



I SUNDAY IN LENT

II VESPERS

**CATHEDRAL OF OUR LADY OF THE HOLY ROSARY
VANCOUVER BC**

II VESPERS

INTRODUCTION

V. O God, ✠ come to my assistance

R. O Lord, make haste to help me.

V. Glory be to the Father and to the Son and to the Holy Spirit.

R. As it was in the beginning is now and ever shall be world without end. Amen. Praise to you O Lord, King of Eternal Glory!

HYMN

FORTY DAYS AND FORTY NIGHTS

George Hunt Smyttan 1822 – 1870

Nurenbergisches Gesanbuch 1676



1 For - ty days and for - ty nights
2 Shall not we thy sor - row share
3 Then if Sa - tan on us press,



Thou wast fast - ing in the wild;
And from world - ly joys ab - stain,
Flesh or spi - rit to as - sail,



For - ty days and for - ty nights
Fast - ing with un - ceas - ing prayer,
Vic - tor in the wil - der - ness,



Temp - ed, and yet un - de - filed.
Strong with thee to suf - fer pain?
Grant we may not faint nor fail!

PSALMODY

Ant. 1 Worship your Lord and God; serve him alone.

Psalm 109, 1-5, 7
The Messiah, king and priest

THE LORD'S REVELATION TO MY MASTER: †
"Sit on my right: *
your foes I will put beneath your feet."

The Lord will wield from Zion †
your sceptre of power: *
rule in the midst of all your foes.

A prince from the day of your birth †
on the holy mountains; *
from the womb before the dawn I begot you.

The Lord has sworn an oath he will not change. †
"You are a priest for ever, *
a priest like Melchizedeck of old."

The Master standing at your right hand *
will shatter kings in the day of his wrath.

He shall drink from the stream by the wayside *
and therefore he shall lift up his head.

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.

Ant. Worship your Lord and God; serve him alone.

Ant. 2 This is the time when you can win God's favour; the day when you can be saved.

Psalm 114

The Israelites are delivered from the bondage of Egypt

WHEN ISRAEL CAME FORTH FROM EGYPT, *
Jacob's sons from an alien people,
Judah became the Lord's temple, *
Israel became his kingdom.

The sea fled at the sight: *
the Jordan turned back on its course,
the mountains leapt like rams *
and the hills like yearling sheep.

Why was it, sea, that you fled, *
that you turned back, Jordan, on your course?
Mountains, that you leapt like rams, *
hills, like yearling sheep?

Tremble, O earth, before the Lord, *
in the presence of the God of Jacob,
who turns the rock into a pool *
and flint into a spring of water.

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.

Ant. This is the time when you can win God's favour; the day when you can be saved.

Ant. 3 Now we must go up to Jerusalem where all that has been written about the Son of Man will be fulfilled.

Canticle: I Peter 2, 21 - 24

The willing acceptance of his passion by Christ, the servant of God

CHRIST SUFFERED FOR YOU, †
and left you an example *
to have you follow in his footsteps.

He did no wrong; *
no deceit was found in his mouth.
When he was insulted, *
he returned no insult.

When he was made to suffer, *
he did not counter with threats.
Instead he delivered himself up *
to the One who judges justly.

In his own body *
he brought your sins to the cross,
so that all of us, dead to sin, *
could live in accord with God's will.
By his wounds you were healed.

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.

Ant. Now we must go up to Jerusalem where all that has been written about the Son of Man will be fulfilled.

WHILE ALL THE RUNNERS in the stadium take part in the race, the award goes to one man. In that case, run so as to win! Athletes deny themselves all sorts of things. They do this to win a crown of leaves that withers, but we a crown that is imperishable.

RESPONSORY

V. Listen to us, O Lord, and have mercy, for we have sinned against you.

R. Listen to us, O Lord, and have mercy, for we have sinned against you.

V. Christ Jesus, hear our humble petitions,

R. for we have sinned against you.

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

R. Listen to us, O Lord, and have mercy, for we have sinned against you.

MAGNIFICAT

Ant. Watch over us, eternal Saviour; do not let the cunning tempter seize us. We place all our trust in your unfailing help.

Canticle of Mary

Luke 1, 46 - 55

MY ✠ SOUL PROCLAIMS THE GREATNESS OF THE LORD, †
my spirit rejoices in God my Saviour *
for he has looked with favour on his lowly servant.

From this day all generations will call me blessed: †
the Almighty has done great things for me, *
and holy is his Name.

He has mercy on those who fear him *
in every generation.

He has shown the strength of his arm, *
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, *
and has lifted up the lowly.

He has filled the hungry with good things, *
and the rich he has sent away empty.

He has come to the help of his servant Israel *
for he has remembered his promise of mercy,

the promise he made to our fathers, *
to Abraham and his children for ever.

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.

Ant. Watch over us, eternal Saviour; do not let the cunning tempter
seize us. We place all our trust in your unfailing help.

INTERCESSIONS

ALL PRAISE TO GOD THE FATHER who brought his chosen people to
rebirth from imperishable seed through his eternal Word. Let us
ask him as his children:

R. Lord, be gracious to your people.

God of mercy, hear the prayers we offer for all your people, may they
hunger for your word more than for bodily food.

R. Lord, be gracious to your people.

Give us a sincere and active love for our own nation and for all
mankind, may we work always to build a world of peace and goodness.

R. Lord, be gracious to your people.

Look with love on all to be reborn in baptism, that they may be living
stones in your temple of the Spirit.

R. Lord, be gracious to your people.

You moved Nineveh to repentance by the preaching of Jonah, in your
mercy touch the hearts of sinners by the preaching of your word.

R. Lord, be gracious to your people.

May the dying go in hope to meet Christ their judge, may they rejoice
for ever in the vision of your glory.

R. Lord, be gracious to your people.

THE LORD'S PRAYER

PRÆCEPTIS salutaribus moniti, et divina institutione formati,
audemus dicere: Pater Noster...

CONCLUDING PRAYER

GRANT, ALMIGHTY GOD, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. 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.

DISMISSAL

The priest dismisses the people and continues with Benediction:

V. The Lord be with you.

R. And with your spirit.

V. May almighty God bless you, the Father and ✠ the Son and the Holy Spirit.

R. Amen.

V. Let us bless the Lord.

R. Thanks be to God.



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