Parish Weekday Prayer

Adapted from the Liturgy of the Hours
Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.
INTRODUCTION – PARISH WEEKDAY PRAYER

The public and communal prayer of the people of God is rightly considered among the first duties of the Church. From the very beginning the baptized “remained faithful to the teaching of the apostles, to the brotherhood, to the breaking of bread and to the prayers” (Acts 2:42). Many times the Acts of the Apostles testifies that the Christian community prayed together. The testimony of the early Church shows that individual faithful also devoted themselves to prayer at certain hours.

When the faithful gather together for whatever reason they should do so in an atmosphere of recollection, beginning all Christian activity and apostolate with recourse to Almighty God through fervent prayer.

Sometimes the faithful of a parish cannot be present at the Holy Eucharist during the week due to the absence of a priest or excessive travel requirements. Whilst daily Mass is encouraged and considered ideal, sometimes it is not possible. In these circumstances the faithful are likewise encouraged to gather and pray together.

There are many prayers and devotions which are available to a group of the faithful gathered in the absence of a priest; however the Liturgy of the Hours has pride of place since it is the ‘Prayer of the Church’. The purpose of the Liturgy of the Hours is to sanctify the day and all human activity and this community prayer has a special dignity since Christ himself said: “Where two or three meet in my name, I shall be there with them” (Mt 18:20).

This book of weekday prayer has been prepared to allow those gathered on the weekdays of the Church’s year to pray together the Liturgy of the Hours in such a way as to incorporate the Sacred Scripture that would be provided during the Liturgy of the Word at Holy Mass.

By thus adapting the Liturgy of the Hours, the faithful can continue to follow the sequence of readings that are presented to the Church during the liturgical year. This integral reading of Sacred Scripture during the celebration of this adapted Liturgy of the Hours is approved by the Archbishop, only for this Parish Weekday Prayer in the Archdiocese of Portland in Oregon. Although this collection of Parish Weekday Prayer is envisioned to be celebrated in the morning it may also be used at other times of the day.
STRUCTURE OF PARISH WEEKDAY PRAYER

Hymns
Each day has a suggested hymn, however this can substituted by another hymn that is known by the congregation or has a more appropriate seasonal or liturgical theme.

Psalms and Old Testament Canticle with Associated Antiphons
The psalms, antiphons and canticles are taken from Week One of the Liturgy of the Hours. If a parish wishes these can be changed for other weeks or the corresponding psalms and prayers for daily Feasts and Solemnities.

Sacred Scripture
Sacred Scripture is taken from the Lectionary of the corresponding day. The first reading is followed by a responsorial psalm which takes the place of the traditional responsory from the Liturgy of the Hours; and then by the alleluia verse and the Gospel. The Gospel, if read by a lay person, should not include the greeting or the signing, this is reserved to a priest or a deacon.

The Intercessions, the Lord’s Prayer and the Concluding Prayer
The intercessions or Universal Prayers are general in nature and include a broad spectrum of the Church’s needs. Whilst some intercessions are included for each day these may be adapted for the needs of the individual parish community.

Sacred Silence
In all liturgical functions, care must be taken that ‘at the proper times all should observe a reverent silence’, therefore an opportunity for silence should also be provided in the recitation of this parish prayer. The purpose of this silence is to allow the voice of the Holy Spirit to be heard more fully in our hearts, and to unite our personal prayer more closely with the Word of God and the public voice of the Church. Periods of silence may be inserted in different ways: after each psalm and canticle, once its antiphon has been repeated, as was generally the custom; after the reading whether long or short; and especially after the Gospel.

The Way of Praying the Psalms
The psalms can be recited in various ways: A way should be chosen to enable those who pray the psalms to appreciate more easily their spiritual and literary flavor.
Psalms are sung or said straight through (*in directum*) with alternate verses (strophes) sung or recited by two choirs or two parts of the congregation, or in responsorial fashion—the ways tested by tradition and experience.

An antiphon is said at the beginning of each psalm. The custom of concluding the psalm with Glory be to the Father is retained. Tradition has aptly employed this to attribute to the prayer of the Old Testament a quality of praise and a Christological and Trinitarian meaning. The antiphon is repeated after the psalm. When a longer psalm is used, it is divided up in the psalter. The tradition of singing the psalms may be maintained if it can be executed proficiently using appropriate psalm tones. [cf. GILH]

**Some considerations when using Parish Weekday Prayer**

The days are numbered so that if Parish Weekday Prayer is celebrated on the same day each week the choice of day can be changed so as to use the psalms of a different day over a six week period. However, the Scripture of the current day is always used.

When the Gospel is read in the absence of a deacon the reader introduces the Gospel without a greeting by saying: “A reading from the Holy Gospel according to ________.” The signing of the book is omitted. At the end of the Gospel the reader says: “The Gospel of the Lord”; to which the people respond: “Praise to you Lord Jesus Christ”.

If a deacon is present and it seems appropriate he may give a brief homily for the edification of the faithful. If not, a few minutes silence after the Gospel would be appropriate for those present, to meditate upon the Word of God. Lay members of the faithful do not have permission to preach in any liturgical context.

If weekday prayer is celebrated later in the day it may be appropriate to use the Magnificat (Canticle of Mary - *inside back cover*) instead of the Benedictus (Canticle of Zechariah - *inside front cover*).

In general when a deacon is not present for Parish Weekday Prayer, the various parts should be distributed among several faithful rather than having a single lay member of the faithful direct the whole celebration alone. It is never appropriate to refer to any member of the lay faithful as ‘presiding’ over this prayer. [Cf. *Redemptionis Sacramentum* 165]
DAY ONE

God, * come to my assistance.
— Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be for ever. Amen. (Alleluia.)

HYMN Love Divine, All Loves Excelling

1. Love divine, all loves excelling, Joy of heav’n, to earth come down! Fix in us your humble dwelling; All your 
2. Come, almighty to deliver; Let us all your life receive; Suddenly return and never, Never-
3. Finish then your new creation, Pure and spotless, gracious Lord; Let us see your great salvation Perfect-

1. Faithful mercies crown. Jesus, source of all compassion, 1. Love unbounded, love all pure; Visit us with 
2. more your temples leave. Lord, we would be always blessing, 2. Serve you as your hosts above; Pray, and praise you 
3. ly in you restored. Changed from glory into glory, 3. Till in heav’n we take our place, Till we sing be-

1. your salvation, Let your love in us endure. 1. your salvation, Let your love in us endure. 
2. without ceasing, Glory in your precious love. 2. without ceasing, Glory in your precious love. 
3. fore the almighty, Lost in wonder, love and praise. 3. fore the almighty, Lost in wonder, love and praise.

PSALMODY

Antiphon 1  I lift up my heart to you, O Lord, and you will hear my daily prayer.

Psalm 5:2-10, 12-13

To my words give ear, O Lord,
give heed to my groaning.
Attend to the sound of my cries,
my King and my God.

It is you whom I invoke, O Lord.
In the morning you hear me;
in the morning I offer you my prayer,
watching and waiting.

You are no God who loves evil;
no sinner is your guest.
The boastful shall not stand their ground
before your face.

You hate all who do evil;
you destroy all who lie.
The deceitful and bloodthirsty man
the Lord detests.

But I through the greatness of your love
have access to your house.
I bow down before your holy temple,
filled with awe.

Lead me, Lord, in your justice,
because of those who lie in wait;
made clear your way before me.
No truth can be found in their mouths, 
their heart is all mischief, 
their throat a wide-open grave, 
all honey their speech.

All those you protect shall be glad 
and ring out their joy. 
You shelter them; in you they rejoice, 
those who love your name.

It is you who bless the just man, Lord: 
you surround him with favor as with a shield.

Glory to the Father, and to the Son, 
and to the Holy Spirit:

as it was in the beginning, is now, 
and will be for ever. Amen.

**Antiphon** I lift up my heart to you, O Lord, and you will hear my daily prayer.

**Antiphon 2** We praise your glorious name, O Lord, our God.

**Canticle** 1 Chronicles 29:10-13

Blessed may you be, O Lord, 
God of Israel our father, 
from eternity to eternity.

Yours, O Lord, are grandeur and power, 
majesty, splendor, and glory.

For all in heaven and on earth is yours; 
yours, O Lord, is the sovereignty: 
you are exalted as head over all.
Riches and honor are from you,
and you have dominion over all.
In your hand are power and might;
it is yours to give grandeur and strength to all.

Therefore, our God, we give you thanks
and we praise the majesty of your name.

Glory to the Father, and to the Son,
and to the Holy Spirit:

as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon  We praise your glorious name, O Lord our God.

Antiphon 3  Adore the Lord in his holy court.

Psalm 29
O give the Lord, you sons of God,
give the Lord glory and power;
give the Lord the glory of his name.
Adore the Lord in his holy court.

The Lord’s voice resounding on the waters,
the Lord on the immensity of waters;
the voice of the Lord, full of power,
the voice of the Lord, full of splendor.

The Lord’s voice shattering the cedars,
the Lord shatters the cedars of Lebanon;
he makes Lebanon leap like a calf
and Sirion like a young wild-ox.

The Lord’s voice flashes flames of fire.
The Lord’s voice shaking the wilderness,  
the Lord shakes the wilderness of Kadesh;  
the Lord’s voice rending the oak tree  
and stripping the forest bare.

The God of glory thunders.  
In his temple they all cry: “Glory!”  
The Lord sat enthroned over the flood;  
the Lord sits as king for ever.

The Lord will give strength to his people,  
the Lord will bless his people with peace.

Glory to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be for ever. Amen.

**Antiphon** Adore the Lord in his holy court.

**READING**  
*Daily readings, responsorial psalm, alleluia verse, and Gospel are all taken from the Lectionary.*

**BENEDICTUS**  
**Canticle of Zechariah**  
*See inside front cover.*

**Antiphon:** Blessed be the Lord our God.

**Intercessions**  
We esteem Christ above all men, for he was filled with grace and the Holy Spirit. In faith let us implore him:  
*Give us your Spirit, Lord.*

Grant us a peaceful day,  
— when evening comes we will praise you with joy and purity of heart.

Let your splendor rest upon us today,  
— direct the work of our hands.
May your face shine upon us and keep us in peace,  
— may your strong arm protect us.

Look kindly on all who put their trust in our prayers,  
— fill them with every bodily and spiritual grace.

The Lord’s Prayer
Our Father...

Concluding Prayer
Father,  
may everything we do  
begin with your inspiration  
and continue with your saving help.  
Let our work always find its origin in you  
and through you reach completion.  
We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever.  
— Amen.

BLESSING
May the Lord ✯ bless us  
protect us from all evil  
and bring us to everlasting life.  
— Amen.
DAY TWO

God, ✞ come to my assistance.
—Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be for ever.
Amen. (Alleluia.)

HYMN

Now Thank We All Our God

Text: 67 66 66; Sirach 50:22-24; Martin Rinkart, 1586-1649; tr. by Catherine Winkworth, 1827-1878, alt.
Antiphon 1: The man whose deeds are blameless and whose heart is pure will climb the mountain of the Lord.

Psalm 24
The Lord’s is the earth and its fullness, the world and all its peoples. It is he who set it on the seas; on the waters he made it firm.

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 neighbor.

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.

O gates, lift high your heads; grow higher, ancient doors. Let him enter, the king of glory!

Who is the king of glory? The Lord, the mighty, the valiant, the Lord, the valiant in war.

O gates, lift high your heads; grow higher, ancient doors. Let him enter, the king of glory!

Who is he, the king of glory? He, the Lord of armies, he is the king of glory.
Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen.

**Antiphon:** The man whose deeds are blameless and whose heart is pure will climb the mountain of the Lord.

**Antiphon 2:** Praise the eternal king in all your deeds.

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**Canticle**

Blessed be God who lives forever, because his kingdom lasts for all ages.

For he scourges and then has mercy; he casts down to the depths of the nether world, and he brings up from the great abyss. No one can escape his hand.

Praise him, you Israelites, before the Gentiles, for though he has scattered you among them, he has shown you his greatness even there.

Exalt him before every living being, because he is the Lord our God, our Father and God forever.

He scourged you for your iniquities, but will again have mercy on you all. He will gather you from all the Gentiles among whom you have been scattered.

When you turn back to him with all your heart, to do what is right before him, Then he will turn back to you, and no longer hide his face from you.
So now consider what he has done for you, and praise him with full voice. Bless the Lord of righteousness, and exalt the King of the ages.

In the land of my exile I praise him, and show his power and majesty to a sinful nation. “Turn back, you sinners! do the right before him: perhaps he may look with favor upon you and show you mercy.

As for me, I exalt my God, and my spirit rejoices in the King of heaven. Let all people speak of his majesty, and sing his praises in Jerusalem.”

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen.

**Antiphon:** Praise the eternal king in all your deeds.

**Antiphon 3:** The loyal heart must praise the Lord.

**Psalm 33**

Ring out your joy to the Lord, O you just; for praise is fitting for loyal hearts.

Give thanks to the Lord upon the harp, with a ten-stringed lute sing him songs. O sing him a song that is new, play loudly, with all your skill.

For the word of the Lord is faithful and all his works to be trusted. The Lord loves justice and right and fills the earth with his love.
By his word the heavens were made,  
by the breath of his mouth all the stars.  
He collects the waves of the ocean;  
he stores up the depths of the sea.

Let all the earth fear the Lord  
all who live in the world revere him.  
He spoke; and it came to be.  
He commanded; it sprang into being.

He frustrates the designs of the nations,  
he defeats the plans of the peoples.  
His own designs shall stand for ever,  
the plans of his heart from age to age.

They are happy, whose God is the Lord,  
the people he has chosen as his own.  
From the heavens the Lord looks forth,  
he sees all the children of men.

From the place where he dwells he gazes  
on all the dwellers on the earth;  
he who shapes the hearts of them all;  
and considers all their deeds.

A king is not saved by his army,  
nor a warrior preserved by his strength.  
A vain hope for safety is the horse;  
despite its power it cannot save.

The Lord looks on those who revere him,  
on those who hope in his love,  
to rescue their souls from death,  
to keep them alive in famine.
Our soul is waiting for the Lord.  
The Lord is our help and our shield.  
In him do our hearts find joy.  
We trust in his holy name.

May your love be upon us, O Lord,  
as we place all our hope in you.

Glory to the Father, and to the Son,  
and to the Holy Spirit:

as it was in the beginning, is now,  
and will be for ever. Amen.

Antiphon: The loyal heart must praise the Lord.

READING

Daily readings, responsorial psalm, alleluia verse, and Gospel are all taken from the Lectionary.

BENEDICTUS (Canticle of Zechariah)

See inside front cover.

Antiphon: God has raised up for us a mighty Savior, as he promised through the words of his holy prophets.

Intercessions

Beloved brothers and sisters, we share a heavenly calling under Christ, our high priest. Let us raise him with shouts of joy: Lord, our God and our Saviour.

Almighty King, through baptism you conferred on us a royal priesthood,  
— inspire us to offer you a continual sacrifice of praise.

Help us to keep your commandments,  
— that through the power of the Holy Spirit we may live in you and you in us.
Give us your eternal wisdom,
— to be with us today and to guide us.

May our companions today be free of sorrow,
— and filled with joy.

The Lord’s Prayer
Our Father...

Concluding Prayer
God our Father,
hear our daily prayer
and let the radiance of your love
scatter the gloom of our hearts.
The light of heaven’s love has restored us to life:
free us from the desires that belong to darkness.
We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever.
— Amen.

BLESSING
May the Lord bless us
protect us from all evil
and bring us to everlasting life.
— Amen.
DAY THREE

God, ✯ come to my assistance.
— Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be for ever.
Amen. (Alleluia.)

HYMN O God Our Help in Ages Past

1. O God, our Help in ages past, Our Hope for years to come,
2. Before the hills in order stood, Or earth received her frame,
3. A thousand ages in thy sight Are like an evening gone;
4. Time, like an ever-rolling stream, Soon bears us all away;
5. O God, our Help in ages past, Our Hope for years to come,

1. Our Shelter from the stormy blast, And our eternal Home.
2. From everlasting thou art God, To endless years the same.
3. Short as the watch that ends the night Before the rising sun.
4. We fly for-gotten, as a dream Dies at the op’ning day.
5. Be thou our Guard while life shall last, And our eternal Home.

Text: CM; Psalm 90, adapted by Isaac Watts, 1674-1748. Music: William Croft, 1678-1727.

PSALMODY

Antiphon 1: O Lord, in your light we see light itself.

Psalm 36

Sin speaks to the sinner
in the depths of his heart.
There is no fear of God
before his eyes.
He so flatters himself in his mind that he knows not his guilt. In his mouth are mischief and deceit. All wisdom is gone.

He plots the defeat of goodness as he lies on his bed. He has set his foot on evil ways, he clings to what is evil.

Your love, Lord, reaches to heaven; your truth to the skies. Your justice is like God’s mountain, your judgments like the deep.

To both man and beast you give protection. O Lord, how precious is your love. My God, the sons of men find refuge in the shelter of your wings.

They feast on the riches of your house; they drink from the stream of your delight. In you is the source of life and in your light we see light.

Keep on loving those who know you, doing justice for upright hearts. Let the foot of the proud not crush me nor the hand of the wicked cast me out.

See how the evil-doers fall! Flung down, they shall never arise.

Glory to the Father, and to the Son and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: O Lord, in your light we see light itself.
Antiphon 2: O God, you are great and glorious; we marvel at your power.

Canticle Judith 16:2-3a, 13-15

Strike up the instruments,
a song to my God with timbrels,
chant to the Lord with cymbals.
Sing to him a new song,
exalt and acclaim his name.

A new hymn I will sing to my God.
O Lord, great are you and glorious,
wonderful in power and unsurpassable.

Let your every creature serve you;
for you spoke, and they were made,
you sent forth your spirit, and they were created;
no one can resist your word.

The mountains to their bases, and the seas, are shaken;
the rocks, like wax, melt before your glance.
But to those who fear you,
you are very merciful.

Glory to the Father, and to the Son
and to the Holy Spirit:

as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon: O God, you are great and glorious; we marvel at your power.

Antiphon 3: Exult in God’s presence with hymns of praise.

Psalm 47

All peoples, clap your hands,
cry to God with shouts of joy!
For the Lord, the Most High, we must fear,
great king over all the earth.
He subdues peoples under us
and nations under our feet.
Our inheritance, our glory, is from him,
given to Jacob out of love.

God goes up with shouts of joy;
The Lord goes up with trumpet blast.
Sing praise for God, sing praise,
sing praise to our king, sing praise.

God is king of all the earth.
Sing praise with all your skill.
God is king over the nations;
God reigns on his holy throne.

The princes of the peoples are assembled
with the people of Abraham’s God.
The rulers of the earth belong to God,
to God who reigns over all.

Glory to the Father, and to the Son
and to the Holy Spirit:

as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon: Exult in God’s presence with hymns of praise.

READING
Daily readings, responsorial psalm, alleluia verse, and Gospel are all taken from the Lectionary.

BENEDICTUS (Canticle of Zechariah)
See inside front cover.

Antiphon: Show us your mercy, Lord; remember your holy covenant.
Intercessions
Let us give thanks to Christ and offer him continual praise, for he sanctifies us and calls us his brothers.

*Lord, help your brothers to grow in holiness.*

With single-minded devotion we dedicate this day to the honor of your resurrection,
— may we make the whole day pleasing to you by our works of holiness.

As a sign of your love, you renew each day for the sake of our well-being and happiness,
— renew us daily for the sake of your glory.

Teach us today to recognize your presence in all men,
— especially in the poor and in those who mourn.

Grant that we may live today in peace with all men,
— never rendering evil for evil.

The Lord’s Prayer
Our Father...

Concluding Prayer
God our Savior,
hear our morning prayer:
help us to follow the light and live the truth.
In you we have been born again as sons and daughters of light:
may we be your witnesses before all the world.
We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.
 — Amen.

BLESSING
May the Lord bless us protect us from all evil and bring us to everlasting life.
 — Amen.
DAY FOUR

God, come to my assistance.
— Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be for ever.
Amen. (Alleluia.)

HYMN

O Jesus, Joy of Loving Hearts

JESU DULCIS MEMORIA

1. O Jesus, joy of loving hearts, The fount of life and our true light, We seek the peace your love imagination in your sight.
2. Your truth un-changed has ever stood; You save all parts And stand rejoicing in your sight.
3. We taste you, Lord, our living bread, And long to good, To those who find you—all in all.
4. For you our restless spirits yearn Wher’e’er our chang-ing lot is cast; Glad, when your pres-ence we dis- cern, Blest, when our faith can hold you fast.
5. O Jesus, ev-er with us stay; Make all our mo-ments calm and bright; Oh, chase the night of sin a-way, Shed o’er the world your ho-ly light.

PSALMODY

Antiphon 1:  Awake lyre and harp, with praise let us awake the dawn.

Psalm 57

Have mercy on me, God, have mercy
for in you my soul has taken refuge.
In the shadow of your wings I take refuge
till the storms of destruction pass by.

I call to God the Most High,
to God who has always been my help.
May he send from heaven and save me
and shame those who assail me.

May God send his truth and his love.

My soul lies down among lions,
who would devour the sons of men.
Their teeth are spears and arrows,
their tongue a sharpened sword.

O God, arise above the heavens;
may your glory shine on earth!

They laid a snare for my steps,
my soul was bowed down.
They dug a pit in my path
but fell in it themselves.

My heart is ready, O God,
my heart is ready.
I will sing, I will sing your praise.
Awake, my soul,
awake, lyre and harp,
I will awake the dawn.

I will thank you, Lord, among the peoples,
among the nations I will praise you
for your love reaches to the heavens
and your truth to the skies.
O God, arise above the heavens;  
may your glory shine on earth!

Glory to the Father, and to the Son,  
and to the Holy Spirit:

as it was in the beginning, is now,  
and will be for ever. Amen.

Antiphon: Awake lyre and harp, with praise let us awake the dawn.

Antiphon 2: My people, says the Lord, will be filled with my blessings.

Canticle Jeremiah 31:10-14
Hear the word of the Lord, O nations,  
proclaim it on distant coasts, and say:  
He who scattered Israel, now gathers them together,  
he guards them as a shepherd his flock.

The Lord shall ransom Jacob,  
he shall redeem him from the hand of his conqueror.

Shouting, they shall mount the heights of Zion,  
they shall come streaming to the Lord’s blessings:  
the grain, the wine, and the oil,  
the sheep and the oxen;  
they themselves shall be like watered gardens,  
never again shall they languish.

Then the virgins shall make merry and dance,  
and young men and old as well.  
I will turn their mourning into joy,  
I will console and gladden them after their sorrows.  
I will lavish choice portions upon the priests,  
and my people shall be filled with my blessings,  
says the Lord.
Glory to the Father, and to the Son,
and to the Holy Spirit:

as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon: My people, says the Lord, will be filled with my blessings.

Antiphon 3: The Lord is great and worthy to be praised in the city of our God.

Psalm 48
The Lord is great and worthy to be praised
in the city of our God.
His holy mountain rises in beauty,
the joy of all the earth.

Mount Zion, true pole of the earth,
the Great King’s city!
God, in the midst of its citadels,
has shown himself its stronghold.

For the kings assembled together,
together they advanced.
They saw; at once they were astounded;
dismayed, they fled in fear.

A trembling seized them there,
like the pangs of birth.
By the east wind you have destroyed
the ships of Tarshish.

As we have heard, so we have seen
in the city of our God,
in the city of the Lord of hosts
which God upholds for ever.

O God, we ponder your love
within your temple. _
Your praise, O God, like your name reaches the ends of the earth.

With justice your right hand is filled. Mount Zion rejoices; the people of Judah rejoice at the sight of your judgments.

Walk through Zion, walk all round it; count the number of its towers. Review all its ramparts, examine its castles,

that you may tell the next generation that such is our God, our God for ever and always. It is he who leads us.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: The Lord is great and worthy to be praised in the city of our God.

READING
Daily readings, responsorial psalm, alleluia verse, and Gospel are all taken from the Lectionary.

BENEDICTUS (Canticle of Zechariah)
See inside front cover.

Antiphon: Let us serve the Lord in holiness, and he will save us from our enemies.
Intercessions
The Lord Jesus Christ has given us the light of another day. In return we thank him as we cry out:
Lord, bless us and bring us close to you.

You offered yourself in sacrifice for our sins,
— accept our intentions and our work today.

You bring us joy by the light of another day,
— let the morning star rise in our hearts.

Give us strength to be patient with those we meet today,
— and so imitate you.

Make us aware of your mercy this day, Lord,
— and let your strength be our delight.

The Lord’s Prayer
Our Father...

Concluding Prayer
All-powerful and ever-living God,
at morning, noon, and evening we pray:
cast out from our hearts the darkness of sin
and bring us to the light of your truth,
Jesus Christ, who lives and reigns with you and the Holy Spirit,
one God, for ever and ever
— Amen.

BLESSING
May the Lord bless us
protect us from all evil
and bring us to everlasting life.
— Amen.
DAY FIVE

God, * come to my assistance.
— Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be for ever.
Amen. (Alleluia.)

HYMN

On this Day the First of Days

1. On this day, the first of days, God the Father’s name we praise;
2. On this day the eternal Son over death his triumph won.
3. Father, Who did fashion me Image of thyself to be,

1. Who, creation’s Lord and Spring, Did the world from darkness bring.
2. On this day the Spirit came With his gifts of living flame.
3. Fill us with that love divine, And conform our wills to thine.


PSALMODY

Antiphon 1: Lord, you will accept the true sacrifice offered on your altar.

Psalm 51

Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.
My offenses 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.

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.

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.

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.

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.

Give me again the joy of your help; 
with a spirit of fervor sustain me, 
that I may teach transgressors your ways 
and sinners may return to you.

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.

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.
In your goodness, show favor to Zion: rebuild the walls of Jerusalem. Then you will be pleased with lawful sacrifice, holocausts offered on your altar.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: Lord, you will accept the true sacrifice offered on your altar.

Antiphon 2: All the descendants of Israel will glory in the Lord’s gift of victory.

Canticle Isaiah 45:15-25

Truly with you God is hidden, the God of Israel, the savior! Those are put to shame and disgrace who vent their anger against him. Those go in disgrace who carve images.

Israel, you are saved by the Lord, saved forever! You shall never be put to shame or disgrace in future ages.

For thus says the Lord, the creator of the heavens, who is God, the designer and maker of the earth who established it, not creating it to be a waste, but designing it to be lived in:

I am the Lord, and there is no other. I have not spoken from hiding _
nor from some dark place of the earth. 
And I have not said to the descendants of Jacob, 
“Look for me in an empty waste.” 
I, the Lord, promise justice, 
I foretell what is right.

Come and assemble, gather together, 
you fugitives from among the Gentiles! 
They are without knowledge who bear wooden idols 
and pray to gods that cannot save.

Come here and declare 
in counsel together: 
Who announced this from the beginning 
and foretold it from of old? 
Was it not I, the Lord, 
besides whom there is no other God? 
There is no just and saving God but me.

Turn to me and be safe, 
all you ends of the earth, 
for I am God; there is no other!

By myself I swear, 
uttering my just decree 
and my unalterable word:

To me every knee shall bend; 
by me every tongue shall swear, 
saying, “Only in the Lord 
are just deeds and power.

Before him in shame shall come 
all who vent their anger against him. 
In the Lord shall be the vindication and the glory 
of all the descendants of Israel.”

Glory to the Father, and to the Son, 
and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: All the descendants of Israel will glory in the Lord’s gift of victory.

Antiphon 3: Let us go into God’s presence singing for joy.

Psalm 100
Cry out with joy to the Lord, all the earth.
Serve the Lord with gladness.
Come before him, singing for joy.

Know that he, the Lord, is God.
He made us, we belong to him, we are his people, the sheep of his flock.

Go within his gates, giving thanks.
Enter his courts with songs of praise.
Give thanks to him and bless his name.

Indeed, how good is the Lord, eternal his merciful love.
He is faithful from age to age.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: Let us go into God’s presence singing for joy.

READING
Daily readings, responsorial psalm, alleluia verse, and Gospel are all taken from the Lectionary.

BENEDICTUS (Canticle of Zechariah)
See inside front cover.

Antiphon: The Lord has come to his people and set them free.
Intercessions
Through his cross the Lord Jesus brought salvation to the human race. We adore him and in faith we call out to him: Lord, pour out your mercy upon us.

Christ, Rising Sun, warm us with your rays, — and restrain us from every evil impulse.

Keep guard over our thoughts, words and actions, — and make us pleasing in your sight this day.

Turn your gaze from our sinfulness, — and cleanse us from our iniquities.

Through your cross and resurrection, — fill us with the consolation of the Spirit.

The Lord’s Prayer
Our Father...

Concluding Prayer
God our Father,
you conquer the darkness of ignorance by the light of your Word.
Strengthen within our hearts the faith you have given us;
let not temptation ever quench the fire that your love has kindled within us.
We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.
— Amen.

BLESSING
May the Lord bless us protect us from all evil and bring us to everlasting life.
— Amen.
DAY SIX

God, ✝ come to my assistance.
— Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be for ever.
Amen. (Alleluia.)

HYMN             Praise My Soul the King of Heaven

LAUDA ANIMA

Text: 8 7 8 7 8 7; based on Psalm 103; Henry F. Lyle, 1793-1847, alt. Music: John Goss, 1800-1880.

1. Praise, my soul, the King of heaven; To his
2. Praise him for his grace and favor To his
3. Father-like he tends and spares us; Well our
4. Angels, help us to adore him; You be-

1. feet thy tribute bring; Ransomed, healed, restored, for-
2. children in distress; Praise him still the same as
3. feeble frame he knows; In his hands he gently
4. hold him face to face; Sun and moon, bow down be-

1. given, Ever more his praises sing: Alleluia!
2. ever, Slow to chide and swift to bless: Alleluia!
3. bears us, Rescues us from all our foes. Alleluia!
4. fore him, In his holy dwelling place. Alleluia!

1. Alleluia! Praise the everlasting King.
2. Alleluia! Glorious in his faithfulness.
3. Alleluia! Wide yet his mercy flows.
4. Alleluia! Praise with us the God of grace.

Text: 8 7 8 7 8 7; based on Psalm 103; Henry F. Lyle, 1793-1847, alt. Music: John Goss, 1800-1880.
PSALMODY

Antiphon 1: Dawn finds me ready to welcome you, my God.

Psalm 119
I call with all my heart; Lord, hear me,
I will keep your commands.
I call upon you, save me
and I will do your will.

I rise before dawn and cry for help,
I hope in your word.
My eyes watch through the night
to ponder your promise.

In your love hear my voice, O Lord;
give me life by your decrees.
Those who harm me unjustly draw near:
they are far from your law.

But you, O Lord, are close:
your commands are truth.
Long have I known that your will
is established for ever.

Glory to the Father, and to the Son,
and to the Holy Spirit:

as it was in the beginning, is now,
and will be for ever. Amen.

Antiphon: Dawn finds me ready to welcome you, my God.

Antiphon 2: The Lord is my strength, and I shall sing his praise, for he has become my Savior.
Canticle   Exodus 15:1-4a, 8-13, 17-18

I will sing to the Lord, for he is gloriously triumphant; horse and chariot he has cast into the sea.

My strength and my courage is the Lord, and he has been my savior. He is my God, I praise him; the God of my father, I praise him.

The Lord is a warrior, Lord is his name! Pharaoh’s chariots and army he hurled into the sea. At a breath of your anger the waters piled up, the flowing waters stood like a mound, the flood waters congealed in the midst of the sea.

The enemy boasted, “I will pursue and overtake them; I will divide the spoils and have my fill of them; I will draw my sword; my hand shall despoil them!” When your wind blew, the sea covered them; like lead they sank in the mighty waters.

Who is like to you among the gods, O Lord? Who is like to you, magnificent in holiness? O terrible in renown, worker of wonders, when you stretched out your right hand, the earth swallowed them!

In your mercy you led the people you redeemed; in your strength you guided them to your holy dwelling.

And you brought them in and planted them on the mountain of your inheritance—the place where you made your seat, O Lord, the sanctuary, O Lord, which your hands established. The Lord shall reign forever and ever.
Glory to the Father, and to the Son,  
and to the Holy Spirit:  

as it was in the beginning, is now,  
and will be for ever. Amen.

**Antiphon:** The Lord is my strength, and I shall sing his praise, for he has become my Savior.

**Antiphon 3:** O praise the Lord, all you nations.

**Psalm 117**

O praise the Lord, all you nations,  
acclaim him, all you peoples!

Strong is his love for us;  
he is faithful for ever.

Glory to the Father, and to the Son,  
and to the Holy Spirit:  

as it was in the beginning, is now,  
and will be for ever. Amen.

**Antiphon:** O praise the Lord, all you nations

**READING**

*Daily readings, responsorial psalm, alleluia verse, and Gospel are all taken from the Lectionary.*

**BENEDICTUS (Canticle of Zechariah)**

*See inside front cover.*

**Antiphon:** Lord, shine on those who dwell in darkness and the shadow of death.
Intercessions
Let us all praise Christ. In order to become our faithful and merciful high priest before the Father’s throne, he chose to become one of us, a brother in all things. In prayer we ask of him:
**Lord, share with us the treasure of your love.**

Sun of Justice, you filled us with light at our baptism,
— we dedicate this day to you.

At every hour of the day, we give you glory,
— in all our deeds, we offer you praise.

Mary, your mother, was obedient to your word,
— direct our lives in accordance with that word.

Our lives are surrounded with passing things; set our hearts on things of heaven,
— so that through faith, hope and charity we may come to enjoy the vision of your glory.

The Lord’s Prayer
Our Father...

Concluding Prayer
Lord,
free us from the dark night of death.
Let the light of resurrection dawn within our hearts
to bring us to the radiance of eternal life.
We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever.
— Amen.

BLESSING
May the Lord ✝ bless us,
protect us from all evil
and bring us to everlasting life.
— Amen.
Heavenly Father, in every generation you provide ministers of Christ and His Holy Church.

We come before you now asking that you call forth men and women to serve the Archdiocese of Portland in Oregon as priests, deacons, and religious.

Raise up, we pray, men and women from our own parish, (name of parish), who are generous in their service, willing to offer their lives and all their gifts for your greater glory and for the good of your people.

We make our prayer through the powerful intercession of the Blessed Virgin Mary, Our Mother and Model of Vocations. Amen
CANTICLE OF MARY

Luke 1:46-55

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior for he has looked with favor 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 forever.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. A-men.