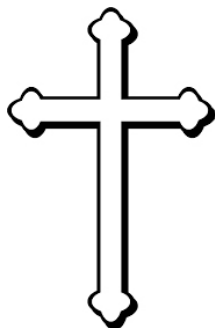


**THE OFFICE**  
of  
**SUNDAY VESPERS**  
**FIRST SUNDAY OF LENT**

*Roman Rite. Psalter : Week I*

Ordinary Form



EWTN



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

*O Salutaris Hostia*

O salutáris hóstia,  
Quæ cæli pandis óstium,  
Bella premunt hostília ;  
Da robur, fer auxiliúm.

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

Amen.

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

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

Amen.

## FIRST SUNDAY OF LENT AT SECOND VESPERS

*Psalter: Week I*

*A glimpse into the kingdom of God*

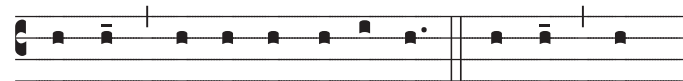
Vespers is the evening prayer of the Church. This is the hour of thanksgiving for the graces bestowed during the day of salvation that has just passed. In Sunday Vespers we review gratefully the history of God's kingdom in the Church and in individual souls. We see Christ our victorious King in his power (Ps 109), and the Church in the image of the Jewish people, setting out from the slavery of Egypt into the promised land (Ps 113). There are two principal objects to our Vesper prayers: thanksgiving, and new courage to continue our pilgrimage.

### OPENING VERSE

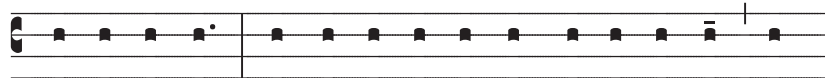
*Celebrant:*

*All:*

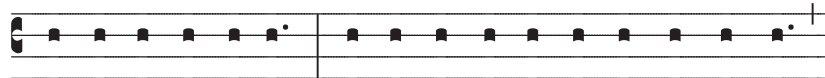
**O**



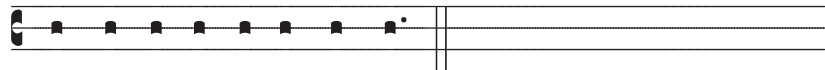
God, come to my as-sistance. R. O Lord, make



haste to help me. Glo-ry to the Fa-ther, and to the Son, and



to the Ho-ly Spir-it: as it was in the be-gin-ning, is now,



and will be for ev-er. A-men.

- A -

HYMN

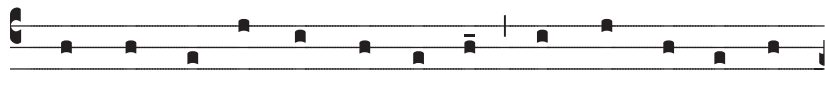
St. Gregory the Great. 540-604

*Audi, benigne Conditor.* (L.M.)


II



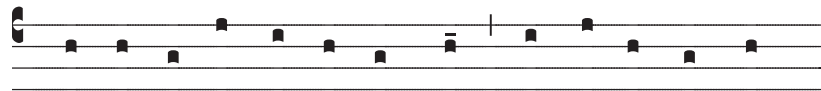
*Cantor :* **O** mer- ci- ful Cre- a- tor, hear! To us in pit- y  
bow thine ear: Ac- cept the tear- ful prayer we raise In this  
our fast of for- ty days.



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



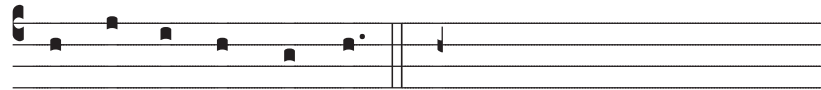
*Cantor :* 3. Our sins are man- y, this we know; Spare us, good Lord, thy  
mer- cy show; And for the hon- or of thy Name Our faint-  
ing souls to life re- claim.



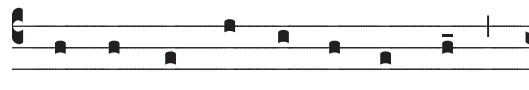
*All :* 4. Give us the self-con-trol that springs From dis-ci-pline of



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



may pure-ly dwell with thee.



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



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



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

## - B -

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

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

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

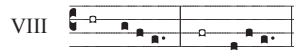
And for the honor of thy Name  
Our fainting souls to life reclaim.

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

*Cantor :* 5. We pray thee, Holy Trinity,

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

## ANTIPHON I



*Cantor* : Worship your | *Lord and God*; \*  
serve | *him a-lone*.

### Psalm 109

#### King and Priest

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

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

#### Appointed King by God

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

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

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

#### Appointed Priest by God

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

#### Conqueror and Judge in God

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

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

#### Doxology

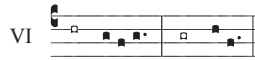
*Cantor* : Glory to the Father, and | *to the Son*, \*  
and to the | *Ho-ly Spir-it* :

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

## ANTIPHON

*All* : Worship your | *Lord and God*; \*  
serve | *him a-lone*.

## ANTIPHON 2



*Cantor* : This is the time when you can | *win God's fav-or*; \*  
the day when you can | *be saved*.

### Psalm 113

#### The Israelites are delivered from the bondage of Egypt

*This Psalm in its simplicity is full of poetry: nature rejoices as it sees God marching by in the Ark of the Covenant. In our prayers, this is God's solemn procession through time in the forward progress of his Church. Christ is in procession, a Corpus Christi procession; and it is our privilege to march along with him.*

*You too left Egypt when, at Baptism, you renounced that world which is at enmity with God (Saint Augustine)*

#### God and his people

*Cantor* : When Israel came | *forth from E-gypt*, \*  
Jacob's sons from an ali- | *en peo-ple*,  
*All* : Judah became | *the Lord's tem-ple*, \*  
Israel became | *his king-dom*.

#### Nature's holy fear

*Cantor* : The sea fled | *at the sight* : \*  
the Jordan turned back on | *its course*.  
*All* : the mountains | *leapt like rams* \*  
and the hills like year- | *ling sheep*.  
*Cantor* : Why was it, sea, | *that you fled*, \*  
that you turned back, Jordan, on | *your course* ?  
*All* : Mountains, that you | *leapt like rams*, \*  
hills, like year- | *ling sheep* ?  
*Cantor* : Tremble, O earth, be- | *fore the Lord*, \*  
in the presence of the God | *of Ja-cob*,  
*All* : who turns the rock in- | *to a pool* \*  
and flint into a spring | *of wa-ter*.

#### Doxology

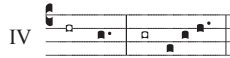
*Cantor* : Glory to the Father, and | *to the Son*, \*  
and to the Ho- | *ly Spir-it* :  
*All* : as it was in the begin- | *ning, is now*, \*  
and will be for ever. | *A-men*.

## ANTIPHON

*All* : This is the time when you can | *win God's fav-or*; \*  
the day when you can | *be saved*.



### ANTIPHON 3



*Cantor* : Now we must go up to Je- | **ru-sa-lem** \*  
where all that has been written about the Son of Man will | *be ful-filled*.

#### CANTICLE

1 *Peter* 2:21-24

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

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

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

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

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

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

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

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

#### Doxology

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

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

#### ANTIPHON

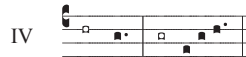
*All* : Now we must go up to Je- | **ru-sa-lem** \*  
where all that has been written about the Son of Man will | *be ful-filled*.

**READING**

1 *Corinthians* 9:21-25

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

**RESPONSORY**



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

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

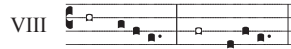
*Cantor* : Christ Jesus, / hear our humble pe- | **ti-tions**, \*

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

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

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

## ANTIPHON. AT MAGNIFICAT



*Cantor* : Watch over us, eternal Savior; /  
do not let the cunning | *tempt-er* **seize** us. \*  
We place all our trust in your un- | *fail-ing* **help**.

## Magnificat

*The cantor begins and alternates verses with the congregation :*

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

- Cantor* : 1. My soul ✠ proclaims the greatness | *of the* **Lord**, \*  
my spirit rejoices in | *God my* **Sav-ior**.
- All* : 2. for he has | *looked with* **fa-vor** \*  
on his | *low-ly* **ser-vant**.
- Cantor* : 3. From this day all | *gen-er-a-tions* \*  
will | *call me* **bless-ed** :
- All* : 4. the Almighty has done great | *things for* **me**, \*  
and holy | *is his* **Name**.
- Cantor* : 5. He has mercy on | *those who* **fear** him \*  
in every | *gen-er-a-tion*.
- All* : 6. He has shown the strength | *of his* **arm**, \*  
he has scattered the proud in | *their con-cept*.
- Cantor* : 7. He has cast down the mighty | *from their* **thrones**, \*  
and has lifted | *up the* **low-ly**.
- All* : 8. He has filled the hungry | *with good* **things**, \*  
and the rich he has sent | *a-way* **emp-ty**.
- Cantor* : 9. He has come to the help of his | *ser-vant* **Is-ra-el** \*  
for he has remembered his prom- | *ise of* **mer-cy**,
- All* : 10. the promise he made | *to our* **fa-thers**, \*  
to Abraham and his child- | *ren for* **ev-er**.
- Cantor* : 11. Glory to the Father, and | *to the* **Son**, \*  
and to the | *Ho-ly* **Spir-it** :
- All* : 12. as it was in the begin- | *ning, is* **now**, \*  
and will be for ev- | *er. A-men*.

## ANTIPHON

*All* : Watch over us, eternal Savior; /  
do not let the cunning | *tempt-er* **seize** us. \*  
We place all our trust in your un- | *fail-ing* **help**.

## INTERCESSIONS



- Celebrant* : All praise to God the Father  
who brought his chosen people to rebirth from imperishable seed  
through his eternal Word.  
Let us ask him as his | **child**-ren:
- All* : Lord, / be gracious to | *your* **peo**-ple.
- Cantor* : God of mercy,  
hear the prayers we offer for all your people,  
— may they hunger for your word more than for bodily | **food**.
- All* : Lord, / be gracious to | *your* **peo**-ple.
- Cantor* : Give us a sincere and active love  
for our own nation and for all mankind,  
— may we work always to build a world of peace and | **good**-ness.
- All* : Lord, / be gracious to | *your* **peo**-ple.
- Cantor* : Look with love on all to be reborn in baptism,  
— that they may be living stones in your temple of the | **Spir**-it.
- All* : Lord, / be gracious to | *your* **peo**-ple.
- Cantor* : You moved Nineveh to repentance by the preaching of Jonah,  
— in your mercy touch the hearts of sinners by the preaching of your | **word**.
- All* : Lord, / be gracious to | *your* **peo**-ple.
- Cantor* : May the dying go in hope to meet Christ their judge,  
— may they rejoice for ever in the vision of your | **glo**-ry.
- All* : Lord, / be gracious to | *your* **peo**-ple.  
Our Father . . .
- Celebrant* : Grant, almighty God,  
through the yearly observance of holy Lent,  
that we may grow in understanding  
of the riches hidden in Christ \*  
and by worthy conduct pursue their effects.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit, one God, \*  
for ever and ever.
- All* : Amen.

*Vespers concludes with Benediction of the Most Blessed Sacrament.*

**BENEDICTION  
OF THE MOST BLESSED SACRAMENT**

*Tantum ergo Sacramentum*

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

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

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

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

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

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

**Oratio**

*Oremus.*

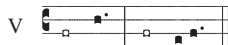
**D**EUS, qui nobis sub sacraménto mirábili, passiónis tuæ memóriam reliquisti : \* tribue, quæsumus, ita nos Córporis et Sánguinis tui sacra mystéria venerári ; ut redemptionis tuæ fructum in nobis iúgiter sentiámus : Qui vivis et regnas in sæcula sæculórum. ℞. Amen.

**Prayer**

*Let us pray.*

**O** God, who in this wonderful Sacrament have left us a memorial of your Passion, \* grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign for ever and ever. ℞. Amen.

## The Divine Praises



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

### *Holy God, We Praise Thy Name*

<p>Holy God, we praise thy Name ;          Lord of all, we bow before thee ;          All on earth thy scepter 'claim ;          All in heav'n above adore thee ;              Infinite thy vast domain ;              Everlasting is thy reign.</p>	<p>Hark ! The loud celestial hymn          Angel choirs above are raising ;          Cherubim and seraphim,          In unceasing chorus praising,              Fill the heav'ns with sweet accord :              Holy, holy, holy Lord.</p>
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*Chant settings prepared by*  
 Fr. Samuel F. Weber, O.S.B.  
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