

VESPERS

FRIDAY

WEEK ONE

THE DIVINE OFFICE
FERIAL VESPERS



WORTH
ABBAY

FRIDAY WEEK ONE

INTRODUCTION



O God , come to my aid.- R. O Lord, make haste to help me.-

Glory be to the Father, and to the Son,- and to the Holy Spirit.-

As it was in the beginning, is now and ev-er shall be,- world † without

end. Amen.- A-lle-lu-ia.- In Lent † without end. Amen.-

HYMN

HPP2 254

*Text: Plasmator hominis Deus (St Gregory)**Tune: Citeaux : Alan Rees OSB*

CITEAUX



O God, _ who make the hu - - man race



To bear _ the im - age of your face,



And cause _ each beast and cree - - ping thing



From womb of mo - - ther earth to spring;

- 2 Who ask that man and woman share
Your holy task to rule and care,
And every creature, great and small,
Obey your word and live your law;
- 3 Grant us, your children, born above
To fix our gaze upon your love,
And guard us from the serpent's charm
That seeks to do us mortal harm.

- 4 Renew in us the gifts of grace
That mark the second Adam's race,
And turn our bitter bonds of strife
To partnership of peace and life.
- 5 O Father, this we ask be done
Through Jesus Christ, your only Son,
Whom in the Spirit we adore:
One God who reigns for evermore.

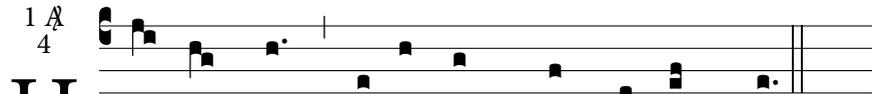
PSALMODY

PSALM 41 (40)

Sickness to Health, Death to Life

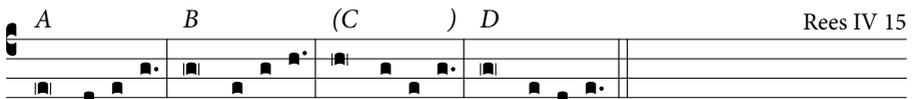
"Lazarus come out." The dead man came out, bound hand and foot. Jn 11:14b-15a

Antiphon

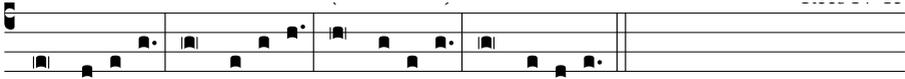


Heal my soul, * for I have sinned against you.

**Héal² my soul,
for I have sínned against you.**



Blessed is he who has concern for the poor.
In time of trouble, the LÓRD will rescue him.
The LORD will guard him, preserve his life, †
and make him blessed in the land,
not give him up to the will of his foes.



The LORD will help him on his béd of pain;
 in sickness, you tend even tó his bedding
 As for me, I said, “LORD, have mércy on me;
 heal my soul, for I have sinned against you.”

My foes are speaking evíl against me:
 “How long before he dies, and his name bé forgotten?”
 When someone comes to visit me, he speaks éempty words;
 his heart stores up malice; on leaving, hé spreads lies.

All my foes whisper together against me;
 they devise evil plóts against me:
 “Something deadly has fastened upon him;
 he will not rise from whére he lies.”

Thus even my friend, in whóm I trusted,
 who áte my bread,
 has lifted his héel against me.

[omit C]

But you, O LORD, have mércy on me.
 Raise me up and I will repay them.
 By this I knów your favour:
 that my foes do not tríumph over me.

In my integrity you háve upheld me,
 and have set me in your présence forever.

[A&D]

Glory be to the Father, and tó the Son,
 And to the Hóly Spirit.
 As it was in the beginning, is now and éver shall be.
 World without énd. Amen

Antiphon

Héal² my soul,
for I have sinned against you..

1 A
4

H eal my soul, * for I have sinned against you.

PSALM 124 (123)

If the LORD Had Not Been with Us

The Lord said to Paul, "Do not be afraid, for I am with you." Acts 18:9

Antiphon

2 A
6

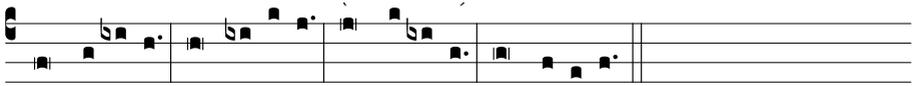
O ur help is in the name of the Lord, * who made
heaven and earth.

**Our help is in the name of the Lord,
who made héaven and earth.**

A B (C) D

Rees VI 19

“If the LORD had not been on our side,” †
let Isráel say—
“If the LORD had not been on our side †
when people róse against us,
then would they have swallowed ús alive
when their ánger was kindled.



Then would the waters háve engulfed us,
the tórrént gone over us;
over our head wóuld have swept
the ráging waters.”

Blest be the LORD who díd not give us
a prey tó their teeth!
Our life, like a bird, hás escaped
from the snare óf the fowler.

Indeed, the snare hás been broken,
and we háve escaped.
Our help is in the name óf the LORD,
who made héaven and earth.

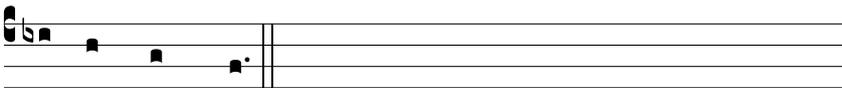
Glory be to the Father, and tó the Son,
And to the Hóly Spirit.
As it was in the beginning, is now and éver shall be.
World without énd. Amen

Antiphon

**Our help is in the name óf the Lord,
who made héaven and earth.**



O ur help is in the name of the Lord, * who made



heaven and earth.

PSALM 129 (128)

Oppressed from My Youth

If you find that the world hates you, you know that it has hated me before you. Jn 15:18

Antiphon

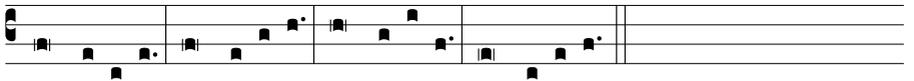
3 A
2



We bless you * in the name of the Lord.

**We bléss² you
in the name óf the Lord.**

A B (C) D Rees II 6



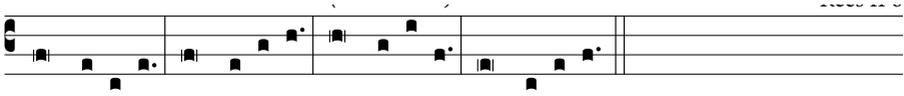
“They have pressed me hard fróm my youth,”
let Isráel sing.

“They have pressed me hard fróm my youth,
but could never óvercome me.

The plowmen plówed my back,
drawing long furrows.
Yet the LORD, whó is just,
has cut the cords óf the wicked.”

Let them be shámed and routed,
all those whó hate Zion!
Let them be like grass ón the roof,
that withers befóre it flowers.

With that no reaper fílls his hands,
no binder of shéaves his arms.
And those passing by will not say, †
“The blessing of the LORD bé upon you!”
We bless you in the name óf the LORD!

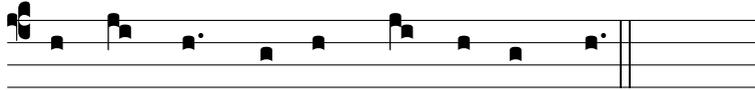


Glory be to the Father, and tó the Son,
 And to the Hóly Spirit.
 As it was in the beginning, is now and éver shall be.
 World without énd. Amen

Antiphon

**We bléss² you
 in the name óf the Lord.**

$\frac{3}{2}$ *A*



W

e bless you * in the name of the Lord.

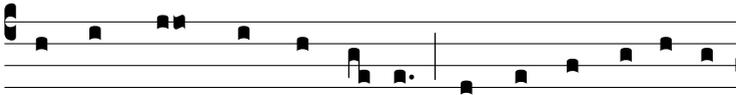
PSALM 130 (129)

Longing for the Dawn

You are to name him Jesus, because he will save his people from their sins. Mt 1:21

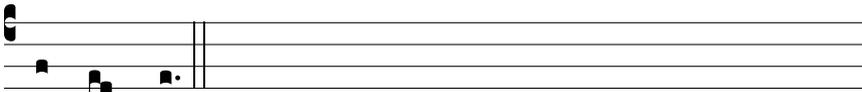
Antiphon

$\frac{4}{4}$ *A*



W

ith the Lord there is mercy, * in him is plenti-ful



redemption.

With the Lord there is mercy;
in him is plentiful redemption.



Out of the depths I cry to you, O LORD;
LORD, hear my voice!
O let your ears be attentive
to the sound of my pleadings.

If you, O LORD, should mark iniquities,
LORD, who could stand?
But with you is found forgiveness,
that you may be revered.

I long for you, O LORD,
my soul longs for his word.
My soul awaits the LORD
more than watchmen for daybreak.

More than watchmen for daybreak,
let Israel hope for the LORD.

[A+D]

For with the LORD there is mercy,
in him is plentiful redemption.
It is he who will redeem Israel
from all its iniquities.

Glory be to the Father, and to the Son,
And to the Holy Spirit.
As it was in the beginning, is now and ever shall be.
World without end. Amen

Antiphon

SCRIPTURE READING

ROM 15:1-3

We who are strong ought to bear with the failings of the weak, and not to please ourselves; let each of us please his neighbour for his good, to edify him. For Christ did not please himself; but, as it is written, The reproaches of those who reproached you fell on me.

Alternative:

1 COR 2:7-10A

We impart a secret and hidden wisdom of God, which God decreed before the ages for our glorification. 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 heart of man conceived, what God has prepared for those who love him, God has revealed to us through the Spirit.

RESPONSORY



Ṙ Christ_ died_ for our sins that he might of-fer us to



God. V̇ In the bo-dy he was put_____ to death,



in the spi-rit he was raised_____ to life. Ṙ Christ_



V̇ Praise_ to the Fa-ther, praise_ to the Son,



praise_ to the Ho - - ly_ Spi - rit. Ṙ Christ_

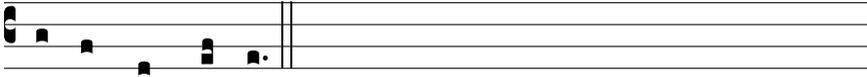
MAGNIFICAT

THE CANTICLE OF MARY

Lk 1:46-55

*My soul rejoices in the Lord**Antiphon*Mag. A
7**T**

he Lord protects * Is-ra-el his servant, remem-



bering his mercy.

**The Lord protects Israël his servant,
remembering his mercy.**



Stanbrook 7

My soul glorifies the LORD,
my spirit rejoices in Gód my Saviour.
He looks on his servant ín her lowliness;
henceforth all ages will cáll me blessed.

The Almighty works marvéls for me.
Holý his name!
His mercy is from áge to age,
on thóse who fear him.

He puts forth his árm in strength
and scatters thé proud hearted.
He casts the mighty fróm their thrones
and raisés the lowly.

He fills the starv́ing with good things, [A&D]
sends the rich áway empty.

He protects Israél, his servant,
remembeŕing his mercy,
the mercy promised tó our fathers,
to Abraham and his sóns for ever.

Glory be to the Father, and tó the Son,
And to the Hóly Spirit.
As it was in the beginning, is now and éver shall be.
World without énd. Amen

Antiphon

INTERCESSIONS

Lord Jesus Christ, who on the cross called the penitent thief into your kingdom, hear us now as we implore your loving mercy for your holy Church and for the whole world.

The Hebdom offers some prayers of intercession

Cantor:

All:

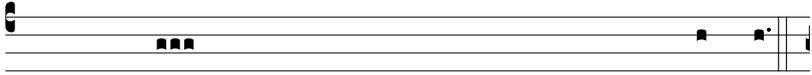


Ky-rie e- leison. * Christe e- leison. Ky-rie e- leison.

St Oliver Plunkett and St John Roberts, pray with us this evening as we recall Our Lord's redeeming sacrifice on Calvary, that, as you gave all for Christ, even so young men and women of our time may be inspired by God to hear and answer His call to the religious life and the priesthood, in this Diocese of Arundel and Brighton, in the Houses of the English Congregation of the Order of St Benedict, and here in this monastery of Our Lady, Help of Christians.

R/ Amen.

THE LORD'S PRAYER



Superior: Let us now pray in the words our Saviour gave us:



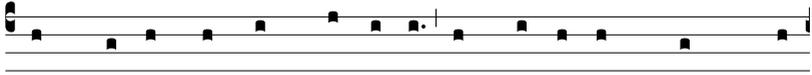
All: Our Father, who art in heaven, hallowed be thy



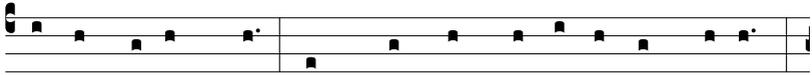
name; thy Kingdom come; thy will be done on earth



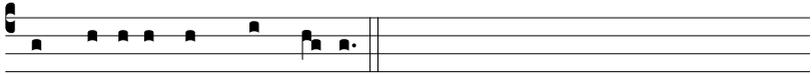
as it is in heaven. Give us this day our daily bread;



and forgive us our trespasses as we forgive those who



trespass against us; and lead us not into temptation,



but de-liver us from e-vil.

COLLECT

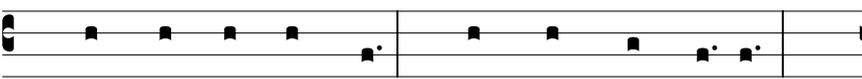
FRIDAY WEEK 1

Lord God,
 teach us the lessons of your Son's passion,
 and so enable us, your people,
 to bear the yoke he makes light for us.
 We make our prayer
 through our Lord Jesus Christ, your Son,
 who lives and reigns with you in the unity of the Holy Spirit,
 God, for ever and ever.

R/ Amen

CONCLUSION OF THE HOUR

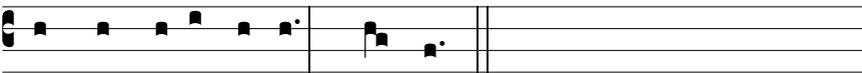
Superior:



∞ The Lord be with you. ℞ **And with your spirit.**

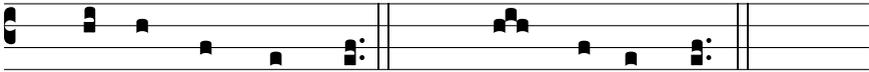


∞ May Almighty God bless you, the Father, the Son



and the Holy Spirit. ℞ **A-men.**

Cantor:



℣ Let us bless the Lord. ℟ **Thanks be to God.**

V/ May the souls of the faithful departed, through the mercy of God rest in peace.

R/ **Amen.**

V/ May the Divine assistance remain always with us.

R/ **And with our absent brethren. Amen.**

Acknowledgements

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