**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.

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**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.

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**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. |

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**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.

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

*O Salutaris Hostia*

| O salutáris hóstia, | O Saving Victim opening wide |
| Que cæli pandis óstium, | The gate of heav’n to man below : |
| Bella premunt hostília ; | Our foes press on from every side ; |
| Da robur, fer auxílium. | Thine aid supply, thy strength bestow. |

| Uni trínóque Dómino | All praise and thanks to thee ascend |
| Sit sempitérna glória : | For evermore, blest One in Three ; |
| Qui vítam sine término | O grant us life that shall not end |
| Nobis donet in pátria. | In our true native land with thee. |


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*A time of silent adoration follows.*
SECOND SUNDAY OF LENT. AT SECOND VESPERS
Psalter: Week II

**OPENING VERSE**

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. Amen.

**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, 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

Venerémur cérnui; Et antíquum documéntum Novo cedat rítui; Præstet fides suppleméntum Sénsum deféctui.

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

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

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

Panem de cælo præstitísti (T. P. allelúia).
Omne delectaméntum in se habéntem (T. P. allelúia).

You have given them bread from heaven (P.T. alleluia).
Containing all sweetness within it (P.T. alleluia).

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.

Amen.

**The Divine Praises**

_V_ 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. Amen.

**Prayer**

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

Let us pray.

**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: Let us give thanks continually to Christ, our teacher and our head, who came to serve and to do good to all. In humility and confidence let us ask him:

All: Come, Lord, to visit your family.

Cantor: Lord, be present to the bishops and priests of your Church, who share your role as head and shepherd,

All: may they lead your people to the Father under your guidance.

Cantor: May your angel be with all who travel,

All: to keep them safe in soul and body.

Cantor: Teach us to serve the needs of others,

All: and to be like you, who came to serve, not to be served.

Cantor: Grant that in the human family, brother may always help brother,

All: so that, with your assistance, it may be a city compact and strong.

Cantor: Have mercy on all the dead,

All: bring them to the vision of your glory.

Celebrant: Our Father . . .

Celebrant: O God, who have commanded us to listen to your beloved Son, be pleased, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory. 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: In holy splendor the Lord will send forth your mighty scepter from Sion.

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

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: In holy splendor the Lord will send forth your mighty scepter from Sion.
Antiphon 2

Cantor: We worship the one true God, * who made heaven and earth.

Psalm 113 B

Praise of the true God

This Psalm dates from the time of the exile, and sets out to strengthen our trust in God who alone can help us, and our contempt of idols. In our prayers, this means God in his procession through the earth. Along the path, the idols of the world are beckoning to us: riches, pleasure, honor power. We renounce the devil and all his works.

We have renounced idol worship to serve the living and true God (1 Thessalonians 1:9)

God alone be praised

Cantor: Not to us, Lord, not to us, * but to your name give the glory.

All: for the sake of your love and your truth, * lest the heathen say: “Where is their God?”

God and idols

Cantor: But our God is in the heavens; * he does whatever he wills.

All: Their idols are silver and gold, * the work of human hands.

Cantor: They have mouths but they cannot speak; * they have eyes but they cannot see;

All: they have ears but they cannot hear; * they have nostrils but they cannot smell.

Cantor: With their hands they cannot feel; / with their feet they cannot walk. * No sound comes from their throats.

All: Their makers will come to be like them * and so will all who trust in them.

Song of blessing

Cantor: Sons of Israel, trust in the Lord; * he is their help and their shield.

10. Glory to the Father, and to the Son, * and to the

Holy Spirit:

Antiphon is repeated by the Cantor.

Tell no one about the vision you have seen * until the Son of Man has risen from the dead.
5. He has shown the strength of his arm, * he has scattered the proud in their conceit.

All:

6. He has cast down the mighty from their thrones, * and has lifted up the lowly.

Cantor:

7. He has filled the hungry with good things, * and the rich he has sent away empty.

All:

8. He has come to the help of his servant, Israel * for he has remembered his promise of mercy,

Cantor:

9. The promise he made to our fathers, * to Abraham and

All: Sons of Aaron, trust in the Lord; * he is their help and their shield.

Cantor: You who fear him, trust in the Lord; * he is their help and their shield.

All: He remembers us, and he will bless us; / he will bless the sons of Israel. * He will bless the sons of Aaron.

Cantor: The Lord will bless those who fear him, * the little no less than the great:

All: to you may the Lord grant increase, * to you and all your children.

Cantor: May you be bless by the Lord, * the maker of heaven and earth.

All: The heavens belong to the Lord * but the earth he has given to men.

Cantor: The dead shall not praise the Lord, * nor those who go down into the silence.

All: But we who live bless the Lord * now and for ever. Amen.

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: We worship the one true God, * who made heaven and earth.

IV E

Cantor: God did not Spare his own Son * but gave him up for us all.

CANTICLE 1 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: God did not spare his own Son * but gave him up for us all.

READING 1 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.

IV

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, * for we have sinned against you.
All: Glory to the Father, and to the Son, * and to the Holy Spirit:
Cantor: Christ Jesus, hear our humble petitions, * for we have sinned against you.
All: Listen to us, O Lord, and have mercy, * for we have sinned against you.

CANTICLE OF MARY

Ant: Tell no one about the vision you have seen * until the Son of Man has risen from the dead.

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

Cantor: VIII G

The soul rejoices in the Lord Luke 1:46-55

Y soul proclaims the greatness of the Lord, * and

my spirit rejoices in God my Savior.

All:

2. for he has looked with favor on his lowly servant. * From

this day all generations will call me blessed:

Cantor:

3. the Almighty has done great things for me, * and holy

is his Name.

All:

4. He has mercy on those who fear him * in ev’ry generation.

Cantor:

5. God did not spare his own Son * but gave him up for us all.

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.
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RESPONSORY

Resp.

IV

L

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

AT MAGNIFICAT. ANTIPHON

Resp. IV

L

IS-TEN to us, O Lord, and have mer-cy, * for we have sinned a-against you. Lis-ten. Y Christ Je-sus, hear our hum-ble pe-ti-tions. * For we. Y Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spir-it. Lis-ten
The mountain: the place of God's particular closeness

Let us turn now to the text of the Transfiguration narrative itself. There we are told that Jesus took Peter, James, and John and led them up onto a high mountain by themselves (Mk 9:2). We will come across these three again on the Mount of Olives (Mk 14:33) during Jesus’ agony in the garden, which is the counterimage of the Transfiguration, although the two scenes are inextricably linked. Nor should we overlook the connection with Exodus 24, where Moses takes Aaron, Nadab, and Abihu with him as he climbs the mountain—though seventy of the elders of Israel are also included.

Once again the mountain serves—as it did in the Sermon on the Mount and in the nights spent by Jesus in prayer—as the locus of God’s particular closeness. Once again we need to keep together in our minds the various mountains of Jesus’ life: the mountain of the temptation; the mountain of his great preaching; the mountain of his prayer; the mountain of the Transfiguration; the mountain of his agony; the mountain of the Cross; and finally, the mountain of the Risen Lord, where he declares-in total antithesis to the offer of world dominion through the devil’s power: “All power in heaven and on earth is given to me” (Mt 28:18). But in the background we also catch sight of Sinai, Horeb, Moriah—the mountains of Old Testament revelation. They are all at one and the same time mountains of passion and of Revelation, and they also refer in turn to the Temple Mount, where Revelation becomes liturgy.

When we inquire into the meaning of the mountain, the first point is of course the general background of mountain symbolism. The mountain is the place of ascent—not only outward, but also inward ascent; it is a liberation from the burden of everyday life, a breathing in of the pure air of creation; it offers a view of the broad expanse of creation and its beauty; it gives one an inner peak to stand on and an intuitive sense of the Creator. History then adds to all this the experience of the God who speaks, and the experience of the Passion, culminating in the sacrifice of Isaac, in the sacrifice of the lamb that points ahead to the definitive Lamb sacrificed on Mount Calvary. Moses and Elijah were privileged to receive God’s Revelation on the mountain, and now they are conversing with the One who is God’s Revelation in person.

From the writings of Pope Benedict XVI

SECOND SUNDAY OF LENT. AT SECOND VESPERS

Psalter: Week II

Antiphons In Cantu

for cantor, schola or choir

1 Ant.

N ho-ly splen-dor * the Lord will send forth your might-y scep-ter from Si- on. Psalm 109

2 Ant.

E worship the one true God * who made heav-en and earth. Psalm 113 B

3 Ant.

G OD * did not spare his own Son but gave him up for us all. Canticle, 1 Peter 2:21-24

Chant settings by Fr. Samuel F. Weber, O.S.B.

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