

VESPERS

FRIDAY

WEEK TWO

THE DIVINE OFFICE
FERIAL VESPERS



WORTH
ABBNEY

FRIDAY WEEK TWO

INTRODUCTION

O God , come to my aid.- ⁊. 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 261

Text: Dolores Dufner OSB
CITEAUX

Tune: HPP2 261 Citeaux Alan Rees OSB

As eve - - ning falls, we turn_ to you

With thank - - ful - ness for life and grace;

We lay_ a - side an - xi - - e - ty

To rest at peace_ in your em - brace.

- 2 The foolish language of the cross
Is hidden from the worldly-wise;
The poor alone have understood
Wherein true strength and power lies.
- 3 Illusions of our might must cease:
When counted weak, then are we strong;
And those who put their trust in you
Will not be shamed or proven wrong.
- 4 To you whose Spirit works in us
Much more than we could dare to dream:
All glory, praise, and honour be
Our song and everlasting theme.

PSALMODY

PSALM 115 (113B)

To Your Name Give the Glory

You have turned to God from idols, to serve him who is the living and true God.

1 Thess 1:9

Antiphon

Not to us, O Lord, * not to us, but to your name
give the glory.

**Not to us, Lord, not to us,
but to your name give the glory.**

A B (C) D Rees VIII 35

Not to us, O LORD, not to us,
but to your name give the glory,
for your merciful love and fidelity.
Why should the nations say: †
“Where is their God?”

But our God is in the heavens;
he does whatever he wills.
Their idols are silver and gold,
the work of human hands.

They have mouths but they cannot speak;
they have eyes but they cannot see.
They have ears but they cannot hear;
they have nostrils but they cannot smell.



Rees VIII 35

They have hands but they cannot feel;
 they have feet but they cannot walk.
 They make no sound from their throats.
 Their makers will come to be like them,†
 as will all who trust in them.

House of Israel, trust in the LORD;
 he is their help and their shield.
 House of Aaron, trust in the LORD;
 he is their help and their shield.

Those who fear the LORD, trust in the LORD;
 he is their help and their shield.
 The LORD remembers us, and he will bless us;
 he will bless the house of Israel. †
 He will bless the house of Aaron.

He will bless those who fear the LORD,
 the little no less than the great.
 To you may the LORD grant increase,
 to you and all your children.

May you be blest by the LORD,
 the maker of heaven and earth.
 The heavens, the heavens belong to the LORD,
 but to the children of Adam, he has given the earth.

The dead shall not praise the LORD,
 nor those who go down into silence.
 But we who live bless the LORD
 both now and for evermore.

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

PSALM 116A (114)

Freed from Sheol

In the days when he was in the flesh, Christ offered prayers and supplications with loud cries and tears to the one who was able to save him from death, and he was heard because of his reverence. Heb 5:7

Antiphon

I will walk * in the presence of the Lord

in the land of the living.

**I will walk in the presence of the Lord
 in the land of the living.**

Worth VI 2

I love the LORD, for he has heard
 my voice, my appeal;
 for he has turned his ear to me
 whenever I call.



They surrounded me, the snares of death;
the anguish of Sheol has found me; †
anguish and sórror I found.

I called on the name óf the LORD:
“Deliver my sóul, O LORD!”

How gracious is the LÓRD, and just;
our God hás compassion.
The LORD protécts the simple;
I was brought low, ánd he saved me.

Turn back, my soul, tó your rest,
for the LORD has been góod to you;
he has kept my sóul from death,
my eyes from tears, and my féet from stumbling.

I will walk in the présence of the LORD [A+D]
in the land óf the living.

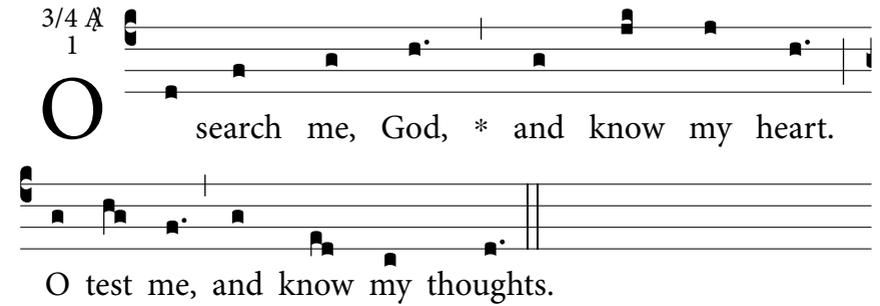
Glory be to the Father, and tó the Son,
And to the Hóly Spirit.
As it was in the beginning, is now and éver shall be.
World without énd. Amen

Antiphon

PSALM 139 (138) With All My Ways You Are Familiar

Who has known the mind of the Lord? Or who has been his counsellor? Rom 11:34

Antiphon



O search me, God, and knów my heart.
O test me, and knów my thoughts.



O LORD, you search me ánd you know me.
You yourself know my resting ánd my rising;
you discern my thoughts fróm afar.
You mark when I walk or lie down; †
you know all my ways thróugh and thróugh.

Before ever a word is ón my tongue,
you know it, O LORD, thróugh and thróugh.
Behind and before, yóu besiege me,
your hand ever láid upon me.

Too wonderful for mé, this knowledge; [A + D]
too high, beyónd my reach.

O where can I go fróm your spirit,
or where can I flee fróm your face?
If I climb the heavens, yóu are there.
If I lie in Sheol, yóu are there.



If I take the wings of the dawn
or dwell at the sea's fúrthest end,
even there your hánd would lead me;
your right hand would hólđ me fast.

If I say, "Let the darkness hide me †
and the light around mé be night,"
even darkness is not dárk to you,
the night shall be as bríght as day,
and darkness the sáme as the light.

For it was you who formed my ínmost being,
knit me together in my móther's womb.
I thank you who wónderfully made me;
how wonderful are your works, †
which my sóul knows well!

My frame was not hídden from you,
when I was being fáshioned in secret
and moulded in the dépths of the earth.

Your eyes saw me yét unformed;
and all days are recórded in your book,
formed before one of them cáme into being.

To me how precious your thóughts, O God;
how great is the súm of them!
If I count them, they are móre than the sand;
at the end I am still át your side.

O God, that you would sláy the wicked,
that men of blood would depárt from me!
With deceit they spéak against you,
and against you they exalt themsélves in vain.

Do I not hate thóse who hate you,
abhor those who ríse against you?
I hate them with a péréct hate,
and they are fóes to me.

O search me, God, and knów my heart.
O test me, and knów my thoughts.
See that my páth is not wicked,
and lead me in the way éverlasting.

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

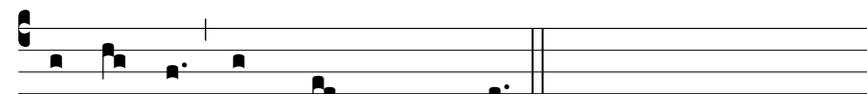
Antiphon

O search me, God, and knów my heart.

O test me, and knów my thoughts.



O search me, God, * and know my heart.



O test me, and know my thoughts.

SCRIPTURE READING

JAS 1:2-4

Count it all joy, my brethren, when you meet various trials, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

Alternative:

ROM 8:1-2

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set me free from the law of sin and death.

RESPONSORY

R̄ Christ_ died_ for our sins that he might of-fer us to
 God. V̄ In the bo-dy he was put_____ to death,
 in the spi-rit he was raised___ to life. R̄ Christ_
 V̄ Praise___ to the Fa-ther, praise___ to the Son,
 praise___ to the Ho - - ly___ Spi-rit. R̄ Christ_

MAGNIFICAT

THE CANTICLE OF MARY

My soul rejoices in the Lord

Lk 1:46-55

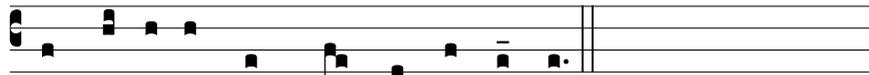
Antiphon

Mag. A

7



Remember your mercy, O Lord, * according to



the promises you made to our fathers.

**Remember your mercy, O Lord,
according to the promises you made to our fathers.**



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

The Almighty works marvels for me.
Hóly 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 starv'ing with good things,
sends the rich áway empty.

[A&D]

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

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

As it was in the beginning, is now and éver shall be.
World without énd. Amen

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 will offer prayers of intercession.

Cantor:

All:

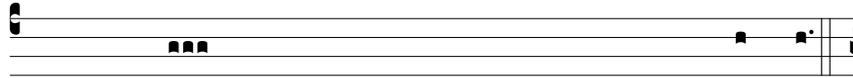


Ky-rie e- leison. * Christe e- leison. Ky-rie e- leison.

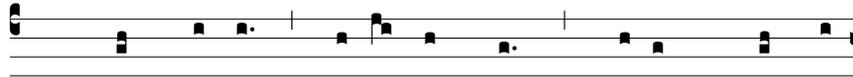
St Oliver Plunkett and St John Roberts, pray with us this evening as we recall Our Lord's redeeming sacrifice on Calvary; that, as you gave all for Christ, even so young men and women of our time may be inspired by God to hear and answer His call to the religious life and the priesthood, in this Diocese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

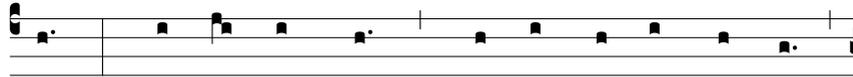
THE LORD'S PRAYER



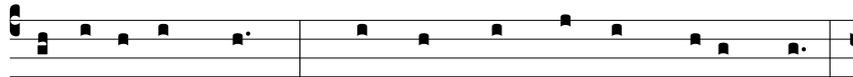
Superior: Let us now pray in the words our Saviour gave us:



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

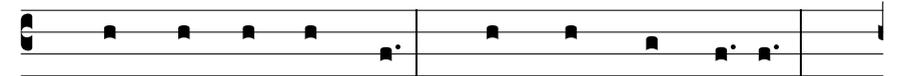
FRIDAY WEEK 2

Lord God, the Cross reveals the mystery of your love:
 a stubling block indeed for unbelief,
 but the sign of your power and wisdom to us who believe.
 Teach us so to contemplate your Son's glorious passion that
 we may always believe and glory in his Cross.
 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

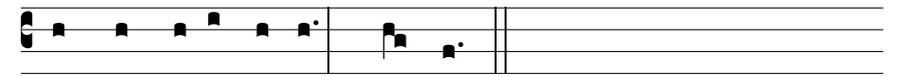
Superior:



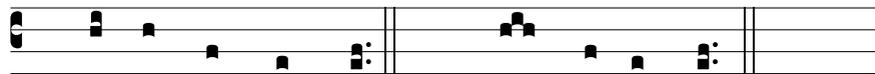
∩ The Lord be with you. Ɱ **And with your spirit.**



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



and the Holy Spirit. Ɱ **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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