give us a share in their happiness. *Master, Please come to us and rule over us.*

Master, thank you for the special blessing you have given me today. *Master, please come to us and rule over us.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

### Prayer

Omnipotent, merciful God, since you have broken the power of evil and made everything new in your Son Prince Jesus, the King of the Universe, may everyone in heaven and earth acknowledge your glory and never cease to praise you. We make this request through our Master Prince Jesus your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.

## Compline



ear God, please come to my aid;  
Master, please hurry to help me.  
Glory to the Father, to the Son, and to the Holy Spirit,

As in the beginning, so now and always, for ages of ages. Amen.

The day, born but a breath ago, is now  
 About to sigh its last; and looking back,  
 Sees only folly. Everything is black:  
 The morning's dreams and sweat from noontime's brow  
 Have burnt to charcoal ash. I wonder how  
 I ever called a "talent" this great lack  
 Of anything more than mediocre knack—  
 And night no longer lets me guide the plow.

Now think, for once; you cannot find the way  
 By looking back or to the dark ahead;  
 No, look beyond, to Me. You are redeemed;  
 I threw my life away for yours; what seemed  
 My waste is your success. What do you dread?  
 My rising has transformed your future day.

*Antiphon:* Night holds no terrors for me as I sleep beneath God's wings.

**Psalm 91**

One whose home is in the Supreme Being's secret nook,  
 who lives beneath the shade of the Omnipotent,  
 says to YHWH, "You are my sanctuary,  
 my strong rampart, my God, the one I trust";  
 and he will be certain to cut off the fowler's snare  
 and keep you from the dangers of the plague.  
 he will hide you among his feathers,  
 and you will find refuge underneath his wings.  
 You will have no fear of monsters in the night  
 or arrows flying through the day;  
 or of diseases creeping in the dark  
 or epidemics ravaging the noon.  
 A thousand may fall near by you,  
 a million just at your right hand,  
 but you will not be touched;

but you will feast your eyes  
 on how he settles his accounts with evil people.  
 No harm will fall upon you,  
 no calamity come near your home,  
 because he has given his angels orders about you,  
 to preserve you everywhere you go.  
 They will hold you in their hands  
 to keep you from tripping over a stone.  
 You will stomp on lions and on cobras—  
 trample to death the lions' cubs and snakes.  
 "Since he fixed his love on me, then I will rescue him;  
 I will lift him out of reach, because he knows my name.  
 When he calls me, I will answer him,  
 be with him in his troubles, and bring him honor.  
 I will bestow on him a long and happy life,  
 and let him see my power to save my friends."  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Night holds no terrors for me as I sleep beneath God's wings.

*Reading:* *Rev. 22: 4-5*  
 They will see the Master's face, and his name will be on their foreheads.  
 And there will be night no longer; and they will have no need of the light  
 of a lamp or the light of the sun, because God the Master will shine on  
 them, and they will be kings for ages upon ages.

#### Responsory

I hand over my spirit into your care, Master. I hand over my spirit into  
 your care, Master.  
 because you have redeemed me, faithful Master, my God, I hand over  
 my spirit.  
 Glory to the Father, to the Son, and to the Holy Spirit.  
 I hand over my spirit into your care, Master.

*Antiphon:* Please, Master, protect us while we are awake and keep watch

over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Nunc Dimittis**

Now, my Lord and Master, you may dismiss your slave,  
 as you promised, in peace;  
 because my eyes have seen the rescue you have prepared for us  
 within the very sight of all the nations:  
 a light to disclose the truth to the Gentiles,  
 and the glory of your people Israel.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Prayer**

Master, today we have celebrated the mystery of our Prince's coming back to new life. May we now rest in your peace, safe from everything that could harm us, and rise again, refreshed and happy, to praise you through another day. We ask this favor through our Master, the Prince. Amen.

May the Omnipotent Master bestow on us a restful night and a peaceful death. Amen.

Queen of heaven, be glad, Hallelujah!  
 Because the one it was your privilege to bear, Hallelujah!  
 Has come back to life as he promised, Hallelujah!  
 Please pray for us to God, Hallelujah!

onday

ATINS



lease, Master open my lips,  
and my mouth will sing your praises.

Invitation psalm

Psalm 95

*Let us approach the Master with praise and gratitude.*

Come let us sing YHWH a song;  
let us shout our joy to the Rock who keeps us safe;  
let us come to him with thanks,  
and sing loud happy psalms to him.

*Let us approach the Master with praise and gratitude.*

Because YHWH is a great God,  
the great king over all the gods;  
The deep abysses of the earth belong to him,  
and the mountain-tops are his as well.  
The sea is his because he made it,  
and so is the land his hands have formed.

*Let us approach the Master with praise and gratitude.*

So come, let us bow down in worship,  
kneeling before YHWH who made us too;  
because he is our God,  
and we are the people in his pasture,  
the sheep his hand leads on.

*Let us approach the Master with praise and gratitude.*

Today is the day for you to listen to his voice:  
“Do not dig in your heels as you did at Meribah,

as you acted on that day at Massa in the desert,  
 when your fathers provoked me  
 and tormented me though they had seen what I had done.

*Let us approach the Master with praise and gratitude.*

For forty years I put up with that crowd,  
 saying, 'they are a people with wandering hearts,  
 with no idea of what I expect of them.'

And so I swore in my exasperation,  
 'They will not enter my rest.'

*Let us approach the Master with praise and gratitude.*

Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.

*Let us approach the Master with praise and gratitude.*

Again my life begins, although it had  
 Not ceased; the past is dead, but still it's there;  
 My waking births a thousand births; my hair  
 Is gray with them; yet I am still the lad  
 I am no more; and every day I add  
 Onto this self I drag through time. I wear  
 My years like clothes—except I cannot tear  
 Them off; the eyesore of it drives me mad.

How to escape this self-made wreck? I fear  
 There is no hope; it is beyond my strength.  
 But there's a different birth outside of time  
 Where Presence swallows past; and in sublime  
 Totality my soul will learn at length  
 That He knows how to wipe off every tear.

### First Nocturne

*Antiphon 1:* Please show me your mercy, Master, and keep me safe.

Psalm 6

For the leader: On stringed instruments "upon the eighth" A psalm of David

YHWH, please do not shout at me in your anger  
 or slap me in the heat of your annoyance.  
 Please have mercy on me, YHWH; it is that I am weak;  
 so please cure me, YHWH; my bones are trembling  
 and my very soul is quaking.  
 And you, YHWH? How long will it be?  
 Come back, YHWH, rescue me, please!  
 Save me, if only because of your mercy!  
 Because no one remembers you in death,  
 and who is there to praise you out of a grave?  
 I have exhausted myself with wailing;  
 all night long I make my bed swim  
 by drowning my pillow in tears,  
 and my eyes are worn away with grief;  
 they have grown old because of my enemies.  
 —But now, get away from me, you good-for-nothings,  
 because YHWH has heard the sound of my sobs!  
 YHWH listened to my pleas  
 and YHWH will answer my prayers!  
 All my enemies are to be routed  
 and run away, not knowing where to turn!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Please show me your mercy, Master, and keep me safe.

*Antiphon 2:* The poor are not alone in their misery; God is here to help them.

Psalm 9

For the leader: To the tune of *Muth labben* A psalm of David



I

ll your praises, YHWH, will be sung with my whole heart,  
 as I tell of all the marvels you have done.

**B**etter: I will celebrate you and make you my joy  
 as I sing my praise to you, Supreme Being.  
 Come look at my enemies retreating,  
 how they stumble and die before your face;  
 because you are the one who upholds my rights and my defense;  
 you sat on the bench and judged me fairly.  
 You condemned the Gentiles  
 and doomed the outlaws,  
 and wiped out their names for all eternity.  
 —So, my enemies! Destruction is destroyed forever!  
 And you have demolished their cities,  
 and even the memory of them has vanished.  
 But YHWH will remain for all eternity,  
 there on the bench he has set up to judge us;  
 he will provide honest decisions for the world,  
 and hand down a just verdict upon its people.  
 And YHWH will be a haven for the oppressed,  
 a safe harbor in their times of trouble.  
 Those who know your name will be able to trust you,  
 because you, YHWH, never abandon anyone who looks for you.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The poor are not alone in their misery; God is here to help them.

*Antiphon 3:* I will be the herald of your praises, Master, wherever Zion's people gather.

## II

Sing praises to YHWH, whose home is on Zion;  
 proclaim what he has done among his own.  
 As he takes vengeance for their blood, he remembers them;  
 he has not forgotten the cries of the little people.  
 But please pity me too, YHWH,



and see the trouble I am in from those who hate me,  
 since you are the one who pulls me out of death's doorway  
 so that I can give voice to all your praises  
 in the gates of your daughter Zion,  
 full of joy in your rescue of me.  
 Because the Gentiles fell into the pit they dug,  
 they caught their own feet in the net they laid;  
 and YHWH revealed himself in the sentence he issued  
 as these corrupt men were snared in the traps they set themselves.  
 Evil people are to go down beneath the earth  
 with all the nations that forget God.  
 No, those in need will not forever be unnoticed,  
 and the hopes of the poor will not always die.  
 Wake up, YHWH; do not let men win!  
 Bring the Gentiles to trial in your court.  
 Strike terror into them, YHWH,  
 and then the Gentiles will know they are only human.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, through all the ages of ages.  
 Amen.

*Antiphon 3:* I will be the herald of your praises, Master, wherever Zion's people gather.

Please give me insight to know your will, and then I will cherish it in my heart.

Reading 1 (from the Proper)

Second Nocturne

*Antiphon 1:* Our God will reveal himself, and will not be silent when he comes.

## Psalm 50

A psalm of Asaph

## I

The God of Power, God YHWH  
 spoke, and summoned the earth  
 from farthest east to farthest west.  
 His radiance shines  
 out of Zion's perfect beauty;  
 he is coming, and will not be silent;  
 fire eats up everything in front of him  
 and rages round him like a tornado.  
 He calls upon heaven and earth  
 to be witnesses as he passes sentence on his people.  
 "Summon my sacred people to appear before me,  
 the ones who agreed by their sacrifices to their treaty with me."  
 And the verdict of the heavens will be that he is just,  
 because God himself is on the bench.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Our God will reveal himself, and will not be silent when he comes.

*Antiphon 2:* Offer praise as your sacrifice to God.

## II

"Listen, my people, because I am about to speak,  
 Israel, I am going to bring my charge against you.  
 I am God; I am your God.  
 I have no complaint about your sacrifices  
 or the animals you burn upon the altar for me;  
 they are there before me all the time.  
 I do not ask for another bull from your farm  
 or another goat from your herd;  
 because every animal in the forest is mine

and all the cattle grazing on hills in their thousands;  
 I know every bird upon the mountains  
 and all the beasts on the land belong to me.  
 No, if I were hungry, you would not be the ones I tell,  
 because I own the world and everything within it.  
 Am I to eat the meat of those bulls  
 or drink the blood of the goats?  
 No. Your offering to God is to be gratitude;  
 you are paying your own vows to the Supreme Being.  
 You call on me when you are in trouble  
 and I will rescue you, and then you are to give me praise.”  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Offer praise as your sacrifice to God.

*Antiphon 3:* I want a loving heart more than sacrifice, knowledge of my ways more than burnt offerings.

III

But this is what God says to those who do wrong:  
 “But how is it you recite my commandments  
 and mouth the provisions of my Treaty  
 since you hate learning anything from them  
 and throw aside what I have said?  
 You see a thief, and join in with him,  
 you make adulterers your companions;  
 evil comes out of your mouth,  
 because your tongue keeps plotting schemes;  
 you sit there and gossip about your brother  
 slandering your own mother’s son.  
 You do this, and I should keep silent?  
 Do you think I am like you?  
 No, I have my charges to bring against you;  
 I have a list of all of it to present at your trial.

So think about this, those of you who pay no attention to God,  
or I will tear you to shreds,  
and there will be no one to save you!

Those who offer praises are the ones who honor me  
and I will show what God's rescue is  
to those who conduct themselves properly."

Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* I want a loving heart more than sacrifice, knowledge of my  
ways more than burnt offerings.

Listen, my people, and I will speak; I am the Master, your God.

Reading 2 (from the Proper)

[If this ends the session, say, "Let us praise the Master and thank him."]



**Λυδς**

ear God, please come to my aid;  
Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit  
As in the beginning, so now and always, for ages of ages. Amen.

Again we see arise the Lamp of God  
Who takes away the darkness of the world.  
He visits all the things that have been curled  
In quiet sleep, and with a gentle prod  
Of light revives them. Rising from the sod,  
They start their work of praise to him; now hurled  
Into survival's battleground, or whirled  
About in play beneath his holy rod.

He moves us, true; and yet we move ourselves.  
 Directed directors; but can this be so?  
 Aren't we just puppets, hanging on his whim,  
 With all our psyches simply asking him  
 What we must do? Sin gives the answer "No";  
 So faith unearths that for which reason delves.

*Antiphon 1:* I raise my heart to you, Master, and you will listen to my morning prayer.

**Psalm 5**

*For the leader: with wind instruments. A psalm of David*  
 Please give a hearing to what I say, YHWH,  
 please consider what I have pondered;  
 Please pay attention to the sound of my cry,  
 my King and my God.  
 Yes, you will hear my voice in the morning, YHWH,  
 because it is in the morning I will call out to you  
 and look up toward you.  
 You are not a God who enjoys immorality,  
 and you will not tolerate evil.  
 People who advertise themselves find no place in your presence;  
 you hate everyone who does wrong.  
 You will destroy everyone who lies,  
 because you cannot stand bloodthirsty schemers.  
 But I will be able to enter your house  
 because of the abundance of your mercy;  
 I will give you worship in front of your holy temple  
 filled with awe.  
 Lead me, YHWH, in your kind of honesty,  
 because of the enemies around me;  
 make your path straight before my feet.  
 No one can trust what these people say;  
 their hearts are full of treachery.  
 Their throats are open graves,

even though their tongues spout flattery.  
 Please, pronounce them guilty, my God!  
 Have them fail by taking their own advice;  
 throw them out, with all their sins,  
 because their plots have been against you.  
 And send happiness upon everyone who puts his trust in you;  
 have them shout with joy because you defend them.  
 Those who love your name  
 should find their pleasure in you,  
 because you, YHWH, shower blessings on the virtuous,  
 and wrap the shield of your favor around them.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* I raise my heart to you, Master, and you will listen to my morning prayer.

*Antiphon 2:* We praise your name, Master, our God.

*Song* *1 Chronicles 29. 10-13*  
 You are admirable, YHWH,  
 God of Israel, our Father, for ever and ever.  
 Grandeur is yours, YHWH,  
 power, and glory,  
 victory, and majesty,  
 because everything in heaven and earth belongs to you;  
 you are the one who rules everything, YHWH,  
 and you are higher than everything, the head of everything.  
 Riches and honor come from you  
 and you control everyone;  
 power and might are in your hands;  
 your hand is what bestows greatness  
 and gives strength to everyone.  
 And that is why, our God,  
 we thank you

and praise the majesty of your name.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* We praise your name, Master, our God.

*Antiphon 3:* Worship the Master in his holy courtyard.

Psalm 29

A psalm of David

Give YHWH, mighty people,  
 give YHWH the glory and strength.  
 Give YHWH the glory his name deserves;  
 worship YHWH in the beauty of his holiness.  
 It is YHWH's voice which echoes over the water;  
 it is the God of glory who makes thunder.  
 YHWH is higher than all the waters.  
 YHWH's voice speaks power;  
 the voice of YHWH is full of majesty.  
 YHWH's voice breaks cedars,  
 yes, it is YHWH's voice that splinters the cedars on Lebanon;  
 he makes them skip about like calves,  
 and Lebanon and Sirion jump like yearling bulls.  
 And YHWH's voice breaks out in flames  
 and shakes the wastelands.  
 Yes, YHWH makes the Wilderness of Kadesh quake.  
 YHWH's voice makes deer calve early  
 and strips the forests bare;  
 and everyone in his temple cries "Glory to you!"  
 YHWH has his throne above the flood in the sky,  
 and is seated there for ever.  
 YHWH will give strength to his people;  
 YHWH will bless his people with peace.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Worship the Master in his holy courtyard.

*Reading*

*2 Thessalonians 3: 10-13*

If a person does not want to work, he is not to be fed. We have heard that there are some people among you who are going around idle and not working—except for prying into others' business. This message is for them: We appeal to them in the Master Prince Jesus to find some work to earn their own food, and to keep themselves to themselves. And the rest of you, brothers and sisters, should not grow tired of doing what is right.

*Responsory*

Praises to the Master, our God; praises from age to age. Praises to the Master, our God; praises from age to age.

His marvelous deeds are beyond compare; praises from age to age.  
Glory to the Father, to the Son, and to the Holy Spirit  
Praises to the Master, our God; praises from age to age.

*Antiphon:* Praises to the Master, our God.

*Benedictus*

Praises to the God of Israel,  
because he has turned his eyes toward his people and set them free,  
and to rescue us has fashioned for our head a horn  
in the house of his servant David—  
just as he promised  
through the mouths of his holy prophets in olden times—  
bringing rescue from our enemies  
and escape from the hands of everyone who hates us.  
A work of kindness to our fathers,  
recalling his sacred Treaty,  
the oath he swore to our father Abraham  
to grant us freedom from the grasp of our enemies  
to worship him without fear  
in holiness and virtue every day of our lives.  
And you, my child, will be called the prophet of God Supreme;



you will precede his coming  
 to prepare the roads for the Master;  
     to make his people aware of their liberation  
 as their sins are removed from them  
     because of the tender kindness of our God,  
 by the new dawn from heaven that will rise on us  
     to shine on those who live in darkness and the shadow of death,  
     and to place our feet upon the path of peace.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Praises to the Master, our God.

#### Petitions

We honor the Prince beyond every man, because he was filled with God's blessing and the Holy Spirit. In faith, let us beg him, *Please give us your Spirit, Master.*

Please bestow a peaceful day upon us, and when evening comes we will praise you with pure hearts. *Please give us your Spirit, Master.*

Please let your splendor rest upon us today, and direct the work our hands perform. *Please give us your Spirit, Master.*

Please let your face shine upon us and keep us in peace, and have your strong arm protect us. *Please give us your Spirit, Master.*

Please look kindly on everyone who relies on our prayers, and fill all of them with every physical and spiritual gift. *Please give us your Spirit, Master.*


Master, please bestow on me the favor I ask you today. *Please give us your Spirit, Master.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

## Prayer

Please, our Father, may everything we do begin from your inspiration and continue with your protective help; may our work find its beginning in you and reach completion through your assistance. We request this favor through our Master Prince Jesus, who is alive and reigning with you and the Holy Spirit as one God through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.

 ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

At times, the face of life is smiling, clean,  
 Transfigured from the customary round  
 Of boring toil distracted by the sound  
 Of rain and hail from leaden skies: the lean  
 And hungry look of heaven. Now the sheen  
 Of blue above, the crisp spring air, the mound  
 Of sand from busy ants, the baying hound  
 Off in the distance, is what life should mean—

We think. But just as once on Tabor, they  
 Were lost in ecstasy, and then came down  
 To hear about the cross, we need the strength  
 Of sapphire moments, or the plodding length  
 And sometimes agony of life will drown  
 Our souls before we reach eternal day.

*Antiphon 1:* All those who live by God's law have received a blessing.

## Psalm 119



All those who live blameless lives have received a blessing;  
 everyone who follows God's law is privileged.  
 It is a privilege for them to do what he has spelled out for us  
 and look with all their hearts to follow him.  
 These people do no harm,  
 because they walk along his paths.  
 You have commanded us  
 to pay careful attention to your regulations;  
 I hope my conduct is aimed  
 at keeping all your rules,  
 because then I will feel no shame  
 in looking into your commands.  
 I will give you praise from an innocent heart  
 when I learn your virtuous orders;  
 I intend to keep your regulations,  
 and so please do not leave me on my own.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* All those who live by God's law have received a blessing.

*Antiphon 2:* Master, always to be blessed, please teach me the ways of holiness.

## Psalm 119



But how can a young man keep his pathway clean?  
 By paying attention to what you say.  
 I have been looking for you with all my heart,  
 so please do not let me stray from your commands.  
 I have hidden what you say within my breast  
 to keep from sinning against you.

You are so admirable, YHWH!

Please teach me your regulations.

My lips have recited

every one of the orders from your mouth.

My happiness has been to follow what you spelled out for us;

more happiness than to own vast riches.

I meditate upon your regulations

and contemplate your way;

I find my pleasure in your rules

and will not forget what you say.

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

as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Master, always to be blessed, please teach me the ways of holiness.

*Reading*

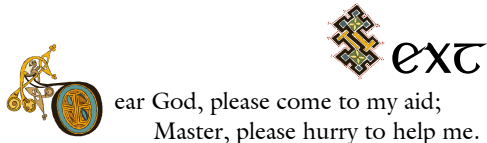
*Romans 13.8, 10*

Don't owe any debts to others except the debt of love toward each other; if you love others, you have fulfilled the law. Love does not do any harm to your neighbor, and so love fulfills the law.

*Prayer*

Dear God, Our Father, work is your gift to us; a call to reach new heights by using our talents for the good of everyone. Please guide us as we work and teach us how to live in the spirit that has made us your sons and daughters, and in the love that has made us brothers and sisters. We make this request through our Master, the Prince. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

Why such a stilted verse-form? Don't ask me.  
 I'm no Walt Whitman; my ideas arise  
 Out of the limits of the rhymes. The size  
 And shape of what I do just seems to be  
 What's there in these seeds' possibility.  
 I'm just the dirt; they grow before my eyes;  
 And what I see sometimes, to my surprise,  
 Is that the limits are what sets them free.

But isn't that the way with all we seek?  
 To ride in all directions is absurd.  
 With too much freedom, we become all thumbs,  
 And nothing good gets done—and when it comes  
 To that, why even God's almighty Word  
 Himself became a sonnet, so to speak.

*Antiphon 1:* God comes with power to give his people their rights.

**Psalm 7**

A plaintive song of David, which he sang to YHWH because of Cush the Benjaminite

**I**

YHWH, my God, you are the one I trust;  
 please save me from everyone who is after me,  
 and rescue me,  
 or they will tear me apart like a lion,  
 and leave me there in pieces, if no one sets me free.  
 YHWH, my God, if this is what I have done:

if my hands have done evil,  
 if I paid back with harm someone who was at peace with me,  
 or looted my enemy when I had no provocation,  
 then have my opponents come after me and catch me  
 and trample my life into the ground  
 and bury my honor in the dirt.  
 Please, YHWH, take action on your anger,  
 and wake up against my enemies' fury.  
 Please come forward  
 and hand down the sentence you have commanded,  
 so that many, many peoples will gather round you,  
 and you will once again take your place over them.  
 YHWH is the one to be judge over every people.  
 So give me the verdict, YHWH, my virtue deserves,  
 one that fits my honesty.  
 Please, let there be an end to the wrong these evil people do  
 and be the support of decent folk;  
 The God of virtue is the one to evaluate hearts and minds.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* God comes with power to give his people their rights.

*Antiphon 2:* God is our judge, and is strong and just; he saves people whose hearts are honest.

## II

And God is my attorney for the defense,  
 because he saves people whose hearts are honest.  
 He is a just judge  
 and every day becomes enraged at those who do wrong,  
 unless they turn back to him.  
 He sharpens his sword,  
 bends the bow to the string and tests it;  
 he gets all his deadly weapons ready

and tips his arrows with fire.  
 And here is a man who is pregnant with evil,  
 has conceived malice and given birth to lies;  
 he made a pit and hollowed it out—  
 and now falls into the hole he dug.  
 Yes, his mischief recoils upon himself,  
 and his violence comes down upon his own head.  
 And I will praise YHWH for his justice,  
 singing my songs to the honor of YHWH, the Supreme.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Reading**James 1.19-20, 26*

Every person ought to be quick to listen and slow to speak, and slow to become angry; a man's anger does not perform acts of God's virtue. Anyone who thinks he is devout without reining in his tongue and by not doing so letting his heart be blinded has a devoutness that is a sham.

I will bless the Master my whole life long, with a song of praise always on my lips.

*Prayer*

Dear Father, the harvest belongs to you, just as the vineyard is yours; you assign the tasks and pay a salary that is just. Please help us to meet the day's responsibilities, and do not let anything separate us from your love. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.



None

ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

Four hundred ninety must have passed long, long  
 Ago, and still I beg forgiveness for the same  
 Sad, dreary, sordid sins. It's not a game,  
 I swear. I'm really sorry. I'm not strong,  
 That's all it is; whenever I do wrong  
 I hate myself—still more when I'm to blame  
 For what I gave up yesterday. I came  
 Into a world in which I don't belong.

My child I know. How can you ask me why  
 I love you if in fact there's nothing there  
 To love? I love because I love; I *make*  
 You lovable by loving you; I take  
 No umbrage at your sins; I just don't care.  
 I don't ask for success, but that you try.

*Antiphon 1.* I have put my trust in you, Master, since the time when I was young.

Psalm 71

I

You are the one I trust, YHWH;  
 please do not disappoint me.  
 Set me free because of your justice; help me escape.  
 Please listen and come to my rescue.  
 And then be a strong fortress for me to hide in,  
 somewhere to go whenever I need;  
 once you give the command to save me,  
 then be the rock to cover me and the fort to enclose me.  
 Please free me from the grasp of these evil people;  
 I am in the grip of unscrupulous, cruel men,  
 and you, my God YHWH, are my hope,  
 the one I put my trust in from the time when I was young.  
 In fact, you have been my support from birth,



and you are always the one I give my praises to.  
 Even though everyone is astounded at seeing me,  
     you are my impregnable citadel,  
 and my mouth is full of praise for you;  
     it sings of your glory all day long.  
 So please do not throw me aside now that I am old,  
     and do not abandon me when my strength is gone—  
 because my enemies are starting to slander me  
     and those waiting for me to die are hatching plots.  
 “God has left him,” they are saying,  
     “Go after him now and he is yours; there is no one to rescue him.”  
 My God, please do not go away!  
     My dear God, please hurry to help me!  
 Baffle and smash to pieces  
     those who are after my life!  
 Frustrate, disgrace, and humiliate  
     the ones who are trying to ruin me!  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1.* I have put my trust in you, Master, since the time when I was young.

*Antiphon 2:* Please do not abandon me when I am old.

## II

Yes, I will keep hoping  
     and sing more and more my praises to you.  
 My mouth will be full of your justice,  
     and the way you keep me safe day after day;  
     I cannot come to the end of what I would say.  
 I will go on in the strength of my God YHWH;  
     I will tell of your virtue, virtue that is yours alone.  
 My God, you have been my teacher from the time I was young,  
     and to this day I have been reporting your wonders.

And now, my God, when I am old and my hair is gray  
 please do not leave me—  
 not before I inform this generation of your power  
 and praise your strength to everyone to come after it.  
 Your justice and virtue, my God, are higher than anything;  
 you have done such marvelous things.  
 Who is like you, my God?  
 You brought me into huge, bitter trouble  
 only to bring me back to life again;  
 and you will bring me out of the depths of the earth  
 and make me greater than ever,  
 with consolation everywhere I look.  
 So I will take up my lyre and sing your praise,  
 and chant how faithful you are, my God.  
 I will sing to you to the sound of the harp,  
 holy God of Israel.  
 And my lips will be happy as they sing of you,  
 and so will my soul, because you have ransomed it.  
 My tongue will spend the whole of the day  
 telling how virtuous you are;  
 because the ones who tried to ruin me  
 have been foiled and humiliated.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Please do not abandon me when I am old.

*Reading*

*1 Peter 1.17-19*

You should spend this time of your life away from your home in trepidation, in the realization that you were not ransomed from the impotent gropings you inherited from your ancestors by ephemeral gold or silver, but by the inestimable blood of the Prince, sacrificed like an unblemished, unspotted lamb.

Claim me as your own once again, my Master, and please have mercy on

me, and I will thank you publicly as your people gather in prayer.

**Prayer**

Master, you call us to worship you at the hour when your Emissaries went to pray in the Temple; and so we offer you our prayer in the name of Jesus; may his saving power come to everyone who calls on his name. We make this request through our Master, the Prince. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

How can I pray? I don't know you exist  
 Half of the time. I pray to empty space  
 And have no words, and sometimes not a trace  
 Of thought, except distractions. Then I try to twist  
 My mind to—what? Yet something does insist  
 That it's all right; this blank is not a waste  
 Of time, and it's not wrong to have me placed  
 Just here, without strength even to resist.

Come now; what is it you expect of me?  
 I don't speak words; I spoke a Word, who said  
 All that there ever was to say. A friend  
 Who really loves brings language to an end.  
 Don't be afraid that our embrace is dead;  
 "Just here" is where you are supposed to be.

*Antiphon 1:* The Master looks kindly on the poor.

## Psalm 11

For the leader. Of David

YHWH is the one I trust,  
 so how can you say to my soul,  
 “Fly away like a bird to the mountain-top!  
 Look, immoral men are stringing their bows  
 and fitting the arrows on the string  
 to shoot virtuous people from ambush!  
 If the foundations are undermined,  
 what can decent people do?”  
 Yet YHWH is there in his holy Temple,  
 and YHWH has his throne still in heaven.  
 His eyes can spot what is happening,  
 and his vision sees through mere human beings.  
 YHWH may test the virtuous,  
 but his soul hates immoral, violent men.  
 He will rain burning coals down on evil people;  
 fire and sulfur and a scorching wind  
 will be what is served up to them—  
 because YHWH is virtuous  
 and loves virtue,  
 and looks kindly on those who are decent.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* The Master looks kindly on the poor.

*Antiphon 2:* It is a blessing to have a pure heart, because then you will see God.

## Psalm 15

A psalm of David

YHWH, who has his home within your tent?  
 Who lives on your holy mountain?  
 Someone whose behavior is honorable  
 and who does what is virtuous,

speaking the truth that is in his heart;  
 someone who does not use his tongue to run others down,  
     who does no harm to his neighbor,  
     and will not destroy a friend's reputation;  
 someone who has no use for immoral people,  
     while he respects those who respect YHWH;  
 a person who keeps his oath, even to his disadvantage,  
     who does not demand interest from money he lends,  
 and takes no bribes against the innocent.  
     That is the kind of man who will never be uprooted.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, through all the ages of ages.  
 Amen.

*Antiphon 2:* It is a blessing to have a pure heart, because then you will see God.

*Antiphon 3:* God chose us in his Son to be his adopted children.

*Song* *Ephesians 1.3-10*  
 God, the Father of our Master Prince Jesus  
     is to be blessed,  
 because he has blessed us in the Prince  
     with every spiritual blessing in the heights of heaven—  
 in that he chose us in him  
     before the world began to exist,  
 I for us to be sacred and without guilt  
     before him in love;  
 and when he had adoption into sonship to himself  
     as the satisfaction of his intention for us  
 from the beginning, through Prince Jesus,  
     for the praise and glory  
     of the gift he gave us in his Beloved—  
 in whom we find release from captivity  
     because of his blood,

and forgiveness of our immorality  
 by the riches of his gift,  
 which has also overflowed into us  
 with complete wisdom and understanding;  
 because it has informed us  
 of the secret of his will:  
 that it was his pleasure,  
 which he determined beforehand in the Prince,  
 that when the time reached completion,  
 everything in heaven and on earth  
 would be brought together under one head  
 in the Prince.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* God chose us in his Son to be his adopted children.

*Reading*

*Colossians 1.9-11*

We have kept praying for you, and asking to have you filled with the knowledge of the Prince's will for you in all your wisdom and spiritual insight as to how to behave as the Master has a right to expect, to make you pleasing to him in every way: flourishing in every good deed you do, and increasing in knowledge of God, and growing strong in every sort of power by the might of his glory, so that you will be able to stand every kind of hardship and tolerate everything gladly.

*Responsory*

Master, only you can heal me, because you are the one I offended with my sins. Master, only you can heal me, because you are the one I offended with my sins.

Please, then, Master, have mercy on me, because you are the one I offended with my sins.

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

Master, only you can heal me, because you are the one I offended with my sins.

*Antiphon:* My soul declares the greatness of the Master, because he has turned his eyes toward his poor little slave.

#### Magnificat

My soul is full of the Master's magnificence;  
 my spirit is bursting with joy in God, my savior,  
 because he has turned his eyes toward his poor little slave,  
 and now from this time on people will honor me  
 through all the ages to come!  
 Yes, the God of Power has done tremendous things in me!  
 How holy his name is!  
 His kindness reaches from age to age  
 to those in awe of him.  
 He has flexed his strong right arm;  
 and routed arrogance and conceit.  
 He has toppled powers from their thrones  
 and elevated nobodies;  
 he has filled the hungry with the best cuisine  
 and sent the rich away with nothing.  
 He has given support to his servant Israel,  
 just as he told our ancestors,  
 remembering to shower his mercies  
 on Abraham and his descendants for ever.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* My soul declares the greatness of the Master, because he has turned his eyes toward his poor little slave.

#### Petitions

God made an eternal Treaty with his people, and he never stops showering his blessings on them. Grateful for these gifts, we confidently direct our prayer to him: *Master, please give these blessings to your people.*

Please save your people, Master, and bless your inheritance. *Master, please give these blessings to your people.*

Please gather into one body everyone who bears the name “Christian,” so that the world will believe in the Prince you sent. *Master, please give these blessings to your people.*

Please give our friends and loved ones a share in the divine life, and let them be symbols of the Prince before others. *Master, please give these blessings to your people.*

Please show your love to the suffering, and open their eyes to see your revelation. *Master, please give these blessings to your people.*

Please be kind to those who have died, and welcome them into the company of the faithful who have left us. *Master, please give these blessings to your people.*

Master, thank you for the special blessing you have given me today. *Master, please give these blessings to your people.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Father, may this evening pledge of our service to you bring you glory and praise. For our rescue, you looked with kindness on the insignificance of the Virgin Mary; and so please lead these far more insignificant people to the fullness of the rescue you prepared for us. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, throughout all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.





# Compline



ear God, please come to my aid;

Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit,  
As in the beginning, so now and always, for ages of ages. Amen.

You say that one day I will lose this shell  
And not be brown, but soft and tall and green.  
You say I yearn for what no seed has seen.  
How can I yearn that all I know so well  
Will die, rot in the ground? No, no, don't tell  
Me tales, that what it is to be a bean  
Has roots and leaves and fruit; you cannot mean  
I'm not myself. Such stories do not sell.

And yet I feel it. Does the butterfly  
Recall the caterpillar's ache, and say,  
"It was worth while. How ignorant I was!"?  
Will I look back, as wisdom always does  
At fears unfounded, thinking of this day,  
And ponder, "Yes, that once was I."?

*Antiphon:* Master, our God, how untiring is your love for us.

## Psalm 86

*A prayer of David*

Please, YHWH, turn your ear to me and answer,  
because I am downtrodden and poor.  
Preserve my life, because I am faithful,  
and you are my God;  
rescue the slave who puts his trust in you.  
Have mercy on me, YHWH;  
I call to you all day long.

Fill your slave's heart with joy, YHWH,  
because I raise my soul toward you.  
YHWH, you are good and forgiving,  
full of mercy for everyone who calls on you.  
Then please, YHWH, listen to my prayer  
and take notice of the sound of my plea.  
I call on you on this day full of my anguish,  
and you will be sure to answer.  
Not one of the gods is like you, YHWH;  
they do nothing at all to compare with what you do.  
All the nations you have made  
will come and worship you, YHWH,  
and honor your name;  
because you are great, and your deeds are astounding,  
and you are the only God.  
Show me your way, YHWH,  
so I can walk faithfully after you;  
guide my heart toward reverence of your name,  
and I will praise you, God YHWH, with all my heart  
and honor your name for ever,  
because your love to me has been immense,  
and you have pulled me out of the abyss of death.  
But arrogant upstarts are attacking me;  
savages are trying to kill me  
without a thought for you.  
So please, God of mercy and pity,  
patient and indulgent,  
full of love and truth,  
turn toward me and have mercy on me.  
Bestow your strength on your slave,  
and rescue your servant's son.  
Give me a sign of your kindness  
for my enemies to see to their shame  
that you are the one who comforts me and stands behind me.  
Glory to the Father, to the Son, and to the Holy Spirit

as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Master, our God, how untiring your love for us is.

*Reading*

*1Thessalonians 5:9-10*

God has made us able to buy our rescue through our Master Prince Jesus, so that we can live together with him—whether we are awake or asleep.

*Responsory*

I hand over my spirit into your care, Master. I hand over my spirit into your care, Master.

because you have redeemed me, faithful Master, my God, I hand over my spirit.

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

I hand over my spirit into your care, Master.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

*Nunc Dimittis*

Now, my Lord and Master, you may dismiss your slave,  
as you promised, in peace;

because my eyes have seen the rescue you have prepared for us  
within the very sight of all the nations:

a light to disclose the truth to the Gentiles,  
and the glory of your people Israel.

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

As in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

*Prayer*

Master, please give our bodies restful sleep, and let the work we have done today come to fruition in eternal life. We make this request through our Master, Prince Jesus. Amen.

May the Omnipotent Master bestow on us a restful night and a peaceful death. Amen.

Loving mother of the Redeemer, you are forever  
the open gate of heaven and star of the sea;  
please come to help the falling people trying so hard to stand.  
Since you are the one who gave birth, as nature gaped,  
to your own holy Sire—and still, before and after  
remained a virgin!—then accept from us too Gabriel's greeting,  
and have mercy on these poor sinners.

uesday  
atins



lease, Master open my lips,  
and my mouth will sing your praises.

Invitation psalm  
Psalm 95

*Come, let us worship our mighty King and Master.*

Come let us sing YHWH a song;  
let us shout our joy to the Rock who keeps us safe;  
let us come to him with thanks,  
and sing loud happy psalms to him.

*Come, let us worship our mighty King and Master.*

Because YHWH is a great God,  
the great king over all the gods;  
The deep abysses of the earth belong to him,  
and the mountain-tops are his as well.  
The sea is his because he made it,  
and so is the land his hands have formed.

*Come, let us worship our mighty King and Master.*

So come, let us bow down in worship,  
kneeling before YHWH who made us too;  
because he is our God,  
and we are the people in his pasture,  
the sheep his hand leads on.

*Come, let us worship our mighty King and Master.*

Today is the day for you to listen to his voice:  
“Do not dig in your heels as you did at Meribah,

as you acted on that day at Massa in the desert,  
 when your fathers provoked me  
 and tormented me though they had seen what I had done.

*Come, let us worship our mighty King and Master.*

For forty years I put up with that crowd,  
 saying, ‘they are a people with wandering hearts,  
 with no idea of what I expect of them.’

And so I swore in my exasperation,  
 ‘They will not enter my rest.’”

*Come, let us worship our mighty King and Master.*

Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.

*Come, let us worship our mighty King and Master.*

I woke just now, a tear still in my eye  
 From some forgotten dream of fear and pain.  
 The matter vanished—but it left a stain  
 Of dread so great it swallows up the sky  
 In absolute despair. “No! Stop!” I cry.  
 “It’s just a dream! A Dream!” And to stay sane  
 I put aside my thoughts, but they remain  
 In spite of me, and give my mind the lie.

Because it seems as if I’d been in hell  
 And clawed my way back. But is it my fate  
 To live what I was then? If up to me,  
 Perhaps. But it is not. Because, you see,  
 He guides my life, and I must trust and wait.  
 All will be well; all manner of thing, well.

### First Nocturne

*Antiphon 1:* The Master is just; he will defend the poor.

Psalm 10

I

YHWH, why are you standing so far away from me?  
 Why do you hide when I am in trouble?  
 Immoral people in their pride are after the poor;  
     have them be caught in the schemes they plot.  
 But no; evil people flaunt their heart's desires;  
     they show how they admire greed and reject YHWH.  
 In their arrogant faces you see no hint of God,  
     he never enters their minds.  
 And yet, what they do always succeeds,  
     and your condemnation is high in the sky, out of their sight,  
 and they sneer at all their enemies,  
     and say in their hearts, "I can't be dislodged;  
     No disaster will ever reach me."  
 Their mouths are full of curses, lies, and slander;  
     under their tongues you find nothing but mischief and deceit.  
 And they lurk there in the dark corners of the villages  
     murdering the innocent from ambush;  
 They spy on helpless people  
     as they duck down in hiding, like lions in their dens,  
 waiting under cover for the poor to enter the trap,  
     when they jump out and throw their nets over them.  
 There they are, crouched down, ready to spring  
     and overpower helpless souls.  
 And all the time, their hearts tell them,  
     "God has forgotten me;  
 he has turned his face away,  
     and can't see me."  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* The Master is just; he will defend the poor.

*Antiphon 2:* Master, you are aware of our trouble and sorrow.

## II

Wake up, YHWH, please!  
 My God, double up your fist!  
 Do not forget the little people!  
 Why should immoral men be able to reject God?  
 How can you let them say in their hearts,  
 "You will not make me pay for this"?  
 I know that you have seen it;  
 you are aware of our trouble and sorrow,  
 and you avenge it by your own hand.  
 Helpless people have only you to turn to,  
 because you are all that is left for the fatherless.  
 So break the arms of corrupt and evil people;  
 track evil down until there is nothing left of it!  
 Because YHWH is king forever and ever,  
 and Gentiles have no place in the lands he rules.  
 YHWH, you have heard the prayer of the little ones;  
 you make their hearts ready for you,  
 you open your ears to listen to them,  
 and so you will protect the rights of the fatherless and oppressed,  
 and keep mere mortals from terrorizing us any longer.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Master, you are aware of our trouble and sorrow.

*Antiphon 3:* The Master's words are true, like silver from a furnace.

## Psalm 12

For the leader "upon the eighth." A psalm of David  
 YHWH, help! The good have all died out!  
 All your faithful have vanished out of the human race!  
 Everyone gossips with everyone else,  
 they know how to flatter, but their hearts are two-faced.  
 YHWH, you should cut those flattering lips off their faces,



and pull out the tongues that speak so highly of themselves!  
 After all, they said,  
 “Our strength is in our tongue,  
 and our lips belong to us,  
 so can anyone be our master?”  
 “I will now come forward,” says YHWH,  
 “for the downtrodden poor, and the groaning of the destitute.  
 I will put them down into the safety they long for.”  
 And YHWH’s words are pure words,  
 like silver melted in an earthly furnace,  
 and purified seven times over.  
 So you will preserve them, YHWH;  
 you will keep them safe from now until eternity,  
 in spite of the immoral people prowling all around them,  
 and in spite of evil’s being prized by mortal men.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* The Master’s words are true, like silver from a furnace.

The Master teaches little people his way, and guides the meek along the right path.

Reading 1 (from the Proper)

Second Nocturne

*Antiphon 1:* May God come forward and his enemies flee from him.

Psalm 68

For the leader: a psalm of David. A song

I

May God come forward,  
 and scatter his enemies;  
 may those who hate him flee from him!

Have them be driven off  
     like smoke drifting away;  
 When God appears, have immoral people die out  
     like wax before a fire.  
 Then virtuous people will be overjoyed;  
     they will hold a celebration before God.  
 Yes, they should enjoy themselves to the full,  
     and sing to God, with psalms to his name;  
 they should glorify the one who rides upon the clouds,  
     shout out his name YAH,  
     and show their delight in him.  
 God in his holy place  
     is father of the fatherless, defender of widows;  
 he finds families for those with no one,  
     he brings captives out into freedom,  
     while he exiles rebels to the desert.  
 When you left at the head of your people, my God,  
     when you marched out through the wasteland,  
 The ground shook under you,  
     and the sky melted at the presence of God—Israel's God—  
     and you sent abundant rain on us, my God.  
 And that was how you strengthened  
     your people when they grew weary.  
 Your people found a land to live in;  
     a land your goodness gave to the poor.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* May God come forward and his enemies flee from him.

*Antiphon 2.* Our God is a God who saves us; it is he, the Master, who holds the keys of death.

## II

This was God's message,

and a huge throng delivered it:  
 “Kings at the head of armies are fleeing; they are running away,  
 and the wives at home divide the plunder.  
 Though you lie down among the sheepfolds,  
 they will look like doves with silver wings,  
 like birds whose feathers are gleaming gold.”  
 When the Omnipotent scattered its kings,  
 it was white as snow in Zalmon.  
 The mountains of Bashan are mountains of God,  
 the mountains of Bashan are full of high peaks.  
 Why are you filled with envy, mountains, for all your peaks?  
 These are the mountains where God chose to live,  
 and YHWH will make them his home forever.  
 God has twenty thousand chariots—  
 no, God’s chariots are thousands upon thousands,  
 and YHWH moves among them, as on Sinai in the sacred region.  
 You have gone up to your lofty throne,  
 you have captured captivity;  
 you have received your tribute from mankind,  
 even from the ones who rebelled,  
 so that our God YHWH could live there.  
 May YHWH be blessed,  
 since he gives us his gifts every day,  
 and is the God who rescued us.  
 Our God is a God who rescues;  
 and the keys to unlock death belong to our God YHWH.  
 And God will strike the heads of his enemies,  
 and split the hairy scalps of those who keep defying him.  
 YHWH said, “I will bring them back from Bashan,  
 return them from the depths of the sea,  
 so that your feet can trample them in their own blood  
 and the tongues of dogs make a feast on your enemies.”  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2.* Our God is a God who saves us; it is he, the Master, who holds the keys of death.

*Antiphon 3:* Sing praise to God, kingdoms on earth; make music in the Master's honor.

### III

They will see the procession in your honor, my God;  
     the procession of my God, my King, into the holy place:  
 The singers first, the musicians last,  
     and between them, maidens with tambourines.  
 Bless God in your festival meetings;  
     bless YHWH, sources of the people Israel:  
 There is the little tribe of Benjamin at the head,  
     the princes of Judah with the throng of them;  
 there are the princes of Zebulun and the princes of Naphtali;  
     your God has been at the command of your might;  
     and so please, my God, make secure what you have done for us.  
 Because of your Temple in Jerusalem,  
     kings will bring you tribute.  
 Menace the animals living among the reeds;  
     the herd of bulls, whose calves are people,  
 till they submit their tribute of silver;  
     and then scatter those whose pleasure is war.  
 Emissaries will appear from Egypt,  
     and even Ethiopia will lift up its hands to God.  
 Sing to God, kingdoms on earth,  
     sing praises to YHWH,  
 to the one who rides upon the spheres,  
     the ancient spheres of the sky.  
 He thunders out his voice, his voice of power;  
     and so recognize the might of God.  
 His supremacy hovers over Israel,  
     and his strength is found in the clouds.  
 My God, you are more awesome than your sacred places;

Israel’s God is the one who gives his people strength and might.  
 May God be blessed!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Sing praise to God, kingdoms on earth; make music in the  
 Master’s honor.

I Listen, my people, and I will speak; I am the Master, your God.

Reading 2 (from the Proper)

[If this ends the session, say, “Let us praise the Master and thank him.”]



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

“Begin again!” The call comes from the sky  
 When light returns, as if another day  
 Will not see one more failure. “Find a way  
 To climb back to the road; another try  
 At seeking Archimedes’ footing high  
 Above to move the world.” What can I say  
 To folly vast as this? How can it pay  
 To sweat and swink for nothing till I die?

Do you suppose he asked this at his fall  
 When soldiers whipped him to his feet again?  
 What did it profit him to toss his life  
 Aside like that? His journey is the knife

That cuts the fat that makes us think like men;  
His failure saved us humans; that is all.

*Antiphon 1*: Master, you have showered blessings on your land; you have forgiven the sins of your people.

Psalm 85

For the leader: a psalm of the sons of Korah

YHWH, you have favored your land;

you brought back Jacob from captivity.

You forgave the wrong your people had done,

and buried all their sins;

you sent away all your anger

and turned from the fury of your rage.

Then please restore us now, God of our rescue,

and let your anger come to a final end.

Would you be angry for ever?

Would you continue your wrath down to every generation?

No, would you not bring us back to life again

and let your people find their happiness in you?

Please, YHWH, show us your mercy

and bestow your protection upon us.

I will listen to what my God YHWH says,

because he will speak of peace

for his people, his sacred ones—

but they must not turn back to their foolishness.

Yes, his protection is there for those who hold him in awe,

so that his glory will have its home in our land.

Mercy and truth have become friends;

virtue and peace have kissed.

Truth will spring out of the earth,

and honesty look down from the sky.

Yes, YHWH will do good for us

and our land will yield its harvests.

Virtue will go before him,

and will make his footsteps our path.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, you have showered blessings on your land; you have forgiven the sins of your people.

*Antiphon 2:* Praise the eternal King in everything you do.

*Song*

*Tobit 13.1-8*

Blessed be God, who lives for ever,  
 as does his kingdom,  
 because he whips us and then has mercy;  
 he drags us down to death and leads us back,  
 and no one can escape from his hand.  
 Acknowledge him, children of Israel, before the Gentiles,  
 because he has scattered us among them.  
 Show there his greatness;  
 lift him up to the skies before every living thing,  
 because he is our Master, our God,  
 and our Father through all the ages of ages.  
 He whips us for the wrongs we do,  
 but then has mercy again,  
 and will gather us back from among the Gentiles,  
 where he has scattered us.  
 And if you turn to him with your whole heart  
 and with all your soul,  
 to do in his presence what is right,  
 then he will turn back to you  
 and not hide his face from you;  
 and you will see what he does with you,  
 and will bless the Master of virtue,  
 and show how high is the kingdom that rules the ages.  
 And I in the land of my shame will acknowledge him,  
 and will reveal his strength and his magnificence

to a sinful nation.  
 Turn back, sinners, and act virtuously in his presence,  
 and who knows? He may accept you  
 and have mercy upon you.  
 I will tell how high my God is,  
 and my soul will declare the greatness of his kingdom;  
 and I will find my joy in his magnificence.  
 Everyone should speak of this,  
 and acknowledge him in Jerusalem.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Praise the eternal King in everything you do.

*Antiphon 3:* Loyal hearts are to praise the Master.

### Psalm 33

Find your happiness in YHWH, virtuous people,  
 because praise from honest mouths is beautiful.  
 Take a harp and sing to YHWH's glory,  
 accompany yourself on a ten-stringed lyre,  
 and compose a brand-new song to him,  
 playing a loud and joyous tune.  
 Because what God says is right,  
 and everything he does is true;  
 he loves virtue and honesty,  
 and the earth is full of YHWH's goodness.  
 At a word from him, the heavens came to be,  
 and all the vast army of stars by the breath from his mouth;  
 he collected the oceans into one mass,  
 and dug its deep bed to store it.  
 The whole earth should hold YHWH in awe,  
 and everyone who lives there fear and respect him,  
 because he did nothing but speak, and it all came to be;  
 at his command, there it was, fixed and solid.



YHWH thwarts the schemes of the Gentiles,  
and brings plans to nothing;  
but YHWH's designs stand forever,  
and the plans in his heart last through all the generations.  
It is a blessing for a nation to have YHWH as its God,  
to be the people he chose for his heirs.  
Because YHWH looks down from heaven  
and sees all the human beings below him;  
he gazes down from where he lives  
upon all the earth's inhabitants,  
and shapes their hearts, one by one,  
as he ponders everything they do.  
Kings are not saved by the size of their armies,  
and warriors' strength does not set them free;  
horses are worthless to trust for protection;  
they will not save anyone despite their power.  
No, YHWH's eyes are on those who respect him,  
on those whose hope is in his mercy  
to keep them free from death,  
and to preserve their lives from famine.  
Our souls are waiting for YHWH;  
who is our help and our shield.  
And it is in him our hearts find their joy,  
because we have put our trust in his holy name.  
Please, YHWH, shower your mercy upon us  
to the degree we place our hopes in you.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Loyal hearts are to praise the Master.

*Reading*

*Romans 13.11-13*

Now is the time for you to wake up out of your sleep, because our rescue is closer now than when we began to believe. The night is practically gone, and day is about to dawn; and so we should get rid of what is done

in darkness and dress ourselves in the armor of light. We ought to behave decently, as we would during the day.

*Responsory*

My God is at my side; all my trust is in him. My God is at my side; all my trust is in him.

I find refuge in him, and I am completely free; all my trust is in him.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 My God is at my side; all my trust is in him.

*Antiphon:* God has produced a mighty Savior for us, as he promised through the words of his holy prophets.

*Benedictus*

Praises to the God of Israel,  
 because he has turned his eyes toward his people and set them free,  
 and to rescue us has fashioned for our head a horn  
 in the house of his servant David—  
 just as he promised  
 through the mouths of his holy prophets in olden times—  
 bringing rescue from our enemies  
 and escape from the hands of everyone who hates us.  
 A work of kindness to our fathers,  
 recalling his sacred Treaty,  
 the oath he swore to our father Abraham  
 to grant us freedom from the grasp of our enemies  
 to worship him without fear  
 in holiness and virtue every day of our lives.  
 And you, my child, will be called the prophet of God Supreme;  
 you will precede his coming  
 to prepare the roads for the Master;  
 to make his people aware of their liberation  
 as their sins are removed from them  
 because of the tender kindness of our God,  
 by the new dawn from heaven that will rise on us

to shine on those who live in darkness and the shadow of death,  
and to place our feet upon the path of peace.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* God has produced a mighty Savior for us, as he promised  
through the words of his holy prophets.

#### Petitions

We all have a calling from heaven under our Prince and high priest; and  
so let us praise him with shouts of joy: *Master, our King and our savior.*

Omnipotent King, since through our baptismal bath you bestowed  
on us a royal priesthood, please inspire us to offer you a continual  
sacrifice of praise, *Master, our King and our savior.*

Please help us keep your commandments, so that through the power  
of the Holy Spirit we will live in you as you live in us, *Master, our King  
and our savior.*

Please give us your eternal wisdom to be with us today and guide us,  
*Master, our King and our savior.*

May our companions be freed from suffering and filled with joy,  
*Master, our King and our savior.*

Master, please bestow on me this special favor I ask today, *Master,  
our King and our savior.*

Our Father in heaven, may your name be held in reverence. Please come  
to us and rule over us, and have your way on earth just as you do in  
heaven. Please give us today the bread we need for the day, and forgive  
the debts we owe you insofar as we forgive the debts others owe us; and  
please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Dear God, Our Father, please listen to our morning prayer, and let the  
radiance of your love scatter the darkness in our hearts. Since the light of  
heaven's love has restored us to life, please free us from the desires that  
belong to darkness. We make this request through our Master Prince

Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

How strange that every day I feel so young  
 When all these years have passed; the morning makes  
 A mockery of yesterday, and takes  
 Its cue from now, from power. One more rung  
 I surely still can scale; I will give tongue  
 To one more rhyme; my eager body slakes  
 Its thirst on hope; some day the breaks  
 Will fall my way; the song will yet be sung.

Not here, perhaps; and where, I could not say,  
 Or when. But *that* my dreams will somehow come  
 To pass I have been told, and must believe.  
 I need not fret; his love could never leave  
 My soul in hell or let my voice grow dumb  
 When time collapses in eternal day.

*Antiphon 1:* Please open my eyes, Master, for me to see the wonders of your Law.

ome, please, and bestow your favors on your slave

Psalm 119

so that I can keep what you say;  
 Open my eyes for me to see  
 the wonders in your Law;  
 I am a foreigner on this earth,  
 and so do not hide your commandments from me;  
 my soul is shattered with yearning  
 at every moment for your orders.  
 You reject the proud and curse them  
 because they stray from your commandments.  
 Please keep rejection and contempt away from me,  
 because I have kept what you decreed.  
 Even though kings may pass judgments against me from their thrones,  
 I find pleasure in your decrees,  
 and my guide to life in them.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Please open my eyes, Master, for me to see the wonders of your Law.

*Antiphon 2:* I run easily in the way you have shown, because you have opened my heart to accept your Law.

Psalm 119



own in the dirt is where you find my soul,  
 but please revive me, as you have said.  
 I have vowed my way of life to you, and you have answered;  
 and so please teach me your regulations.  
 Make me understand the path your rules point down,  
 so that I can ponder all your marvelous works.  
 My soul is melting from its own sheer weight;  
 so please strengthen me, as you have said.  
 Keep me off the path of lies,  
 and kindly bestow your Law upon me,  
 because I have chosen the path to truth,

and have placed your orders before me.  
 I cling to what you have decreed,  
 so please, YHWH, do not disappoint me.  
 I will run along the path your commandments built,  
 because you will enlarge my heart.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* I run easily in the way you have shown, because you have opened my heart to accept your Law.

*Reading*

*Jeremiah 17. 7-8*

It is a blessing for a man to trust YHWH,  
 for him to have hope in YHWH;  
 he will be like a tree planted beside a stream  
 which sends its roots toward the water,  
 and has no fear of the coming heat;  
 its leaves will stay green,  
 and will not worry about the times of drought;  
 and it will keep bearing fruit.

God cares for all the needs of those who follow him. Master God, commander of armies, it is a blessing that we can put our trust in you.

*Prayer*

Omnipotent and eternally living God, in the middle of the morning you poured the Holy Spirit over your Emissaries as a constant friend and guide. Please send that same Spirit of love to us, to make us faithful witnesses to you in the sight of all mankind. We make this request through our Master, the Prince. Amen.

Let us bless the Master. Thank God.



## SEXT

ear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

No longer young, but not yet old and weak,  
 The day confronts the problems of the hour  
 With poise, convinced that no reverse can sour  
 The taste of noon upon the tongue, or speak  
 A cloudy word to shadow the mystique  
 Of joy that comes from consciousness of power  
 To do it all. Now life is at full-flower  
 With muscles bulging, flesh that's firm and sleek.

Well yes; but evening comes, we know, too soon,  
 And with it sickness, weakness, and the rest,  
 Whose prospect frightens, even when we seem  
 So certain of ourselves. But still the gleam  
 Of hope in him beyond this gives life zest,  
 Since after all, eternity is noon.

*Antiphon 1:* God sees everyone as sinners, so that he can show them his mercy.

### Psalm 14

*For the leader: of David*

Fools say in their hearts,

“There is no God.”

They are corrupt,

and what they do is depraved;

none of them does anything good.

YHWH looks down from heaven on us human beings

to see if there is anyone who understands and looks for God.

But they have all turned away;  
     all of them have been perverted;  
 there is not one who does anything good,  
     not even one.  
 Don't they know anything, these reprobates?  
     These men who eat my people as easily as bread,  
     and who never bother to pray to YHWH?  
 Ah, but terror will fall upon them,  
     because God is on the side of the virtuous folk.  
 You may make fun of the poor man's confidence,  
     but God is his security.  
 And now, if only Israel's rescue would come out of Zion!  
     Then Jacob would be happy; Israel would leap with joy.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* God sees everyone as sinners, so that he can show them his mercy.

*Antiphon 2:* I called out to the Master, and he listened to me.

#### Psalm 120

*A song of ascents*

In my agony, I called out to YHWH  
     and he listened to me.  
 "Free my soul, YHWH, from lying lips,  
     from cheating tongues."  
 What will you be given,  
     what will be done to you,  
     you cheating tongue?  
 A warrior's sharp arrows,  
     tipped with white-hot coals!  
 It is so horrible for me to live in Meshech,  
     and to have to make my home among the Kedar tents!  
 My soul has been living too long



with people who hate peace.  
 I am for peace,  
 but as soon as I speak, they want war.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* I called out to the Master, and he listened to me.

*Reading*

*Proverbs 3.13-15*

It is a blessing for a man to find wisdom,  
 for him to gain understanding;  
 because its returns are better than the return on silver,  
 and it makes more profit than gold.  
 It is more precious than rubies,  
 and nothing you desire can compare with it.

Master, all you ask of me is truth; in the depths of my heart you have  
 taught me wisdom.

*Prayer*

Dear Master God, you revealed to Peter your desire to bring every nation  
 to salvation. Please let all our work give you praise and carry out your  
 loving plan. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.



None

ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

How can a desert be without the sun?

Nothing grows here; nothing penetrates  
 The cracking earth, whose wind-blown fine grit grates  
 Against my peeling skin; and I can't run  
 For shelter on these scorching feet. No one  
 Can long endure this; and yet heaven waits  
 Beyond the vast horizon somewhere—states  
 The legend. It's no use; I am undone.

True, the sun is nothing you can see  
 In this bleak land; and yet your skin is red,  
 From what? It's there. You chose to give him all,  
 And so he took. Are you surprised? You call  
 Yourself a student of the one who said,  
 "O Father, why have you abandoned me?"

*Antiphon 1:* Master, remember your people, the ones you chose from the beginning.

Psalm 74

A *maskil* of Asaph

I

My God, why have you thrown us away forever?  
 Why is your anger smoldering against the sheep in your pasture?  
 Please remember your community, those you bought in olden times,  
 the tribe that was to be your heirs, the ones you ransomed;  
 remember Mount Zion, where you used to live.  
 Turn your steps back to this total devastation;  
 your enemy has wrecked everything in the sanctuary.  
 Your antagonists have been roaring all over your house of prayer,  
 and even set up their emblems there, their foreign banners!  
 They took up axes as if they were woodsmen  
 felling enormous trees,  
 and chopped down its carved work,  
 all in a moment, with their axes and hammers.  
 They set fire to your sanctuary

and burned to the ground the place where you once lived.  
 They said in their hearts,  
 “We must totally crush them!”  
 and have set fire to every shrine of God in the land.  
 And we can see no sign from you;  
 there are no more prophets—  
 no one who knows how long this will last.  
 My God, how long are our enemies to sneer at us?  
 Will those who hate you blaspheme your name for ever?  
 Why do you hold your hand back, your strong right hand?  
 Please, make a fist of it and smash them!  
 Because God is my King from ancient times,  
 and used to bring rescue to the land.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, remember your people, the ones you chose from the beginning.

*Antiphon 2:* Please come forward, Master, and defend what you stand for.

## II

You split the sea in two by your power,  
 you smashed open the sea-serpents' heads in the water—  
 you shattered Leviathan's head into pieces  
 and gave him as food to the savages.  
 You opened up springs and gushing water,  
 and dried up mighty rivers.  
 The day belongs to you, and so does the night,  
 because you made light and the sun;  
 you fixed where the edges of earth will be;  
 you created summer and winter.  
 Please remember all this, YHWH, and the enemy's insults;  
 idiots are making fun of your name!

Please do not hand over your dove to be killed by these hawks!  
 Do not forget forever the life of your poor!  
 Please, think of your Treaty,  
 because every dark cave in the earth is a den of torture.  
 Do not let your oppressed people come back with shattered hope;  
 let the poor and needy bless your name.  
 Please, come forward, my God; defend what you stand for;  
 remember how these fools sneer at you every day!  
 Do not forget what your enemies are yelling,  
 the ever-increasing uproar of those who are fighting against you!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

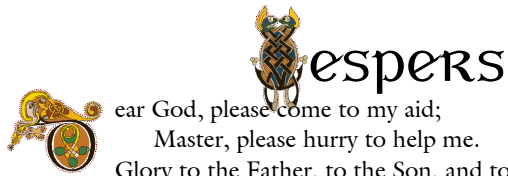
*Antiphon 2:* Please come forward, Master, and defend what you stand for.

*Reading* *Job 5.17-18*  
 It is a privilege for a man to be corrected by God,  
 and so do not sneer at chastisement from the Omnipotent;  
 because he bruises people and then bandages them;  
 he wounds them and his hands heal them.

Please deal mercifully with your slave, Master, and teach me what you would have me do.

#### *Prayer*

Father, just as you sent your angel to Cornelius to show him the way to rescue, please help us work generously for the rescue of the world, so that your Church will bring us and all mankind into your presence. We make this request through our Master, the Prince. Amen.  
 Let us bless the Master. Thank God.



Hear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

My Master, please! This collar is too tight.  
 And do unclip that leash; I'm now too old  
 To run away. Besides, I do what I am told—  
 Most of the time, at least. Then too, my sight  
 Is hardly of the best. Where would I go? It might  
 Be easier on you to let your hold  
 Relax a bit; your hands are getting cold,  
 And there's nobody here for me to bite.

I might let go if you'd protested less.  
 But clearly, you would like just one last fling  
 Before you sleep. You think I'll call you back  
 And stop your romp before you go to rack  
 And ruin and abandon everything.  
 That's not my way. I curb all those I bless.

*Antiphon 1:* God has crowned his Prince with victory.

**Psalm 20**

*For the leader: a psalm of David*

May YHWH answer you on the day you have trouble;  
 may the name of Jacob's God be your protection.  
 May he send you help from his sanctuary  
 and strength from Zion.  
 May he remember all the offerings you gave him  
 and accept the sacrifices you burnt to him.  
 May he give you whatever your heart desires  
 and bring to completion all your plans.

And then we will celebrate your rescue  
 and hang out our banners in the name of our God!  
 May YHWH grant all your prayers!  
 And now I know that YHWH stands behind his Prince;  
 he will answer him from his holy place in heaven  
 with the strength his right hand has to rescue him.  
 Some put their trust in horses, others in chariots;  
 but we remember the name of our God YHWH—  
 and they have collapsed and fallen,  
 while we stand tall and straight.  
 Please, save us, YHWH!  
 Have the King answer our call!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* God has crowned his Prince with victory.

*Antiphon 2:* We celebrate your mighty deeds with songs of praise,  
 Master.

#### Psalm 21

*For the leader: a psalm of David*

The King finds his joy in your strength, YHWH,  
 and your rescue transports him with glee.  
 You granted his heart's desire  
 and did not reject the prayers that rose from his lips.  
 You went out to meet him with the blessing of success;  
 You set on his head a crown of pure gold.  
 He asked you for life, and you gave it to him;  
 days that go on for ever and ever.  
 And his glory is raised higher because of your rescue;  
 you are the one who laid on him majesty and splendor.  
 You have showered your blessings on him forever;  
 but simply being with you is his greatest happiness.  
 Yes, the King put his trust in YHWH,

and because of the Supreme Mercy he is unshakeable.  
 Your hand, our King, will find out all your enemies,  
 that right arm of yours will search out everyone who hates you;  
 your anger will be the oven they cook in,  
 YHWH will swallow them whole in his rage,  
 and burn them to a crisp in its fire.  
 You will root out their children from the earth  
 and all their descendants from the family of man.  
 Because they had evil designs upon you,  
 they plotted and plotted, but it all came to nothing.  
 And that is why you made them show you their backs  
 when you had your arrows trained on their faces.  
 But YHWH, your strength, is the one to raise high;  
 our song is a psalm of praise to his might.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* We celebrate your mighty deeds with songs of praise,  
 Master.

*Antiphon 3:* Master, you have made us a kingdom of priests of our Father  
 God.

*Song*

*Revelation 4.11, 5.9,10,12*

You have the right,  
 Master and our God,  
 to receive glory and honor and power,  
 because you created everything;  
 and by your will  
 it all existed and was created.  
 You have the right to take the scroll of history  
 and open its seals  
 because you were slain  
 and bought for God by your blood  
 those from every tribe and tongue

and people and nation.  
 You made them a kingdom  
 and priests for God;  
 and they will rule over the earth.  
 The lamb who was slain has the right  
 to receive power and riches and wisdom and strength  
 and honor and glory and praise.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Master, you have made us a kingdom of priests of our Father God.

*Reading* *1 John 3.1-2*  
 See how much love the Father has given us, that we would be called God's children! And that is what we are! This is why the world does not recognize us, because it did not recognize him. My friends, now we are God's children; what we will be has not yet become clear. We know that if it does become clear, we will be like him, because we will see him as he is. And everyone who has this hope in him makes himself pure in the sense in which he is pure.

#### *Responsory*

Through all eternity, Master, your promise stands unshaken. Through all eternity, Master, your promise stands unshaken.  
 Your loyalty will never fail; your promise stands unshaken.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 Through all eternity, Master, your promise stands unshaken.

*Antiphon:* My spirit brims over with joy in God, my savior.

#### *Magnificat*

My soul is full of the Master's magnificence;  
 my spirit is bursting with joy in God, my savior,  
 because he has turned his eyes toward his poor little slave,



and now from this time on people will honor me  
 through all the ages to come!  
 Yes, the God of Power has done tremendous things in me!  
 How holy his name is!  
 His kindness reaches from age to age  
 to those in awe of him.  
 He has flexed his strong right arm;  
 and routed arrogance and conceit.  
 He has toppled powers from their thrones  
 and elevated nobodies;  
 he has filled the hungry with the best cuisine  
 and sent the rich away with nothing.  
 He has given support to his servant Israel,  
 just as he told our ancestors,  
 remembering to shower his mercies  
 on Abraham and his descendants for ever.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* My spirit brims over with joy in God, my savior.

#### Petitions

Let us praise the Master, who lives among the people he redeemed, and say, *Master, please listen to our prayer.*

Master, King and sovereign over all nations, please be with your people and their governments, and inspire them to pursue the true good of everyone, as your law requires. *Master, please listen to our prayer.*

You took captive our captivity, and so please bestow the freedom of the children of God upon our brothers and sisters who are in physical or spiritual chains. *Master, please listen to our prayer.*

May our young people concern themselves with remaining pure in your sight, and may they generously answer your call. *Master, please listen to our prayer.*

May our children imitate your example, and grow in wisdom and favor with God and men. *Master, please listen to our prayer.*

Please accept our dead brothers and sisters into your eternal Kingdom, where we hope to reign along with you. *Master, please listen to our prayer.*

Master, thank you for the special blessing you have bestowed on me today. *Master, please listen to our prayer.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

### Prayer

Omnipotent God, thank you for bringing us safely to this evening hour. May this lifting up of our minds in prayer be a sacrifice pleasing to your sight. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.

## ompline



ear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

Do grubs inside their chrysalis feel fear  
That they are lost forever? That their throes  
Are those of death? Those ghastly growths that rose  
Upon their backs a shroud? That what is near

Is nothingness? Or do they think this queer  
 Condition just a phase, and so each knows  
 No confined terror, and proceeds to doze  
 Its metamorphosis away with cheer?

And in our case, we either fuss at how  
 To hold life's drop of mercury intact  
 Or live the moment, unconcerned with what  
 The moment means. We see our souls, but shut  
 Our eyes to destiny's tremendous fact:  
 That heaven's kingdom works within us now.

*Antiphon* Please do not hide your face from me; I put my trust in you.

Psalm 143

A psalm of David

Please, YHWH, listen to my prayer;  
     turn your ear to my plea,  
 and give me an answer,  
     since you are faithful and just.  
 Please do not bring your slave into your court,  
     because no one is virtuous in your eyes.  
 You see, an enemy is after my soul;  
     he has trampled my life into the dirt,  
 and plunged me into darkness  
     like a long-forgotten corpse;  
 and that is why my breath fails  
     and my heart is numb inside me.  
 I cannot forget the days long past;  
     I go over and over all you have done.  
 I ponder what your hands have fashioned  
     and lift my outstretched arms to you.  
 My soul yearns for you like drought-cracked ground.  
 Dear YHWH, please hurry to answer me,  
     because my breath is growing weak.

Do not hide your face  
     or it will be the same for me as falling into the pit.  
 In the morning, let me know your love,  
     because I put my trust in you.  
 Show me the path to follow;  
     I hold my soul up for you to take.  
 Please rescue me, YHWH, from my enemies,  
     since I have run to you for refuge.  
 Teach me to do your will,  
     because you are my God.  
 Have your good spirit guide me  
     on roads level and smooth.  
 For the honor of your name, YHWH, save my life,  
     and in your justice, rescue my soul from this trouble.  
 In your mercy, cut my enemies down,  
     and destroy everyone who is after my life,  
     because I am your slave.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon* Please do not hide your face from me; I put my trust in you.

*Reading*

*1 Peter 5: 8-9a*

Keep control of yourselves, and stay alert, because your opponent the devil is prowling around roaring like a lion looking for someone to devour. Stand up to him with firm faith.

*Responsory*

I hand over my spirit into your care, Master. I hand over my spirit into  
 your care, Master.  
     because you have redeemed me, faithful Master, my God, I hand over  
 my spirit.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 I hand over my spirit into your care, Master.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Nunc Dimittis**

Now, my Lord and Master, you may dismiss your slave,  
as you promised, in peace;  
because my eyes have seen the rescue you have prepared for us  
within the very sight of all the nations:  
a light to disclose the truth to the Gentiles,  
and the glory of your people Israel.  
Glory to the Father, to the Son, and to the Holy Spirit,  
As in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Prayer**

Master, please fill this night with your radiance. May we sleep in peace and rise with joy to welcome the light of a new day in your name. We make this plea through our Master the Prince.

May the Omnipotent Master bestow on us a restful night and a peaceful death. Amen.

We salute you, our Queen, mother of mercy; our life, our delight and our hope, we greet you. Eve's exiled children call out to you and sob your name, as we moan and weep in this valley of tears. Please, then, our patron, generous, kind, gentle virgin Mary, turn your merciful eyes toward us, and after this exile, show us Jesus, the glorious harvest of your womb.

Please pray, holy mother of God, for us to become fit to receive the Prince's promises.

# Wednesday

## ATINS



lease, Master open my lips,  
and my mouth will sing your praises.

### Invitation psalm Psalm 95

*Come, let us pay our worship to the Master who made us.*

Come let us sing YHWH a song;  
let us shout our joy to the Rock who keeps us safe;  
let us come to him with thanks,  
and sing loud happy psalms to him.

*Come, let us pay our worship to the Master who made us.*

Because YHWH is a great God,  
the great king over all the gods;  
The deep abysses of the earth belong to him,  
and the mountain-tops are his as well.  
The sea is his because he made it,  
and so is the land his hands have formed.

*Come, let us pay our worship to the Master who made us.*

So come, let us bow down in worship,  
kneeling before YHWH who made us too;  
because he is our God,  
and we are the people in his pasture,  
the sheep his hand leads on.

*Come, let us pay our worship to the Master who made us.*

Today is the day for you to listen to his voice:

“Do not dig in your heels as you did at Meribah,  
 as you acted on that day at Massa in the desert,  
 when your fathers provoked me  
 and tormented me though they had seen what I had done.

*Come, let us pay our worship to the Master who made us.*

For forty years I put up with that crowd,  
 saying, ‘they are a people with wandering hearts,  
 with no idea of what I expect of them.’

And so I swore in my exasperation,

‘They will not enter my rest.’”

*Come, let us pay our worship to the Master who made us.*

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

As in the beginning, so now and always, for ages of ages. Amen.

*Come, let us pay our worship to the Master who made us.*

Whose is that face that looks back from the glass?  
 Do I know him? It seems we never met,  
 But still, he was there yesterday; I get  
 Confused and wonder, “Who am I?” I pass  
 Through life as other people—blades of grass  
 That populate a field. Still, friends don’t fret  
 At who I am; they know me well—and yet,  
 Who do they know? Which member of this class?

Not one. You haven’t been yourself since you  
 Were born in spirit and in water. He  
 Is you now; you are He; and what that means  
 You’ll learn among all those familiar scenes  
 That follow death. For now, it’s faith must see  
 That that’s the self to which you must be true.

### First Nocturne

*Antiphon 1:* I love you, Master, my strength.

## Psalm 18 (beginning)

For the leader: Of David, YHWH's slave, who sang to YHWH the words of this song when YHWH had rescued him from the grasp of his enemies and from the hand of Saul

## I

I love you, YHWH, my strength,  
 my rock, my fortress, my rescue—  
 My God, my might, the one I put my trust in,  
 my shield, the horn on my head that protects me, my citadel.  
 I call on YHWH (praise him!)  
 and I am safe from my enemies.  
 I was in mortal agony;  
 oceans of depravity struck terror into me;  
 I could see all round me the land below the earth;  
 I was caught in the snares of death.  
 In my anguish I called on YHWH;  
 I shouted to my God,  
 and he heard my voice from his Temple;  
 my cry reached as far as his ears.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* I love you, Master, my strength.

*Antiphon 2:* The Master saved me; he wanted me for his own.

## II

And then the earth shook and rocked;  
 the mountains' bases quaked and reeled.  
 And in his fury  
 smoke rose from his nostrils  
 and ravaging fire came out of his mouth,  
 setting coals ablaze with its heat.  
 He bent the heavens and came down on them,  
 with darkness under his feet.  
 He mounted a cherub and took off,



flying on the wings of the wind.  
 He hid in the darkness,  
     black water a canopy all round him,  
     the thick dark clouds in the sky.  
 The brightness in front of him  
     was covered with clouds spewing hailstones and blazing coals.  
 Then YHWH thundered from heaven,  
     the Supreme God uttered his voice,  
     amid the hailstones and blazing coals.  
 He shot out these arrows and scattered the enemy,  
     lightning from everywhere demolished them.  
 You could even see the ocean-bed;  
     the very foundations of the earth came into view  
 when you roared your menace, YHWH,  
     and the blast of your furious breath.  
 And then from up there, you grasped me  
     and pulled me out of the swirling ocean;  
 you rescued me from my mighty enemy,  
     from the people who hated me  
     and were far too strong for me.  
 They attacked me on the day I was down,  
     but YHWH was my protection.  
 He pulled me out into freedom  
     and saved me because I pleased him.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The Master saved me; he wanted me for his own.

*Antiphon 3:* Please, Master, light a light to guide me, and scatter my darkness.

III

And YHWH rewarded me for my virtue,  
     he gave me the payment

that my clean hands earned.  
 Yes, I have kept YHWH's ways  
 and have not in depravity strayed from my God.  
 Everything he pronounced was always before me;  
 I did not turn aside from his regulations.  
 And so I had nothing to accuse myself of before him;  
 I kept myself from corruption.  
 And that is why YHWH repaid me;  
 he did it because of my virtue,  
 because my hands were clean in his sight.  
 You show yourself merciful to those who show mercy;  
 you deal sincerely with those who are sincere,  
 purely with those who are pure;  
 but with the shifty you are shrewd—  
 because you will rescue the little people,  
 but you deflate those who look down their noses.  
 And you are the one who lights my lamp;  
 my God YHWH is the one who brightens my darkness.  
 With you I can attack an army;  
 with my God I can leap over any wall.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Please, Master, light a light to guide me, and scatter my darkness.

Everyone was astonished at the words of beauty that came from the Master's mouth.

### Reading 1 (from the Proper)

### Second Nocturne

*Antiphon 1:* What God says is a strong shield for everyone who puts his trust in him.

Psalm 18 (continued)

IV

And as for God, his ways are perfect;  
 what he said has stood up to the test;  
 he is a shield for anyone who trusts him.  
 Who, after all, is God but YHWH?  
 Who is a rock except our God?  
 God is the one who gives me strength for my weapon,  
 and keeps the path safe in front of me.  
 He makes my feet like a deer's  
 and sets me on the high ground;  
 he teaches my hands how to fight,  
 and strengthens my arms to bend my bow of heavy bronze.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* What God says is a strong shield for everyone who puts his trust in him.

*Antiphon 2:* Your strong right hand has been my support, Master.

V

You gave me the shield of your protection,  
 your strong right hand supported me.  
 Your kindness made me powerful,  
 and you made the path wide beneath my feet  
 to keep me from slipping.  
 So I ran after my enemies and caught up with them,  
 and did not turn away till they were no more.  
 I slashed them down so they could not get up again,  
 and they fell at my feet.  
 Because it is you who gave me the weapon of strength in the fight  
 and crushed those who attacked me.  
 You bared their necks in front of me

so I could slaughter those people who hated me.  
 They called for help, but there was no one to save them,  
 they even called on YHWH, but he did not listen.  
 I ground them into dust in the wind  
 and stomped them into dirt on the street.  
 You are the one who freed me from this feuding people  
 and made me head of all these nations.  
 A people I did not know are now my slaves,  
 and obey as soon as they hear me command.  
 Foreigners now submit to me,  
 because the foreign nations are no more;  
 they came to me in terror from their citadels.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Your strong right hand has been my support, Master.

*Antiphon 3:* The living God, my Master, is to be praised for ever.

## VI

YHWH lives!  
 Blessed be my Rock!  
 The God who saves me is to be praised,  
 because he is the God who gives me vengeance  
 and puts whole peoples under my feet.  
 He frees me from my enemies  
 and raises me over those who come out against me.  
 You are the one who freed me from these savages,  
 and for this I thank you, YHWH,  
 among the Gentiles,  
 and sing praises to your name.  
 He gave a great victory to his King,  
 and shows mercy to the one he anointed:  
 to David and his descendants for ever and ever.  
 Glory to the Father, to the Son, and to the Holy Spirit



as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* The living God, my Master, is to be praised for ever.

Open my eyes, Master, for me to see the wonders of your Law.

Reading 2 (from the Proper)

[If this ends the session, say, "Let us praise the Master and thank him."]

 **λαυδς**  
 ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

He said he would wipe every tear away.  
 But how can he undo what has been done?  
 The dawn undoes the night, true; still, the sun  
 Replaces, not erases, dark. Its sway  
 Still haunts us from the past, and though it's day,  
 The night's right there, still part of us. What one  
 Of us would not give everything to run  
 From harm we've done to others? *That* will stay!

The *act* will stay; the harm will not. You see,  
 Redemption does not mean erasure, but  
 A transformation. Think of when he rose;  
 His wounds were glowing jewels, which he chose  
 To show us how he tears a tear, and what  
 Our feeble evil will turn out to be.

*Antiphon 1* Master, it is in your illumination that we see light.

## Psalm 36

For the leader: Of David, YHWH's slave

Sin is like a prophet, speaking in a man's heart,  
to a person with no fear of God before his eyes;  
what faces his eyes is self-flattery  
when he sees his corruption and hatred.  
All the words from his mouth are depravity and deceit;  
because he has "gone beyond" wisdom and goodness.  
What he dreams in his in bed are immoral schemes,  
and he sets his feet on the path to wrong,  
without any hatred of evil.  
But your mercy YHWH, is high as the sky;  
your loyalty reaches to the clouds;  
your virtue is like the mighty mountains,  
and your orders like the depths of the sea.  
YHWH, you give protection to both man and beast;  
how priceless your love, YHWH!  
And that is why the human race has put its trust  
beneath the shade of your wings.  
They find all their satisfaction in the riches of your house,  
and their drink is the stream of your being with them—  
because being with you is the source and spring of life,  
and in your illumination we see light.  
Please keep loving those who know you,  
and preserving the rights of those whose hearts are virtuous.  
Please do not let arrogant feet stomp me down,  
or evil hands drive me away.  
There! Those good-for-nothings have fallen!  
He struck them down, and they will never get up!  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, you have showered blessings on your land; you have forgiven the sins of your people.

*Antiphon 2:* My God, you are great and glorious; we stand in awe of your power.

*Song*

*Judith 16.2-3,13-15*

Tune the instruments!

We will have a song to God with tambourines!  
we will sing to YHWH to the clash of cymbals,  
singing to him a brand-new song  
to praise and glorify his name.

I am singing a new hymn to my God:

YHWH, you are great and you are glorious,  
amazing in your power, beyond everything!  
Every creature of yours should be your slave,  
because you simply spoke, and all of them were made;  
You breathed your breath, and they came into being;  
no one can resist anything you say.  
You shook the bases of the mountains and the depths of the sea;  
rocks melt like wax when you simply look at them;  
but to those who hold you in awe,  
you show nothing but kindness.

Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* My God, you are great and glorious; we stand in awe of your power.

*Antiphon 3:* Leap for joy in God's presence as you sing your hymns of praise.

*Psalm 47*

*For the leader: A psalm of the sons of Korah*

A round of applause from every people!

A triumphant shout to God!  
Because God is supreme, awesome,  
the mighty King of all the earth!  
He subjects other peoples to us,

and puts the other nations under our feet;  
 he picks out our inheritance  
 and gives this glory to his friend Jacob.  
 God rises through the uproar,  
 YHWH ascends to the blare of trumpets!  
 Sing praise to God, sing praise!  
 Sing praise to our King, sing praise!  
 Because God is the King over all the earth  
 sing praise that shows your understanding!  
 Yes, God is King over every nation,  
 seated up there on his holy throne.  
 And all the heads of state assemble  
 with the people of the God of Abraham;  
 because the shield of all the earth is God's,  
 and he is over everything.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Leap for joy in God's presence as you sing your hymns of praise.

*Reading*

*Tobit 4.15a,16a,18a,19*

Do not do to anyone else what you dislike; give some of your bread to the hungry, and some of your clothing to the naked; ask for advice from every wise man; and at every opportunity, praise God YHWH, and ask him to make your paths straight, and all your projects and plans succeed.

*Responsory*

Please attract my heart to do your will, my God. Please attract my heart to do your will, my God.

Please make my steps run along the path to do your will, my God.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 Please attract my heart to do your will, my God.

*Antiphon:* Please show us your mercy, Master, and remember your sacred



Treaty.

**Benedictus**

Praises to the God of Israel,  
 because he has turned his eyes toward his people and set them free,  
 and to rescue us has fashioned for our head a horn  
 in the house of his servant David—  
 just as he promised  
 through the mouths of his holy prophets in olden times—  
 bringing rescue from our enemies  
 and escape from the hands of everyone who hates us.  
 A work of kindness to our fathers,  
 recalling his sacred Treaty,  
 the oath he swore to our father Abraham  
 to grant us freedom from the grasp of our enemies  
 to worship him without fear  
 in holiness and virtue every day of our lives.  
 And you, my child, will be called the prophet of God Supreme;  
 you will precede his coming  
 to prepare the roads for the Master;  
 to make his people aware of their liberation  
 as their sins are removed from them  
 because of the tender kindness of our God,  
 by the new dawn from heaven that will rise on us  
 to shine on those who live in darkness and the shadow of death,  
 and to place our feet upon the path of peace.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please show us your mercy, Master, and remember your sacred Treaty.

**Petitions**

Let us thank our Prince and give him constant praises, because he makes us sacred and calls us his brothers. *Master, please help your brothers and*

*sisters grow in holiness.*

I dedicate today to the honor of your resurrection, with the purest intention I can muster; may I make the whole day pleasing to you by holy deeds. *Master, please help your brothers and sisters grow in holiness.*

As a sign of your love, you make each day new so that we will be well and happy; please make us new also for your glory. *Master, please help your brothers and sisters grow in holiness.*

Please teach us all today to recognize your presence in every human being, especially the poor and suffering. *Master, please help your brothers and sisters grow in holiness.*

Please bestow on us the gift of living in peace with everyone, never paying back harm with harm. *Master, please help your brothers and sisters grow in holiness.*

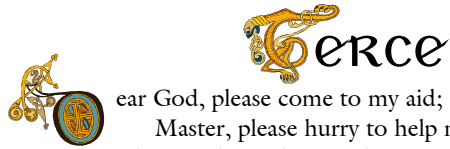
Please bestow on me the favor that I specially ask you today. *Master, please help your brothers and sisters grow in holiness.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Dear God, our Savior, please listen to our morning prayer, and help us to follow the light and live the truth, because we have been born again in you as children of light; and so please help us to be witnesses to this throughout the world. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.



Hear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

Why bother with this nonsense? Live the day!  
 It's here and now; and even if it's true  
 That acts resound beyond the grave, why stew  
 And fret about it? You'll have time to pray  
 And beg for mercy when you're old; and he will say,  
 "My child, my friend, come in; you see, I knew  
 How weak you were, and I still cherish you."  
 In love for you, he'll fling his wrath away.

Oh yes? It *sounds* good, just as sin *feels* fine  
 While it proceeds to smash our lives. The act  
 Is not condemned because he hates it, but  
 Because he sees what's there, and he knows what  
 We know ourselves, though we deny the fact.  
 So get behind! This branch stays on the vine.

*Antiphon 1:* Please, Master, lead me along the path of your commandments.



Psalm 119

Educate me, please, in the demands of your laws  
 and I will keep them to the end;  
 give me understanding, and I will keep your Law;  
 I will observe it with all my heart.  
 Lead me along the path of your commandments,  
 because that is where my pleasure is.  
 Please, attract my heart to your orders  
 and not to greed;

turn my eyes away from futile things  
 and renew me in your way of life.  
 Please plant what you say into your slave,  
 who has devoted his soul to respecting you;  
 and keep me from the humiliation I dread,  
 because your orders are good.  
 You see, my longing is for the rules you have given,  
 and so give me life in your virtue.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Please, Master, lead me along the path of your commandments.

*Antiphon 2:* It is a privilege to hear what God says and preserve it in your heart.



**Psalm 119**

Follow me with your mercy, please, YHWH;  
 bring me rescue, as you have said.  
 Then I will have an answer to the ones who insult me,  
 because I trust in what you say.  
 Please do not take your words of truth from my mouth,  
 because I have put my hope in the rules you give,  
 and I will keep your Law at every moment,  
 from now until the end of time.  
 And I will walk about in freedom,  
 because my goal is your laws;  
 I will keep speaking your orders to kings,  
 and will hold my head high.  
 I will find my joy in your commandments,  
 which I love,  
 and I will meditate upon your regulations.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* It is a privilege to hear what God says and preserve it in your heart.

*Reading*

*1 Peter 1.13-14*

“Roll up the sleeves” of your minds, and keep control of yourselves; you should put absolute hope in the blessing to be conferred on you when Prince Jesus comes out of concealment. Like docile children, you should not take as your pattern the desires you used to have in your ignorance.

*Prayer*

Dear God of truth, Father of everyone, since you sent your Spirit as promised to bring together in love all those sin has driven apart, please give us the strength to work for your blessings of unity and peace in the world. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.



Dear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

I see why it's a blessing to be poor.  
 It's all too easy when you have enough  
 To store it all in granaries, and slough  
 Off thoughts beyond the grave, assure  
 Yourself there will be time, and feel secure  
 That matter matters—knowing that this stuff  
 Is really nothing but a bit of fluff  
 That blows away, but blinded by its lure.

It's not the wealth, though, that is evil, but

The loss of focus; it can still be used  
 To garner friends, and open an account  
 In heaven's bank, where money will amount  
 To something that will never be refused.  
 The problem is to stay out of the rut.

*Antiphon 1:* Master, please help me persevere in your service.

Psalm 17

A prayer of David

I

Please, YHWH, give a hearing to a case that is just  
 and pay attention to my plea.  
 Please listen to my prayer,  
 coming from lips that are not devious,  
 and hand down a favorable verdict from your bench,  
 because your eyes see through to the truth.  
 I know you have examined my heart,  
 and have come to watch me in the night;  
 you have scrutinized me and found nothing.  
 My goal has been never to let my mouth stray  
 as it speaks of what others do,  
 and to keep away from destructive deeds,  
 so that my feet will not slip off the path.  
 And so I call upon you, and I know you will hear me, my God;  
 so please turn your ears to me, and listen to what I say.  
 Show how much you care for me by flexing that right arm  
 by which you save all those who put their trust in you  
 when others launch an attack on them.  
 Please, preserve me as carefully as the pupil in your eye,  
 and hide me in the shade of your wings  
 from these evil people who are after me  
 from my mortal enemies all around me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, please help me persevere in your service.

*Antiphon 2:* Please come forward, Master, and keep me safe.

II

They have shut up their fat hearts  
 and their mouths do nothing but bluster;  
 but they have surrounded me as I walk along  
 and fix me in their gaze as they crouch down  
 like lions, ready to tear apart their prey—  
 like lion cubs about to spring out of hiding.  
 Please, come forward, YHWH,  
 meet them head-on; knock them down,  
 and with your sword, rescue my life from these blackguards;  
 raise your hand and save me from these men, YHWH,  
 from men who belong to this world, whose reward is in this life,  
 men whose stomachs you fill with exotic delicacies,  
 who have the satisfaction of children,  
 and leave their wealth to their descendants.  
 But I because of my virtue will see your face,  
 and my satisfaction will be to wake up in your company.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Please come forward, Master, and keep me safe.

*Reading*

*1 Peter 1.13-16*

You are to become holy in all of your conduct in the way in which the one who called you is holy; as Scripture has it, “Be holy, because I am holy.”


May your priests have holiness as their robes and may your people dance for joy.

*Prayer*

Dear merciful God, this midday moment of rest is a welcome gift from

you. Please bless the work we have begun, correct its defects, and let us finish it in a way that pleases you. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.

ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

And still the day is with us, though the light  
 Grows dimmer now, and muscles lose their tone.  
 How long is left? If that could just be known  
 The terror from impending darkness might  
 Abate somewhat. We could prolong the fight  
 To finish some of what had been our own  
 Ambitious projects. We have not yet shown  
 What we can do; and now we face the night.

Relax. This shortened time that makes you curse  
 Your impotence is given for your good.  
 You have and had no power—none at all  
 To move the world yourself. See that you call  
 Upon the one who always helped you, as you should;  
 Rely on Him; He runs the universe.

*Antiphon 1:* Please help me, my God, because I am poor and destitute.

Psalm 70

For the leader: of David. For remembrance



Please, my God, hurry to set me free!  
 Come quickly to help me, YHWH!  
 Humiliate and confuse  
     the people who want my harm!  
 Turn back and baffle  
     the ones who sneer at me!  
 And give joy and pleasure to those who look to you;  
     may everyone who turns to you for rescue  
     say always, "God be glorified!"  
 But at the moment, I am poor and destitute  
     and so please hurry to help me, my God,  
 because you are my help and my rescue.  
     YHWH, please do not be long!  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Please help me, my God, because I am poor and destitute.

*Antiphon 2:* God, who is justice and truth, does not base his judgments on appearances.

#### Psalm 75

For the leader: (Do not destroy) A psalm of Asaph: A song  
 Thank you, dear God; thank you so much!  
     Your marvels tell us that your name is with us.  
 "When the time comes that I have chosen,  
     I will hand down my unbiased verdict.  
 Let the earth shake and everyone upon it;  
     still, I have set it upon firm pillars."  
 I tell those who give themselves airs, "Don't be so sure of yourselves,"  
     and to immoral people, "Don't shake your horns  
     and stiffen up your necks when you address me,  
 because triumph does not come from the east,  
     or even from the west or from the south.  
 God is the judge;

he lowers one  
 and elevates another.  
 You see, in YHWH's hand there is a cup  
 and the wine in it is red,  
 it has been mixed completely, and he pours it out,  
 and all the evil people on the earth  
 will drain it to the dregs."  
 But I will have my say forever,  
 and will sing praises to the God of Jacob.  
 And I will lop the horns off immoral heads,  
 but the horns of virtuous people will grow strong.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* God, who is justice and truth, does not base his judgments on appearances.

*Reading* *James 4. 7-8,10*  
 Be subservient to God. Stand up to the devil, and he will run away from you; approach God and he will approach you. Debase yourselves before the Master, and he will elevate you.

God looks kindly on those who respect him, and on those who trust in his mercy.

#### *Prayer*

Master Prince Jesus, to save all mankind you stretched out your arms on the cross. Please let our work be pleasing to you, and have it proclaim your rescue to the world. We make this request of you because you are alive and reigning through all the ages of ages. Amen.

Let us bless the Master. Thank God.

# Vespers



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

How is it, Master, right can feel so wrong?  
 There's that temptation back a month ago  
 That I resisted; and, although I know  
 I did the right thing, I'm a wreck. I long  
 Still, after all this time, to sing the song  
 I stifled then. Where is the triumph? So  
 I won. Convince the corpse down there, and show  
 Him how he's better off that he was strong.

I asked that very question on the cross,  
 You know; I am like you in everything.  
 But this defeat is not a gain for you  
 So much as joining me, as you once asked me to,  
 In pulling out from others evil's sting.  
 And afterwards you'll see it wasn't loss.

*Antiphon 1:* The Master is my light and my rescue; who can frighten me?

## Psalm 27

Of David

I

YHWH is my light and my rescue;  
 who can frighten me?  
 YHWH is the strength of my life;  
 who could intimidate me?  
 When unscrupulous people attack me

and try to eat the meat off my body,  
 it is my enemies and those who hate me  
 who trip and fall.  
 Even if an army sets up camp against me,  
 my heart will not beat fast;  
 and if war breaks out all around me,  
 it does not bother me at all.  
 There is one thing I want from YHWH,  
 and this is what I yearn for:  
 to live in YHWH's house  
 all the days of my life;  
 to see the beauty of YHWH,  
 and to pray in his Temple.  
 And whenever trouble comes upon me.  
 He will find a hiding-place for me within his tent;  
 he will put me out of sight  
 in some remote corner of his lodging  
 or set me high upon a rock.  
 And then my head will rise above  
 my enemies that surround me,  
 and I will offer, there within his tent,  
 my sacrifice of joy,  
 and sing, yes I will sing my praise to YHWH.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* The Master is my light and my rescue; who can frighten me?

*Antiphon 2:* I yearn to look upon you, Master; please do not turn your face away from me.

## II

Then please listen, YHWH, when my voice utters its cry;  
 please have mercy and give me an answer.  
 You said, "Look for my face,"

and I answered, "Yes, YHWH, I look for your face."  
 So do not turn your face away from me,  
 and do not dismiss your slave in anger,  
 because you have been my helper;  
 do not leave and abandon me,  
 God of my rescue.  
 No, when even my father and mother abandon me,  
 YHWH will still take care of me.  
 Please, teach me, YHWH, your ways,  
 and lead me along a smooth path, because of my enemies.  
 Please do not hand me over to the ones who hate me,  
 because lying witnesses are making charges against me,  
 people whose very breath is violence.  
 If it were not for my belief  
 that I would see YHWH's goodness  
 in the land of the living!  
 So wait for YHWH;  
 keep up your spirits.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* I yearn to look upon you, Master; please do not turn your face away from me.

*Antiphon 3:* He is the firstborn of all creation, so that he will have the first place in everything.

*Song*

*Colossians 1.12-20*

We thank the Father who has made you fit  
 to share the inheritance of the Sacred People  
 in the light—  
 and who extricated us from the power of darkness  
 and moved us into the Kingdom of the Son he loves,  
 from whom we have forgiveness and removal of our sins,  
 and who is the visible counterpart of the invisible God,

and the firstborn of the whole of creation,  
 because everything in heaven and on earth  
 was created in him:  
 everything visible and invisible—  
 Thrones, Dominations, Principalities, and Powers, everything—  
 was created through him and for him;  
 he himself exists before everything,  
 and everything is kept in existence in him.  
 He is also the head of the body  
 which is the community.  
 He is its Principality—its ruler and source—  
 the firstborn of the dead,  
 so that he will have the first place in everything;  
 because he thought it proper  
 for all the fullness of being to be located in him,  
 and for everything on earth and in heaven  
 to be brought by him into conformity with him  
 as he made peace  
 by shedding blood on his cross.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* He is the firstborn of all creation, so that he will have the first place in everything.

*Reading*

*James 1.22,25*

And be people who act on what is said, and do not simply listen to it and so contradict yourselves. But if a person looks into the perfect law—the law of freedom—and keeps at it and is not an absent-minded listener but acts on it, he will be successful in what he does.

*Responsory*

Please claim me again as your own, Master, and have mercy on me.  
 Please claim me again as your own, Master, and have mercy on me.  
 Do not abandon me with immoral people; have mercy on me.

Glory to the Father, to the Son, and to the Holy Spirit  
Please claim me again as your own, Master, and have mercy on me.

*Antiphon:* The God of Power has done a mighty deed in me. How holy his name is!

#### Magnificat

My soul is full of the Master's magnificence;  
my spirit is bursting with joy in God, my savior,  
because he has turned his eyes toward his poor little slave,  
and now from this time on people will honor me  
through all the ages to come!  
Yes, the God of Power has done tremendous things in me!  
How holy his name is!  
His kindness reaches from age to age  
to those in awe of him.  
He has flexed his strong right arm;  
and routed arrogance and conceit.  
He has toppled powers from their thrones  
and elevated nobodies;  
he has filled the hungry with the best cuisine  
and sent the rich away with nothing.  
He has given support to his servant Israel,  
just as he told our ancestors,  
remembering to shower his mercies  
on Abraham and his descendants for ever.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* The God of Power has done a mighty deed in me. How holy his name is!

#### Petitions

In everything we do, the Master's name should be being praised, because he surrounds his chosen people with boundless love. So let our prayers

come before him: *Master, please show us your love.*

Please remember your sacred community, Master; please keep her from any harm and let her grow into the fullness of your love. *Master, please show us your love.*

Please have every nation recognize you as the one true God, and your Son Jesus as the Prince you sent. *Master, please show us your love.*

Please bestow prosperity on our neighbors, and give them life and happiness for ever. *Master, please show us your love.*

Please comfort the ones who are burdened with hard labor and daily difficulties, and preserve the dignity of workers. *Master, please show us your love.*

Please open wide the doors of your kindness to those who have died today, and in your mercy accept them into your Kingdom. *Master, please show us your love.*

Master, thank you especially for the favor you have shown me today. *Master, please show us your love.*


Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Master, please watch over us day and night, and in the midst of life's countless changes, give us the strength of your eternal love. We make this request through our Master, Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.




 Compline


Hear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.

Why does our Master take our light away?  
 Just nature's law, you say. But why the law?  
 We need the dark to sleep. You never saw  
 An animal that sleeps throughout the day  
 And roams at night? There must have been some way  
 To make a universe without this flaw  
 Of dark that swallows vision down its craw  
 And hobbles action with its black delay.

But think: Without the dark when could we see  
 The stars and moon, and learn the vastness of  
 This universe? And is it not the same  
 With all life's darkneses, like pain? Why blame  
 Our Lord for this? He chose pain in his love  
 To show its place in what will set us free.

*Antiphon:* I call to you from the depths of the abyss, Master.

Psalm 130

*A song of ascents*

I call you from the depths of the abyss, YHWH;  
 Dear YHWH, please listen to my voice!  
 Please turn an attentive ear  
 to the sound of my plea!  
 YHWH, if you were to keep records of our guilt,  
 who could survive it, YHWH?  
 But with you we find forgiveness,

and this is why we hold you in such awe.  
 I am waiting for YHWH, and my soul is confident,  
 because it has its hope in what he said.  
 My soul is yearning for YHWH  
 more than watchmen yearn for dawn.  
 More than watchmen long for dawn,  
 Israel should long for YHWH,  
 Because with YHWH there is mercy  
 and complete emancipation;  
 and he will set Israel free  
 from all its evil deeds.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now, and always, for ages of ages. Amen.

*Antiphon:* I call to you from the depths of the abyss, Master.

*Reading* *Ephesians 4:26-27*  
 “Be angry and do not sin”; do not let the sun set on your resentment,  
 and don’t leave an opening for the devil.

*Responsory*

I hand over my spirit into your care, Master. I hand over my spirit into  
 your care, Master.  
 because you have redeemed me, faithful Master, my God, I hand over  
 my spirit.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 I hand over my spirit into your care, Master.

*Antiphon:* Please, Master, protect us while we are awake and keep watch  
 over us as we sleep, so that during our waking life we will stay alert with  
 our Prince, and rest in his peace while we sleep.

*Nunc Dimittis*

Now, my Lord and Master, you may dismiss your slave,  
 as you promised, in peace;

because my eyes have seen the rescue you have prepared for us  
within the very sight of all the nations:  
a light to disclose the truth to the Gentiles,  
and the glory of your people Israel.  
Glory to the Father, to the Son, and to the Holy Spirit,  
As in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Prayer**

Master, Prince Jesus, you have given your followers an example of gentleness and humility, a task that is easy, and a burden that is light. Please accept the prayers and work of today, and give us the rest that will strengthen us to provide more faithful service to you, as you live and reign through all the ages of ages. Amen.

May the Omnipotent Master bestow on us a restful night and a peaceful death. Amen.

We salute you, Queen of the heavens;  
we salute you, Mistress of the angels;  
Hail, root, hail gate  
through whom the world's own light has entered!  
Be happy, glorious Virgin,  
beautiful beyond everyone.  
Farewell, surpassing beauty,  
but please intercede with our Prince for us.

# Thursday MATINS

**P**lease, Master open my lips,  
and my mouth will sing your praises.

## Invitation psalm Psalm 95

*Come, let us worship the Master, because he is our God.*

Come let us sing YHWH a song;  
let us shout our joy to the Rock who keeps us safe;  
let us come to him with thanks,  
and sing loud happy psalms to him.

*Come, let us worship the Master, because he is our God.*

Because YHWH is a great God,  
the great king over all the gods;  
The deep abysses of the earth belong to him,  
and the mountain-tops are his as well.  
The sea is his because he made it,  
and so is the land his hands have formed.

*Come, let us worship the Master, because he is our God.*

So come, let us bow down in worship,  
kneeling before YHWH who made us too;  
because he is our God,  
and we are the people in his pasture,  
the sheep his hand leads on.

*Come, let us worship the Master, because he is our God.*  
 Today is the day for you to listen to his voice:  
 “Do not dig in your heels as you did at Meribah,  
 as you acted on that day at Massa in the desert,  
 when your fathers provoked me  
 and tormented me though they had seen what I had done.  
*Come, let us worship the Master, because he is our God.*  
 For forty years I put up with that crowd,  
 saying, ‘they are a people with wandering hearts,  
 with no idea of what I expect of them.’  
 And so I swore in my exasperation,  
 ‘They will not enter my rest.’”  
*Come, let us worship the Master, because he is our God.*  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.  
*Come, let us worship the Master, because he is our God.*

What is the point of dreams, these crazy tales  
 We live through, even though (when once awake  
 Again) we know they’re lies? Why should we slake  
 Our thirst at non-existent streams? What grails  
 Are those we chase with nothing in our sails  
 But phantom wind? I know; it’s for the sake  
 Of clearing out our brains. But should this take  
 A pattern so grotesque that reason quails?

Well, but there’s more than this. When dreams arise  
 And in them we are fooled into the thought  
 That they are real, and then awake and see  
 The different world around us, we can be  
 Accepting of the next life, as we ought.  
 We need reminding where our true life lies.

## First Nocturne

*Antiphon 1:* Master, you are our savior, and so we will praise you for ever.

## Psalm 44

For the leader: a *maskil* of the sons of Korah

## I

Our ears have heard, my God,  
 because our fathers told us,  
 about what you did in our ancestors' time,  
 in those days long past.  
 How your hand drove out the nations and planted them;  
 how you ravaged the peoples and expelled them.  
 Our ancestors did not win the land with their own swords,  
 and it was not their own arms' strength that saved them;  
 it was your hand, your arm, the light from your face;  
 because you loved them.  
 And you are the one who is my King, my God;  
 and so please bestow victory on Jacob.  
 You are the one through whom we are to smash our enemies,  
 through your name we will trample our attackers.  
 I have no faith in my bow,  
 and my sword cannot save me.  
 You are the one to save us from our enemies;  
 you humiliate everyone who hates us.  
 God is our pride all through the day;  
 the one whose name we praise for ever.  
 Yet now you are throwing us away, disgracing us.  
 You do not go out with our armies;  
 you make us retreat before our enemies  
 and people full of hatred plunder us.  
 You hand us over as if we were sheep to be eaten  
 and scatter us all through the Gentiles.  
 You auction off your people for nothing,

not even gaining by the sale.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, you are our savior, and so we will praise you for ever.

*Antiphon 2:* Please spare us, Master; do not disgrace your own people.

II

You are making us an object lesson to our neighbors,  
 something to scoff and sneer at by everyone around us.  
 You have turned us into a laughingstock for Gentiles,  
 something for the people to shake their heads at.  
 My disgrace is there before me all the time;  
 my face covered with the red of shame  
 at the sound of people jeering and calling names,  
 and at the sight of enemies exacting vengeance.  
 And all this came on us  
 though we did not forget you  
 and did not break your Treaty.  
 Our hearts have not slipped back  
 and our steps have not strayed off your path.  
 And yet you smashed us and left us to the jackals  
 and covered us with death's dark shadow.  
 If we had forgotten our God's name  
 and lifted up our hands to a foreign god  
 would God not have discovered it?  
 He knows the secrets in our hearts.  
 No, it is for your sake we are killed all through the day  
 and are thought of as nothing but sheep for slaughter.  
 Wake up, YHWH, please! Why are you sleeping?  
 Come out to us! Do not throw us away forever!  
 Why are you hiding your face,  
 oblivious of our agony and oppression?

Our lives are crushed down into dirt  
 and our bodies are stretched out upon the ground.  
 Please, come forward and help us;  
 ransom us, if only for your mercy's sake!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Please spare us, Master; do not disgrace your own people.

*Antiphon 3:* Give praise to the Master, your God; bow before his holy mountain.

Psalm 99

YHWH is ruling as King;  
 people should tremble in fear!  
 His throne is upon cherubim;  
 the earth should quake!  
 Yes, YHWH is great in Zion  
 and is supreme over all peoples;  
 and so they should praise his great and awesome name,  
 because it is holy, sacred.  
 His majesty the King loves justice,  
 and has as his country's constitution fairness;  
 you have established justice and honesty in Jacob.  
 Proclaim how high and great is our God YHWH,  
 and give him worship at his footstool,  
 because he is holy, sacred.  
 He had Moses and Aaron among his priests,  
 and Samuel was one who invoked his name;  
 they called upon YHWH, and he answered them,  
 speaking from a pillar of cloud;  
 and they followed the orders and commands he gave them.  
 Yes, you answered them, YHWH, God of ours;  
 you were the God Who Forgives for them,  
 even though you punished what they did.



Proclaim how high and great is our God YHWH,  
 and give him worship at his holy hill,  
 because our God YHWH is holy, sacred!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Give praise to the Master, your God; bow before his holy mountain.

Please open my eyes, Master, for me to see the wonders of your Law.

Reading 1 (from the Proper)

Second Nocturne

*Antiphon 1:* Master, please do not punish me in your anger.

Psalm 38

A psalm of David. For remembrance

I

YHWH, please do not shout at me in your anger,  
 and in your rage, please do not slap me.  
 Your arrows have already sunk deep into me,  
 and your hand has crushed me to the ground.  
 There is no vigor left in my body  
 because of your displeasure,  
 no soundness in my bones  
 because of my sin.  
 I have piled my crimes up higher than my head,  
 and they are too heavy a load for me to lift.  
 My wounds are foul-smelling, full of pus,  
 because of my stupidity.  
 My anguish has bent me double,  
 and I go about moaning all day long;  
 my stomach is burning up with fever;

nowhere in my body is there any health.  
 I am feeble and decrepit,  
 whimpering in the turmoil of my heart.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, please do not punish me in your anger.

*Antiphon 2:* Master, you know everything I long for.

## II

YHWH, all I long for is there before you,  
 my moans are not something you cannot hear;  
 Please! My heart is throbbing, my strength is gone,  
 even the light has fled my eyes.  
 And my loved ones and friends avoid me like a plague;  
 even my relatives keep their distance,  
 while those who want me dead put snares in my path,  
 and in their hatred try to ruin me;  
 they scheme all day how they can get the better of me.  
 And like a deaf man, I cannot hear it,  
 and I am like a dumb man who cannot answer it;  
 Yes, just like the deaf, I hear nothing at all,  
 and like the dumb, I say not a word in my defense.  
 I have nothing but hope in you, YHWH,  
 that you will hear all this, YHWH, my God.  
 I said to you, "Please listen to me; keep them from gloating,  
 Do not let them triumph over me when my foot slips!"  
 Because I am about to collapse  
 with my agony always there before my eyes;  
 I will confess the wrong I have done;  
 I will deplore my sin.  
 But I have enemies—healthy, strong ones,  
 and there are more and more who hate me every day.  
 They do me harm to pay back the good I did them,

and they attack me for doing what is right.  
 Please, YHWH, do not leave me alone!  
 My God, do not be so far away!  
 Hurry, please, and help me,  
 YHWH, my rescue!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Master, you know everything I long for.

*Antiphon 3:* Glorious things are said about you, city of God.

Psalm 87

A psalm of the sons of Korah. A song

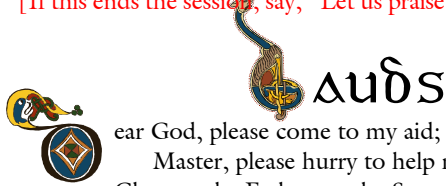
YHWH has set himself up on his holy mountain;  
 and he loves the gates of Zion  
 more than any other residence in Jacob.  
 Glorious things are said about you,  
 city of God!  
 “I will include Egypt and Babylon  
 among those who know me.  
 Yes, Philistia, Tyre, and Ethiopia will say,  
 “This man was born there.”  
 And it will be said of Zion,  
 “This man and that one were born in her,  
 and the Supreme Being Himself founded her!”  
 And YHWH will record  
 in his registry of human beings,  
 “This man was born there!”  
 And people will play their instruments and sing,  
 “You are the source of everyone!”  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Glorious things are said about you, city of God.

Please Open my eyes, Master, for me to see the wonders of your Law.

Reading 2 (from the Proper)

[If this ends the session, say, "Let us praise the Master and thank him."]



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

The day, my Lady, dawn came on the earth,  
 You had to choose to bring the world its light.  
 What were you thinking, at that awesome sight  
 That greeted you and told you of the birth  
 You knew God closed to you? Yet from your dearth  
 Of understanding, you chose what was right,  
 And kept the world from everlasting night.  
 By choosing to submit you proved your worth.

You teach us that we need not know; that we  
 Are always ignorant, and make our choice  
 In blindness of the consequence. Then how  
 Can we discover what we should do now?  
 Submit, in hope that later we'll rejoice.  
 It is the *unknown* truth that sets us free.

*Antiphon 1:* Wake up, lyre and harp; let us waken the dawn with our  
 praise.

Psalm 57

For the leader: (Do not destroy) a *miktam* of David, when he fled from Saul into  
 the cave

Please have mercy on me, my God! Have mercy on me  
because my soul has put its trust in you,  
and I will hide myself away under the shade of your wings  
until the storms have passed.  
When I call out to the Supreme God,  
the God who acts on my behalf,  
he sends help from heaven to save me.  
He condemns the ones who want to swallow me alive,  
and sends me his mercy and his truth.  
But now my soul is in a lions' den,  
here among these savages  
who are all aflame at me,  
with teeth of spears and arrows  
and tongues that are sharpened swords.  
My God, rise up above the sky  
and shine your glory over the earth!  
Because they laid a net down to catch my feet,  
and my life was crushed down;  
yes, they dug a pit in my path—  
but they fell into it themselves!  
My heart is firm, my God; my heart is firm,  
and I will sing your praises.  
Wake up, my soul!  
Wake up, lyre and harp!  
I will waken the dawn!  
I thank you, YHWH, here among the Gentiles,  
and I praise you among these foreigners,  
because your mercy reaches high into the sky  
and your truth goes up beyond the clouds.  
My God, rise up above the sky,  
and shine your glory over all the earth!  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Wake up, lyre and harp; let us waken the dawn with our

praise.

*Antiphon 2:* My people, says the Master, will be filled with my blessings.

*Song*

*Jeremiah 31.10-14*

Listen, Gentiles, to what YHWH says,  
 and repeat it on the far shores and say,  
 “The one who scattered Israel will gather them  
 and tend them as a shepherd tends his flock.”  
 Because YHWH has bought Jacob back  
 and paid the ransom to the one who bested them;  
 and so they will come and sing on Zion’s top  
 as they stream in to enjoy all of YHWH’s blessings:  
 the wheat, the new wine, the oil,  
 the new births in the flocks and herds.  
 They will be like well-watered gardens,  
 and never again taste grief.  
 “And then their maidens will dance for joy  
 with the young and old men, all together;  
 because I will turn their suffering to happiness.  
 I will be their comfort  
 and give them pleasure instead of pain.  
 I will give the priests all they could want and more  
 and fill my people up with all my blessings,” says YHWH.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* My people, says the Master, will be filled with my blessings.

*Antiphon 3:* The Master is magnificent and deserves praise in our God’s city.

**Psalm 48**

A psalm of the sons of Korah. A song  
 YHWH is magnificent, and deserves tremendous praise

in our God's city,  
 on his holy mountain,  
     so beautiful as it rises up above us;  
     the joy of all the earth.  
 Mount Zion is the real north pole,  
     it is the great King's city;  
 God is in her palaces  
     and is known to be her guardian.  
 Because once when kings joined forces  
     and advanced against her,  
 they took one look and were dumbfounded,  
     and in their dismay, they fled in terror;  
 because dread overwhelmed them,  
     as painful as a woman's labor,  
 as if they were ships from Tarshish  
     smashed to pieces by the fierce east wind.  
 And what we had heard, we saw for ourselves  
     here in the city of our God,  
 in the city of YHWH, who commands our army;  
     YHWH will keep its foundations firm forever.  
 Dear God, we ponder your great generosity  
     here within your Temple.  
 Like your name YHWH,  
     praise to you spreads over the earth.  
 Your hand is full of virtue,  
     and Mount Zion is full of contentment.  
 And Judah's daughters should celebrate  
     the ruling you pronounced.  
 Take a tour of Zion,  
     walk all through her;  
 count her towers,  
     notice all her ramparts,  
 examine all her castles  
     so you can tell the generation to come  
 that this is what our God is—

our God for ever and ever;  
because he will be our guide  
until our death.

Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* The Master is magnificent and deserves praise in our God's city.

*Reading*

*Isaiah 66.1-2*

This is what is said by YHWH:

“Heaven is the throne on which I sit,  
and earth is the footstool for my feet.

Where do you think to build a house for me,  
and where would you find a place for me to rest?

I made all of this with my own hands:  
everything that ever came to be,” says YHWH.

“But I will turn my gaze upon  
a person who is poor and repentant,  
who trembles when I speak.”

*Responsory*

I cry to you from the abyss within my heart; please give me a hearing,  
Master. I cry to you from the abyss within my heart; please give me a  
hearing, Master.

I will do what you desire; please give me a hearing, Master.

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

I cry to you from the abyss within my heart; please give me a hearing,  
Master.

*Antiphon:* If we serve the Master with holiness, he will save us from our  
enemies.

*Benedictus*

Praises to the God of Israel,



because he has turned his eyes toward his people and set them free,  
 and to rescue us has fashioned for our head a horn  
 in the house of his servant David—  
 just as he promised  
 through the mouths of his holy prophets in olden times—  
 bringing rescue from our enemies  
 and escape from the hands of everyone who hates us.  
 A work of kindness to our fathers,  
 recalling his sacred Treaty,  
 the oath he swore to our father Abraham  
 to grant us freedom from the grasp of our enemies  
 to worship him without fear  
 in holiness and virtue every day of our lives.  
 And you, my child, will be called the prophet of God Supreme;  
 you will precede his coming  
 to prepare the roads for the Master;  
 to make his people aware of their liberation  
 as their sins are removed from them  
 because of the tender kindness of our God,  
 by the new dawn from heaven that will rise on us  
 to shine on those who live in darkness and the shadow of death,  
 and to place our feet upon the path of peace.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* If we serve the Master with holiness, he will save us from our enemies.

#### Petitions

The Master Prince Jesus has given us the light of another day. In return, we thank him by crying, *Master, please bless us and bring us close to you.*

You offered yourself as a sacrifice for our sins, and so please accept our offering of our work today. *Master, please bless us and bring us close to you.*

You bring us joy by the light of another day, and so please let the

morning star rise within our hearts *Master, please bless us and bring us close to you.*

Please give us the strength to be patient with those we meet today, and in so doing imitate you. *Master, please bless us and bring us close to you.*

Please make us aware of your mercy this morning, Master, and have us find our joy in your strength. *Master, please bless us and bring us close to you.*

Master, please bestow on me the special favor that I ask you today. *Master, please bless us and bring us close to you.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

### Prayer

Omnipotent, eternally living God, we beg you in the morning, as we do at noon and evening, please drive out of our hearts the darkness of sin and bring us to the light of your truth, Prince Jesus, who is alive and reigning with you and the Holy Spirit as one God through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.



ear God, please come to my aid;

Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit  
As in the beginning, so now and always, for ages of ages. Amen.

I think I understand why Israel

Could turn aside and build the golden calf  
 In spite of all they'd seen in Egypt—half  
 Of which some sorcerer of Egypt's spell  
 Could duplicate. I would have thought as well  
 It must have been a trick; how could a staff  
 Become a snake? And why? It is to laugh.  
 And here we are trapped in this desert hell!

We don't believe our eyes because it's all  
 Too good to be what happens in this world.  
 If he loves us so much, why all this pain?  
 It is *because* we turn our backs, and feign  
 To rule our lives ourselves, with flags unfurled.  
 We close our ears, and so can't hear his call.

*Antiphon 1:* During my pilgrimage I have kept your commandments.

Psalm 119



Give attention, please, to what you said to your slave,  
 to what has been the source of my hope.  
 It is my solace in my troubles,  
 because what you say gives me life.  
 Arrogant fools sneer at me,  
 because I did not stray from your law;  
 I remembered your ancient orders, YHWH,  
 and these have been my strength.  
 I am filled with indignation  
 at these evil people who have abandoned your Law.  
 Your regulations have been the song I sing  
 in the land where I am a pilgrim.  
 I recall your name in the night, YHWH,  
 and that helps me keep your Law.  
 It has been my blessing  
 because I hold to your rules.  
 Glory to the Father, to the Son, and to the Holy Spirit

as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* During my pilgrimage I have kept your commandments.

*Antiphon 2:* I have pondered your ways and turned back to your teaching.



**Psalm 119**

ave the share I am served be yourself, YHWH,  
because I said I would keep what you say.

I begged for your favor with all my heart,  
and so be merciful to me, as you have said.

I pondered my behavior  
and turned my steps to your orders;  
I hurried to them; I did not waste time  
in keeping your commandments.

Ropes from evil people have tied me up,  
but I have not forgotten your Law.

I rise at midnight to thank you  
because of your honest verdicts.

I am a friend of everyone who holds you in awe  
and who keeps your regulations.

YHWH, all the earth is full of your mercy;  
please teach me your rules.

Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* I have pondered your ways and turned back to your teaching.

*Reading*

*Amos 4.13*

Note this:

The one who molds mountains  
and creates the wind,

who tells humans what he is thinking,  
 who made the dark before the dawn  
 and strides over the highest peaks on earth—  
 is the one whose name is YHWH, the God of armies.

Bless the Master, all of you creatures of the Master; praise and give glory  
 to his name.

Prayer

Master, in the middle of the morning you gave your Holy Spirit to your  
 Emissaries as they gathered to pray; please give us too a share in the life  
 and love your Spirit brings. We make this request through our Master the  
 Prince. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

I'm sorry, but it's hard to thank you when  
 It seems my face gets slapped the whole day through.  
 I know if I looked deep, I'd see that you  
 Had blessed my life more than most other men  
 With health, enough to eat, and leisure; then  
 Why do I fret? Because I try to do  
 Your work, and every day I get a new  
 Rebuff; I start once more—and fail again.

I understand, so do not waste your breath  
 Apologizing; just do not forget

That you once asked me to create a saint  
 Of that dung that you are. Well, do not faint  
 When I fulfill your wishes, and just let  
 Me work. With you, success comes after death.

*Antiphon 1:* Please guide me in your truth, Master.

Psalm 25

Of David

I



ll my soul I lift  
 to you, YHWH,  
**B**ecause all my trust is in you, my God;  
 please do not disappoint me  
 or let my enemies gloat over me.  
 Can anyone who waits for you be disappointed?  
 Frustration is for those who cheat with no provocation.  
**D**own your paths is where I hope you lead me, YHWH,  
 please teach me your ways.  
**E**ducate me in your truth and lead me,  
 because you are the God who keeps me safe,  
 and I wait for you all day long.  
 Please remember, YHWH, your loving mercy and your tenderness  
 as they have existed from ancient times,  
 and do not recall the sins I committed while I was young  
 or all the mistakes I made;  
 no, remember me, please, in mercy  
 if only for your own goodness, YHWH.  
 Yes, YHWH is good and honorable,  
 and so he teaches even sinners his ways;  
 he guides the humble into the way of virtue,  
 and shows the little people his way.  
 And all of YHWH's ways are mercy and truth  
 to those who keep his Treaty and his decrees;  
 and so for your name's sake, YHWH,

please pardon my wrong, because it is a great one.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Please guide me in your truth, Master.

*Antiphon 2:* Please look upon me, Master, and help me, because I am  
 poor and alone.

## II

Who is the man who holds YHWH in awe?  
 He will teach him his chosen way.  
 And he will live in plenty  
 and his descendants will inherit his land.  
 Intimacy with YHWH is for those who respect him,  
 and he will show them his Treaty.  
 My eyes are always turned toward YHWH,  
 and he will pull the net off my feet.  
 Please turn toward me and have mercy on me,  
 because I am alone and miserable  
 and the troubles in my heart have grown so large!  
 Please set me free from all this anguish!  
 Please turn your eyes to my sorrow and my pain  
 and forgive all these sins of mine.  
 And think of my enemies, please; there are so many of them,  
 and they hate me viciously;  
 preserve my life and set me free;  
 and keep me from disgrace, because I put my trust in you.  
 May honesty and forthrightness protect me,  
 because I rely on you.  
 Please ransom Israel, my God,  
 from all their troubles.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Please look upon me, Master, and help me, because I am poor and alone.

*Reading*

*Amos 5.8*


He made the Pleiades and Orion;  
 he turns the shadow of death into morning,  
 and darkens day back into night;  
 He summons the water from the sea  
 and pours it on the face of the earth.  
 His name is YHWH.

Beauty and wealth are all around him; richness and splendor adorn his holy place.

*Prayer*

Omnipotent, eternally living God, with you there is no darkness, and nothing can be hidden from you. Please fill us with the radiance of your light, so that we can understand the law you have given us and live it with generosity and faith. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.

ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

I know; I make too much of all my “pain.”  
 I melodramatize these tiny sores  
 I feel inside whenever I find doors  
 I wanted to go through slam shut. And rain  
 Falls now and then. Well, gee! It’s not the bane  
 Of all existence, is it? Not when scores



Of people almost cannot breathe, with pores  
All clogged with pus. And I dare to complain?

But that's not all there is to it, you see.  
Your pain is really longing. I know you.  
I call it "hope," the fact you're not at home  
And always restless under heaven's dome.  
This pain is what you feel when you are true;  
It is your sign you still belong to me.

*Antiphon 1*: Please help us, God, our Savior, and pardon all our sins.

Psalm 79

A psalm of Asaph

My God, the Gentiles have invaded your inheritance!  
They have defiled your holy Temple!  
They have turned Jerusalem into piles of trash,  
and given the corpses of your slaves  
to the birds from the sky for their food,  
and meat from your sacred bodies to wild beasts.  
They have poured blood like water all over Jerusalem,  
and no one is left to bury the dead.  
We have become the contempt of our neighbors,  
the scorn and ridicule of everyone around us.  
How long is this to be, YHWH?  
Will your anger last forever?  
Will your indignation burn us up in its fire?  
Pour your wrath on nations that do not know you,  
on the kingdoms that do not invoke your name!  
Because they have eaten Jacob alive  
and wrecked his home!  
Please, please, do not hold the wrongs of our past against us;  
come to us soon with your loving mercy  
because we have been so crushed down;  
so please help us, God of our rescue—

If only for the glory of your name—  
 and set us free and give us atonement for our sins—  
 if only for your name's sake.  
 Why should the Gentiles say,  
 "Where is your God?"  
 Have it known to these nations as we watch  
 what the vengeance is like for your servants' blood  
 which they have spilled.  
 May the groans of us prisoners come before you;  
 and in your great power  
 save the lives of those condemned to death,  
 and pay back seven times over into their hearts  
 the scorn that they have heaped  
 upon you, YHWH.  
 Then we, your people and the sheep in your pasture,  
 will thank you eternally;  
 we will sing your praises through all the generations.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Please help us, God, our Savior, and pardon all our sins.

*Antiphon 2:* God of power, please look down from heaven and come to tend this vine.

#### Psalm 80

*For the leader: to the tune of "lilies." A psalm of Asaph*  
 Please give us a hearing, shepherd of Israel,  
 who used to shepherd Joseph as if they were your flock,  
 Living there among the cherubim, please shine down  
 on Ephraim, Benjamin, and Manasseh;  
 please gather your strength  
 and come to save us!  
 Please, God, bring us back;  
 Shine your face on us

and we will be saved!  
YHWH, God of our army,  
    how long will you be angry  
    and ignore your people's prayer?  
You gave them tears instead of bread  
    and nothing but floods of tears to drink;  
you made us the scorn of our neighbors,  
    a thing for them to laugh at.  
Remember, once there was a vine you brought from Egypt;  
    you drove out the nations and set it down here.  
You dug up the ground for it  
    and planted it where it took deep root.  
And it filled the land;  
    it covered the hillsides with its shade,  
    and climbed up the mighty cedars.  
It reached its branches to the ocean  
    and sent tendrils out as far as the River.  
But then why did you break down its hedges  
    so that every passerby can pick its fruit?  
Boars come from the woods and dig it up,  
    and wild beasts in the fields forage on it.  
Come back, we beg you, God of our army!  
    Look down from heaven and see us!  
Come to visit this vine  
    and the vineyard planted by your own right hand,  
    the branches you cultivated yourself.  
It has been seared in fires, cut down,  
    and withered from the frown upon your face.  
Please, place your hand upon the man you set beside you,  
    that poor mortal man that you yourself made strong,  
and we will never turn away from you again.  
    Restore our life and we will act only in your name.  
Please, YHWH, leader of our army, bring us back;  
    shine your face upon us  
    and we will be saved.

Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* God of power, please look down from heaven and come to tend this vine.

*Reading*

*Esther 10.6*

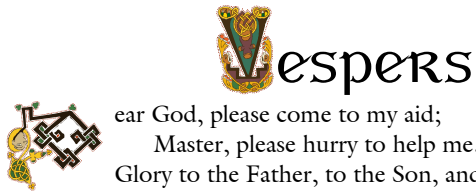
But my people is Israel, who called out to God and was saved. YHWH saved his people and set us free from all these troubles. God performed miracles and astonishing things, things that never happened before among the Gentiles.

I will proclaim your goodness, Master, because you have answered me, and have come to my rescue.

*Prayer*

Master, please help us follow the example of your Son's fortitude and perseverance, so that we can face all life's difficulties with confidence and faith. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

Please, Master, when can I go home? What more  
Could you still have for me to do? I know,  
I asked to finish one task still to go  
Before I leave. Is that the only chore

That keeps me here? Or do I have in store  
 Some other work to fail at, some new woe,  
 Some new frustration I must undergo  
 Before I set off for the other shore?

Now, now, my child, I do not make you wait  
 To torture you, and nail you to my cross  
 As if that were a virtue. No, what I  
 Am doing will ensure that when you die  
 You'll do enough to not say, to your loss,  
 "I should have thought of that! And it's too late!"

*Antiphon 1:* I called out to you, Master, and you healed me; I will praise  
 you for ever.

**Psalm 30**

*A psalm. A song for the dedication of the Temple. Of David*

I will glorify you, YHWH, because you lifted me up  
 and did not let my enemies gloat over me.  
 YHWH, my God, I cried out to you  
 and you cured me.  
 YHWH, you brought my soul up out of the grave,  
 and gave me life, kept me from falling into the abyss.  
 Sing praise to YHWH, sacred people that belong to him,  
 Thank him every time you think of his sacred name,  
 Because his anger lasts no more than just an instant,  
 but his favor is for life.  
 You may weep one night,  
 but then with the morning comes joy.  
 Once when things were going well, I said,  
 "Nothing can dislodge me.  
 YHWH, with your blessings you have put me on a solid mountain."  
 Then you turned your face away, and I cringed;  
 I called out to you, YHWH,  
 I sent YHWH an urgent plea,

“What use is my blood  
 if I go into the abyss?  
 Will dirt praise you?  
 Will it tell the truth about you?  
 Please listen to me, YHWH, and have mercy on me!  
 Please, YHWH, be my savior!”  
 And then you turned my grief into a dance;  
 you took off my sackcloth and dressed me in happiness.  
 And so now my soul sings praise to you and refuses to be still;  
 YHWH, my God, I will thank you for all eternity.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* I called out to you, Master, and you healed me; I will praise you for ever.

*Antiphon 2:* It is such a blessing for a man to be sinless in God’s eyes.

Psalm 32

Of David. A *maskil*

It is such a blessing for a man to have his fault forgiven,  
 and have his sin buried!  
 It is a wonderful thing for YHWH not to think of a man’s wrongs,  
 and for him not to have to act the hypocrite!  
 While I was silent, my very bones grew feeble  
 from my agonizing all day long;  
 because day and night your hand was heavy upon me,  
 and sapped my vigor as surely as summer’s heat.  
 But then I admitted my sin to you,  
 and did not hide the wrong that I committed;  
 I said, “I will confess my faults to YHWH,”  
 and you forgave the wrong my sin contained.  
 And this is why every follower of God should worship you,  
 whenever you need to be nearby.  
 Yes, the flood waters may be rising high,

but they will not come up to him.  
 You are the corner that I hide in,  
     and you will keep me safe from trouble;  
     you make me hear songs of rescue all around me.  
 I will educate you, you people, teach you in the way to go;  
     I will guide you and keep watch.  
 And do not be like horses or mules  
     that have no understanding,  
 and must be restrained with bits and bridles  
     or they will not come close to you.  
 Evil people have nothing but sorrow,  
     but mercy is all around a man who trusts in YHWH.  
 Find your happiness in YHWH, take pleasure in him, good people;  
     and then shout out your joy from all your honest hearts.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* It is such a blessing for a man to be sinless in God's eyes.

*Antiphon 3:* The Father has given the Prince all his power, honor, and royalty; every person is to obey him.

*Song* *Revelation 11.17-18,12.10-12*  
 Thank you, Master God, Ruler of All,  
     who are and who were,  
 because you have taken up  
     your great power  
     and begun to rule.  
 The nations ranted,  
     and your wrath came  
 and the moment for judging the dead  
     and giving your reward  
 to your slaves the prophets  
     and to the sacred ones  
 and those who fear your name,

small and great.  
 Now the rescue and the power  
     and the Kingdom of our God has come,  
     and the authority of his Prince;  
 because the accuser of our brothers  
     has been thrown down:  
 the one who kept accusing them  
     before God day and night;  
 and they have conquered him  
     because of the blood of the Lamb  
 and because of the words of his testimony  
     and they did not love their souls to death.  
 And so celebrate, heaven,  
     and those who make their home in it!  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* The Father has given the Prince all his power, honor, and royalty; every person is to obey him.

*Reading*

*1 Peter 1.6-9*

This should be a source of joy for you, if there must at present be a brief period when you suffer various troubles; so that the refined core of your faith, so much more valuable than ephemeral gold refined by fire, will be found to be to your praise, your glory, and your dignity when Prince Jesus comes out of his concealment. He is the one whom you love without having seen him, the one in whom even now without seeing you believe; the one who comprises your indescribable, sublime happiness, as you make your own the purpose of your faith: the emancipation of your souls.

*Responsory*

The Master has given us food: bread made from the finest wheat. The Master has given us food: bread made from the finest wheat.  
 And honey from the rock, as much as we could want; and bread



made from the finest wheat.  
Glory to the Father, to the Son, and to the Holy Spirit  
The Master has given us food: bread made from the finest wheat.

*Antiphon:* God has toppled powers from their thrones and elevated nobodies.

**Magnificat**

My soul is full of the Master's magnificence;  
my spirit is bursting with joy in God, my savior,  
because he has turned his eyes toward his poor little slave,  
and now from this time on people will honor me  
through all the ages to come!  
Yes, the God of Power has done tremendous things in me!  
How holy his name is!  
His kindness reaches from age to age  
to those in awe of him.  
He has flexed his strong right arm;  
and routed arrogance and conceit.  
He has toppled powers from their thrones  
and elevated nobodies;  
he has filled the hungry with the best cuisine  
and sent the rich away with nothing.  
He has given support to his servant Israel,  
just as he told our ancestors,  
remembering to shower his mercies  
on Abraham and his descendants for ever.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* God has toppled powers from their thrones and elevated nobodies.

**Petitions**

Our hope is in God, who gives us help; and so let us call upon him and

say, *Master, please look kindly on your children.*

Master, our God, you made an eternal Treaty with your people; please keep us in mind of your mighty deeds. *Master, please look kindly on your children.*

May your faithful people grow toward perfect love, and be preserved in unity by the bond of peace. *Master, please look kindly on your children.*

Please be with us in our task of building an earthly home, so that our building will not be useless. *Master, please look kindly on your children.*

Please send workers into your vineyard and glorify your name among all nations. *Master, please look kindly on your children.*

Please welcome into the company of your holy ones in heaven all my relatives and loved ones who have died, and may I one day share in their happiness. *Master, please look kindly on your children.*

Thank you, Master, for the favor you have granted me today. *Master, please look kindly on your children.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Father, you light up the night and bring us dawn to scatter its darkness; please help us through the night safely, free from Satan's manipulating, so that we will rise when morning comes to thank and praise you once again. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.


 Compline


Hear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

It seems like such an evil time, this night  
 Of dread and unseen menace, even when  
 We know the day has all but come again.  
 And so we wait and quake, and strain our sight  
 At thicker shades, and curse the lack of light  
 That turned our broad-backed earth into a fen  
 Of quicksand, making us, instead of men,  
 Gibbering cowards, robbed of all our fight.

And so you think your eyes are what you use  
 To give you strength? You *have* no strength, you fool.  
 Your present blindness lets you see the facts  
 About your life and God; it's he who acts  
 By wrapping you in sightless peace. Be cool;  
 If he is here what do you have to lose?

*Antiphon:* My body will rest in you, my God, with hope.

Psalm 16

*A miktam of David*

Keep me safe, my God, because I put my trust in you.

I say to YHWH,

“You are my God;

whatever good I have is nothing without you.”

And your sacred people here on earth

are wonderful folk, a complete pleasure to be with.

Those who choose foreign gods only add to their troubles;

I will never make their blood-offerings  
 or let their names pass my lips.  
 No, you, YHWH, are my serving, the cup I drink;  
 you are the reward I aim for.  
 The land marked out for me delights me;  
 my inheritance is a good one.  
 I will sing the praise of YHWH, who gives me guidance,  
 who prompts my heart even at night.  
 I keep YHWH always within view,  
 and with him beside me, what can dislodge me?  
 And that is why my heart is cheerful, my soul joyous,  
 and even my body is at rest in hope;  
 because you will not leave my soul beneath the ground  
 or let your holy one know decay.  
 You will show me the path to life,  
 complete happiness in your presence;  
 eternal joy beside you.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* My body will rest in you, my God, with hope.

*Reading*

*1Thessalonians 5:23*

May the God of peace make you completely holy; may he make your spirit, soul, and body into one whole, blameless person and keep it that way until our Master Prince Jesus joins us.

*Responsory*

I hand over my spirit into your care, Master. I hand over my spirit into  
 your care, Master.  
 because you have redeemed me, faithful Master, my God, I hand over  
 my spirit.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 I hand over my spirit into your care, Master.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Nunc Dimittis**

Now, my Lord and Master, you may dismiss your slave,  
as you promised, in peace;  
because my eyes have seen the rescue you have prepared for us  
within the very sight of all the nations:  
a light to disclose the truth to the Gentiles,  
and the glory of your people Israel.  
Glory to the Father, to the Son, and to the Holy Spirit,  
As in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Prayer**

Dear God our Master, please send peaceful sleep to refresh our tired bodies. May your help always renew us and keep us strong in your service. We make this request through our Master, the Prince. Amen.

May the Omnipotent Master bestow on us a restful night and a peaceful death. Amen.

We salute you Mary, favorite of God; the Master is with you. You are the most remarkable woman in the world, for becoming the mother of such a remarkable child as Jesus. Holy Mary, mother of God, please pray for us sinners now and also at the moment of our death. Amen.



lease, Master open my lips,  
and my mouth will sing your praises.

Invitation psalm  
Psalm 95

*Come, let us thank the Master, because his great love is eternal.*

Come let us sing YHWH a song;  
let us shout our joy to the Rock who keeps us safe;  
let us come to him with thanks,  
and sing loud happy psalms to him.

*Come, let us thank the Master, because his great love is eternal.*

Because YHWH is a great God,  
the great king over all the gods;  
The deep abysses of the earth belong to him,  
and the mountain-tops are his as well.  
The sea is his because he made it,  
and so is the land his hands have formed.

*Come, let us thank the Master, because his great love is eternal.*

So come, let us bow down in worship,  
kneeling before YHWH who made us too;

because he is our God,  
and we are the people in his pasture,  
the sheep his hand leads on.

*Come, let us thank the Master, because his great love is eternal.*

Today is the day for you to listen to his voice:  
“Do not dig in your heels as you did at Meribah,  
as you acted on that day at Massa in the desert,  
when your fathers provoked me  
and tormented me though they had seen what I had done.

*Come, let us thank the Master, because his great love is eternal.*

For forty years I put up with that crowd,  
saying, ‘they are a people with wandering hearts,  
with no idea of what I expect of them.’

And so I swore in my exasperation,  
‘They will not enter my rest.’”

*Come, let us thank the Master, because his great love is eternal.*

Glory to the Father, to the Son, and to the Holy Spirit,  
As in the beginning, so now and always, through all the ages of ages.  
Amen.

*Come, let us thank the Master, because his great love is eternal.*

If only you would tell us what you want,  
There might be hope that we could do your will.  
It’s true, you’ve spelled out your displeasure; still  
What of those crossroads where the prospects taunt  
Us with two goods, which even a savant  
Would hesitate to choose between, until  
He’d seen the outcome? Should I climb that hill,  
Or stay down in this valley? It would daunt

St. Benedict to fathom what to do—  
But you are silent. What do you want done?

My little fool; I have no preference.  
 I made you free, and if you've any sense,  
 You'll know that I want *you* to choose; the one  
 Who fashions my eternal plan is you.

### First Nocturne

*Antiphon 1:* Master, please come forward and help me.

### Psalm 35

Of David

#### I

Please take up my case, YHWH, against those who are suing me,  
 and fight against those who are fighting me.  
 Please put on your armor and take your shield  
 and stand in front of me to protect me;  
 draw your spear out of its sheath  
 and stop the people who are chasing me;  
 and tell my soul,  
 "I am your rescue."  
 Please, humiliate and disgrace  
 the people who are out to kill me;  
 turn back and rout  
 those who are plotting my ruin.  
 Make them into chaff blown by the wind,  
 as YHWH's angel comes in pursuit of them;  
 and make their roads dark and slippery,  
 as YHWH's angel comes behind them;  
 because for no reason they have hidden nets and pitfalls in my path;  
 they dug them to kill me, for no reason at all.  
 Make ruin crash down on them all at once  
 and have them fall into the nets they set themselves;  
 let their own devices turn on them and ruin them.  
 Then my soul will celebrate YHWH  
 and shout with joy at my rescue.



All my bones will say,  
 “YHWH, is there anyone like you?  
 You set a poor man free from those he is no match for—  
 yes, a poor and destitute man was freed from looters!”  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, please come forward and help me.

*Antiphon 2:* Omnipotent Master, please stand by me and defend me.

II

You see, dangerous witnesses have come forward,  
 asking me questions I cannot answer.  
 They are paying me harm for the good I did them,  
 and crushing my soul with grief.  
 Yet what did I do when they were sick?  
 I dressed myself in sackcloth,  
 I lowered myself so far as not to eat,  
 and prayed from the bottom of my heart;  
 I paced the floor as if they were my friends, my brothers—  
 I was bent over as if I were grieving for my mother.  
 But they take pleasure in my trouble!  
 They ganged up on me;  
 they all went on the attack  
 before I could discover it.  
 They kept tearing me apart,  
 like carousing diners tearing meat at a feast,  
 and ground me down between their teeth.  
 YHWH, how long will you simply be a spectator?  
 Please, rescue me from the havoc they are causing;  
 save my dear life from all these lions.  
 Then I will thank you in the public square  
 and praise you before vast throngs.  
 Please, do not let those turncoats gloat;

do not let those who hate me for no reason  
 wink at each other that they have won.  
 Because they will not negotiate for peace;  
 no, they will think up some devious scheme  
 against the gentle people living in the land.  
 They even opened up their mouth to shout at me,  
 and shrieked, "Aha! See there!  
 We saw it with our own eyes!"  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Omnipotent Master, please stand by me and defend me.

*Antiphon 3:* My tongue will tell of your goodness all day long.

### III

And you watched all this, YHWH;  
 but do not keep silent any longer.  
 YHWH please, do not stay so far from me;  
 rouse yourself, wake up and come to my defense,  
 and plead the case for me, my God and Master.  
 Let me see justice done, YHWH, my God, in your virtue,  
 and keep them from gloating over me.  
 Please, do not let them think, "We have him now!"  
 And keep them from saying, "We swallowed him alive!"  
 No, humiliate them, bewilder them,  
 these people who take pleasure in my pain;  
 dress in shame and disgrace  
 these people who put themselves so far above me.  
 And have the people on the side of my just cause  
 shout with joy and triumph;  
 let them constantly proclaim  
 "Nothing is greater than YHWH,  
 who takes pleasure in his slave's success!"  
 And then my tongue will tell of your virtue,

and praise you all day long.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* My tongue will tell of your goodness all day long.

My son, take my words to heart; do as I say, and you will live.

Reading 1 (from the Proper)

Second Nocturne

*Antiphon 1:* I am exhausted from crying, and from yearning for my God.

Psalm 69

For the leader: to the tune of "Lilies" Of David

I

Save me, my God! Please!  
 The water is up to my neck!  
 I stepped into quicksand  
 and there is no foothold!  
 I was dropped into the depths of the ocean  
 and the waves surged over my head!  
 I am exhausted with crying;  
 my throat has dried up,  
 my eyes can hardly see to look for my God.  
 There are more people who hate me for no reason  
 than my head has hairs,  
 and these men who want to ruin me  
 are strong and have no grievance against me;  
 it seems I must give back  
 what I never stole.  
 True, my God, you know how stupid I have been,  
 and I could not keep my sins from you;  
 but please do not let those faithful to you, God YHWH,

come to harm because of me;  
 do not disgrace the people who try to follow you  
 on my account, please, God of Israel—  
 since it is really because of you that I have been defamed,  
 that I have covered my face in shame,  
 that I have been estranged from my brothers  
 and treated like a Gentile by my own mother's children.  
 It is because zeal for your house has eaten me up,  
 and the calumny against you has fallen on me.  
 When I wept and tortured my soul with fasts,  
 they held it against me;  
 when I changed my clothes for sackcloth,  
 they made me a laughingstock.  
 Idlers sitting at the city gates sneer at me  
 and drunkards sing their songs about me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* I am exhausted from crying, and from yearning for my God.

*Antiphon 2:* I needed food, and they gave me gall; I was dying of thirst, and they gave me vinegar.

## II

But now, YHWH, I make my prayer to you,  
 and ask for your acceptance;  
 Dear God in the greatness of all your mercies  
 please listen to me and make your rescue come true.  
 Pull me out of the mire  
 and keep me from sinking;  
 do not let the water wash over me  
 and drown me in its depths;  
 do not let the abyss below shut down on me.  
 Please listen, YHWH, because your kindness is so dear to me;  
 turn back to me with all your tender mercy,

and do not hide your face from your poor slave,  
 because I am in anguish.  
 You know all about my disgrace, my shame, my dishonor,  
 and all my enemies are there before your eyes.  
 Their insults have broken my heart  
 and weighed heavily down upon me.  
 I looked for anyone to pity me, and there was no one;  
 I searched around for comfort, but found nothing.  
 They gave me gall for food,  
 and in my thirst they gave me vinegar to drink.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* I needed food, and they gave me gall; I was dying of thirst,  
 and they gave me vinegar.

*Antiphon 3:* Follow the Master and you will live.

III

May their own meals turn into snares to catch them,  
 their prosperity into a trap;  
 may their eyes turn dark and not let them see  
 and may their bowels run constantly!  
 Please pour your outrage all over them,  
 and seize them with your furious wrath;  
 devastate their homes  
 and depopulate their tents!  
 Because they keep harassing the ones you punished  
 and make fun of the pain of those you wounded.  
 Pile wrongs to them atop their wrongs to me  
 and do not let them into your virtuous presence!  
 Erase them from the book of life  
 and do not write them down with honest folk!  
 And please take me, this poor, desolate man,  
 and have your rescue, my God, lift me high again.

And I will praise God's name in song,  
 and tell how great he is in my gratitude—  
 and this will please YHWH more than steers or bulls,  
 with their pathetic horns and hooves.  
 The little people will see this and be happy;  
 and for those of you who follow God, your hearts will live.  
 Because YHWH listens to the poor,  
 and does not despise his prisoners.  
 Heaven and earth should praise him,  
 and so should the oceans and everything that swims in them;  
 because God will rescue Zion  
 and build the cities of Judah;  
 so that his people can live there and own it,  
 and the children of his slaves inherit it.  
 Those who love his name will find a home there.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Follow the Master and you will live.

The Master will teach us his ways, and we will follow in his footsteps.

Reading 2 (from the Proper)

[If this ends the session, say, "Let us praise the Master and thank him."]



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

What was it that you did, St. Joseph, that  
 Was so remarkable? There's not a trace  
 Of furniture you made; and let us face  
 The fact, the child you reared was not a brat  
 To balk at orders—though to his *fiat*  
 The universe began to be. What place  
 Could you expect with heroes, then, who grace  
 Our calendar? Your life was pretty flat.

Yet there you are, next only to your wife,  
 On whose decision everything depends.  
 But isn't that the point? The deeds don't count;  
 It's purity of heart that will amount  
 To something in God's world, and win us friends.  
 We need not fear obscurity of life.

*Antiphon 1:* Master, you will accept the true sacrifice offered on your altar.

Psalm 51

For the leader: a psalm of David, when Nathan the prophet came to him after his sin with Bathsheba

Have mercy on me, dear God,  
     in your kindness;  
 in the abundance of your mercy,  
     please erase my wrongs.  
 Wash off all my immorality  
     and scour away all my sins.  
 Yes, I admit that I have done wrong,  
     and my sin is always there before my eyes.  
 And it was you, only you, that I sinned against;  
     I did what was evil in your sight;  
 and you are right to speak up  
     and justified in condemning me.  
 I was even born in vice;  
     my mother conceived me in sin—

I know that what you want is truth in my heart,  
 and in the depths of my being you reveal your wisdom.  
 Please take the sacred herb and shower me, and I will be clean;  
 wash me, and I will be whiter than snow.  
 Make me hear sounds of joy and happiness,  
 and then the bones you broke will be whole again;  
 please turn your face away from my sins  
 and wipe out all my vices.  
 And then create a clean heart for me, my God,  
 and put a faithful spirit in me once again.  
 Please, do not throw me out of your presence,  
 or deprive me of your holy spirit;  
 give me back the joy of your protection,  
 and nurture a generous attitude in me—  
 and then I will teach rebels your ways  
 and sinners will return to you.  
 So take away the guilt of this bloodshed, my God,  
 my God, the God of my salvation,  
 and my tongue will sing full-throated of your virtue.  
 YHWH, please open up my lips  
 so that my mouth will proclaim your praises.  
 It is not sacrifice you want, or I would give it;  
 you do not find pleasure in burnt offerings.  
 Sacrifices to God are broken spirits,  
 a broken, remorseful heart  
 is what you will not spurn, my God.  
 Please, in your kindness, show favor to Zion  
 and build Jerusalem's walls again;  
 and then you will take pleasure in the proper sacrifice,  
 with burnt offerings and holocausts;  
 then bulls will be offered on your altar.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, you will accept the true sacrifice offered on your



altar.

*Antiphon 2:* All Israel's children will celebrate the Master's gift of victory.

*Song*

*Isaiah 45.15-25*

“Your God is a God who is invisible,  
 the God of Israel, its savior.”  
 Yes, and people who defy him  
 are humiliated and disgraced;  
 those who carve images  
 are routed in disarray.  
 And Israel has been set free by YHWH,  
 set free for ever.  
 You will never be humiliated or disgraced  
 for all eternity.  
 Because this is what is said by YHWH,  
 the creator of the heavens, who is God;  
 the one who made the earth and molded it,  
 and set it on its base;  
 and did not create it to be empty,  
 but designed it to be lived in:  
 “I am YHWH, and there is no one else.  
 I have not spoken in hidden places,  
 down in some dark cave in the earth;  
 and I have not told Jacob's children,  
 ‘Look for me in some empty desert.’  
 I, YHWH, speak out what is right  
 and declare openly what is just.  
 Come, meet together; come close,  
 those of you who fled from Gentiles—  
 you fools, carrying your wooden idols in processions  
 and praying to gods that cannot save you.  
 Come forward and plead your case,  
 and ask each other this:  
 Who predicted this from the beginning

and foretold it from long ago?  
 Was it not I, YHWH,  
   besides whom there is no God?  
   No, there is no God but I to restore rights and save a people.  
 So turn to me and be secure,  
   everyone in all the ends of the earth;  
   because I am God, and there are no other gods.  
 And I have sworn by myself,  
   pronouncing what is trustworthy,  
   and giving my word that will not be broken:  
 that every knee will bend to me,  
   and every tongue will swear by me,  
 and they will say, "Only in YHWH  
   is justice won and might preserved;  
 and everyone who defies him  
   will come before him in disgrace.  
 But all the children of Israel will have their rights restored  
   and find their glory in YHWH."  
 Glory to the Father, to the Son, and to the Holy Spirit  
   as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* All Israel's children will celebrate the Master's gift of victory.

*Antiphon 3:* Let us enter God's presence singing for joy.

#### Psalm 100

A psalm of gratitude

Shout with joy to YHWH, every land!  
   Serve YHWH eagerly,  
   come into his presence singing songs!  
 Realize that it is YHWH who is God;  
   he is the one who made us, not ourselves.  
   We are his people, the sheep in his pasture.  
 So enter his gates with thanks  
   and go into his courts with praise.

Show gratitude to him and bless his name,  
 because YHWH is good,  
 his mercy lasts forever,  
 and his truth is with us for ages upon ages.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Let us enter God's presence singing for joy.

*Reading* *Ephesians 4.29-32*  
 Not one dirty word should come from your mouth; what comes from it should be good and constructive for those who need it, so that what you say is a benefit to those who hear it. Do not make the Holy Spirit of God suffer; he was the one you were sealed with as a pledge of the day of your liberation. Rid yourselves of bitterness, anger, passion, screaming, cursing, and all evil; and be generous to each other, and tender; forgive each other as God has in the Prince forgiven you.

*Responsory*

As day dawns, please be merciful to me. As day dawns, please be merciful to me.

Reveal to me the path that I must walk, and be merciful to me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As day dawns, please be merciful to me.

*Antiphon:* The Master has come to his people and set them free.

*Benedictus*

Praises to the God of Israel,  
 because he has turned his eyes toward his people and set them free,  
 and to rescue us has fashioned for our head a horn  
 in the house of his servant David—  
 just as he promised  
 through the mouths of his holy prophets in olden times—  
 bringing rescue from our enemies

and escape from the hands of everyone who hates us.  
 A work of kindness to our fathers,  
   recalling his sacred Treaty,  
 the oath he swore to our father Abraham  
   to grant us freedom from the grasp of our enemies  
 to worship him without fear  
   in holiness and virtue every day of our lives.  
 And you, my child, will be called the prophet of God Supreme;  
   you will precede his coming  
 to prepare the roads for the Master;  
   to make his people aware of their liberation  
 as their sins are removed from them  
   because of the tender kindness of our God,  
 by the new dawn from heaven that will rise on us  
   to shine on those who live in darkness and the shadow of death,  
   and to place our feet upon the path of peace.  
 Glory to the Father, to the Son, and to the Holy Spirit  
   as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* The Master has come to his people and set them free.

#### Petitions

Through his cross, Master Jesus brought rescue to the whole human race. We worship him and in faith we call out to him, *Master, please pour your mercy over us.*

Our Prince, our rising sun, please warm us with your rays, and hold us back from every evil impulse. *Master, please pour your mercy over us.*

Please guard our thoughts, words, and actions, and make us pleasing in your sight today. *Master, please pour your mercy over us.*

Please turn your eyes from our sinfulness and wash us clean of our vices. *Master, please pour your mercy over us.*

Through your cross and return to life, please fill us with the comfort of the Holy Spirit. *Master, please pour your mercy over us.*

Master, please bestow on me the special favor I ask you today. *Master, please pour your mercy over us.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

Prayer

Dear God, Our Father, since you have conquered the darkness of ignorance by the light of your Word, please strengthen within our hearts the faith you have given us, and never let temptation quench the fire that your love has kindled in our souls. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.



Dear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

But I don't *want* to go back to the fold!  
 You think I'm just like every other sheep?  
 Now put me down! I know the cliffs are steep,  
 But I can scale them. I won't be controlled  
 And only do whatever I am told.  
 I need to be myself, so I can leap  
 And frolic and explore my world. Just keep  
 My place for me; I'll come back when I'm old.

You think you'll *be* old, going on like this?

Relax. There are such things as wolves, you know.  
 Besides, my shoulders and the pen are not  
 Forever; they're to help you learn just what  
 You can and cannot do, until you grow.  
 I'll set you free when you arrive in bliss.

*Antiphon 1:* The way of life you teach us, Master, is worth more than gold or silver.



Psalm 119

I have had you deal well with your slave,  
 YHWH, as you yourself said.  
 Please teach me good judgment and knowledge,  
 because my faith is in your commandments.  
 Before my troubles I strayed off the path,  
 but now I keep what you say.  
 You are good, and what you do is good;  
 and so teach me your regulations.  
 Even though arrogant people have forged lies against me,  
 I still keep your rules with all my heart.  
 Their hearts are fat and greasy,  
 but I find my pleasure in your Law.  
 And it was good for me to have trouble,  
 so that I could learn your regulations.  
 The Law that comes from your mouth is better for me  
 than thousands of gold or silver coins.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* The way of life you teach us, Master, is worth more than gold or silver.

*Antiphon 2:* Please console me with your tenderness, as you promised.

## Psalm 119

**J**ust as your hands made me and molded me,  
 please give me understanding, to learn your commandments.  
 Those who respect you will be glad to see me,  
 because I put my hope in what you said.  
 I know, YHWH, that your orders are right  
 and that it was just for you to send me trouble.  
 And now may your tenderness be my comfort  
 as you have told your slave.  
 Please, send your loving mercy on me, to help me live,  
 because I take my pleasure in your Law.  
 Humiliate these arrogant fools,  
 because they cheated me with their lies,  
 and let me ponder your rules.  
 And have those who respect you turn back to me,  
 because they understand your orders—  
 and make my heart blameless in keeping your regulations  
 so that I will not bring disgrace upon myself.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Please console me with your tenderness, as you promised.

*Reading**Philippians 2.2-4*

Make my happiness complete by agreeing with one another, having the same love, the same feelings, and the same thoughts; don't let there be bickering or conceit, and in your humility, think of others as more important than yourselves. Be concerned about others' interests, not your own.

All God's ways are trustworthy and kind for those who keep his Treaty and do his will.

*Prayer*

Master, Prince Jesus, led out at this hour to die on the cross for the world's rescue, we ask you to please forgive the sins of our past and to

protect us from all future harm and evil. Please bring us to the peace and joy of the Kingdom where you are alive and reigning through all the ages of ages. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

You say, “I leave you peace.” Where is your peace?  
 The torment that I suffer every day—  
 Each minute!—how I fight in every way  
 To break free of this “easy yoke”? That’s peace?  
 The pain I cause to all my friends? What peace?  
 There’s nothing there to speak to when I pray,  
 It seems; I fail in all I do or say.  
 And don’t tell me this turmoil *is* the peace!

Well, isn’t it? You see, I don’t give peace  
 The way the world gives peace—because its peace  
 Is merely rest. My peace is active peace;  
 It is the peace of hope, of faith; the peace  
 Of being loved—*that* peace. You ask for peace;  
 You *are* at peace: true peace, real peace—my peace.

*Antiphon 1*: I put my trust in the Master and will not be shaken.

Psalm 26

Of David

Please hand down your verdict in my favor, YHWH,



because I have acted honestly.  
 And I have put my trust in YHWH;  
 so that I would not slip.  
 Cross-examine me, YHWH, scrutinize me;  
 investigate my mind and heart.  
 You will find that I keep your tender love before my eyes  
 and have governed my conduct by your truth.  
 I have not kept company with idolatrous mortals  
 and will not deal with hypocrites;  
 I hate being among immoral people  
 and will not associate with those who are corrupt.  
 No, I wash my hands in innocence  
 and take my place around your altar, YHWH,  
 to voice my gratitude to you  
 and tell of all the marvels you have done.  
 YHWH, I love the house you live in  
 and the place where your glory finds its home.  
 Please do not sweep me away with sinners  
 or treat my life as you do the bloodthirsty,  
 whose hands are full of evil schemes  
 while their right hands hold out bribes.  
 No, *my* behavior is honest,  
 and so decide in my favor and be kind to me.  
 My feet are upon level ground,  
 and I will bless YHWH to his gathered people.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* I put my trust in the Master and will not be shaken.

*Antiphon 2:* I put my trust in the Master, and he did not fail me.

Psalm 28

Of David

I am calling to you, YHWH, my rock;

please do not refuse to answer me!  
 If you refuse to answer me,  
     I might as well fall into the abyss.  
 Please listen to the sound of my pleading  
     when I cry to you,  
     when I lift my hands up to your holy place.  
 Do not have me carted off with evil people,  
     with those whose deeds are depraved—  
 people who speak of peace to their neighbors  
     with malice in their hearts.  
 Give them what their deeds have earned;  
     treat them with the venom they treat others with;  
     and give them back what they deserve.  
 Because they pay no attention to what YHWH does,  
     nor to any deed his hand performs.  
 Yes he will pull them down,  
     not build them up.  
 —May YHWH be blessed  
     because he heard the sound of my pleas.  
 YHWH is my strength, a shield for me;  
     my heart put its faith in him, and I was helped;  
 and so my heart is overjoyed,  
     and my song is full of his praise.  
 Yes, YHWH is our strength  
     and the safe haven of his anointed Prince.  
 Please save your people  
     and bless your heirs.  
 And be their shepherd  
     and their support for ever.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* I put my trust in the Master, and he did not fail me.

*Reading*

*2 Corinthians 13.4*

He may have been crucified out of weakness, but he is alive by the power of God; and even though we are weak in him, when we deal with you we will be living with him by the power of God.

I am broken, crushed to the ground; so tell me, Master, the words that give me life.

Prayer

Master, Prince Jesus, at noon, when darkness covered all the earth, you mounted the wood of the cross as the innocent victim for our redemption. Please let your light be always with us to guide us to eternal life in that Kingdom where you live and reign through all the ages of ages. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;  
Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit  
As in the beginning, so now and always, for ages of ages. Amen.

Three hours! When just one single moment would  
Have saved us all. One drop of blood, if blood  
Was even needed. But then why this flood  
Of agony extended, when he could  
Have spared himself? What earthly good  
Could come from slipping through the mud  
Of degradation, bearing with the thud  
Of kicks and nails, the hatred? Should

He not have overwhelming reason? Yes.  
It is that else we can't believe that God  
So lavishly forgives; and in our sins

Repeated all too often, Satan wins  
 Our souls to think that finally his rod  
 Is raised to damn us, when it's still to bless.

*Antiphon 1:* There is only one lawgiver and judge, so who are you to pass sentence on your neighbor?

Psalm 82

A psalm of Asaph

God is standing where the powerful people meet,  
 and hands down his sentence among all these “gods.”  
 “How long are you going to give dishonest verdicts  
 and show favoritism for criminals?  
 Defend the poor and fatherless;  
 preserve the rights of those in trouble and need.  
 Rescue the destitute and those who have nothing,  
 and pull them out of the grasp of unscrupulous men.”  
 These people know nothing; they have no sense;  
 they are staggering about in darkness,  
 while the foundations of the world shake under them.  
 I told them, “You are gods,  
 all of you—children of the Supreme Being;  
 but you will die like men,  
 and fall like the head of any other state.”  
 Wake up, YHWH! Pass your sentence on the earth,  
 since every nation in it belongs to you.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* There is only one lawgiver and judge, so who are you to pass sentence on your neighbor?

*Antiphon 2:* You have saved me, Master, and my heart is filled with joy.

**Psalm 13***For the leader: a psalm of David*

How long is it to be, YHWH? Will you forget me forever?

How long will you hide your face from me?

How long will I be listening only to my soul,

hearing nothing but my heart's agony day after day?

How long is my enemy to have power over me?

Please think of me and listen to me, my God;

please send light into my eyes,

or I will sleep the last sleep of death,

and my enemy will say,

"At last! I have won against him!"

And my persecutors will gloat over my downfall.

But I keep trusting in your mercy,

and my heart will find its joy in your rescue.

Yes, I will sing to YHWH

because he has been so generous to me.

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

as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* You have saved me, Master, and my heart is filled with joy.

*Reading**Colossians 3.12-13*

And the point is that you are to dress yourselves in what is proper for people chosen, sacred, and loved by God: humility, patience, and tolerance; put up with each other, and forgive anyone you have a grievance against; you are to forgive others in the way your Master forgave you.

The Master is tender and kind, patient and ready to be of service.

**Prayer**

Master, Prince Jesus, who brought the repentant thief from the suffering of the cross to the joy of your Kingdom, may those of us who confess our sins be brought when we die to you through the gates of heaven, so

that we will gain eternal joy in that Kingdom where you reign through all the ages of ages. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

How long must this go on? My work, for what  
 It's worth, was over years ago, and though  
 I try and try, no one will ever know  
 What I have done, it seems. The doors clang shut  
 At every knock. True, I continue, but  
 Without real hope. And yet, it's *his* work, so  
 Where is his help? I cannot make it grow  
 Myself, stuck here in this eternal rut.

Eternal? No. You do not understand.  
 Consider what he did on that last day:  
 He could not carry it himself, and still  
 He fell. Three times! He tells you, if you will  
 Come after him, it must be done *his* way;  
 Success must wait until the Promised Land.

*Antiphon 1:* Master, please place your healing hand on me, because I have sinned.

**Psalm 41**

For the leader: a psalm of David

A man is well-advised to have concern for the poor,

because then YHWH will free him from his own troubles.  
 YHWH will protect him and preserve his life,  
 and he will have blessings on this earth.  
 He will not betray him into the grasp of his enemies;  
 YHWH will give him strength on his sickbed.  
 I said, "Please, YHWH, be merciful to me;  
 heal my soul, because I have sinned against you.  
 My enemies belittle me and say,  
 'When will he die, and his name be forgotten?'  
 If they come to visit me, they lie to me;  
 they store up malice in their thoughts  
 and spew it out when they leave."  
 All the people who hate me are whispering against me,  
 and plotting my ruin together.  
 "See, he has caught a deadly sickness," they say, "and can't shake it;  
 and he will never get up from where he is lying."  
 Even my own bosom friend, a man I trusted,  
 one who ate my bread,  
 has raised his heel to stomp on me.  
 But you, YHWH, you be merciful to me, please, and help me up,  
 so that I can give them back what they deserve.  
 I will know that you are pleased with me by this:  
 that my enemies do not get away with what they do to me.  
 I am the one you support because of my honesty;  
 and you will place me in your presence forever.  
 May YHWH, the God of Israel  
 be blessed from eternity to eternity.  
 Amen, amen.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, please place your healing hand on me, because I have sinned.

*Antiphon 2:* The mighty Master is with us; the God of Jacob is our

fortress.

**Psalm 46**

*For the leader: A song of the sons of Korah. To the tune of "Virgins"*

God is our defense and our strength,  
 an always alert guardian when we are in trouble;  
 and that is why we have no fear  
 even when the earth quakes under us  
 and hills fall into the ocean,  
 and the seas boil up and crash on us,  
 and shake the mountains with their force.  
 A river will gladden God's city with its little streams,  
 will brighten the holy site of the Supreme God's tent.  
 God is there within it; it will not be shaken;  
 God will come to help it as the day dawns.  
 The Gentiles were in turmoil and their kingdoms in an uproar,  
 because he raised his voice, and the very earth melted.  
 But YHWH, who commands our army, is with us;  
 the God of Jacob is our fortress.  
 Come look at what YHWH has done;  
 he has turned the earth into rubble.  
 He has ended war from one end of the world to the other;  
 he has broken bows and snapped spears in two;  
 he has burned up all the chariots.  
 Be tranquil, and know that I am God;  
 I will be supreme among the Gentiles;  
 I will be supreme over all the earth.  
 YHWH, who commands our army, is with us;  
 the God of Jacob is our fortress.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The mighty Master is with us; the God of Jacob is our fortress.



*Antiphon 3:* All the nations will come and give worship before you, Master.

*Song*

*Revelation 15.3-4*

Your deeds are great and astonishing,  
 Master God, Ruler of All;  
 your roads are just and true,  
 King of the nations.  
 Would anyone not be in awe of you, Master,  
 and not glorify your name;  
 because only you are holy,  
 and because all the nations have come  
 and have given worship before you,  
 because your sentences  
 have been pronounced.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* All the nations will come and give worship before you, Master.

*Reading*

*Romans 15.1-3*

Those of us who are strong have an obligation to support the weakness of those who haven't our power; we must not simply consider ourselves. Each of us is to keep his neighbor in mind for his good and for what is constructive. The Prince, remember, did not consider himself. As Scripture says, "The indictments against you fell upon me."

*Responsory*

The Prince loved us and washed our sins away in his own blood. The Prince loved us and washed our sins away in his own blood.

He made us a nation of kings and priests, in his own blood.

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

The Prince loved us and washed our sins away in his own blood.

*Antiphon:* The Master has come to the help of his slaves, because he has remembered his merciful promise.

**Magnificat**

My soul is full of the Master's magnificence;  
 my spirit is bursting with joy in God, my savior,  
 because he has turned his eyes toward his poor little slave,  
 and now from this time on people will honor me  
 through all the ages to come!  
 Yes, the God of Power has done tremendous things in me!  
 How holy his name is!  
 His kindness reaches from age to age  
 to those in awe of him.  
 He has flexed his strong right arm;  
 and routed arrogance and conceit.  
 He has toppled powers from their thrones  
 and elevated nobodies;  
 he has filled the hungry with the best cuisine  
 and sent the rich away with nothing.  
 He has given support to his servant Israel,  
 just as he told our ancestors,  
 remembering to shower his mercies  
 on Abraham and his descendants for ever.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* The Master has come to the help of his slaves, because he has remembered his merciful promise.

**Petitions**

May God be blessed, because he hears the prayers of those in need and fills the hungry with fine food. Let us pray to him with confidence, *Master, please show us your mercy.*

Merciful Father, Jesus offered you the perfect evening sacrifice upon the cross, and so we pray now for all the suffering members of his

Church. *Master, please show us your mercy.*

Please set free those in bondage, give sight to the blind, and shelter widows and orphans. *Master, please show us your mercy.*

Please dress your faithful people in the armor of salvation and shield them from the devil's deceptions. *Master, please show us your mercy.*

Please bestow your merciful presence upon us, Master, at the time of our death, and may we be found faithful and leave this world in your peace. *Master, please show us your mercy.*

Please lead those who have left us into the light of your home, so that they will be able to gaze upon you for all eternity. *Master, please show us your mercy.*

Master, thank you for the special blessing you have bestowed on me today. *Master, please show us your mercy.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Our Father and God, please help us follow the example of your Son's patience in suffering. By sharing the burden he carries, may we come to share in his glory, in the Kingdom where he is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.

## Compline



Dear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

How is it I keep fighting you this way?  
 It's not against myself that I wage war;  
 It's you; my being, right down to the core  
 Can't stand this hand upon me every day,  
 That prods and blocks—and guides, as you would say—  
 And even though you're right, I still abhor  
 Not doing what I'd like forevermore  
 Without a chance to ever go astray.

You also can't obey what you can't see,  
 You tell yourself—and yet you do. But why?  
 Is it just fear? Or can it be you care,  
 And long to reach the life that we will share  
 When we have stopped this war? Relax, and try  
 To have some trust, beloved enemy.

*Antiphon:* Day and night I cry to you, my God.

### Psalm 88

A song; a psalm of the sons of Korah. For the leader: to the tune of *mahalath*. For singing: a *maskil* of Heman the Ezrahite

Dear YHWH, God of my rescue,  
 I have been calling day and night as you look on.  
 Please let my prayer take its place before you,  
 and turn your ear to my sobs.  
 Because my soul is glutted with troubles,  
 and my life is at the edge of the abyss—  
 In fact, they look on me as already in the grave.  
 I have reached the end of my strength,  
 As if I were lying in a field of corpses;  
 among a slaughtered people, stretched out in their graves—  
 like those you remember no longer,  
 because they are shut out from your notice.  
 And really, it is you who placed me in this tomb,  
 deep down within it, in the dark.  
 The heavy weight of your anger is pressing down on me;

I am drowning under all its waves.  
 You have taken away my friends;  
     you made them hate to look at me.  
 Here I am, locked in a prison with no escape;  
     with eyes sunken into their sockets in grief.  
 And I call and call on you, YHWH, all day long;  
     stretching out my hands, pleading to you.  
 Do you perform miracles for the dead?  
     Do ghosts come to life and praise you?  
 Will corpses in the grave talk of your love?  
     Will those beneath the ground tell of your loyalty?  
 Will your marvelous deeds be known in darkness  
     or your virtues in the land where all is forgotten?  
 And this is why, YHWH, I call to you for help;  
     I send my prayer to you as morning dawns.  
 YHWH, why are you rejecting me?  
     Why do you turn your face away?  
 Ever since my youth I have been miserable and near death;  
     I have put up with the terrors you have sent, and cannot stand it.  
 Your rage has swept over me;  
     ghastly calamities from you have undone me.  
 And they are everywhere around me all day like a flood;  
     they have totally overwhelmed me.  
 You have even taken my loved ones and friends from me,  
     My only companion is darkness.  
 Glory to the Father, to the son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Day and night I cry to you, my God.

*Reading*

*Jeremiah 14:9a*

You are among us, Master; we bear your name. Do not abandon us,  
 Master, our God.

**Responsory**

I hand over my spirit into your care, Master. I hand over my spirit into your care, Master.

because you have redeemed me, faithful Master, my God, I hand over my spirit.

Glory to the Father, to the Son, and to the Holy Spirit,  
I hand over my spirit into your care, Master.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Nunc Dimittis**

Now, my Lord and Master, you may dismiss your slave,  
as you promised, in peace;

because my eyes have seen the rescue you have prepared for us  
within the very sight of all the nations:

a light to disclose the truth to the Gentiles,  
and the glory of your people Israel.

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

As in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Prayer**

All powerful God, please keep us united with your Son in his death and burial, so that we will be able to rise to new life with him, as he lives and reigns with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Omnipotent Master bestow on us a restful night and a peaceful death. Amen.

We salute you, our Queen, mother of mercy; our life, our delight and our hope, we greet you. Eve's exiled children call out to you and sob your name, as we moan and weep in this valley of tears. Please, then, our patron, generous, kind, gentle virgin Mary, turn your merciful eyes toward us, and after this exile, show us Jesus, the glorious harvest of your womb.

Please pray, holy mother of God, for us to become fit to receive the Prince's promises.



SATURDAY  
SATINS



lease, Master open my lips,  
and my mouth will sing your praises.

Invitation psalm  
Psalm 95

*Come, let us worship God, who holds the world and its wonders in his creating hand.*

Come let us sing YHWH a song;  
let us shout our joy to the Rock who keeps us safe;  
let us come to him with thanks,  
and sing loud happy psalms to him.

*Come, let us worship God, who holds the world and its wonders in his creating hand.*

Because YHWH is a great God,  
the great king over all the gods;  
The deep abysses of the earth belong to him,  
and the mountain-tops are his as well.  
The sea is his because he made it,  
and so is the land his hands have formed.

*Come, let us worship God, who holds the world and its wonders in his creating hand.*

So come, let us bow down in worship,  
kneeling before YHWH who made us too;



because he is our God,  
 and we are the people in his pasture,  
 the sheep his hand leads on.  
*Come, let us worship God, who holds the world and its  
 wonders in his creating hand.*

Today is the day for you to listen to his voice:  
 “Do not dig in your heels as you did at Meribah,  
 as you acted on that day at Massa in the desert,  
 when your fathers provoked me  
 and tormented me though they had seen what I had done.  
*Come, let us worship God, who holds the world and its  
 wonders in his creating hand.*

For forty years I put up with that crowd,  
 saying, ‘they are a people with wandering hearts,  
 with no idea of what I expect of them.’

And so I swore in my exasperation,  
 ‘They will not enter my rest.’”  
*Come, let us worship God, who holds the world and its  
 wonders in his creating hand.*

Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.  
*Come, let us worship God, who holds the world and its  
 wonders in his creating hand.*

Be honest now; do you believe all this?  
 To be quite frank, I’ve heard the arguments  
 And know this much: that nothing else makes sense  
 Of everything. But then, I’d be remiss  
 To say that settles it, since voices hiss,  
 “Look at your life, you fool, and don’t be dense;  
 To say it’s rational is an offense!  
 You really feel you’re on the road to bliss?”

Well, yes, I do—I think. It all depends  
 On what went on in that great Sabbath pause.

If on that night, the tombstone rolled away  
 From nothing but a useless shroud that lay  
 Upon the floor, then it's all right—because  
 In spite of everything, he called us friends.

### First Nocturne

*Antiphon 1:* Whoever lowers himself like a little child will be higher in heaven's Kingdom.

### Psalm 131

A song of ascents. Of David

YHWH, my heart is not arrogant,  
 and my eyes are not conceited;  
 and I do not engage in great undertakings  
 or deal with things too deep for me.  
 No, I have pacified and quieted my soul  
 like a child after nursing in his mother's arms;  
 yes, my soul is like a newly nursed child inside my breast.  
 Israel, put your hope in YHWH  
 from now on through all the ages.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Whoever lowers himself like a little child will be higher in heaven's Kingdom.

*Antiphon 2:* With simplicity of heart, I have gladly offered everything to you, my God.

### Psalm 132

A song of ascents

I

YHWH, please remember David  
 and all his troubles;  
 how he swore to YHWH

and made a vow to Jacob's mighty Lord,  
 "I will not set foot inside my house  
 or take the comfort of my own bed;  
 I will give my eyes no sleep  
 and never let my eyelids drowse  
 until I find a place for YHWH,  
 a home for Jacob's mighty Lord."  
 Because we had heard that the Sacred Chest was in Ephrathah,  
 and we found it in the fields of Yearim;  
 And so we should go there to his tent  
 and worship at his footstool.  
 But now, YHWH, come up to your resting place,  
 you and the Chest containing your power.  
 Have your priests dress in virtue,  
 and let your sacred people shout for joy;  
 and for the sake of your slave David  
 do not turn your face from your anointed Prince.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* With simplicity of heart, I have gladly offered everything to you, my God.

*Antiphon 3:* The Master has sworn an oath to David that his Kingdom will last for ever.

II

YHWH has sworn an oath to David  
 and will not recant it:  
 "I will set upon your throne the yield of your own body.  
 If your sons keep my Treaty  
 and my requirements, which I will teach them,  
 their own descendants will sit on the throne for ever."  
 And this is because YHWH has chosen Zion;  
 he wanted it for his home:

“This is my resting place for ever;  
 I will make my home here, because I have desired it.  
 I will bestow abundant blessings on her harvests,  
 and satisfy her poor with bread.  
 I will dress her priests with security  
 and her sacred people will shout for joy.  
 And it is there I will make the horn grow on David’s head,  
 and trim a lamp for my anointed Prince.  
 And I will dress her enemies with disgrace,  
 while on his head his crown will glisten.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* The Master has sworn an oath to David that his Kingdom will last for ever.

Come, consider what the Master has done, the marvels he has created on this earth.

Reading 1 (from the Proper)

Second Nocturne

*Antiphon 1:* Let us praise the Master for his mercy and for the wondrous things he has done for mankind.

Psalm 107

I

Thank YHWH, because he is good;  
 his mercy lasts forever.  
 This is what those YHWH rescued should say,  
 the ones he rescued from the grasp of their enemies,  
 and gathered from the lands  
 of the east and of the west,  
 the north and south.

They wandered in the desert, through trackless ground  
and found no city to live in.

Hungry and thirsty,  
their souls were about to collapse inside them;  
and then in their anguish, they called to YHWH  
and he freed them from their trouble,  
and led them along the correct path  
toward a city they could use as a home.

They should show great gratitude to YHWH for his goodness  
and for the wonders he has done for mere human beings,  
because he satisfies the soul's longing  
and fills the hungry with fine food.

There were those sitting in darkness, under the shadow of death,  
chained up in fettered misery,  
because they defied the advice of the Supreme God.

And that is why he crushed their hearts with drudgery;  
and they fell to the ground, with no one to help them.

Then they called to YHWH in their trouble  
and he brought them out of darkness and death's shadow,  
and smashed their chains to pieces.

They should show great gratitude to YHWH for his goodness  
and for the wonders he has done for mere human beings.

They should make sacrifices to thank him  
and tell with joy what he has done;  
because he broke their brazen gates  
and smashed their iron bars.

Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Let us praise the Master for his mercy and for the wondrous things he has done for mankind.

*Antiphon 2:* We humans have seen what God has done, the miracles he has performed.

## II

There were stupid people, in their corruption,  
who became sick from their depravity.  
Their souls could not stand any kind of food,  
and they walked close to the gates of death.  
And then they called to YHWH in their trouble,  
and he saved them from their agonies.  
He spoke his utterance and cured them  
and freed them from their mortal danger.  
They should show great gratitude to YHWH for his goodness  
and for the wonders he has done for mere human beings.  
They should make sacrifices to thank him  
and tell with joy what he has done;  
There were those who went upon the sea in ships,  
to trade over the mighty ocean;  
they saw what YHWH does  
and his marvels in the ocean depths.  
At his command, the storms rose with their winds  
and lifted waves upon the sea  
that rose up to the sky  
and sank down to the abyss;  
and souls melted in their terror  
as they staggered back and forth like drunks,  
not knowing what to do.  
Then they called to YHWH in their trouble  
and he freed them from their anguish.  
He stilled the storm  
and quieted the waves;  
and they wept for joy at the calm,  
as he led them to the harbor they were aiming for.  
They should show great gratitude to YHWH for his goodness  
and for the wonders he has done for mere human beings.  
They should tell of his greatness where the people come together  
and praise him where the holy elders meet.  
Glory to the Father, to the Son, and to the Holy Spirit

as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* We humans have seen what God has done, the miracles he has performed.

*Antiphon 3:* Those who love the Master will see what he does and celebrate it; they will understand his loving kindness.

III

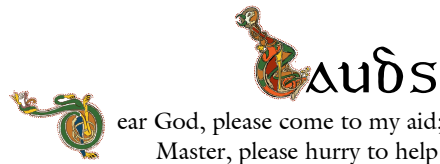
He makes streams become a desert,  
 and wells run dry,  
 and fertile lands turn sterile,  
 because of the depravity of those who live there.  
 But he turns a desert into lakes  
 and makes springs spout up in dry ground;  
 and he takes the hungry and gives them a home there,  
 so that they can build a city to live in,  
 and plant farms and vineyards  
 that will yield a fruitful harvest.  
 He blesses them too, and they multiply,  
 and he does not let their herds thin out.  
 And when they die out and diminish  
 through oppression, hardship, and torture,  
 he pours his contempt upon their rulers  
 and drives them into the wilderness  
 where they can find no path.  
 But he sets the poor high up above their trouble  
 and makes their families great as flocks;  
 and virtuous people see it, and celebrate,  
 while vice has nothing to reply.  
 Anyone who is wise will notice this,  
 and understand the loving kindness of YHWH.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Those who love the Master will see what he does and celebrate it; they will understand his loving kindness.

Come, ponder what the Master has done and the marvels he has performed upon this earth.

Reading 2 (from the Proper)

[If this ends the session, say, "Let us praise the Master and thank him."]



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

They claim I never listen to advice.  
 "Put it like this." —And then I smile, and say,  
 "You may be right, but I'll just go my way."  
 It isn't that I think that they're not nice  
 To criticize; it's just that it's the price  
 For listening to another voice that may  
 Be speaking softly. At least that's what I pray  
 It is; I hope it's not some kind of vice.

You have to hear the matter to create,  
 That's what speaks soft. You've got your purpose, but  
 You have to do what *it* wants: lead it on  
 To be itself, and let its own light dawn—  
 And then it's what it is, no matter what  
 They'd like. You must submit to dominate.

*Antiphon 1:* How wondrous is your name, Master, in all creation.



## Psalm 8

For the leader: "upon the *gittith*. A psalm of David  
YHWH, our Master,

how excellent is your name in all the earth;  
your glory shines above the heavens!  
And from the mouths of babies, nursing infants  
you have arranged to bring power  
over your enemies,  
to silence defiance and rebellion.  
And when I ponder your heavens, fashioned by your fingers,  
and see the moon and stars you set in place,  
then what is man that you should notice him—  
what are these mere mortals, for you to come to them?  
You made them little less than angels,  
and gave them a crown of glory and dignity;  
you set them in command over what your hands have done,  
with everything beneath their feet:  
all the sheep and cattle,  
even the wild beasts that roam the plains,  
the birds in the air,  
and the fish in the sea  
that swim the ocean's paths.  
YHWH, our Master,  
how excellent is your name in all the earth!  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* How wondrous is your name, Master, in all creation.

*Antiphon 2:* The Master is my strength, and I will sing his praises, because  
he has come to my rescue.

*Song**Exodus 15.1-4,8-13,17-18*

I will sing to YHWH  
because he has had a glorious triumph!

He has thrown horses and riders  
right into the sea!  
YHWH is my strength and my song  
and has come to my rescue;  
he is my God, and I will praise him  
and the God of my fathers; and I will glorify him.  
YHWH is a fighter,  
and YHWH is his name!  
He flung Pharaoh's chariots and army into the ocean!  
And with a raging snort from you, the water leaped up high;  
the flowing tide piled up into a mound,  
while the bottom dried up in the middle of the sea.  
The enemy said, "I will come after them  
and catch up with them;  
I will divide up what I take from them;  
I will do everything I please to them;  
I will unsheathe my sword  
and slaughter them with my own hands!"  
But you made your wind blow  
and the sea engulfed them,  
and they sank like lead in the roaring water.  
Which one of the gods is like you, YHWH?  
Who is like you, so magnificent in holiness?  
So fearful in your reputation for the wonders you perform?  
You did nothing but reach out that right hand of yours  
and earth simply swallowed them up.  
And in your mercy you led out  
the people you set free;  
you guided them by your strength  
to the holy place where you live.  
You will bring them to the mountain which is your legacy  
and plant them there,  
in the place, YHWH, you have made  
for your own home;  
the sanctuary you have constructed yourself,

where YHWH will reign for ever and forever.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The Master is my strength, and I will sing his praises, because he has come to my rescue.

*Antiphon 3:* Praise the Master, all you Gentiles.

Psalm 117

Hallelujah!

Praise YHWH, all you Gentiles;  
 every people, glorify him,  
 because he has shown such kindly mercy toward us,  
 and is true to himself forever.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, through all the ages of ages.  
 Amen.

*Antiphon 3:* Praise the Master, all you Gentiles.

*Reading*

*2 Peter 1.10-11*

Brothers and sisters, be even more eager to make your calling and selection stable, since if you do this, you will never fail; and in this way rich provision will be made for you in giving you entrance into the eternal Kingdom of our Master and Savior Prince Jesus.

Responsory

I call to you, Master, because you are my protection. I call to you, Master, because you are my protection.

You are all I wish for in the land of the living, because you are my protection.

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

I call to you, Master, because you are my protection.

*Antiphon:* Master, please shine on those who live in darkness and the shadow of death.

**Benedictus**

Praises to the God of Israel,  
 because he has turned his eyes toward his people and set them free,  
 and to rescue us has fashioned for our head a horn  
 in the house of his servant David—  
 just as he promised  
 through the mouths of his holy prophets in olden times—  
 bringing rescue from our enemies  
 and escape from the hands of everyone who hates us.  
 A work of kindness to our fathers,  
 recalling his sacred Treaty,  
 the oath he swore to our father Abraham  
 to grant us freedom from the grasp of our enemies  
 to worship him without fear  
 in holiness and virtue every day of our lives.  
 And you, my child, will be called the prophet of God Supreme;  
 you will precede his coming  
 to prepare the roads for the Master;  
 to make his people aware of their liberation  
 as their sins are removed from them  
 because of the tender kindness of our God,  
 by the new dawn from heaven that will rise on us  
 to shine on those who live in darkness and the shadow of death,  
 and to place our feet upon the path of peace.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Master, please shine on those who live in darkness and the shadow of death.

**Petitions**

Let us all praise the Prince, because, in order to become our faithful and

merciful high priest before the Father's throne, he chose to become one of us, a brother in everything. And so, in our worship, we ask him, *Master, please let us share in the treasure of your love.*

Sun of Virtue, since you filled us with light at our bath into your life, we dedicate today to you. *Master, please let us share in the treasure of your love.*

At every hour of the day we give you glory, and offer you praise in everything we do. *Master, please let us share in the treasure of your love.*

Since your mother Mary was obedient to what you said, please direct our own lives too to agree with those words. *Master, please let us share in the treasure of your love.*

Even though our lives are surrounded with things that will disappear, please set our hearts on things in heaven, so that through faith, hope, and love we will come to enjoy the vision of your glory. *Master, please let us share in the treasure of your love.*

Master, please bestow on me the special favor I ask of you today. *Master, please let us share in the treasure of your love.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Master, please set us free from the dark night of death, and let the light of resurrection dawn within our hearts to bring us to the radiance of eternal life. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.

# T ERCE

**H**ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

I must be careful not to try to fail  
 And think that I have taken up his cross  
 By sabotaging what I do. The loss  
 Is not the value; it's of no avail  
 Without the effort to succeed. The grail  
 We look for has to have the sheen and gloss  
 Of deeds good in the doing, with the dross  
 Of outcomes burnt away like so much scale.

No, you don't see what this is all about.  
 Results are good, and not to be divorced  
 From acts. It's just that for results to be  
 Significant, they need eternity.  
 And sometimes that means failure here. They forced  
 The cross on me; I didn't seek it out.

*Antiphon 1:* Heaven and earth will cease to exist; but what I say will never  
 cease.

## Psalm 119

**H**een to have you rescue me—that is my soul,  
 because I put my hope in what you say.  
 My eyes are going blind from reading what you say,  
 and asking, “When will you comfort me?”  
 I have become like a dried-up wineskin  
 because I have not forgotten your rules;

and how many days will your slave endure this?  
 When will you pass sentence on my oppressors?  
 Arrogant fools have dug pits to trap me,  
 and this is not what your Law says.  
 But all your commandments are trustworthy,  
 and they are breaking them to oppress me.  
 Please, help me!  
 They almost ended my days on earth,  
 but still I did not forsake your regulations;  
 and so bring back my life in your loving kindness,  
 so that I can keep the orders your mouth utters.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Heaven and earth will cease to exist; but what I say will never cease.

*Antiphon 2:* Master, I have tried to do your will, because you give me life through it.



Psalm 119

Word YHWH, what you say  
 remains forever in heaven.  
 Your faithfulness lasts from generation to generation.  
 You set the earth on its foundations, and it is still there;  
 it remains to this day as your decrees made it  
 because everything in it is your slave.  
 And if I had not found pleasure in your Law,  
 I would have died in my agony.  
 I will never forget your rules,  
 because you have given me life by them;  
 and I am yours. Please save me,  
 because I have tried to keep your rules.  
 Evil people are trying to ambush me to destroy me,  
 but I will give my attention to your orders.  
 I have seen that all perfection has an end;

but your commandments are infinite.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Master, I have tried to do your will, because you give me life through it.

**Reading** **1 Kings 8.60-61**  
 All the peoples of the earth are to know that YHWH is God, and there is no other one. And so your heart must be loyal to our God YHWH; you must observe his regulations and keep his commandments.

Master, my God, teach me your ways, and make me live by the light of your truth.

**Prayer**

God our omnipotent Father, please fill your people with the light of your Holy Spirit, so that we will find our happiness in singing your praises, safe from every enemy. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;  
 Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

The trouble with success is that it ends.  
 And then what? There's the perfect job you did—  
 There in the past. It's gone. It gleamed and slid



Into oblivion. Its termination sends  
 The message that time never stops or bends  
 Back on itself to live again. It's rid  
 Of that. Success is failure. So long, kid;  
 You can't retrieve the gold your glory spends.

But if success is failure, failure is  
 Success in this perverted world. You see,  
 The failure's effort throws itself beyond  
 The grave, where it is treasured by a fond  
 Redeemer, who transforms it mightily.  
 You want the same success that once was his.

*Antiphon 1:* Those who look for the Master will be filled with every blessing.

Psalm 34

Of David, when he feigned madness before Abimelech, who forced him to leave

I

**A**t every moment I will bless YHWH;  
 his praise will constantly be in my mouth.  
**B**oasts will fill my soul about YHWH;  
 and the little people will listen and be glad.  
**C**ome with me and tell how great YHWH is,  
 and let us glorify his name together.  
**D**id I not look for YHWH, and he heard me  
 and set me free of all my fears?  
**E**veryone who looked to him had a face that glowed;  
 they did not have to hide their heads.  
**F**rom his trouble, the poor man called and YHWH heard him;  
 and saved him from all his anguish.  
**G**o see how YHWH camps round those who respect him  
 and sets them free.  
**H**ave but a taste, and you will see how good YHWH is,  
 it is a blessing to put your trust in him.

It is in fear of YHWH that a holy man should live,  
 because those who revere him have all they need.  
 Just as young lions may be needy and feel hunger,  
 men can feel this also; but not those who look for YHWH.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Those who look for the Master will be filled with every blessing.

*Antiphon 2:* Look for peace, and work for it.

## II

Keep close, my children, and listen to me,  
 and I will teach you the fear of YHWH.  
 Life is what you care about?  
 And you would like many prosperous days?  
 Make your tongue not utter evil,  
 and keep your lips from deceit.  
 No, shun evil and do good;  
 look for peace, and practice it.  
 Oh, yes, YHWH's eyes are upon the virtuous,  
 and his ears listen to their cries.  
 Putting them behind him, YHWH turns from outlaws,  
 to destroy all memory of them from the earth.  
 Quick as the virtuous cry out, YHWH listens,  
 and sets them free from all their troubles.  
 Right beside those whose hearts are broken, there is YHWH;  
 and he saves those whose spirits feel remorse.  
 Since virtuous people have so many problems,  
 YHWH is there to free them from them all—  
 to keep guard over all their bones;  
 YHWH will take care to see that none are broken.  
 Under sentence of death, however, is the state of evil people;  
 and those who hate virtue are doomed.

Very eager to ransom the souls of his servants,  
 YHWH will not let those who trust him be condemned.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Look for peace, and work for it.

*Reading*

*Jeremiah 17.9-10*

The heart is more deceitful than anything else,  
 and desperately evil;  
 who can understand it?  
 I, YHWH, investigate the heart  
 and test the mind,  
 so as to give every man what his conduct deserves,  
 for him to reap the harvest of his deeds.

Please save me from my hidden faults, and never let me sin through pride.

*Prayer*

Master, please fill us with the resplendent light of your eternal love, so that  
 we will love you above everything else and our brothers and sisters for  
 your sake. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.



None

ear God, please come to my aid;  
 Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

It doesn't look as if we have much time;  
 This has to be creation's afternoon.

Our “progress” shatters sanity, and soon  
 Will push the world right back into the slime  
 It once emerged from. Look at all the grime  
 Upon our souls, how filth and muck is strewn  
 Onto our every thought; how good is hewn  
 Away and left to die. It’s such a crime!

I wouldn’t be too sure, if I were you.  
 In every age, the evil is appalling.  
 But that’s not what I’m waiting for. You see,  
 The evil doesn’t matter much to me.  
 There always is a remnant that I’m calling;  
 The *good* must be complete before I’m through.

*Antiphon 1:* Master you are my hope, a strong rampart against my enemies.

Psalm 61

For the leader: with stringed instruments. Of David

Please listen to my cry, my God!

Please pay attention to my prayer!

I am calling to you from the very end of the earth,  
 and my heart is overwhelmed.

Please set me on a rock too high for me to reach,  
 because you have been my refuge,  
 a strong rampart against my enemy.

And I will make my home forever in your tent  
 and put my trust in the shelter of your wings.

Because you, my God, listen to my prayers;

and you gave me the inheritance of those who respect your name.

Yes, you will make the king live long,

his years will be as if they were generations;

he will endure forever in God’s presence.

Please preserve him by your mercy and your truth,

and then I will sing eternal praise to your name,

as I fulfill my vows day after day.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master you are my hope, a strong rampart against my enemies.

*Antiphon 2:* Please, Master, guard my life from the menace of my enemies.

**Psalm 64**

*For the leader: a psalm of David*

Please listen to my voice, YHWH, as I pour out my grief;  
 please keep my life free from fear of enemies.  
 Hide me from evil people's secret plots  
 and from rebellion by dishonest good-for-nothings  
 who sharpen their tongues as if they were swords  
 and aim the arrows of their bitter words,  
 to attack innocent people from ambush,  
 where they can shoot from cover without warning.  
 They plot their schemes together,  
 and talk of hiding snares for us,  
 and say, "Who will be able to see this?"  
 They devise their evil plans  
 and think "We have discovered the perfect crime!"  
 Men's hearts and inner thoughts are hidden deep.  
 But God will shoot his arrow straight at them,  
 and suddenly they will feel a wound.  
 He will trip them with their own tongues,  
 and everyone who sees them will run away.  
 Everyone will be in frightened awe,  
 and will pronounce it God's doing,  
 because they will be wise enough to see that God is acting.  
 Yes, virtuous people will find happiness in YHWH, and trust him;  
 and every decent heart will swell with pride.  
 Glory to the Father, to the Son, and to the Holy Spirit

as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Please, Master, guard my life from the menace of my enemies.

*Reading*

*Jeremiah 6.16*

Stand in the road and look;  
find the ancient trails, where the good path is,  
and walk in it;  
and then you will find rest for your souls.

What you say is my eternal inheritance; it is the joy of my heart.

*Prayer*

Master, please make the peace we pray for a reality, and let us live out our days in quiet contentment; and, by the help of the Virgin Mary's prayers, reach your Kingdom safely. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.



 Week 2  
 Sunday  
 First Vespers

Hear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

I have no fear of death as just an end;  
 My life has not been something to prolong.  
 For every moment when I feel a song  
 Spring to my throat, six more contend  
 With it for wails and tears. Why should I spend  
 More time at this? But still, if I am wrong,  
 And worse awaits perhaps, then come a throng  
 Of dreads against which I cannot defend.

If only I could know! Why does he keep  
 Us in suspense like this? He told us, true,  
 But that was centuries ago. Can we  
 Be certain when there's nothing we can see?  
 But isn't that the point? That's faith. The clue  
 Is trust; you'll wake in joy from this brief sleep.



*Antiphon 1:* May the Master's name be praised from the rising to the setting of the sun.

Psalm 113

Hallelujah!

Praise, slaves of YHWH,  
praise YHWH's name!

YHWH's name is to be blessed  
from now on for ever!

The name of YHWH must be praised  
from the rising to the setting of the sun!

Because YHWH is higher than all the nations,  
and his glory is higher than heaven itself.

Who is like our God YHWH,

whose home is so far above,

but who lowers himself to look upon

what happens in heaven and the earth beneath it?

He lifts the poor from the dirt

and the destitute from the trash bin

to give them seats among princes—

even with the princes of his own people.

He bestows a home on barren women

and makes them happy mothers of children.

Hallelujah!

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

as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* May the Master's name be praised from the rising to the setting of the sun.

*Antiphon 2:* Pray for the peace of Jerusalem.

## Psalm 122

A song of ascents. Of David

I was overjoyed when they told me,  
 “We are to go to YHWH’s house!”  
 And now we have set foot  
 within your gates, Jerusalem!  
 Jerusalem—a snug, compact city,  
 where the tribes come up—  
 YHWH’s tribes—  
 as was sworn to Israel  
 that there they would thank YHWH’s name;  
 because it was there he set up thrones to judge them:  
 the thrones of David’s house.  
 Pray, then, for peace in Jerusalem:  
 “May success come to those who love you,  
 and may peace descend upon your walls,  
 and prosperity upon your palaces.”  
 And for my relatives and friends,  
 I too say, “May peace reign within you,”  
 and because of the house of our God YHWH  
 I will work for your welfare.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, through all the ages of ages.  
 Amen.

*Antiphon 2:* Pray for the peace of Jerusalem.

*Antiphon 3:* Every knee in heaven and earth is to bend at the name of Jesus. Hallelujah!

*Reading*

*Philippians 2.6-11*

When he possessed God’s form,  
 Jesus did not consider being equal to God  
 something he had to keep hold of;  
 he emptied himself

and took the form of a slave,  
 and turned himself into what was the same as a human being;  
 and once he found himself in human shape,  
 he lowered himself so far  
 as to submit obediently to death,  
 and death upon a cross.  
 And that is why God elevated him  
 above everyone else,  
 and gave him the name  
 that is greater than every other name;  
 so that at the name "Jesus"  
 every knee in heaven, on earth,  
 and under the earth is to bend,  
 and everyone's tongue is to acknowledge for God's glory  
 that he is the slave of Prince Jesus.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Every knee in heaven and earth is to bend at the name of Jesus. Hallelujah!

*Reading:*

*Colossians 1.2-6*

Blessings and peace to you from God our Father. We keep thanking God the Father of our Master Prince Jesus whenever we pray for you, since we have heard of your belief in Jesus the Prince and of the love you have for all the sacred people because of the hope you have stored in heaven—a hope based on what you heard earlier in the facts that you were told in the Report of the good news that came to you—as it is now coming to the whole world; and it is becoming productive and growing as it did from the day you first heard and recognized the truth of God's gift.

*Responsory*

From the rising to the setting of the sun the Master's name is to be praised. From the rising to the setting of the sun the Master's name is to be praised.

His splendor reaches above the heavens; the Master's name is to be praised.

Glory to the Father, to the Son, and to the Holy Spirit  
From the rising to the setting of the sun the Master's name is to be praised.

*Antiphon:* When the sun rises in the morning sky, you will see the King of all Kings coming from the Father glowing like a bridegroom from the wedding chamber.

### Magnificat

My soul is full of the Master's magnificence;  
my spirit is bursting with joy in God, my savior,  
because he has turned his eyes toward his poor little slave,  
and now from this time on people will honor me  
through all the ages to come!  
Yes, the God of Power has done tremendous things in me!  
How holy his name is!  
His kindness reaches from age to age  
to those in awe of him.  
He has flexed his strong right arm;  
and routed arrogance and conceit.  
He has toppled powers from their thrones  
and elevated nobodies;  
he has filled the hungry with the best cuisine  
and sent the rich away with nothing.  
He has given support to his servant Israel,  
just as he told our ancestors,  
remembering to shower his mercies  
on Abraham and his descendants for ever.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* When the sun rises in the morning sky, you will see the King of

all Kings coming from the Father glowing like a bridegroom from the wedding chamber.

#### Petitions

God gives help and protection to the people he has chosen to be his heirs; and so let us thank him and announce his goodness: *Master, our trust is in you.*

We pray for our Pope N. and our Bishop N.; please protect them and in your goodness make them holy. *Master, our trust is in you.*

May the sick recognize their union with their suffering Prince, and know that they are completing his work and will join in his happiness. *Master, our trust is in you.*

In your goodness, please have pity on the homeless and help them regain not only their homes but their dignity. *Master, our trust is in you.*

In your goodness, please give and preserve the produce of the earth, so that everyone will have the food he needs every day. *Master, our trust is in you.*

Please protect our country from harm and evil, so that it can prosper in your peace. *Master, our trust is in you.*

Master, you are present with your mercy at the side of the dying; please bestow on them an eternal home. *Master, our trust is in you.*

Master, thank you for the special blessing you bestowed on me today. *Master, our trust is in you.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Dear God, Our Father, every year we are overjoyed to look forward to this feast of our rescue from sin; please help us welcome our Prince as our redeemer and meet him with confidence when he comes to be our judge, as he lives and reigns with you and the Holy Spirit as one God, through

all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.

## Discipline



Dear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

The world is still in Saturday—but not  
 The Sabbath rest, that awful Saturday  
 Without the Master, who had gone away  
 (Though promising a swift return)—which caught  
 His friends off guard and caused their hopes to rot  
 Before they even ripened. We still stay  
 Huddled in the darkened room and pray  
 That something may be true in what he taught.

Because we don't believe, not really. We  
 Hope we believe, believe at least we hope  
 That after all, we *could* be right; he *might*  
 Have risen after that horrendous night.  
 But we must trust his love, and try to grope  
 Our way. Be patient. One day, we will see.

**Antiphon:** Praise the Master in the silent hours of the night.

## Psalm 134

## A song of ascents

Now then, praise YHWH,  
all of you who are YHWH's slaves  
and stand night-watch within YHWH's house.  
Lift up your hands to the holy place  
and praise YHWH—  
and then YHWH, who made heaven and earth  
might send you blessings from Zion.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, through all the ages of ages.  
Amen.

*Antiphon:* Praise the Master in the silent hours of the night.

*Reading**Deuteronomy 6:4-7*

Hear this, Israel: YHWH, our God YHWH, is the only god. You are to love your God YHWH with your whole heart, your whole soul, and all your strength. Take to heart all the commandments I have told you today; repeat them constantly to your children, speak of them at home and away from home, when you lie down to rest, and when you rise.

## Responsory

I hand over my spirit into your care, Master. I hand over my spirit into your care, Master.

because you have redeemed me, faithful Master, my God, I hand over my spirit.

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

I hand over my spirit into your care, Master.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Nunc Dimittis**

Now, my Lord and Master, you may dismiss your slave,  
 as you promised, in peace;  
 because my eyes have seen the rescue you have prepared for us  
 within the very sight of all the nations:  
 a light to disclose the truth to the Gentiles,  
 and the glory of your people Israel.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Prayer**

Dear Master, please be with us throughout the night tonight; and help us rise from sleep when day comes to find our happiness in the return to life of your Prince, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Omnipotent Master bestow on us a restful night and a peaceful death. Amen.

We salute you, Mary, favorite of God; the Master is with you. You are the most remarkable woman in the world, for becoming the mother of such a remarkable child as Jesus. Holy Mary, Mother of God, please pray for us sinners now and also at the moment of our death. Amen.



**S**ATINS

lease, Master open my lips,  
 and my mouth will sing your praises.



Invitation psalm

Psalm 95

*Come, worship the Master, because we are his people, the flock  
he shepherds. Hallelujah!*

Come let us sing YHWH a song;  
let us shout our joy to the Rock who keeps us safe;  
let us come to him with thanks,  
and sing loud happy psalms to him.

*Come, worship the Master, because we are his people, the flock  
he shepherds. Hallelujah!*

Because YHWH is a great God,  
the great king over all the gods;  
The deep abysses of the earth belong to him,  
and the mountain-tops are his as well.  
The sea is his because he made it,  
and so is the land his hands have formed.

*Come, worship the Master, because we are his people, the flock  
he shepherds. Hallelujah!*

So come, let us bow down in worship,  
kneeling before YHWH who made us too;  
because he is our God,  
and we are the people in his pasture,  
the sheep his hand leads on.

*Come, worship the Master, because we are his people, the flock  
he shepherds. Hallelujah!*

Today is the day for you to listen to his voice:  
“Do not dig in your heels as you did at Meribah,  
as you acted on that day at Massa in the desert,  
when your fathers provoked me  
and tormented me though they had seen what I had done.

*Come, worship the Master, because we are his people, the flock  
he shepherds. Hallelujah!*

For forty years I put up with that crowd,  
saying, ‘they are a people with wandering hearts,  
with no idea of what I expect of them.’

And so I swore in my exasperation,

“They will not enter my rest.”

*Come, worship the Master, because we are his people, the flock  
he shepherds. Hallelujah!*

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

As in the beginning, so now and always, for ages of ages. Amen.

*Come, worship the Master, because we are his people, the flock  
he shepherds. Hallelujah!*

We once again begin existing, now  
That night has died, and death’s reflection, sleep.  
I was not, yet I was. How could I keep  
My self if self did not know self? And how  
Could that cicada’s carapace endow  
Itself with thought once more? The leap  
To consciousness for body means to reap  
What was not sown—and here my mind must bow.

Then is it so impossible that he  
Restored himself from slaughter, and re-clothed  
Himself in flesh—immortal, sealed?  
He who designed the universe revealed  
By simple sleep his gift to his betrothed:  
That death is dead. His death has set us free.

### First Nocturne

*Antiphon 1:* Master, our God, dressed in splendor and majesty, you are wrapped in light as your robe. Hallelujah!

### Psalm 104

#### I

Bless YHWH, my soul!  
YHWH, my God, you are magnificent,  
dressed with splendor and majesty,

wrapped in light as if it were your robe,  
 with the sky like a rug beneath you.  
 Yes, he set the floorboards of his house in the heavenly waters;  
 and he uses clouds for his chariots,  
 and walks upon the wings of the wind.  
 He makes the very air his messenger,  
 and lightning flashes are his slaves.  
 It is you who laid the earth's foundation  
 and fixed it to be solid forever;  
 you wrapped it with the oceans like a cloak,  
 and at first their water stood above the mountains.  
 But then you threatened them, and they retreated;  
 at your thunder's sound, they ran away,  
 dashing over the mountains,  
 to rush down into the valleys  
 to the place that you had fixed for them.  
 And then you placed the boundary that they could not pass  
 to keep them from engulfing the earth.  
 But you send springs into the valleys,  
 so that they will flow between the hills  
 and provide drink for every beast that roams the fields;  
 wild donkeys quench their thirst in them,  
 and birds come from the sky to make their homes by them,  
 and sing among the branches that grow there.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, our God, dressed in splendor and majesty, you are wrapped in light as your robe. Hallelujah!

*Antiphon 2:* The Master produces bread from the earth, and also wine to make our hearts glad. Hallelujah!

II

And you water the hills from the rooms so high above them,

and the earth fills up with the produce you have given;  
 you make grass grow for cattle,  
 and other plants to serve us humans,  
 so that we can bring food out of the earth  
 and wine to make our human hearts feel glad;  
 and oil to bring a shine onto our faces,  
 and bread to strengthen our bodies.  
 Even YHWH's trees have their fill,  
 those cedars he planted on Lebanon,  
 where birds build their nests,  
 with storks high in the firs.  
 And the soaring hills are for the wild goats,  
 their cliffs havens for the rock-badgers.  
 You assigned the moon to mark the seasons,  
 and the sun knows when it should set;  
 you created darkness, and formed the night  
 when all the forest beasts emerge;  
 young lions roar for prey  
 and beg for food from God.  
 Then when the sun rises, they steal away  
 and lie down in their dens,  
 and man comes out to do his work  
 and labor until evening falls.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The Master produces bread from the earth, and also wine to make our hearts glad. Hallelujah!

*Antiphon 3:* The Master looked upon everything he made and saw that it was very good. Hallelujah!

### III

What a vast number of things you have done, YHWH!  
 And you made them all with wisdom.

The earth is full of what belongs to you,  
 as is the huge, unbounded sea,  
 teeming with numberless creatures,  
 living things enormous and minuscule;  
 and that is where the ships sail  
 and meet that Leviathan  
 playing in his element.  
 And all of them look to you  
 to give them their food at the proper time;  
 they gather up what you give them;  
 you open your hand, and they have their fill.  
 But if you turn your face away, they are bewildered,  
 and when you inhale, they die and go back to dust.  
 Then you exhale your breath, your Spirit, and they are created,  
 and you renew the face of the earth.  
 May YHWH's glory last forever!  
 And may YHWH take his pleasure in his works.  
 He looks upon the earth and it shakes;  
 he touches the hills, and they smoke.  
 I will sing to YHWH all my life;  
 I will sing praise to my God as long as I exist.  
 May my thoughts be pleasing to him,  
 because I find my joy in YHWH.  
 And may sinners be rooted out of the earth  
 and evil fools exist no longer.  
 Bless YHWH, my soul;  
 Hallelujah!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Master, you are my shield, my grandeur, the one who holds  
 my head up high.

May the Prince's words always fill your hearts,  
 and may you share the wisdom you receive with others.

## Reading 1 (From the Proper)

## Second Nocturne

*Antiphon 1:* Bless our God, nations of the world; he has given us life.  
Hallelujah!

## Psalm 66

For the leader: a psalm. A song

## I

Shout with joy to God, all the earth!  
Sing a song to the glory of his name!  
Make his praise something magnificent!  
Say to God,  
“How awesome is everything you have done!  
In the greatness of your power,  
your enemies will have to cringe before you  
and all the earth will worship you  
and sing praise to you;  
they will sing psalms of praise to your name!”  
Come and see what God has done:  
his awesome exploits toward mere mortal men.  
He turned the sea into dry land,  
and let them cross it dry-shod.  
So put your happiness in him,  
because he rules forever by his might,  
and his eyes keep watch on the Gentiles  
not to let these rebels rise too high.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Bless our God, nations of the world; he has given us life.  
Hallelujah!

*Antiphon 2:* You put us to the test, Master.

II

But bless our God, you peoples,  
 and let the sound of his praise ring out;  
 because he keeps our souls among the living  
 and does not let our feet slip out from under us.  
 Yes, my God, you have put us to the test,  
 and refined us like silver ore;  
 you led us into a net  
 and put the saddle of suffering on our backs.  
 You let men ride over our heads,  
 and we went into fire and water;  
 but then you brought us through it all with banners flying.  
 So I will enter your house with my burnt offerings,  
 and fulfill my vows to you:  
 the vows my lips pronounced;  
 what my mouth spoke when I was in distress.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* You put us to the test, Master.

*Antiphon 3:* Listen to me, everyone who respects God; let me tell you the wonderful things he has done for me. Hallelujah!

III

I will offer you the sacrifice of burning fattened animals,  
 the sweet aroma of sheep,  
 as well as bulls and goats.  
 Come listen to me, everyone who respects God,  
 and I will tell what he has done for my soul.  
 My mouth called out to him  
 and my tongue declared his glory.  
 If I were to harbor evil in my heart  
 YHWH would not listen;

but he did hear me,  
 and paid attention to the sound of my prayer.  
 May God be blessed  
 because he did not turn away from my prayer  
 or keep his mercy from me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Listen to me, everyone who respects God; let me tell you the wonderful things he has done for me. Hallelujah!

Your eyes have the privilege of seeing what God has done, and your ears the privilege of hearing what he has said.

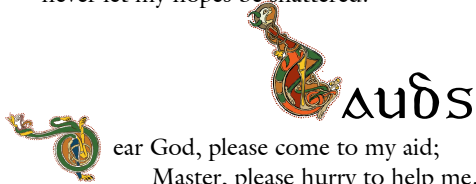
Reading  
 (From the Proper)

Te Deum

We sing your praise as God;  
 we humbly call you Master.  
 The whole world honors you  
 as its eternal Father.  
 all the angels too,  
 the heavens and the Powers of the universe,  
 the cherubim and seraphim  
 cry out in chorus,  
 “Holy! Holy! Holy Master! God of power and might—  
 Heaven and earth are filled with the majesty of your glory!”  
 The glorious college of Apostles,  
 the venerable guild of Prophets,  
 the white-robed army of Martyrs chant their praise to you;  
 the holy Church throughout the world acclaim you  
 as Father of unfathomable majesty,  
 your true and only Son as worthy of our adoration,  
 and the Holy Spirit as our Patron.



You, our Prince, are the King of Glory,  
 the ever-eternal Son of the Father.  
 And as you undertook to set man free,  
 you did not recoil at the Virgin's womb;  
 and when you overcame the sting of death,  
 you opened the Kingdom of Heaven to us believers;  
 and now you are enthroned beside God in the glory of the Father;  
 And we believe you will return to be our judge.  
 And so we beg you, please come to the aid of your family,  
 whom you have bought with your priceless blood.  
 Record them with the Sacred People in glory.  
 Please save your people, Master, and bless your inheritance,  
 And be their King and support from now for ever.  
 We sing your praises each and every day,  
 and sanctify your name for ages and for ages upon ages.  
 Grant us the blessing, Master, for this day,  
 to keep us free of sin.  
 Have your mercy, Master, descend upon us,  
 since we have put our trust in you.  
 I have placed my trust in you, my Master;  
 never let my hopes be shattered.



Dear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

Reversing sunset, now the dawn reveals  
 The truth about the sun, that it returns  
 In promised peace and beauty; that it burns  
 Away night's fog and gloom; its brilliance heals  
 Our baseless fears; its climb brings hope, and seals

Our confidence that goals ambition yearns  
 To reach can come with effort. Faith discerns  
 The Resurrection hinted at, and kneels.

We say “the sun returns,” but when we see  
 It rise, we know it did not come again.  
 It shone all night, but earth had turned its back  
 And then came round once more. So when we lack  
 And later welcome back our Savior, then  
 It is not God who turns again, but we.

*Antiphon 1:* The Master is glorious on his high throne. Hallelujah!

**Psalm 93**

*A psalm; a song for the Sabbath day*

YHWH is on his throne, robed in majesty;  
 yes, YHWH has dressed himself,  
 and put a belt of strength around his waist.  
 Just as the world is firmly set, unmovable,  
 your throne has been set in place from ancient times,  
 because you exist from all eternity.  
 The raging waters rise up high, YHWH,  
 and the foaming waters raise their voice;  
 the floods pile up their waves.  
 But YHWH above them is louder  
 than the noise of all the water,  
 than the crashing breakers in the sea.  
 And what you utter is completely trustworthy,  
 because holiness embellishes your house,  
 YHWH, through all the ages.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* The Master is glorious on his high throne. Hallelujah!

*Antiphon 2:* Let us sing a hymn of praise to our God. Hallelujah!

*Song**Daniel 3.52-57*

You are magnificent, YHWH, God of our fathers,  
 praiseworthy and high above everything forever!  
 And your holy name is glorious,  
 praiseworthy and high above everything forever!  
 You are resplendent in the Temple of your holy glory,  
 praiseworthy and high above everything forever!  
 You are eminent on the throne of your Kingdom,  
 praiseworthy and high above everything forever!  
 You are supreme as you look into the depths  
 from your throne upon the cherubim,  
 praiseworthy and high above everything forever!  
 You are splendid in the dome of the sky,  
 praiseworthy and high above everything forever!  
 Bless YHWH, everything that YHWH has made,  
 sing his praise and raise him high above everything forever!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Let us sing a hymn of praise to our God. Hallelujah!

*Antiphon 3:* Everything that breathes should give praise to the Master.  
 Hallelujah!

*Psalm 150*

Hallelujah!

Hallelujah!

Praise God in his holy place;  
 praise him in the mighty dome of heaven!  
 Praise him for his deeds of power;  
 praise him for his supreme excellence!  
 Praise him with the voice of the trumpet,  
 praise him on the lute and harp;  
 praise him with tambourines and dancing,  
 praise him with strings and flutes;

praise him with the loudest of cymbals—

praise him in the cymbal crash!

Everything that has breath should praise YHWH!

Hallelujah!

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

as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Everything that breathes should give praise to the Master.  
Hallelujah!

*Reading*

*Ezekiel 36.25-27*

Then I will shower you with clean water to wash off all your impurities from you, and I will scrub you clean from all your idols. I will give you a new heart and place a new spirit within you by taking out of your bodies your hearts of stone and giving you hearts of flesh. I will put my spirit inside you, and make you live by my regulations, and be careful to observe my rules.

*Responsory*

We thank you, our God, as we call on your name. We thank you, our God, as we call on your name.

We proclaim how marvelous you are, as we call on your name.

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

We thank you, our God, as we call on your name.

*Antiphon:* The Bridegroom claims his bride, the Church, since the Prince has washed her sins away in Jordan's water; the Wise Men are hurrying with their gifts to the royal wedding; and the wedding guests are celebrating, because the Prince has turned the water into wine. Hallelujah!

*Benedictus*

Praises to the God of Israel,

because he has turned his eyes toward his people and set them free,  
and to rescue us has fashioned for our head a horn

in the house of his servant David—

just as he promised  
     through the mouths of his holy prophets in olden times—  
 bringing rescue from our enemies  
     and escape from the hands of everyone who hates us.  
 A work of kindness to our fathers,  
     recalling his sacred Treaty,  
 the oath he swore to our father Abraham  
     to grant us freedom from the grasp of our enemies  
 to worship him without fear  
     in holiness and virtue every day of our lives.  
 And you, my child, will be called the prophet of God Supreme;  
     you will precede his coming  
 to prepare the roads for the Master;  
     to make his people aware of their liberation  
 as their sins are removed from them  
     because of the tender kindness of our God,  
 by the new dawn from heaven that will rise on us  
     to shine on those who live in darkness and the shadow of death,  
     and to place our feet upon the path of peace.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* The Bridegroom claims his bride, the Church, since the Prince has washed her sins away in Jordan's water; the Wise Men are hurrying with their gifts to the royal wedding; and the wedding guests are celebrating, because the Prince has turned the water into wine. Hallelujah!

#### Petitions

We should thank our Savior, who came into this world as God's presence among us. Let us call upon him, *Our Prince, King of glory, please be our light and our joy.*

Master Jesus, you are the rising Sun, the firstfruits of the future resurrection; please give us the favor of walking in the light of life rather than sitting under the shadow of death. *Our Prince, King of glory, please be our light and our joy.*

Please show us your goodness as it is present in every creature, so that we can contemplate your glory everywhere. *Our Prince, King of glory, please be our light and our joy.*

Please do not allow us to be overcome by evil today, and give us the blessing of overcoming evil through the power of goodness. *Our Prince, King of glory, please be our light and our joy.*

You were bathed in the Jordan and anointed by the Holy Spirit; and so please give us the gift of gratitude toward your Holy Spirit. *Our Prince, King of glory, please be our light and our joy.*

Master, please bestow on me the special favor I ask you today. *Our Prince, King of glory, please be our light and our joy.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and do not lead us into trouble; keep us from harm. Amen.

### Prayer

Father, since you revealed your Son to the nations by the guidance of a star, please lead us to your glory in heaven by the light of faith. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.



Dear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

Warmth, and youth, and vigor, strength, and joy  
 Climb through the early struggles of the day;  
 As yet unwearied, thinking we know the way,  
 We face the future, hopeful as a boy  
 That effort wins; there's nothing to alloy  
 Our golden confidence in self as yet. We say  
 "Of course I can," and do, and find a way,  
 We think, to make the universe our toy.

Yes, so we think; But still we know the sun  
 Climbs up the heavens only to decline.  
 Our noon will come and evening follow all  
 Too quickly; and will then our spirits fall  
 Into dejection? Not if we resign  
 Our hopes and dreams to him who losing won.

*Antiphon 1:* The Master has brought me to green pastures. Hallelujah!

Psalm 23

A psalm of David

YHWH is my shepherd;  
 I have all I need.  
 He gives me green pastures to rest in,  
 he brings me up to quiet ponds  
 where he restores my soul.  
 He leads me along the paths of virtue  
 for the honor of his name;  
 and even if I walk through a valley dark as death,  
 I have no fear of harm,  
 because you are with me,  
 with your crook and staff that give me courage.  
 You prepare a banquet for me as my enemies look on;  
 you pour the scented oil upon my head,

and fill my cup to overflowing.  
 Yes, goodness and kindness follow after me  
 every day of my life,  
 And YHWH's house will be my home  
 as long as I exist.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* The Master has brought me to green pastures. Hallelujah!

*Antiphon 2:* The Master surrounds his people with love, now and forever.  
 Hallelujah!

Psalm 125

*A song of ascents*

Those who put their trust in YHWH  
 are like Mount Zion,  
 which cannot be dislodged, which lasts forever.  
 And just as the mountains surround Jerusalem,  
 YHWH is all around his people  
 from this time through to all eternity.  
 Because the scepter of depravity will not remain  
 hanging over the land of virtue,  
 or decent folk might turn their hands to evil.  
 Do good, YHWH, to the good  
 and to those whose hearts are honest;  
 but as for those who turn down crooked paths,  
 YHWH will drive them off  
 with the rest of those who practice evil.  
 Peace to Israel.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The Master surrounds his people with love, now and forever.  
 Hallelujah!



*Reading**Romans 5.1-2,5*

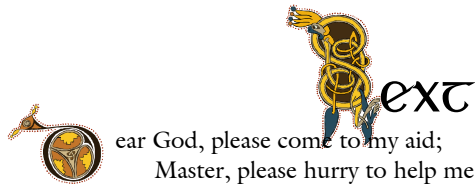
And since we have become virtuous by belief, we have peace with God through our Master Prince Jesus, since it is through him we have access to this gift which makes us what we are and lets us take pride in the hope we have for God's glory. And the hope is nothing to be ashamed of, because God's love is poured into our hearts through the Holy Spirit he gives us.

I will sing of your mercy forever, Master, and make known to every generation the loyalty of our God.

*Prayer*

Dear God, Our Father, by bringing your Son our Prince back to life, you conquered the power of death and opened for us the way to eternal life; may our celebration today raise us from our torpor and renew our lives by the Spirit who lives within us. We make this request through our Master Prince Jesus your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

Let us bless the Master. Thank God.



Dear God, please come to my aid;  
Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit  
As in the beginning, so now and always, for ages of ages. Amen.

The shadows cringe and hide beneath the light  
That blazes in its fullest glory. Noon  
Means respite from our labors, since the boon  
Of radiance brings with it heat, whose might  
Is enervating, and we feel it right  
To pause and contemplate—to read the rune

Of nature, and to try to hear the tune  
 God sings in his creation: All is right.

The tide of day is at its flood, while we  
 Sit quiet, feeling guilt when so much work  
 Still beckons to be done. But we are wrong;  
 He does the work; we simply go along  
 And tinker; and when we pause, we do not shirk  
 Our duty, since our task here is to see.

*Antiphon 1:* The Master's name is great among his people.

Psalm 76

For the leader: a psalm with stringed instruments. A song of Asaph

I

God is well known in Judah,  
 and his name is held in awe in Israel;  
 and he has his tent in Jerusalem,  
 where he lives upon Mount Zion.  
 It was there he broke the arrows flying from their bows  
 and smashed the shields and battle-swords.  
 You are more glorious and magnificent  
 than the mountains on which they hunted;  
 However brave they were, their bodies were looted  
 as they sank into their sleep;  
 and none of these mighty men had hands to ward it off.  
 When you raised your voice at them, God of Jacob,  
 chariots and horses fainted dead away.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* The Master's name is great among his people.

*Antiphon 2:* The earth shook, then all was still when God stood up to  
 issue his sentence.

## II

You are the one who creates this fear;  
 can anyone stand up to your face  
 when your anger is roused?  
 You made your sentence heard from heaven,  
 and all the earth shook and became still  
 when God stood up to pronounce judgment,  
 and to set free all the earth's oppressed.  
 —Even men's fury gives you praise,  
 because you wrap its survivors round you!  
 Make vows to YHWH and fulfill them;  
 those round him should give gifts to the Terrifying One  
 who cuts short the life of rulers  
 and fills earth's kings with dread.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The earth shook, then all was still when God stood up to issue his sentence.

*Reading**Romans 8.26*

The Spirit comes to the support of our weakness. We don't even know how to pray the way we should; and so the Spirit takes our inarticulate cries and turns them into a plea for us.

Master, please give my prayer a hearing, and bestow wisdom on me, as you promised.

## Prayer

Dear God, Our Father, may the Spirit you sent upon your Church to begin the teaching of the Good News continue to work in the world through the hearts of everyone who believes it. We make this request through our Master, Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;  
Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit  
As in the beginning, so now and always, for ages of ages. Amen.

Fatigue sets in. It is too much; we plod  
Our way through heat and cold, and all for what?  
We do because we do, it seems; the rut  
Grows deeper, and the plow won't break the sod;  
The seed is sterile, the harvest just a clod  
Of thirsty earth that knows no water but  
Our sweat, its salt destroying life. We cut  
Our losses, lifting hopeless hands to God.

Why have we been abandoned? Where is he?  
It is his work; then why are we alone?  
Why not admit our failure? Why go on?  
Because to fail succeeds. We have but gone  
The cross-road, that is all; we must atone  
Our sins with him before we can be free.

*Antiphon 1.* You will not be silent, Master, when evil people slander me.  
Hallelujah!

Psalm 109

For the leader: a psalm of David

I

Please do not keep silent,  
God whom I praise!

Because corrupt, lying slanderers  
    have begun speaking against me.  
Their accusations against me are all lies,  
    and they have me surrounded with hate-filled words;  
    they fought against me for no reason at all.  
They have returned my love toward them with incriminations,  
    and all I have left to do is pray,  
because they have paid the good I did them with evil,  
    and my love with hatred.  
Take another evil man, and put him in charge of them,  
    and have this accuser stand there by them,  
    and then have them found guilty by the judge!  
Cut their lives short,  
    and let someone else take over their duties;  
make their children fatherless  
    and their wives widows!  
Yes, make their children homeless, let them beg  
    and look for bread in garbage-dumps!  
May those they owed money to seize everything they have,  
    and may strangers steal whatever they have earned!  
And do not let anyone show mercy to them  
    and take in their fatherless children!  
Yes, destroy their posterity  
    and erase their names for generations to come!  
Recite the sins of their ancestors for YHWH to recall,  
    and do not erase their mother's evil, either!  
They should be constantly brought before YHWH  
    so that he will destroy all memory of these men from the earth!  
Glory to the Father, to the Son, and to the Holy Spirit  
    as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1.* You will not be silent, Master, when evil people slander me.  
Hallelujah!

*Antiphon 2:* The Master stands by the poor to save them from those who

would condemn them. Hallelujah!

## II

Because these men did not remember to show mercy,  
and persecuted someone poor and destitute,  
and even tried to kill a broken-hearted man.  
They were fond of cursing others; then let the curses fall on them;  
they hated to bless others, and so keep blessings far away.  
Yes, they put on curses the way they put on clothes,  
and so have them penetrate their skin like water  
and sink like oil into their very bones.  
Have them wrapped all round them like their cloaks  
and tie them in them as if they were the belt they always wear.  
May this be how YHWH repays those who charge me with wrong  
and to anyone who says abusive things about me.  
But my Master YHWH,  
please be kind to me for your name's sake,  
and set me free in the goodness of your mercy;  
because I really am poor and destitute,  
and my heart inside me has been stabbed.  
I am like a shadow lengthening at sunset only to disappear,  
like a locust swept out to sea by the wind.  
My knees are trembling from lack of food;  
my whole body is eating itself away.  
I have become a laughing-stock to these people;  
they look at me and shake their heads in scorn.  
Please help me, YHWH, my God!  
Save me, in your mercy!  
So that they will recognize your hand in this,  
and know that you have done it, YHWH.  
They may curse me, but if you bless me,  
all my enemies will be disgraced.  
Please, bring joy upon your slave  
and dress my slanderers in shame;  
yes, let them wear their disgrace like a mantle!

Then my mouth will chant hallelujahs of praise,  
 and I will sing your glory among throngs of people;  
 because you stood beside the poor man  
 to save him from those who wanted him condemned.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The Master stands by the poor to save them from those who would condemn them. Hallelujah!

*Reading*

*2 Corinthians 1.21-22*

The one who has planted us solidly on the Prince along with you and has anointed us is God; and he has put his seal on us and given us the guarantee of the Spirit in our hearts.

The Master is my light and my help; he is the guardian of my life.

*Prayer*

Father, since you sent your Word to bring us the truth and your Spirit to make us holy, and since through them we come to know the secret of your life, please help us to worship you as one God in three Persons by proclaiming and living our faith in you. We make this request through our Master, Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

Let us bless the Master. Thank God.



As in the beginning, so now and always, for ages of ages. Amen.

The day expires in orange light, which makes  
 The sky green. Peace descends. Why should its throes  
 Screamed by the clouds in yellow, mauve, and rose  
 So still our souls? It is the silence. Flakes  
 From heaven's agony bring rest that slakes  
 Our own day's thirst. So failing autumn shows  
 Its gasp of golden peace, as if it knows  
 The efflorescent spring that later wakes.

And that is why their dying soothes. God speaks  
 Through nature, and we see night herald day  
 And winter spring—and so will aging's end  
 be all? Or does our autumn eve portend  
 The morning spring? Of course. It is his way  
 To tell the heart it *will* have what it seeks.

*Antiphon 1*: God's home is the highest part of the heavens; he has power  
 to do whatever he wishes. Hallelujah!

Psalm 115

Not to us, YHWH, not to us—  
     give glory to your own name,  
 because of your mercy,  
     because of your loyalty.  
 Why should the Gentiles say,  
     “So where is your God, then?”  
 In the heavens is where our God is,  
     and he does whatever he pleases.  
 Their idols are simply silver and gold,  
     something human hands have made.  
 True, they have mouths—which do not speak;  
     they have eyes that do not see,  
 ears that do not hear;



they have noses, but cannot smell,  
hands that cannot grasp a thing,  
and feet they cannot use to walk—  
and not a sound comes out of their throats.  
And those who made them are as impotent as they are,  
and so is everyone who puts his trust in them.  
But you, Israel, put your trust in YHWH,  
because he is Israel's help and shield.  
House of Aaron, put your trust in YHWH,  
because he is Aaron's help and shield.  
All of you who hold YHWH in awe, put your trust in YHWH,  
because he is your help and shield.  
And YHWH has noticed us,  
and he will bless us:  
he will bless the family of Israel,  
the family of Aaron;  
he will bless those who hold YHWH in awe  
from the least to the greatest.  
May YHWH make your families increase,  
both for you and your descendants;  
may you be blessed by YHWH,  
who made heaven and earth.  
Because the sky and the heavens above it belong to YHWH  
but he has given the earth to us mortal men.  
And corpses do not praise YHWH,  
nor does anything that goes down into the silence.  
But we will bless YHWH  
from this time through all the ages of ages.  
Hallelujah!  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* God's home is the highest part of the heavens; he has power to do whatever he wishes. Hallelujah!

*Antiphon 2:* Our kind Master has left us a memento of his marvelous deeds. Hallelujah!

Psalm 111

Hallelujah!

**A**ll my heart I will use to praise YHWH;  
**both** in the meetings of virtuous people and in the whole assembly.  
**C**ome see how great are YHWH's deeds;  
**done** to be studied by everyone who takes pleasure in them.  
**E**very act of his is honorable and glorious;  
**forever** his virtue lasts:  
**given** to us to remember his marvelous deeds;  
**how** gracious and kind YHWH is  
**in** giving food to those who revere him,  
**just** as he always remembers his Treaty,  
**keeping** his people informed of the power of his actions,  
**leaving** them the Gentiles as their inheritance.  
**M**ighty deeds from his hands are truth and justice,  
**nothing** that he commands is anything but sure;  
**on** solid ground they stand, forever and forever,  
**placed** there in loyalty and integrity.  
**Q**uickly he has redeemed his people,  
**reminding** them of his command to obey his Treaty forever.  
**S**o his name is to be held in awe as holy.  
**T**he fear of YHWH is the beginning of wisdom.  
**U**nderstanding is given to everyone who does his will.  
**V**alue him and praise him forever.  
**G**lory to the Father, to the Son, and to the Holy Spirit  
**as** in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Our kind Master has left us a memento of his marvelous deeds. Hallelujah!

*Antiphon 3:* All of you who serve God, great and small, should praise him. Hallelujah!

*Song**See Revelation 19.1-7*

Hallelujah! Rescue, glory and power are our God's  
 because his verdicts are truthful and just! Hallelujah!  
 Hallelujah! Sing praises to God, servants of his,  
 and everyone who worships him, great and small. Hallelujah!  
 Hallelujah! The Master, the Ruler of All, is king,  
 so let us celebrate and give him glory. Hallelujah!  
 Hallelujah! The wedding-banquet of the Lamb has started,  
 and his bride has prepared herself to greet him. Hallelujah!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* All of you who serve God, great and small, should praise him.  
 Hallelujah!

*Reading**2 Thessalonians 2.13-14*

But we have to keep thanking God, brothers and sisters, for how you have  
 been loved by the Master, because God has chosen you from the  
 beginning for preservation in spiritual holiness and in belief in the truth.  
 He called you to it by the report we brought of the good news so that you  
 could buy for yourselves the glory of our Master Prince Jesus.

*Responsory*

Our Master is great, and his power is immense. Our Master is great, and  
 his power is immense.

His wisdom is beyond compare, and his power is immense.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 Our Master is great, and his power is immense.

*Antiphon:* Complete authority in heaven and on earth has been given to  
 me, says the Master.

*Magnificat*

My soul is full of the Master's magnificence;  
 my spirit is bursting with joy in God, my savior,

because he has turned his eyes toward his poor little slave,  
and now from this time on people will honor me  
through all the ages to come!

Yes, the God of Power has done tremendous things in me!

How holy his name is!

His kindness reaches from age to age  
to those in awe of him.

He has flexed his strong right arm;  
and routed arrogance and conceit.

He has toppled powers from their thrones  
and elevated nobodies;

he has filled the hungry with the best cuisine  
and sent the rich away with nothing.

He has given support to his servant Israel,  
just as he told our ancestors,

remembering to shower his mercies  
on Abraham and his descendants for ever.

Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Complete authority in heaven and on earth has been given to me, says the Master.

#### Petitions

May all praise and honor come to the Prince, who is eternally alive so as to plead for us, and is able to save those who approach the Father in his name. Since we are supported by our faith, let us call upon him. *Please remember your people, Master.*

As the day draws to a close, Sun of Virtue, we call upon your name on behalf of the whole human race, so that everyone will be able to enjoy your never-failing light. *Please remember your people, Master.*

Please preserve the Treaty you ratified in your blood, and wash your Church clean and make it holy. *Please remember your people, Master.*

Please remember your community, Master, which is your home. *Please remember your people, Master.*

Please guide travelers along the path of peace and prosperity, so that they will reach their destinations in safety and joy. *Please remember your people, Master.*

Please accept the souls of the dead, Master, and bestow on them your favor and the gift of eternal glory. *Please remember your people, Master.*

Master, thank you for the blessings you have bestowed on me today. *Please remember your people, Master.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

### Prayer

Omnipotent, merciful God, since you have broken the power of evil and made everything new in your Son Prince Jesus, the King of the Universe, may everyone in heaven and earth acknowledge your glory and never cease to praise you. We make this request through our Master Prince Jesus your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.

## Compline



ear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

The day, born but a breath ago, is now

About to sigh its last; and looking back,  
 Sees only folly. Everything is black:  
 The morning's dreams and sweat from noontime's brow  
 Have burnt to charcoal ash. I wonder how  
 I ever called a "talent" this great lack  
 Of anything more than mediocre knack—  
 And night no longer lets me guide the plow.

Now think, for once; you cannot find the way  
 By looking back or to the dark ahead;  
 No, look beyond, to Me. You are redeemed;  
 I threw my life away for yours; what seemed  
 My waste is your success. What do you dread?  
 My rising has transformed your future day.

*Antiphon:* Praise the Master from the heavens.

Psalm 148

Hallelujah!

Hallelujah!

Praise YHWH from the heavens;

    praise him in its heights!

Praise him, angels who belong to him;

    praise him, all his army!

Praise him, sun and moon;

    praise him all you shining stars!

Praise him, heaven above the heavens,

    and all waters over the heavens!

They should praise YHWH's name

    because he gave the command, and they came to be;

and he fixed them firmly for ever,

    by a decree which will never lose its force.

Praise YHWH from the earth,

    great sea creatures and the depths you move in,

fire and hail, snow and clouds

storm-winds that obey his commands,  
 mountains and every hill,  
     fruit-bearing trees and every cedar,  
 wild beasts and tame cattle,  
     insects and flying fowl,  
 kings on the earth and every people,  
     heads of state and judges over the earth,  
 young men and maidens,  
     old men and children;  
 they all should praise YHWH's name,  
     because his name alone is supreme,  
     and his glory is above earth and heaven.  
 And he has placed the horn of power on his people's heads,  
     to the glory of his sacred ones,  
 the descendants of Israel,  
     a people close to him.  
     Hallelujah!  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

**Antiphon:** Praise the Master from the heavens.

*Reading:* *Rev. 22: 4-5*  
 They will see the Master's face, and his name will be on their foreheads.  
 And there will be night no longer; and they will have no need of the light  
 of a lamp or the light of the sun, because God the Master will shine on  
 them, and they will be kings for ages upon ages.

#### Responsory

I hand over my spirit into your care, Master. I hand over my spirit into  
 your care, Master.  
     because you have redeemed me, faithful Master, my God, I hand over  
 my spirit.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 I hand over my spirit into your care, Master.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Nunc Dimittis**

Now, my Lord and Master, you may dismiss your slave,  
 as you promised, in peace;  
 because my eyes have seen the rescue you have prepared for us  
 within the very sight of all the nations:  
 a light to disclose the truth to the Gentiles,  
 and the glory of your people Israel.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Prayer**

Master, today we have celebrated the mystery of our Prince's coming back to new life. May we now rest in your peace, safe from everything that could harm us, and rise again, refreshed and happy, to praise you through another day. We ask this favor through our Master, the Prince.

May the Omnipotent Master bestow on us a restful night and a peaceful death. Amen.

Queen of heaven, be glad, Hallelujah!  
 Because the one it was your privilege to bear, Hallelujah!  
 Has come back to life as he promised, Hallelujah!  
 Please pray for us to God, Hallelujah!



Monday  
ΜΑΤΙΝΣ



lease, Master open my lips,  
and my mouth will sing your praises.

Invitation psalm

Psalm 95

*Come, let us sing joyful songs to the Master.*

Come let us sing YHWH a song;  
let us shout our joy to the Rock who keeps us safe;  
let us come to him with thanks,  
and sing loud happy psalms to him.

*Come, let us sing joyful songs to the Master.*

Because YHWH is a great God,  
the great king over all the gods;  
The deep abysses of the earth belong to him,  
and the mountain-tops are his as well.  
The sea is his because he made it,  
and so is the land his hands have formed.

*Come, let us sing joyful songs to the Master.*

So come, let us bow down in worship,  
kneeling before YHWH who made us too;  
because he is our God,  
and we are the people in his pasture,  
the sheep his hand leads on.

*Come, let us sing joyful songs to the Master.*

Today is the day for you to listen to his voice:

“Do not dig in your heels as you did at Meribah,  
as you acted on that day at Massa in the desert,  
when your fathers provoked me  
and tormented me though they had seen what I had done.

*Come, let us sing joyful songs to the Master.*

For forty years I put up with that crowd,  
saying, ‘they are a people with wandering hearts,  
with no idea of what I expect of them.’

And so I swore in my exasperation,

“They will not enter my rest.”

*Come, let us sing joyful songs to the Master.*

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

As in the beginning, so now and always, for ages of ages. Amen.

*Come, let us sing joyful songs to the Master.*

Again my life begins, although it had  
Not ceased; the past is dead, but still it’s there;  
My waking births a thousand births; my hair  
Is gray with them; yet I am still the lad  
I am no more; and every day I add  
Onto this self I drag through time. I wear  
My years like clothes—except I cannot tear  
Them off; the eyesore of it drives me mad.

How to escape this self-made wreck? I fear  
There is no hope; it is beyond my strength.  
But there’s a different birth outside of time  
Where Presence swallows past; and in sublime  
Totality my soul will learn at length  
That He knows how to wipe off every tear.

First Nocturne

*Antiphon 1:* Please stoop down and listen to me, Master; come to my rescue.

Psalm 31

For the leader: a psalm of David

I

I put my trust in you, YHWH,  
 please do not ever disappoint me.  
 Set me free in your justice;  
 please stoop down and listen to me  
 and rescue me soon;  
 be a rock that I can hide behind,  
 a strong fort to keep me safe.  
 Yes, you are my rock and my strong fort;  
 and so, if only for your own sake  
 lead me on and be my guide.  
 Please pull off the net they threw over me from ambush,  
 because you are what gives me strength.  
 I entrust my spirit into your hands,  
 and you have set me free before, YHWH, true God.  
 I hate those who worship futile idols,  
 and my trust is in YHWH;  
 I will find my happiness and joy in your mercy,  
 because you have paid attention to my troubles.  
 And I know that you are well aware of my soul in its anguish  
 and have not let my enemies' hands clasp around me;  
 you have set me down on an open field.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Please stoop down and listen to me, Master; come to my rescue.

*Antiphon 2:* Master, shine the light of your face upon your slave.

II

Then please have mercy on me, YHWH, because my life is hard;  
 my eyes are worn out with grief  
 and my body is exhausted with sobs.  
 My strength is gone because of all of my faults,  
 and even my bones are growing weak.  
 I am looked down on by my enemies,  
 and even more by my neighbors;  
 those who know me are disgusted,  
 and if they see me out of doors, they avoid me.  
 I am as forgotten as a corpse, never thought of,  
 like a dish that has been smashed.  
 And I can hear people whispering about me,  
 striking terror into me everywhere I turn,  
 because they are hatching plots against me  
 and planning how they can get rid of me.  
 But I still put my trust in you, YHWH,  
 and say, "You are my God;  
 everything I do is in your hands  
 please set me free from the grasp of my enemies  
 and from my oppressors.  
 Shine your face upon your slave,  
 and save me, for the sake of your own mercy.  
 Please keep me from disgrace, YHWH, because I call on you;  
 disgrace these hoodlums instead;  
 show them the silence of the grave!  
 Yes, shut those lying lips down,  
 and keep them from bragging and sneering at honest folk!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Master, shine the light of your face upon your slave.

*Antiphon 3:* Praise the Master, because he has poured his mercy upon me.

III

How enormous is the goodness  
 you have stored up for those who hold you in awe—  
 That you have ready for those who put their trust in you  
 in the face of what other people say!  
 You hide them in the secret shelter of your presence  
 from human plots;  
 You keep them safe inside your tent  
 away from tongues at war.  
 Praise YHWH,  
 because he has shown his marvelous kindness in this strong city!  
 Because I said in my alarm,  
 “I have been taken out of your sight!”  
 But you still heard the sound of my pleas  
 when I called out to you.  
 Love YHWH, you sacred people of his!  
 Because YHWH keeps his loyal subjects safe,  
 and pays arrogant fools everything they earn.  
 Keep your courage up,  
 all of you whose hope is in YHWH,  
 and he will give your heart new strength.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* I will be the herald of your praises, Master, wherever Zion’s  
 people gather.

Please give me insight to know your will, and then I will cherish it in my  
 heart.

Reading 1 (from the Proper)

## Second Nocturne

*Antiphon 1:* How good the God of Israel is to those whose hearts are pure.

## Psalm 73

A psalm of Asaph

God is actually good to Israel,  
 at least to those whose hearts are pure.  
 At first, my feet almost tripped;  
 I all but lost my footing,  
 because I envied those who are arrogant  
 when I saw how immoral people succeed.  
 They do not die in pain;  
 in fact, they are strong and healthy;  
 they do not have the troubles of everyone else,  
 and not even ordinary aches and pains.  
 And so they wear their pride the way a woman wears a necklace,  
 and put on violence as if it were a robe;  
 they have more than any heart could desire,  
 even while they sneer and plot oppression.  
 And their speech is full of conceit;  
 you would think decrees from heaven fell from their mouths,  
 as they utter ukases to the whole earth.  
 And the people flock after them  
 and drink in everything they say,  
 and they claim, "How does God know what I do?  
 Is there even such a thing as Supreme Wisdom?"  
 That is what these atheists are like,  
 and they lead a full, easy life,  
 and simply become richer and richer.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* How good the God of Israel is to those whose hearts are

pure.

*Antiphon 2:* Their laughter will turn to weeping, their pleasure to suffering.

II

It seemed obviously a waste of time for me to keep my heart clean,  
 to wash my hands with innocence,  
 because I am tormented all day long,  
 and wake up in pain every morning.  
 But if I had said, "That is what I will say,"  
 I would have been false to the faith of your people.  
 But when I tried to understand all this,  
 it gave me too much pain—  
 until I entered God's holy place,  
 where I understood what finally happens to them.  
 In fact, you have put them on a slippery slope,  
 which you have tilted down toward ruin,  
 and they slide in an eyeblink down into complete disaster.  
 And there they are totally eaten up with terror  
 as if waking from a nightmare;  
 and then when *you* wake, YHWH,  
 you will brush them aside like a bad dream.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Their laughter will turn to weeping, their pleasure to suffering.

*Antiphon 3:* Those who ignore you will be destroyed; but my joy is to remain with you, my God.

III

So when my heart was bitter  
 and my mind resentful,

I was an ignorant fool;  
 no more than an animal in your eyes.  
 But still, I remained always with you,  
 and you held me in your hand;  
 and you guide me and give me directions,  
 and will afterwards receive me into glory.  
 And who is there for me in heaven but you?  
 There is no one even on earth that I long for but you.  
 My body and my heart may grow weak,  
 but God is my heart's strength and the share that falls to me forever.  
 Yes, it is true; those who are far from you will be destroyed;  
 you have demolished everyone who deserts you for a prostitute;  
 but it is good for me to approach God,  
 because I have put my trust in God YHWH,  
 so that I can explain everything you do.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Those who ignore you will be destroyed; but my joy is to remain with you, my God.

Please guide me in the way of your truth and teach me, because you are the God who saves me.

Reading 2 (from the Proper)

[If this ends the session, say, "Let us praise the Master and thank him."]



ΑΥΔΣ

Dear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.



Again we see arise the Lamp of God  
 Who takes away the darkness of the world.  
 He visits all the things that have been curled  
 In quiet sleep, and with a gentle prod  
 Of light revives them. Rising from the sod,  
 They start their work of praise to him; now hurled  
 Into survival's battleground, or whirled  
 About in play beneath his holy rod.

He moves us, true; and yet we move ourselves.  
 Directed directors; but can this be so?  
 Aren't we just puppets, hanging on his whim,  
 With all our psyches simply asking him  
 What we must do? Sin gives the answer "No";  
 So faith unearths that for which reason delves.

*Antiphon 1:* When will my pilgrimage end so I can enter God's presence?

Psalm 42

For the leader: a *maskil* of the sons of Korah

Like a deer panting for a running stream,  
 my soul is panting for you, my God.  
 My soul is thirsty for God, the God of my life;  
 when will I go to his Temple to meet God face to face?  
 My tears have been my food day and night,  
 as everyone says to me,  
 "Where is your God?"  
 As I remember the past,  
 the soul inside me spills over:  
 how I used to go among throngs of people  
 and enter God's house,  
 among the cries of joy and praise  
 made by the pilgrim crowds at the festival.  
 But why are you so discouraged, my soul?  
 Why are you so upset within me?

Trust in God; I will praise him once again  
 and have the comfort of being face to face with him.  
 But my soul inside me has been so demoralized;  
 and that is why I think of you here at Jordan's source,  
 From the slopes of Mount Hermon  
 and little Mizar Hill—  
 depths call out to depths in the roar of your waterfalls;  
 all your waves and breakers are crashing over my head.  
 But still YHWH's kindness is with me all day,  
 and in the night I have his song,  
 and prayer to the God who gives me life.  
 I say to my God,  
 "Why have you forgotten me,  
 Why do I go about tortured by my enemies' oppression?  
 It crushes my bones  
 that my enemies make fun of me  
 and taunt me all day long with  
 'Where is your God?'"  
 But why are you so discouraged, my soul?  
 Why are you so upset within me?  
 Trust in God; I will praise him once again  
 and have the comfort of being face to face with him.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* When will my pilgrimage end so I can enter God's presence?

*Antiphon 2:* Master, please send us your light and your truth.

**Psalm 43**

Please take up my defense, my God  
 and plead my case against an atheistic nation;  
 set me free of these lying, vicious men,  
 because you are the God who is my strength.  
 So why have you thrown me aside?

Why do I walk about in grief because of my enemies' oppression?  
 Please send me your light and your truth,  
     and have them guide me;  
 make them bring me to your holy hill  
     and into your tent,  
 where I will go up to the altar of God,  
     the God of my delight,  
 and I will praise you on my harp,  
     God, my God.  
 So why are you so discouraged, my soul?  
     Why are you so upset within me?  
 Trust in God; I will praise him once again  
     and have the comfort of being face to face with him.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Master, please send us your light and your truth.

*Antiphon 3:* May God be praised from the farthest bounds of the earth.

*Song* *Isaiah 42.10-16*  
 Sing a new song to YHWH,  
     sing his praise from the farthest bounds of the earth.  
 Make the sea ring with it, and everything that fills it;  
     make the shores and those who live in them reverberate.  
 Have the plains and their cities shout it out,  
     and the little villages where Kedar dwells.  
 Those who live in Sela should cry out their joy  
     and shout it from the mountain-tops.  
 They should glorify YHWH  
     and praise him on every shore,  
 because YHWH strides out like a hero,  
     and primes himself for battle like a warrior;  
 He shouts his battle-cry  
     and shows how strong he is against his enemies.

“I once looked away from all this, and kept my silence,  
 saying nothing, holding myself in;  
 but now I will cry out as loud as a woman in labor,  
 gasping and panting.  
 I will demolish mountains and hills,  
 and wither everything green upon them;  
 I will turn the rivers into swamps,  
 and the swamps into dry ground;  
 I will lead the blind along their way  
 and guide them on paths they know nothing of;  
 I will turn the darkness before them into light,  
 and straighten out the crooked roads.”  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* May God be praised from the farthest bounds of the earth.

*Reading*

*Jeremiah 15.16*

I found your words and ate them up;  
 and to me your words were happiness and joy to my heart,  
 because I am named after you,  
 YHWH, God commanding our armies.

*Responsory*

Sing for joy, those of you chosen by God; give him the praise that is his  
 due. Sing for joy, those of you chosen by God; give him the praise that is  
 his due.

Sing a new song to the Master; give him the praise that is his due.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 Sing for joy, those of you chosen by God; give him the praise that is his  
 due.

*Antiphon:* Praises to the Master, because he has come to his people and set them free.

**Benedictus**

Praises to the God of Israel,  
 because he has turned his eyes toward his people and set them free,  
 and to rescue us has fashioned for our head a horn  
 in the house of his servant David—  
 just as he promised  
 through the mouths of his holy prophets in olden times—  
 bringing rescue from our enemies  
 and escape from the hands of everyone who hates us.  
 A work of kindness to our fathers,  
 recalling his sacred Treaty,  
 the oath he swore to our father Abraham  
 to grant us freedom from the grasp of our enemies  
 to worship him without fear  
 in holiness and virtue every day of our lives.  
 And you, my child, will be called the prophet of God Supreme;  
 you will precede his coming  
 to prepare the roads for the Master;  
 to make his people aware of their liberation  
 as their sins are removed from them  
 because of the tender kindness of our God,  
 by the new dawn from heaven that will rise on us  
 to shine on those who live in darkness and the shadow of death,  
 and to place our feet upon the path of peace.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Praises to the Master, because he has come to his people and set them free.

**Petitions**

Our Savior has made us a nation of priests to offer a sacrifice acceptable to the Father. Let us then call upon him in gratitude: *Please keep us in your service, Master.*

Our prince and eternal priest, since you conferred holy priesthood

upon your people, please give us the blessing of offering spiritual sacrifices acceptable to the Father. *Please keep us in your service, Master.*

In your goodness, please pour upon us the harvest of your Spirit, patience, kindness, and gentleness. *Please keep us in your service, Master.*

May we love you and possess you, who are love, and may every action of our lives praise you. *Please keep us in your service, Master.*

May we work for what is beneficial to our brothers, without counting the cost, to help them on their way to their rescue. *Please keep us in your service, Master.*

Master, please bestow on me the special favor I ask you today. *Please keep us in your service, Master.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Omnipotent Father, since you brought us into the light of a new morning, please keep us, through the whole day, safe from every sinful inclination, and may all of our thoughts, words, and actions aim at doing what you find pleasing. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.



**MERCE**

Dear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for the ages of ages. Amen.

At times, the face of life is smiling, clean,  
 Transfigured from the customary round  
 Of boring toil distracted by the sound  
 Of rain and hail from leaden skies: the lean  
 And hungry look of heaven. Now the sheen  
 Of blue above, the crisp spring air, the mound  
 Of sand from busy ants, the baying hound  
 Off in the distance, is what life should mean—

We think. But just as once on Tabor, they  
 Were lost in ecstasy, and then came down  
 To hear about the cross, we need the strength  
 Of sapphire moments, or the plodding length  
 And sometimes agony of life will drown  
 Our souls before we reach eternal day.

*Antiphon 1:* Law finds its fulfillment in love.

Psalm 119



My God, how I love your Law!  
 It is what I contemplate all day long.  
 By your commandments, you make me wiser than my enemies,  
 though they are always with me.  
 I even understand more than all my teachers,  
 because your orders are what I ponder.  
 I understand more than the men of ancient times,  
 because I keep your regulations;  
 I have kept my feet off every evil path  
 to make sure of preserving what you say.  
 I have not swerved from the decisions you handed down,  
 because you have taught them to me yourself.  
 What you say tastes so sweet to me;  
 it is more than honey in my mouth.

I find understanding from your rules,  
 and that keeps me away from every false path.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Law finds its fulfillment in love.

*Antiphon 2:* Whoever follows me does not walk in darkness, because he has the light of life.

Psalm 119



How what you say acts as a lamp for my feet  
 and a light along the path I walk.  
 I have sworn and confirmed  
 that I will keep your virtuous commands,  
 though I am in deep trouble.  
 Please give me new life, YHWH, as you promised.  
 And please accept, YHWH, the homage my mouth freely offers,  
 and teach me your commands.  
 I carry my life constantly in my hands,  
 and yet I do not forget your law;  
 immoral people have set a snare to catch me,  
 and yet I have not strayed from your regulations.  
 I have taken your orders as my eternal inheritance,  
 because they are what give joy to my heart,  
 and I have bent my heart toward keeping your rules  
 forever, to the very end.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Whoever follows me does not walk in darkness, because he has the light of life.

*Reading*

*Jeremiah 31.33*

But this is the treaty I will make with the house of Israel after those days,



says YHWH: I will put my law inside their minds and write it on their hearts; and I will be their God and they will be my people.

Prayer

Dear God, Our Father, work is your gift to us; a call to reach new heights by using our talents for the good of everyone. Please guide us as we work and teach us how to live in the spirit that has made us your sons and daughters, and in the love that has made us brothers and sisters. We make this request through our Master, the Prince. Amen.

Let us bless the Master. Thank God.



Sext

ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

Why such a stilted verse-form? Don't ask me.  
 I'm no Walt Whitman; my ideas arise  
 Out of the limits of the rhymes. The size  
 And shape of what I do just seems to be  
 What's there in these seeds' possibility.  
 I'm just the dirt; they grow before my eyes;  
 And what I see sometimes, to my surprise,  
 Is that the limits are what sets them free.

But isn't that the way with all we seek?  
 To ride in all directions is absurd.  
 With too much freedom, we become all thumbs,  
 And nothing good gets done—and when it comes  
 To that, why even God's almighty Word  
 Himself became a sonnet, so to speak.

*Antiphon 1:* It is a blessing to listen to what God says and preserve it in your heart.

Psalm 40

For the leader: a psalm of David

I

I waited and waited for YHWH  
 and he bent down toward me  
 and heard my cry.  
 And he pulled me out of a ghastly pit  
 fully of sticky clay,  
 and placed my feet upon a rock  
 where I had firm footing.  
 And he has put a new song into my mouth,  
 one of praise to our God.  
 Many, many people will see this and be in awe  
 and put their trust in YHWH—  
 and it is a blessing to put your trust in YHWH  
 and not rely on arrogant, devious liars.  
 Because you have done  
 so many marvelous deeds, YHWH, my God;  
 and your plans for us  
 are unfathomable;  
 if I were to try to name them,  
 the list would go on forever.  
 It is not that you desired sacrifices and offerings;  
 but that you opened my ears to listen to you.  
 No, bringing animals and victims is not what you demanded;  
 and it was then that I said, “Here I am, I bring myself.  
 What is written about me in the scroll of your Book  
 is that my pleasure is to do your will, my God,  
 and that your law is written in my heart.”  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* It is a blessing to listen to what God says and preserve it in your heart.

*Antiphon 2:* I am poor, but the Master takes care of me.

II

I have reported the good news of your virtue  
 in front of the whole assembly of the people.  
 I have not kept my lips sealed,  
 as you are aware, YHWH;  
 I have not hidden your virtue in my heart;  
 I have spoken out about your loyalty and your rescue of me;  
 I have not been reticent about your kindness and honesty  
 in the great assembly where the people meet.  
 So please do not keep back your gentle mercy from me, YHWH,  
 preserve me by your kindness and honesty;  
 because I am surrounded by more troubles than I can count;  
 my sins have caught up with me, and I cannot see,  
 and there are more of them than hairs on my head;  
 and so my heart sinks.  
 So please, please, YHWH, set me free;  
 YHWH, please hurry to help me!  
 Humiliate and embarrass  
 those who are trying to wreck my life;  
 have those who wish me harm  
 fall back in disgrace;  
 Send confusion and shame  
 upon those who tell me, "Ha! We have you!"  
 And send happiness and joy on everyone who looks to you;  
 may everyone who turns to you for rescue always say,  
 "Glory to YHWH!"  
 But I am miserable and poor;  
 and yet YHWH has me in mind.  
 Yes, you are my help, my rescuer,  
 so please do not hold yourself back, my God.

Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* I am poor, but the Master takes care of me.

*Reading*

*Jeremiah 32.40*

And I will conclude an eternal treaty with them, never to cease doing good to them; I will put fear of me in their hearts so that they will never leave me.

God is my savior and my glory; I find protection in him.

*Prayer*

Dear Father, the harvest belongs to you, just as the vineyard is yours; you assign the tasks and pay a salary that is just. Please help us to meet the day's responsibilities, and do not let anything separate us from your love. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;  
Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit  
As in the beginning, so now and always, for ages of ages. Amen.

Four hundred ninety must have passed long, long  
Ago, and still I beg forgiveness for the same  
Sad, dreary, sordid sins. It's not a game,  
I swear. I'm really sorry. I'm not strong,  
That's all it is; whenever I do wrong  
I hate myself—still more when I'm to blame  
For what I gave up yesterday. I came

Into a world in which I don't belong.

My child I know. How can you ask me why  
 I love you if in fact there's nothing there  
 To love? I love because I love; I *make*  
 You lovable by loving you; I take  
 No umbrage at your sins; I just don't care.  
 I don't ask for success, but that you try.

*Antiphon 1*: Sing to the Master and bless his name.

Psalm 96

I

Sing a new song to YHWH!  
 Sing to YHWH, all the earth,  
 sing to YHWH and bless his name;  
     trumpet the good news of his rescue day after day;  
 spread the report of his glory among the Gentiles,  
     and the wonders he has done among all peoples.  
 Because YHWH is magnificent and deserves great praise;  
     he is more awesome than any god.  
 In fact, all the gods of other peoples are nothing but statues,  
     but YHWH actually made the heavens.  
 Honor and majesty are up there in his presence,  
     and strength and beauty are in his holy place.  
 Give YHWH, you families of nations,  
     give YHWH glory and acknowledge his strength.  
 Give YHWH the glory his name deserves;  
     bring an offering as you enter his courts,  
 and worship YHWH in the beauty of his sanctity;  
     tremble in his presence, all the earth.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1*: Sing to the Master and bless his name.

*Antiphon 2:* The Master is our King.

II

And say to the nations, “YHWH is your King.  
 Just as he set the world firmly in place  
 so that it cannot be moved,  
 he will pass honest judgment upon you peoples.”  
 So have the heavens declare a celebration, and earth proclaim a festival;  
 and let the sea and everything in it roar its happiness;  
 fields and all that is in them should be dancing,  
 with all the trees in the woods frolicking before YHWH,  
 because he is coming! He is coming to be judge over the earth;  
 and his verdict upon the world will be a just one,  
 just as his sentence on the peoples will be honest.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The Master is our King.

*Reading*

*Ezekiel 34.31*

“You are my sheep, the flock in my pasture; you are men and I am your God,” says the Master YHWH.

The Master is my shepherd; I have all I need. He gives me rest in green pastures.

Prayer

Master, you call us to worship you at the hour when your Emissaries went to pray in the Temple; and so we offer you our prayer in the name of Jesus; may his saving power come to everyone who calls on his name. We make this request through our Master, the Prince. Amen.

Let us bless the Master. Thank God.



# Vespers

ear God, please come to my aid;  
Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit  
As in the beginning, so now and always, for ages of ages. Amen.

How can I pray? I don't know you exist  
Half of the time. I pray to empty space  
And have no words, and sometimes not a trace  
Of thought, except distractions. Then I try to twist  
My mind to—what? Yet something does insist  
That it's all right; this blank is not a waste  
Of time, and it's not wrong to have me placed  
Just here, without strength even to resist.

Come now; what is it you expect of me?  
I don't speak words; I spoke a Word, who said  
All that there ever was to say. A friend  
Who really loves brings language to an end.  
Don't be afraid that our embrace is dead;  
"Just here" is where you are supposed to be.

*Antiphon 1:* Your beauty is more than mortal; every word you speak is full  
of grace.

## Psalm 45

For the leader: to the tune of "lilies." A *maskil* of the sons of Korah. A love song

I

My heart is overflowing with a noble theme,  
with the song I compose to be sung before the King;  
my tongue is quick as the pen of a skillful scribe.  
You are far more handsome than mere mortal men;  
grace has been poured upon your lips,  
and that is why God has given you eternal blessings.

Belt your sword on your hip, mighty King,  
 and in your splendor and finery  
 ride on in the triumphant procession  
 of truth, humility, and virtue.  
 Your strong right hand will reveal its awesome power;  
 your sharp arrows find the hearts of the King's enemies,  
 and whole peoples will fall to the ground beneath you.  
 Your throne, god of mine, lasts forever and for ever;  
 the scepter of your kingdom is the scepter of virtue,  
 because you love virtue and hate vice.  
 And that is why God—*your* God—has anointed you  
 with the oil of joy more than any other King;  
 all your clothes give off the scent of myrrh, aloes, and cassia,  
 and from ivory palaces comes string music for your pleasure.  
 The daughters of kings form part of your procession,  
 with the Queen in gold from Ophir at your right hand.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Your beauty is more than mortal; every word you speak is full of grace.

*Antiphon 2:* The Bridegroom is nearby; go out and welcome him.

## II

Listen to me, my daughter;  
 pay attention and give me a hearing.  
 Forget your people and your father's house,  
 and then the King will be ravished by your beauty.  
 Give homage to him, because he is your master,  
 and all of Tyre will come with gifts,  
 and the country's wealthy will fawn upon you.  
 The royal daughter is completely glorious as she enters  
 in clothing of spun gold,  
 her robes full of colorful embroidery, carried in to the King,



followed by her maiden friends, who will be introduced to you.  
They are brought along, twittering in delight  
as they enter the palace of the King.  
You will now have sons instead of fathers,  
and you will make them princes all over the earth.  
And I will keep your name remembered generation after generation,  
and so people will sing your praise forever.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The Bridegroom is nearby; go out and welcome him.

*Antiphon 3:* Master, please show us the radiance of your mercy.

*Song*

*Sirach 36.1-5,10-13*

Please come to help us, God of the universe,  
and put the fear of you into all the nations.  
Raise your hand against the Gentiles  
to make them feel your power.  
Just as you used us to show them your holiness,  
now please use them to show us your glory,  
so that they will know, as you know,  
that there is no God but you.  
Give us new signs and perform new miracles;  
reveal the glory of your right hand and arm.  
And please collect together all the tribes of Jacob  
for them to inherit the land they owned long ago;  
show mercy to the people who have your name:  
Israel, the one you called your firstborn.  
And please have pity for your holy city,  
Jerusalem, where you have your home.  
Fill Zion with your majesty  
and your Temple with your glory.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Master, please show us the radiance of your mercy.

*Reading*

*1 Thessalonians 2.13*

And this is why we never stop thanking God, because when you listened to what we said about God, you did not accept it as human talk, but for what it really is: words God is saying as he acts within you when you believe.

*Responsory*

Please accept this prayer of mine, Master, which rises up to you. Please accept this prayer of mine, Master, which rises up to you.

It is like burning incense in your sight, which rises up to you.  
Glory to the Father, to the Son, and to the Holy Spirit  
Please accept this prayer of mine, Master, which rises up to you.

*Antiphon:* My soul will proclaim the Master's greatness forever.

*Magnificat*

My soul is full of the Master's magnificence;  
my spirit is bursting with joy in God, my savior,  
because he has turned his eyes toward his poor little slave,  
and now from this time on people will honor me  
through all the ages to come!  
Yes, the God of Power has done tremendous things in me!  
How holy his name is!  
His kindness reaches from age to age  
to those in awe of him.  
He has flexed his strong right arm;  
and routed arrogance and conceit.  
He has toppled powers from their thrones  
and elevated nobodies;  
he has filled the hungry with the best cuisine  
and sent the rich away with nothing.  
He has given support to his servant Israel,  
just as he told our ancestors,

remembering to shower his mercies  
 on Abraham and his descendants for ever.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* My soul will proclaim the Master's greatness forever.

#### Petitions

Let us praise our Prince, who loves, nurtures, and supports his Church.  
 With faith let us cry out to him, *Please answer your people's prayers, Master.*

Master Jesus, please give us the blessing of having every person be saved and come to the knowledge of the truth. *Please answer your people's prayers, Master.*

Please preserve our holy father, Pope N. and our Bishop N., and come with your power to help them. *Please answer your people's prayers, Master.*

Please remember those who are searching for honest work, and help them lead a life of peaceful security. *Please answer your people's prayers, Master.*

Master, please be a refuge for the poor, and help them in their trouble. *Please answer your people's prayers, Master.*

We entrust to your care all bishops, priests, deacons, and laity who have died; may they sing your praises forever around your heavenly throne. *Please answer your people's prayers, Master.*

Master, thank you for the special blessing you have bestowed on me today. *Please answer your people's prayers, Master.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Omnipotent Father, since you have given us the strength to work throughout the day, please accept our evening sacrifice of praise as we

thank you for your gifts that are too many for us to count. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.

## Compline



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.

You say that one day I will lose this shell  
 And not be brown, but soft and tall and green.  
 You say I yearn for what no seed has seen.  
 How can I yearn that all I know so well  
 Will die, rot in the ground? No, no, don't tell  
 Me tales, that what it is to be a bean  
 Has roots and leaves and fruit; you cannot mean  
 I'm not myself. Such stories do not sell.

And yet I feel it. Does the butterfly  
 Recall the caterpillar's ache, and say,  
 "It was worth while. How ignorant I was!"?  
 Will I look back, as wisdom always does  
 At fears unfounded, thinking of this day,  
 And ponder, "Yes, that once was I."?

*Antiphon:* It is a blessing that we can make your house our home, Master.

## Psalm 84

For the leader: upon the *gittith*. A psalm of the sons of Korah

How lovely is your residence,

YHWH, commander of armies.

My soul is longing, almost in a swoon

for YHWH's courts;

my heart and my body are calling out to the living God.

Even sparrows find homes for themselves

and swallows have nests for their young;

that is what your altars are to me, YHWH, head of armies,

my King and my God.

It is a blessing for people to make your house their home;

and they will constantly praise you for it.

It is a blessing too, for them to make you their strength,

and to set their hearts upon a pilgrimage to you.

Passing by the Valley of Bitterness,

they make it a spring;

rain blankets it with pools of water,

and their strength becomes real strength

as they look on God in Zion.

YHWH, God of armies, please listen to my prayer;

please turn your ear to me, God of Jacob.

Look upon me, God, our shield,

and see the face of your anointed prince.

Because one day in your courts is worth a thousand elsewhere;

I would rather be at the threshold of my God's house

than deep inside the tents of the unscrupulous,

because God YHWH is a sun, a shield,

and God will shower blessings and glory on us.

He will not hold back anything good

from those who conduct themselves with honor.

YHWH, God of armies,

we are well advised to put our trust in you.

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

as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* It is a blessing that we can make your house our home, Master.

*Reading*

*1Thessalonians 5:9-10*

God has made us able to buy our rescue through our Master Prince Jesus, so that we can live together with him—whether we are awake or asleep.

*Responsory*

I hand over my spirit into your care, Master. I hand over my spirit into your care, Master.

because you have redeemed me, faithful Master, my God, I hand over my spirit.

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

I hand over my spirit into your care, Master.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

*Nunc Dimittis*

Now, my Lord and Master, you may dismiss your slave,  
as you promised, in peace;

because my eyes have seen the rescue you have prepared for us  
within the very sight of all the nations:

a light to disclose the truth to the Gentiles,  
and the glory of your people Israel.

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

As in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

*Prayer*

Master, please give our bodies restful sleep, and let the work we have done today come to fruition in eternal life. We make this request through our

Master, Prince Jesus. Amen.

May the Omnipotent Master bestow on us a restful night and a peaceful death. Amen.

Loving mother of the Redeemer, you are forever  
the open gate of heaven and star of the sea;  
please come to help the falling people trying so hard to stand.  
Since you are the one who gave birth, as nature gaped,  
to your own holy Sire—and still, before and after  
remained a virgin!—then accept from us too Gabriel's greeting,  
and have mercy on these poor sinners.

# Tuesday

## ΔΑΤΗΣ



lease, Master open my lips,  
and my mouth will sing your praises.

**Invitation psalm**  
**Psalm 95**

*Come, let us worship the Master, our mighty God.*

Come let us sing YHWH a song;  
let us shout our joy to the Rock who keeps us safe;  
let us come to him with thanks,  
and sing loud happy psalms to him.

*Come, let us worship the Master, our mighty God.*

Because YHWH is a great God,  
the great king over all the gods;  
The deep abysses of the earth belong to him,  
and the mountain-tops are his as well.  
The sea is his because he made it,  
and so is the land his hands have formed.

*Come, let us worship the Master, our mighty God.*

So come, let us bow down in worship,  
kneeling before YHWH who made us too;  
because he is our God,  
and we are the people in his pasture,  
the sheep his hand leads on.



*Come, let us worship the Master, our mighty God.*

Today is the day for you to listen to his voice:

“Do not dig in your heels as you did at Meribah,  
as you acted on that day at Massa in the desert,  
when your fathers provoked me  
and tormented me though they had seen what I had done.

*Come, let us worship the Master, our mighty God.*

For forty years I put up with that crowd,  
saying, ‘they are a people with wandering hearts,  
with no idea of what I expect of them.’

And so I swore in my exasperation,

“They will not enter my rest.”

*Come, let us worship the Master, our mighty God.*

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

As in the beginning, so now and always, for ages of ages. Amen.

*Come, let us worship the Master, our mighty God.*

I woke just now, a tear still in my eye  
From some forgotten dream of fear and pain.  
The matter vanished—but it left a stain  
Of dread so great it swallows up the sky  
In absolute despair. “No! Stop!” I cry.  
“It’s just a dream! A Dream!” And to stay sane  
I put aside my thoughts, but they remain  
In spite of me, and give my mind the lie.

Because it seems as if I’d been in hell  
And clawed my way back. But is it my fate  
To live what I was then? If up to me,  
Perhaps. But it is not. Because, you see,  
He guides my life, and I must trust and wait.  
All will be well; all manner of thing, well.

### First Nocturne

*Antiphon 1:* Please, Master, let my cry reach you; do not hide your face

from me.

Psalm 102

A prayer of an afflicted one when he is faint and pours out his anguish before  
YHWH

I

YHWH, please listen to my prayer  
and let my cry reach you;  
do not hide your face from me during my time of trouble;  
bend down your ear to listen to me  
on the day I call to you, and please give me a quick answer.  
You see, the days of my life are dissipating like smoke  
as if from my bones burning in a furnace;  
my heart has been stricken, and has dried up into hay,  
so that I even forget to eat my food.  
My skin is stretched tight over my bones,  
as I moan aloud in pain;  
I am like a pelican in the wilderness,  
like an owl in the desert;  
I lie awake  
as if I were a sparrow alone on the roof.  
And my enemies make fun of me all day long;  
these scoffers keep swearing at me;  
my food tastes like ashes,  
and my drink is full of tears  
because of your displeasure and anger,  
since you have picked me up and tossed me aside.  
My days go on and on like a lengthening shadow  
and I am like grass withering away.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Please, Master, let my cry reach you; do not hide your face  
from me.

*Antiphon 2:* Master, please pay attention to prayers from helpless people.

II

And yet there you are, YHWH, enduring forever,  
 and your name will be remembered age upon age;  
 and you will come forward and have mercy on Zion;  
 because the time of her favor—  
 yes the preordained time—has come.  
 Because your slaves love her very stones  
 and find their pleasure even in her dirt.  
 And this is why the Gentiles will be in awe of YHWH's name  
 and all of the earth's kings will fear your glory,  
 because YHWH will rebuild Zion,  
 and will appear there in his magnificence.  
 He will pay attention to the prayers of those who have nothing,  
 and will not despise their pleas.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Master, please pay attention to prayers from helpless people.

*Antiphon 3:* Master, you set the earth on its foundation, and even the heavens are the work of your hands.

III

This is being written for future generations,  
 so that people yet unborn will praise YHWH;  
 because YHWH does look down from his holy place high above us,  
 and from heaven YHWH sees the earth,  
 to listen to the moans of prisoners  
 and to set free the ones condemned to death;  
 so that they will keep YHWH's name alive in Zion  
 and praise him in Jerusalem  
 when all the different peoples gather there  
 and all the different kingdoms come to serve YHWH.  
 But at the moment he has taken away my strength in the prime of life,  
 and shortened my days here on earth;

but I said, "Please, my God,  
do not take me away in the middle of my life;  
you have generation after generation to do what you wish.  
You laid the foundations of the earth centuries ago,  
and even the heavens are the work of your hands;  
and they will come to an end while you will still be there;  
they will all wear out like clothes,  
and you will change them as if they were your cloak,  
and they will change,  
but you will be the same,  
and the years of your life will have no end.  
And the children of your slaves will continue to exist,  
and their own children will still be there in your presence."  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Master, you set the earth on its foundation, and even the heavens are the work of your hands.

Please teach me goodness and holy wisdom, because I have put my trust in your guidance.

Reading 1 (from the Proper)

Second Nocturne

*Antiphon 1:* Recall the wondrous deeds the Master has done.

Psalm 105

I

Show your gratitude to YHWH:  
Call on his name  
and reveal among the peoples what he has done.  
Sing to him; sing him psalms,  
and tell of all his wondrous deeds.

Take pride in his holy name,  
 and have everyone who looks to YHWH shout with joy.  
 Yes, look to YHWH and his strength,  
 search out his face for ever.  
 Recall the marvelous deeds he has performed,  
 his miracles, and what his mouth has pronounced;  
 do this, descendants of his slave Abraham,  
 and chosen children of Jacob.  
 Because he, YHWH, is our God,  
 but his decisions affect the whole earth;  
 and he remembers his Treaty forever,  
 that promise he made for a thousand generations  
 to Abraham,  
 and the oath he took to Isaac,  
 and ratified to Jacob as a law,  
 and gave to Israel as an eternal Treaty:  
 “I will give the land of Canaan to you  
 and assign it as your inheritance.”  
 He did this when there were not many of them,  
 in fact very few, and they were aliens there.  
 And when they wandered from one nation to another  
 from one kingdom to a different people,  
 he did not let anyone harm them,  
 and threatened even kings for their sakes,  
 saying, “Do not touch those I have anointed,  
 and do no harm to my prophets.”  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Recall the wondrous deeds the Master has done.

*Antiphon 2.* The Master fights for those in his favor.

II

And then he called for a famine in the land;

he destroyed all their sources of bread,  
and he sent a man in front of them:  
Joseph, sold as a slave.  
They chafed his legs with fetters  
and kept him bound in chains.  
And until the time God's prophesy was to be fulfilled,  
YHWH's word was a harsh test.  
But then the King sent for him and had him released;  
the head of that country set him free,  
and made him master of his household,  
in control of all he owned,  
so that he could constrain his princes at his pleasure  
and teach his elders wisdom.  
Then Israel came into Egypt too,  
and Jacob made his home in the land of Ham.  
He multiplied his people enormously  
and made them stronger than their enemies,  
and turned their hearts to hatred of his people,  
and so they cheated his slaves.  
But then he sent his slave Moses  
with Aaron, whom he had chosen,  
and they did wonders among them;  
they performed miracles in the land of Ham:  
He ordered darkness sent, and it grew dark;  
but in spite of this they rebelled against what he said.  
He turned their water into blood  
and killed their fish;  
their land filled up with frogs,  
that even invaded the chambers of their kings.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2.* The Master fights for those in his favor.

*Antiphon 3:* The Master remembers his holy promise and his slave

Abraham.

III

He spoke, and swarms of flies appeared,  
 and lice filled the region;  
 he gave them hail instead of rain,  
 fire falling upon the land;  
 he even battered their vines and figs  
 and splintered the trees all through the area.  
 Again he spoke, and locusts appeared,  
 innumerable locust larvae,  
 which ate up every green thing in the land,  
 and devoured the country's harvest.  
 And then he destroyed all the firstborn in the land,  
 the peak of all their strength.  
 Finally, he brought them out with silver and gold,  
 with not a feeble man among his tribes;  
 and Egypt was relieved when they had gone,  
 because fear of Israel had taken hold of them.  
 He spread out a cloud to cover them,  
 with fire to light them through the night;  
 and when the people asked, he brought them quail,  
 and filled them with the bread from heaven.  
 He opened up a rock, and water gushed from it,  
 and ran into the desert like a river.  
 Because he remembered his holy promise  
 and his slave Abraham.  
 He brought out his delighted people,  
 and sent joy upon his chosen.  
 And he gave them the lands the Gentiles owned,  
 letting them inherit the labor of other nations,  
 so that they would observe his rules  
 and keep his laws.  
 Hallelujah!  
 Glory to the Father, to the Son, and to the Holy Spirit

as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* The Master remembers his holy promise and his slave Abraham.

Listen, my people, to my teaching; pay attention to the words I say.

Reading 2 (from the Proper)

[If this ends the session, say, "Let us praise the Master and thank him."]



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

“Begin again!” The call comes from the sky  
 When light returns, as if another day  
 Will not see one more failure. “Find a way  
 To climb back to the road; another try  
 At seeking Archimedes’ footing high  
 Above to move the world.” What can I say  
 To folly vast as this? How can it pay  
 To sweat and swink for nothing till I die?

Do you suppose he asked this at his fall  
 When soldiers whipped him to his feet again?  
 What did it profit him to toss his life  
 Aside like that? His journey is the knife  
 That cuts the fat that makes us think like men;  
 His failure saved us humans; that is all.



*Antiphon 1:* We owe you our praise, dear God, in Zion.

Psalm 65

For the leader: a psalm of David. A song

We owe you our praise, dear God, in Zion,  
 and so we will fulfill our vows to you.  
 Everything material will come to you,  
 to you, who listen to people's prayers.  
 Though sin won the battle against me,  
 and I broke the Law,  
 you will wipe it all away.  
 It is such a blessing to be chosen by you  
 and called to approach you  
 to make a home within your courts.  
 We will find contentment with the goodness of your house,  
 of your holy Temple.  
 You answer our prayers with awesome deeds of virtue,  
 God of our rescue,  
 confidence of all the ends of the earth  
 and of the far-off oceans;  
 the one who sets the mountains down in your strength,  
 and is dressed in power;  
 the one who quiets the roaring of the seas  
 the clamor of their waves,  
 and the thundering of the peoples.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* We owe you our praise, dear God, in Zion.

*Antiphon 2:* You crown the year with your goodness, Master.

II

Men from the earth's far regions  
 are struck with fear at your miracles;

you fill the lands at the dawn and sunset with your joy.  
 You come to tend the earth and water it,  
 and fill it with your riches;  
 God's river in heaven brims over with water  
 to provide the ground with grain;  
 because this is how you have planned it.  
 You give its hillsides plentiful rain  
 and drench their furrows;  
 you soften them with showers  
 and bless their growth.  
 You crown the year with your goodness  
 and fruitfulness flows behind your steps;  
 it patters down upon the fields out in the wilderness,  
 and gives pleasure to the little hills;  
 the pastures dress themselves in flocks  
 and the valleys deck themselves out in grain  
 and shout for joy. Yes, they sing.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* You crown the year with your goodness, Master.

*Antiphon 3:* Master, please keep us safe every day of our lives.

*Song*

*Isaiah 38.10-20*

At one time, I said,  
 "Now at my life's noon, I must leave;  
 I will be closed behind the gates that lead beneath the earth  
 for the rest of my existence."  
 I said, "I will not see YHWH any longer  
 in the land of the living;  
 I will no longer look upon my fellow men  
 who still have their homes in the world."  
 My home, like a shepherd's tent,  
 has been taken down and carried away;

you have folded up my life, the way a weaver does  
after he has cut the last thread.  
Day and night you abandon me to torment,  
and I cry out my pain until the dawn.  
As if you were a lion, you are cracking my bones,  
handing me over to torment day and night.  
And I shriek the sounds that swallows make  
and moan like a dove,  
with my eyes grown weak from looking up to heaven.  
YHWH, I am in such pain; please stand beside me!  
—What should I say? How can I tell him?  
He is the one who has done it!  
I am to go on for years on end  
no matter how much anguish there is in my soul!  
Yes, but those who live are the ones YHWH protects,  
and you have given me back health and life!  
And so my bitterness is transformed into peace;  
you have kept my life  
from the abyss of destruction  
when you threw all my sins behind your back.  
No thanks comes to you from beneath the ground;  
death produces no praises for you;  
and those who are falling into the abyss  
expect no kindness from you.  
It is the living, the living who thank you  
as I do today;  
fathers tell their sons,  
my God, of your loyalty.  
YHWH is the one to rescue us;  
and we will sing of it with harps to accompany us  
in YHWH's house  
every day of our lives.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Master, please keep us safe every day of our lives.

*Reading*

*Isaiah 55.1*

Here! All of you who are thirsty,  
 come to the water!  
 Those of you who have no money,  
 come, buy and eat what you want.  
 Yes, come buy wine and milk  
 without money, without paying any price.

*Responsory*

Master, please listen to my cry; I put complete trust in your promise.  
 Master, please listen to my cry; I put complete trust in your promise.  
 Dawn finds me outside, calling out to you; I put complete trust in  
 your promise.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 Master, please listen to my cry; I put complete trust in your promise.

*Antiphon:* Master, please save us from the grasp of everyone who hates us.

*Benedictus*

Praises to the God of Israel,  
 because he has turned his eyes toward his people and set them free,  
 and to rescue us has fashioned for our head a horn  
 in the house of his servant David—  
 just as he promised  
 through the mouths of his holy prophets in olden times—  
 bringing rescue from our enemies  
 and escape from the hands of everyone who hates us.  
 A work of kindness to our fathers,  
 recalling his sacred Treaty,  
 the oath he swore to our father Abraham  
 to grant us freedom from the grasp of our enemies  
 to worship him without fear  
 in holiness and virtue every day of our lives.

And you, my child, will be called the prophet of God Supreme;  
 you will precede his coming  
 to prepare the roads for the Master;  
     to make his people aware of their liberation  
 as their sins are removed from them  
     because of the tender kindness of our God,  
 by the new dawn from heaven that will rise on us  
     to shine on those who live in darkness and the shadow of death,  
     and to place our feet upon the path of peace.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Master, please save us from the grasp of everyone who hates us.

#### Petitions

Let us pray to the God who gives us the happiness of praising him this morning, and who strengthens our hope: *Master, please listen to us for the glory of your name.*

We thank you, God and Father of our Savior Jesus, for the knowledge and immortality you have given us through him. *Master, please listen to us for the glory of your name.*

Please make our hearts humble, and help us to serve each other out of reverence for our Prince. *Master, please listen to us for the glory of your name.*

Please pour your Spirit upon your slaves, and make us sincere in our love for each other. *Master, please listen to us for the glory of your name.*

You instructed man to work and exercise authority over the earth; may our work give you honor and sanctify our brothers and sisters. *Master, please listen to us for the glory of your name.*

Master, please bestow on me the special favor I ask you today. *Master, please listen to us for the glory of your name.*

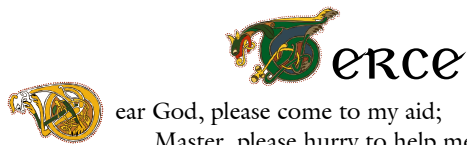
Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive

the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

Prayer

Please, Master, increase in us the faith you have given us, and bring to a harvest fitting for heaven the praise we offer you at the beginning of this new day. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

How strange that every day I feel so young  
 When all these years have passed; the morning makes  
 A mockery of yesterday, and takes  
 Its cue from now, from power. One more rung  
 I surely still can scale; I will give tongue  
 To one more rhyme; my eager body slakes  
 Its thirst on hope; some day the breaks  
 Will fall my way; the song will yet be sung.

Not here, perhaps; and where, I could not say,  
 Or when. But *that* my dreams will somehow come  
 To pass I have been told, and must believe.  
 I need not fret; his love could never leave

My soul in hell or let my voice grow dumb  
When time collapses in eternal day.

*Antiphon 1:* Accept me, please, Master, as you promised, so that I can live.



Psalm 119

H, how I hate double-dealers!  
But I love your law;  
You are my hiding-place, my shield;  
I place my hope in what you say.  
—So go away, those of you who do wrong,  
because I am going to keep my God's commandments.  
Please give me support, as you promised, so that I can live;  
and do not disappoint my hopes.  
With you holding me, I will be safe,  
and I will always follow your regulations.  
You reject everyone who wanders from your rules,  
and their attempts to cover it up are futile.  
You throw away all immoral people as if they were dross;  
and that is why I love your decisions.  
But my body quakes in fear of you,  
and I am afraid to be sentenced by you.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Accept me, please, Master, as you promised, so that I can live.

*Antiphon 2:* Master, please give a loving welcome to your slave.



Psalm 119

lease! I have acted honestly and virtuously,  
and so do not leave me to my oppressors.  
Please be my guarantor of good times,  
and do not let these arrogant fools get their hands on me.  
My eyes cannot see from searching for rescue from you

and trying to find your virtuous words;  
 and so please treat me with your mercy  
 and teach me your regulations.  
 I am nothing but your slave,  
 and so please give me understanding  
 so that I can know your orders.  
 It is time for action, YHWH,  
 because they have nullified your Law;  
 but that is why I love your commandments  
 more than I love gold, even perfectly refined gold;  
 that is why I think your rules for everything  
 are the correct ones,  
 and hate any kind of false conduct.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Master, please give a loving welcome to your slave.

*Reading* *1 Corinthians 12.4-6*  
 There is a diversity of spiritual gifts; but the Spirit is the same one; and  
 there is a diversity of services to perform, but the Master is the same one;  
 and there is a diversity of activities and the same God who activates  
 everything in everyone.

God is the savior of those who hold him in respect, so that his glory will  
 have a home here on earth.

#### Prayer

Omnipotent and eternally living God, in the middle of the morning you  
 poured the Holy Spirit over your Emissaries as a constant friend and  
 guide. Please send that same Spirit of love to us, to make us faithful  
 witnesses to you in the sight of all mankind. We make this request through  
 our Master, the Prince. Amen.

Let us bless the Master. Thank God.





ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

No longer young, but not yet old and weak,  
 The day confronts the problems of the hour  
 With poise, convinced that no reverse can sour  
 The taste of noon upon the tongue, or speak  
 A cloudy word to shadow the mystique  
 Of joy that comes from consciousness of power  
 To do it all. Now life is at full-flower  
 With muscles bulging, flesh that's firm and sleek.

Well yes; but evening comes, we know, too soon,  
 And with it sickness, weakness, and the rest,  
 Whose prospect frightens, even when we seem  
 So certain of ourselves. But still the gleam  
 Of hope in him beyond this gives life zest,  
 Since after all, eternity is noon.

*Antiphon 1:* God will set his people free from their slavery and bring us home with joy.

**Psalm 53**

For the leader: to the tune of *Mabalath. A maskil* of David

Fools say in their hearts,  
 "There is no God."  
 They are corrupt,  
 and what they do is depraved;  
 none of them does anything good.  
 YHWH looks down from heaven on us human beings  
 to see if there is anyone who understands and looks for God.

But they have all turned away;  
     all of them have been perverted;  
 there is not one who does anything good,  
     not even one.  
 Don't they know anything, these reprobates?  
     These men who eat my people as easily as bread,  
     and who never bother to call on God?  
 Ah, but terror will fall upon them,  
     where there was no fear,  
 because God scatters the bones of anyone who camps against you;  
     you have disgraced them  
     because God has despised them.  
 And now, if only Israel's rescue would come out of Zion!  
     When God brings his people back out of captivity,  
     then Jacob will be happy; Israel will leap with joy.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* God will set his people free from their slavery and bring us home with joy.

*Antiphon 2:* God is my helper and my firm support.

**Psalm 54**

*For the leader: with stringed instruments. A maskil of David, when the Ziphites went and said to Saul, "David is hiding among us."*

Please save me, my God, in your name,  
     and prove that I am right with your strength.  
 Please listen to my prayer, my God,  
     and give a hearing to the words that come from my mouth.  
 Because insolent devils have come out against me,  
     and ruthless savages are trying to kill me;  
     they pay no attention to God at all.  
 But here is God, my helper;  
     YHWH stands by those who want me to live.  
 He will pay my enemies back for the harm they have done.

Please, in your loyalty, cut them down!  
 Then I will be free to offer you a sacrifice,  
 and I will praise your name, YHWH, because it is good.  
 Because he has set me free from my troubles,  
 and my eyes have looked down on my enemies.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* God is my helper and my firm support.

*Reading*


*1 Corinthians 12.12-13*

The body is one thing, but it has many organs; and even though there is a multiplicity of organs, they are all only one body; and this is how it is with the Prince. When we were bathed in one Spirit, we were bathed into a single body, whether we are Judeans or Greeks, or slaves or free; we have all drunk the same Spirit.

*Prayer*

Dear Master God, you revealed to Peter your desire to bring every nation to salvation. Please let all our work give you praise and carry out your loving plan. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.

 ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

How can a desert be without the sun?  
 Nothing grows here; nothing penetrates

The cracking earth, whose wind-blown fine grit grates  
 Against my peeling skin; and I can't run  
 For shelter on these scorching feet. No one  
 Can long endure this; and yet heaven waits  
 Beyond the vast horizon somewhere—states  
 The legend. It's no use; I am undone.

True, the sun is nothing you can see  
 In this bleak land; and yet your skin is red,  
 From what? It's there. You chose to give him all,  
 And so he took. Are you surprised? You call  
 Yourself a student of the one who said,  
 "O Father, why have you abandoned me?"

*Antiphon 1:* If I forget you, Jerusalem, let my hand wither up.

Psalm 137

We sat ourselves down  
     by the river in Babylon; yes, and we wept  
     as we remembered Zion.  
 And we hung up our harps  
     upon the aspens growing there,  
 because it was there that our captors  
     asked us for a song—  
 those who *looted* us told us to *enjoy* ourselves,  
     "Sing us a song from Zion," they asked!  
 How could we sing a song to YHWH  
     in a foreign land?  
 If I forget you, Jerusalem,  
     may my hand shrivel up!  
 If I do not remember you,  
     may my tongue stick to the roof of my mouth—  
 if I do not prize Jerusalem  
     above my greatest joy!  
 Oh, YHWH, remember against these sons of Edom

the day they were in Jerusalem!  
 When they said, "Tear it down! Tear it down  
 to its very foundations!"  
 Ah, Babylon, Babylon, you butcher!  
 I envy the one who gives you what you have given us!  
 I envy the one who takes your children  
 and smashes them against a rock!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* If I forget you, Jerusalem, let my hand wither up.

*Antiphon 2:* I will sing to you as angels look on, my God.

Psalm 138

Of David

I will praise you with all my heart;  
 I will sing your praises as the angels look on.  
 I will offer you worship, facing your holy Temple  
 and praise your name  
 for your kindness to me and your loyalty;  
 because your word has been even greater than your reputation.  
 On the day I called to you, you answered me  
 and gave me courage and strength within my soul.  
 All the kings on earth will praise you, YHWH  
 when they hear the words that come from your mouth;  
 yes, they will sing of YHWH's ways,  
 because YHWH's glory is magnificent.  
 Even if YHWH lives far above us,  
 he still can see the little people—  
 though he keeps himself aloof from the proud.  
 And even if I walk surrounded by torment, you will accept me;  
 you will reach out your hand  
 against my enemies' rage,  
 and that right hand of yours will save me.

And YHWH will bring all my ambitions to completion;  
 your mercy, YHWH, lasts for eternity,  
 and so do not abandon what your hands have made.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* I will sing to you as angels look on, my God.

*Reading*

*1 Corinthians 12.24-26*

God has put the body together in such a way as to give greater respect to the secondary parts of the body, so there won't be a separation in it, and all the organs will cooperate toward the same goal. So if one organ hurts, all the organs hurt, and if one organ feels good, all the organs feel good.

Our Master God, please gather us together from all the nations of the world, so that we will be able to glorify your holy name.

*Prayer*

Father, just as you sent your angel to Cornelius to show him the way to rescue, please help us work generously for the rescue of the world, so that your Church will bring us and all mankind into your presence. We make this request through our Master, the Prince. Amen.

Let us bless the Master. Thank God.



## espERS

ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

My Master, please! This collar is too tight.

And do unclip that leash; I'm now too old  
 To run away. Besides, I do what I am told—  
 Most of the time, at least. Then too, my sight  
 Is hardly of the best. Where would I go? It might  
 Be easier on you to let your hold  
 Relax a bit; your hands are getting cold,  
 And there's nobody here for me to bite.

I might let go if you'd protested less.  
 But clearly, you would like just one last fling  
 Before you sleep. You think I'll call you back  
 And stop your romp before you go to rack  
 And ruin and abandon everything.  
 That's not my way. I curb all those I bless.

*Antiphon 1:* You cannot be the slave of both God and wealth.

Psalm 49

For the leader: a psalm of the sons of Korah

I

Listen to this, every people,  
 and pay attention, everyone who lives in the world,  
 little people and important ones,  
 rich and poor both:  
 My mouth will utter wisdom,  
 and my heart's ruminations will produce understanding.  
 I will turn my mind to a conundrum  
 and reveal my mystery to the tune of a harp.  
 Why should I be afraid in hard times,  
 when malice nipping at my heels is all around me?  
 Those whose trust is in their wealth  
 and who take pride in the vastness of their riches  
 cannot buy their own lives  
 or pay God a ransom for themselves.  
 No, ransom for one's life is very, very expensive,

no one ever has enough  
 to let him live for ever  
 and never look on the grave.  
 Everyone can see wise men die,  
 and so do fools and idiots,  
 leaving their wealth to others;  
 but they suppose their families last forever  
 and their line will endure through all the generations.  
 They even name their lands after themselves.  
 But still, no matter how honored, men do not last;  
 they die off like any animal.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* You cannot be the slave of both God and wealth.

*Antiphon 2:* Save treasure for yourselves in heaven, says the Master.

## II

This is the fate of all fools,  
 and of everyone after them who agrees with them.  
 They are laid in their graves like sheep,  
 where death eats them up.  
 Honest men will win out over them, as morning dawns,  
 and their beauty will be eaten away in graves, far from home.  
 But God will ransom me from the power of the grave,  
 and will take me to himself.  
 So do not be afraid when someone becomes rich,  
 when his house gains in prestige,  
 because when he dies, he will take nothing with him,  
 and his glory will not go down there after him.  
 Even though he thinks heaven has blessed him now  
 (because people praise you when you succeed)  
 he will go to the same place his fathers went,  
 and they will never see the light.



No, a man who receives honor and has no understanding  
dies off like any animal.

Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Save treasure for yourselves in heaven, says the Master.

*Antiphon 3:* Adoration and glory are the right of the Lamb who was slain.

*Song*

*Revelation 4.11, 5.9,10,12*

You have the right,  
Master and our God,  
to receive glory and honor and power,  
because you created everything;  
and by your will  
it all existed and was created.  
You have the right to take the scroll of history  
and open its seals  
because you were slain  
and bought for God by your blood  
those from every tribe and tongue  
and people and nation.  
You made them a kingdom  
and priests for God;  
and they will rule over the earth.  
The lamb who was slain has the right  
to receive power and riches and wisdom and strength  
and honor and glory and praise.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Adoration and glory are the right of the Lamb who was slain.

*Reading*

*Romans 3.23-25*

Everyone has sinned, and everyone is separated from God's glory; and we

become virtuous without doing anything by God's gift that was given by the ransom that Jesus the Prince paid for us. He is the one God made preside over his mercy by belief in the shedding of his blood; and this was intended to demonstrate the Prince's virtue.

**Responsory**

I will experience complete happiness when I see your face, Master; I will experience complete happiness when I see your face, Master.

I will have fulfillment and eternal peace in your presence when I see your face, Master.

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

I will experience complete happiness when I see your face, Master.

*Antiphon:* Please do mighty deeds in us, Master, because you are mighty, and your name is holy.

**Magnificat**

My soul is full of the Master's magnificence;

my spirit is bursting with joy in God, my savior,  
because he has turned his eyes toward his poor little slave,  
and now from this time on people will honor me  
through all the ages to come!

Yes, the God of power has done tremendous things in me!

How holy his name is!

His kindness reaches from age to age  
to those in awe of him.

He has flexed his strong right arm;  
and routed arrogance and conceit.

He has toppled powers from their thrones  
and elevated nobodies;

he has filled the hungry with the best cuisine  
and sent the rich away with nothing.

He has given support to his servant Israel,  
just as he told our ancestors,  
remembering to shower his mercies

on Abraham and his descendants for ever.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please do mighty deeds in us, Master, because you are mighty,  
and your name is holy.

#### Petitions

Let us praise the Prince, the shepherd and guardian of our souls, who  
loves and protects his people. With our hope placed in him, we call, *Please  
protect your people, Master.*

Eternal shepherd, please protect our bishop N. and all the shepherds  
of your Church. *Please protect your people, Master.*

Please look kindly on those who are suffering persecution, and free  
them quickly from all their troubles. *Please protect your people, Master.*

Please have mercy on the destitute, Master, and provide food for the  
hungry. *Please protect your people, Master.*

Please send your light on all legislators, to have them enact laws in the  
spirit of wisdom and justice. *Please protect your people, Master.*

Please come to the aid of the brothers and sisters who have left us, and  
whom you have redeemed with your blood, and make them fit to attend  
your wedding banquet. *Please protect your people, Master.*

Master, thank you for the special blessings you have given me today.  
*Please protect your people, Master.*

Our Father in heaven, may your name be held in reverence. Please come  
to us and rule over us, and have your way on earth just as you do in  
heaven. Please give us today the bread we need for the day, and forgive  
the debts we owe you insofar as we forgive the debts others owe us; and  
please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Father, the morning belongs to you, and you own the evening as well.  
Please let the Sun of Virtue, Prince Jesus, shine for ever in our hearts, and  
draw us to that light in which you live in radiant glory. We make this

request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.

## ispline



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.

Do grubs inside their chrysalis feel fear  
 That they are lost forever? That their throes  
 Are those of death? Those ghastly growths that rose  
 Upon their backs a shroud? That what is near  
 Is nothingness? Or do they think this queer  
 Condition just a phase, and so each knows  
 No coffined terror, and proceeds to doze  
 Its metamorphosis away with cheer?

And in our case, we either fuss at how  
 To hold life's drop of mercury intact  
 Or live the moment, unconcerned with what  
 The moment means. We see our souls, but shut  
 Our eyes to destiny's tremendous fact:  
 That heaven's kingdom works within us now.

*Antiphon:* I will sing to you, Master, and learn the way to perfection from you.

## Psalm 101

A psalm of David

I will sing of mercy and virtue;  
I will sing your praises, YHWH.  
I will walk wisely along the path of perfection;  
and so when will you come to me?  
Even in the privacy of my house my conscience will be clear,  
and I will have there nothing evil to tempt my eyes.  
I hate what crooked people do  
and will not let it rub off on me;  
perverse hearts will have to keep their distance,  
because I will have nothing to do with immorality.  
I will bring ruin  
on those who slander their neighbors behind their backs;  
I cannot stand  
supercilious looks and arrogant hearts.  
No, my eyes will be on the faithful in the land,  
and they will live in my company;  
those who walk along the path of perfection  
will be in my retinue.  
Cheats will find no place inside my house,  
and liars will not stay long in my presence.  
From the first moment, I will destroy the evil people in my land  
so that I can keep corruption out of YHWH's city.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* I will sing to you, Master, and learn the way to perfection from you.

*Reading*

*1 Peter 5: 8-9a*

Keep control of yourselves, and stay alert, because your opponent the devil is prowling around roaring like a lion looking for someone to devour. Stand up to him with firm faith.

**Responsory**

I hand over my spirit into your care, Master. I hand over my spirit into your care, Master.

because you have redeemed me, faithful Master, my God, I hand over my spirit.

Glory to the Father, to the Son, and to the Holy Spirit,  
I hand over my spirit into your care, Master.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Nunc Dimittis**

Now, my Lord and Master, you may dismiss your slave,  
as you promised, in peace;

because my eyes have seen the rescue you have prepared for us  
within the very sight of all the nations:

a light to disclose the truth to the Gentiles,  
and the glory of your people Israel.

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

As in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Prayer**

Master, please fill this night with your radiance. May we sleep in peace and rise with joy to welcome the light of a new day in your name. We make this plea through our Master the Prince.

May the Omnipotent Master bestow on us a restful night and a peaceful death. Amen.

We salute you, our Queen, mother of mercy; our life, our delight and

our hope, we greet you. Eve's exiled children call out to you and sob your name, as we moan and weep in this valley of tears. Please, then, our patron, generous, kind, gentle virgin Mary, turn your merciful eyes toward us, and after this exile, show us Jesus, the glorious harvest of your womb.


Please pray, holy mother of God, for us to become fit to receive the Prince's promises.



# Wednesday



## Matins

 lease, Master open my lips,  
and my mouth will sing your praises.

Invitation psalm  
Psalm 95

*Call happily upon the Master, all the earth; serve him with joy.*

Come let us sing YHWH a song;  
let us shout our joy to the Rock who keeps us safe;  
let us come to him with thanks,  
and sing loud happy psalms to him.

*Call happily upon the Master, all the earth; serve him with joy.*

Because YHWH is a great God,  
the great king over all the gods;  
The deep abysses of the earth belong to him,  
and the mountain-tops are his as well.  
The sea is his because he made it,  
and so is the land his hands have formed.

*Call happily upon the Master, all the earth; serve him with joy.*

So come, let us bow down in worship,  
kneeling before YHWH who made us too;  
because he is our God,  
and we are the people in his pasture,  
the sheep his hand leads on.

*Call happily upon the Master, all the earth; serve him with joy.*



Today is the day for you to listen to his voice:  
 “Do not dig in your heels as you did at Meribah,  
 as you acted on that day at Massa in the desert,  
 when your fathers provoked me  
 and tormented me though they had seen what I had done.  
*Call happily upon the Master, all the earth; serve him with  
 joy.*

For forty years I put up with that crowd,  
 saying, ‘they are a people with wandering hearts,  
 with no idea of what I expect of them.’  
 And so I swore in my exasperation,  
 “They will not enter my rest.”  
*Call happily upon the Master, all the earth; serve him with  
 joy.*

Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.  
*Call happily upon the Master, all the earth; serve him with  
 joy.*

Whose is that face that looks back from the glass?  
 Do I know him? It seems we never met,  
 But still, he was there yesterday; I get  
 Confused and wonder, “Who am I?” I pass  
 Through life as other people—blades of grass  
 That populate a field. Still, friends don’t fret  
 At who I am; they know me well—and yet,  
 Who do they know? Which member of this class?

Not one. You haven’t been yourself since you  
 Were born in spirit and in water. He  
 Is you now; you are He; and what that means  
 You’ll learn among all those familiar scenes  
 That follow death. For now, it’s faith must see  
 That that’s the self to which you must be true.

## First Nocturne

*Antiphon 1:* We are in pain and agony as we wait for our bodies to be set free.

## Psalm 39

For the leader: for Jeduthun. A psalm of David

## I

I said, "I will stand guard over my conduct  
to keep from sinning with my tongue;  
I will put a muzzle over my mouth  
when immoral people are around me."  
So I was mute and kept my silence,  
and in the face of their prosperity I said nothing,  
though it saddened me  
and made my heart grow hot with rage;  
but then as I kept brooding, it burst into flame,  
and my tongue blurted out:  
"YHWH, show me what my end will be,  
and what ruler to use to measure my life,  
so that I can realize how feeble I am.  
Yes, my days are short as a handbreadth,  
my whole life is nothing in your sight;  
and every man at his best is only vapor;  
every single man is nothing but a walking shadow;  
and what is certain is that their work is futile;  
they heap up wealth,  
and do not know who will enjoy it.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* We are in pain and agony as we wait for our bodies to be set free.

*Antiphon 2:* Master, my hope is in you.

II

And so now, YHWH, what should I expect?  
 Because my hope is in you.  
 Please free me from all the wrong I have done,  
 and do not let fools gloat over me.  
 Because I stood mute; I did not open my mouth,  
 since it was all your doing.  
 But please, now take this curse away from me;  
 I am crushed by the blows from your hand.  
 When you punish a man to correct his faults,  
 you eat up everything beautiful he has as if you were a moth.  
 True, every man is vapor;  
 So please, YHWH, listen to my prayer,  
 and pay attention to my plea;  
 do not be deaf to my tears,  
 because I am with you like a guest;  
 a transient, just as all my fathers were.  
 Please turn aside your angry gaze, and let me gain my strength  
 before I leave and cease to be.”  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Master, my hope is in you.

*Antiphon 3:* Our years wither like grass, but you, Master, are eternal.

Psalm 90

A prayer of Moses, the man of God

YHWH, you have been our home for as long as we existed;  
 in fact, before the mountains were even born,  
 or you had formed the earth and all that is in it,  
 from eternity and to eternity, you are God.  
 You turn men back into the dust they are made of,  
 by simply saying, “Go back, mortal men.”  
 Yes, in your eyes a thousand years

are like yesterday after it has passed,  
or like the hours of night we have slept through.  
You simply sweep us humans away  
as if we were a dream you wake from;  
we are like grass that springs up in the morning,  
and grows and flourishes,  
and then by evening is cut down and withers.  
We too wither away in your anger  
and are terror-stricken with your rage,  
because you have placed our corruption before you  
and our secrets shine in the light from your face.  
And we have lost our whole lives from your anger,  
and they are over as quickly as a sigh.  
We live no more than seventy years—  
eighty if we are strong—  
with nothing to show for it but drudgery and pain;  
and suddenly it all ends, and we are gone.  
Who can fathom the power of your anger?  
Your rage is as fearsome as you are yourself;  
and so teach us how to make each day count,  
so that we can achieve hearts full of wisdom.  
Please, come back to us, YHWH!  
How long will it be?  
Have pity on your slaves!  
Fill the morning of our lives with your mercy  
and we will be happy and contented for the rest of our days.  
Please give us joys to match the days of pain you gave us,  
the years when we saw agony.  
Show us, please, what you do for your slaves,  
and reveal your glory to your children;  
may YHWH's loveliness shine down upon us,  
and bring success to what our own hands do.  
Yes, bring success to what our own hands do.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Our years wither like grass, but you, Master, are eternal.

I put my trust in what the Master has said; all my hope is in him.

Reading 1 (from the Proper)

Second Nocturne

*Antiphon 1:* Wherever you are, Master, we find mercy and truth.

Psalm 89

A *maskil* of Ethan the Ezrahite

I

I will sing about YHWH's mercy forever,  
 and my mouth will reveal your fidelity to every generation;  
 because I said to myself, "Mercy rests on an eternal foundation,  
 and your fidelity is established from the heavens themselves."  
 "And I have made a pact with the one I chose;  
 I swore to my slave David,  
 'I will maintain your dynasty forever,  
 and secure your throne through every generation.'"
   
 The very heavens declare your awesome power, YHWH,  
 and your fidelity shows in the order of these holy beings;  
 and who is there in heaven to compare with YHWH?  
 God is much more fearsome than any of these holy ones,  
 and is given deference by all those who surround him.  
 YHWH, God of such an army,  
 can anyone be as powerful as you, YHWH?  
 And your fidelity is all around you.  
 It is you who control the raging sea  
 and quiet its waves when they rise too high;  
 and you shattered the monster Rahab with a mortal blow,  
 just as you disperse all your enemies with your mighty arm.  
 And as the heavens are yours, the earth belongs to you  
 because you are the one who set up the earth and all it holds;

you created North and South,  
     Tabor and Hermon, and they find joy in your name.  
 Yes, you have a mighty arm,  
     and your hands are strong, your fist raised to strike;  
 virtue and justice are the foundations of your throne,  
     and mercy and truth are your heralds.  
 What a blessing to be the people who celebrate such a King!  
     They walk about, YHWH, with your face to light their way;  
 they are happy from one end of the day to the next,  
     and they are lifted up by your virtue,  
 because you are the basis of their strength,  
     and because of your favor, we shake the horns upon our heads.  
 Yes, our shield is YHWH's  
     and our King belongs to Israel's holy God.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Wherever you are, Master, we find mercy and truth.

*Antiphon 2:* When the Son of God came into this world, he was born as David's descendant.

## II

Long ago, you spoke to your holy prophet in a vision,  
     "I have lent my support to one I chose from the people;  
 I found my slave David,  
     and I anointed him with my holy oil,  
 and my hand will always be firmly upon him,  
     and my arm will be his strength.  
 His enemies will not get the better of him,  
     and children of depravity will not harass him.  
 I will beat down his enemies in front of him,  
     and torment those who hate him.  
 And my loyalty and mercy will be with him,  
     and he will shake the horns on his head in my name.

I will stretch his left hand out to the seacoast  
 and his right hand to the River;  
 and he will tell me, 'You are my Father,  
 my God, the Rock who keeps me safe.'  
 And I will make him my firstborn,  
 the highest of all the earth's kings.  
 I will keep my mercy for him forever,  
 and my Treaty will stay firmly in place with him.  
 And I will also have his descendants go on forever,  
 and his throne will endure as long as heaven.  
 If his children abandon my Law,  
 and do not follow my orders;  
 if they break my rules  
 and do not keep my commandments,  
 Then I will take my rod and punish their infractions,  
 and beat them for their wrongs;  
 but I will not completely remove my love from them,  
 or abandon my loyalty to them;  
 I will not violate my Treaty,  
 or change any word my lips have pronounced.  
 I have sworn by my own holiness,  
 and I will not lie to David;  
 his descendants will last forever,  
 and his throne will be like the sun to me;  
 it will be set up forever, like the moon,  
 and like all the faithful witnesses in the sky."  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* When the Son of God came into this world, he was born as David's descendant.

*Antiphon 3:* Please look down on us, Master, and see how we are despised.

But now you have rejected and loathed him;  
     you have been enraged at the one you anointed.  
 You have rejected the Treaty you made with your slave  
     and have desecrated his crown in the dirt.  
 You have broken down all his walls,  
     you have demolished all his forts,  
 and everyone who passes by loots his homes;  
     he is laughed at by all his neighbors.  
 You have strengthened his opponents' hands  
     and given pleasure to all his enemies;  
 you have blunted the edge of his sword,  
     and have given him no support when he fights;  
 you have brought an end to his reputation  
     and toppled over his very throne;  
 you have cut him off short in his youth  
     and covered him with disgrace.  
 How long is this to be, YHWH?  
     Will you hide from us forever?  
     Will your anger be like a fire and burn us up?  
 Remember what a short life I have;  
     how could you have created us mortal men for nothing?  
 Can any man live and never see death?  
     Can he free his life from the grave's hold over it?  
 YHWH, where is the love you once had  
     that you once swore to keep for David in your fidelity?  
 Remember, YHWH, how your slaves are insulted,  
     how we carry this in our hearts from peoples all around us—  
 the contempt your enemies have hurled at us, YHWH,  
     the outrages that follow the steps of your anointed Prince.  
 May YHWH be blessed forever and for ever.  
     Amen. Amen.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

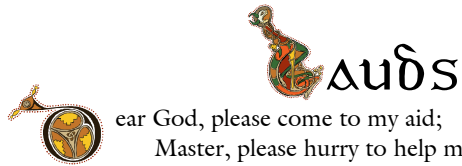
*Antiphon 3:* The living God, my Master, is to be praised for ever.



When we listen to what you say, our minds are filled with light; because it is a humble heart that understands.

Reading 2 (from the Proper)

[If this ends the session, say, "Let us praise the Master and thank him."]



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

He said he would wipe every tear away.  
 But how can he undo what has been done?  
 The dawn undoes the night, true; still, the sun  
 Replaces, not erases, dark. Its sway  
 Still haunts us from the past, and though it's day,  
 The night's right there, still part of us. What one  
 Of us would not give everything to run  
 From harm we've done to others? *That* will stay!

The *act* will stay; the harm will not. You see,  
 Redemption does not mean erasure, but  
 A transformation. Think of when he rose;  
 His wounds were glowing jewels, which he chose  
 To show us how he tears a tear, and what  
 Our feeble evil will turn out to be.

*Antiphon 1:* My God, everything you do is holy; what god can compare with our God?

Psalm 77

For the leader: *'al Jeduthun: A psalm of Asaph*

I called out to God at the top of my voice;  
it was God I called at the top of my voice,  
and he listened to me.  
I looked for YHWH during my time of trouble,  
I lifted up my hands to him all night long;  
my soul refused any rest;  
I thought of nothing but God and my anguish,  
and I kept complaining, and my spirit was overcome.  
And you keep my eyes from closing in sleep,  
and my agony is so great I cannot speak.  
I think of the old times,  
and remember them in my night song;  
I ponder them in my heart  
and my spirit scrutinizes them.  
—Will YHWH reject me forever?  
Will he never show me favor again?  
Is his mercy gone for all eternity?  
Has his promise come to a permanent end?  
Has God forgotten to be kind?  
Has he closed down his loving mercy inside his anger?  
I said, “This is my torment:  
remembering everything the Supreme God has done!”  
But I will recall YHWH’s deeds,  
and I will go over the miracles you once performed;  
I will ponder everything that you have done  
and speak of all your exploits.  
Your ways, my God, are those of holiness,  
who is as great a god as our God?  
You are the God who performs miracles,  
and you have revealed your power to all the nations.  
It was your arm that brought back your people,  
the descendants of Jacob and Joseph.  
Even the water, when it saw you, my God,  
even the water cowered when it saw you,

and it shook to its depths.  
 The clouds poured down torrents,  
 the whole sky reverberated  
 and then your arrows flashed all around them  
 and the sound of your thunder brought tornadoes,  
 and lightning lit up the world.  
 The earth quaked and shook  
 as you went through the sea;  
 you made a path in its water,  
 though no one saw your footprints.  
 But you led your people out as if they were a flock  
 under the hand of Moses and Aaron.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* My God, everything you do is holy; what god can compare with our God?

*Antiphon 2:* My heart leaps for joy in the Master, because he lowers us only to lift us up.

*Song*

*1 Samuel 2.1-10*

My heart leaps for joy in YHWH;  
 the horn on my head menaces everyone because of YHWH;  
 I smile in triumph at my enemies  
 because I have the delight of your rescue.  
 No god is as holy as YHWH,  
 no one exists except you;  
 there is no Rock like our God.  
 Do not brag any more,  
 and keep all that arrogance out of your mouth;  
 because YHWH is the one who knows,  
 and he is the judge of what we do.  
 Strong men's bows snap  
 while those tottering about are given strength;

The well-fed look for work to earn food,  
     while the hunger of the starving has ended.  
 And a sterile woman has seven children  
     while the mother of many sons grows weak.  
 YHWH kills, and brings to life,  
     he takes people down to the grave, and pulls them out;  
 YHWH makes this one poor and that one rich,  
     he lowers, and elevates;  
 he raises the poor out of the dirt—  
     lifts beggars from the trash pile—  
 to seat them with heads of state  
     and give them glorious thrones as their inheritance.  
 Yes, the pillars the earth rests on belong to YHWH,  
     and it was he who set the earth on them.  
 And he will keep watch over the footsteps of his holy people,  
     but evil ones will go into the silent dark.  
 No one will win the battle by his own strength;  
     and YHWH's enemies will be smashed to smithereens.  
 He will send thunder from heaven against them,  
     and YHWH will pass his sentence upon the earth.  
 He will give strength to his King,  
     and raise high the horn on the head he anointed.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* My heart leaps for joy in the Master, because he lowers us only to lift us up.

*Antiphon 3:* The Master is King, and so the whole earth should be happy.

Psalm 97

It is YHWH who is King,  
     and so the earth should celebrate,  
     and all the many shores should dance with joy!  
 He is dressed in clouds and darkness,

but his throne is set upon virtue and justice.  
 Fire is his herald,  
     burning up his enemies in his path;  
 his lightnings make the world gleam  
     and the earth shake when it sees it.  
 Mountains melt like wax at YHWH's approach,  
     when the master of all the earth comes near.  
 The very skies shout out his virtue,  
     and all the people see his glory there.  
 Those who serve carved images are a disgrace  
     when they brag about their idols;  
     worship him, all you "gods."  
 And Zion will listen to this, and take pleasure in it,  
     and the people of Judah will be happy  
     because of what you have decreed, YHWH.  
 Because you, YHWH, are supreme over all the earth;  
     you are higher than any god.  
 Those of you who love YHWH, hate evil,  
     because he preserves the lives of his holy ones  
     and plucks them out of the grasp of evil men.  
 Light dawns for virtuous people  
     and happiness comes on those whose hearts are decent.  
 Take your pleasure in YHWH, honest folk,  
     and thank him whenever you think of his holy name.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* The Master is King, and so the whole earth should be happy.

*Reading*

*Romans 8.35-37*

What can take us away from the Prince's love? Hardship? Suffering?  
 Oppression? Hunger? Nakedness? Danger? War? As Scripture says, "for  
 your sake we keep dying all day long; we are thought of as sheep ready for  
 slaughter," but through all this we win the great victory because of the  
 one who loved us.

**Responsory**

I will bless the Master my whole life long. I will bless the Master my whole life long.

A song of praise will be constantly on my lips my whole life long.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 I will bless the Master my whole life long.

*Antiphon:* Let us serve the Master in holiness every day of our lives.

**Benedictus**

Praises to the God of Israel,  
 because he has turned his eyes toward his people and set them free,  
 and to rescue us has fashioned for our head a horn  
 in the house of his servant David—  
 just as he promised  
 through the mouths of his holy prophets in olden times—  
 bringing rescue from our enemies  
 and escape from the hands of everyone who hates us.  
 A work of kindness to our fathers,  
 recalling his sacred Treaty,  
 the oath he swore to our father Abraham  
 to grant us freedom from the grasp of our enemies  
 to worship him without fear  
 in holiness and virtue every day of our lives.  
 And you, my child, will be called the prophet of God Supreme;  
 you will precede his coming  
 to prepare the roads for the Master;  
 to make his people aware of their liberation  
 as their sins are removed from them  
 because of the tender kindness of our God,  
 by the new dawn from heaven that will rise on us  
 to shine on those who live in darkness and the shadow of death,  
 and to place our feet upon the path of peace.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Let us serve the Master in holiness every day of our lives.

#### Petitions

May God our Savior be blessed, because he promised to remain with his Church throughout time until the end of the world. And so let us thank him, and say, *Please stay with us, Master.*

Please remain with us throughout the day, Master, and let your grace be a sun which never sets. *Please stay with us, Master.*

We dedicate today to you as our offering; and so please help us not offer you anything that is evil. *Please stay with us, Master.*

May your gift of light pervade the whole day so that we will be salt for the earth and the world's light. *Please stay with us, Master.*

May the love of your Holy Spirit direct our hearts and lips, and may we always do everything that you wish. *Please stay with us, Master.*

Master, please bestow on me the special favor I ask you today. *Please stay with us, Master.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Master, as a new day dawns, please make the radiance of your light shine in our hearts. Keep us true to your teaching and free from error and sin. We make this request through our Master, Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.



ear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

Why bother with this nonsense? Live the day!  
 It's here and now; and even if it's true  
 That acts resound beyond the grave, why stew  
 And fret about it? You'll have time to pray  
 And beg for mercy when you're old; and he will say,  
 "My child, my friend, come in; you see, I knew  
 How weak you were, and I still cherish you."  
 In love for you, he'll fling his wrath away.

Oh yes? It *sounds* good, just as sin *feels* fine  
 While it proceeds to smash our lives. The act  
 Is not condemned because he hates it, but  
 Because he sees what's there, and he knows what  
 We know ourselves, though we deny the fact.  
 So get behind! This branch stays on the vine.

*Antiphon 1:* Master, please guide my steps as you promised.

Psalm 119



uite wonderful are what I think your orders are,  
 and that is why I follow them.

When what you say comes in, it brings light with it,  
 it makes simple people understand.

I opened my mouth and panted,  
 because I had such a yearning for your commandments.  
 Please look down upon me and be merciful to me,  
 as you always do to those who love your name.  
 Please direct my steps by what you tell me,



and do not let any vice dominate me;  
 and set me free from human oppression too,  
 so that I can follow your regulations.  
 Please shine your face upon your slave  
 and teach me your rules;  
 rivers are flowing from my eyes  
 because no one keeps your Law.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, please guide my steps as you promised.

*Antiphon 2:* Do the things you have learned, and this will be a blessing for you.

Psalm 119



Right and just is what you are, YHWH,  
 and your decisions are honest.  
 The orders you have given  
 are virtuous and true.  
 My soul is eating me up  
 because my enemies have forgotten what you say;  
 yet every word of yours is absolutely pure,  
 and that is why your slave loves them.  
 I may be little and despised,  
 but I do not forget your rules.  
 And your virtue is eternal virtue,  
 and your Law is truth.  
 Trouble and torment have fallen on me  
 because your commandments have been my pleasure;  
 but the virtue of your orders is eternal,  
 and so help me understand this, and live.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Do the things you have learned, and this will be a blessing for you.

*Reading*

*Deuteronomy 1.16-17*

I issued these orders to your judges at that time, “Hear the cases between your brothers, and be honest in your judgment between a man and his brother or an alien who happens to be with him. You are not to show favoritism in your judgments; you are to give a hearing to the little ones as well as the important people, and must not be afraid of anyone, because the judgment you give is God’s.”

*Prayer*

Dear God of truth, Father of everyone, since you sent your Spirit as promised to bring together in love all those sin has driven apart, please give us the strength to work for your blessings of unity and peace in the world. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;  
Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit  
As in the beginning, so now and always, for ages of ages. Amen.

I see why it's a blessing to be poor.  
It's all too easy when you have enough  
To store it all in granaries, and slough  
Off thoughts beyond the grave, assure  
Yourself there will be time, and feel secure  
That matter matters—knowing that this stuff  
Is really nothing but a bit of fluff  
That blows away, but blinded by its lure.

It's not the wealth, though, that is evil, but  
 The loss of focus; it can still be used  
 To garner friends, and open an account  
 In heaven's bank, where money will amount  
 To something that will never be refused.  
 The problem is to stay out of the rut.

*Antiphon 1:* I am quaking in fear, Master; please turn back to me and hear me out.

Psalm 55

For the leader: with stringed instruments. *A maskil* of David

I

Please give my prayer a hearing, my God,  
 and do not hide away from my plea;  
 please pay attention to me and listen,  
 my troubles give me no rest, and make me scream in pain,  
 because of what my enemies are saying about me,  
 and the harassment I have from these savages;  
 they are doing what they can to ruin me,  
 and are full of rage and hate against me.  
 My heart is broken with pain,  
 and the horror of death has come over me;  
 I am quaking in panic  
 and dread has overwhelmed me.  
 I cried, "If only I had wings like a dove  
 to fly away and be at rest!  
 Then I would escape to a far-off land  
 and stay there in the desert.  
 I would speed away to find myself a shelter  
 from this hurricane and tempest."  
 Please! Destroy them, YHWH, confuse their tongues,  
 because I have seen the violence and fighting in the city.  
 They patrol it day and night along the walls,  
 but leave corruption and evil inside it.  
 Ruin stays within it,

and tyranny and fraud never leave its streets.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* I am quaking in fear, Master; please turn back to me and hear me out.

*Antiphon 2:* I will call out to God for help, and the Master will come to my rescue.

II

And it is not even an enemy who is after me;  
 if it were, I could endure it;  
 if someone who hates me were the one who rose against me,  
 I could at least have hidden from him;  
 but it was you, my companion,  
 the friend I knew so well!  
 We would even ask each other's advice as intimates,  
 and walk together in procession to God's house!  
 May death fasten on them  
 and drag them alive beneath the earth!  
 Because evil has its home in them and lives among them!  
 But I, at least, will send my call out to God  
 and YHWH will come to my rescue.  
 I will pray night and morning and noon;  
 I will call at the top of my voice;  
 and he will hear my cries.  
 Yes, he restores my soul to peace from the battle against me—  
 and there are so many on the other side!—  
 but God will listen to me, and beat them back,  
 because he is the same as he was in ancient times.  
 But they will not change either,  
 since they are not afraid of God.  
 And that traitor turned against those who had no quarrel with him!  
 He broke faith with them.

The words that came from his mouth were smoother than butter,  
 but war was in his heart;  
 what he said was slippery as oil,  
 and yet it was a drawn sword!  
 —But put your burden on YHWH's back  
 and he will carry it for you;  
 he will never let an honest man be dislodged.  
 And, my God, you will bring these people down into the pit of ruin;  
 bloodthirsty men will not live even half their lives,  
 but I will put my trust in you.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* I will call out to God for help, and the Master will come to my rescue.

*Reading*

*Isaiah 55.8-9*

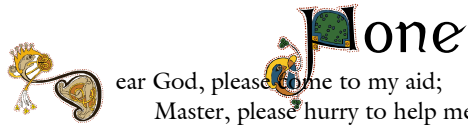
“My thoughts are not your thoughts  
 nor are my ways your ways,” says YHWH.  
 “My ways are as much higher than your ways  
 as the heavens are high above the earth,  
 and my thoughts are that far above your thoughts.”

God of power and might, who is your equal? Fidelity is all around you everywhere.

*Prayer*

Dear merciful God, this midday moment of rest is a welcome gift from you. Please bless the work we have begun, correct its defects, and let us finish it in a way that pleases you. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;  
Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit  
As in the beginning, so now and always, for ages of ages. Amen.

And still the day is with us, though the light  
Grows dimmer now, and muscles lose their tone.  
How long is left? If that could just be known  
The terror from impending darkness might  
Abate somewhat. We could prolong the fight  
To finish some of what had been our own  
Ambitious projects. We have not yet shown  
What we can do; and now we face the night.

Relax. This shortened time that makes you curse  
Your impotence is given for your good.  
You have and had no power—none at all  
To move the world yourself. See that you call  
Upon the one who always helped you, as you should;  
Rely on Him; He runs the universe.

*Antiphon 1:* The Master knows how ephemeral human thoughts are.

Psalm 94

I

YHWH, our God, since vengeance belongs to you—  
Our God and our avenger, come forward!  
Please come, judge of the earth  
and give these insolent fools the sentence they deserve!  
YHWH, how long are evil people—  
how long are *evil* people to keep winning?  
They talk so much, they sneer and brag;

these devils think so highly of themselves;  
 and they are smashing your people to pieces, YHWH,  
 tormenting the ones you have chosen for your legacy.  
 They are killing widows and alien guests  
 and slaughtering fatherless children!  
 And worse, they keep saying, "YHWH can't see anything;  
 this God of Jacob has no mind."  
 Pay attention, you fools;  
 you idiots, when will you ever learn?  
 Can the one who put ears on you not hear?  
 Can the one who formed your eye not see?  
 Can the one who corrects nations not punish?  
 Does the one who teaches every man not understand?  
 Yes, YHWH knows human thoughts,  
 and how futile they are.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* The Master knows how ephemeral human thoughts are.

*Antiphon 2:* The Master has become my fortress; I put my trust in him.

## II

It is such a blessing to have you for a teacher, YHWH!  
 When you instruct us from your Law,  
 you give us peace in times of trouble  
 until the pit is dug for our enemies.  
 Because YHWH will not throw his people aside  
 and will not abandon his legacy;  
 no, the ultimate decision will be a just one,  
 and every decent heart will applaud it.  
 Who else would come forward for me against these savages?  
 Who would stand up to these hoodlums?  
 If YHWH had not come to help me,  
 my soul would have gone down into silence.

Whenever I say, "My foot is slipping!"  
 your mercy, YHWH, holds me up;  
 when anxieties pile one atop another,  
 your comfort soothes my soul.  
 Can corrupt judges with their evil decisions  
 have any relationship with you?  
 They may gang up on unoffending lives  
 and sentence innocent people to death,  
 but YHWH has taken up my defense,  
 and my God is the Rock I hide behind,  
 and he has turned the tables on their injustice,  
 and will cut them down for their corruption.  
 Yes, our God YHWH will smash them!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The Master has become my fortress; I put my trust in him.

*Reading* *1 Samuel 16.7*  
 YHWH does not see in the way human beings see; humans see the  
 outward appearance, but YHWH looks at the heart.

Master, please search my heart and understand me, and lead me along the  
 path to endless life.

*Prayer*

Master Prince Jesus, to save all mankind you stretched out your arms on  
 the cross. Please let our work be pleasing to you, and have it proclaim your  
 rescue to the world. We make this request of you because you are alive and  
 reigning through all the ages of ages. Amen.

Let us bless the Master. Thank God.





Hear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for all the ages of ages. Amen.

How is it, Master, right can feel so wrong?  
 There's that temptation back a month ago  
 That I resisted; and, although I know  
 I did the right thing, I'm a wreck. I long  
 Still, after all this time, to sing the song  
 I stifled then. Where is the triumph? So  
 I won. Convince the corpse down there, and show  
 Him how he's better off that he was strong.

I asked that very question on the cross,  
 You know; I am like you in everything.  
 But this defeat is not a gain for you  
 So much as joining me, as you once asked me to,  
 In pulling out from others evil's sting.  
 And afterwards you'll see it wasn't loss.

*Antiphon 1:* We are waiting eagerly for our hopes to be fulfilled with the  
 glorious coming of our Savior.

**Psalm 62**

For the leader: *'al Jeduthun.* A psalm of David  
 Yes, my soul is quietly waiting for YHWH,  
 because my rescue is coming from him.  
 He is the only one to be my Rock and my protection;  
 he is my fortress;  
 and no power will dislodge me.  
 But how long will you go after a man  
 and batter him down

as if he were a crumbling wall or a rickety fence?  
The only thing they can agree on is to topple him from his throne;  
and their only pleasure is in lying;  
their mouths spout blessings,  
but they are cursing in their hearts.  
But wait quietly, my soul, for God alone,  
because my hope is in him.  
He is the only one to be my Rock and my protection;  
he is my fortress.  
And you, my people, always put your trust in him;  
pour out your hearts to him,  
because God is our protection.  
True, ordinary folk are nothing but a breath,  
but nobles are a fraud;  
if they are put upon the scales to be weighed,  
they are even lighter than air.  
Do not put your trust in the power to oppress  
or have futile hopes in what you can steal;  
and even if your wealth does grow and grow,  
do not trust it.  
God spoke once,  
and I heard two things:  
that power belongs to God,  
and mercy to you, YHWH;  
because you give everyone what his deeds deserve.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* We are waiting eagerly for our hopes to be fulfilled with the glorious coming of our Savior.

*Antiphon 2:* May God turn his shining face upon us and fill us with his blessings.

For the leader: with stringed instruments. A psalm. A song

My God, please be merciful and bless us  
 and let your face shine upon us,  
 so that your ways will be known all over the earth  
 and your rescue will be understood by every nation.  
 May every people praise you, my God,  
 may every people praise you!  
 Yes, the Gentiles should be delighted and sing for joy,  
 because you will pronounce honest verdicts upon the world,  
 and rule over all the peoples of the earth.  
 May every people praise you, my God,  
 may every people praise you!  
 And then earth will produce abundant harvests,  
 because God—our God—will bless us.  
 Yes, God will bless us,  
 and all the ends of the earth will hold him in reverence.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* May God turn his shining face upon us and fill us with his blessings.

*Antiphon 3:* Everything came into being through him; he holds all creation together in himself.

*Song*

*Colossians 1.12-20*

We thank the Father who has made you fit  
 to share the inheritance of the Sacred People  
 in the light—  
 and who extricated us from the power of darkness  
 and moved us into the Kingdom of the Son he loves,  
 from whom we have forgiveness and removal of our sins,  
 and who is the visible counterpart of the invisible God,  
 and the firstborn of the whole of creation,  
 because everything in heaven and on earth

was created in him:  
 everything visible and invisible—  
 Thrones, Dominations, Principalities, and Powers, everything—  
 was created through him and for him;  
 he himself exists before everything,  
 and everything is kept in existence in him.  
 He is also the head of the body  
 which is the community.  
 He is its Principality—its ruler and source—  
 the firstborn of the dead,  
 so that he will have the first place in everything;  
 because he thought it proper  
 for all the fullness of being to be located in him,  
 and for everything on earth and in heaven  
 to be brought by him into conformity with him  
 as he made peace  
 by shedding blood on his cross.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Everything came into being through him; he holds all creation together in himself.

*Reading*

*1 Peter 5.5-7*

And you are to clothe yourselves in unpretentiousness toward each other,  
 because “God stands against the arrogant, but gives his blessings to the  
 little ones.” And so consider yourselves as insignificant beneath the mighty  
 hand of God, so that he will elevate you when the time comes; and throw  
 all your worries onto him, because he has care over you.

*Responsory*

Master, please guard us as carefully as the pupil in your eye; Master, please  
 guard us as carefully as the pupil in your eye.

Please gather us under the shadow of your wings and guard us as  
 carefully as the pupil in your eye.

Glory to the Father, to the Son, and to the Holy Spirit  
Master, please guard us as carefully as the pupil in your eye.

*Antiphon:* Master, with the strength of your arm, please scatter the snobs  
and elevate the humble people.

**Magnificat**

My soul is full of the Master's magnificence;  
my spirit is bursting with joy in God, my savior,  
because he has turned his eyes toward his poor little slave,  
and now from this time on people will honor me  
through all the ages to come!  
Yes, the God of Power has done tremendous things in me!  
How holy his name is!  
His kindness reaches from age to age  
to those in awe of him.  
He has flexed his strong right arm;  
and routed arrogance and conceit.  
He has toppled powers from their thrones  
and elevated nobodies;  
he has filled the hungry with the best cuisine  
and sent the rich away with nothing.  
He has given support to his servant Israel,  
just as he told our ancestors,  
remembering to shower his mercies  
on Abraham and his descendants for ever.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Master, with the strength of your arm, please scatter the snobs  
and elevate the humble people.

**Petitions**

Let us all find our happiness in our God, because he takes great pleasure  
in bestowing gifts upon his people; and so let us fervently pray, *Please*

*increase your grace and peace in us, Master.*

Eternal God, for whom a thousand years are like a day after it has passed, please help us to remember that life is like a flower that blossoms in the morning and withers in the evening. *Please increase your grace and peace in us, Master.*

Please give your people manna to satisfy their hunger and living water to quench their thirst for all eternity. *Please increase your grace and peace in us, Master.*

May your faithful ones look for and taste what comes from above, and may they direct their work and free time to your glory. *Please increase your grace and peace in us, Master.*

Please bestow good weather upon us, Master, so that we can reap a bountiful harvest from the earth. *Please increase your grace and peace in us, Master.*

Please free us from all harm, Master, and pour out your plentiful blessings on our homes. *Please increase your grace and peace in us, Master.*

Please show the vision of your face to those faithful who have left us, and let them find happiness in contemplating your presence. *Please increase your grace and peace in us, Master.*

Master, thank you for the special blessing you have bestowed on me today. *Please increase your grace and peace in us, Master.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

God our Master, we hold your name in awe, and we are aware of your famous kindness, which is cherished by every generation; and so please listen to our evening prayer, as we sing your praise and announce your eternal greatness. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.

## Compline



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.

Why does our Master take our light away?  
 Just nature's law, you say. But why the law?  
 We need the dark to sleep. You never saw  
 An animal that sleeps throughout the day  
 And roams at night? There must have been some way  
 To make a universe without this flaw  
 Of dark that swallows vision down its craw  
 And hobbles action with its black delay.

But think: Without the dark when could we see  
 The stars and moon, and learn the vastness of  
 This universe? And is it not the same  
 With all life's darkneses, like pain? Why blame  
 Our Lord for this? He chose pain in his love  
 To show its place in what will set us free.

**Antiphon:** I have put all my trust in God's never-failing mercy.

### Psalm 52

For the leader: a *maskil* of David, when Doeg the Edomite went and told Saul, "David went to the house of a Ahimelech."

Why, man in power, do you brag about the wrong you have done?  
 You plot ruin all day long;

your tongue, like a sharpened razor, performs its treacherous work.  
 You love evil rather than goodness,  
 lying rather than telling the truth;  
 you love finding words that eat people up,  
 you tongue of treachery!  
 But God will be the same with you, and destroy you forever;  
 he will pull you out of your tent  
 and uproot you from the land of the living.  
 And virtuous people will see this, and be filled with awe;  
 they will laugh at you, and say,  
 “This is the man who refused to find his strength in God,  
 and put his trust in his great wealth,  
 and thought his own corruption was his power.”  
 But I am like a green olive tree, growing strong in God’s house;  
 I put my trust in God’s mercy forever and ever.  
 I will give you eternal praise,  
 because it is all your doing;  
 and in the presence of your holy people  
 I will acknowledge the goodness of your name.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* I have put all my trust in God’s never-failing mercy.

*Reading*

*Ephesians 4:26-27*

“Be angry and do not sin”; do not let the sun set on your resentment, and don’t leave an opening for the devil.

*Responsory*

I hand over my spirit into your care, Master. I hand over my spirit into your care, Master.

because you have redeemed me, faithful Master, my God, I hand over my spirit.

Glory to the Father, to the Son, and to the Holy Spirit,  
 I hand over my spirit into your care, Master.



*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Nunc Dimittis**

Now, my Lord and Master, you may dismiss your slave,  
 as you promised, in peace;  
 because my eyes have seen the rescue you have prepared for us  
 within the very sight of all the nations:  
 a light to disclose the truth to the Gentiles,  
 and the glory of your people Israel.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

**Prayer**

Master, Prince Jesus, you have given your followers an example of gentleness and humility, a task that is easy, and a burden that is light. Please accept the prayers and work of today, and give us the rest that will strengthen us to provide more faithful service to you, as you live and rule over us through all the ages of ages. Amen.

May the Omnipotent Master bestow on us a restful night and a peaceful death. Amen.

We salute you, Queen of the heavens;  
 we salute you, Mistress of the angels;  
 Hail, root, hail gate  
 through whom the world's own light has entered!  
 Be happy, glorious Virgin,  
 beautiful beyond everyone.  
 Farewell, surpassing beauty,

but please intercede with our Prince for us.

# Thursday

## ΜΑΤΙΝΣ



PLEASE, Master open my lips,  
and my mouth will sing your praises.

Invitation psalm  
Psalm 95

*Come into the Master's presence singing for joy.*

Come let us sing YHWH a song;  
let us shout our joy to the Rock who keeps us safe;  
let us come to him with thanks,  
and sing loud happy psalms to him.

*Come into the Master's presence singing for joy.*

Because YHWH is a great God,  
the great king over all the gods;  
The deep abysses of the earth belong to him,  
and the mountain-tops are his as well.  
The sea is his because he made it,  
and so is the land his hands have formed.

*Come into the Master's presence singing for joy.*

So come, let us bow down in worship,  
kneeling before YHWH who made us too;  
because he is our God,

and we are the people in his pasture,  
the sheep his hand leads on.

*Come into the Master's presence singing for joy.*

Today is the day for you to listen to his voice:

“Do not dig in your heels as you did at Meribah,  
as you acted on that day at Massa in the desert,  
when your fathers provoked me  
and tormented me though they had seen what I had done.

*Come into the Master's presence singing for joy.*

For forty years I put up with that crowd,

saying, ‘they are a people with wandering hearts,  
with no idea of what I expect of them.’

And so I swore in my exasperation,

‘They will not enter my rest.’”

*Come into the Master's presence singing for joy.*

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

As in the beginning, so now and always, for ages of ages. Amen.

*Come into the Master's presence singing for joy.*

What is the point of dreams, these crazy tales  
We live through, even though (when once awake  
Again) we know they're lies? Why should we slake  
Our thirst at non-existent streams? What grails  
Are those we chase with nothing in our sails  
But phantom wind? I know; it's for the sake  
Of clearing out our brains. But should this take  
A pattern so grotesque that reason quails?

Well, but there's more than this. When dreams arise  
And in them we are fooled into the thought  
That they are real, and then awake and see  
The different world around us, we can be  
Accepting of the next life, as we ought.  
We need reminding where our true life lies.

First Nocturne

*Antiphon 1:* Remember the wonderful deeds the Master has done.

Psalm 78 (beginning)

*A maskil of Asaph*

I

Pay attention, my people, to my Law,  
 and give a hearing to the words my mouth pronounces;  
 because I will open my mouth and speak in analogies;  
 I will utter dark sayings from ancient times:  
 things we have heard and understood  
 when our fathers told them to us.  
 We will not hide them from our own children,  
 will sing YHWH's praises to generations to come,  
 and tell of his power and the wonderful deeds he has done.  
 First, he set up a sworn relationship to Jacob  
 and drew up a Law in Israel,  
 which he commanded our fathers to obey,  
 and to make known to their descendants,  
 so that the generations to come would know them,  
 children yet to be born,  
 and when they arrived, they would tell them to their own children,  
 so that they would place their hopes in God  
 and not forget what God had done,  
 and keep his commandments—  
 and not be like their ancestors,  
 a stubborn and rebellious breed,  
 a breed that did not have its heart set straight,  
 and whose spirit was not faithful to God.  
 Ephraim's tribe, for instance, though armed and carrying bows,  
 retreated from the battle;  
 they did not keep their Treaty with God,  
 and refused to behave as his Law had told them;  
 they forgot what he had done

and the wonders he had shown them.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Remember the wonderful deeds the Master has done.

*Antiphon 2:* Master, please give us the true bread that comes down from heaven.

## II

He performed miracles as their ancestors looked on  
 in the land of Egypt, on the fields of Zoan.  
 He split the sea in two, and made them pass through it,  
 and had the water standing up in heaps;  
 he led them with a cloud all through the day  
 and with the light of a fire at night.  
 He broke rocks open in the desert  
 and gave them plentiful drink, as if from an ocean;  
 he made the water run out in rivers,  
 and yet they committed even more sins against him,  
 and rebelled against the Supreme Being in the wilderness,  
 provoking God and doubting him in their hearts  
 as they asked for food they had a fancy to.  
 Oh yes, they defied God  
 and said, "Can God prepare dinner for us in the desert?"  
 And then he struck the rock  
 and water gushed out,  
 and the stream beds overflowed.  
 "But can he give us bread too?  
 Can he provide meat for his people?"  
 And when YHWH heard this, he was furious,  
 and a fire blazed up against Jacob;  
 his anger rose against Israel  
 because they did not believe in God  
 and did not trust his rescue.

Still, he gave orders to the clouds above them  
 and opened up the doors of heaven,  
 and rained down manna on them to eat,  
 and gave them bread from heaven.  
 Men ate food for angels;  
 he sent them all the food they wanted.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Master, please give us the true bread that comes down from heaven.

*Antiphon 3:* Please make us sincere in worshiping you, Master.

III

He made the east wind blow in the sky  
 and by his power brought in the wind from the south,  
 and rained meat upon them like dust;  
 fowl and their feathers were as plentiful as sand upon the sea.  
 And he had them fall all through their camp,  
 and around every one of their tents;  
 and so they ate and filled themselves up,  
 because he gave them everything they wanted,  
 and they were not deprived of anything they craved.  
 But while the food was still in their mouths,  
 the anger of God blazed up against them  
 and destroyed the strongest among them,  
 struck down the elite of Israel.  
 But even with this, they went on sinning,  
 and still did not believe in his wondrous deeds;  
 and so he ate up all their lives in futile roaming  
 and consumed their years in terror.  
 When he began killing them off, they turned back to him,  
 they changed heart and appealed fervently to God;  
 they remembered then that God had been their Rock

and that it was the Supreme Being who had rescued them.  
 But they were only flattering him with their mouths,  
 and using their tongues to lie to him;  
 because their hearts were not firmly set upon him  
 and they were not faithful to his Treaty.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Please make us sincere in worshipping you, Master.

Master, who will we go to? Your words are eternal life.

Reading 1 (from the Proper)

Second Nocturne

*Antiphon 1:* Please remember, Master, that we are matter as well as spirit,  
 and be kind to us.

Psalm 78 (continued)

IV

But because he was full of kindness, he forgave their corruption  
 and did not destroy them.  
 Yes, often he turned his anger aside  
 and did not kindle the whole of his fury,  
 because he remembered that they were material things,  
 a breath that vanishes and comes back no more.  
 And they irritated him so often in the wilderness  
 and annoyed him so frequently in the desert!  
 Again and again they provoked God  
 and set limits on Israel's Holy One.  
 They did not remember the power he showed  
 that day when he brought them away from their enemy,  
 when he performed his miracles in Egypt  
 and did wonders on the field of Zoan,



when he turned rivers into blood  
 and they could not drink from any of their streams,  
 and sent swarms of flies among them to eat them up,  
 and frogs, which devastated their land;  
 and he handed their crops over to caterpillars  
 and the locusts ate their hard work;  
 he destroyed their vines with hail  
 and their sycamores with frost;  
 and he subjected their cattle to the hail  
 and their flocks to lightning's fire.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Please remember, Master, that we are matter as well as spirit,  
 and be kind to us.

*Antiphon 2:* Master, I believe; please help my lack of faith.

V

He threw down on them the fury of his anger,  
 and sent rage, violence, and turmoil  
 from the angels of destruction he sent down on them.  
 He made a path for his anger  
 and did not spare their very lives from death;  
 he handed their souls over to the plague  
 and destroyed all the firstborn in Egypt,  
 and killed the flower of their strength in the land of Ham.  
 But he led his own people out like sheep  
 and guided them through the wilderness like a flock,  
 and he kept them safe as he led them, and they had no fear,  
 while the sea overwhelmed all their enemies.  
 And he brought them to the border of his holy land,  
 the mountain which his own right hand had made;  
 and then he drove the nations out before them  
 and assigned them measured portions of the land,

where he had the tribes of Israel live in their tents.  
 Yet still they exasperated the Supreme God  
 and did not follow his orders;  
 they turned away again and were as faithless as their fathers,  
 and became as crooked as an untrustworthy bow.  
 Because they raised his anger with their shrines upon the hills  
 and tried to make him jealous with their carven idols;  
 and when God heard this, he was enraged,  
 and conceived such a loathing for Israel  
 that he abandoned his tent in Shiloh,  
 the tent he had pitched among men,  
 and handed over his forces into captivity  
 and his glory into the enemy's grasp.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Master, I believe; please help my lack of faith.

*Antiphon 3:* We know that you have sent a Savior for us, Master.

## VI

He gave his people over to swords  
 and was furious with his heritage.  
 Fire ate up their youth  
 and their maidens had no one to marry.  
 Their priests fell at sword-point  
 and their widows could not mourn them.  
 But then YHWH came back as if he had been asleep,  
 like a strong man after wine had made him drunk,  
 and beat back his enemies  
 and drove them into everlasting disgrace.  
 But he also rejected Joseph's tent  
 and did not choose the tribe of Ephraim;  
 he selected the tribe of Judah  
 and gave his love to Mount Zion,

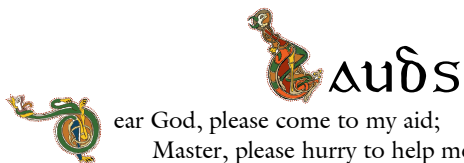
and he built there his holy place upon its heights,  
 like the earth he had set firm forever.  
 And in addition he chose his servant David  
 and took him from the sheepfold  
 and brought him away from following ewes and their young  
 to shepherd his people Jacob  
 and his heritage Israel.  
 So he shepherded them in the integrity of his heart  
 and guided them with skillful hands.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* We know that you have sent a Savior for us, Master.

Please let the light of your face shine upon me, Master, and teach me your way of holiness.

Reading 2 (from the Proper)

[If this ends the session, say, "Let us praise the Master and thank him."]



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

The day, my Lady, dawn came on the earth,  
 You had to choose to bring the world its light.  
 What were you thinking, at that awesome sight  
 That greeted you and told you of the birth  
 You knew God closed to you? Yet from your dearth  
 Of understanding, you chose what was right,

And kept the world from everlasting night.  
By choosing to submit you proved your worth.

You teach us that we need not know; that we  
Are always ignorant, and make our choice  
In blindness of the consequence. Then how  
Can we discover what we should do now?  
Submit, in hope that later we'll rejoice.  
It is the *unknown* truth that sets us free.

*Antiphon 1*: Sing out your joy to God our strength.

Psalm 81

For the leader: upon the *gittith*. A psalm of Asaph  
Sing to God our strength at the top of your voice;  
shout for joy to the God of Jacob.  
Let us have a song! Beat on the tambourines,  
and tune up your harps and lutes!  
Blow trumpets to greet the New Moon,  
and the Full Moon too, our solemn festival;  
because this is a law for Israel,  
a command from the God of Jacob.  
He gave orders for this to Joseph  
when he passed through the land of Egypt,  
where I heard a language I could not understand.  
“I took the burden off your shoulder  
and freed your hands from the load.  
You called to me in your agony, and I set you free;  
I answered you, hidden in the thunder-cloud,  
and tested you at the waters of Meribah.  
Listen to me, my people, and I will give you warning;  
Israel, you must, you must pay attention:  
There are to be no foreign gods among you;  
you are not to worship any god of any other nation;  
because I, YHWH, am your God,

the one who brought you out of Egypt's land.  
 Then open your mouth wide, and I will fill it.  
 But my people would not listen to what I said,  
 and Israel would have nothing to do with me;  
 and so I let them follow their stubborn hearts  
 to walk wherever they chose.  
 If only my people would listen to me  
 and walk the path I laid out for them!  
 Then I would put down their enemies  
 and turn my hand against their antagonists.  
 Yes, those who hate YHWH would cringe at their feet  
 and their subjection would last forever.  
 And I would feed Israel with the finest of wheat  
 and I would give them their fill of honey from a rock.”  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Sing out your joy to God our strength.

*Antiphon 2:* The Master has done wonders for us; we must let the whole world know.

*Song*

*Isaiah 12.1-6*

Master, I will praise you  
 though you were angry with me;  
 but your anger turned aside, and you gave me comfort.  
 Yes, my rescue came from God,  
 and so I will put my trust in him and not be afraid;  
 because YAH, our Master, is my strength and my song  
 and has made himself my Savior.  
 And so you will draw your water joyfully  
 from the wells out of which your rescue gushes,  
 and on that day you will say,  
 “Praise YHWH, call upon his name,  
 tell what he has done to every people

and remind them how holy his name is.”  
 Sing to YHWH,  
 because he has done magnificent deeds  
 till this is known all over the earth.  
 Yes, shout it out, inhabitants of Zion,  
 because the great Holy One of Israel lives among you!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The Master has done wonders for us; we must let the whole world know.

*Antiphon 3:* Let us joyfully praise the Master, our God.

Psalm 147

Hallelujah! Praise YHWH!  
 Because it is good to sing praises to our God;  
 it is a pleasure to do it, and praise is a beautiful thing.  
 Because YHWH is rebuilding Jerusalem,  
 and gathering Israel's exiles;  
 he is healing those with broken hearts  
 and bandaging their wounds.  
 He is the one who knows how many stars there are;  
 he gives a name to every one.  
 Yes, our Master YHWH is great, and has immense power,  
 and his knowledge is infinite.  
 YHWH elevates little people  
 and drives immoral ones down into dirt.  
 So sing to YHWH with gratitude,  
 accompany your song with a harp and chant praise to our God,  
 who covers the sky with clouds  
 and fills them with rain for the ground;  
 who makes grass grow on the mountains  
 and gives the animals what they need to eat,  
 even the little ravens that cry to him.

He finds no pleasure in the brawn of horses,  
and does not wax emotional about the muscles of his warriors;  
YHWH enjoys those who hold him in reverence,  
and those who put hope in his mercy.

Praise YHWH, Jerusalem!

Sing praise to your God, Zion!

He has made the bars in your gates strong  
and has sent blessings on your children within you;  
he has brought peace to your frontiers,  
and filled you with the finest of wheat.

He issues his orders to the earth  
and his dispatch is delivered immediately;

He sends down snow like wool  
and strews the frost around like ashes;  
he rains down crumbs of hail,  
and no one can endure his chill.

But then he gives the word and melts it all;  
he makes his wind blow, and the water flows again.

And he has had speech with Jacob  
and given rules and regulations to Israel!

He has not acted in this way with any other nation;  
no one else knows what his orders are!

Hallelujah!

Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* The Master is magnificent and deserves praise in our God's city.

*Reading*

*Romans 14.17-19*

God's Kingdom isn't a matter of food and drink; it is virtue, peace, and happiness in the Holy Spirit; and if a person acts in this way as the Prince's slave, he will be acceptable to God and have a good name among men. So we should be looking for what brings peace and is constructive for each other.

**Responsory**

It is in the morning's early hours that I think of you, Master. It is in the morning's early hours that I think of you, Master.

But you are always there to help me; so I think of you, Master.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 It is in the morning's early hours that I think of you, Master.

*Antiphon:* Please give your people knowledge of your rescue, Master, and forgive our sins.

**Benedictus**

Praises to the God of Israel,  
 because he has turned his eyes toward his people and set them free,  
 and to rescue us has fashioned for our head a horn  
 in the house of his servant David—  
 just as he promised  
 through the mouths of his holy prophets in olden times—  
 bringing rescue from our enemies  
 and escape from the hands of everyone who hates us.  
 A work of kindness to our fathers,  
 recalling his sacred Treaty,  
 the oath he swore to our father Abraham  
 to grant us freedom from the grasp of our enemies  
 to worship him without fear  
 in holiness and virtue every day of our lives.  
 And you, my child, will be called the prophet of God Supreme;  
 you will precede his coming  
 to prepare the roads for the Master;  
 to make his people aware of their liberation  
 as their sins are removed from them  
 because of the tender kindness of our God,  
 by the new dawn from heaven that will rise on us  
 to shine on those who live in darkness and the shadow of death,  
 and to place our feet upon the path of peace.  
 Glory to the Father, to the Son, and to the Holy Spirit



as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please give your people knowledge of your rescue, Master, and forgive our sins.

#### Petitions

Blessed be our Father God, who protects his children and never disdains their prayers. Let us humbly beg him, *Please enlighten us, Master.*

Thank you, Master, for enlightening us through your Son; please fill us with his light throughout the day. *Please enlighten us, Master.*

May your wisdom lead us on today, Master, so that we can walk about in the newness of our lives. *Please enlighten us, Master.*

Please help us bear hardships with courage for your name's sake, and also help us be generous in serving you. *Please enlighten us, Master.*

Please direct our thoughts, feelings, and actions today, and help us follow your providential guidance. *Please enlighten us, Master.*


Master, please bestow on me the special favor I ask you today. *Please enlighten us, Master.*


Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Master, true light and source of all light, please listen to our morning prayer, turn our thoughts to what is holy, and help us always live in the light of your love. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.

 **CE**RCE


 ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

I think I understand why Israel  
 Could turn aside and build the golden calf  
 In spite of all they'd seen in Egypt—half  
 Of which some sorcerer of Egypt's spell  
 Could duplicate. I would have thought as well  
 It must have been a trick; how could a staff  
 Become a snake? And why? It is to laugh.  
 And here we are trapped in this desert hell!

We don't believe our eyes because it's all  
 Too good to be what happens in this world.  
 If he loves us so much, why all this pain?  
 It is *because* we turn our backs, and feign  
 To rule our lives ourselves, with flags unfurled.  
 We close our ears, and so can't hear his call.

*Antiphon 1:* Master, I call to you for help; I trust your promise.

**Psalm 119**


 till I call you with my whole heart;  
 please listen to me, YHWH,  
 and I will keep your regulations.  
 I am calling you to ask  
 if you would rescue me, so that I can follow your orders.  
 I rise every morning before dawn  
 and call out for help,  
 because I hope in what you say.

My eyes stay awake through the watches of the night  
 as I ponder your words.  
 Please listen to my voice in your tenderness,  
 and revive me, YHWH, in your justice.  
 Students of evil are coming close to me,  
 and drawing farther from your Law.  
 But you are near me, YHWH,  
 and all your commandments are faithful;  
 and I know about your orders  
 from long ago that you have set them firm forever.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, I call to you for help; I trust your promise.

*Antiphon 2:* If you love me, says the Master, keep my commandments.

Psalm 119

ake my torment into account, please, and set me free,  
 because I have not forgotten your Law.  
 Please take my case and defend me,  
 and give me life again, as you have promised.  
 Rescue is something far away from evil people,  
 because they care nothing for your regulations.  
 Yet your tender mercies are great, YHWH;  
 and so please give the order and revive me,  
 because I have a great many oppressors and enemies,  
 and still do not deviate from your will.  
 I see traitors, and they disgust me  
 because they do not keep what you say;  
 but consider how I love your rules,  
 and give me back my life, YHWH, in your kindness.  
 Everything you say is true  
 and every honest verdict of yours is eternal.

Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* If you love me, says the Master, keep my commandments.

*Reading*

*Galatians 5.13-14*

You were called to be free, brothers and sisters!—only don't turn your freedom into an excuse for indulging your flesh; use it to serve each other in love. The whole Law is summed up in one sentence: "You are to love your neighbor as if he were yourself."

I run easily in the way you have shown, because my heart is full of joy.

*Prayer*

Master, in the middle of the morning you gave your Holy Spirit to your Emissaries as they gathered to pray; please give us too a share in the life and love your Spirit brings. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;

Master, please hurry to help me.

Glory to the Father, to the Son, and to the Holy Spirit  
As in the beginning, so now and always, for ages of ages. Amen.

I'm sorry, but it's hard to thank you when  
It seems my face gets slapped the whole day through.  
I know if I looked deep, I'd see that you  
Had blessed my life more than most other men  
With health, enough to eat, and leisure; then

Why do I fret? Because I try to do  
 Your work, and every day I get a new  
 Rebuff; I start once more—and fail again.

I understand, so do not waste your breath  
 Apologizing; just do not forget  
 That you once asked me to create a saint  
 Of that dung that you are. Well, do not faint  
 When I fulfill your wishes, and just let  
 Me work. With you, success comes after death.

*Antiphon 1:* I have put my hope in God; I have no fear of any man.

Psalm 56

For the leader: to the tune of *Jonath* . . . *rehokim*. A *miktam* of David, when the  
 Philistines held him in Gath

Please have mercy on me, my God, because men would swallow me;  
     they fight all day long to crush me.  
 Yes, my enemies harass me the whole day through,  
     and there are many ranged against me, Supreme God.  
 But whenever I feel afraid  
     I put my trust in you;  
 in God—and I praise every word of his—  
     in God is where I put my trust,  
 and I lose my fear;  
     what can mere matter do to me?  
 Even if they twist what I say all day long  
     and have no thoughts except my ruin;  
 even if they band together  
     and hide and spy out every step I take,  
 and set an ambush to have me killed,  
     will they escape by their trickery?  
 No! Smash these people down in your fury, my God!  
 You have counted every step I take;  
     you collected every tear in a vial  
     and kept a record of it in your journal;

and so when I call out to you,  
 my enemies will retreat.  
 I am sure of this, because God is on my side.  
 In God—and I praise his every word—  
 in YHWH—and I will keep on praising his words—  
 is where I put my trust;  
 and I will not be afraid.  
 What can human beings do to me?  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* I have put my hope in God; I have no fear of any man.

*Antiphon 2:* Yes, there is a reward for honest people.

Psalm 58

For the leader (Do not destroy.) A *miktam* of David

Do you deliver honest verdicts, mortal men? You are silent.  
 Are your decisions just?  
 No, from the corruption in your hearts  
 you look out at the violence you have brought upon the earth.  
 You have been deprived from the time you were in the womb,  
 and went astray from the moment you were born, you liars.  
 Your poison is like the poison of a snake,  
 like a cobra that is deaf and closes its ears  
 not to hear the voice of charmers  
 no matter what their skill.  
 Break their fangs in their mouths, YHWH!  
 Tear out the teeth of these lion whelps, YHWH!  
 Let them trickle away like water spilled!  
 When they bend their bows,  
 make their arrows splintered sticks!  
 Turn them into snails, melting as they crawl,  
 or into a stillbirth that never sees the sun!  
 Smash them like pots! Burn them like thorns!

Sweep them away in the tornado  
of your living, burning rage!  
And honest folk will shout with joy at seeing your vengeance,  
and will wash their feet in these vicious sinners' blood,  
and so people will say,  
"Yes, there is a reward for honest folk;  
yes, there is a God who judges the earth!"  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Yes, there is a reward for honest people.

*Reading*

*Galatians 5.16-17*

Let me also say that if you're behaving spiritually, then you're not satisfying the urges your matter has. Matter has urges that contradict spirit, and the spirit has urges that contradict matter. They are opposed to each other, so that you don't do what you choose to do.

My God, you are good, and all goodness flows from you. Please, Master, teach me the ways of holiness.

*Prayer*

Omnipotent, eternally living God, with you there is no darkness, and nothing can be hidden from you. Please fill us with the radiance of your light, so that we can understand the law you have given us and live it with generosity and faith. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

I know; I make too much of all my “pain.”  
 I melodramatize these tiny sores  
 I feel inside whenever I find doors  
 I wanted to go through slam shut. And rain  
 Falls now and then. Well, gee! It’s not the bane  
 Of all existence, is it? Not when scores  
 Of people almost cannot breathe, with pores  
 All clogged with pus. And I dare to complain?

But that’s not all there is to it, you see.  
 Your pain is really longing. I know you.  
 I call it “hope,” the fact you’re not at home  
 And always restless under heaven’s dome.  
 This pain is what you feel when you are true;  
 It is your sign you still belong to me.

*Antiphon 1:* May the Master bless you, and then you will have peace every day of your life.

#### Psalm 128

*A song of ascents*

A man is well advised to hold YHWH in respect  
 and walk the paths he has laid out.  
 When you eat what your own hands have earned,  
 you will find happiness and prosperity;  
 your wife will be like a fruitful vine  
 in the heart of your home;  
 your children, like olive plants



around your table.  
 Yes, this is the way a man will be blessed  
 if he respects YHWH.  
 May YHWH bless you from Zion,  
 and may you see Jerusalem prosper  
 every day of your life;  
 and may you look upon your children's children.  
 Peace to Israel!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* May the Master bless you, and then you will have peace every day of your life.

*Antiphon 2:* God will win the battle for you over all your enemies.

### Psalm 129

A song of ascents

“They have tormented me so often from the time I was young,”  
 Israel should be saying,  
 “They have tormented me so often from the time I was young,  
 but they have not conquered me!  
 They ran plows along my back, like farmers,  
 and made their furrows long,  
 but YHWH is virtuous  
 and cut up the ropes these vicious people tied me in.”  
 May all those people who hate Zion  
 be routed in disgrace;  
 may they be like the grass on a roof  
 that withers before it can grow,  
 which no reaper can use to fill his hands,  
 and never finds its way into a harvester's arms.  
 And may no one who passes by them ever say,  
 “YHWH's blessings on you;  
 we bless you in YHWH's name.”

Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* God will win the battle for you over all your enemies.

*Reading*

*Galatians 5.22-25*

But the Spirit's harvest is love, happiness, peace, patience, kindness, goodness, faithfulness, modesty, and self-control; there's no law against things like this. The Prince's people have nailed matter to a cross, with its desires and urges. If we live spiritually, then we have to behave spiritually; we should stop looking for an empty reputation and challenging each other and competing with each other.

*Responsory*

Master, please show me the path I must follow, and have your Spirit guide me to my true home.

*Prayer*

Master, please help us follow the example of your Son's fortitude and perseverance, so that we can face all life's difficulties with confidence and faith. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.

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ear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

Please, Master, when can I go home? What more

Could you still have for me to do? I know,

I asked to finish one task still to go  
 Before I leave. Is that the only chore  
 That keeps me here? Or do I have in store  
 Some other work to fail at, some new woe,  
 Some new frustration I must undergo  
 Before I set off for the other shore?

Now, now, my child, I do not make you wait  
 To torture you, and nail you to my cross  
 As if that were a virtue. No, what I  
 Am doing will ensure that when you die  
 You'll do enough to not say, to your loss,  
 "I should have thought of that! And it's too late!"

*Antiphon 1:* I have made you the light of every nation to carry my rescue  
 to the ends of the earth.

Psalm 72

Of Solomon

Please give the King your discernment, my God,  
 and bestow your virtue on the King's son,  
 so that he will hand down honest judgments to your people  
 and will do justice to your poor.  
 Then the mountains will bring peace upon the people  
 and the little hills too, because of his virtue.  
 And he will bring justice to the poor among the people  
 and will rescue the children of the destitute;  
 he will smash their oppressors.  
 Then they will remain in awe of you  
 as long as the sun and moon will last;  
 through all the ages.  
 He will come down like rain on unmown grass,  
 like showers, giving the earth its water;  
 In his time, virtue will flower  
 and a plentiful harvest of peace

until the moon exists no more.  
 And he will have authority from sea to sea  
     and from the River to the ends of the earth;  
 those who live in the desert will bow before him,  
     and his enemies will lick the dust.  
 The kings of Tarshish and the seashores  
     will bring presents to him;  
 kings from Sheba and Seba  
     will offer him gifts;  
 yes, every king will fall down in homage to him,  
     and every nation will be his slave.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* I have made you the light of every nation to carry my rescue to the ends of the earth.

*Antiphon 2:* The name of the King's Son will last for ever.

## II

Because he will set poor people free when they cry to him,  
     and will relieve the helpless destitute;  
 he will have pity on poor and needy people  
     and spare the lives of those who have nothing;  
 he will buy back their lives from oppression and violence  
     and their blood will have great value in his sight.  
 And he will have a long life,  
     and gold from Sheba will be given him;  
 prayers will be constantly said for him,  
     and he will receive praises day after day.  
 There will be plentiful grain in the land  
     upon the mountain-tops;  
 the harvests will wave as they do on Lebanon  
     and the people in the city will flourish like grass in the field.  
 His name will last forever;

his name will endure as long as the sun;  
 and people will consider him a blessing,  
 and every nation will bless him also.  
 Blessed be YHWH, Israel's God,  
 the only one who performs miracles;  
 and blessed be his glorious name forever!  
 May the whole earth fill up with his glory.  
 Amen and Amen.

Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The name of the King's Son will last for ever.

*Antiphon 3:* The Father has given the Prince all his power, honor, and  
 royalty; every person is to obey him.

*Song*

*Revelation 11.17-18,12.10-12*

Thank you, Master God, Ruler of All,  
 who are and who were,  
 because you have taken up  
 your great power  
 and begun to rule.  
 The nations ranted,  
 and your wrath came  
 and the moment for judging the dead  
 and giving your reward  
 to your slaves the prophets  
 and to the sacred ones  
 and those who fear your name,  
 small and great.  
 Now the rescue and the power  
 and the Kingdom of our God has come,  
 and the authority of his Prince;  
 because the accuser of our brothers  
 has been thrown down:

the one who kept accusing them  
 before God day and night;  
 and they have conquered him  
 because of the blood of the Lamb  
 and because of the words of his testimony  
 and they did not love their souls to death.  
 And so celebrate, heaven,  
 and those who make their home in it!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* The Father has given the Prince all his power, honor, and royalty; every person is to obey him.

*Reading*

*1 Peter 1.22-23*

And once you have, in submission to the truth, washed your souls clean for sincere brotherly affection, you should love each other from the depths of your hearts, since now you have been reborn from a seed which is not one that dies, the indestructible seed of the utterance of the living God.

*Responsory*

The Master is my shepherd; I have all I need. The Master is my shepherd;  
 I have all I need.

He has brought me into green pastures; I have all I need.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 The Master is my shepherd; I have all I need.

*Antiphon:* If you are hungry for virtue, God will satisfy your longing with a full measuring-pail, one that is brimming over.

*Magnificat*

My soul is full of the Master's magnificence;  
 my spirit is bursting with joy in God, my savior,  
 because he has turned his eyes toward his poor little slave,  
 and now from this time on people will honor me

through all the ages to come!  
 Yes, the God of Power has done tremendous things in me!  
 How holy his name is!  
 His kindness reaches from age to age  
 to those in awe of him.  
 He has flexed his strong right arm;  
 and routed arrogance and conceit.  
 He has toppled powers from their thrones  
 and elevated nobodies;  
 he has filled the hungry with the best cuisine  
 and sent the rich away with nothing.  
 He has given support to his servant Israel,  
 just as he told our ancestors,  
 remembering to shower his mercies  
 on Abraham and his descendants for ever.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* If you are hungry for virtue, God will satisfy your longing with a full measuring-pail, one that is brimming over.

#### Petitions

Lift your hearts to our Master and Savior, who gives his people every spiritual blessing. With a devout spirit, let us ask him, *Please bless your people, Master.*

Merciful God, please give strength to our Pope N., and our Bishop N., and keep them free from harm. *Please bless your people, Master.*

Please look favorably on our country, Master, and free us from every evil influence on it. *Please bless your people, Master.*

Please call men to your altar and men and women to follow you in poverty, chastity, and obedience. *Please bless your people, Master.*

Please take special care of your servant women vowed to virginity so that they will follow you, the divine Lamb, wherever you go. *Please bless your people, Master.*

Please help the laity with their tasks on earth, so that it will be

transformed into a redeemed material world *Please bless your people, Master.*

May the dead rest in eternal peace, and may their union with us grow stronger as we share spiritual gifts on each side. *Please bless your people, Master.*

Master, thank you for the special blessings you have bestowed on me today.

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

### Prayer

Merciful Father, please hear our evening prayer praising you, and help our hearts never to waver from the love of your Law; lead us on through the darkness of the night to the dawning of eternal life. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.

## oϥϥline



ear God, please come to my aid;

Master, please hurry to help me.

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

As in the beginning, so now and always, for ages of ages. Amen.

It seems like such an evil time, this night  
Of dread and unseen menace, even when  
We know the day has all but come again.



And so we wait and quake, and strain our sight  
 At thicker shades, and curse the lack of light  
 That turned our broad-backed earth into a fen  
 Of quicksand, making us, instead of men,  
 Gibbering cowards, robbed of all our fight.

And so you think your eyes are what you use  
 To give you strength? You *have* no strength, you fool.  
 Your present blindness lets you see the facts  
 About your life and God; it's he who acts  
 By wrapping you in sightless peace. Be cool;  
 If he is here what do you have to lose?

**Antiphon:** He is my comfort and my security; I put my trust in him.

Psalm 144

Of David

Praise YHWH, my Rock,  
     the one who trains my hands for war  
     and my fists to fight;  
 my nurturer and my strong fort,  
     my high tower and my rescuer,  
 my shield, the one I hide behind,  
     the one who subjects other peoples to me.  
 YHWH, what are human beings, for you to notice them?  
     What is a mortal man, for you to care about him?  
 Man is nothing but a breath,  
     his life is a shadow that vanishes.  
 But please lower your sky and come down on it;  
     touch the mountains and make them smoke;  
 flash your lightning, and rout our enemy;  
     shoot your arrows and destroy them.  
 Reach down your hand from high above  
     and pull me out of this great ocean,  
 away from the hands of these foreigners

whose mouths are full of lies,  
 and whose hands are raised in perjury;  
 and I will sing a new song to you, my God,  
 I will take up my ten-stringed harp to sing your praises,  
 to the one who rescues kings  
 and who sets his servant David free  
 from death at sword-point.  
 Please save me from the grasp of these foreigners  
 whose mouths are full of lies  
 and whose hands are raised in perjury,  
 so that our children will grow up like young saplings  
 and our daughters be stately as columns  
 sculpted as though they belonged in a palace;  
 and so that our barns will be full  
 of every sort of harvest,  
 and our sheep will have a thousand young—  
 a million—in our fields;  
 and our cattle will be heavy with their brood.  
 May there be no battered walls and driving into exile,  
 no sound of weeping in our streets.  
 It is such a privilege for us to live in this way,  
 a privilege to have YHWH for our God!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* He is my comfort and my security; I put my trust in him.

*Reading*

*1Thessalonians 5:23*

May the God of peace make you completely holy; may he make your spirit, soul, and body into one whole, blameless person and keep it that way until our Master Prince Jesus joins us.

*Responsory*

I hand over my spirit into your care, Master. I hand over my spirit into your care, Master.

because you have redeemed me, faithful Master, my God, I hand over my spirit.

Glory to the Father, to the Son, and to the Holy Spirit,  
I hand over my spirit into your care, Master.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

#### Nunc Dimittis

Now, my Lord and Master, you may dismiss your slave,  
as you promised, in peace;

because my eyes have seen the rescue you have prepared for us  
within the very sight of all the nations:  
a light to disclose the truth to the Gentiles,  
and the glory of your people Israel.

Glory to the Father, to the Son, and to the Holy Spirit,  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

#### Prayer

Dear God our Master, please send peaceful sleep to refresh our tired bodies. May your help always renew us and keep us strong in your service. We make this request through our Master, the Prince. Amen.

May the Omnipotent Master bestow on us a restful night and a peaceful death. Amen.

We salute you Mary, favorite of God; the Master is with you. You are the most remarkable woman in the world, for becoming the mother of such a remarkable child as Jesus. Holy Mary, mother of God, please pray for us sinners now and also at the moment of our death. Amen.

FRIDAY  
 MATINS



lease, Master open my lips,  
 and my mouth will sing your praises.

Invitation psalm  
 Psalm 95

*Come, let us praise the Master, because all our delight is in him.*

Come let us sing YHWH a song;  
 let us shout our joy to the Rock who keeps us safe;  
 let us come to him with thanks,  
 and sing loud happy psalms to him.

*Come, let us praise the Master, because all our delight is in him.*

Because YHWH is a great God,  
 the great king over all the gods;  
 The deep abysses of the earth belong to him,  
 and the mountain-tops are his as well.  
 The sea is his because he made it,  
 and so is the land his hands have formed.

*Come, let us praise the Master, because all our delight is in him.*

So come, let us bow down in worship,  
 kneeling before YHWH who made us too;

because he is our God,  
and we are the people in his pasture,  
the sheep his hand leads on.

*Come, let us praise the Master, because all our delight is in  
him.*

Today is the day for you to listen to his voice:

“Do not dig in your heels as you did at Meribah,  
as you acted on that day at Massa in the desert,  
when your fathers provoked me

and tormented me though they had seen what I had done.

*Come, let us praise the Master, because all our delight is in  
him.*

For forty years I put up with that crowd,  
saying, ‘they are a people with wandering hearts,  
with no idea of what I expect of them.’

And so I swore in my exasperation,

‘They will not enter my rest.’”

*Come, let us praise the Master, because all our delight is in  
him.*

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

As in the beginning, so now and always, for ages of ages. Amen.

*Come, let us praise the Master, because all our delight is in  
him.*

If only you would tell us what you want,  
There might be hope that we could do your will.  
It’s true, you’ve spelled out your displeasure; still  
What of those crossroads where the prospects taunt  
Us with two goods, which even a savant  
Would hesitate to choose between, until  
He’d seen the outcome? Should I climb that hill,  
Or stay down in this valley? It would daunt

St. Benedict to fathom what to do—  
But you are silent. What do you want done?

My little fool; I have no preference.  
 I made you free, and if you've any sense,  
 You'll know that I want *you* to choose; the one  
 Who fashions my eternal plan is you.

### First Nocturne

*Antiphon 1:* We saw him despised and rejected, a man of sorrows, who  
 knew weakness.

### Psalm 22

For the leader: to the tune of "the hind of the dawn." A psalm of David.

#### I

My God, my God, why have you abandoned me?  
 Why are you so far from my help and my cries of pain?  
 My God, I have called all day, and you did not hear me,  
 and even during the night I cannot be silent!  
 Yet you are still holy,  
     enthroned upon Israel's praises,  
 and they trusted you, and you set them free;  
     they called to you and were not disappointed.  
 But I am a worm, not a man,  
     people's disdain, sneered at by the crowds.  
 Everyone who sees me makes fun of me,  
     curling up their lips and wagging their heads,  
 "He trusted YHWH! Then let him rescue him;  
     let him set him free, if he is in his favor!"  
 And still you are the one who took me from the womb  
     and entrusted me to my mother's breasts;  
 I was dedicated to you from birth;  
     from my mother's womb  
     you have been my God.  
 Then do not stay far from me,  
     because catastrophe is upon me,  
     and I have no one to help me.

There are bulls everywhere,  
     wild Bashan bulls, and they have me surrounded;  
 they are eyeing me, their mouths agape  
     as if they were lions roaring in their hunger.  
 And I am like water poured on the ground;  
     all my bones have come apart;  
 my heart, like wax,  
     is melting away inside my chest;  
 my strength has dried up like baked clay;  
     my tongue sticks to the roof of my mouth;  
     you have dragged me down into death's dirt.  
 Dogs have even collected all round me,  
     and a gang of thugs has hemmed me in;  
 they have cut holes in my hands and feet,  
     and I can count every bone I have,  
     and they look on and gloat over me.  
 They have even parceled out my clothes among themselves  
     and played at dice for what I was wearing.  
 But YHWH, please do not be so far away!  
     My strength, please hurry to help me!  
 Give me escape from these swords,  
     and keep my dear life from these dogs' attack;  
 save me from the lion's jaws  
     and from the horns of these raging bulls!  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* We saw him despised and rejected, a man of sorrows, who knew weakness.

*Antiphon 1:* The Master did not sneer at the anguish of a man in trouble.

II

You gave me an answer!  
 Now I will tell of your name to my brothers and sisters,

and I will sing your praises wherever they gather!  
 “Those of you who respect YHWH, give him praise!  
 Glorify him, all you descendants of Jacob!  
 Because he did not sneer at or scorn the anguish of a man in trouble,  
 and he did not hide his face away from him!  
 No, when he called out, he listened!”  
 That is how I will praise you in the great assembly,  
 and I will fulfill my vows before those who respect you.  
 Yes, the poor will eat and have their fill,  
 and those who look for YHWH will finally praise him.  
 May your hearts live for all eternity!  
 All the ends of the world  
 will remember this, and turn to YHWH;  
 and all the different families of nations  
 will give you worship;  
 because it is YHWH who has authority,  
 and he is the one who rules over all the nations.  
 All the successful people over the whole earth  
 will eat this thanksgiving feast and worship him;  
 everyone about to go down beneath the earth,  
 those who cannot keep themselves alive any longer,  
 will nonetheless give him worship.  
 And the future will also serve him,  
 and will tell of YHWH to the generation after them;  
 and they will come and praise his virtue  
 to a people even yet to be born,  
 and declare what he has done.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* The Master did not sneer at the anguish of a man in trouble.

*Antiphon 3:* Please save me from the grasp of corrupt men, Master, Power who rescues me.



Psalm 140

For the leader: a psalm of David

Please save me from these thugs, YHWH,  
 help me escape from these savages!  
 Their hearts are full of plots,  
 and they keep conspiring how to defeat me,  
 sharpening their tongues like snakes,  
 with a viper's poison behind their lips.  
 Please keep me safe from these hoodlums,  
 and preserve me from these devils  
 who are trying to trip me up;  
 in their insolence, they hid a snare in front of me, with ropes,  
 and spread a net in my path,  
 hoping to trap me in it.  
 Then I said to YHWH, "You are my God,  
 so please listen to the sound of my pleas, YHWH!"  
 God YHWH, my strength and protection,  
 you are my head's helmet in the day of battle;  
 so do not YHWH, grant these evil people their wish;  
 do not let their schemes succeed,  
 or they will rise over me!  
 And may *their* heads, as they surround me,  
 be helmeted with the curses their lips pronounce on me!  
 Rain burning coals down upon them,  
 and throw them into the fire!  
 Hurl them into pits too deep for them to climb from!  
 Do not let lying slander gain a foothold on earth;  
 dog these reprobates with torment and defeat them!  
 I know that YHWH will stand up  
 for those who suffer persecution,  
 and will bring justice to the poor.  
 Yes, virtuous people will thank your name,  
 and honest folk will find their home with you.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Please save me from the grasp of corrupt men, Master, Power who rescues me.

My son, take my words to heart; do as I say, and you will live.

Reading 1 (from the Proper)

Second Nocturne

*Antiphon 1:* Surrender to God, and he will do everything for you.

Psalm 37

Of David

I

Do not fret when you see corruption,  
 and do not envy cheats and liars,  
 because they will be quickly mowed down like grass  
 and wither as fast as an uprooted plant.  
 Trust in YHWH and do what is right;  
 live in his land, and be fed with his fidelity;  
 find your pleasure in YHWH  
 and he will fulfill your every heart's desire.  
 Make a commitment to serve YHWH,  
 and put your trust in him,  
 and he will bring you success.  
 He will make your virtue shine like a bright light,  
 and your honesty will be like the noonday sun.  
 Have peace in YHWH, and keep waiting patiently for him,  
 and do not bother yourself with others' prosperity—  
 especially those whose evil plots succeed.  
 Still your anger; repudiate vengeful thoughts  
 and do not fret; it will only damage you.  
 Wait a short while, and immoral people will cease to exist.  
 You will look and look for where they were,  
 and there will be nothing there.

It is the gentle people who will inherit the land  
 and enjoy peace to the full.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Surrender to God, and he will do everything for you.

*Antiphon 2:* Turn away from immorality and learn to do God's will, and the Master will strengthen your obedience to him.

II

Evil people may plot against decent folk  
 and gnash their teeth at them,  
 But the Master laughs at them,  
 because he sees that their day is coming.  
 Evil people may draw their swords  
 or bend their bows  
 to shoot down the poor and destitute,  
 but their swords will pierce their own hearts,  
 and their bows will snap.  
 The little that a virtuous man has  
 is better than ill-gotten wealth,  
 because the power of evil will be broken,  
 but YHWH is the support of the virtuous.  
 YHWH watches over the lives of honest folk,  
 and their inheritance will last forever;  
 they will hold their heads high when hard times come,  
 and will have their fill during famine.  
 It is the immoral people who will die off,  
 and all of YHWH's enemies;  
 they will wither like the splendor in the meadows,  
 and disappear like smoke.  
 Dishonest people borrow and never pay back;  
 honest ones are generous and give,  
 and those they bless will inherit the land,

while those they curse will die.  
 A good man's steps are in YHWH's care,  
 and he takes pleasure in what he does;  
 if he falls, he will not stay down,  
 because YHWH's hand will pick him up.  
 I once was young, and now am old,  
 yet I have never seen a virtuous man abandoned  
 or his descendants begging for food.  
 No, they are always generous, and lend what they have,  
 and their descendants prosper.  
 So leave evil aside, and do what is right,  
 and you will live forever,  
 because YHWH loves virtue  
 and does not abandon his holy people;  
 they remain intact forever.  
 But descendants of cheats will die out,  
 while honest folk inherit the land  
 and make it their home forever.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Turn away from immorality and learn to do God's will, and the Master will strengthen your obedience to him.

*Antiphon 3:* Wait for the Master to lead, and then follow in his path.

### III

An honest man's mouth utters wisdom  
 and his tongue speaks about virtue;  
 God's law is in his heart  
 and his feet never slip.  
 Dishonest people spy on decent folk  
 and try to slaughter them;  
 but YHWH will not leave them in their grasp  
 or let them lose when brought to trial.

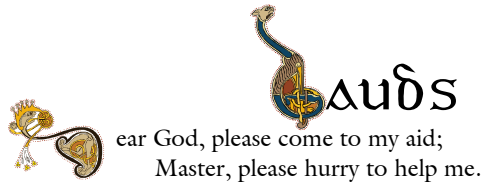
Wait for YHWH  
     and stay on his path,  
 and he will lift you up for you to inherit the land,  
     and when immoral people are punished, you will witness it.  
 I have seen evil people who had great power  
     and who flourished like firmly rooted trees;  
 and then I passed by, and they were gone;  
     I looked for them, but they were nowhere to be found.  
 Pay attention to decent people and notice the honest ones,  
     because the future for these men is peace;  
 but sinful people will come to ruin all at once,  
     and there will be no future for them.  
 Yes, the protection of the virtuous comes from YHWH,  
     and he is their strength in times of trouble;  
 YHWH will come to help them and will rescue them;  
     he will set them free from cheats  
 and save them  
     because they put their trust in him.  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Wait for the Master to lead, and then follow in his path.

My eyes stay open, waiting for your help to save me, and hoping for the words that will restore me to virtue.

Reading 2 (from the Proper)

[If this ends the session, say, "Let us praise the Master and thank him."]



Glory to the Father, to the Son, and to the Holy Spirit  
As in the beginning, so now and always, for ages of ages. Amen.

What was it that you did, St. Joseph, that  
Was so remarkable? There's not a trace  
Of furniture you made; and let us face  
The fact, the child you reared was not a brat  
To balk at orders—though to his *fiat*  
The universe began to be. What place  
Could you expect with heroes, then, who grace  
Our calendar? Your life was pretty flat.

Yet there you are, next only to your wife,  
On whose decision everything depends.  
But isn't that the point? The deeds don't count;  
It's purity of heart that will amount  
To something in God's world, and win us friends.  
We need not fear obscurity of life.

*Antiphon 1*: The vaults of heaven ring with your praise, Master.

Psalm 19

For the leader: a psalm of David

The heavens tell of God's glory,  
and their dome speaks of his handiwork.  
Day sends its report to the next day  
and night tells what it knows to the night to come,  
but not with speech or words,  
or the sound of any voice;  
yet the message passes through the earth  
and what they say goes from end to end of the world.  
And there he has pitched a tent for the sun,  
which emerges like a bridegroom from his chamber  
and runs its race like a light-hearted athlete.  
It starts from one end of the sky

and does not stop until it reaches the other,  
 and nothing can escape its heat.  
 YHWH's Law is perfect, restoring life to the soul;  
 YHWH's orders are definite, making the simple wise;  
 YHWH's rules are correct, giving the heart joy;  
 YHWH's commandments are clear, shining light on the eye;  
 fear of YHWH is pure, enduring forever;  
 YHWH's regulations are true, and totally just;  
 they are more valuable than gold,  
 than a great deal of refined gold,  
 and are sweeter than honey fresh out of the honeycomb.  
 And it is by them that your slave knows what to do,  
 and that in keeping them there is a great reward.  
 But can anyone know his own faults?  
 Please wash away the mistakes I made in ignorance.  
 But even more, keep me free of deliberate sin  
 and do not let it gain control of me.  
 Then I will be without guilt,  
 and innocent of any serious wrong.  
 Please, may the words from my mouth and the thoughts in my heart  
 be acceptable in your sight,  
 YHWH, my rock and my redeemer.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* The vaults of heaven ring with your praise, Master.

*Antiphon 2:* Even in your anger, Master, you will remember to pity us.

*Song*

*Habakkuk 3.2-4,13,15-19*

YHWH, I heard tell of you, and was in awe;  
 YHWH, please bring your work to life again in these times;  
 during our lifetimes, please make it known;  
 in your anger, please remember to have pity.  
 God is coming from Teman,

and the Holy One is advancing from Mount Paran.  
 His glory spreads out over the whole sky,  
 and the earth is full of his praise.  
 His splendor is like light,  
 and he had rays flashing from his hand,  
 where his power is concealed.  
 You came out to rescue your people,  
 and for the protection of your anointed Prince.  
 You are marching through the sea with your horses,  
 and going through the churning water of the ocean;  
 and when I heard this, my body shook  
 and my lips quivered at the sound of him;  
 my bones turned rotten  
 and I quaked inside  
 that I would die in the middle of this turmoil;  
 because when he reaches the people,  
 he will attack them with his troops.  
 Yet, even though the fig trees do not blossom  
 and there is no fruit upon the vines,  
 though there is no yield from the olive trees  
 and the fields produce no food;  
 though the sheep die out in the folds  
 and there are no cattle in the stalls,  
 I will still find my happiness in YHWH,  
 and my pleasure in the God who rescues me.  
 Because YHWH is my strength,  
 and he will make my feet as swift as a deer's,  
 and will have me travel on the high ground.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Even in your anger, Master, you will remember to pity us.

*Antiphon 3:* Please protect me, my God, from people who are on the attack against me.



## Psalm 59

For the leader: (Do not destroy.) a *miktam* of David, when Saul sent men to watch his house and put him to death.

Please protect me from my enemies, my God;  
    help me escape from the ones who are on the attack against me.  
Set me free from these vicious thugs,  
    and do not let me be caught by bloodthirsty savages.  
You see, they are out there in ambush to kill me,  
    and they have the power and have ganged up on me,  
and yet I have done nothing to them, and committed no sin, YHWH;  
    they have come out against me, and I am innocent!  
Please, wake up and come to help me, and see what is going on!  
    Yes, YHWH, God of our army, God of Israel,  
wake from your sleep to punish these nations,  
    and show no mercy to any vile outlaw.  
Here they come back as night begins,  
    snarling like dogs,  
and prowl all over the city,  
    belching curses from their mouths,  
with swords of evil coming from their lips,  
    prating, "Nobody can hear us!"  
But you will laugh at them, YHWH,  
    you will ridicule every one of these nations;  
and I will wait for you, my strength,  
    because God is what my defense is,  
and my merciful God will come out to me,  
    and God will let me see triumph over my enemies.  
But do not kill them, or my people will forget this;  
    first rout them by your power,  
then mow them down,  
    YHWH, our shield.  
Because of the sins their mouths pour out and their lips form,  
    take down their pride;  
and for the curses and lies they have uttered,  
    burn them up in your fury, burn them to a crisp,

get rid of them completely,  
 and let them know that God is the ruler of Jacob,  
 and to the ends of the earth!  
 Still, they come back as night begins,  
 snarling like dogs,  
 and prowl all over the city,  
 looking up and down for food,  
 and howling when they do not find it.  
 But I will sing about your power,  
 and yes, I will raise a song about your mercy in the morning,  
 because you have been my defense  
 and my haven in the day of my trouble.  
 It is to you I will sing my praises, my strength,  
 because God is my defense,  
 my merciful God!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Please protect me, my God, from people who are on the attack against me.

*Reading*

*Ephesians 2.13-16*

But now in Prince Jesus, you, who were once far from God, have come near him in the blood of the Prince. He is the one who is our peace; he has made the two of us one thing by breaking down the wall between us that separates us—hatred—in his own body; he did away with the Law with its rules and regulations, so that out of the two he could create one single human being and in this way bring about peace—and so that he could bring both of them in one single body into harmony with God by his cross, and kill hatred upon it.

*Responsory*

The Master—the Supreme Being—has done wonders for me, and so I will call out to him. The Master—the Supreme Being—has done wonders for me, and so I will call out to him.

In need I will call out to him.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 The Master—the Supreme Being—has done wonders for me, and so I will  
 call out to him.

*Antiphon:* Because of the tender kindness of our God, the new dawn from  
 heaven will rise on us.

**Benedictus**

Praises to the God of Israel,  
 because he has turned his eyes toward his people and set them free,  
 and to rescue us has fashioned for our head a horn  
 in the house of his servant David—  
 just as he promised  
 through the mouths of his holy prophets in olden times—  
 bringing rescue from our enemies  
 and escape from the hands of everyone who hates us.  
 A work of kindness to our fathers,  
 recalling his sacred Treaty,  
 the oath he swore to our father Abraham  
 to grant us freedom from the grasp of our enemies  
 to worship him without fear  
 in holiness and virtue every day of our lives.  
 And you, my child, will be called the prophet of God Supreme;  
 you will precede his coming  
 to prepare the roads for the Master;  
 to make his people aware of their liberation  
 as their sins are removed from them  
 because of the tender kindness of our God,  
 by the new dawn from heaven that will rise on us  
 to shine on those who live in darkness and the shadow of death,  
 and to place our feet upon the path of peace.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Because of the tender kindness of our God, the new dawn from heaven will rise on us.

#### Petitions

Let us worship our Prince, who offered himself to the Father through the Holy Spirit to wash us clean from deeds of death. Let us worship him and call out to him with sincere hearts, *Our peace is in your will, Master.*

From your generosity, we have received the beginning of this day; and so please bestow on us the beginning of new life also. *Our peace is in your will, Master.*

You created everything, and now you provide for their growth; may we always perceive your handiwork in creation. *Our peace is in your will, Master.*

With your own blood, you ratified the new and eternal Treaty; may we remain faithful to that pact by following your rules. *Our peace is in your will, Master.*

On the cross, blood and water flowed out of your side; may this stream which saves us wash our sins away and give joy to the city of God. *Our peace is in your will, Master.*

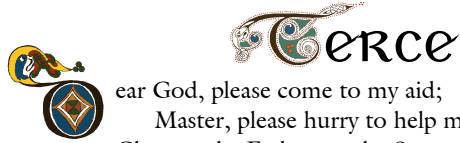
Master, please bestow on me the special favor I ask you today. *Our peace is in your will, Master.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Omnipotent Father, just as we are now bringing you our songs of praise, may we sing of your goodness in the company of your saints for ever. We make this request through our Master Prince Jesus, your Son, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

But I don't *want* to go back to the fold!  
 You think I'm just like every other sheep?  
 Now put me down! I know the cliffs are steep,  
 But I can scale them. I won't be controlled  
 And only do whatever I am told.  
 I need to be myself, so I can leap  
 And frolic and explore my world. Just keep  
 My place for me; I'll come back when I'm old.

You think you'll *be* old, going on like this?  
 Relax. There are such things as wolves, you know.  
 Besides, my shoulders and the pen are not  
 Forever; they're to help you learn just what  
 You can and cannot do, until you grow.  
 I'll set you free when you arrive in bliss.

*Antiphon 1:* Master, there is great peace for those who love your Law.



Psalm 119

nprovoked by me, kings are persecuting me,  
 but my heart still stands in awe of what you say.  
 What you say is my happiness,  
 and I regard it as if I had found a great treasure.  
 I hate lying; I loathe it,

but I love your Law;  
 I praise you seven times a day  
 because of your just verdicts.  
 Those who love your Law have great peace,  
 and nothing makes them stumble.  
 YHWH, I have hope for rescue from you,  
 and I perform what you have commanded;  
 my soul follows your orders,  
 and I cherish them.  
 I keep your rules and regulations,  
 because everything I do is in your presence.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, there is great peace for those who love your Law.

*Antiphon 2:* I have chosen to do your will; may your hand always be there to strengthen me.

Psalm 119

Joicing my cry, let me come before you, YHWH;  
 give me understanding, in accordance with what you said.  
 Please allow my prayer to come before you  
 and set me free, in accordance with what you said.  
 Then my lips will utter praises,  
 because you teach me your regulations.  
 My tongue will speak of what you say,  
 because all your commandments lead to virtue.  
 May your hand become my help,  
 because I have chosen your rules.  
 I yearn for rescue from you, YHWH,  
 and your Law is my delight.  
 Please let my soul live, and it will praise you,  
 and let your decisions help me along.  
 I have gone astray like a lost sheep;

please come after your slave,  
 because I have not forgotten your commandments.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* I have chosen to do your will; may your hand always be there  
 to strengthen me.

*Reading* *Deuteronomy 1.31*  
 Your God YHWH carried you, in the way a man carries his son, all along  
 the path you traveled until you came to this place.

Master, please give me the support you promised, and I will live; please do  
 not let my hope be futile.

*Prayer*

Master, Prince Jesus, led out at this hour to die on the cross for the  
 world's rescue, we ask you to please forgive the sins of our past and to  
 protect us from all future harm and evil. Please bring us to the peace and  
 joy of the Kingdom where you are alive and reigning through all the ages  
 of ages. Amen.

Let us bless the Master. Thank God.



Sext

ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

You say, "I leave you peace." Where is your peace?  
 The torment that I suffer every day—  
 Each minute!—how I fight in every way

To break free of this “easy yoke”? That’s peace?  
 The pain I cause to all my friends? What peace?  
 There’s nothing there to speak to when I pray,  
 It seems; I fail in all I do or say.  
 And don’t tell me this turmoil *is* the peace!

Well, isn’t it? You see, I don’t give peace  
 The way the world gives peace—because its peace  
 Is merely rest. My peace is active peace;  
 It is the peace of hope, of faith; the peace  
 Of being loved—*that* peace. You ask for peace;  
 You *are* at peace: true peace, real peace—my peace.

*Antiphon 1:* It is a privilege to be punished by God, who heals as he wounds.

Psalm 60

For the leader: to the tune of "The Lily of . . ." A *miktam* of David, when he fought against Aram Haharaim and Aram-Zobah; and Joab, on returning, killed twelve thousand Edomites in the "Valley of Salt."

My God, you have thrown us away!  
 You have smashed us!  
 We have incurred your displeasure,  
 but please come back to us!  
 You made the earth quake,  
 you tore a hole in it!  
 Please heal its incision, because it is still trembling!  
 You showed your people what hard times are,  
 you had us drink a wine that made us drunk.  
 Yet you have given a banner to those who hold you in awe  
 for them to rally to when the verdict is pronounced,  
 so that your friends will be saved.  
 Please save me with your strong hand, and set me free.  
 God has spoken in his holy place,  
 “I will be triumphant!  
 I will divide Shechem



and set the borders of the Valley of Succoth.  
 Gilead belongs to me, and so does Manasseh;  
 and I will wear Ephraim on my head for a helmet.  
 Judah will be my scepter,  
 while Moab is the basin I will wash in,  
 and I will use Edom for a footstool  
 and shout in triumph over Philistia!”  
 But who will bring me into the fortified city?  
 Who will lead me into Edom?  
 Are you not the one, my God? But you have rejected us.  
 Is it not to be you, who did not go out with our armies?  
 Please give us help in our trouble,  
 because human help is no use at all.  
 We will act bravely with God’s help,  
 because he is the one who will trample down our enemies.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* It is a privilege to be punished by God, who heals as he wounds.

*Antiphon 2:* The community of believers had only one mind and heart.

### Psalm 133

*A song of ascents. Of David*

Ah, how good it is, how pleasant,  
 when brothers live together in harmony!  
 It is like scented oil upon the head,  
 flowing down on the beard—  
 Aaron’s beard—  
 and onto the collar of his robe.  
 It is like dew from Mount Hermon,  
 that falls upon the hills around Zion;  
 because it was there that YHWH pronounced this blessing:  
 eternal life.

Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* The community of believers had only one mind and heart.

*Reading*

*Baruch 4.28-29*


Since your hearts have tended to stray away from God,  
turn now ten times more fervently to look for him;  
because the one who brought calamity upon you  
will, when he rescues you, bring you lasting joy.

With the Master there is mercy and complete liberation.

*Prayer*

Master, Prince Jesus, at noon, when darkness covered all the earth, you  
mounted the wood of the cross as the innocent victim for our redemption.  
Please let your light be always with us to guide us to eternal life in that  
Kingdom where you live and reign through all the ages of ages. Amen.

Let us bless the Master. Thank God.

 ear God, please come to my aid;  
Master, please hurry to help me.  
Glory to the Father, to the Son, and to the Holy Spirit  
As in the beginning, so now and always, for ages of ages. Amen.

Three hours! When just one single moment would  
Have saved us all. One drop of blood, if blood  
Was even needed. But then why this flood  
Of agony extended, when he could  
Have spared himself? What earthly good  
Could come from slipping through the mud

Of degradation, bearing with the thud  
Of kicks and nails, the hatred? Should

He not have overwhelming reason? Yes.  
It is that else we can't believe that God  
So lavishly forgives; and in our sins  
Repeated all too often, Satan wins  
Our souls to think that finally his rod  
Is raised to damn us, when it's still to bless.

*Antiphon 1:* Our God the Master is magnificent, far beyond any other  
god.

Psalm 135

Hallelujah!

I

Praise the name YHWH!  
Praise him, YHWH's slaves  
who stand in YHWH's house  
and in the courtyard outside YHWH's house!  
Praise YHWH, because YHWH is good;  
sing praises to his name, because it is a pleasure to do this,  
since YHWH has chosen Jacob to be his own,  
and has selected Israel as his special treasure.  
Yes, I know that YHWH is magnificent,  
and our Master is far above any other god;  
whatever YHWH pleases he does  
in heaven as well as on earth,  
in the sea, and in all the deep valleys.  
He makes mist rise from the ends of the earth,  
he manufactures lightning to go with the rain,  
and brings the wind out of his treasury.  
He demolished Egypt's firstborn,  
animals as well as humans;  
he performed prodigies and miracles within your land, Egypt,

upon Pharaoh and all his slaves;  
 He defeated nation after nation,  
 and slaughtered powerful kings:  
 The king of the Amorites, Sihon,  
 and Og, the king of Bashan,  
 and all the kingdoms in Canaan,  
 and he gave their territory to Israel,  
 as a legacy to his people.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Our God the Master is magnificent, far beyond any other god.

*Antiphon 2:* Bless the Master, house of Israel; sing psalms to him, because he is merciful.

## II

YHWH, your name is forever,  
 and your reputation lasts through every generation;  
 because YHWH will continue to be judge over his people,  
 and he will act kindly toward his slaves.  
 The nations' idols are simply silver and gold  
 fashioned by human hands.  
 They have mouths but cannot speak;  
 they have eyes that cannot see,  
 ears that do not hear,  
 and no breath comes from their mouths.  
 And the ones who made them are as impotent as they are,  
 and so is everyone who puts his trust in them.  
 But you, house of Israel, bless YHWH!  
 Bless YHWH, house of Aaron!  
 Bless YHWH, house of Levi!  
 All of you who respect YHWH, bless YHWH!  
 Blessed be YHWH out of Zion,

since he lives in Jerusalem!  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Bless the Master, house of Israel; sing psalms to him, because he is merciful.

*Reading*

*Wisdom 1.12-16*

Do not go after death and live your life by a mistake,  
or drag destruction after you by what your hands are doing;  
because God did not create death,  
and he takes no pleasure in the destruction of living things.  
He created everything for it to have existence,  
and everything naturally in the world is beneficial,  
and there is no deadly poison in anything,  
nor does the Land of the Dead have a kingdom on earth;  
honesty is immortal;  
it was irreverent human beings that called it up  
with their hands and their words.

God has pulled me out of the ropes of death that tied me, and I will walk  
among the living in his presence.

*Prayer*

Master, Prince Jesus, since you brought the repentant thief from the  
suffering of the cross to the joy of your Kingdom, may those of us who  
confess our sins be brought when we die to you through the gates of  
heaven, so that we will gain eternal joy in that Kingdom where you reign  
through all the ages of ages. Amen.

Let us bless the Master. Thank God.



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

How long must this go on? My work, for what  
 It's worth, was over years ago, and though  
 I try and try, no one will ever know  
 What I have done, it seems. The doors clang shut  
 At every knock. True, I continue, but  
 Without real hope. And yet, it's *his* work, so  
 Where is his help? I cannot make it grow  
 Myself, stuck here in this eternal rut.

Eternal? No. You do not understand.  
 Consider what he did on that last day:  
 He could not carry it himself, and still  
 He fell. Three times! He tells you, if you will  
 Come after him, it must be done *his* way;  
 Success must wait until the Promised Land.

*Antiphon 1:* Master, please keep my soul from death, and never let me falter.

Psalm 116

Hallelujah!

I

I love YHWH because he listened  
     to my voice when I pleaded with him;  
 and because he turned his ear to hear me,  
     I will call upon him as long as I live.  
 Death's throes were all around me,  
     the anguish of the land below the earth had seized me;

I was in agony and torment,  
 and then I called out YHWH's name:  
 "Please, YHWH! I beg you! Set my soul free!"  
 And YHWH is kind and virtuous;  
 yes, our God is merciful.  
 YHWH keeps the little people safe;  
 I was beaten down, and he saved me.  
 Go back to sleep, my soul,  
 because YHWH has been generous to you.  
 Yes, you have saved my soul from death,  
 and taken the tears out of my eyes;  
 and you have kept my feet from slipping,  
 and I will walk in YHWH's presence  
 in the land of the living!  
 I did have faith, even when I said,  
 "This is a disaster!"  
 Yes, I said in my rashness,  
 "Every human being is a liar!"  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, please keep my soul from death, and never let me falter.

*Antiphon 2:* I will offer you thanks as my sacrifice, Master.

## II

But now how should I pay YHWH back  
 for all the good he has done for me?  
 I will take the cup that saved me in my hands  
 and call on YHWH's name;  
 I will fulfill my vows to YHWH  
 now, in the presence of all his people,  
 because the death of his holy people  
 is a precious thing in YHWH's eyes.

YHWH, it is true; I am your slave;  
 your slave, and the son of your maidservant;  
 but you have set me free from bondage.  
 So I will offer you my thanks as my sacrifice  
 and will call upon YHWH's name.  
 I will fulfill my vows to YHWH  
 now, in the presence of all his people,  
 Here in the courtyard of YHWH's house,  
 here in your center, Jerusalem.  
 Hallelujah!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* I will offer you thanks as my sacrifice, Master.

*Antiphon 3:* King of all the ages, your ways are perfect and true.

*Song*

*Revelation 15.3-4*

Your deeds are great and astonishing,  
 Master God, Ruler of All;  
 your roads are just and true,  
 King of the nations.  
 Would anyone not be in awe of you, Master,  
 and not glorify your name;  
 because only you are holy,  
 and because all the nations have come  
 and have given worship before you,  
 because your sentences  
 have been pronounced.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* King of all the ages, your ways are perfect and true.



*Reading**1 Corinthians 2.7-10*

What we say is the wisdom God kept as a secret—his concealed wisdom, which God had in mind before time began to dignify us with; and none of the leaders of these times recognized it. If they had recognized it, they would never have crucified the master of the dignity. But as Scripture says, what God has prepared for those who love him is something “no eye has seen or ear heard,” something that has not entered man’s heart. And God has disclosed this to us through the Spirit.

*Responsory*

The Prince died for our sins to make us into an offering to God. The Prince died for our sins to make us into an offering to God.

He died to this world of sin and came back to life in the power of the Spirit to make us into an offering to God.

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

The Prince died for our sins to make us into an offering to God.

*Antiphon:* Please remember your mercy, Master, and the merciful promise you made to our ancestors.

*Magnificat*

My soul is full of the Master’s magnificence;

my spirit is bursting with joy in God, my savior,

because he has turned his eyes toward his poor little slave,

and now from this time on people will honor me

through all the ages to come!

Yes, the God of Power has done tremendous things in me!

How holy his name is!

His kindness reaches from age to age

to those in awe of him.

He has flexed his strong right arm;

and routed arrogance and conceit.

He has toppled powers from their thrones

and elevated nobodies;

he has filled the hungry with the best cuisine

and sent the rich away with nothing.  
 He has given support to his servant Israel,  
 just as he told our ancestors,  
 remembering to shower his mercies  
 on Abraham and his descendants for ever.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please remember your mercy, Master, and the merciful promise you made to our ancestors.

#### Petitions

Let us bless the Prince, our kind and merciful Master, who dries the tears of those who are weeping. Let us call out to him in love, and beg, *Please have mercy on your people, Master.*

Master Jesus, you comfort the little people, and so please be attentive to the tears of the poor. *Please have mercy on your people, Master.*

Merciful God, please listen to the cries of the dying, and comfort them with your presence. *Please have mercy on your people, Master.*

Please make exiles aware of your providential care, so that they can return to their homes on earth and finally enter their true home in heaven. *Please have mercy on your people, Master.*

Please be merciful to sinners who have fallen away from your love, and bring them into conformity with yourself and your Church. *Please have mercy on your people, Master.*

Please save our brothers and sisters who have died, and let them share in the totality of your rescue. *Please have mercy on your people, Master.*

Master, thank you for the special blessings you have bestowed on me today. *Please have mercy on your people, Master.*

Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

## Prayer

Dear God, Our Father, the contradiction of the cross shows your infinite wisdom. Please help us see that the glory of your Son is revealed in the suffering he freely accepted, and give us the faith to claim as the only glory we have the glory of our Master Prince Jesus, who is alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.


 Compline


ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit,  
 As in the beginning, so now and always, for ages of ages. Amen.

How is it I keep fighting you this way?  
 It's not against myself that I wage war;  
 It's you; my being, right down to the core  
 Can't stand this hand upon me every day,  
 That prods and blocks—and guides, as you would say—  
 And even though you're right, I still abhor  
 Not doing what I'd like forevermore  
 Without a chance to ever go astray.

You also can't obey what you can't see,  
 You tell yourself—and yet you do. But why?  
 Is it just fear? Or can it be you care,  
 And long to reach the life that we will share

When we have stopped this war? Relax, and try  
To have some trust, beloved enemy.

*Antiphon:* My help comes from the Master, who made heaven and earth.

Psalm 121

*A song of ascents*

I lift my eyes to the mountains;  
    where is my help to come from?  
My help comes from YHWH,  
    who made heaven and earth.  
He will not let your foot slip,  
    and the one who watches over you will not doze off;  
No, the one who keeps Israel safe  
    is never drowsy, never sleeps at all.  
It is YHWH who keeps you safe;  
    YHWH is your shadow, always right beside you,  
and so the sun will not strike you down during the day  
    or the moon during the night.  
No, YHWH will preserve you from every harm;  
    he will keep your soul secure.  
YHWH will see that you have a safe path out and a safe path home  
    from this time on to all eternity.  
Glory to the Father, to the Son, and to the Holy Spirit  
    as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* My help comes from the Master, who made heaven and earth.

*Reading*

*Jeremiah 14:9a*

You are among us, Master; we bear your name. Do not abandon us,  
Master, our God.

Responsory

I hand over my spirit into your care, Master. I hand over my spirit into  
your care, Master.

because you have redeemed me, faithful Master, my God, I hand over my spirit.

Glory to the Father, to the Son, and to the Holy Spirit,  
I hand over my spirit into your care, Master.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

#### Nunc Dimittis

Now, my Lord and Master, you may dismiss your slave,  
as you promised, in peace;

because my eyes have seen the rescue you have prepared for us  
within the very sight of all the nations:  
a light to disclose the truth to the Gentiles,  
and the glory of your people Israel.

Glory to the Father, to the Son, and to the Holy Spirit,  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Please, Master, protect us while we are awake and keep watch over us as we sleep, so that during our waking life we will stay alert with our Prince, and rest in his peace while we sleep.

#### Prayer

All powerful God, please keep us united with your Son in his death and burial, so that we will be able to rise to new life with him, as he lives and reigns with you and the Holy Spirit as one God through all the ages of ages. Amen.

May the Omnipotent Master bestow on us a restful night and a peaceful death. Amen.

We salute you, our Queen, mother of mercy; our life, our delight and our hope, we greet you. Eve's exiled children call out to you and sob your name, as we moan and weep in this valley of tears. Please, then, our

patron, generous, kind, gentle virgin Mary, turn your merciful eyes toward us, and after this exile, show us Jesus, the glorious harvest of your womb.

Please pray, holy mother of God, for us to become fit to receive the Prince's promises.

SATURDAY  
ΨΑΛΤΜΣ



lease, Master open my lips,  
and my mouth will sing your praises.

Invitation psalm

*Let us listen to God's voice and enter his rest.*

Come let us sing YHWH a song;  
let us shout our joy to the Rock who keeps us safe;  
let us come to him with thanks,  
and sing loud happy psalms to him.

*Let us listen to God's voice and enter his rest.*

Because YHWH is a great God,  
the great king over all the gods;  
The deep abysses of the earth belong to him,  
and the mountain-tops are his as well.  
The sea is his because he made it,  
and so is the land his hands have formed.

*Let us listen to God's voice and enter his rest.*

So come, let us bow down in worship,  
kneeling before YHWH who made us too;  
because he is our God,  
and we are the people in his pasture,  
the sheep his hand leads on.

*Let us listen to God's voice and enter his rest.*

Today is the day for you to listen to his voice:

“Do not dig in your heels as you did at Meribah,  
as you acted on that day at Massa in the desert,  
when your fathers provoked me  
and tormented me though they had seen what I had done.

*Let us listen to God’s voice and enter his rest.*

For forty years I put up with that crowd,  
saying, ‘they are a people with wandering hearts,  
with no idea of what I expect of them.’

And so I swore in my exasperation,  
‘They will not enter my rest.’”

*Let us listen to God’s voice and enter his rest.*

Glory to the Father, to the Son, and to the Holy Spirit,  
As in the beginning, so now and always, for ages of ages. Amen.

*Let us listen to God’s voice and enter his rest.*

Be honest now; do you believe all this?  
To be quite frank, I’ve heard the arguments  
And know this much: that nothing else makes sense  
Of everything. But then, I’d be remiss  
To say that settles it, since voices hiss,  
“Look at your life, you fool, and don’t be dense;  
To say it’s rational is an offense!  
You really feel you’re on the road to bliss?”

Well, yes, I do—I think. It all depends  
On what went on in that great Sabbath pause.  
If on that night, the tombstone rolled away  
From nothing but a useless shroud that lay  
Upon the floor, then it’s all right—because  
In spite of everything, he called us friends.

### First Nocturne

*Antiphon 1:* Master, we have sinned just as our ancestors did.



Psalm 106

Hallelujah!

I

Thank YHWH, because he is good,  
 and his mercy lasts forever.  
 Can anyone tell all of YHWH's mighty deeds?  
 Who can give him the praise that he deserves?  
 The real blessing is to do the right thing,  
 and to act virtuously at every moment.  
 Please remember me, YHWH, with the favor you show your people,  
 and bestow your rescue upon me,  
 so that I will see how your chosen people prosper  
 and share the happiness of the nation that belongs to you.  
 True, we have sinned, just as our ancestors did,  
 we have done wrong,  
 we have committed evil deeds.  
 And our ancestors in Egypt did not understand your miracles,  
 and did not remember the vast number of your merciful acts;  
 they even rebelled against the Supreme God by the Red Sea.  
 But still he saved them for the sake of his own name,  
 so that he would reveal his mighty power.  
 He shouted at the Red Sea, and it dried up,  
 and he led them straight through its depths  
 as if it were a desert;  
 he pulled them out of the grasp of those who hated them  
 and set them free from their enemies' grasp.  
 The water engulfed their enemies,  
 and there was not one of them left,  
 and *then* they believed what he had said  
 and sang his praise.  
 —But they soon forgot what he had done,  
 and did not wait to ask him for guidance;  
 they gave way to their cravings in the desert

and defied God in the wilderness;  
 and he gave in to what they asked,  
 but sent a weakening disease into their lives.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Master, we have sinned just as our ancestors did.

*Antiphon 2:* Please, Master, help us not to forget all you have done for us.

## II

Then, when they were jealous of Moses in the camp,  
 and also of Aaron, God's holy representative,  
 the earth opened and swallowed Dathan  
 and covered the faction of Abiram;  
 and fire broke out against that group,  
 and the flames consumed those evil people.  
 But then they made a calf in Horeb  
 and worshiped the image they had forged—  
 and in this way exchanged their glory  
 for the image of a bull, a thing that eats grass!  
 They forgot the God who had saved them,  
 who had performed miracles in Egypt,  
 and who did astounding things in the land of Ham  
 and performed awesome feats by the Red Sea.  
 And so he said that he would destroy them,  
 except that Moses threw himself between them  
 to turn his fury aside, and keep him from demolishing them.  
 But then they scorned the pleasant land  
 and refused to believe his promise;  
 they complained there inside their tents  
 and would not listen to YHWH's voice.  
 And so he finally raised his hand and swore against them  
 that he would let them die there in the desert,  
 and that their descendants would die among the nations,

scattered over every land.  
 They also bowed in submission to Baal of Peor,  
 and ate sacrifices offered to the dead,  
 and this provoked his anger at what they were doing,  
 and a plague broke out among them.  
 But then Phinehas stood up and intervened  
 and the plague ended;  
 and this was attributed to him as virtue  
 for every generation forever.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Please, Master, help us not to forget all you have done for us.

*Antiphon 3:* May we not be contaminated by the people with whom we must live, Master.

III

Again, they angered him at the Spring of Meribah,  
 and even Moses suffered because of them,  
 because they rebelled against his spirit,  
 and forced rash statements from his lips.  
 Also, they did not destroy the peoples living there,  
 though YHWH had issued commands about them,  
 and they lived together with the Gentiles  
 and learned their behavior;  
 they gave service to their idols,  
 which were a snare that caught their feet.  
 They even sacrificed their sons  
 and their daughters to these demons,  
 and shed innocent blood,  
 the blood of their own sons and daughters,  
 sacrificing them to the idols of Canaan,  
 and defiling the land with their blood!  
 And they contaminated themselves by their own actions,

and acted as prostitutes by what they did.  
And that is why YHWH's anger flared up against his people,  
so that he loathed his own heritage;  
and he handed them over to the Gentiles,  
and let people who hated them rule over them.  
And their enemies pressed them down,  
and they were made slaves to them.  
He set them free many times,  
but they still refused to listen to his advice,  
and were beaten down for their sins.  
But in spite of this, he still paid attention to their torment  
and listened to their cries;  
and for their sake he remembered his Treaty,  
and relented in his overflowing mercy;  
he even won pity for them  
from those who held them captive.  
Please save us, YHWH, our God,  
and gather us in from among the Gentiles,  
so that we will thank your holy name  
and take pride in praising you.  
Blessed be YHWH, the God of Israel,  
from eternity to eternity!  
All the people are to say Amen to this.  
Hallelujah!  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* May we not be contaminated by the people with whom we must live, Master.

Master, please show me your ways and teach me to walk in your footsteps.

Reading 1 (from the Proper)

Second Nocturne

*Antiphon 1:* No one but the Master has performed miracles like this; his mercy lasts forever.

Psalm 136

Hallelujah!

I

Thank YHWH, because he is good;  
 his mercy lasts forever.  
 Thank the God of all the gods  
 because his mercy lasts forever.  
 Thank the Master of all masters,  
 because his mercy lasts forever.  
 Thank the one who performs great miracles,  
 because his mercy lasts forever;  
 the one who in his wisdom made the heavens,  
 because his mercy lasts forever;  
 the one who placed the earth above the water,  
 because his mercy lasts forever;  
 the one who made the bright lights of heaven,  
 because his mercy lasts forever;  
 the sun to rule over the day,  
 because his mercy lasts forever;  
 and the moon and the stars in the night,  
 because his mercy lasts forever.  
 Thank the one who struck down Egypt's firstborn,  
 because his mercy lasts forever;  
 and brought Israel out from among them,  
 because his mercy lasts forever;  
 with a strong hand on his outstretched arm,  
 because his mercy lasts forever.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* No one but the Master has performed miracles like this; his mercy lasts forever.

*Antiphon 2:* Give praise to God in heaven, because he has ransomed us from our enemies.

II

Thank the one who split the Red Sea in two,  
because his mercy lasts forever,  
and made Israel pass through its midst,  
because his mercy lasts forever;  
but who threw Pharaoh and his army into its water,  
because his mercy lasts forever.  
Thank the one who led his people through the desert,  
because his mercy lasts forever;  
who struck down mighty kings,  
because his mercy lasts forever;  
and killed famous kings,  
because his mercy lasts forever;  
Sihon, the king of the Amorites,  
because his mercy lasts forever,  
and Og, the king of Bashan,  
because his mercy lasts forever;  
and gave their lands as an inheritance,  
because his mercy lasts forever;  
an inheritance to his slave Israel,  
because his mercy lasts forever.  
Thank the one who remembered us in our insignificance,  
because his mercy lasts forever,  
and who rescued us from our enemies,  
because his mercy lasts forever;  
the one who gives food to every living thing,  
because his mercy lasts forever.  
Yes, thank the God of the heavens,  
because his mercy lasts forever.

Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Give praise to God in heaven, because he has ransomed us  
from our enemies.

*Antiphon 3:* Master, your enemies will never get the better of you.

Psalm 83

A song. A psalm of Asaph

Please, do not stand quietly by, my God;  
do not simply say nothing!  
Please do not be still, my God,  
because your enemies are out there, in an uproar,  
and those who hate you are sneering at you!  
They have formed a conspiracy against your people  
and plotted together against the ones you shelter;  
they said, "Come, we must put an end to that nation of theirs,  
so that the name of Israel will never be remembered again!"  
Oh yes, they have come to a consensus together  
to form a conspiracy against you:  
the sheiks of Edom and the Ishmaelites,  
Moab and the Hagrites,  
Gebal, Ammon, and Amalek,  
Philistia and those who live in Tyre;  
and Assyria has joined them,  
and so they have with them the descendants of Lot.  
Please treat them the way you did Midian,  
or as you handled Sisera,  
or Jaban at the Kishon Brook,  
when he died at En Dor,  
and became fertilizer for the ground.  
Make their nobles like Oreb and Zeeb,  
and their chiefs like Zebah and Zalmunna,  
who said, "Let us take over God's pastures

and make them our own.”  
 My God, please turn them into the dust whirling in a tornado,  
 chaff blowing away in the wind.  
 Burn them up like fire in the woods,  
 the way flames eat up the mountain-sides;  
 come after them in this way with your hurricane  
 and strike terror into them with your storms.  
 Darken their faces with disgrace,  
 so that they will give honor to your name, YHWH.  
 Bring them into eternal confusion and degradation;  
 yes, discredit them and let them die,  
 and then they will know that you alone have the name YHWH,  
 and that you are supreme over all the earth.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Master, your enemies will never get the better of you.

We are always praying fervently for you to have a deep knowledge of  
 God’s will.

Reading 2 (from the Proper)

[If this ends the session, say, “Let us praise the Master and thank him.”]



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

They claim I never listen to advice.  
 “Put it like this.” —And then I smile, and say,



“You may be right, but I’ll just go my way.”  
 It isn’t that I think that they’re not nice  
 To criticize; it’s just that it’s the price  
 For listening to another voice that may  
 Be speaking softly. At least that’s what I pray  
 It is; I hope it’s not some kind of vice.

You have to hear the matter to create,  
 That’s what speaks soft. You’ve got your purpose, but  
 You have to do what *it* wants: lead it on  
 To be itself, and let its own light dawn—  
 And then it’s what it is, no matter what  
 They’d like. You must submit to dominate.

*Antiphon 1:* As morning breaks, we sing of your mercy, Master; and night  
 will find us proclaiming your fidelity.

Psalm 92

A psalm. A song for the Sabbath day

It is good to show gratitude to YHWH  
 and to sing praises to your name, Supreme Being,  
 to tell of your kindness in the morning  
 and your fidelity every night  
 with a ten-stringed lyre,  
 and a lute  
 and a harp  
 providing their sonorous background.  
 Because you, YHWH, have given me joy by what you have done;  
 I am in awe at the deeds your hands perform!  
 YHWH, how magnificent your deeds are,  
 And how profound your thoughts!  
 Senseless people cannot know this,  
 and fools do not understand it:  
 that when evil people spring up like grass,  
 and when all the corrupt ones succeed,

it is for them to be eternally destroyed.  
 And you, YHWH, are eternally there, high over us,  
 and what of your enemies, YHWH?  
 What of your enemies? They will vanish,  
 Immoral people will be routed.  
 Because you have made the horn on my head like a wild bull's,  
 and have anointed me with the purest oil,  
 and my own eyes looked in triumph on my opponents  
 my ears heard what I longed for about those devils  
 who dared to attack me.  
 But virtuous people will flourish like palm-trees;  
 they will grow like cedars upon Lebanon,  
 planted in YHWH's house  
 and growing tall in our God's courtyards.  
 They will still bear fruit when they are old,  
 and still be green and thriving,  
 so that they can tell how just YHWH is,  
 that he is my Rock, and there is nothing evil about him.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* As morning breaks, we sing of your mercy, Master; and night will find us proclaiming your fidelity.

*Antiphon 2:* Praise the greatness of our God.

*Song*

*Deuteronomy 32.1-12*

Lend me your ears, heavens, and I will speak;  
 and listen, earth, to the words my mouth utters;  
 may my teaching drop down like rain  
 and what I say cling like dew  
 or raindrops on the young new plants  
 or showers on the grass;  
 since I am about to utter a pronouncement about the name YHWH  
 and declare the greatness of our God.

He is the Rock, whose deeds are perfect;  
and all his ways are virtuous;  
He is a God of truth, with no injustice;  
someone honest and full of integrity.  
Yet those who were supposed to be his children  
are not such, from their own fault.  
they have corrupted themselves;  
they are a perverse and crooked crowd.  
Is that the way to deal with YHWH,  
you stupid fools?  
Is he not your Father, the one who bought your freedom?  
Did he not create you and set you firmly here?  
Remember olden times;  
consider the years gone by for many generations;  
ask your father; he will show you what I say;  
ask your elders; they will tell you  
about when the Supreme Being assigned the nations their heritage  
and gave the allotments to the descendants of Adam.  
He set up the frontiers for the peoples  
based on the numbers of the children of God;  
but YHWH's share was to be his people;  
Jacob is the place for his own heritage.  
He found them in a desert  
and in a wasteland, a howling wilderness,  
and he shielded them and cared for them;  
he guarded them as carefully as the pupil in his eye.  
As an eagle prods its young from the nest  
and hovers over its brood,  
spreading its wings, holding them up,  
carrying them upon its back,  
that was how YHWH alone led them,  
because they had no foreign god with them.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* Praise the greatness of our God.

*Antiphon 3:* Let us hold a joyful celebration in the presence of our Master and King.

Psalm 98

A psalm

Yes, sing YHWH a brand-new song,  
because he has performed miracles!  
That right hand of his and that holy arm  
have won him the victory!  
YHWH has revealed the rescue he had planned;  
he has shown his virtue as the nations looked on;  
he has remembered his mercy and his loyalty to Israel's family;  
and all the ends of the earth have seen our God's redemption!  
Raise a joyful shout to YHWH, all the earth!  
Break into song! Hold a celebration! Sing his praise!  
Yes, sing to YHWH and play your harps,  
your harps accompanying your psalm!  
And let us hear the trumpets and the sounds of horns  
and merry cheers to our King YHWH!  
Let the ocean roar, and everything within it!  
and the dry land too, and everything that lives there!  
Have the rivers burst into applause  
and the hills ring out with joy before our YHWH,  
because he is coming to rule over the earth,  
and he will judge the world with justice,  
and treat all its peoples even-handedly!  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 3:* Let us hold a joyful celebration in the presence of our Master and King.

*Reading**Romans 12.14-16*

Bless the people who oppress you; bless them and do not curse them. Have fun with people who are having fun, be sad with people who are grieving. Consider everyone else as your equal; do not be class-conscious, and associate with the lower classes too.

*Responsory*

It is my joy, my God, to praise you with a song. It is my joy, my God, to praise you with a song.

I love to sing as I ponder your goodness, and to praise you with a song.

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

It is my joy, my God, to praise you with a song.

*Antiphon:* Master, please guide our feet along the path of peace.

*Benedictus*

Praises to the God of Israel,

because he has turned his eyes toward his people and set them free,  
and to rescue us has fashioned for our head a horn  
in the house of his servant David—

just as he promised

through the mouths of his holy prophets in olden times—  
bringing rescue from our enemies

and escape from the hands of everyone who hates us.

A work of kindness to our fathers,

recalling his sacred Treaty,

the oath he swore to our father Abraham

to grant us freedom from the grasp of our enemies

to worship him without fear

in holiness and virtue every day of our lives.

And you, my child, will be called the prophet of God Supreme;

you will precede his coming

to prepare the roads for the Master;

to make his people aware of their liberation

as their sins are removed from them  
 because of the tender kindness of our God,  
 by the new dawn from heaven that will rise on us  
 to shine on those who live in darkness and the shadow of death,  
 and to place our feet upon the path of peace.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon:* Master, please guide our feet along the path of peace.

#### Petitions

Let us celebrate the kindness and wisdom of our Prince. He offers his love and understanding to everyone, especially to those who are suffering; and so let us fervently pray to him, *Please make us perfect in love, Master.*

On this morning, we recall your resurrection and long for the benefits of your redemption. *Please make us perfect in love, Master.*

Please give us the gift of acting as witnesses to you today, Master, and of making an acceptable offering to the Father through you. *Please make us perfect in love, Master.*

Master Jesus, you are in reality a vine and we are your branches; please allow us to remain in you, to bear a great deal of fruit, and to give glory to the Father. *Please make us perfect in love, Master.*

Master, please bestow on me the special favor I ask you today. *Please make us perfect in your love, Master.*

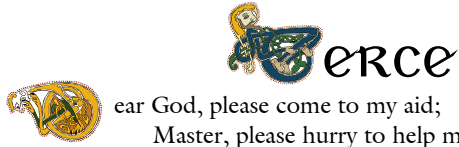
Our Father in heaven, may your name be held in reverence. Please come to us and rule over us, and have your way on earth just as you do in heaven. Please give us today the bread we need for the day, and forgive the debts we owe you insofar as we forgive the debts others owe us; and please do not lead us into trouble; keep us from harm. Amen.

#### Prayer

Master, our lips praise you as do our lives and our hearts. Since our very existence is a gift from you, we offer you all we have and everything we are. Please accept this through our Master Prince Jesus, your Son, who is

alive and reigning with you and the Holy Spirit as one God, through all the ages of ages. Amen.

May the Master send his blessings on us, keep us from any harm, and bring us to eternal life. Amen.



ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

I must be careful not to try to fail  
 And think that I have taken up his cross  
 By sabotaging what I do. The loss  
 Is not the value; it's of no avail  
 Without the effort to succeed. The grail  
 We look for has to have the sheen and gloss  
 Of deeds good in the doing, with the dross  
 Of outcomes burnt away like so much scale.

No, you don't see what this is all about.  
 Results are good, and not to be divorced  
 From acts. It's just that for results to be  
 Significant, they need eternity.  
 And sometimes that means failure here. They forced  
 The cross on me; I didn't seek it out.

*Antiphon 1:* Bless the Master, my soul, and never forget all he has done for you.

## Psalm 103

Of David

Bless YHWH, my soul,  
and everything inside me, bless his holy name!  
Bless YHWH, my soul,  
and do not forget all that he has done for you.  
He has forgiven the wrongs you have done,  
he has healed all your diseases,  
he gave you release from death,  
and crowned you with tenderness and merciful kindness;  
he satisfies your taste with wonderful food,  
so that your youth comes back to you like an eagle's.  
YHWH does what is proper  
and just to everyone who is oppressed.  
He revealed his ways to Moses,  
and his actions to the descendants of Israel.  
YHWH is merciful and kind;  
slow to become angry, and full to the brim with mercy.  
He will not always oppose us,  
and he will not hold a grudge forever;  
he has not treated us as our sins deserve  
or made our punishment fit the wrongs we have done.  
Because just as the heavens are high above the earth,  
his mercy is that great toward those who hold him in reverence;  
as far as the east is from the west,  
is the distance he has placed our disobedience from us.  
YHWH pities those who revere him  
just as a father pities his children,  
because he knows how we are constructed,  
and remembers that we are dirt.  
And human lives are like grass;  
we flourish like a flower in the field,  
which the wind blows upon, and it is gone  
and its place remembers it no longer.  
But YHWH's mercy is from eternity to eternity



on those who hold him in reverence;  
 and his virtue extends to the children's children  
 of those who keep his Treaty intact,  
 and to those who remember the commandments he gave them.  
 YHWH has set up his throne in heaven,  
 and his kingdom has authority over everything.  
 Bless YHWH, angels of his  
 who are so strong, and who do what he says,  
 listening to the sound of his words.  
 Bless YHWH, army he commands,  
 his servants, who carry out his wishes.  
 Bless YHWH, everything he has made  
 in every part of his realm.  
 Bless YHWH, my soul!  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* Bless the Master, my soul, and never forget all he has done for you.

*Antiphon 2:* I will praise God all the days of my life.

Psalm 146

Hallelujah!  
 Hallelujah!  
 Praise YHWH, my soul!  
 Throughout my whole life, I will praise YHWH;  
 I will sing praises to my God as long as I exist.  
 Do not put your trust in heads of government,  
 in some mere mortal man, who is no help;  
 his breath leaves him, and he returns to clay  
 and in that very day, his plans die with him.  
 No, your privilege is to have Jacob's God for your help,  
 to have hope in your God YHWH,

who made heaven and earth,  
     the sea, and everything in them—  
 who keeps faithful forever,  
     who gives just verdicts to the oppressed,  
 who gives food to the hungry,  
     freedom to prisoners.  
 YHWH opens the eyes of the blind;  
     YHWH lifts back up those who have been bent down;  
 YHWH loves virtuous people.  
     YHWH has care for aliens,  
 and comes to the relief of widows and the fatherless—  
     but he trips the corrupt as they walk their evil path.  
 And YHWH will be King forever;  
     your God, Zion, will rule over every generation.  
 Hallelujah!  
 Glory to the Father, to the Son, and to the Holy Spirit  
     as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* I will praise God all the days of my life.

*Reading*

*Deuteronomy 8. 5-6*



You should know in your heart that your God YHWH punishes you in the same way as a man punishes his son. And so you are to keep to the commandments of your God YHWH, to walk the path he showed you and to hold him in reverence.

Fear of the Master is holy, and lasts forever; the Master's verdicts are true, and every one of them is just.

*Prayer*

God our omnipotent Father, please fill your people with the light of your Holy Spirit, so that we will find our happiness in singing your praises, safe from every enemy. We make this request through our Master the Prince. Amen.


Let us bless the Master. Thank God.

  **EXT**  
 ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

The trouble with success is that it ends.  
 And then what? There's the perfect job you did—  
 There in the past. It's gone. It gleamed and slid  
 Into oblivion. Its termination sends  
 The message that time never stops or bends  
 Back on itself to live again. It's rid  
 Of that. Success is failure. So long, kid;  
 You can't retrieve the gold your glory spends.

But if success is failure, failure is  
 Success in this perverted world. You see,  
 The failure's effort throws itself beyond  
 The grave, where it is treasured by a fond  
 Redeemer, who transforms it mightily.  
 You want the same success that once was his.

*Antiphon 1:* It is a blessing for people to be hungry and thirsty for virtue,  
 because then they will be satisfied.

 **Psalm 112**  
 A man who reveres YHWH has received a blessing,  
 but even more than this, if he has joy in his commandments—  
 considering that his descendants will be powerful on earth—  
 descendants of his will also receive blessings.  
 Every kind of wealth and riches will be in his family,

for his virtue will last forever,  
 giving light from his honesty to the darkness;  
 he is pleasant, full of kindness, and decent.  
 In generosity, a good man lends what he has;  
 just using discretion to guide his affairs.  
 Kindly men like him will never be shaken,  
 lasting forever in human memory for their virtue.  
 Mountains of bad news will not faze them;  
 never shaken in their hearts, they trust YHWH.  
 Over every adversity, their firm hearts are fixed,  
 putting aside any fear;  
 quietly looking on as their enemies are thwarted.  
 Readily and open-handedly they give what they have to the poor,  
 so that their virtue endures forever, head crowned with honor.  
 Then immoral people will see this and weep,  
 unable to keep from gnashing their teeth;  
 vindictive people's desires will all vanish.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1:* It is a blessing for people to be hungry and thirsty for virtue, because then they will be satisfied.

*Antiphon 2:* My heart is firm, my God; my heart is firm.

#### Psalm 108

A song; a psalm of David

My heart is firm, my God; my heart is firm,  
 and I will sing your praises.  
 Wake up, my soul!  
 Wake up, lyre and harp!  
 I will waken the dawn!  
 I thank you, YHWH, here among the Gentiles,  
 and I praise you among these foreigners,  
 because your mercy reaches high into the sky

and your truth goes up beyond the clouds.  
 My God, rise up above the sky,  
 and shine your glory over all the earth!  
 so that your friends will be saved.  
 Please save me with your strong hand, and set me free.  
 God has spoken in his holy place,  
 "I will be triumphant!  
 I will divide Shechem  
 and set the borders of the Valley of Succoth.  
 Gilead belongs to me, and so does Manasseh;  
 and I will wear Ephraim on my head for a helmet.  
 Judah will be my scepter,  
 while Moab is the basin I will wash in,  
 and I will use Edom for a footstool  
 and shout in triumph over Philistia!"  
 But who will bring me into the fortified city?  
 Who will lead me into Edom?  
 Are you not the one, my God? But you have rejected us.  
 Is it not to be you, who did not go out with our armies?  
 Please give us help in our trouble,  
 because human help is no use at all.  
 We will act bravely with God's help,  
 because he is the one who will trample down our enemies.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 2:* My heart is firm, my God; my heart is firm.

*Reading*

*1 Kings 2.2-3*

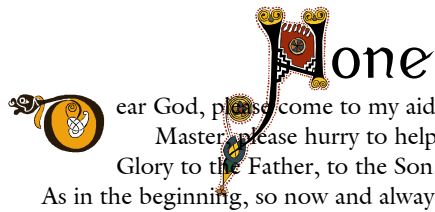
So be strong, and prove that you are a man; and fulfill the assignment  
 given you by your God YHWH: to walk along the path he has mapped  
 out, and to follow his rules, his commandments, his orders, and his  
 regulations, as they were written down in the Law of Moses, so that you  
 will succeed in everything you do and whatever you turn your hand to.

Please guide me, Master, along the path outlined by your rules, because this is all I desire.

Prayer

Master, please fill us with the resplendent light of your eternal love, so that we will love you above everything else and our brothers and sisters for your sake. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.

ear God, please come to my aid;  
 Master, please hurry to help me.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 As in the beginning, so now and always, for ages of ages. Amen.

It doesn't look as if we have much time;  
 This has to be creation's afternoon.  
 Our "progress" shatters sanity, and soon  
 Will push the world right back into the slime  
 It once emerged from. Look at all the grime  
 Upon our souls, how filth and muck is strewn  
 Onto our every thought; how good is hewn  
 Away and left to die. It's such a crime!

I wouldn't be too sure, if I were you.  
 In every age, the evil is appalling.  
 But that's not what I'm waiting for. You see,  
 The evil doesn't matter much to me.  
 There always is a remnant that I'm calling;  
 The *good* must be complete before I'm through.

*Antiphon 1*: Master, how wonderful your wisdom is, so far beyond human

understanding.

Psalm 139

For the leader: a psalm of David

I

YHWH, you have scrutinized me, and you know me;  
 you know when I sit and when I stand;  
 you know my thoughts even if you are far away.  
 You understand where I walk, and when I lie down;  
 you know everything there is to know about me.  
 Before a word of mine even reaches my tongue—  
 There! You know, YHWH, all about it.  
 You have me hemmed in, behind and in front of me,  
 and your hand is always laid upon me.  
 That kind of knowledge is too much for me;  
 it is so deep I cannot fathom it.  
 Where could I go to elude your spirit?  
 How could I escape your presence?  
 If I were to go up into heaven, you are there;  
 If I were to lie down beneath the earth, you are even there;  
 If I were to ride on the wings of dawn  
 or live on the farthest edges of the sea,  
 even there your hand would be leading me,  
 with your right hand clasping mine.  
 If I were to say, “Yes, but darkness will hide me,”  
 then even night will be light all around me,  
 and darkness hides nothing from you,  
 because the night is as bright as day;  
 for you, darkness is the same as light.  
 Glory to the Father, to the Son, and to the Holy Spirit  
 as in the beginning, so now and always, for ages of ages. Amen.

*Antiphon 1*: Master, how wonderful your wisdom is, so far beyond human understanding.

*Antiphon 2:* I am the Master; I scrutinize the mind and examine the heart,  
and I give each person what his deeds deserve.

II

Because it is you who formed everything inside me;  
you knit me together in my mother's womb;  
and I give you praise for this, because I am fearfully, awesomely made;  
everything you do is awesome,  
and my soul knows this very well.  
How I was constructed was not a secret from you  
when I was being made in my concealment,  
and being molded down in the depths of the earth.  
Your eyes saw my reality, though it had no form as yet,  
and everything was already written in your book:  
all the days that were forged for me  
while still none of them existed.  
How priceless to me are your thoughts, my God!  
How enormous is their number!  
If I were to count them, they would be more than the grains of sand;  
to finish, I would have to be eternal, like you.  
Now if only you would kill off all evil people, my God!  
—Go away, you bloodthirsty fools!—  
Because your enemies denounce you viciously,  
and they use your name as a curse!  
Should I not hate the ones who hate you, YHWH?  
Do I not loathe everyone who opposes you?  
I hate them with the very essence of hatred,  
and consider them my sworn enemies.  
So scrutinize me, my God, and understand my heart;  
test me, and know my concerns,  
and see if there is anything evil about what I do,  
and lead me, please, along the path to eternity.  
Glory to the Father, to the Son, and to the Holy Spirit  
as in the beginning, so now and always, for ages of ages. Amen.



*Antiphon 2:* I am the Master; I scrutinize the mind and examine the heart,  
and I give each person what his deeds deserve.

*Reading*

*Jeremiah 6.16*

Stand in the road and look;  
find the ancient trails, where the good path is,  
and walk in it;  
and then you will find rest for your souls.

What you say is my eternal inheritance; it is the joy of my heart.

*Prayer*

Master, please make the peace we pray for a reality, and let us live out our days in quiet contentment; and, by the help of the Virgin Mary's prayers, reach your Kingdom safely. We make this request through our Master the Prince. Amen.

Let us bless the Master. Thank God.