

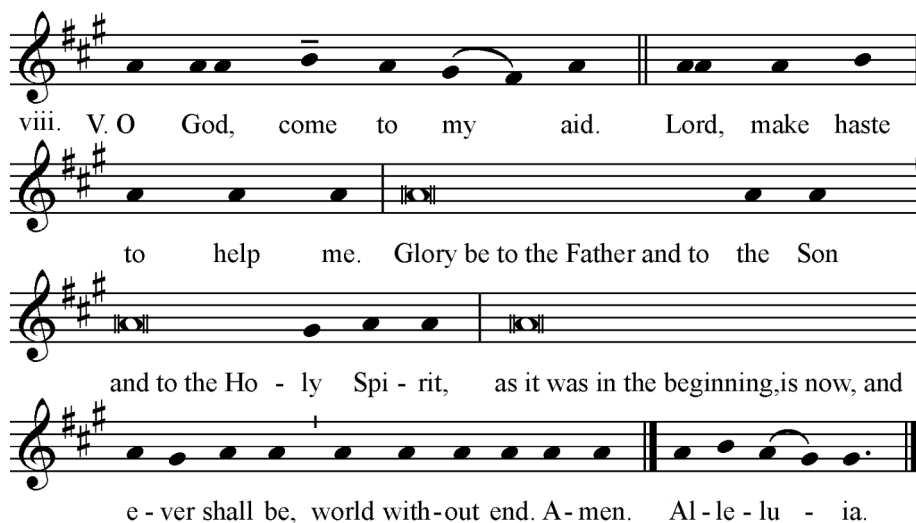
BELMONT ABBEY



OFFICE OF VESPERS
FRIDAY WEEK 1
ONE MARTYR

ORDER FOR THE OFFICE OF VESPERS

1. Introduction



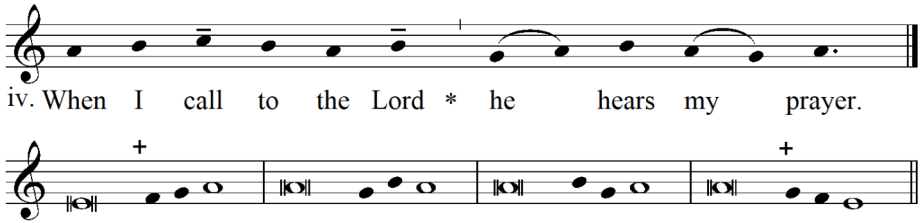
viii. V. O God, come to my aid. Lord, make haste
to help me. Glory be to the Father and to the Son
and to the Ho - ly Spi - rit, as it was in the beginning, is now, and
e - ver shall be, world with-out end. A - men. Al - le - lu - ia.

2. Psalmody - three Psalms and a NT Canticle with Antiphons

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.

Repeated after each Psalm and Canticle

FRIDAY WEEK 1



Psalm 114

I love the Lord for he has heard
the cry of my appeal;
for he turned his ear to me
in the day when I called him.

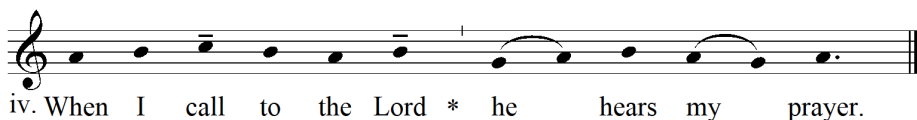
They surrounded me, the snares of death, †
with the anguish of the tomb;
they caught me, sorrow and distress.
I called on the Lord's name.
O Lord my God, deliver me!

How gracious is the Lord, and just;
our God has compassion.
The Lord protects the simple hearts;
I was helpless so he saved me.

Turn back, my soul, to your rest
for the Lord has been good;
he has kept my soul from death, †
[my eyes from tears]
and my feet from stumbling.

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

No Gloria



Psalm 115

I trusted even when I said:
"I am sorely afflicted,"
and when I said in my alarm:
"No man can be trusted."

How can I repay the Lord
for his goodness to me?
The cup of salvation I will raise;
I will call on the Lord's name.

My vows to the Lord I will fulfil
before all his people.
O precious in the eyes of the Lord
is the death of his faithful.

Your servant, Lord, your servant am I;
you have loosened my bonds.
A thanksgiving sacrifice I make:
I will call on the Lord's name.

My vows to the Lord I will fulfil
before all his people,
in the courts of the house of the Lord,
in your midst, O Jerusalem.



Psalm 125

When the Lord delivered Sion from bondage,
it seemed like a dream.
Then was our mouth filled with laughter,
on our lips there were songs.

The heathens themselves said: “What marvels
the Lord worked for them!”
What marvels the Lord worked for us!
Indeed we were glad.

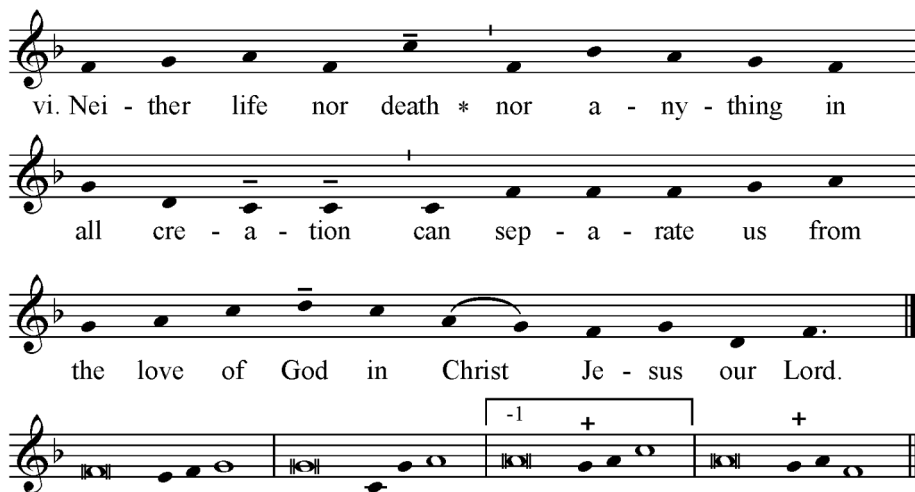
Deliver us, O Lord, from our bondage
as streams in dry land.
Those who are sowing in tears
will sing when they reap.

They go out, they go out, full of tears,
carrying seed for the sowing:
they come back, they come back, full of song,
carrying their sheaves.

ii. I will hear * what the Lord God has
to say; a voice that speaks of peace.

Mercy and faithfulness have met;
 justice and peace have embraced.
 Faithfulness shall spring from the earth
 and justice look down from heaven.

The Lord will make us prosper
 and our earth shall yield its fruit.
 Justice shall march before him
 and peace shall follow his steps.



Canticle: Philippians 2:6-11

His state was divine,
 yet he did not cling
 to his equality with God,

but emptied himself,
 to assume the condition of a slave
 and became as men are;

and being as all men are, he was humbler yet,
even to accepting death,
death on a cross;

but God raised him high
and gave him the name,
which is above all other names,

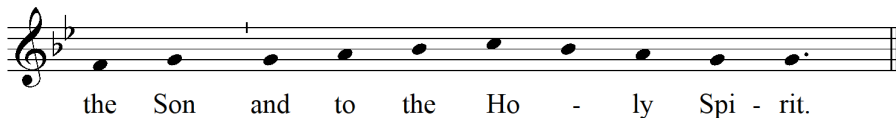
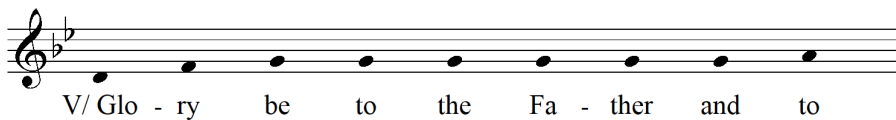
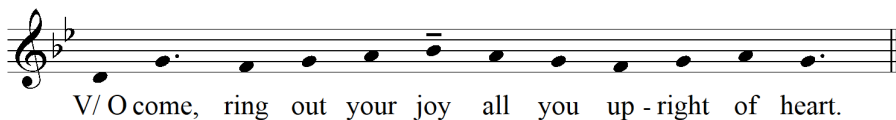
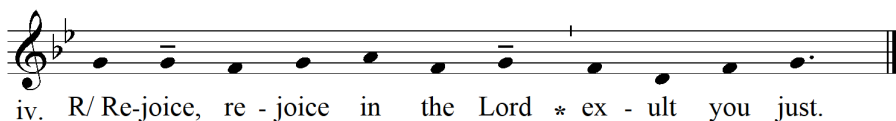
so that all beings,
in the heavens, on earth and in the underworld,
should bend the knee at the name of Jesus,

and that every tongue should acclaim
Jesus Christ as Lord
to the glory of God the Father.

3. Short Scripture Reading

followed by a short silence and the Brief Respond

BRIEF RESPOND



4. HYMN as appointed

5. Magnificat with Proper Antiphon

MAGNIFICAT

One Martyr 1

vi. E - ver - las - ting light * will shine up - on
your saints, O Lord. (Al - le - lu - ia.)

The musical score for 'One Martyr 1' is written in G major (one sharp) and 4/4 time. It consists of three staves. The first staff contains the melody for the first line of text. The second staff contains the melody for the second line of text, including a double bar line and a repeat sign. The third staff contains the melody for the third line of text, including a double bar line and a repeat sign. The lyrics are: 'vi. E - ver - las - ting light * will shine up - on your saints, O Lord. (Al - le - lu - ia.)'.

One Martyr 2

i. If a - ny - one wish - es to fol - low me * he
must de - ny him - self let him take up his
cross and come with me. (Al - le - lu - ia.)

The musical score for 'One Martyr 2' is written in G major (one sharp) and 4/4 time. It consists of four staves. The first staff contains the melody for the first line of text. The second staff contains the melody for the second line of text. The third staff contains the melody for the third line of text, including a double bar line and a repeat sign. The fourth staff contains the melody for the fourth line of text, including a double bar line and a repeat sign. The lyrics are: 'i. If a - ny - one wish - es to fol - low me * he must de - ny him - self let him take up his cross and come with me. (Al - le - lu - ia.)'.

Luke 1:46-55

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

The Almighty works marvels for me.
Holy his name!
His mercy is from age to age,
on those who fear him.

He puts forth his arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.
He fills the hungry with good things
sends the rich away empty.

He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons forever.

6. Intercessions with Kyrie Eleison



vi. R. Ký-ri - e e - lé - i - son.

7. Silent Prayer

8. The Lord's Prayer

vi. Our Father, who art in hea - ven, hallowed be thy name.

Thy king - dom come. Thy will be done on earth, as it

is in hea - ven. Give us this day our dai - ly bread,

and for - give us our tres - pas - ses, as we forgive those

who tres - pass a - gainst us and lead us not in - to temp - ta - tion,

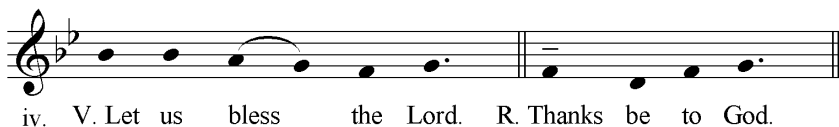
but deliver us from e - vil.

9. Collect

10. Blessing and Conclusion

The Lord be with you.
And with your spirit.

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



11. Antiphon of Our Lady (in Latin or English)

following Procession to the Lady Chapel

Season	Latin	Page
Advent to Presentation	Alma Redemptoris Mater	P.13
February 3rd to Maundy Thursday	Ave Regina Caelorum	P.14
Pentecost to Advent	Salve Regina	P.15
Season	English	Page
Advent to Presentation	Mother of Christ	P.16
February 3rd to Maundy Thursday	Hail Queen of Heaven	P.17
Pentecost to Advent	Hail Holy Queen	P.18

SIMPLE ANTIPHONS TO OUR LADY

Advent to Presentation

A ^v L-ma * Red-emptó-ris Ma-ter, quæ pèrvi- a cæ-li Por-
ta manes, et stella ma-ris, succúrre cadénti, Súrge-re qui
cu-rat, pópu-lo : Tu quæ genu- ísti, Na-tú-ra mi-ránte, tu-um
sanctum Ge-ni-tó-rem, Virgo pri- us ac posté-ri- us, Gabri- é-
lis ab o-re Sumens il-lud Ave, pecca-tó-rum mi-se-ré- re.

February 3rd to Maundy Thursday

VI

A -ve Re-gi-na cæ-ló-rum,* Ave Dómi-na Ange-ló-rum

Salve ra-dix, salve porta, Ex qua mundo lux est orta :

Gaude Virgo glo-ri- ó-sa, Su-per omnes spe-ci- ó-sa : Va-le

o valde de-có-ra, Et pro no-bis Christum exó-ra.

v
S Alve Re-gí-na, * ma-ter mi-se-ri-córdi- æ, Vi-ta, dul-
cé- do, et spes nostra, salve. Ad te clamámus, éxsu-
les, fí-li-i Hevæ. Ad te suspi-rámus, geméntes et flentes
in hac lacrimárum valle. E-ia ergo, Advo-cá-ta nostra,
il-lo-s tu-os mi-se-ri-córdes ó-cu-los ad nos convér-te. Et
Je-sum, be-ne-díctum fructum ventris tu-i, no-bis post hoc ex-
sí-li-um osténde. O cle-mens, O pi-a, O
dulcis * Virgo Ma-rí-a.

ENGLISH ANTIPHONS TO OUR LADY

Advent to Presentation



Mo - ther of Christ! hear thou thy peo-ple's cry,



star of the deep and por - tal of the sky!



Mo - ther of him who thee from noth - ing made,



sink - ing we strive and call to thee for aid.

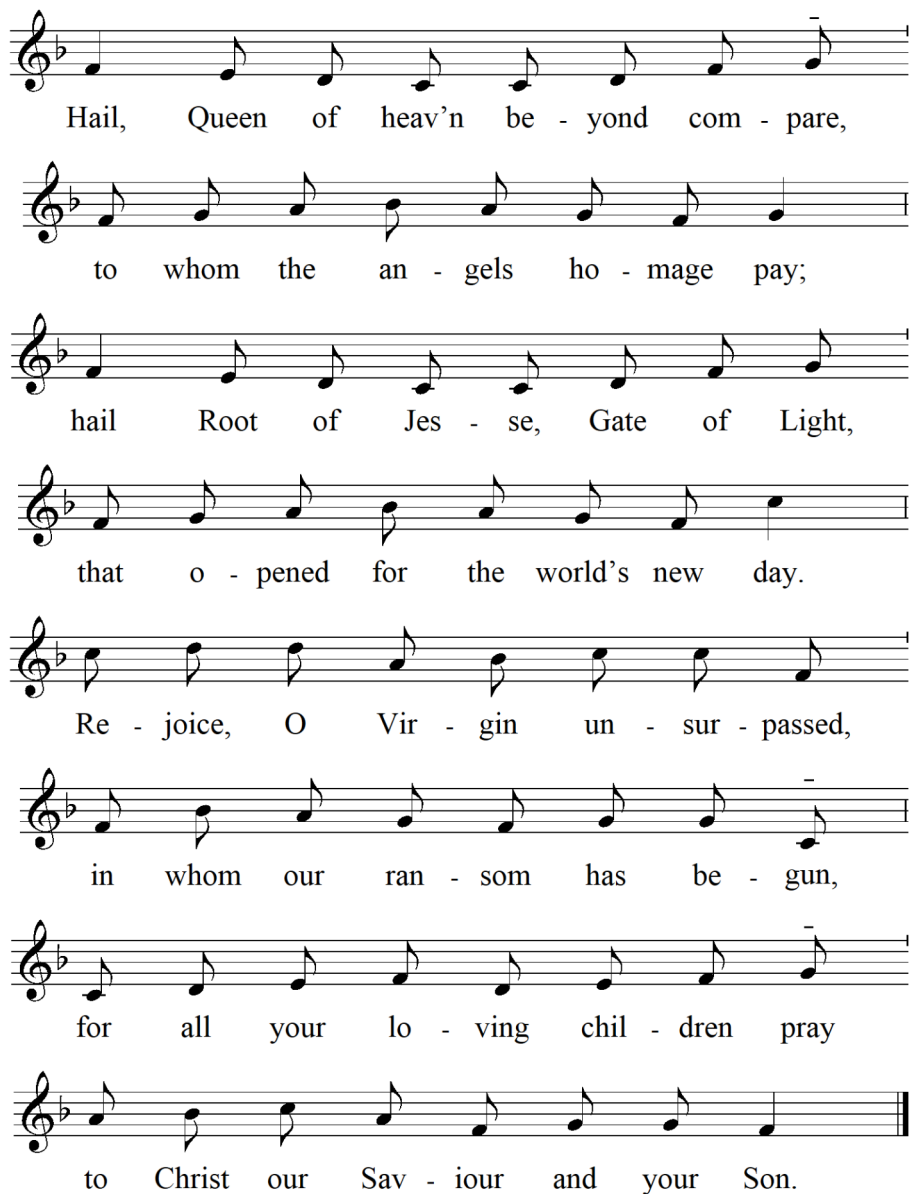


Oh, by the joy which Ga - briel brought to thee, thou



vir - gin first and last, thy mer - cy let us see.

February 3rd to Maundy Thursday



Hail, Queen of heav'n be - yond com - pare,
to whom the an - gels ho - mage pay;
hail Root of Jes - se, Gate of Light,
that o - pened for the world's new day.
Re - joice, O Vir - gin un - sur - passed,
in whom our ran - som has be - gun,
for all your lo - ving chil - dren pray
to Christ our Sav - iour and your Son.

Pentecost to Advent



Hail, Ho - ly Queen, Mo - ther of mer - cy!

Hail, our life, our sweet - ness and our hope!

To thee do we cry, poor ba - nished chil - dren of Eve;

to thee do we send up our sighs,

mourn - ing and weep - ing in this vale of tears.

Turn then, most gra - cious Ad - vo - cate,

thine eyes of mer - cy to - wards us;

and af - ter this our ex - ile show un - to

us the bless - ed fruit of thy womb, Je - sus.

O cle - ment, O lov - ing,

O sweet Vir - gin Ma - ry.