

Sunday Morning Week 2

Hymn

Antiphon 1 Blessed is the one who comes from GOD.

Psalm 118

¹*Give thanks to GOD who is good.*

GOD's covenant love endures for ever!

²Let the people proclaim:

'GOD's covenant love endures forever.'

³Let the priests proclaim:

'GOD's covenant love endures forever.'

⁴Let all who revere ['fear'] GOD proclaim:

'GOD's covenant love endures forever.'

⁵I called to GOD in my distress.

GOD answered and set me free.

⁶With GOD on my side,

I do not fear what people can do to me.

⁷GOD is with me to help me.

I will see my enemies defeated.

⁸It is better to take refuge in GOD
than to rely on human help.

⁹It is better to take refuge in GOD
than to trust in princes.

¹⁰The nations surrounded me.

Calling on GOD, I drove them back!

¹¹They surrounded me on every side.

Calling on GOD, I drove them back!

¹²They swarmed like bees,
and blazed like a brushwood fire.
Calling on GOD, I drove them back!

¹³I was hard pressed and falling.
GOD came to my help.

¹⁴ GOD is my strength, my song, my saviour.

¹⁵Glad shouts of victory ring out
in the tents of the righteous.
'With triumphant arm raised high,
¹⁶GOD has conquered!'

¹⁷I will not die.
I will live to recount GOD's deeds.

[¹⁸GOD punished me severely,]
but did not leave me to die.

¹⁹Open to me the gates of righteousness,
that I may enter and give thanks.

²⁰This is GOD's gate.
Through it only the righteous can enter.

²¹I thank you that you have answered me.
You have become my saviour.

²²The stone that the builders rejected
has become the corner stone.

²³This is GOD's doing;
it is marvellous in our eyes.

²⁴This is the day GOD has made;
let us rejoice in it and be glad.

²⁵Save us, we beseech you, O GOD!

O GOD, grant us success!

²⁶Blessed is the one who comes in GOD's name.

We bless you from GOD's house.

GOD is our light.

²⁷On this our festival go forward with branches
even to the altar.

²⁸You are my God. I give you thanks.

You are my God. I extol you.

²⁹*Give thanks to GOD who is good.*

GOD's covenant love endures forever! (Glory be ...)

Antiphon 1 Blessed is the one who comes from GOD.

Antiphon 2 Let us sing a hymn to our God.

Daniel 3:52-57

Praised are you, God of our ancestors.

To you be glory and praise for evermore.

Praised are you in the temple of your glory.

To you be glory and praise for evermore.

Praised are you who gaze into the depths.

To you be glory and praise for evermore.

Praised are you in the heavens.

To you be glory and praise for evermore.

May the angels and saints praise you.

To you be glory and praise for evermore.

May the heavens the earth and the seas praise you.

To you be glory and praise for evermore.

Praised are you, God of our ancestors.

To you be glory and praise for evermore. (Glory be ...)

Antiphon 2 Let us sing a hymn to our God.

Antiphon 3 Praise GOD for GOD's covenant love.

Psalm 150

¹Praise GOD (Alleluia)! Praise God in the sanctuary!

Praise God in the mighty firmament!

²Praise God's mighty deeds!

Praise God's surpassing greatness!

³Praise God with trumpet blast!

Praise God with lute and harp!

⁴Praise God with tambourine and dance!

Praise God with strings and pipe!

⁵Praise God with the beating of drums!

Praise God with the clashing of cymbals!

⁶Let everything that lives and breathes praise GOD!

Praise GOD (Alleluia)! (Glory be ... }

Antiphon 3 Praise GOD for GOD's covenant love

Scripture Reading (Ezekiel 36:25-27)

I will pour clean water over you, and you will be clean from all your defilement, and from all your idols I will cleanse you. A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and

give you a heart of flesh. I will put my spirit within you, and make you follow my statutes and be careful to observe my ordinances.

Responsory

We give thanks to you, O God, and call upon you. (R.)

We recount your wonderful deeds. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Benedictus (page 7)

Intercessions, Our Father, and Concluding Prayer.

Sunday Evening Week 2

Hymn

Antiphon 1 Christ is a priest for ever according to the order of Melchizedek.

Psalm 110

¹A decree of GOD to my king:

‘Sit on my right.

I will make you master of your enemies.’

²GOD will wield from Zion your sceptre of power.
will conquer your foes in battle.

³Your people will rally to you when you mobilize for war.

From the womb your majesty is sacred,
from your birth on the holy mountain,
your youth as fresh as the morning dew.

⁴GOD has sworn an oath and will not change:

‘You are a priest for ever
a priest like Melchizedek of old.’

⁷The king will drink from a wayside stream,
and rise up refreshed. (Glory be ...)

Antiphon 1 Christ is a priest for ever according to the order of Melchizedek

Antiphon 2 God has power to do whatever God wills.

Psalm 115

¹Not to us, O GOD, not to us, but to your name give glory,
because of your covenant love,
because of your faithfulness.

²Why do the nations say, 'Where is their God?'

³Our God is in the heavens and answers to no one.

⁴Their gods are crafted by hand, mere silver and gold.

⁵They have mouths, but do not speak; eyes, but do not see.

⁶They have ears, but do not hear; noses, but do not smell.

⁷They have hands, but do not feel; feet, but do not walk.

No sound comes forth from their hollow throats.

⁸Those who make them are like them;

as are all who trust in them.

⁹Israel, trust in GOD, your strength and your shield.

¹⁰House of Aaron, trust in GOD,
your strength and your shield.

¹¹All who revere ['fear'] GOD, trust in GOD,
your strength and your shield.

¹²Always mindful of us, GOD will bless us all:
the house of Israel; the house of Aaron;

¹³all who revere GOD, both small and great.

¹⁴May GOD bless you more and more,
you and your children.

¹⁵May you be truly blessed
by the Maker of heaven and earth.

¹⁶The heavens belong to GOD,
who has entrusted the earth to you.

¹⁷The dead go down into silence.
They do not praise GOD.

¹⁸But we, the living, bless GOD,
now and for ever. Amen! Praise GOD! [Alleluia] (Glory be ...)

Antiphon 2 God has power to do whatever God wills.

Antiphon 3 Our GOD reigns, our God, the Almighty.

Revelation 19

¹Salvation, glory and power belong to our God.

²God's judgments are true and just. Alleluia!

⁵Praise our God, all you servants of God,
all you who worship God. Alleluia!

⁶Our God, the Almighty, reigns.

Let us rejoice and exult and give glory to God. Alleluia!

⁷The marriage of the Lamb has come.

His bride has made herself ready. Alleluia! (Glory be ...)

Antiphon 3 Our GOD reigns, our God, the Almighty.

Scripture Reading (2 Corinthians 1:3-4)

We must always give thanks to God for you, brothers and sisters beloved by GOD, because God chose you as the first fruits for salvation through sanctification by the Spirit and through belief in the truth. You were called for this through our proclamation of the good news, so that you may obtain the glory of our Lord Jesus Christ.

Responsory

Blessed are you, O GOD, in the vault of heaven. (R.)

You are exalted and glorified above all forever. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Magnificat (page 11)

Intercessions, Our Father and Concluding Prayer

Monday Morning Week 2

Hymn

Antiphon 1 When can I enter and see the face of God?

Psalm 42

¹As the deer longs for running streams,
so my whole being longs for you, my God.

²With all the yearning of my soul
I thirst for you, the living God.
When will I come and see your face?

³My tears have been my food by day and by night,
as I hear it said all the day long: 'Where is your God?'

⁴These things I remember, as I pour out my soul:
how I would lead the rejoicing crowd into the house of God,
amid cries of gladness and thanksgiving, the throng wild with joy.

⁵*Why are you cast down, my soul? Why groan within me?
Hope in God. I will continue to praise you, my Saviour and my God.*

⁶My soul is cast down within me as I think of you,
from the region of the Jordan and Mount Hermon,
from the hill of Mizar.

⁷Deep calls to deep in the roaring of the waters.
All your waves and your billows crash over me.

⁸By day GOD sends forth such gracious love.
By night I keep singing, pleading to the living God.

⁹I say to God, my rock: *'Why have you forgotten me?
Why must I go mourning, oppressed by the foe?'*

¹⁰With cries that pierce me to the heart my enemies revile me,
saying to me all the day long: 'Where is your God?'

¹¹*Why are you cast down, my soul? Why groan within me?
Hope in God. I will continue to praise you, my Saviour and my God.*

(Glory be ...)

Antiphon 1 When can I enter and see the face of God?

Antiphon 2 Show us, O GOD, the light of your mercy.

Sirach 36:1-7, 13-16

Have mercy upon us, O God of all.

May all the nations revere you.

As you have used us to show your holiness to them,
so use them to show your glory to us.

Then they will know, as we have known,
that there is no God but you.

Give new signs, and work other wonders;
make your hand and right arm glorious.

Gather all the tribes of Jacob,
and give them their inheritance, as at the beginning. (Glory be...)

Antiphon 2 Show us, O GOD, the light of your mercy.

Antiphon 3 Praised are you, O GOD, in the vault of heaven.

Psalm 19A

¹The heavens proclaim the glory of God,
displaying the magnificence of God's creation.

²Day unto day takes up the story;
night unto night makes known the message.

³Without a word, without a sound, without a voice being heard,
⁴their announcement goes out through all the earth,
their proclamation to the utmost bounds of the world.

⁵In the heavens God has set a tent for the sun.
It comes forth like a bridegroom from his wedding canopy,
like an athlete eager to run the race.

⁶It rises in one extremity of the heavens,
and its course runs to the other.
Nothing escapes its burning heat. (Glory be ...)

Antiphon 3 Praised are you, O GOD, in the vault of heaven.

Scripture Reading (Jeremiah 15:16)

Your words came, and I devoured them, your word became to me a joy and the delight of my heart; for I am called by your name, O Mighty GOD.

Responsory

Rejoice in GOD, for praise is fitting for loyal hearts. (R.)

Sing to God a new song. (R.)

Glory be to the Father and the Son and the Holy Spirit. (R.)

The Benedictus (page 7)

Intercessions, Our Father, and Concluding Prayer

Monday Evening Week 2

Hymn

Antiphon 1 You are the fairest of the human race and graciousness is poured upon you.

Psalm 45 A (A Reflection)

¹My heart overflows with a noble theme.

I dedicate my verses to the king.

My tongue is as skilled as the pen of a scribe.

²You are the most handsome of men. How gracious is your speech.

How your God continues to bless you.

³O mighty one, gird your sword upon your thigh.

⁴In splendour and majesty ride on victorious,
for the cause of truth and goodness and right.

In defence of justice let your right hand show your dread deeds.

⁵Your arrows are keen. To you armies surrender.

The king's enemies lose heart.

⁶Your throne is the throne of God. Your reign endures for ever.

Your royal sceptre is a sceptre of equity.

⁷You love justice and hate what is evil.

Therefore God, your God, has anointed you
with oil of gladness beyond your companions.

⁸Your robes are fragrant with aloes and myrrh.

From the ivory palace you are greeted with music.

⁹Daughters of kings are among your loved ones.

On your right stands the queen mother in gold of Ophir. (Glory be)

Antiphon 1 You are the fairest of the human race and graciousness is poured upon you.

Antiphon 2 Behold, the Bridegroom is coming. Go out to meet him.

Psalm 45 B (A Reflection)

¹⁰Listen, O daughter, mark these words:

Leave your family behind, forget your father's house.

¹¹The king is infatuated with your beauty.

Since he is your lord, you must bow to him.

¹²The city of Tyre comes with gifts, seeking your favour.

¹³The richest of the peoples honour you.

¹⁴The king's daughter is clothed with splendour;
her robes embroidered with pearls set in gold.

They are leading her to the king.

¹⁵She and her maiden companions
are escorted amid gladness and joy into the palace of the king.

¹⁶In the place of your ancestors you will have sons.

They will be princes over all the land.

Your name will be celebrated for ever.

¹⁷The peoples will never cease thanking you
from one generation to the next,
giving praise to you through this song. (Glory be ...)

Antiphon 2 Behold, the Bridegroom is coming. Go out to meet him.

Antiphon 3 It is God's will to bring all things together under Christ.

Ephesians 1:3-10

Blessed be the God and Father of our Lord Jesus Christ,
who has blessed us in Christ
with every spiritual blessing in the heavenly places.

God chose us in Christ before the foundation of the world
to be holy and blameless in God's presence in love.

We were destined for adoption through Jesus Christ,
according to the good pleasure of God's will,
to the praise of God's glorious grace
freely bestowed on us in the Beloved.

In him we have redemption through his blood,
the forgiveness of our trespasses,
according to the riches of his grace that God lavished on us.

With all wisdom and insight
he has made known to us the mystery of God's will,
according to God's good pleasure set forth in Christ,
as a plan for the fullness of time, to gather up all things in him,
things in heaven and things on earth. (Glory be ...)

Antiphon 3 It is God's will to bring all things together under Christ.

Scripture Reading (1 Thessalonians 2:13)

We constantly give thanks to God for this, that when you received the word of God that you heard from us, you accepted it not as a human word but as what it really is, God's word, which is also at work in you who believe.

Responsory

Let my prayer come before you, O God. (R.)

Let it rise in your presence like incense. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Magnificat (page 11)

Intercessions, Our Father, and Concluding Prayer

Tuesday Morning Week 2

Hymn

Antiphon 1 O GOD, send forth your light and your truth.

Psalm 43

¹You be my judge, O God.

Defend my cause against a godless people.

Rescue me from the deceitful and unjust.

²You are God. I take refuge in you.

Why have you cast me off?

Why must I go mourning oppressed by the foe?

³Send forth your light and your truth;

let these be my guide;

let them bring me to your holy mountain,
to the place where you dwell.

⁴I will go to the altar of God,

to God, my exceeding joy;

and I will praise you on the harp,

O God, my God.

⁵*Why are you cast down, my soul?*

Why are you groaning within me?

*Hope in God. I will continue to praise you,
my Saviour and my God. (Glory be ...)*

Antiphon 1 O GOD, send forth your light and your truth.

Antiphon 2 Come to our aid all the days of our life.

Isaiah 38: 10-14, 17-20

I said: In the noontide of my days I must depart;
I am consigned to the realm of the dead for the rest of my years.

I said, I will not see GOD in the land of the living;
I will look upon mortal human beings no more
among the inhabitants of the world.

My dwelling is plucked up and removed from me
like a shepherd's tent;
like a weaver I have rolled up my life; you cut me off from the loom;

from day to night you bring me to an end;
I cry for help until morning;
like a lion you break all my bones;
from day to night you bring me to an end.

Like a swallow or a crane I clamour, I moan like a dove.
My eyes are weary with looking upward.
O God, I am oppressed; be my security!

Surely it was for my welfare that I had great bitterness;
but you have held back my life from the pit of destruction,
for you have cast all my sins behind your back.

For the realm of the dead cannot thank you, cannot praise you.
Those who go down to the Pit cannot hope for your faithfulness.

The living, the living, they thank you, as I do this day;
fathers make known to children your faithfulness.

GOD will save me, and we will sing to stringed instruments
all the days of our life in GOD's house. (Glory be ...)

Antiphon 2 Come to our aid all the days of our life.

Antiphon 3 To you, O God, our praise is due in the community.

Psalm 65

¹To you our praise is due, to you who dwell in Zion.

²We make our vows to you, our God,
to you who answer our prayer.

³We come to you, all of us, with our burden of guilt.
Our transgressions overwhelm us,
but you continue to pardon.

⁴Blessed and happy are those whom you bring near
to live in your courts.

We are filled with the goodness of your house,
with the graces of your holy temple.

⁵By awesome deeds you answer us with justice,
O God our saviour.

You are the hope of the ends of the earth
and of the far distant isles.

⁶By your power you establish the mountains,
you who are girded with might.

⁷You silence the roaring of the seas,
the roaring of their waves, and the tumult of the peoples.

⁸Those who live at earth's farthest bounds
are overawed by your signs.

The lands of sunrise and sunset you fill with your joy.

⁹You tend the land, providing it with water.

How wonderful the harvest!

Your river in heaven brims over to give the earth what it needs.

¹⁰You water abundantly the furrows, levelling their ridges,
softening them with showers and blessing their growth.

¹¹You crown the year with your bounty.

Your furrows overflow with abundance.

¹²The pastures of the wilderness flourish.

The hills are girded with joy,

¹³the meadows are clothed with flocks,
the valleys are decked with grain.

They shout for joy. Yes, they sing. (Glory be ...)

Antiphon 3 To you, O God, our praise is due in the community.

Scripture Reading (Romans 13:11-13)

You, beloved, are not in the dark, for that day to surprise you like a thief. No, you are all children of light and children of the day; we are not of the night or of darkness.

Responsory

Hear my cry, O God, for I hope in your word. (R.)

I rise before dawn and call for your aid. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Benedictus (page 7)

Intercessions, Our Father, and Concluding Prayer

Tuesday Evening Week 2

Hymn

Antiphon 1 We cannot serve God and wealth.

Psalm 49 A (A reflection)

¹Hear this, all you peoples! Listen, inhabitants of the world,
²people both high and low, rich and poor alike.

³I have wisdom you need to hear. My heart is full of insight.
⁴I turn my mind to an enigma.
To the sound of the harp I will present my challenge.

⁵Why should I fear times of trouble,
when criminals track me down to destroy me,
⁶people who trust in their wealth
and boast of the abundance of their riches?

⁷Yes, none of us can buy our own freedom,
or pay a ransom to God for our lives.
⁸For the ransom is too high, well beyond our means.

⁹There is no escaping death, no avoiding the grave.
¹⁰Look, even the wisest die.
They perish just like the foolish and the stupid.

They have to leave their wealth to others.
¹¹The grave is their home forever, their final dwelling,
even if their names spread wide through the land. (Glory be ...)

Antiphon 1 We cannot serve God and wealth.

Antiphon 2 Store up treasure for yourself in heaven.

Psalm 49 B (A Reflection)

¹²*Human beings in their opulence cannot endure;
like the animals they must succumb to silence.*

¹³Such is the lot of those who find their security in themselves:
just like sheep they are being driven to the grave.

¹⁴Death shepherds them. Straight to the grave they descend,
and their form wastes away. The realm of the dead is their home.

¹⁵But I know God will rescue me, snatching me from the grip of death.

¹⁶Do not be concerned when people become rich,
when the wealth of their house increases.

¹⁷When we die we will take nothing with us.
There is no place for wealth in the grave.

¹⁸Though in their life they consider themselves blessed –
for you are praised when you do well for yourself –

¹⁹they will go down to join their ancestors,
and will never again see the light.

²⁰*Human beings in their opulence cannot endure;
like the animals they must succumb to silence. (Glory be ...)*

Antiphon 2 Store up treasure for yourself in heaven.

Antiphon 3 Worthy is the Lamb that was slain to receive glory
and honour.

Revelation 4:11 and 5:9-12

You are worthy, our Lord and God,
to receive glory and honour and power,

for you created all things, and by your will
they existed and were created.

You are worthy, O Christ, to take the scroll and to open its seals,
for you were slaughtered and by your blood you ransomed for God
saints from every tribe and language and people and nation.

You have made them to be a kingdom and priests serving our God,
and they will reign on earth.

Worthy is the Lamb that was slain
to receive power and wealth and wisdom and might
and honour and glory and blessing! (Glory be ...)

Antiphon 3 Worthy is the Lamb that was slain to receive glory and
honour.

Scripture Reading (Romans 3:23-25)

Since all have sinned and fall short of the glory of God; they are now justified by God's grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a sacrifice of atonement by his blood, effective through faith. God did this to show righteousness, because in divine forbearance God had passed over the sins previously committed.

Responsory

You will give me the fullness of joy in your presence. (R.)

I will find happiness with you for ever. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Magnificat (page 11)

Intercessions, Our Father, and Concluding Prayer

Wednesday Morning Week 2

Hymn

Antiphon 1 Your ways, O God, are holy. How great you are.

Psalm 77

¹I cry aloud to God, cry aloud that God might hear me.

²In my anguish, I search for you, my God*.

My hands are raised at night without ceasing;
my soul refuses to be comforted.

³I remember God, and I moan; I reflect, and my spirit faints.

⁴You withhold sleep from my eyes. I am troubled and cannot speak.

⁵I consider the days of old, remembering years long gone.

⁶All night memories fill my heart,
I ponder and my spirit keeps on questioning.

⁷Perhaps God* will always reject me,
and will never again turn and grace me?

⁸Perhaps God's covenant love to me is exhausted,
God's promises have come to an end?

⁹Has God forgotten to be gracious? Can anger block God's mercy?

¹⁰I find myself saying: 'Woe is me!
The power of the Most High has altered!'

¹¹I remember your deeds, O GOD; yes, I recall your wonders of old.

¹²I reflect on all that you have done, and muse on your mighty deeds.

¹³Your way, my God, is holy. What god is great like you?

¹⁴You are God who works wonders;
you display your might among the peoples.

¹⁵With your strong arm you redeem your people,
the descendants of Jacob and Joseph.

¹⁶Seeing you the waters churned,
shuddering, writhing, convulsed to the depths.

¹⁷Clouds poured down rain. Thunder shook the heavens,
Lightning darted like arrows.

¹⁸Your thunder rolled round the sky,
your lightning lit up the world. The earth trembled and shook.

¹⁹Your way led through the sea,
your path through the mighty waters;
yet no one saw your footprints.

²⁰You led your people like a flock
by the hand of Moses and Aaron. (Glory be ...)

Antiphon 1 Your ways, O God, are holy. How great you are.

Antiphon 2 My heart exults in GOD, who humbles and exalts.

1 Samuel 2:1-10

My heart exults in GOD; I find my strength in my God. I am not
afraid of my enemies, because I rejoice in God's saving help.
There is none like GOD, no one besides you;
there is no Rock like our God.

Talk no more so proudly, let not arrogance come from your mouth;
for GOD knows all, and weighs our deeds.

The bows of the mighty are broken,
but the feeble are clothed with strength.
Those who were full have hired themselves out for bread,
but those who were hungry need labour no more.
The childless wife has children now;
she who has many children is forlorn.

It is GOD who gives life and death;
brings down to the grave and raises up.
It is GOD who makes poor and makes rich;
who brings low and exalts.

GOD raises up the poor from the dust;
and lifts the needy from the ash heap,
to make them sit with princes and inherit a seat of honour.

For the pillars of the earth are GOD's; on them he has set the world.
God guards the steps of the faithful,
but the wicked will perish in darkness;
it is not our power that gives us victory.
GOD's adversaries will be shattered.

The Most High will thunder in heaven.
GOD will judge the ends of the earth;
GOD will give strength to his king,
and exalt the power of his anointed. (Glory be ...)

Antiphon 2 My heart exults in GOD, who humbles and exalts.

Antiphon 3 God reigns. Let us rejoice.

Psalm 97

¹GOD is king! Let the earth rejoice. Let all the coastlands be glad.

²Cloud and darkness are God's raiment,
Justice and right are the foundations of God's kingdom.

³Fire consumes all resistance.

⁴God's lightning lights up the world.

The earth sees and trembles.

⁵Mountains melt like wax before GOD,
before the God* of all the earth.

⁶The heavens proclaim the justice of God.

All the peoples behold God's glory.

⁷Worshippers of images are put to shame,
those who boast of their worthless idols.

You gods, bow down before GOD!

⁸Zion hears and is glad, the towns of Judah rejoice
because of your judgments, O God.

⁹For you indeed are GOD, Most High over all the earth;
exalted far above any god.

¹⁰GOD loves those who hate evil,
guards the lives of the faithful,
and rescues them from the power of the wicked.

¹¹Light dawns for the righteous,
and joy for the upright of heart.

¹²Rejoice in GOD! Praise God's holy name. (Glory be ...)

Antiphon 3 God reigns. Let us rejoice.

Scripture Reading (Romans 8:35-37)

Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? No, in all these things we are more than conquerors through him who is loving us.

Responsory

I will praise God at all times. (R.)

Praise of God will be always on my lips. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Benedictus (page 7)

Intercessions, Our Father, and Concluding Prayer

Wednesday Evening Week 2

Hymn

Antiphon 1 We are waiting in hope for the blessings of the glorious coming of our Saviour.

Psalm 62

¹*Only in God can my soul find rest. In God alone is my salvation.*

²*God is my rock, my safety, my fortress. I will not be shaken.*

³How long will you keep up your attack?
How long will you batter your victim
as you batter a leaning wall, or a tottering fence?

⁴Their only plan is to bring a person down.
They take pleasure in falsehood.
With their mouths they utter blessings, but in their hearts they curse.

⁵*Only in God can my soul find rest. In God alone is my hope.*

⁶*God is my rock, my safety, my fortress. I will not be shaken.*

⁷In God is my salvation and my glory, my stronghold, my haven.

⁸Trust God at all times, O people.

Before God, our refuge, pour out your hearts.

⁹Common folk are but a breath, those of high estate a delusion.
Placed in the scales, up they go; they weigh less than a breath.

¹⁰Put no trust in extortion. Set no vain hopes on fraud.
If your wealth increases, do not set your hearts on it.

¹¹Time and again God has said: 'Strength and love are mine to give.'
Covenant love belongs to you, O God*, our shield.

¹³You repay each of us according to what we have done. (Glory be ...)

Antiphon 1 We are waiting in hope for the blessings of the glorious coming of our Saviour.

Antiphon 2 May God bless us. May God's face shed its light upon us.

Psalm 67

¹O God be gracious to us and bless us,
show us the radiance of your face,
²that your way may be known on earth,
your saving power among the nations.

³*Let the nations praise you, O God; let all the nations praise you.*

⁴May the whole world be glad and sing for joy,
for you judge the peoples with equity,
you govern the nations of the earth.

⁵*Let the nations praise you, O God; let all the nations praise you.*

⁶The earth has yielded its harvest. Our God is blessing us.

⁷O God continue your blessing. Let the whole world revere you.

⁸*Let the nations praise you, O God; let all the nations praise you. (Glory be)*

Antiphon 2 May God bless us. May God's face shed its light upon us.

Antiphon 3 Everything was created in him; he holds all things in being.

Colossians 1:12-20

Let us give thanks to the Father, who has enabled you to share in the inheritance of the saints in the light.

The Father has rescued us from the power of darkness and transferred us into the kingdom of the beloved Son, in whom we have redemption, the forgiveness of sins.

He is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created, things visible and invisible.

All things have been created through him and for him. He himself is before all things, and in him all things hold together.

He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything.

For in him all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross. (Glory be ...)

Antiphon 3 Everything was created in him; he holds all things in being.

Scripture Reading (1 Peter 5:5-7)

Clothe yourselves with humility in your dealings with one another, for God opposes the proud, but gives grace to the humble. Humble yourselves therefore under the mighty hand of God, who may exalt you in due time. Cast all your anxiety on God, who cares for you.

Responsory

Guard us, O GOD, as the apple of your eye. (R.)

Hide us in the shade of your wings. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Magnificat (page 11)

Intercessions, Our Father, and Concluding Prayer

Thursday Morning Week 2

Hymn

Antiphon 1 Rouse up your might, O God, and come to our aid.

Psalm 80

¹Listen, O Shepherd of Israel,
you who lead the flock of Joseph.
Shine forth from your cherubim throne,
²upon Ephraim, Benjamin and Manasseh.
Stir up your might! Come now and save us!

³*Restore us, O God; let your face shine on us and we will be saved.*

⁴Mighty GOD, how long will you frown on your people's plea?

⁵For food you give us weeping,
an abundance of tears for our drink.

⁶You make us the taunt of our neighbours
and our enemies laugh us to scorn.

⁷*Restore us, O God; let your face shine on us and we will be saved.*

⁸You brought a vine out of Egypt.
To plant it you drove out the nations.

⁹Before it you cleared the ground.
It took root and spread through the land.

¹⁰The mountains were covered with its shade,
the mighty cedars with its branches.

¹¹It sent out its branches to the sea,
its shoots even to the Euphrates.

¹²Why then have you broken down its walls?

It is plucked by all who pass by.

¹³It is ravaged by the boar from the forest,
devoured by the beasts of the field.

¹⁴Turn again, O mighty God, we implore,
look down from heaven, and see.

¹⁵Visit this vine and protect it,
the vine your right hand has planted.

¹⁶They have burned it with fire and destroyed it.
May they perish at the frown of your face.

¹⁷Let your right hand be upon the one you have chosen,
the one you have given your strength.

¹⁸And we will never again forsake you.

Give us life that we may call on your name.

¹⁹*Restore us, O mighty GOD; let your face shine on us and we will be saved.*

(Glory be ...)

Antiphon 1 Rouse up your might, O God, and come to our aid.

Antiphon 2 GOD has done marvellous things.

Let them be made known to the whole world.

Isaiah 12:1-6

I will give thanks to you, O GOD, for you comforted me.

Surely God is my salvation; I will trust, and not be afraid,
for GOD is my strength, my might and my salvation.

With joy you will draw water from the wells of salvation.

And you will say in that day: Give thanks to GOD;
make known God's deeds among the nations.

Sing praises to GOD, who has done gloriously;
let this be known in all the earth. (Glory be ...)

Antiphon 2 GOD has done marvellous things.

Let them be made known to the whole world.

Antiphon 3 Ring out your joy to God, our strength.

Psalm 81

¹Sing aloud to God, our strength;
shout for joy to the God of Jacob.

²Raise a song, and sound the timbrel,
the sweet sounding harp and the lute.

³Blow the trumpet at the new moon,
and when the moon is full, on our feast.

⁴For it is a statute for Israel,
a command of the God of Jacob,

⁵who decreed it for the house of Joseph,
when we marched from Egypt.

⁶I hear a voice I had not known:

'I relieved your shoulder of the burden;
your hands were freed from the load.

⁷You called in distress, and I rescued you.

I answered you, hidden within the thunder.

I tested you at the waters of Meribah.

⁸Hear, O my people, while I admonish you.

O Israel, if only you would heed!

⁹There are to be no strange gods among you;
you will not bow down to an alien god.

¹⁰I am your GOD. It was I who rescued you from Egypt,

I fed you when you were hungry.

¹¹But my people would not listen to my voice.

Israel, you would not obey.

¹²So I left you to your stubborn hearts,
to follow your own designs.

¹³O that my people would heed me.

Israel, if only you would walk in my ways!

¹⁴At once I would subdue your foes,
and use my power against your enemies.

¹⁵Those who hate me would cringe before you,
and their doom would last forever.

¹⁶And you, Israel, I would feed on the finest wheat,
and on honey from the rock.' (Glory be ...)

Antiphon 3 Ring out your joy to God, our strength.

Scripture Reading (Romans 14:17-19)

The kingdom of God is not food and drink but righteousness and peace and joy in the Holy Spirit. The one who thus serves Christ is acceptable to God and has human approval. Let us then pursue what makes for peace and for mutual upbuilding.

Responsory

Early in the morning I will think of you. (R.)

You have come to my aid. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Benedictus (page 7)

Intercessions, Our Father, and Concluding Prayer

Thursday Evening Week 2

Hymn

Antiphon 1 I will make you the light of the nations,
to bring my salvation to the ends of the earth.

Psalm 72 A

¹O God, give *your* judgment to the king,
your justice to the king's son,
²that he may judge *your* people with justice,
and *your* poor with right judgment.

³May the mountains yield peace for the people.
⁴May the king defend the cause of the poor,
help needy families, and crush the oppressor.

⁵May he live while the sun endures,
as long as the moon lasts, from age to age.

⁶May he be like rain falling on the grass,
like showers that water the earth.

⁷In his days may justice flourish
and peace abound, until the moon fails. (Glory be ...)

Antiphon 1 I will make you the light of the nations.
to bring my salvation to the ends of the earth.

Antiphon 2 GOD saves the poor, rescuing their lives from oppression.

Psalm 72 B

¹²The king rescues the needy when they call,
and those who have no one to defend them.

¹³He has pity on the weak and needy, and saves them.

¹⁴He liberates them from oppression and violence
for they are precious to him.

¹⁵Long may he live!

May prayer be made for him continually,
and blessings invoked for him all day long.

¹⁶May there be abundance of grain in the land,
waving to and fro to the tops of the mountains.
May its fruit be luxuriant like that of Lebanon,
and its sheaves like the grasses of the field.

¹⁷May his name be blessed for ever,
his fame endure like the sun.
May all nations in him be blessed,
as they call down blessings upon him.

¹⁸Praised be GOD, the God of Israel,
who alone does wondrous things.

¹⁹Praised be God's glorious name for ever.

May God's glory fill all the earth. Amen. Amen. (Glory be ...)

Antiphon 2 GOD saves the poor, rescuing their lives from oppression.

Antiphon 3 Our GOD is victorious.

Revelation (11:17-18; 12:10-12)

We give thanks to you, all-powerful GOD, who are and who were,
that you have taken your great power and begun to reign.

It is the time for the dead to be judged,
the time for rewarding your servants, the prophets and saints,
and those who revere you, both small and great.

Now the salvation and the power and the reign of our God,
and the authority of the Messiah have come,
for the accuser of our brothers and sisters has been overcome.

He has been conquered by the blood of the Lamb and his testimony,
for they gave their lives even unto death.

Rejoice then, you heavens, and you that dwell therein. (Glory be ...)

Antiphon 3 Our GOD is victorious.

Scripture Reading (1 Peter 1:22-23)

Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart. You have been born anew, not of perishable but of imperishable seed, through the living and enduring word of God.

Responsory

GOD is my shepherd there is nothing I want. (R.)

Fresh and green are the pastures where GOD gives me repose. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Magnificat (page 11)

Intercessions, Our Father, and Concluding Prayer

Friday Morning Week 1

Hymn

Antiphon 1 O God, you will not spurn a humbled, contrite heart.

Psalm 51

¹Be gracious to me, O God,
according to your covenant love.
According to your tender compassion,
blot out my transgressions.

²Wash me more and more from my guilt;
cleanse me from my sin.

³I know my transgressions;
my sin is always before me.

⁴Against you, against you, I have sinned.
What is evil in your sight I have done.

You are just in your sentence,
blameless when you pass judgment.

⁵For it was into sin, into guilt, that I was born.

⁶Indeed you desire truth in the heart;
then in the secret of my heart make me know wisdom.

⁷If you purge me, I will be purified.
If you wash me, I will be whiter than snow.

⁸Let me hear rejoicing and gladness;
let the bones you have crushed exult.

⁹Turn your face away from my sins,
and blot out all my guilt.

¹⁰Create in me, O God, a purified heart,

put a new and steadfast spirit within me.

¹¹Do not cast me away from your presence.

Do not take from me your holy spirit.

¹²Give me again the joy of your salvation,
and sustain in me a generous spirit.

¹³Then I will teach transgressors your ways,
and sinners will return to you.

¹⁴Rescue me, O God, my saviour, and I will sing aloud of your justice.

¹⁵O God*, open my lips, and I will declare your praise.

¹⁶For you have no desire for sacrifice;

if I were to give a burnt offering,
you would not be pleased.

¹⁷My sacrifice is a contrite spirit;

a broken, a crushed, heart, O God, you will not spurn.

¹⁸In your goodness show favour to Zion.

Rebuild the walls of Jerusalem.

¹⁹Then you will delight in proper sacrifices,

holocausts offered on your altar. (Glory be ...)

Antiphon 1 O God, you will not spurn a humbled, contrite heart.

Antiphon 2 We have done wrong, O God. We need your compassion.

Habakkuk 3

O GOD, I have heard of your renown,
and I stand in awe of all you have done.

In our own time revive it;

in our own time make it known; and remember your mercy.

God came from Teman, the Holy One from Mount Paran.

God's glory covered the heavens, and the earth was full of praise.
The brightness was like the sun; rays came forth from God,
from where God's power lay hidden.

You came forth to save your people, to save your anointed.
You trampled the sea with your horses, churning the mighty waters.

I hear, and I tremble; my lips quiver at the sound.
Weakness enters into my bones, and my steps tremble beneath me.
I wait quietly for the day of calamity
to come upon the people who attack us.

Though the fig tree does not blossom,
and there is no fruit on the vines;
though the produce of the olive fails,
and the fields yield no food;
though the flock is cut off from the fold,
and there is no herd in the stalls,

yet I will rejoice in GOD;
I will exult in God my Saviour. GOD is my strength;
who makes my feet like the feet of a deer,
and makes me tread upon the heights. (Glory be ...).

Antiphon 2 We have done wrong, O God. We need your compassion.

Antiphon 3 Praise God, all you people.

Psalm 147

¹²Praise GOD, Jerusalem! Zion, praise your God,

¹³who strengthens the bars of your gates,
and blesses your children within you.

¹⁴GOD grants peace on your borders,
and feeds you with finest wheat.

¹⁵GOD sends out a word to the earth,

¹⁶showers down snow like wool,
and scatters hoar-frost like ashes.

¹⁷GOD hurls down hail like crumbs.

The waters are frozen at GOD's touch.

¹⁸GOD sends out the command, and melts them.

At GOD's breath the ice melts and the rivers flow.

¹⁹GOD speaks words to Jacob,

statutes and ordinances to Israel,

²⁰words unknown to other nations. Praise GOD! (Glory be ...)

Antiphon 3 Praise God, all you people.

Scripture Reading (Ephesians 2:13-16)

Now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting an end to the hostility between us.

Responsory

I call to GOD the Most High, who has come to my aid. (R.)

May God send his grace from heaven and save me. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Benedictus (page 7)

Intercessions, Our Father, and Concluding Prayer.

Friday Evening Week 2

Hymn

Antiphon 1 Keep my soul from death and my feet from stumbling.

Psalm 116

¹I am filled with love for GOD who hears me when I call.

²I will continue to call on you, O GOD, as long as I live.

³Death's trap was set. The grave had me in its grip.

I was overcome with distress and anguish.

⁴I cried out to GOD: 'Rescue me, O GOD! Save me!'

⁵Gracious is GOD, and just, and tenderly compassionate.

⁶GOD shelters those who are weak.

When I was brought low, God saved me.

⁷Rest once more, my heart, for GOD has dealt bountifully with you.

⁸GOD, you have delivered me from death,
wiping my tears, steadying my feet.

⁹I am walking with YOU in the land of the living.

¹⁰I believe, even as I say, 'I am sorely afflicted.'

¹¹I believe, even as I cry, 'No one can be trusted.'

¹²How can I repay GOD for all the goodness I am shown?

¹³*I raise the cup of salvation and call on you, O GOD.*

¹⁴*I fulfil my vows to YOU in the presence of all your people.*

¹⁵O GOD, you hate to see your faithful die.

¹⁶I am your servant, the child of your serving girl.

You freed me from death's grip.

¹⁷*I offer a thanksgiving sacrifice, and call on you, O GOD.*

¹⁸*I fulfil my vows to YOU in the presence of all your people,*
¹⁹in the courts of the house of GOD,
in your midst, O Jerusalem. Praise GOD! (Glory be...)

Antiphon 1 Keep my soul from death and my feet from stumbling.

Antiphon 2 My help will come from God, the Maker of heaven and earth.

Psalm 121

¹I lift up my eyes to the mountains.

Will my help come from there?

²My help comes from GOD,
the Maker of heaven and earth.

³GOD will not let you stumble.

Your guard does not sleep.

⁴Israel's guard neither slumbers nor sleeps.

⁵GOD is your guard, your shade,
always at your side.

⁶The sun will not harm you in the day,
nor the moon in the night.

⁷GOD will keep you from evil,
watching over you always.

⁸GOD will watch over you
as you go out and as you return,
now and forever. (Glory be ...)

Antiphon 2 My help will come from God, the Maker of heaven and earth.

Antiphon 3 Your ways, O God, are just and true.

Revelation 15:3-4

Great and amazing are your deeds, O Almighty GOD.
Just and true are your ways, you who reign over the nations!

O GOD, who will not worship and praise you?
For you alone are holy.
All nations will come and worship before you,
for your judgments have been revealed. (Glory be ...)

Antiphon 3 Your ways, O God, are just and true.

Scripture Reading (1 Corinthians 2:7-10)

We speak of God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, "What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him – these things God has revealed to us through the Spirit.

Responsory

Christ gave his life for us sinners that he might offer us to God. (R.)
In his body he was put to death, in the spirit he was raised to life. (R.)
Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Magnificat (page 11)

Intercessions, Our Father, and Concluding Prayer

Saturday Morning Week 2

Hymn

Antiphon 1 We proclaim your love in the morning
and your faithfulness in the watches of the night.

Psalm 92

¹How good it is to give you thanks, O GOD,
to make music in your honour, O Most High,
²to proclaim your covenant love in the morning,
and in the night your faithfulness,
³to the music of the lute and the harp, to the strumming of the lyre.

⁴Your deeds, O GOD, make me glad.

I sing for joy at the works of your hands.

⁵How great are your works! How deep your designs!

⁶The foolish cannot understand

that though the wicked sprout like grass,

⁷though evildoers flourish, they are doomed to final destruction.

⁸You, O GOD, are for ever on high.

⁹Your enemies perish; all who do evil are scattered.

¹⁰To me you give the wild ox's strength.

You anoint me with the purest oil.

¹¹I have seen the downfall of my enemies.

I have heard the doom of my evil assailants.

¹²The righteous flourish like the palm tree,

and grow like a Lebanon cedar.

¹³They are planted in the house of GOD;

they flourish in the courts of our God.

¹⁴In old age the righteous still bear fruit;
they are always green and full of sap,
¹⁵proclaiming that GOD is upright;
my rock, in whom there is no wrong. (Glory be ...)

Antiphon 1 We proclaim your love in the morning
and your faithfulness in the watches of the night.

Antiphon 2 Proclaim the greatness of our God.

Deuteronomy 32:1-12

Give ear, O heavens, and I will speak;
let the earth hear the words of my mouth.
May my teaching drop like the rain,
my speech condense like the dew;
like gentle rain on the grass, like showers on new growth.

For I will proclaim our great GOD,
the Rock, whose work is perfect, and whose ways are just,
a faithful God, without deceit, just and righteous.

Yet God's degenerate children have dealt falsely,
a perverse and crooked generation.
Do you thus repay GOD, O foolish and senseless people?
Is not God your father, who created you,
who made you and established you?

Remember the days of old, consider the years long past;
ask your father, and he will inform you;
your elders, and they will tell you.

When the Most High apportioned the nations,
and divided humankind according to God's design,
in fixing the boundaries of the peoples God thought first of Israel.
GOD's own portion was Jacob, the chosen one.

God sustained him in a desert land, in a howling wilderness waste.
God shielded him, cared for him,
guarded him as the apple of God's eye.

As an eagle stirs up its nest, and hovers over its young;
as it spreads its wings, takes them up,
and bears them aloft on its pinions,
so GOD alone carried him. (Glory be ...)

Antiphon 2 Proclaim the greatness of our God.

Antiphon 3 How renowned you are, O God, through all the world.

Psalm 8

¹*O GOD of the universe,
all your creation proclaims how wonderful you are.*

²I want to worship you
with the worship of infants and babes at the breast.
They gaze with wonder at the star-studded heavens.
Their wonder reduces to silence the enemy and the rebel.

³When I look at your heavens, the work of your hands,
the moon and the stars that you have set in place,

⁴what are we, mortal human beings,
that you are mindful of us, that you care for us?

⁵You have made us a little lower than gods.
You have crowned us with glory and honour.

⁶To us you have entrusted the earth.
You have made us responsible for all you have made:

⁷sheep and oxen, wild beasts of the plain,

⁸birds of the air, and fish that make their way through the waters.

⁹O GOD of the universe,

all your creation proclaims how wonderful you are. (Glory be ...)

Antiphon 3 How renowned you are, O God, through all the world.

Scripture Reading (Romans 12:14-16)

Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are.

Responsory

When I sing to you my heart rejoices. (R.)

I will tell the tale of your justice. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Benedictus (page 7)

Intercessions, Our Father, and Concluding Prayer

Saturday Evening Week 2

Hymn

Antiphon 1 GOD is praised from the rising of the sun to its setting.

Psalm 113

¹Praise GOD! [Alleluia].

²O servants of GOD, praise GOD now and forever.

³From the rising of the sun to its setting,
praised be GOD, who is on high, above all nations.

⁴GOD's glory shines over the heavens.

⁵Who is like our GOD, enthroned on high?

⁶GOD looks down upon heaven and earth,
to raise the poor from the dust.

⁷GOD raises the needy from their misery,

⁸to seat them with princes, with the leaders of the people.

⁹It is God who gives a home to the barren woman,
and gladdens her heart with children.

Praise GOD! [Alleluia] (Glory be ...)

Antiphon 1 GOD is praised from the rising of the sun to its setting.

Antiphon 2 I will take the chalice of salvation and call on God.

Psalm 116: 10-19

¹⁰I believe, even as I say, 'I am sorely afflicted.'

¹¹I believe, even as I cry, 'No one can be trusted.'

¹²How can I repay GOD for all the goodness I am shown?

¹³*I raise the cup of salvation and call on you, O GOD.*

¹⁴*I fulfil my vows to YOU in the presence of all your people.*

¹⁵O GOD, you hate to see your faithful die.

¹⁶I am your servant, the child of your serving girl.

You freed me from death's grip.

¹⁷*I offer a thanksgiving sacrifice, and call on you, O GOD.*

¹⁸*I fulfill my vows to YOU in the presence of all your people,*

¹⁹in the courts of the house of GOD,

in your midst, O Jerusalem. Praise GOD! [Alleluia] (Glory be ...)

Antiphon 2 I will take the chalice of salvation and call on God.

Antiphon 3 Jesus humbled himself. God raised him on high for ever.

Philippians 2:6-11

Being in the form of God, Jesus did not regard equality with God as something to be grasped.

He emptied himself, taking the form of a slave, being born in human likeness.

And being found in human form, he humbled himself and became obedient to the point of death – even death on a cross.

Therefore God highly exalted him and gave him the name that is above every name, so that at Jesus' name every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father. (Glory be ...)

Antiphon 3 Jesus humbled himself. God raised him on high for ever.

Scripture Reading (Hebrews 13:20-21)

May the God of peace, who brought back from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, make you complete in everything good so that you may do God's will, working among us that which is pleasing in God's sight, through Jesus Christ, to whom be the glory forever and ever. Amen.

Responsory

How great are your deeds, O GOD. (R.)

In wisdom you have created the universe. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Magnificat (page 11)

Intercessions, Our Father, and Concluding Prayer