

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.

THIRD SUNDAY OF LENT. AT SECOND VESPERS

Psalter: Week III

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 110). 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

DEUS, qui nobis sub sacramento mirabili, passionis tuæ memoriam 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 . . .

O God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving have shown us a remedy for sin, look graciously on this confession of our lowliness, * that we, who are bowed down by our conscience, may always be lifted up by your mercy. 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 : Lord, all-powerful King, / free us for the sake *of your name*. *
Give us time to turn *from our sins*.

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*.

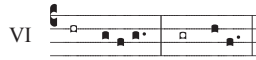
All : He shall drink from the stream *by the wayside* *
and therefore he shall lift *up his head*.

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 : Lord, all-powerful King, / free us for the sake *of your name*. *
Give us time to turn *from our sins*.



ANTIPHON 2

Cantor : We have been redeemed by the precious *Blood of Christ*, *
the lamb without **blemish**.

Psalm 110

Thanksgiving and deliverance out of Egypt

This Psalm is a hymn of thanksgiving for God's care over his chosen people, especially in delivering them out of Egypt (a type of our redemption). We pray it as the thanksgiving prayer of the Church (and of souls) journeying through the world, away from the bondage of the devil and into the promised land of heaven.

*We are lost in wonder at all that you have done for us,
our Lord and mighty God (Apocalypse 15 : 3)*

Statement of theme

Cantor : I will thank the Lord with *all my heart* *
in the meeting of the just and their *assembly*.

Divine Providence in the history of his people

All : Great are the works of the **Lord** ; *
to be pondered by all *who love* them.

Cantor : Majestic and glorious *his work*, *
his justice stands firm *for ever*.

All : He makes us remember *his wonders*. *
The Lord is compassion *and love*.

Cantor : He gives food to *those who fear* him ; *
keeps his covenant ever *in mind*.

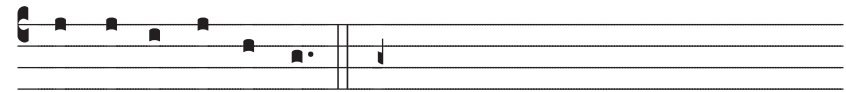
All : He has shown his might *to his people* *
by giving them the lands of *the nations*.

In the holy covenant

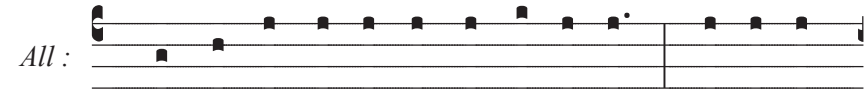
Cantor : His works are *justice and truth* : *
his precepts are all of *them sure*,

All : standing firm for *ever and ever* : *
they are made in uprightness *and truth*.

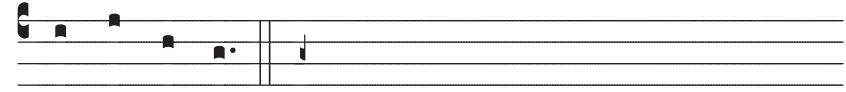
Cantor : He has sent deliverance to his people /
and established his covenant *for ever*. *
Holy his Name, to *be feared*.



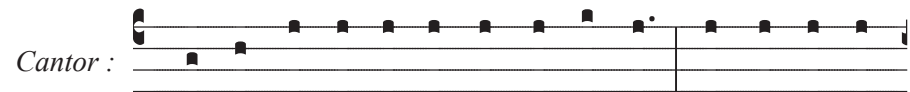
his children for ev- er.



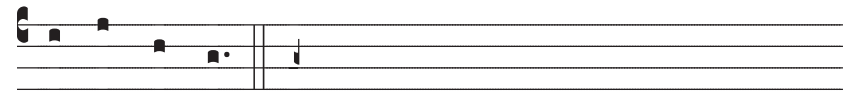
10. Glo- ry to the Fa-ther, and to the Son, * and to the



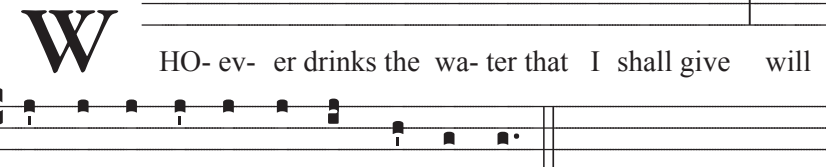
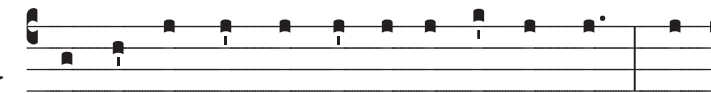
Ho- ly Spir- it :



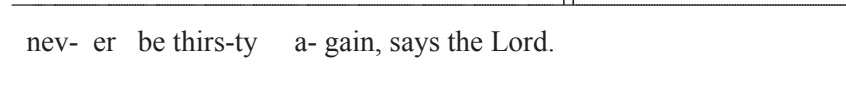
11. as it was in the be- gin-ning, is now * and will be for



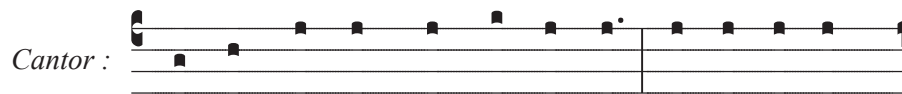
ev- er. A- men. *The antiphon is repeated by the Cantor.*



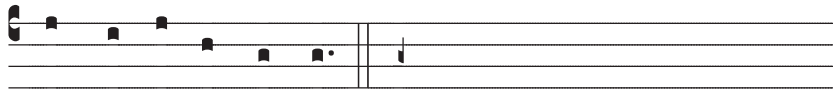
HO- ev- er drinks the wa- ter that I shall give will



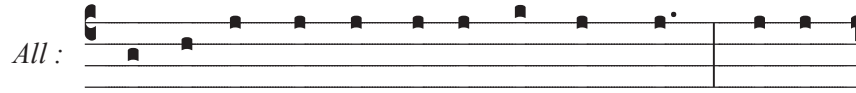
nev- er be thirs-ty a- gain, says the Lord.



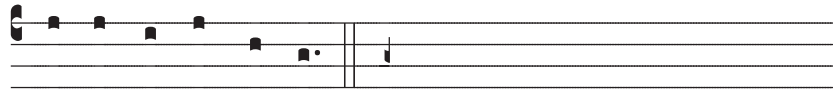
5. He has shown the strength of his arm, * he has scattered



the proud in their con-ceil.



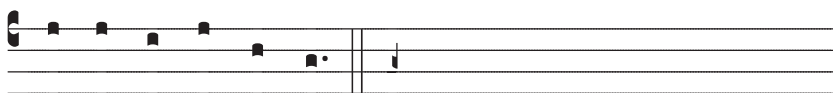
6. He has cast down the might-y from their thrones, * and has



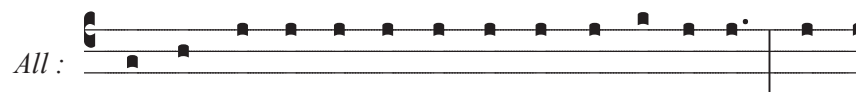
lift-ed up the low-ly.



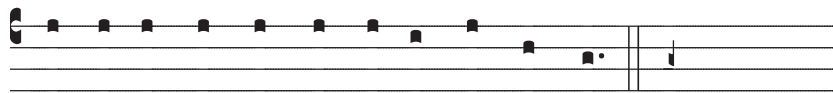
7. He has filled the hun-gry with good things, * and the rich he



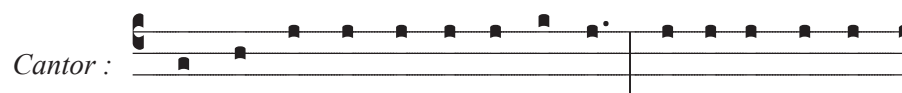
has sent a-way emp-ty.



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,



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

Finale

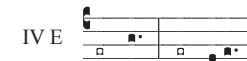
All : To fear the Lord is the first stage of wisdom ; /
all who do so prove *themselves wise*. *
His praise shall last *for ever*.

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 have been redeemed by the precious *Blood of Christ*, *
the lamb without **blemish**.



ANTIPHON 3

Cantor : Ours were the sufferings he **bore** ; *
ours the torments he **endured**.

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*.

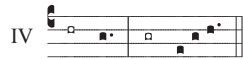
All : Glory to the Father, and to the **Son**, *
and to the Holy **Spirit** :

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

Cantor : Ours were the sufferings he **bore**; *
ours the torments he **endured**.

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.



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.

VIII G

W HO- ev- er drinks the wa- ter that I shall give * will
nev- er be thirs-ty a- gain, says the Lord.

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

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

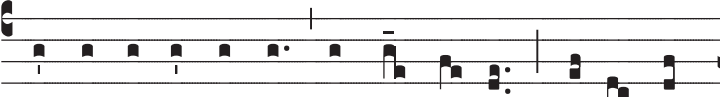
VIII G

M Y soul proclaims the greatness of the Lord, * and
my spir- it re-joic- es in God my Sav- ior.
All : 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 :
Cantor : 3. the Al- might- y has done great things for me, * and ho- ly
is his Name.
All : 4. He has mer- cy on those who fear him * in ev- 'ry gen-
er- a- tion.

III

Responsory

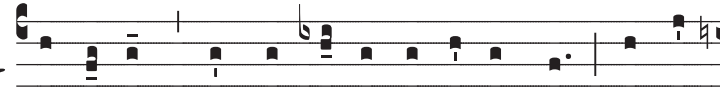
Resp. IV



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



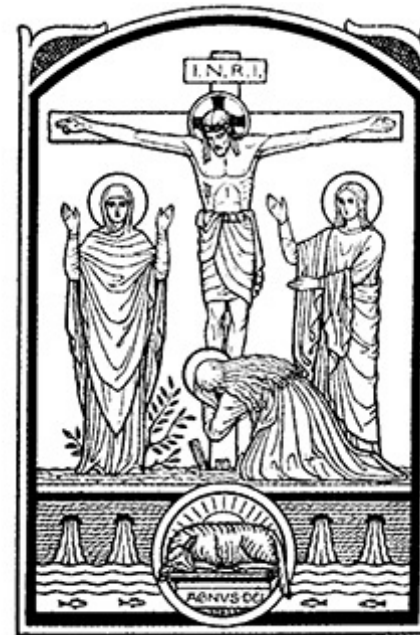
W HO-ev-er * drinks the wa-ter that I shall give will nev-er be thirst-y a- gain, says the Lord.

Chant settings by Fr. Samuel F. Weber, O.S.B.
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THE OFFICE OF SUNDAY VESPERS THIRD SUNDAY OF LENT

Roman Rite. Psalter : Week III

Ordinary Form



CATHEDRAL OF SAINT EUGENE

Diocese of Santa Rosa

2012

God the Father sent Jesus to quench our thirst for eternal life.

This third Sunday of Lent is characterized by the Jesus' famous conversation with the Samaritan woman, recounted by the Evangelist John. The woman went every day to draw water from an ancient well that dated back to the Patriarch Jacob and on that day she found Jesus sitting beside the well, "wearied from his journey" (Jn 4:6). St Augustine comments: "Not for nothing was Jesus tried.... The strength of Christ created you, the weakness of Christ recreated you.... With his strength he created us, with his weakness he came to seek us out."

Jesus' weariness, a sign of his true humanity, can be seen as a prelude to the Passion with which he brought to fulfilment the work of our redemption. In the encounter with the Samaritan woman at the well, the topic of Christ's "thirst" stands out in particular. It culminated in his cry on the Cross "I thirst" (Jn 19:28). This thirst, like his weariness, had a physical basis. Yet Jesus, as St Augustine says further, "thirsted for the faith of that woman", as he thirsted for the faith of us all.

God the Father sent him to quench our thirst for eternal life, giving us his love, but to give us this gift Jesus asks for our faith. The omnipotence of Love always respects human freedom; it knocks at the door of man's heart and waits patiently for his answer.

In the encounter with the Samaritan woman the symbol of water stands out in the foreground, alluding clearly to the sacrament of Baptism, the source of new life for faith in God's Grace. This Gospel, in fact — as I recalled in my Catechesis on Ash Wednesday — is part of the ancient journey of the catechumen's preparation for Christian Initiation, which took place at the great Easter Vigil. "Whoever drinks of the water that I shall give him", Jesus said, "will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life" (Jn 4:14).

This water represents the Holy Spirit, the "gift" par excellence that Jesus came to bring on the part of God the Father. Whoever is reborn by water and by the Holy Spirit, that is, in Baptism, enters into a real relationship with God, a filial relationship, and can worship him "in spirit and in truth" (Jn 4:23, 24), as Jesus went on to reveal to the Samaritan woman. Thanks to the meeting with Jesus Christ and to the gift of the Holy Spirit, the human being's faith attains fulfilment, as a response to the fullness of God's revelation.

Each one of us can identify himself with the Samaritan woman: Jesus is waiting for us, especially in this Season of Lent, to speak to our hearts, to my heart. Let us pause a moment in silence, in our room or in a church or in a separate place. Let us listen to his voice which tells us "If you knew the gift of God . . .". May the Virgin Mary help us not to miss this appointment, on which our true happiness depends.

— *Pope Benedict XVI*

THIRD SUNDAY OF LENT. AT SECOND VESPERS

Psalter: Week III

Antiphons *In Cantu*
for cantor, schola or choir

1 Ant.
VIII G

L ORD, all-pow-er-ful King, * free us for the sake of your name. Give us time to turn from our sins. *Psalm 109*

2 Ant.
VI F

W E have been redeemed * by the precious Blood of Christ, the Lamb with- out blem-ish. *Psalm 110*

3 Ant.
IV E

O URS were the suf-fer-ings he bore; * ours the tor-ments he en-dured. *Canticle, 1 Peter 2: 21-24*

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