**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.

**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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**SUNDAY AT FIRST 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 (Philippians Ct.), and God's care over his chosen ones (Ps 112 & 115). There are two principal objects to our Vesper prayers: thanksgiving, and new courage to continue our pilgrimage during the coming week.

**OPENING VERSE**

*Celebrate:*  

*All:*

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. Alleluia.

**HYMN**

*St. Ambrose. †397*

*C 1.* O God, Creator of the world,  
Its Ruler, gracious and supreme,  
You beautify the day with light,  
And night with morn and stars' fair gleam.

*A 2.* Repose for bodies worn by toil,  
Our strength and vigor will repair,  
While sleep restores the wearied mind,  
And dissipates all anxious care.

*C 3.* We thank you for the day now spent,  
For coming night we grace implore,  
We sing a hymn to beg your help  
In our resolve to sin no more.

*C 4.* May ev'ry heart delight in you,  
And ev'ry voice your praises sing  
As purest Object of our love,  
And may each soul its homage bring.

*A 5.* And when at length the darkness reigns,  
And shrouds the things of earth from sight,  
May shadows never dim our faith,  
But let our faith shine through the night.

*C 6.* Pray we the Father and the Son,  
And Holy Spirit, Three in One,  
Blest Trinity whom all obey,  
Guard us, your sheep, by night and day. Amen.
Cantor: From the rising of the sun to its setting, * may the name of the Lord be praised.

Psalm 112

Hymn of the humble

Humility, the foundation of God’s kingdom, is the theme of this hymn: he who humbles himself will be exalted. I see the Church, an unfruitful mother in the eyes of the world, elevated as Mother of God’s countless children. I see the Saints, as little ones in the dust, and yet placed as princes in the Kingdom; I see the “Man of Sorrows,” humiliated unto the death of the Cross, but lifted up as King of that kingdom. Do I wish to go by any other way?

He has cast down the mighty and lifted up the lowly (Luke 1:52)

Praise God always

Cantor: Praise, O servants of the Lord, * praise the Name of the Lord!

All: May the Name of the Lord be blest * both now and for evermore!

Praise his exalted Name

Cantor: From the rising of the sun to its setting * praised be the Name of the Lord!

All: High above all nations is the Lord, * above the heavens his glory.

Praise his gracious condescension

Cantor: Who is like the Lord our God, * who has risen on high to his throne.

All: yet stoops from the heights to look down, * to look down upon heaven and earth?

Cantor: From the dust he lifts up the lowly, * from his misery he raises the poor.

All: to set him in the company of princes, * yes, with the princes of his people.

Cantor: To the childless wife he gives a home, * and gladdens her heart with children.

SIT

ANTIPHON 1

Cantor: From the rising of the sun to its setting, * may the name of the Lord be praised.

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All: to set him in the company of princes, * yes, with the princes of his people.

Cantor: To the childless wife he gives a home, * and gladdens her heart with children.
INTERCESSIONS

Celebrant: Christ had compassion on the hungry / and performed a miracle of love for them. / Mindful of this, let us pray:

All: Show us your love, O Lord.

Cantor: Lord, we recognize that all the favors we have received today / come through your generosity,

All: do not let them return to you empty, / but let them bear fruit.

Cantor: Light and salvation of all nations, / protect the missionaries you have sent into the world,

All: enkindle in them the fire of your Spirit.

Cantor: Grant that man may shape the world / in keeping with human dignity,

All: and respond generously to the needs of our time.

Cantor: Healer of body and spirit, / comfort the sick and be present to the dying,

All: in your mercy visit and refresh us.

Cantor: May the faithful departed be numbered among the saints,

All: whose names are in the Book of Life.

Our Father . . .

Celebrant: Prayer proper to the Sunday

All: Amen.

ANTIPHON 2

Cantor: I shall take into my hand the saving chalice * and invoke the Name of the Lord.

Psalm 115

Thanksgiving and deliverance out of Egypt

Sunday’s Holy Mass is thanksgiving for redemption. Through Christ let us offer to God a continual sacrifice of praise (Hebrews 13:5)

Confidence in time of crisis: thanksgiving

Cantor: I trusted even when I said: *

“All is sorely afflicted,”

All: and when I said in my alarm: *

“No man can be trusted.”

Cantor: How can I repay the Lord * for his goodness to me?

All: The cup of salvation I will raise; * I will call on the Lord’s name.

Refrain

Cantor: My vows to the Lord I will fulfill * before all his people.

Thanksgiving for salvation

All: O precious in the eyes of the Lord * is the death of his faithful.

Cantor: Your servant, Lord, your servant am I; * you have loosened my bonds.

All: A thanksgiving sacrifice / make; * I will call on the Lord’s Name.
Refrain

*Cantor:* My vows to the Lord I *will fulfill* *before all his people,*

*All:* in the courts of the house of the *Lord,* *in your midst, O Jerusalem.*

Doxology

*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.

*All:* I shall take into my hand the *saving chalice* *and invoke the Name of the Lord.*

ANTIPHON 3

*Cantor:* The Lord Jesus humbled himself, *and God exalted him for ever.

Canticle

*Philippians 2:6-11*

Christ, God’s holy servant

*Cantor:* Though he was in the form of God, /

Jesus did not deem equality with God *something to be grasped at.*

*All:* Rather, he emptied himself /

and took the form of a *slave,* *being born in the likeness of men.*

*Cantor:* He was known to be of human *estate,* *and it was thus that he humbled himself*

*All:* obediently accepting even *death,* *death on a cross!*

*Cantor:* Because of this, / God highly *exalted* him *and bestowed on him the name / above every other name,*

*All:* So that at Jesus’ name / every knee must *bend* *in the heavens, on the earth, and under the earth,*

his children for ev- er.

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

Ho- ly Spir- it:

*Cantor:* 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.*
5. He has shown the strength of his arm, * he has scattered the proud in their conceit.

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

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

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

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

Cantor: and every tongue proclaim / to the glory of God the Father: * JESUS CHRIST IS LORD!

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.

All: The Lord Jesus humbled himself, * and God exalted him for ever.

READING Hebrews 13:20-21

May the God of peace, who brought up from the dead the great Shepherd of the sheep by the Blood of the eternal covenant, Jesus our Lord, furnish you with all that is good, that you may do his will. Through Jesus Christ may he carry out in you all that is pleasing to him. To Christ be glory forever! Amen.

RESPONSORY

Cantor: Our hearts are filled with wonder, * as we contemplate your works, O Lord.

All: Our hearts are filled with wonder, * as we contemplate your works, O Lord.

Cantor: We praise the wisdom which wrought them all, *

All: as we contemplate your works, O Lord.

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

All: Our hearts are filled with wonder, * as we contemplate your works, O Lord.
The antiphon is sung by the Cantor. Tone VIII.
The Cantor begins the Canticle, and alternates verses with All.

The soul rejoices in the Lord

Luke 1: 46-55

Y soul proclaims the greatness of the Lord, * and
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.
SUNDAY

at

FIRST VESPERS

Roman Rite. Psalter: Week III

Ordinary Form

III

Prepared by
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Diocese of Oakland

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