

FIRST VESPERS

SUNDAY

WEEK ONE

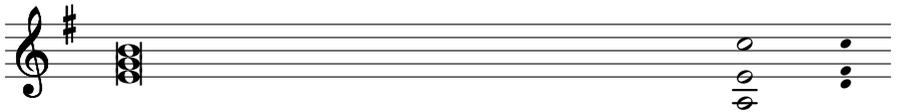
THE DIVINE OFFICE
FERIAL VESPERS



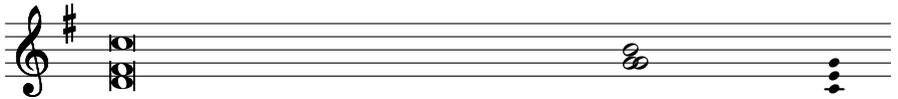
WORTH
ABBAY

FIRST VESPERS SUNDAY WEEK ONE

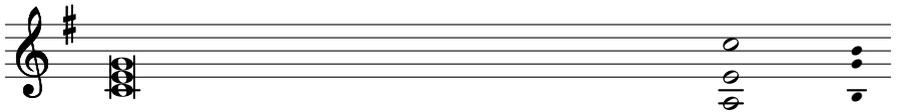
Introduction



1. O God, come to my aid!
2. Glory be to the Father, and to the Son,



1. O Lord, make haste to help me!
2. and to the Holy Spirit,



1. I have called to you, Lord, make speed to save me,
2. as it was in the beginning, is now and ever shall be,



1. hear my voice when I cry to you.
2. world without end. A - men. (Al - le - lu - ia.)

HYMN

HPP2 248

Text *Deus, creator omnium (St Ambrose)*Tune: *Evening I*

O ___ blest ___ Cre - a - tor, God ___ most high,



Great ___ ru - - ler of the star - - filled sky,



You clothe the ___ day with ___ ra - - diant ___ light,



In sha - - dows dark en - fold ___ the night.

2. *We tha-nk you for this day now gone;
And pray you, as the night draws on,
Help us, your chil-dren, thus to raise
Our eve-ning offer-ings of praise.*

3. *To you our hearts their mu-sic bring,
To you our gathered voi-ces sing;
To you our hearts' deep long-ings soar,
And you our chastened souls adore.*

4. *O Christ, the Father's on-ly Son,
And Spi-rit of them both, but One;
God o-ver all, whom all o-bey,
Shield us, great Trini-ty, we pray.*

PSALMODY

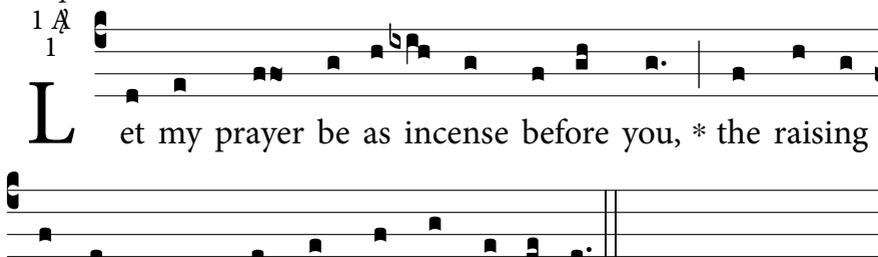
PSALM 141 (140)

Evening Offering of Incense

And another angel came and stood at the altar with a golden censer; and he was given much incense; and the smoke of the incense rose with the prayers of the saints from the hand of the angel before God. Rev 8:3-4

Antiphon

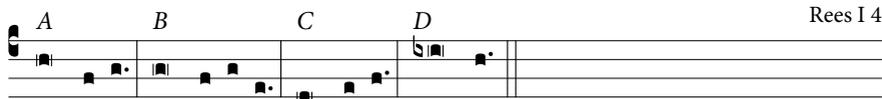
1 *A*
1



L et my prayer be as incense before you, * the raising
of my hands like an evening ob-lation.

**Let my prayer be as incense before you,
the raising of my hands like an evening oblation.**

A *B* *C* *D* Rees I 4



I have called to you, LORD; O hasten to help me!

Hear my voice when I cry to you.

Let my prayer be as incense before you,
the raising of my hands like an evening oblation.

Set, O LORD, a guard on my mouth;

keep watch at the door of my lips!

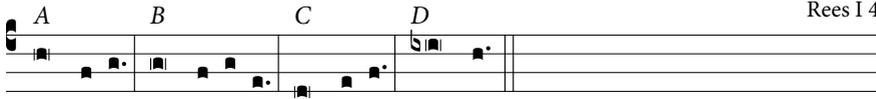
Do not turn my heart to things that are evil,
to wicked deeds with those who are sinners.

Never allow me to share in their feasting.

If the upright strikes me it is kindness;

but let the oil of the wicked not anoint my head.

Let my prayer be ever against their malice.



If they fall into the merciless hands of théir judges,
they will grasp how kind áre my words.

As clods of earth ploughed up on thé ground,
so their bones were strewn at the mouth of Shéol.

To you my eyes are turned, O LORD, mý LORD,
In you I take refuge; spáre my soul!

From the trap they have laid for me, keep mé safe;
keep me from the snares of those who do évil.

Let the wicked together fall into théir traps, [A+D]
while I pursue my way unhármed.

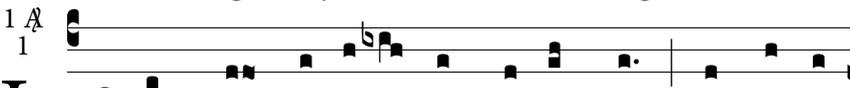
Glory be to the Father, and to thé Son,
And to the Hóly Spirit.

As it was in the beginning, is now and evér shall be.

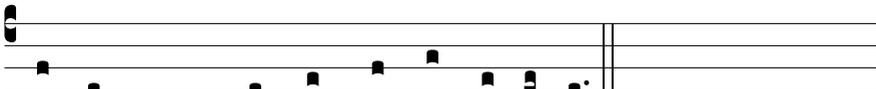
World without end. Amén

Antiphon

**Let my prayer be as incense béfore you,
the raising of my hands like an evening oblátion.**



Let my prayer be as incense before you, * the raising



of my hands like an evening ob-lation.

PSALM 142 (141)

Bring My Soul Out of Prison

So they went and made the tomb secure by sealing the stone and setting a guard. Mt 27:66

Antiphon

2 A
2

To you I cry, O Lord: * you are my refuge.

**To you I cry, Ó LORD:
you are my refuge.**

Rees II 7

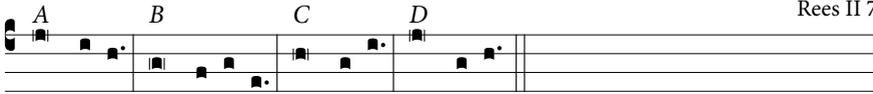
With my voice I cry to thé LORD;
with my voice I entreat thé LORD.

[A&D]

I pour out my trouble béfore him;
I tell him all my distress
while my spirit faints wíthin me.
But you, O LORD, know my path.

On the way where I shall walk, †
they have hidden a snare to éntrap me.
Look on my right hand and see: †
there is no one who páys me heed.
No escape remains open tó me;
no one cares for my soul.

To you I cry, Ó LORD.
I have said, “You áre my refuge,
my portion in the land of thé living.”
Listen, then, to my cry, †
for I am brought down véry low.



Rescue me from those who pursue me,
 for they are stronger than I.
 Bring my soul out of prison,
 and I shall give thanks to your name.

Around me the upright will assemble, [A&D]
 because of your goodness to me.

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

**To you I cry, O LORD:
 you are my refuge.**



To you I cry, O Lord: * you are my refuge.

PSALM 119 (118):105-112

Nun

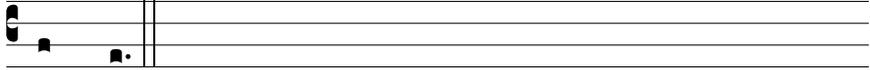
This is my commandment, that you love one another as I have loved you. Jn 15:12

Antiphon

3 \AA
8

Y

our word is a lamp for my feet * and a light for



my path.

**Your word is a lamp for my feet
and a light for my path.**



Your word is a lamp for my feet,
and a light for my path.

I have sworn an oath and affirmed it,
to obey your just judgments.

I am deeply afflicted, Ó LORD
by your word, give me life.

Accept, LORD, the homage of my lips,
and teach me your decrees.

My life is in my hands at all times;
I do not forget your law.
For me the wicked have set a snare;
yet I do not stray from your precepts.

Your decrees are my heritage forever,
the joy of my heart.

I incline my heart to carry out your statutes
for ever, to the end.

4 Cant.
8**A**

lthough Christ Jesus was in the form of God

he did not count equality with God / a thing to be grasped,

℞ but emp-tied himself taking the form of a servant, / being

born in the like-ness of men. √ And being found in human

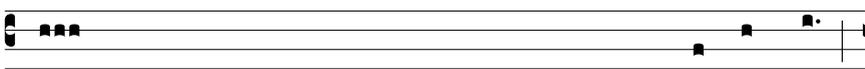
form, / he humbled himself and became obedient unto

death, / even death on a cross. ℞ Therefore God has high-

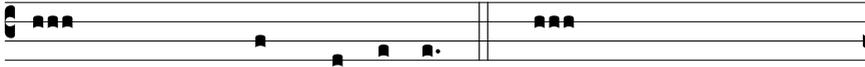
ly exalted him and bestowed on him the name which is above

every name, √ that at the name of Jesus every knee should

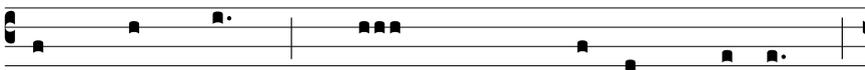
bow, in heaven and on earth and un- der the earth,



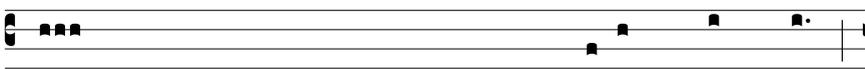
℞ and every tongue should confess that Jesus Christ is Lord,



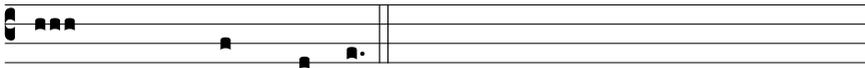
to the glory of God the Father. √ Glory be to the Father, and



to the Son and to the Ho-ly Spi-rit,



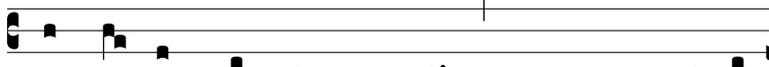
℞ as it was in the beginning, is now and ever shall be



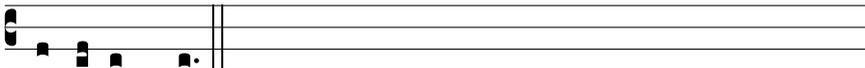
world without end. Amen.

Antiphon

$\frac{4}{8}$ ℞



C hrist Je-sus humbled himself, * and God highly



ex-alted him.

SCRIPTURE READING

ROM 11:33-36

O, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways! For who has known the mind of the LORD, or who has been his counsellor? Or who has given a gift to him that he might be repaid? For from him and through him and to him are all things. To him be glory for ever. Amen.

Alternative:

COL 1:3-6A

We always thank God, the Father of our Lord Jesus Christ, when we pray for you, because we have heard of your faith in Christ Jesus and of the love which you have for all the saints, because of the hope laid up for you in heaven. Of this you have heard before in the word of the truth, the gospel which has come to you, as indeed in the whole world it is bearing fruit and growing, so among yourselves.

RESPONSORY



Ṙ How ma-ny are your works, — O Lord!



∇ In wis-dom you have made_ them all. Ṙ How...



∇ Praise to the Fa-ther and the Son, and



to the Ho - ly Spi - rit. Ṙ How...

MAGNIFICAT

THE CANTICLE OF MARY

Lk 1:46-55

*My soul rejoices in the Lord.**Please see sheet for Antiphon and Psalm tone for the Sunday Magnificat.*

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 starvín with good things,
 sends the rich áway empty.

[A&D]

He protects Israël, his servant,
 remembering 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

Let us pray to Christ our Lord, for he is the light shining in darkness for the salvation of all the world.

The Hebdom will offer prayers of intercession

Cantor:

All:

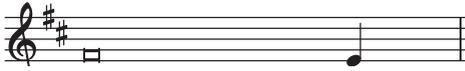


Ky-rie e- leison. * Christe e- leison. Ky-rie e- leison.

Raise up, O LORD, among your Christian people numerous and holy vocations to the Priesthood and to the Consecrated life, that the light of your Son may shine ever more brightly, here in our Diocese of Arundel and Brighton, in the Houses of the English Congregation of the Order of St Benedict, and in this Monastery of Our Lady, Help of Christians. We make our prayer through Christ our Lord.

R/ Amen.

THE LORD'S PRAYER



Let us now pray in the words our Saviour gave us.



All: Our Fa-ther, who art in heav'n, hal-lowed be thy name.



Thy king-dom come, thy will be done on earth, as it is in heav'n



Give us this day our dai-ly bread, and for-give us our tres-pass-e:



as we for-give those who tres-pass a-gainst us,



and lead us not in-to temp-ta-tion, but de-liv-er us from e-vil.

COLLECT

Collect of the Sunday

ANTIPHON OF OUR LADY

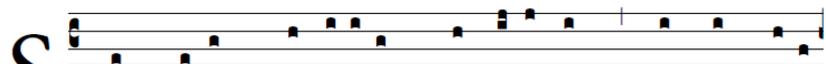
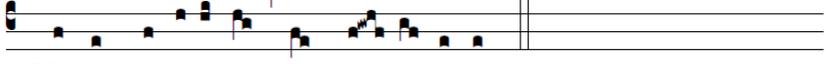
SALVE REGINA

from Pentecost until the Assumption

S ALVE REGÍNA, * ma-ter mi-se-ricórdi-æ, Vi-ta, dulcé-
do, et spes nostra, salve. Ad te clamámus, éxsu-les,
fí-li-i Hevæ. Ad te suspi-rámus, geméntes et flentes in
hac lacrimárum valle. Eia ergo, Advocáta nostra, illos
tu-os mi-se-ricórdes óculos ad nos convérte. Et Iesum,
benedíctum fructum ventris tu-i, nobis post hoc exsíl-i-um
osténde. O cle mens, O pi-a, O dulcis Virgo
Ma-rí- a.

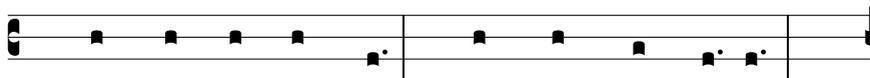
SUB TUUM PRAESIDIUM

from the Assumption to the End of the Year

S  UB TU-UM praesídi-um confúgimus, * sancta De-i
 Génitrix: nostras depreca-ti-ones ne despí-ci-as in neces-
 si-tá-tibus: sed a per-ícu-lis cunctis líbera nos semper,
 Virgo glo-ri-ós-a et be- ne-dícta.

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.**

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