

*Cantor* : Blessed be the great Mother of God, / Mary most **holy**. \*  
Blessed be her holy and Immaculate *Conception*.

*All* : Blessed be her glorious *Assumption*. \*  
Blessed be the name of Mary, / virgin *and* **mother**.

*Cantor* : Blessed be Saint **Joseph**, \*  
her most *chaste* **spouse**.

*All* : Blessed be **God** \*  
in his angels and in *his* **saints**.

*Holy God, We Praise Thy Name*

Holy God, we praise thy Name ;	Hark ! The loud celestial hymn
Lord of all, we bow before thee ;	Angel choirs above are raising ;
All on earth thy scepter 'claim ;	Cherubim and seraphim,
All in heav'n above adore thee ;	In unceasing chorus praising,
Infinite thy vast domain ;	Fill the heav'ns with sweet accord :
Everlasting is thy reign.	Holy, holy, holy Lord.

---

**PRAYER AFTER THE DIVINE OFFICE**

Let every creature give unending praise, honor, power and glory throughout all eternity to the Most Holy and Undivided Trinity, the crucified humanity of our Lord Jesus Christ, the chaste Motherhood of Mary, the ever glorious and blessed Virgin, and to the entire assembly of saints, and may we be granted the forgiveness of our sins.

Blessed is the womb of the Blessed Virgin Mary which bore the Son of the Eternal Father. And blessed are the breasts which nursed Christ our Lord.



**PRAYER BEFORE THE DIVINE OFFICE**

Open my lips, O Lord, to praise your holy Name. Cleanse my heart of any vain, evil, or distracting thoughts. Give light to my mind and fervor to my will; enable me to recite this Office worthily, attentively, and devoutly, so that my prayer will be heard in the presence of your divine Majesty. Through Christ our Lord. Amen.

Lord, I offer you this Hour with the divine intention you had while on earth offering praises to God.

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

*O Salutaris Hostia*

O salutaris hóstia,  
Quæ cæli pandis óstium,  
Bella premunt hostília ;  
Da robur, fer auxiliium.

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.

*A time of silent adoration follows.*

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 God's care over his chosen ones (Ps 113). There are two principal objects to our Vesper prayers: thanksgiving, and new courage to continue our pilgrimage.

OPENING VERSE

STAND

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.

HYMN

*6th cent. Saint Gregory the Great*

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

C 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.*

A 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.**

C 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.*

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

C 5. *We pray thee, Holy Trinity,  
A One God, unchanging Unity,  
That we, from this our abstinence  
May reap the fruits of penitence.*  
Amen.

BENEDICTION

OF THE MOST BLESSED SACRAMENT

*Tantum ergo Sacramentum*

Tantum ergo Sacramentum  
Veneremur cernui;  
Et antiquum documentum  
Novo cedat ritui;  
Præstet fides supplementum  
Sensuum defectui.

Genitori, Genitque  
Laus et iubilatio,  
Salus, honor, virtus, quoque  
Sit et benedictio:  
Procedenti ab utroque  
Compar sit laudatio. Amen.

V: Panem de cælo præstitisti  
eis (T. P. alleluia).  
R: Omne delectamentum in se  
habentem (T. P. alleluia).

Oratio

**D**EUS, qui nobis sub sacramento mirabili, passionis tuæ memoriã reliquisti: \* tribue, quæsumus, ita nos Corporis et Sanguinis tui sacra mysteria venerari; ut redemptionis tuæ fructum in nobis iugiter sentiamus: Qui vivis et regnas in sæcula sæculorum. R: Amen.

Prayer

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

The Divine Praises



Cantor: Blessed be **God**. \*  
Blessed be his holy **Name**.

All: Blessed be Jesus Christ, / true God and true **man**. \*  
Blessed be the Name of **Jesus**.

Cantor: Blessed be his most Sacred **Heart**. \*  
Blessed be his most Precious **Blood**.

All: Blessed be Jesus in the most holy Sacrament of the **Altar**. \*  
Blessed be the Holy Spirit, the **Paraclete**.

## 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 **children** :

*All* : Lord, / be gracious to *your people*.

*Cantor* : God of mercy, / hear the prayers we offer for all your **people**,

*All* : may they hunger for your word / more than for bodily **food**.

*Cantor* : Give us a sincere and active love / for our nation and for all **mankind**,

*All* : may we work always / to build a world of peace *and goodness*.

*Cantor* : Look with love on all to be reborn in **baptism**,

*All* : that they may be living stones / in your temple of *the Spirit*.

*Cantor* : You moved Nineveh to repentance by the preaching of **Jonah**,

*All* : in your mercy touch the hearts of sinners / by the preaching of *your word*.

*Cantor* : May the dying go in hope to meet Christ their **judge**,

*All* : may they rejoice for ever in the vision of *your glory*.

*Celebrant* : Our Father . . .

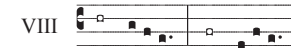
Grant, almighty God,  
through the yearly observance of holy Lent, \*  
that we may grow in understanding  
of the riches hidden in Christ  
and by worthy conduct pursue their effects.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you  
in the unity of the Holy Spirit, one God, \*  
for ever and ever.

*All* : Amen.

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

## ANTIPHON I

*SIT*



*Cantor* : Worship your *Lord and God* ; \*  
serve *him alone*.

### 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 *beneath your feet*. ”

*All* : The Lord will wield from Sion your scepter of **power** : \*  
rule in the midst of *all your foes*.

*Cantor* : A prince from the day of your birth on the *holy mountains* ; \*  
from the womb before the dawn *I begot* you.

#### Appointed Priest by God

*All* : The Lord has sworn an oath he will not change. /  
“ You are a *priest for ever*, \*  
a priest like Melchizedek 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*.

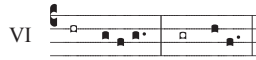
*All* : He shall drink from the stream *by the wayside* \*  
and therefore he shall lift *up his head*.

#### Doxology

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

*All* : as it was in the beginning, *is now*, \*  
and will be for ever. **Amen**.

*Cantor* : Worship your *Lord and God* ; \*  
serve *him alone*.



ANTIPHON 2

Cantor : This is the time when you can win God's favor, \*  
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 Egypt, \*  
Jacob's sons from an alien people,

All : Judah became the Lord's temple, \*  
Israel became his kingdom.

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 yearling 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 yearling sheep ?

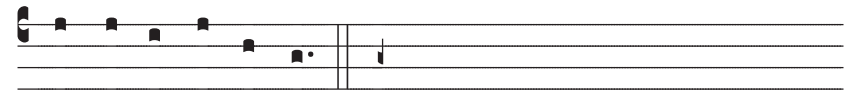
Cantor : Tremble, O earth, before the Lord, \*  
in the presence of the God of Jacob,

All : who turns the rock into a pool \*  
and flint into a spring of water.

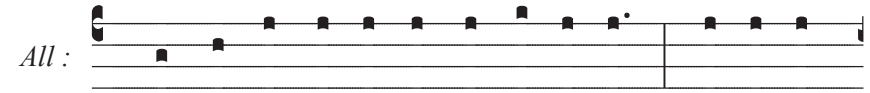
Doxology

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

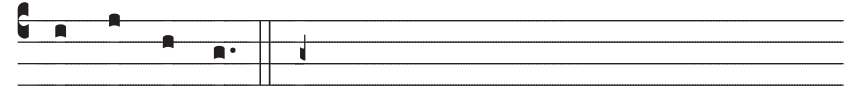
All : as it was in the beginning, is now, \*  
and will be for ever. Amen.



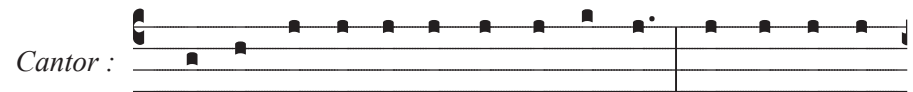
his children for ev- er.



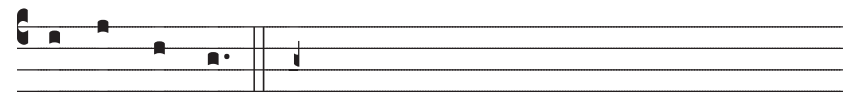
10. Glo- ry to the Fa-ther, and to the Son, \* and to the



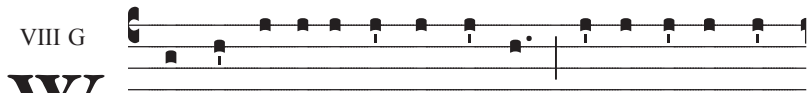
Ho- ly Spir- it :



11. as it was in the be- gin-ning, is now \* and will be for

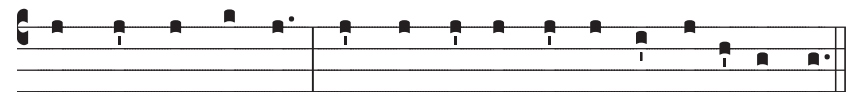


ev- er. A- men. The antiphon is repeated by the Cantor.

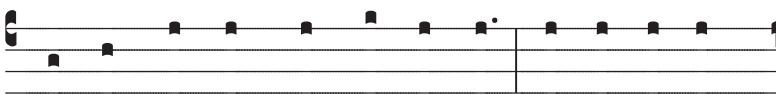


VIII G  
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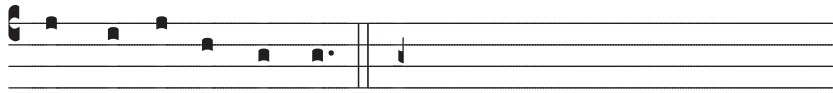
ATCH o- ver us, e- ter- nal Sav- ior ; do not let the cun-



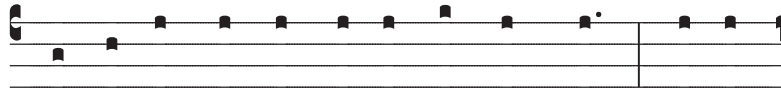
ning temp-ter seize us. We place all our trust in your unfailing help.

Cantor : 

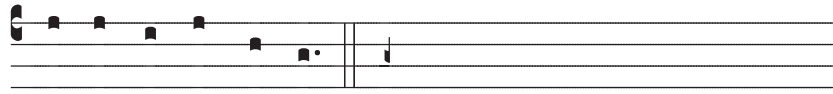
5. He has shown the strength of his arm, \* he has scattered




the proud in their con-ccit.

All : 

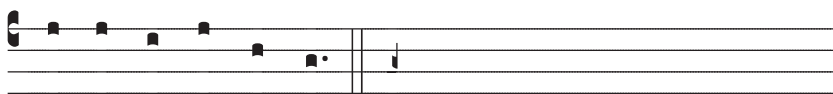
6. He has cast down the might-y from their thrones, \* and has



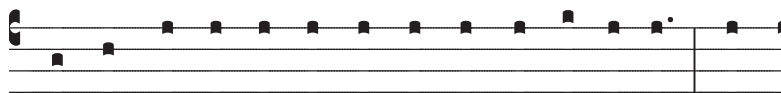
lift-ed up the low-ly.

Cantor : 

7. He has filled the hun-gry with good things, \* and the rich he



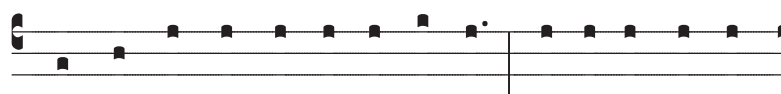
has sent a-way emp-ty.

All : 

8. He has come to the help of his ser-vant, Is- ra- el \* for

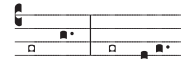


he has re-mem-bered his promise of mer- cy,

Cantor : 

9. the prom-ise he made to our fa-thers, \* to A-bra-ham and

Cantor : This is the time when you can *win God's favor*, \*  
the day when you can *be saved*.

IV E 

ANTIPHON 3

Cantor : Now we must go up to *Jerusalem* \*  
where all that has been written about the Son of man /  
will be *fulfilled*.

CANTICLE

I Peter 2 : 21-24

Cantor : Christ suffered for you, and left you an *example* \*  
to have you follow in *his footsteps*.

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

Cantor : When he was *insulted* \*  
he returned *no insult*.

All : When he was made to *suffer*, \*  
he did not counter *with threats*.

Cantor : Instead he delivered himself *up* \*  
to the one who judges *justly*.

All : In his own *body* \*  
he brought our 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*.

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

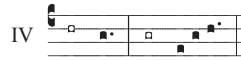
Cantor : as it was in the beginning, is *now*, \*  
and will be for ever. *Amen*.

Cantor : Now we must go up to *Jerusalem* \*  
where all that has been written about the Son of man /  
will be *fulfilled*.

**READING**

I Corinthians 9 : 24-25

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 **mercy**, \*  
for we have *sinned against* you.

*All* : Listen to us, O Lord, and have **mercy**, \*  
for we have *sinned against* you.

*Cantor* : Christ Jesus, / hear our humble **petitions**, \*

*All* : for we have *sinned against* you.

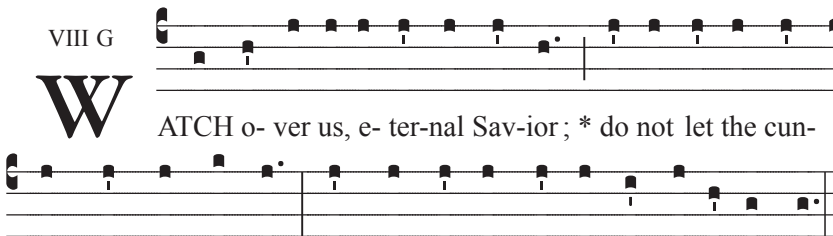
*Cantor* : Glory to the Father, and to the **Son**, \*  
and to the *Holy Spirit* :

*All* : Listen to us, O Lord, and have **mercy**, \*  
for we have *sinned against* you.

**CANTICLE OF MARY**

**STAND**

*The antiphon is sung by the Cantor.*

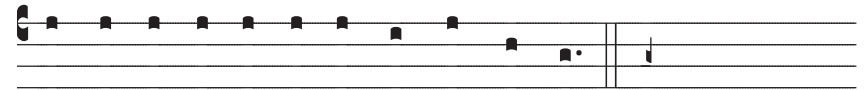
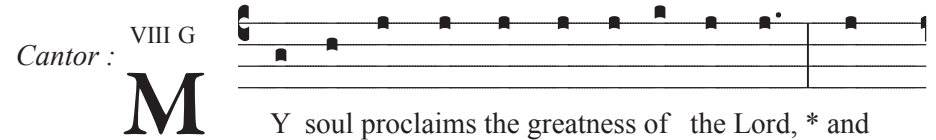


ning temp-ter seize us. We place all our trust in your unfailing help.

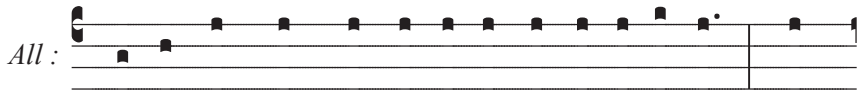
*The Cantor begins the Canticle, and alternates verses with All.*

**The soul rejoices in the Lord**

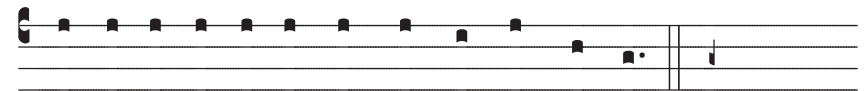
Luke I : 46-55



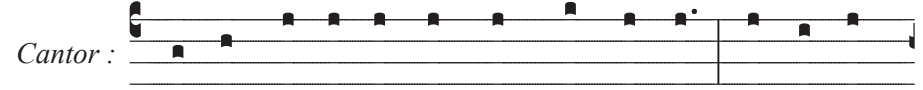
my spir- it re-joic- es in God my Sav- ior.



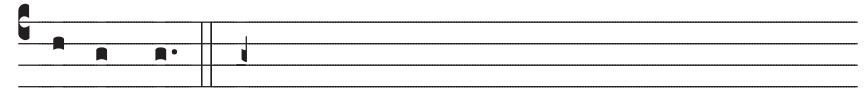
2. for he has looked with fav-or on his low-ly servant. \* From



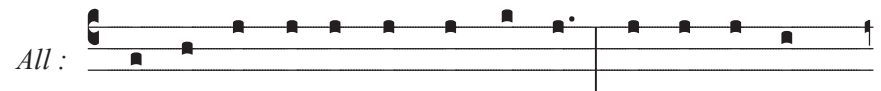
this day all gen- er- a- tions will call me bless-ed :



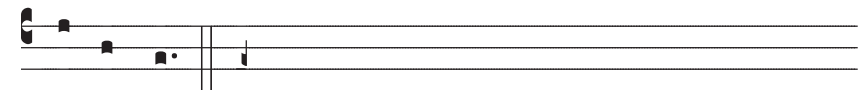
3. the Al-might-y has done great things for me, \* and ho- ly



is his Name.



4. He has mer- cy on those who fear him \* in ev- 'ry gen-




er- a- tion.



# I

## Responsory


Resp. IV



**L** IS-TEN to us, O Lord, and have mer-cy, \* for we have  
sinned a-against you. Lis-ten. √ Christ Je-sus, hear our hum-ble  
pe- ti-tions. \* For we. √ Glo-ry to the Fa-ther, and to the  
Son, and to the Ho-ly Spir- it. Lis-ten

## At Magnificat. Antiphon

VIII



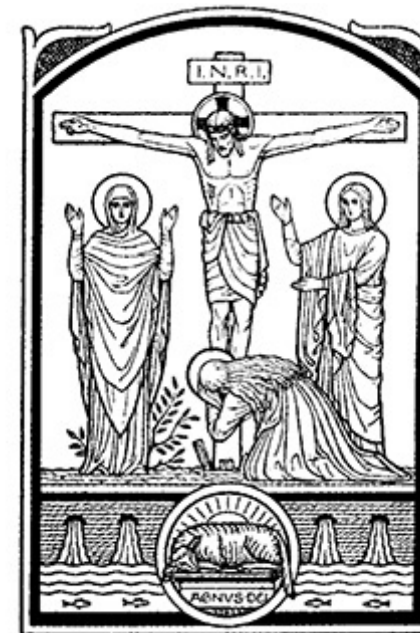
**W** Atch o-ver us, \* e- ter-nal Sav-ior; do not let the cunning  
tempter seize us. We place all our trust in your un-failing love.

*Prepared by*  
Fr. Samuel F. Weber, O.S.B.  
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## THE OFFICE OF SUNDAY VESPERS FIRST SUNDAY OF LENT

*Roman Rite. Psalter : Week I*

Ordinary Form



CATHEDRAL OF SAINT EUGENE

*Diocese of Santa Rosa*

2013

## *The Desert: A Place of Refuge and Shelter*

On this first Sunday of Lent, we find that Jesus, after having received baptism in the River Jordan from John the Baptist (Mk 1:9), he is tempted in the desert (Mk 1:12-13). The narrative of St. Mark's is concise, devoid of the details that we read in the other two Gospels of Matthew and Luke. The desert of which we speak has different meanings. It may indicate the state of abandonment and loneliness, the "place" of man's weakness where there are no supports and certainties, where temptation becomes stronger. But it may also indicate a place of refuge and shelter, as it was for the people of Israel who escaped from slavery in Egypt, where we can experience the presence of God in a special way. Jesus "remained in the desert for forty days, tempted by Satan" (Mk 1:13). St. Leo the Great says that "the Lord willingly suffered the attack of the tempter to defend us with his help and to teach us by his example."

What can this episode teach us? As we read in the *Book of the Imitation of Christ*, "as long as he lives, man is never wholly free from the temptation . . . but with patience and true humility we become stronger than any enemy" (Liber I, c. XIII), patience and humility to follow the Lord every day, learning to build our life not outside of Him or as if He did not exist, but in Him and with Him, because He is the source of true life. The temptation has always been present in human history to remove God, to order our lives and the world on our own, relying solely on our own abilities.

Jesus proclaims that "This is the time of fulfillment. The kingdom of God is at hand" (Mk 1:15). He announces that something new happens in Him: God speaks to man in an unexpected way, with a unique and concrete closeness, full of love, God becomes incarnate and enters the world of man to take sin upon himself, to overcome evil and bring man back into the world of God. But this proclamation is accompanied by a corresponding request for such a great gift. In fact, Jesus adds: "Repent and believe in the Gospel" (Mk 1:15), it is an invitation to have faith in God and to convert our lives each day to his will, directing all our actions and thoughts towards good. The season of Lent is a time to renew and strengthen our relationship with God through daily prayer, acts of penance, works of fraternal charity.

Let us fervently beseech the Blessed Virgin Mary to accompany us on our Lenten journey with her protection and may she help impress the words of Jesus Christ upon our hearts and in our life, to convert ourselves to Him.

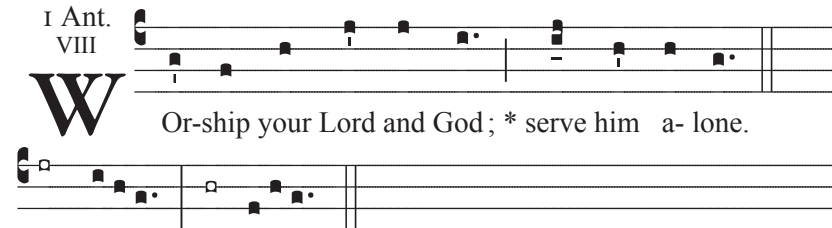
— Pope Benedict XVI

## FIRST SUNDAY OF LENT. AT SECOND VESPERS

*Psalter: Week I*

Antiphons *In Cantu*  
for cantor, schola or choir

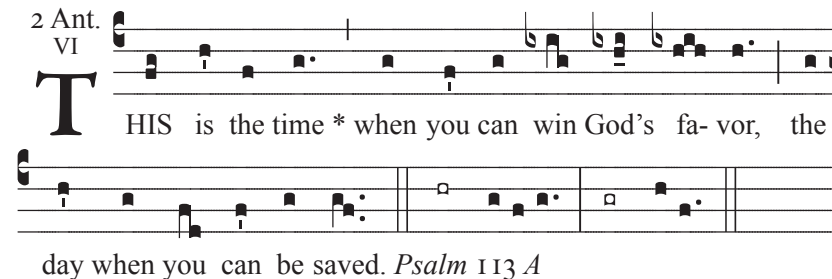
1 Ant.  
VIII



Or-ship your Lord and God; \* serve him a-lone.

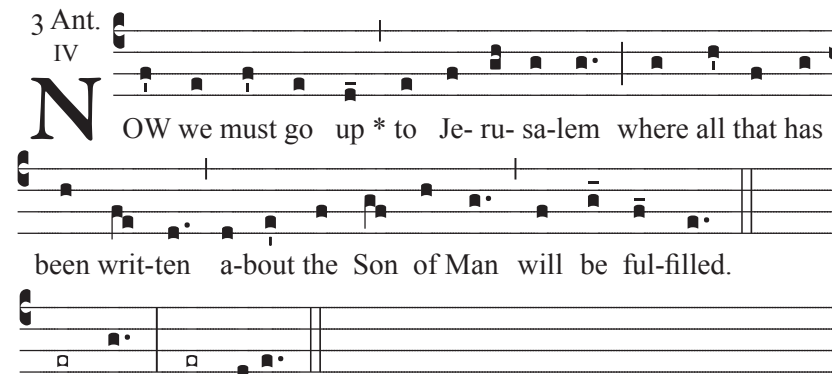
*Psalm 109*

2 Ant.  
VI



HIS is the time \* when you can win God's fa-vor, the day when you can be saved. *Psalm 113 A*

3 Ant.  
IV



OW we must go up \* to Je-ru-sa-lem where all that has been writ-ten a-bout the Son of Man will be ful-filled.

*Canticle, 1 Peter 2:21-24*