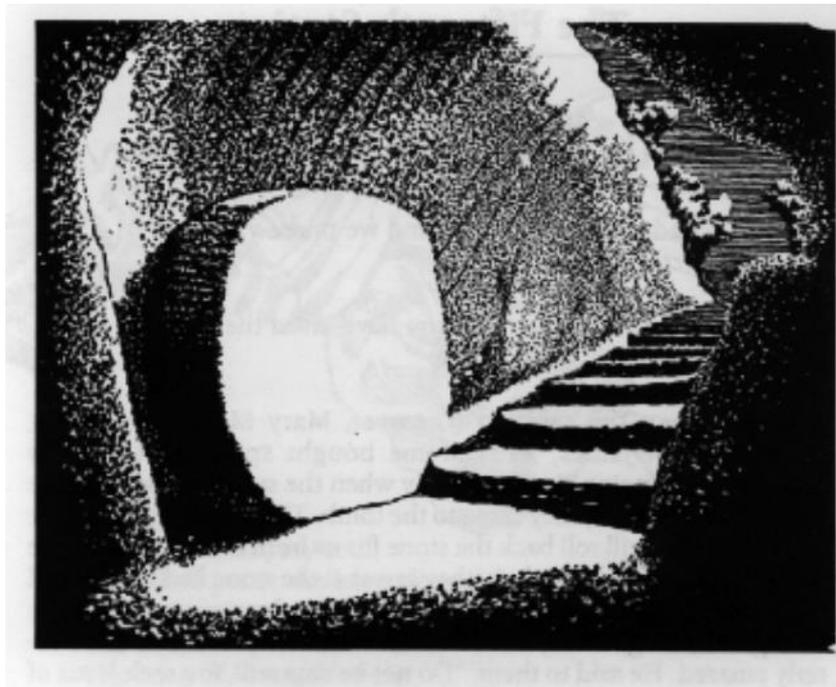


**The  
PRAYER  
of the  
CHURCH  
for the  
EASTER TRIDUUM**



**Saint Helen's Parish, Caerphilly**

# MAUNDY THURSDAY

## COMPLINE

*Leader:* O God, come to our aid;

*All:* O Lord, make haste to help us.

*Leader:* Glory be to the Father and to the Son and to the Holy Spirit;

*All:* as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

### *Hymn*

1. Now let us all with one accord,  
in fellowship with ages past,  
Keep vigil with our heav'nly Lord,  
in his temptation and his fast.

2. The covenant so long revealed  
to faithful men in former time,  
Christ by his own example sealed;  
The Lord of love, in love sublime.

3. Remember, Lord, though frail we be,  
by your own kind hand were we made;  
And help us, lest our frailty  
cause your great name to be betrayed.

4. Hear us, O Trinity sublime,  
and undivided unity;  
So let this consecrated time  
bring forth its fruit abundantly.

*St Gregory the Great 540-604*

### *Psalmody*

*Cantor:* He will conceal you with his wings; you will not fear the terror of the night.

*Psalm 90 (91)*

*Cantor:* He who dwells in the shelter of the Most High

1. and abides in the shade of the Almighty  
says to the Lord: 'My refuge,  
my stronghold, my God in whom I trust !'

2. It is. he who will free you from the snare  
of the fowler who seeks to destroy you;  
he will conceal you with his pinions  
and under his wings you will find refuge.

1. You will not fear the terror of the night  
nor the arrow that flies by day,  
nor the plague that prowls in the darkness  
nor the scourge that lays waste at noon.

2. A thousand may fall at your side;  
ten thousand fall at your right,  
you, it will never approach;  
his faithfulness is buckler and shield.

1. Your eyes have only to look  
to see how the wicked are repaid,  
you who have said: 'Lord, my refuge!'  
and have made the Most High your dwelling.

2. Upon you no evil shall fall,  
no plague approach where you dwell.  
For you has he commanded his angels,  
to keep you in all your ways.

1. They shall bear you upon their hands  
lest you strike your foot against a stone.  
On the lion and the viper you will tread  
and trample the young lion and the dragon.

2. Since he clings to me in love, I will free him;  
protect him for he knows my name.  
When he calls I shall answer: 'I am with you.'  
I will save him in distress and give him glory.
1. With length of life I will content-him;  
I shall let him see my saving power.

*All:* 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.  
He will conceal you with his wings; you will not fear the terror of the night.

**Scripture Reading**

**Rev 22:4-5**

*Reader:* They will see the Lord face to face, and his name will be written on their foreheads.  
It will never be night again and they will not need lamplight or sunlight,  
because the Lord God will be shining on them. They will reign for ever and ever.

**Short Responsory**

*Reader:* Christ humbled himself for us, and, in obedience, accepted death.

**Canticle: ('Nunc Dimittis')**

**Lk 2: 29 - 32**

*Cantor:* Save us, Lord, while we are awake; protect us while we sleep;  
that we may keep watch with Christ and rest with him in peace.

*All:* At last, all-powerful Master,  
you give leave to your servant  
to go in peace, according to your promise.

For my eyes have seen your salvation  
Which you have prepared for all nations,  
the light to enlighten the Gentiles  
and give glory to Israel, your people.

*All:* Glory be to the Father and to the Son and .....  
Save us, Lord, while we are awake; protect us while we sleep;  
that we may keep watch with Christ and rest with him in peace.

**Concluding Prayer**

**Blessing**

*Priest:* The Lord grant us a quiet night and a perfect end.

*All:* Amen.

**Canticle to Our Lady**

Salve, Regina, Mater misericordiae;  
vita, dulcedo, et spes nostra, salve.  
Ad te clamamus, exules filii Hevae,  
ad te suspiramus, gementes et flentes  
in hac lacrimarum valle.

Hail, our Queen and Mother blest!  
Joy when all was sadness,  
Life and hope you gave mankind,  
Mother of our gladness!  
Children of the sinful Eve,  
Sinless-Eve, befriend us,  
Exiled in this vale of tears  
Strength and comfort send us!

Eia, ergo, advocata nostra, illos tuos  
misericordes oculos ad nos converte;  
et Jesum, benedictum fructum ventris tui,  
nobis post hoc exilium ostende.  
O clemens, O pia, O dulcis Virgo Maria.

Pray for us, O Patroness,  
Be our consolation!  
Lead us home to see your Son,  
Jesus, our salvation!  
Gracious are you, full of grace,  
Loving as none other,  
joy of heaven and of earth,  
Mary, God's own Mother!

*All leave in silence.*

# GOOD FRIDAY

*Leader:* Lord, open our lips;

*All:* and we shall praise your name.

*Leader:* Christ, the Son of God, redeemed us with his blood. Come, let us adore him.

**Psalm 94** (A call to praise God)

*All:* Come, ring out our joy to the Lord;  
hail the God who saves us.  
Let us come before him giving thanks,  
with songs let us hail the Lord.

A mighty God is the Lord,  
a great king above all gods.  
In his hand are the depths of the earth;  
the heights of the mountains are his.  
To him belongs the sea, for he made it,  
and the dry land shaped by his hands.

Come in; let us bow and bend low;  
let us kneel before the God who made us  
for he is our God and we  
the people who belong to his pasture,  
the flock that is led by his hand.

O that today you would listen to his voice!  
`Harden not your hearts as at Meribah,  
as on that day at Massah in the desert  
when your fathers put me to the test;  
when they tried me, though they saw my work.

For forty years I was wearied of these people  
and I said: "Their hearts are astray,  
these people do not know my ways."  
Then I took an oath in my Anger:  
"Never shall they enter my rest."

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.

*All:* Christ, the Son of God, redeemed us with his blood. Come, let us adore him.

## THE OFFICE OF READINGS

*Hymn*

Sing, my tongue, of warfare ended,  
Of the Victor's laurelled crown;  
Let the cross, his trophy splendid,  
Be the theme of high renown;  
How a broken world was mended –  
Life restored by life laid down.

God, for man's rebellion grieving,  
When the world his hands had made  
Perished by a fruit's deceiving,  
In that hour his counsel laid,  
By a tree the race reprieving  
Whom a tree long since betrayed.

Man's eternal health contriving  
Wrought he with unfailing art –  
Wisdom 'gainst the wisdom striving  
Of the tempter's guileful heart;  
From that source the balm deriving  
Where the foe had steeped his dart.

Now, his years of life perfected,  
Our atonement's price to be,  
By the doom long since elected,  
Bound and nailed to set us free,  
Christ, our Victim, hangs rejected  
On the cross of Calvary.

Honour, glory, might and merit  
To the eternal Trinity,  
Father, Son and Holy Spirit,  
Throned in heaven co-equally;  
All that doth the world inherit,  
Praise one God in Persons three.

### *Psalmody*

*Cantor:* They arise, the kings of the earth, princes plot against the Lord and his Anointed.

#### *Psalm 2*

*Cantor:* Why this tumult among nations,

*1:* among peoples this useless murmuring?  
They arise, the kings of the earth,  
princes plot against the Lord and his Anointed.  
'Come, let us break their fetters,  
come, let us cast off their yoke.'

*2:* He who sits in the heavens laughs;  
the Lord is laughing them to scorn.  
Then he will speak in his Anger,  
his rage will strike them with terror.  
'It is I who have set up my king  
on Sion, my holy mountain.'

*1:* I will announce the decree of the Lord:  
The Lord said to me: 'You are my Son.  
It is I who have begotten you this day.  
Ask and I shall bequeath you the nations,  
put the ends of the earth in your possession.  
With a rod of iron you will break them,  
shatter them like a potter's jar.'

*2:* Now, O kings, understand,  
take warning, rulers of the earth;  
serve the Lord with awe  
and trembling, pay him your homage  
lest he be angry and you perish;  
for suddenly his anger will blaze.

*1:* Blessed are they who put their trust in God.

*All:* 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.  
They arise, the kings of the earth, princes plot against the Lord and his Anointed.

*Cantor:* They divided my clothing among them. They cast lots for my robe.

*Psalms 21 (22): 2 – 23*

*Cantor:* My God, my God, why have you forsaken me?

*1:* You are far from my plea and the cry of my distress.  
O my God, I call by day and you give no reply;  
I call by night and I find no peace.

*2:* Yet you, O God, are holy,  
enthroned on the praises of Israel.  
In you our fathers put their trust;  
they trusted and you set them free.  
When they cried to you, they escaped.  
In you they trusted and never in vain.

*1:* But I am a worm and no man,  
scorned by men, despised by the people.  
All who see me deride me.  
They curl their lips, they toss their heads.  
'He trusted in the Lord, let him save him;  
let him release him if this is his friend.'

*2:* Yes, it was you who took me from the womb,  
entrusted me to my mother's breast.  
To you I was committed from my birth,  
from my mother's womb you have been my God.  
Do not leave me alone in my distress;  
come close, there is none else to help.

*1:* Many bulls have surrounded me,  
fierce bulls of Bashan close me in.  
Against me they open wide their jaws,  
like lions, rending and roaring.

*2:* Like water I am poured out,  
disjointed are all my bones.  
My heart has become like wax,  
it is melted within my breast.

*1:* Parched as burnt clay is my throat,  
my tongue cleaves to my jaws.

*2:* Many dogs have surrounded me,  
a band of the wicked beset me.  
They tear holes in my hands and my feet  
and lay me in the dust of death.

*1:* I can count every one of my bones.  
These people stare at me and gloat;  
they divide my clothing among them.  
They cast lots for my robe.

*2:* O Lord, do not leave me alone,  
my strength, make haste to help me!  
Rescue my soul from the sword,  
my life from the grip of these dogs.  
Save my life from the jaws of these lions,  
my poor soul from the horns of these oxen.

*1:* I will tell of your name to my brethren  
and praise you where they are assembled.

*All:* Glory be to the Father and to the Son and .....

They divided my clothing among them. They cast lots for my robe.

*Cantor:* Those who sought my life used violence against me.

*Psalms 37(38)*

*Cantor:* O Lord, do not rebuke me in your anger;

*1:* do not punish me, Lord, in your rage.  
Your arrows have sunk deep in me;  
your hand has come down upon me.  
Through your anger all my body is sick:  
through my sin, there is no health in my limbs.

*2:* My guilt towers higher than my head;  
it is a weight too heavy to bear.  
My wounds are foul and festering,  
the result of my own folly.  
I am bowed and brought to my knees.  
I go mourning All the day long.

*1:* All my frame burns with fever  
all my body is sick.  
Spent and utterly crushed,  
I cry aloud in anguish of heart.

*2:* O Lord, you know all my longing:  
my groans are not hidden from you.  
My heart throbs, my strength is spent;  
the very light has gone from my eyes.

*1:* My friends avoid me like a leper;  
those closest to me stand afar off.  
Those who plot against my life lay snares;  
those who seek my ruin speak of harm,  
planning treachery all the day long.

*2:* But I am like the deaf who cannot hear,  
like the dumb unable to speak.  
I am like a man who hears nothing  
in whose mouth is no defence.

*1:* I count on you, O Lord:  
it is you, Lord God, who will answer.  
I pray: 'Do not let them mock me,  
those who triumph if my foot should slip' .

*2:* For I am on the point of falling  
and my pain is always before me.  
I confess that I am guilty  
and my sin fills me with dismay.

*1:* My wanton enemies are numberless  
and my lying foes are many.  
They repay me evil for good  
and attack me for seeking what is right.

*2:* O Lord, do not forsake me!  
My God, do not stay afar off!  
Make haste and come to my help,  
O Lord, my God, my saviour !

*All:* Glory be to the Father and to the Son and .....  
Those who sought my life used violence against: me.

*Cantor:* False witnesses rise against me,

*All:* And falsehood has deceived itself.

**The First Reading**

*A reading from the letter to the Hebrews*

**Heb 9: 11 – 28**

**Responsory**

*Cf Is 53: 7, 12*

*Reader:* He was led out as a lamb that is led to the slaughterhouse;  
harshly dealt with, he never opened his mouth; he was given over to death,

*All:* so as to give life to his people.

*Reader:* He surrendered himself to death and was ranked with sinners,

*All:* so as to give life to his people.

**The Second Reading**

*A reading from the instructions of St John Chrysostom to catechumens*

**Responsory**

*1 Peter 1: 18 –19; Ephesians 2: 18; 1 John 1: 7*

*Reader:* Your ransom was not paid in anything corruptible, neither in silver nor gold,  
but in the precious blood of Christ, a lamb without blemish.

*All:* Through him we all have access to the Father in the one Spirit.

*Reader:* The blood of Jesus Christ, the Son of God, purifies us from all sin.

*All:* Through him we all have access to the Father in the one Spirit.

## MORNING PRAYER

*Hymn*

Gall he drinks; his strength subduing,  
Reed and thorn and nail and spear  
Plot his gentle frame's undoing;  
Blood and water thence appear,  
With their cleansing tide renewing  
Earth and sea and starry sphere.

Hail, true cross, of beauty rarest,  
King of all the forest trees;  
Leaf and flower and fruit thou bearest  
Medicine for a world's disease;  
Fairest wood, and iron fairest  
Yet more fair, who hung on these.

Bend thy branches down to meet him,  
Bend that stubborn heart of thine;  
Let thy native force, to greet him,  
All its ruggedness resign;  
Gently let thy wood entreat him,  
Royal sufferer, and divine.

Victim of our race, he deigned  
On thy arms to lay his head;  
Thou the ark, whose refuge gained,  
Sinful man no more may dread;  
Ark, whose planks are deeply stained  
With the blood the Lamb hath shed.

Honour, glory, might and merit  
To the eternal Trinity,  
Father, Son and Holy Spirit,  
Throned in heaven co-equally;  
All that doth the world inherit,  
Praise one God in Persons three.

***Psalmody***

*Cantor:* God did not spare his own Son, but gave him up for us all.

***Psalm 50(51)***

*Cantor.* Have mercy on me, God, in your kindness.

- 1: In your compassion blot out my offence.  
O wash me more and more from my guilt  
and cleanse me from my sin.
2. My offences truly I know them;  
my sin is always before me.  
Against you, you alone, have I sinned;  
what is evil in your sight I have done.
1. That you may be justified when you give sentence  
and be without reproach when you judge,  
O see, in guilt I was born,  
a sinner was I conceived.
2. Indeed you love truth in the heart;  
then in the secret of my heart teach me wisdom.  
O purify me, then I shall be clean;  
O wash me, I shall be whiter than snow.
1. Make me hear rejoicing and gladness,  
that the bones you have crushed may revive.  
From my sins turn away your face  
and blot out all my guilt.
2. A pure heart create for me, O God,  
put a steadfast spirit within me.  
Do not cast me away from your presence,  
nor deprive me of your holy spirit.
1. Give me again the joy of your help;  
with a spirit of fervour sustain me,  
that I may teach transgressors your ways  
and sinners may return to you.
2. O rescue me, God, my helper  
and my tongue shall ring out your goodness.  
O Lord, open my lips  
and my mouth shall declare your praise.
1. For in sacrifice you take no delight,  
burnt offering from me you would refuse,  
my sacrifice, a contrite spirit.  
A humbled, contrite heart you will not spurn.
2. In your goodness, show favour to Sion:  
rebuild the walls of Jerusalem.  
Then you will be pleased with lawful sacrifice,  
holocausts offered on your altar.

*All:* Glory be to the Father and to the Son and .....  
God did not spare his own Son, but gave him up for us all.

*Cantor:* Jesus Christ showed his love for us and freed us from our sins with his life's blood.

*Canticle: Hab 3: 2 – 4, 13a, 16 – 19*

- Cantor:* Lord, I have heard of your fame,  
*1:* I stand in awe at your deeds.  
Do them again in our days,  
in our days make them known!  
In spite of your anger, have compassion.
- 2:* God comes forth from Teman,  
the Holy One comes from Mount Paran:  
His splendour covers the sky  
and his glory fills the earth.  
His brilliance is like the light,  
rays flash from his hands;  
there his power is hidden.
- 1:* You march out to save your people,  
to save the one you have anointed.  
You made a path for your horses in the sea,  
in the raging of the mighty waters.
- 2:* This I heard and I tremble with terror,  
my lips quiver at the sound.  
Weakness invades my bones,<sup>^</sup>  
my steps fail beneath me,  
yet I calmly wait for the doom  
that will fall upon the people who assail us. -
- 1:* For even though the fig does not blossom,  
nor fruit grow on the vine,  
even though the olive crop fail,  
and fields produce no harvest,  
even though flocks vanish from the folds  
and stalls stand empty of cattle,
- 2:* Yet I will rejoice in the Lord  
and exult in God my saviour.  
The Lord my God is my strength.  
He makes me leap like the deer,  
he guides me to the high places.

*All:* Glory be to the Father and to the Son and .....

Jesus Christ showed his love for us and freed us from our sins with his life's blood.

*Cantor:* We venerate -your cross; Lord; we praise and glorify your holy resurrection:  
because of the tree joy has come into the whole world.

*Psalm 147*

- Cantor:* O praise the Lord, Jerusalem!  
*1:* Sion, praise your God!
- 2:* He has strengthened the bars of your gates,  
he has blessed the children within you.  
He established peace on your borders,  
he feeds you with finest wheat.
- 1:* He sends out his word to the earth  
and swiftly runs his command:  
He showers down snow white as wool,  
he scatters hoar-frost like ashes.
- 2:* He hurls down hailstones like crumbs.  
The waters are frozen at his touch;  
he sends forth his word and it melts them:  
at the breath of his mouth the waters flow.

*I:* He makes his word known to Jacob,  
to Israel his laws and decrees.  
He has not dealt thus with other nations;  
he has not taught them his decrees.

*All:* Glory be to the Father and to the Son and .....

We venerate your cross, Lord; we praise and glorify your holy resurrection:  
because of the tree joy has come into the whole world.

**Scripture Reading**

*Isaiah 52: 13 – 15*

**short responsory**

*All:* Christ humbled himself for us, and, in obedience, accepted death, even death on a cross.

**Gospel Canticle**

*Luke 1: 68 – 79*

*Cantor:* Over his head was placed the charge against him:  
'This is Jesus, the Nazarene, the King of the Jews.'

*Cantor:* Blessed be the Lord, the God of Israel!

*All:* He has visited his people and redeemed them.

He has raised up for us a mighty saviour  
in the house of David his servant,  
as he promised by the lips of holy men,  
those who were his prophets from of old.

A saviour who would free us from our foes,  
from the hands of all who hate us.  
So his love for our fathers is fulfilled  
and his holy covenant remembered.

He swore to Abraham our father to grant us,  
that free from fear, and saved from the hands of our foes,  
we might serve him in holiness and justice  
all the days of our life in his presence.

As for you, little child,  
you shall be called a prophet of God, the Most High.  
You shall go ahead of the Lord  
to prepare his ways before him,

To make known to his people their salvation  
through forgiveness of all their sins,  
the loving-kindness of the heart of our God  
who visits us like the dawn from on high.

He will give light to those in darkness,  
those who dwell in the shadow of death,  
and guide us into the way of peace.

*All:* Glory be to the Father and to the Son and .....

Over his head was placed the charge against him:  
'This is Jesus, the Nazarene, the King of the Jews.'

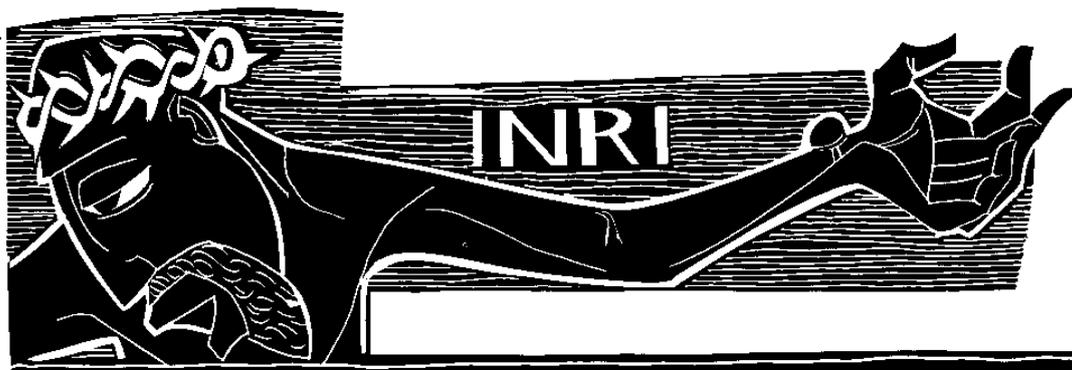
**Intercessions:**

*R/:* Lord, have mercy on us.

Our Father, ..

**Closing Prayer**

**Dismissal.**



# HOLY SATURDAY

*Leader:* Lord, open our lips;

*All:* and we shall praise your name.

*Leader:* Christ the Lord suffered for us and was buried. Come, let us adore him.

**Psalm 94** (A call to praise God)

*All:* Come, ring out our joy .... (As on page 3)

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.

*All:* Christ the Lord suffered for us and was buried. Come, let us adore him.

## THE OFFICE OF READINGS

### *Hymn*

His cross stands empty in a world grown silent  
Through hours of anguish and of dread;  
In stillness, earth awaits the resurrection,  
While Christ goes down to wake the dead.

He summons Adam and his generations,  
Brings light where darkness endless seemed;  
He frees and claims his own, so long held captive,  
Who, with the living, are redeemed.

With God the Father and the Holy Spirit,  
Give praise to Christ the crucified,  
Who, through the ages, seeks to save his lost ones:  
The sinful men for whom he died.

### **Psalmody**

*Cantor:* Now I will lie down in peace and sleep comes at once.

### **Psalm 4**

*Cantor:* When I call, answer me, O God of justice;

1. from anguish you released me, have mercy and hear me!

2. O men, how long will your hearts be closed,  
will you love what is futile and seek what is false ?

1. It is the Lord who grants favours to those whom he loves;  
the Lord hears me whenever I call him.

2. Fear him; do not sin: ponder on your bed and be still.  
Make justice your sacrifice and trust in the Lord.

1. 'What can bring us happiness ?' many say.  
Let the light of your face shine on us, O Lord.

2. You have put into my heart a greater joy  
than they have from abundance of corn and new wine.

1. I will lie down in peace and sleep comes at once  
for you alone, Lord, make me dwell in safety.

*All:* Glory be to the Father and to the Son and .....

Now I will lie down in peace and sleep comes at once.

*Cantor:* My body shall rest in hope.

***Psalm 15(16)***

*Cantor:* Preserve me, God, I take refuge in you.

1. I say to the Lord: 'You are my God.  
My happiness lies in you alone.'
2. He has put into my heart a marvellous love  
for the faithful ones who dwell in his land.  
Those who choose other gods increase their sorrows.  
Never will I offer their offerings of blood.  
Never will I take their name upon my lips.
1. O Lord, it is you who are my portion and cup;  
it is you yourself who are my prize.  
The lot marked out for me is my delight:  
welcome indeed the heritage that falls to me!
2. I will bless the Lord who gives me counsel,  
who even at night directs my heart.  
I keep the Lord ever in my sight:  
since he is at my right hand, I shall stand firm.
1. And so my heart rejoices, my soul is glad;  
even my body shall rest in safety.  
For you will not leave my soul among the dead,  
nor let your beloved know decay.
2. You will show me the path of life,  
the fulness of joy in your presence,\*  
at your right hand happiness for ever.

*All:* Glory be to the Father and to the Son and .....  
My body shall rest in hope.

*Cantor:* Grow higher, ancient doors; let the king of glory enter.

***Psalm 23(24)***

*Cantor:* The Lord's is the earth and its fulness,"

1. the world and all its peoples.  
It is he who set it on the seas;  
on the waters he made it firm.
2. Who shall climb the mountain of the Lord ?  
Who shall stand in his holy place?  
The man with clean hands and pure heart,  
who desires not worthless things,  
who has not sworn so as to deceive his neighbour
1. He shall receive blessings from the Lord  
and reward from the God who saves him.  
Such are the men who seek him,  
seek the face of the God of Jacob.
2. O gates, lift high your heads;  
grow higher, Ancient doors.  
Let him enter, the king of glory!
1. Who is the king of glory?  
The Lord, the mighty, the valiant,  
the Lord, the valiant in war.
2. O gates, lift high your heads;  
grow higher, ancient doors.  
Let him enter, the king of glory!

1. Who is he, the king of glory?  
He, the Lord of armies,  
he is the king of glory.

*All:* Glory be to the Father and to the Son and .....  
Grow higher, ancient doors; let the king of glory enter.

*Cantor:* Uphold my cause and defend me.

*All:* By your promise give me life.

### ***The First Reading***

A reading from the letter to the Hebrews

***Heb 4: 1 -13***

*Responsory*

*Cf Mt 27:66,60,62*

*Reader:* They buried the Lord, made the tomb secure and rolled a stone across the entrance,

*All:* and they placed soldiers there to guard the body.

*Reader:* The chief priests went to Pilate and asked for a guard,

*All:* and they placed soldiers there to guard the body.

### ***The Second Reading***

A reading from an ancient homily for Holy Saturday

*Responsory*

*Reader:* Our shepherd, the source of living water, has departed.

At his passing the sun was darkened, for he who held  
the first man captive is now taken captive himself.

*All:* Today our Saviour has shattered the bars and burst the gates of death.

*Reader:* He has torn down the barricades of hell and overthrown the power of Satan.

*All:* Today our Saviour has shattered the bars and burst the gates of death.

## **MORNING PRAYER**

*Hymn*

O loving wisdom of our God!  
When all was sin and shame,  
A second Adam to the fight  
And to the rescue came.

O generous love! that he who smote  
In man for man the foe,  
The double agony in man  
For man should undergo;

And in the garden secretly,  
And on the cross on high,  
Should teach his brethren, and inspire  
To suffer and to die.

Praise to the Holiest in the height,  
And in the depth be praise,  
In all his words most wonderful,  
Most sure in all his ways.

**Psalmody**

*Cantor:* They will mourn for him as for an only son,  
since it is the innocent one of the Lord who has been slain.

**Psalm 63(64)**

*Cantor:* Hear my voice, O God, as I complain,

1. guard my life from dread of the foe.  
Hide me from the band of the wicked,  
from the throng of those who do evil.
2. They sharpen their tongues like swords;  
they aim bitter words like arrows  
to shoot at the innocent from ambush,  
shooting suddenly and recklessly.
1. They scheme their evil course;  
they conspire to lay secret snares.  
They say: `Who will see us? "  
Who can search out our crimes?'
2. He will search who searches the mind  
and knows the depths of the heart.  
God has shot them with his arrow  
and dealt them sudden wounds.  
Their own tongue has brought them to ruin 'r  
and all who see them mock.
1. Then will all men fear;  
they will tell what God has done  
They will understand God's deeds.  
The just will rejoice in the Lord  
and fly to him for refuge.  
All the upright hearts will glory. .

*All:* Glory be to the Father and to the Son and .....  
They will mourn for him as for an only son, since it is  
the innocent one of the Lord who has been slain.

*Cantor:* Save my soul from the gates of hell, Lord.

**Canticle: Is 38: 10 - 14, 17 -20**

*Cantor:* I said, In the noontide of my days I must depart;

1. I am consigned to the gates of Sheol  
for the rest of my years.
2. I said, I shall not see the Lord  
in the land of the living;  
I shall look upon man no more  
among the inhabitants of the world.
1. My dwelling is plucked up and removed from me  
like a shepherd's tent;  
like a weaver I have rolled up my life;  
he cuts me off from the loom;
2. From day to night you bring me to an end;  
I cry for help until morning;  
like a lion he breaks all my bones;  
from day to night you bring me to an end.
1. Like a swallow or a crane I clamour,  
I moan like a dove.  
My eyes are weary with looking upward.  
O Lord, I am oppressed; be my security.

2. Lo, 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.
1. For Sheol cannot thank you,  
death cannot praise you;  
those who go down to the pit  
cannot hope for your faithfulness.
2. The living, the living, he thanks you  
as I do this day;  
the father makes known to the children your faithfulness.
1. The Lord will save me,  
and we will sing to stringed instruments  
all the days of our life,  
at the house of the Lord,
- All:* Glory be to the Father and to the Son and .....  
Save my soul from the gates of hell, Lord.

*Cantor:* I was dead and now I am to live for ever and ever, and I hold the keys of death and of hell.

***Psalm 150***

- Cantor:* Praise God in his holy place,
1. praise him in his mighty heavens.  
Praise him for his powerful deeds,  
praise his surpassing greatness.
2. O praise him with sound of trumpet,  
praise him with lute and harp.  
Praise him with timbrel and dance,  
praise him with strings and pipes.
1. O praise him with resounding cymbals,  
praise him with clashing of cymbals.  
Let everything that lives and that breathes  
give praise to the Lord.

*All:* Glory be to the Father and to the Son and .....  
I was dead and now I am to live for ever and ever, and I hold the keys of death and of hell.

***Scripture Reading***

***Hosea 6:1 - 3a***

***short responsory***

*All:* Christ humbled himself for us, and, in obedience, accepted death, even death on a cross.  
Therefore God raised him to the heights and gave him the name which is above all other names.

***Gospel Canticle***

***Luke 1: 68 – 79***

*Cantor:* Save us, Saviour of the world. By the cross and the shedding of your blood  
you have redeemed us. Come to help us, Lord, our God.

*Cantor:* Blessed be the Lord, the God of Israel!

*All:* He has visited his people and redeemed them.

He has raised up for us a mighty saviour  
in the house of David his servant,  
as he promised by the lips of holy men,  
those who were his prophets from of old.

A saviour who would free us from our foes,  
from the hands of all who hate us.  
So his love for our fathers is fulfilled  
and his holy covenant remembered.

He swore to Abraham our father to grant us,  
that free from fear, and saved from the hands of our foes,  
we might serve him in holiness and justice  
all the days of our life in his presence.

As for you, little child,  
you shall be called a prophet of God, the Most High.  
You shall go ahead of the Lord  
to prepare his ways before him,

To make known to his people their salvation  
through forgiveness of all their sins,  
the loving-kindness of the heart of our God  
who visits us like the dawn from on high.

He will give light to those in darkness,  
those who dwell in the shadow of death,  
and guide us into the way of peace.

*All:* Glory be to the Father and to the Son and .....

Save us, Saviour of the world. By the cross and the shedding of your blood  
you have redeemed us. Come to help us, Lord, our God.

***Intercessions:***

*R/:* Lord, have mercy on us.

Our Father, ...

***Closing Prayer + Dismissal.***

