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 ;
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.

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.

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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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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 ANDADORATION
OF THE MOST BLESSED SACRAMENT

O Salutaris Hostia

O salutaris hóstia,
Que cæli pandis óstium,
Bella premunt hostília ;
Da robur, fer auxílium.
Uni trinóque Dómino
Sit sempiterna 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.
FIFTH SUNDAY OF LENT. AT SECOND VESPERS
Psalter: Week I

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

Vexilla regis prodeunt.

6th cent. Venantius Fortunatus

Cantor begins and alternates with All.

1. The royal banners forward go, The Cross shines forth in mystic glow, Where he in flesh, our flesh who made, Our sentence bore, our ransom paid.

2. Where deep for us the spear was dyed, Life’s torrent rushing from his side, To wash us in that precious flood Where mingled Water flowed and Blood.

3. Fulfilled is all that David told In true prophetic song of old: Amidst the nations, God, saith he, Hath reigned and triumphed from the tree.

4. O Tree of beauty, Tree of light! O Tree with royal purple bright! Elect on whose triumphal breast Those holy limbs should find their rest.

5. On whose dear arms, so widely flung, The weight of this world’s ransom hung; The price of humankind to pay, And spoil the Spoiler of his prey.

6. O Cross, our one reliance, hail! This holy Passiontide avail To give fresh merit to the saint And pardon to the penitent.

7. To thee, eternal Three in One. Let homage meet by all be done; Whom by the Cross thou dost restore, Preserve and govern evermore. Amen.

BENEDICTION

OF THE MOST BLESSED SACRAMENT

Tantum ergo Sacraméntum
Venerémur cérnui;
Et antíquum documéntum
Novo cedat rítui;
Præstet fides suppleméntum
Sénsuum 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 greatSacrament 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.

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

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.

Oratio

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. Amen.

Omnem delectaméntum in se habéntem (T. P. alleluia).

Omnem delectaméntum in se habéntem (P.T. alleluia).

Omnem delectaméntum in se habéntem (P.T. alleluia).

Oratio

Let us pray.

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 . . .

By your help, we beseech you, Lord our God, * may we walk eagerly in that same charity with which, out of love for the world, your Son handed himself over to death. 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:_ As the serpent was lifted up in the desert, * so the Son of Man must be lifted up.

_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 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:_ As the serpent was lifted up in the desert, * so the Son of Man must be lifted up.
The Lord of hosts protects us and sets us free; he guides and saves his people.

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.
Cantor: All: Cantor: All: Cantor: All: Cantor: All: Cantor: All: Cantor: All: Cantor: All: Cantor: All: Cantor: All: Cantor: All:

5. He has shown the strength of his arm, * he has scattered the proud in their con-ceit.

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-membered his promise of mer-cy,

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

Cantor: The Lord of hosts protects us and sets us free; * he guides and saves his peo-ple.

ANTIPHON 3

Cantor: He was pierced for our offe-nces and burdened with our sins. * By his wound we are healed.

CANTICLE

1 Peter 2:21-24

Cantor: Christ suffered for you, and left you an example * to have you follow in his foot-steps.

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: He was pierced for our offe-nces and burdened with our sins. * By his wound we are healed.
READING  
*Acts 13:26-30*

My brothers, it was to us that this message of salvation was sent forth. The inhabitants of Jerusalem and their rulers failed to recognize him, and in condemning him they fulfilled the words of the prophets which we read sabbath after sabbath. Even though they found no charge against him which deserved death, they begged Pilate to have him executed. Once they had brought about all that had been written of him, they took him down from the tree and laid him in a tomb. Yet God raised him from the dead.

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

The antiphon is sung by the Cantor.

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

Cantor: VIII G

The 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: VIII G

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 every generation.

Cantor: VIII G

STAND

WHEN I am lifted up from the earth, * I will draw all people to myself.
V

Responsorium

Resp. IV

LIS-ten to us, O Lord, and have mercy, * for we have sinned against you. Listen. V. Christ Jesus, hear our humble petitions. * For we. V. Glory to the Father, and to the Son, and to the Holy Spirit. Listen

At Magnificat. Antiphon

VIII

WHEN I am lifted up from the earth, * I will draw all people to my-self.
These words of the Letter to the Hebrews (10:24) urge us to reflect on the universal call to holiness, the continuing journey of the spiritual life as we aspire to the greater spiritual gifts and to an ever more sublime and fruitful charity (1 Cor 12:31-13:13). Being concerned for one another should spur us to an increasingly effective love which, “like the light of dawn, its brightness growing to the fullness of day” (Prov 4:18), makes us live each day as an anticipation of the eternal day awaiting us in God. The time granted us in this life is precious for discerning and performing good works in the love of God. In this way the Church herself continuously grows towards the full maturity of Christ (cf. Eph 4:13). Our exhortation to encourage one another to attain the fullness of love and good works is situated in this dynamic prospect of growth.

Sadly, there is always the temptation to become lukewarm, to quench the Spirit, to refuse to invest the talents we have received, for our own good and for the good of others (cf. Mt 25:25 ff.). All of us have received spiritual or material riches meant to be used for the fulfilment of God’s plan, for the good of the Church and for our personal salvation (cf. Lk 12:21; 1 Tim 6:18). The spiritual masters remind us that in the life of faith those who do not advance inevitably regress. Dear brothers and sisters, let us accept the invitation, today as timely as ever, to aim for the “high standard of ordinary Christian living” (Novo Millennio Ineunte, 31). The wisdom of the Church in recognizing and proclaiming certain outstanding Christians as Blessed and as Saints is also meant to inspire others to imitate their virtues. Saint Paul exhorts us to “anticipate one another in showing honor” (Rom 12:10).

In a world which demands of Christians a renewed witness of love and fidelity to the Lord, may all of us feel the urgent need to anticipate one another in charity, service and good works (cf. Heb 6:10). This appeal is particularly pressing in this holy season of preparation for Easter.

— Pope Benedict XVI