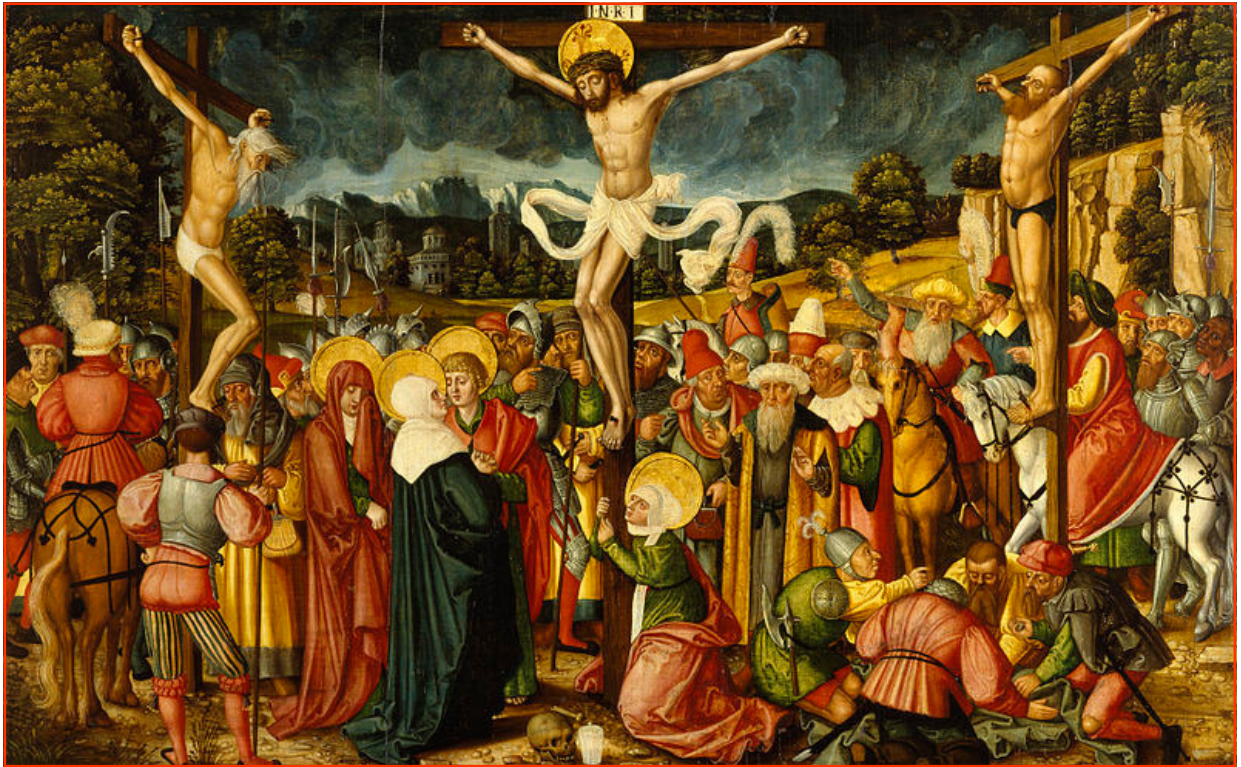


# Holy Week



## The Sacred Paschal Triduum

Morning and Night Prayer

-for use of the Faithful in their Homes-

## NOTES

The *Liturgy of the Hours*, also called the *Divine Office*, consecrates to God the whole cycle of the day and the night. In the *Liturgy of the Hours* the Church offers to God “from the rising of the sun to its setting” a sacrifice of praise, uniting herself with that hymn sung throughout the ages in the halls of heaven, and expressing the prayers and desires of all the faithful for the salvation of the whole world.

These excerpts from the *Divine Office* may be prayed along with other members of one’s household, or even alone. If celebrated alone both LEADER and OTHERS parts are recited.



Taken from *The Divine Office*, a translation of *Liturgia Horarum*, approved by the Episcopal Conferences of Australia, England and Wales, Ireland, Scotland.

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# HOLY THURSDAY – MORNING PRAYER

**LEADER** O Lord open our lips.

**ANY OTHERS PRESENT** And we shall praise your name.

**INVITATORY PSALM**

**PSALM 94 (95)**

**Antiphon (LEADER):** Christ the Lord was tempted and suffered for us: come,  
let us adore him.

**ANY OTHERS PRESENT:** Christ the Lord was tempted and suffered for us:  
come, let us adore him.

**LEADER:** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER:** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER:** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER:** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER:** 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.”

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER:** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

### **Hymn (ALL)**

**Suggested Tune:** PRAISE MY SOUL (“Praise, my soul, the King of heaven”)

Sing, my tongue, the glorious battle,  
sing the last, the dread affray;  
o’er the cross, the victor’s trophy,  
sound the high triumphal lay,  
how, the pains of death enduring,  
earth’s Redeemer won the day.

2 When at length th’appointed fullness  
of the sacred time was come,  
he was sent, the world’s Creator,  
from the Father’s heavenly home,  
and was found in human fashion,  
offspring of the Virgin’s womb.

3 Now the thirty years are ended  
which on earth he willed to see.  
Willingly he meets his Passion,  
born to set his people free:  
on the cross the Lamb is lifted,  
there the Sacrifice to be.

4 There the nails and spear he suffers,  
vinegar and gall and reed.  
From his sacred body piercèd  
blood and water both proceed:  
precious flood, which all creation  
from the stain of sin hath freed.

**Antiphon (LEADER):** I am wearied with all my crying as I await my God.

**LEADER** Save me, O God,  
for the waters have risen to my neck.

**OTHERS** I have sunk into the mud of the deep  
and there is no foothold.  
I have entered the waters of the deep  
and the waves overwhelm me.

**LEADER** I am wearied with all my crying,  
my throat is parched.  
My eyes are wasted away  
from looking for my God.

**OTHERS** More numerous than the hairs on my head  
are those who hate me without cause.  
Those who attack me with lies  
are too much for my strength.

**LEADER** How can I restore  
what I have never stolen?  
O God, you know my sinful folly;  
my sins you can see.

**OTHERS** Let not those who hope in you be put to shame  
through me, Lord of hosts:  
let not those who seek you be dismayed  
through me, God of Israel.

**LEADER** It is for you that I suffer taunts,  
that shame covers my face,  
that I have become a stranger to my brothers,  
an alien to my own mother's sons.  
I burn with zeal for your house  
and taunts against you fall on me.

**OTHERS** When I afflict my soul with fasting  
they make it a taunt against me.  
When I put on sackcloth in mourning  
then they make me a byword,  
the gossip of men at the gates,  
the subject of drunkards' songs.

**LEADER** Glory be to the Father  
and to the Son and to the Holy Spirit.

**OTHERS** As it was in the beginning, is now, and ever shall be,  
world without end. Amen.

**Ant. (ALL):** I am wearied with all my crying as I await my God.

## **PSALM 68 (69)**

**Antiphon (LEADER):** For food they gave me poison, and in my thirst they  
gave me vinegar to drink.

**LEADER** This is my prayer to you,  
my prayer for your favour.  
In your great love, answer me, O God,  
with your help that never fails:  
rescue me from sinking in the mud;  
save me from my foes.

**OTHERS** Save me from the waters of the deep  
lest the waves overwhelm me.  
Do not let the deep engulf me  
nor death close its mouth on me.

**LEADER** Lord, answer, for your love is kind;  
in your compassion, turn towards me.  
Do not hide your face from your servant;  
answer quickly for I am in distress.  
Come close to my soul and redeem me;  
ransom me pressed by my foes.

**OTHERS** You know how they taunt and deride me;  
my oppressors are all before you.  
Taunts have broken my heart;  
I have reached the end of my strength.  
I looked in vain for compassion,  
for consolers; not one could I find.

**LEADER** For food they gave me poison;  
in my thirst they gave me vinegar to drink.

**OTHERS** Glory be to the Father  
and to the Son and to the Holy Spirit.

**LEADER** As it was in the beginning, is now, and ever shall be,  
world without end. Amen.

**ALL:** For food they gave me poison, and in my thirst they gave me vinegar to  
drink.

**Versicle**

**LEADER:** When I am lifted up from the earth.

**OTHERS:** I shall draw all things to myself.

**First Reading (LEADER)**

**Hebrews 4:14-5:10**

**A Reading from the Letter to the Hebrews**

Since in Jesus, the Son of God, we have the supreme High Priest who has gone through to the highest heaven, we must never let go of the faith that we have professed. For it is not as if we had a high priest who was incapable of feeling our weaknesses with us; but we have one who has been tempted in every way that we are, though he is without sin. Let us be confident, then, in approaching the throne of grace, that we shall have mercy from him and find grace when we are in need of help.

Every high priest has been taken out of mankind and is appointed to act for men in their relations with God, to offer gifts and sacrifices for sins; and so he can sympathise with those who are ignorant or uncertain because he too lives in the limitations of weakness. That is why he has to make sin offerings for himself as well as for the people. No one takes this honour on himself, but each one is called by God, as Aaron was. Nor did Christ give himself the glory of becoming high priest, but he had it from the one who said to him: *You are my son, today I have*

*become your father, and in another text: You are a priest of the order of Melchisedek, and for ever.* During his life on earth, he offered up prayer and entreaty, aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Although he was Son, he learnt to obey through suffering; but having been made perfect, he became for all who obey him the source of eternal salvation and was acclaimed by God with the title of high priest *of the order of Melchisedek.*

**[A PERIOD OF SILENCE MAY BE OBSERVED]**

### **Responsory**

**LEADER** Although he was the son of God, Christ learnt to obey through suffering, \* and he became for all who obey him the source of eternal salvation. During his life on earth, he offered up prayer aloud, and he submitted so humbly that his prayer was heard, \*

**OTHERS** and he became for all who obey him the source of eternal salvation.

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### **Second Reading (LEADER)**

#### **From an Easter homily by Saint Melito of Sardis, Bishop**

There was much proclaimed by the prophets about the mystery of the Passover: that mystery is Christ, and to him be glory for ever and ever. Amen.

For the sake of suffering humanity he came down from heaven to earth, clothed himself in that humanity in the Virgin's womb, and was born a man. Having then a body capable of suffering, he took the pain of fallen man upon himself; he triumphed over the diseases of soul and body that were its cause, and by his Spirit, which was incapable of dying, he dealt man's destroyer, death, a fatal blow.

He was led forth like a lamb; he was slaughtered like a sheep. He ransomed us from our servitude to the world, as he had ransomed Israel from the hand of Egypt; he freed us from our slavery to the devil, as he had freed Israel from the hand of Pharaoh. He sealed our souls with his own Spirit, and the members of our body with his own blood.



He is the One who covered death with shame and cast the devil into mourning, as Moses cast Pharaoh into mourning. He is the One who smote sin and robbed iniquity of offspring, as Moses robbed the Egyptians of their offspring. He is the One who brought us out of slavery into freedom, out of darkness into light, out of death into life, out of tyranny into an eternal kingdom; who made us a new priesthood, a people chosen to be his own for ever. He is the Passover that is our salvation.

It is he who endured every kind of suffering in all those who foreshadowed him.

In Abel he was slain, in Isaac bound, in Jacob exiled, in Joseph sold, in Moses exposed to die. He was sacrificed in the Passover lamb, persecuted in David, dishonoured in the prophets.

It is he who was made man of the Virgin, he who was hung on the tree; it is he who was buried in the earth, raised from the dead, and taken up to the heights of heaven. He is the mute lamb, the slain lamb, the lamb born of Mary, the fair ewe. He was seized from the flock, dragged off to be slaughtered, sacrificed in the evening, and buried at night. On the tree no bone of his was broken; in the earth his body knew no decay. He is the One who rose from the dead, and who raised man from the depths of the tomb.

**[A PERIOD OF SILENCE MAY BE OBSERVED]**

### **Responsory**

**LEADER** All men have sinned and are far away from God's saving presence, but by the free gift of God's grace they are all redeemed through Christ Jesus, who sets them free. \* God offered him so that by his death he should become the means by which men's sins are forgiven, through their faith in him. Look, there is the Lamb of God: it is he who takes away the sin of the world. \*

**OTHERS** God offered him so that by his death he should become the means by which men's sins are forgiven, through their faith in him.

## THE BENEDICTUS

**Antiphon (LEADER):** I have longed to eat the Passover with you before I  
suffer.

**(All STAND and make the Sign of the Cross)**

**LEADER** Blessed be the Lord, the God of Israel!  
He has visited his people and redeemed them.

**OTHERS** 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.

**LEADER** 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.

**OTHERS** 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.

**LEADER** 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.

**OTHERS** 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.

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

**OTHERS** Glory be to the Father  
and to the Son and to the Holy Spirit.

**LEADER** As it was in the beginning, is now, and ever shall be,  
world without end. Amen.

**ALL** I have longed to eat the Passover with you before I suffer.

### **Intercessions**

**LEADER** Let us humbly pray to Christ, the eternal priest, whom the Father  
anointed with the Holy Spirit to proclaim release for captives.

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

You went up to Jerusalem to endure the Passion and enter into glory; - lead your  
Church into the Paschal feast of eternal life. **R**

Your heart was pierced with a lance; - heal the wounds of our human weakness. **R**

You made your cross the tree of life; - share your victory with all the baptised. **R**

You gave salvation to the repentant thief; - pardon all our sins. **R**

**LEADER** Our Father...

**ALL** ...who art in heaven...

### **Concluding Prayer and Blessing**

#### **LEADER**

Love of you with our whole heart, Lord God, is holiness.

Increase then your gifts of divine grace in us,

so that, as in your Son's Death,

you made us hope for what we believe,

you may likewise, in his Resurrection,

make us come to you, our final end.

Through our Lord Jesus Christ, your Son,

who lives and reigns with you in the unity of the Holy Spirit,

one God forever and ever.

**OTHERS** Amen.

**LEADER** The Lord bless us, and keep us from all evil, and bring us to  
everlasting life.

**OTHERS** Amen.

## NIGHT PRAYER (EACH NIGHT)

**LEADER**

O God come to our aid.

**ANY OTHERS PRESENT**

O Lord make haste to help us.

**LEADER**

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

**ANY OTHERS PRESENT:**

As it was in the beginning, is now and ever  
shall be, world without end. Amen.

### **Examination of Conscience**

**LEADER** At the end of the day we give thanks to God for the blessings received,  
and acknowledge our sins.

**LEADER** You were sent to heal the contrite of heart. Lord, have mercy.

**OTHERS** Lord, have mercy.

**LEADER** You came to call sinners. Christ, have mercy.

**OTHERS** Christ, have mercy.

**LEADER** You are seated at the right hand of the Father to interceded for us.

Lord, have mercy.

**OTHERS** Lord, have mercy.

**LEADER** May almighty God have mercy on us,  
forgive us our sins,  
and bring us to everlasting life.

**OTHERS** Amen.

## Hymn (ALL)

Suggested Tune: OLD HUNDREDTH (“All people that on earth do dwell”)

To you, before the end of day,  
Creator of the world, we pray,  
that you with steadfast love would keep  
your watch around us while we sleep.

2 From evil dreams defend our sight,  
from fears and terrors of the night,  
tread underfoot our deadly foe  
that we no sinful thought may know.

3 O Father, that we ask be done  
through Jesus Christ, your only Son;  
and Holy Spirit, by whose breath  
our souls are raised to life from death.  
Amen.

## PSALM 90 (91)

**Antiphon (LEADER)** He will conceal you with his wings; you will not fear the  
terror of the night.

**LEADER** He who dwells in the shelter of the Most High  
and abides in the shade of the Almighty  
says to the Lord: “My refuge,  
my stronghold, my God in whom I trust!”

**OTHERS** 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 and under his wings you will find refuge.

**LEADER** 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.

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

**LEADER** 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.

**OTHERS** 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.

**LEADER** 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.

**OTHERS** 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.

**LEADER** With length of life I will content him;  
I shall let him see my saving power.

**OTHERS** Glory be to the Father and to the Son  
and to the Holy Spirit.

**LEADER** As it was in the beginning, is now, and ever shall be,  
world without end. Amen.

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

**Scripture Reading (LEADER)**

**Apocalypse 22:4-5**

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.

**LEADER**

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

**On Good Friday add**

even death on a cross.

**On Holy Saturday add**

Therefore God raised him to the heights and gave him the name which is above all other names.

**NUNC DIMITTIS**

**Antiphon (LEADER)** 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 STAND and make the Sign of the Cross)**

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

**OTHERS** 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.

**LEADER** Glory be to the Father and to the Son  
and to the Holy Spirit.

**OTHERS** As it was in the beginning, is now, and ever shall be,  
world without end. Amen.

**ALL** 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 and Blessing

### LEADER

Let us pray.

Visit this house, we pray you, Lord;  
drive far away from it all the snares of the enemy.

May your holy angels stay here and guard us in peace,  
and let your blessing be always upon us.

Through Christ our Lord.

**ALL** Amen.

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

**ALL** Amen.

## FINAL ANTHEM TO OUR BLESSED LADY

### Holy Thursday; Good Friday

6.

**A**

-ve Regína caelórum, \* Ave Dómina Ange-lórum :

Sálve rádix, sálve pórtá, Ex qua mundo lux est órta :

Gáude Vírgo glo-ri- ósa, Su-per ómnes spe-ci- ósa : Vále,

o valde decó-ra, Et pro nó-bis Chrístum exó-ra.



Hail, Queen of Heaven, beyond compare,  
to whom the angels homage pay;  
Hail, Root of Jesse, Gate of Light,  
that opened for the world's New Day.

Rejoice, O Virgin unsurpassed,  
in whom our ransom was begun,  
for all your loving children pray  
to Christ, our Saviour, and your Son.

Stanbrook Abbey

----- O -----

### Holy Saturday

6. 

**R** Egína caéli \* laetáre, alle-lú-ia : Qui- a quem me-



ru- ísti portáre, alle-lú-ia : Resurréxit, sic-ut dixit, alle-



lú-ia : Ora pro nó-bis Dé-um, alle-lú- ia.

Joy fill your heart, O Queen most high, alleluia!  
Your Son who in the tomb did lie, alleluia!  
Has risen as he did prophesy, Alleluia!  
Pray of us, Mother, when we die, alleluia!

James Quinn, SJ (1919 -2010)

# GOOD FRIDAY – MORNING PRAYER

**LEADER** O Lord open our lips.

**ANY OTHERS PRESENT** And we shall praise your name.

**INVITATORY PSALM**

**PSALM 94 (95)**

**Antiphon (LEADER)** Christ, the Son of God, redeemed us with his blood.  
Come, let us adore him.

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

**LEADER** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER** 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.”

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

### **Hymn (ALL)**

**Suggested Tune:** PRAISE MY SOUL (“Praise, my soul, the King of heaven”)

Faithful Cross, above all other,  
one and only noble Tree.  
none in foliage, none in blossom,  
none in fruit thy peer may be.  
Sweet the wood and sweet the iron,  
and thy load, most sweet is he.

2 Bend, O lofty Tree, thy branches,  
thy too rigid sinews bend;  
and awhile the stubborn harshness,  
which thy birth bestowed, suspend;  
and the limbs of heaven’s high Monarch  
gently on thine arms extend.

3 Thou alone wast counted worthy  
this world’s ransom to sustain,  
that a shipwrecked race for ever  
might a port of refuge gain,  
with the sacred Blood anointed  
of the Lamb for sinners slain.

4 Praise and honour to the Father,  
praise and honour to the Son,  
praise and honour to the Spirit,  
ever Three and ever One:  
One in might and One in glory,  
while eternal ages run.

**Antiphon (LEADER)** They arise, the kings of the earth; princes plot against the Lord and his anointed.

**LEADER** Why this tumult among nations,  
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.’

**OTHERS** 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.’

**LEADER** 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.’

**OTHERS** 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.

**LEADER** Blessed are they who put their trust in God.

**OTHERS** Glory be to the Father and to the Son and to the Holy Spirit.

**LEADER** As it was in the beginning, is now, and ever shall be,  
world without end. Amen.

**ALL** They arise, the kings of the earth; princes plot against the Lord and his anointed.

**Antiphon (LEADER):** They divided my clothing among them.  
They cast lots for my robe.

**LEADER** My God, my God, why have you forsaken me?  
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.

**OTHERS** 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.

**LEADER** 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.'

**OTHERS** 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.

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

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

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

**OTHERS** 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.

**LEADER** 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.

**OTHERS** I will tell of your name to my brethren  
and praise you where they are assembled.  
'You who fear the Lord give him praise;  
all sons of Jacob, give him glory.  
Revere him, Israel's sons.'

**LEADER** 'For he has never despised  
nor scorned the poverty of the poor.  
From him he has not hidden his face,  
but he heard the poor man when he cried.'

**OTHERS** You are my praise in the great assembly.  
My vows I will pay before those who fear him.  
The poor shall eat and shall have their fill.  
They shall praise the Lord, those who seek him.  
May their hearts live for ever and ever!

**LEADER** All the earth shall remember and return to the Lord,  
all families of the nations worship before him;  
for the kingdom is the Lord's, he is ruler of the nations.  
They shall worship him, all the mighty of the earth;  
before him shall bow all who go down to the dust.

**OTHERS** And my soul shall live for him, my children serve him.  
They shall tell of the Lord to generations yet to come,  
declare his faithfulness to peoples yet unborn:  
'These things the Lord has done.'

**LEADER** Glory be to the Father and to the Son  
and to the Holy Spirit.

**OTHERS** As it was in the beginning, is now, and ever shall be,  
world without end. Amen.

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

### Versicle

**LEADER** False witnesses have risen up against me.

**OTHERS** Falsehood has lied to itself.

### First Reading (LEADER)

**Hebrews 9:11-28**

### A Reading from the Letter to the Hebrews

Now Christ has come, as the high priest of all the blessings which were to come. He has passed through the greater, the more perfect tent, which is better than the one made by men's hands because it is not of this created order; and he has entered the sanctuary once and for all, taking with him not the blood of goats and bull calves, but his own blood, having won an eternal redemption for us. The blood of goats and bulls and the ashes of a heifer are sprinkled on those who have incurred defilement and they restore the holiness of their outward lives; how much more effectively the blood of Christ, who offered himself as the perfect sacrifice to God through the eternal Spirit, can purify our inner self from dead actions so that we do our service to the living God.

He brings a new covenant, as the mediator, only so that the people who were called to an eternal inheritance may actually receive what was promised: his death took place to cancel the sins that infringed the earlier covenant. Now wherever a will is in question, the death of the testator must be established; indeed, it only becomes valid with that death, since it is not meant to have any effect while the testator is still alive. That explains why even the earlier covenant needed something to be killed in order to take effect, and why, after Moses had announced all the commandments of the Law to the people, he took the calves'

blood, the goats' blood and some water, and with these he sprinkled the book itself and all the people, using scarlet wool and hyssop; saying as he did so: *This is the blood of the covenant that God has laid down for you.* After that, he sprinkled the tent and all the liturgical vessels with blood in the same way. In fact, according to the Law almost everything has to be purified with blood; and if there is no shedding of blood, there is no remission. Obviously, only the copies of heavenly things can be purified in this way, and the heavenly things themselves have to be purified by a higher sort of sacrifice than this. It is not as though Christ had entered a man-made sanctuary which was only modelled on the real one; but it was heaven itself, so that he could appear in the actual presence of God on our behalf. And he does not have to offer himself again and again, like the high priest going into the sanctuary year after year with the blood that is not his own, or else he would have had to suffer over and over again since the world began. Instead of that, he has made his appearance once and for all, now at the end of the last age, to do away with sin by sacrificing himself. Since men only die once, and after that comes judgement, so Christ, too, offers himself only once to *take the faults of many on himself*, and when he appears a second time, it will not be to deal with sin but to reward with salvation those who are waiting for him.

**[A PERIOD OF SILENCE MAY BE OBSERVED]**

**Responsory**

**LEADER** 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,\* so as to give life to his people. He surrendered himself to death and was ranked with sinners,\*

**OTHERS** so as to give life to his people.

**Second Reading (LEADER)**

**From the Catecheses by Saint John Chrysostom, Bishop**

If we wish to understand the power of Christ's blood, we should go back to the ancient account of its prefiguration in Egypt. "Sacrifice a lamb without blemish," commanded Moses, "and sprinkle its blood on your doors." If we were to ask him what he meant, and how the blood of an irrational beast could possibly save men endowed with reason, his answer would be that the saving power lies not in the blood itself, but in the fact that it is a sign of the Lord's blood. In those days, when the destroying angel saw the blood on the doors he did not dare to enter, so how much less will the devil approach now when he sees, not that figurative blood on the doors, but the true blood on the lips of believers, the doors of the



temple of Christ.

If you desire further proof of the power of this blood, remember where it came from, how it ran down from the cross, flowing from the Master's side. The gospel records that when Christ was dead, but still hung on the cross, a soldier came and pierced his side with a lance and immediately there poured out water and blood. Now the water was a symbol of baptism and the blood, of the holy Eucharist. The soldier pierced the Lord's side, he breached the wall of the sacred temple, and I have found the treasure and made it my own. So also with the lamb: the Jews sacrificed the victim and I have been saved by it.

“There flowed from his side water and blood.” Beloved, do not pass over this mystery without thought; it has yet another hidden meaning, which I will explain to you. I said that water and blood symbolised baptism and the holy Eucharist. From these two sacraments the Church is born: from baptism, “the cleansing water that gives rebirth and renewal through the Holy Spirit,” and from the holy Eucharist. Since the symbols of baptism and the Eucharist flowed from his side, it was from his side that Christ fashioned the Church, as he had fashioned Eve from the side of Adam. Moses gives a hint of this when he tells the story of the first man and makes him exclaim: “Bone from my bones and flesh from my flesh!” As God then took a rib from Adam's side to fashion a woman, so Christ has given us blood and water from his side to fashion the Church. God took the rib when Adam was in a deep sleep, and in the same way Christ gave us the blood and the water after his own death.

Do you understand, then, how Christ has united his bride to himself and what food he gives us all to eat? By one and the same food we are both brought into being and nourished. As a woman nourishes her child with her own blood and milk, so does Christ unceasingly nourish with his own blood those to whom he himself has given life.

**[A PERIOD OF SILENCE MAY BE OBSERVED]**

### **Responsory**

**LEADER** Your ransom was not paid in anything corruptible, neither in silver nor gold, but in the precious blood of Christ, a lamb without blemish. \* Through him we all have access to the Father in the one Spirit. The blood of Jesus Christ, the Son of God, purifies us from all sin. \*

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

## THE BENEDICTUS

**Antiphon (LEADER):** Over his head was placed the charge against him:  
“This is Jesus, the Nazarene, the King of the Jews.”

**(ALL STAND and make the Sign of the Cross)**

**LEADER** Blessed be the Lord, the God of Israel!  
He has visited his people and redeemed them.

**OTHERS** 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.

**LEADER** 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.

**OTHERS** 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.

**LEADER** 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.

**OTHERS** 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.

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

**OTHERS** Glory be to the Father  
and to the Son and to the Holy Spirit.

**LEADER** As it was in the beginning, is now, and ever shall be,  
world without end. Amen.

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

### **Intercessions**

**LEADER** Let us pray to our Redeemer, who suffered for us, was buried, and rose  
from the dead. **R.** **Lord, have mercy on us.**

Lord and Master, for us you became obedient even to death.  
Keep us faithful to God's will in the darkness of our lives. **R.**

Jesus, our life, by dying on the cross you destroyed hell and death.  
Grant that we may die with you and rise with you in glory. **R.**

Christ, our King, you were the scorn of the people, a worm not a man.  
Teach us to tread your path of humility. **R.**

Jesus, our Saviour, you laid down your life for your friends.  
Let us love one another as you have loved us. **R.**

Jesus, our hope, you stretched out your hands on the cross to embrace all ages of  
people. Gather all God's scattered children into the kingdom of salvation. **R.**

**LEADER** Our Father... **OTHERS** ...who art in heaven...

### **Concluding Prayer and Blessing**

**LEADER** Be mindful, Lord, of this your family,  
for whose sake our Lord Jesus Christ,  
when betrayed,  
did not hesitate to yield himself into his enemies' hands,  
and undergo the agony of the cross.  
Who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.

**OTHERS** Amen.

**LEADER** The Lord bless us, and keep us from all evil, and bring us to  
everlasting life.

**OTHERS** Amen.

# HOLY SATURDAY – MORNING OFFICE

**LEADER** O Lord open our lips.

**ANY OTHERS PRESENT** And we shall praise your name.

**INVITATORY PSALM**

**PSALM 94 (95)**

**Antiphon (LEADER)** Christ the Lord suffered for us and was buried: come,  
let us adore him.

**ANY OTHERS PRESENT** Christ the Lord suffered for us and was buried: come,  
let us adore him

**LEADER** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER** 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.”

**(ANY OTHERS PRESENT repeat antiphon)**

**LEADER** 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.

**(ANY OTHERS PRESENT repeat antiphon)**

### **Hymn (ALL)**

**Suggested Tune:** PRAISE MY SOUL (“Praise, my soul, the King of heaven”)

Sing, my tongue, the glorious battle,  
sing the last, the dread affray;  
o’er the cross, the victor’s trophy,  
sound the high triumphal lay,  
how, the pains of death enduring,  
earth’s Redeemer won the day.

**2** When at length th’appointed fullness  
of the sacred time was come,  
he was sent, the world’s Creator,  
from the Father’s heavenly home,  
and was found in human fashion,  
offspring of the Virgin’s womb.

**3** Now the thirty years are ended  
which on earth he willed to see.  
Willingly he meets his Passion,  
born to set his people free:  
on the cross the Lamb is lifted,  
there the Sacrifice to be.

**4** There the nails and spear he suffers,  
vinegar and gall and reed.  
From his sacred body piercèd  
blood and water both proceed:  
precious flood, which all creation  
from the stain of sin hath freed.

## PSALM 4

**Antiphon (LEADER):** Now I will lie down in peace and sleep comes at once.

**LEADER** When I call, answer me, O God of justice;  
from anguish you released me, have mercy and hear me!

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

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

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

**LEADER** ‘What can bring us happiness?’ many say.  
Lift up the light of your face on us, O Lord.

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

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

**OTHERS** Glory be to the Father and to the Son  
and to the Holy Spirit.

**LEADER** As it was in the beginning, is now, and ever shall be,  
world without end. Amen.

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

## PSALM 15 (16)

**Antiphon (LEADER)** My body shall rest in hope.

**LEADER** Preserve me, God, I take refuge in you.  
I say to the Lord: ‘You are my God.  
My happiness lies in you alone.’

**OTHERS** 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.

**LEADER** 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!

**OTHERS** 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.

**LEADER** 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.

**OTHERS** You will show me the path of life,  
the fullness of joy in your presence,  
at your right hand happiness for ever.

**LEADER** Glory be to the Father and to the Son and to the Holy Spirit.

**OTHERS** As it was in the beginning, is now, and ever shall be,  
world without end. Amen.

**ALL** My body shall rest in hope.

### Versicle

**LEADER:** Judge my case and redeem me.

**OTHERS :** Give me life according to your promises.

## A Reading from the Letter to the Hebrews

Be careful: the promise of *reaching the place of rest he had for them* still holds good, and none of you must think that he has come too late for it. We received the Good News exactly as they did; but hearing the message did them no good because they did not share the faith of those who listened. We, however, who have faith, shall reach a place of rest, as in the text: *And so, in anger, I swore that not one would reach the place of rest I had for them.* God's work was undoubtedly all finished at the beginning of the world; as one text says, referring to the seventh day: *After all his work God rested on the seventh day.* The text we are considering says: *They shall not reach the place of rest I had for them.* It is established, then, that there would be some people who would reach it, and since those who first heard the Good News failed to reach it through their disobedience, God fixed another day when, much later, he said 'today' through David in the text already quoted: *If only you would listen to him today; do not harden your hearts.* If Joshua had led them into this place of rest, God would not later on have spoken so much of another day. There must still be, therefore, a place of rest reserved for God's people, the seventh-day rest, since to *reach the place of rest* is to *rest after your work*, as God did after his. We must therefore do everything we can to *reach this place of rest*, or some of you might copy this example of disobedience and be lost.

The word of God is something alive and active: it cuts like any double-edged sword but more finely: it can slip through the place where the soul is divided from the spirit, or joints from the marrow; it can judge the secret emotions and thoughts. No created thing can hide from Him; everything is uncovered and open to the eyes of the one to whom we must give account of ourselves.

[A PERIOD OF SILENCE MAY BE OBSERVED]

## Responsory

**LEADER** They buried the Lord, made the tomb secure and rolled a stone across the entrance, \* and they placed soldiers there to guard the body. The chief priests went to Pilate and asked for a guard, \*

**OTHERS** and they placed soldiers there to guard the body.



**From an ancient homily for Holy Saturday**

Something strange is happening – there is a great silence on earth today, a great silence and stillness. The whole earth keeps silence because the King is asleep. The earth trembled and is still because God has fallen asleep in the flesh and he has raised up all who have slept ever since the world began. God has died in the flesh and hell trembles with fear.

He has gone to search for our first parent, as for a lost sheep. Greatly desiring to visit those who live in darkness and in the shadow of death, he has gone to free from sorrow the captives Adam and Eve, he who is both God and the son of Eve. The Lord approached them bearing the cross, the weapon that had won him the victory. At the sight of him Adam, the first man he had created, struck his breast in terror and cried out to everyone: “My Lord be with you all.” Christ answered him: “And with your spirit.” He took him by the hand and raised him up, saying: “Awake, O sleeper, and rise from the dead, and Christ will give you light.”

I am your God, who for your sake have become your son. Out of love for you and for your descendants I now by my own authority command all who are held in bondage to come forth, all who are in darkness to be enlightened, all who are sleeping to arise. I order you, O sleeper, to awake. I did not create you to be held a prisoner in hell. Rise from the dead, for I am the life of the dead. Rise up, work of my hands, you who were created in my image. Rise, let us leave this place, for you are in me and I am in you; together we form only one person and we cannot be separated. For your sake I, your God, became your son; I, the Lord, took the form of a slave; I, whose home is above the heavens, descended to the earth and beneath the earth. For your sake, for the sake of man, I became like a man without help, free among the dead. For the sake of you, who left a garden, I was betrayed to the Jews in a garden, and I was crucified in a garden.

See on my face the spittle I received in order to restore to you the life I once breathed into you. See there the marks of the blows I received in order to refashion your warped nature in my image. On my back see the marks of the scourging I endured to remove the burden of sin that weighs upon your back. See my hands, nailed firmly to a tree, for you who once wickedly stretched out your hand to a tree.

I slept on the cross and a sword pierced my side for you who slept in paradise and brought forth Eve from your side. My side has healed the pain in yours. My sleep will rouse you from your sleep in hell. The sword that pierced me has

sheathed the sword that was turned against you.

Rise, let us leave this place. The enemy led you out of the earthly paradise. I will not restore you to that paradise, but I will enthrone you in heaven. I forbade you the tree that was only a symbol of life, but see, I who am life itself am now one with you. I appointed cherubim to guard you as slaves are guarded, but now I make them worship you as God. The throne formed by cherubim awaits you, its bearers swift and eager. The bridal chamber is adorned, the banquet is ready, the eternal dwelling places are prepared, the treasure houses of all good things lie open. The kingdom of heaven has been prepared for you from all eternity.

**[A PERIOD OF SILENCE MAY BE OBSERVED]**

### **Responsory**

**LEADER** 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. \* Today the Saviour has shattered the bars and burst the gates of death. He has torn down the barricades of hell and overthrown the power of Satan. \*

**OTHERS** Today the Saviour has shattered the bars and burst the gates of death.

### **THE BENEDICTUS**

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

**(All STAND and make the Sign of the Cross)**

**LEADER** Blessed be the Lord, the God of Israel!  
He has visited his people and redeemed them.

**OTHERS** 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.

**LEADER** 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.

**OTHERS** 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.

**LEADER** 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.

**OTHERS** 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.

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

**OTHERS** Glory be to the Father and to the Son  
and to the Holy Spirit.

**LEADER** As it was in the beginning, is now, and ever shall be,  
world without end. Amen.

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

### **Intercessions**

**LEADER** Let us pray to our Redeemer, who suffered for us, was buried, and rose  
from the dead. **℟ Lord, have mercy on us.**

Christ, our Lord, you saw your Mother standing by the cross;  
may we share your saving Passion in our time of suffering. **℟**

Christ, our Saviour, you died like a grain of wheat falling into the ground;  
gather us to yourself in the harvest of redemption. **R̄**

Christ, our shepherd, lying in the tomb you were hidden from men;  
teach us to love our real life, which is hidden with you in God. **R̄**

Christ, the new Adam, you went down into the world of the dead to free the just;  
may those who are dead in sin hear your voice and live. **R̄**

Son of the living God, we were buried with you in baptism;  
let us rise with you, alive to God for ever. **R̄**

**LEADER** Our Father...

**OTHERS** ...who art in heaven...

### **Concluding Prayer and Blessing**

**LEADER**

Almighty, ever-living God,  
whose Only-Begotten Son descended to the realm of the dead,  
and rose from there to glory,  
grant that your faithful people,  
who were buried with him in Baptism  
may, by his Resurrection, obtain eternal life.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns in the unity of the Holy Spirit,  
one God forever and ever.

**OTHERS** Amen.

**LEADER** The Lord bless us, and keep us from all evil, and bring us to  
everlasting life.

**OTHERS** Amen.