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**Sunday at Lauds**

**SUNDAY I AT LAUDS**

O God, come to my assistance. R: O Lord, make haste to help me. Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever.


Hymn

*Die parente temporum*

This day, at they creating Word
First o’er the earth the light was poured;
O Lord, this day upon us shine,
And fill our souls with light divine.

This day the Lord, for sinners slain,
In might victorious rose again:
O Jesus, may we raised be
From death of sin to life in thee.

This day the Holy Spirit came
With figy tongues of cloven flame:
O Spirit, fill our hearts this day
With grace to hear and grace to pray.
Week I

O Day of light, and life, and grace,
From earthly toil a resting-place!
The hallowed hours, best gift of love,
Give we again to God above!

All laud to God the Father be,
All praise, eternal Son, to thee,
Whom with the Spirit we adore
For ever and for evermore. Amen.

Psalm 62

A soul thirsting for God

Whoever has left the darkness of sin, yearns for God.

O God, you are my God, for you I long; * for you my soul is thirsting.
My body pines for you * like a dry, weary land without water.
So I gaze on you in the sanctuary * to see your strength and your glory.
For your love is better than life, * my lips will speak your praise.
So I will bless you all my life, * in your name I will lift up my hands.
My soul shall be filled as with a banquet, * my mouth shall praise you with joy.
On my bed I remember you, * On you I muse through the night for you have been my help; *
in the shadow of your wings I rejoice.
My soul clings to you, * your right hand holds me fast.
Glory to the Father, and to the Son, * and to the Holy Spirit:
as it was in the beginning, is now, * and will be for ever.
Amen.

The Antiphon is repeated.
Week I

in the eternal life prepared for us. Grant this 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.

R: A-men.

Dismissal

The Lord be with you. R: And also with you.


G O in peace. R: Thanks be to God.

Sunday at Lauds

ROM the midst of the flames * the three young men cried out with one voice: Blessed be God, alleluia.

Canticle of Blessing

Daniel 3: 57-88.56

They will be his own people and God himself will be with them, their own God (Revelation 21: 3).

BLESS the Lord, all you works of the Lord. * Praise and exalt him above all forever.

Angels of the Lord, bless the Lord. * You heavens, bless the Lord.

All you waters above the heavens, bless the Lord. * All you hosts of the Lord, bless the Lord.

Sun and moon, bless the Lord. * Stars of heaven, bless the Lord.

Every shower and dew, bless the Lord. * All you winds, bless the Lord.

Fire and heat, bless the Lord. * Cold and chill, bless the Lord.

Dew and rain, bless the Lord. * Frost and chill, bless the Lord.

Ice and snow, bless the Lord. * Nights and days, bless the Lord.

Light and darkness, bless the Lord. * Lightnings and clouds, bless the Lord.

Let the earth bless the Lord. * Let the earth bless the Lord.

Mountains and hills, bless the Lord. * Everything growing from the earth, bless the Lord.

You springs, bless the Lord. * All you birds of the air, bless the Lord.

You dolphins and all water creatures, bless the Lord. * All you beasts, wild and tame, bless the Lord.

O Israel, bless the Lord. * Let the earth bless the Lord.

Praise and exalt him above all forever.

Priests of the Lord, bless the Lord. * Servants of the Lord, bless the Lord.

Spirits and souls of the just, bless the Lord. * Holy men of humble heart, bless the Lord.

Hananiah, Azariah, Mishael,
Week I

bless the Lord. * Praise and exalt him above all forever.

Blest are you, Lord, in the firmament of heaven. * Praise-worthy and glorious and exalted above all forever.

From the midst of the flames the three young men cried out with one voice: Blessed be God, alleluia.

ET the people of Zi-on * rejoice in their King, alleluia.

Psalm 149

Let the sons of the Church, the children of the new people, rejoice in Christ, their King (Hesychius).

Let the faithful rejoice in their glory, * shout for joy and take their rest.
Let the praise of God be on their lips * and a two-edged sword in their hand,
to deal out vengeance to the nations * and punishment on all the peoples;
to bind their kings in chains * and their nobles in fetters of iron;

The joy of God’s holy people

Let the praise of God be on their lips * and a two-edged sword in their hand,
to deal out vengeance to the nations * and punishment on all the peoples;
to bind their kings in chains * and their nobles in fetters of iron;

Sunday at Lauds

on every man. Let us call out to him in praise:

Creator of the stars, we thank you for your gift,
the first rays of the dawn,—and we commemorate your resurrection.
May your Holy Spirit teach us to do your will today,—and may your wisdom guide us always.
Each Sunday give us the joy of gathering as your people,—around the table of your Word and your Body.
From our hearts we thank you,—for your countless blessings.

The Lord’s Prayer

Athering our prayers and praises into one, let us offer the prayer Christ himself taught us:

Our Fa-ther.

A-ther, guide us as you guide creation according to your law of love. * May we love one another and come to perfection
10. to shine on those who dwell in darkness and the shadow of
death, * and to guide our feet into the way of peace.

11. Glory to the Father, and to the Son, * and to the Holy Spir- it:

12. as it was in the beginning, is now, * and will be for ev- er.

A- men.

The greatest among you will be your servant, says
the Lord; for I will lift up in glory the man who humbles
him-self.

Intercessions

C Hrist is the sun that never sets, the true light that shines

Sunday at Lauds

to carry out the sentence pre-
ordained; * this honor is for all
his faithful.

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

As it was in the beginning, is now, * and will be for ever.

Amen.

Let the people of Zi-on rejoice in their King, al-le-
lu- ia.

Short Responsory

VI C Hrist, Son of the living God, * Have mer-cy on us.

You are seat-ed at the right hand of the Fa- ther.

* Have. V Glo- ry to the Fa- ther, and to the Son, and to the

Ho- ly Spir-it. Christ.

At Benedictus. Antiphon II D

HE greatest among you will be your servant, says the
the Lord; for I will lift up in glory the man who humbles
Benevolent Lord, the God of Israel; * he has come to his people and set them free.

2. He has raised up for us a mighty Savior, * born of the house of his servant David.

3. Through his holy prophets he promised of old that he would save us from our enemies, * from the hands of all who hate us.

4. He promised to show mercy to our fathers * and to remember his holy covenant.

5. This was the oath he swore to our father Abraham: * to set us free from the hands of our enemies,

6. Free to worship him without fear, * holy and righteous in his sight * all the days of our life.

7. You, my child, shall be called the prophet of the Most High; * for you will go before the Lord to prepare his way,

8. To give his people knowledge of salvation * by the forgiveness of their sins.

9. In the tender compassion of our God * the dawn from on high shall break upon us,