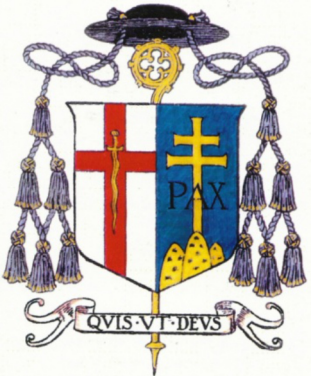
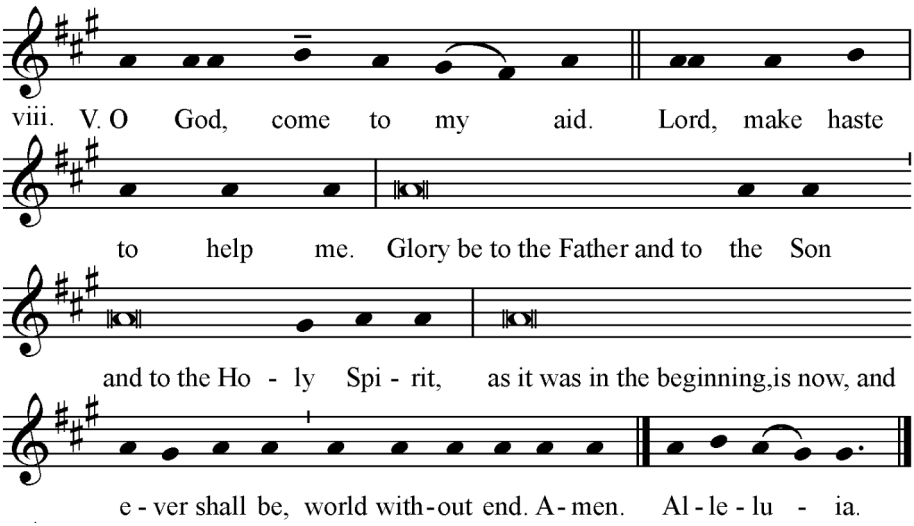
BELMONT ABBEY



OFFICE OF VESPERS
FRIDAY WEEK 2 - ADVENT

ORDER FOR THE OFFICE OF VESPERS

1. Introduction

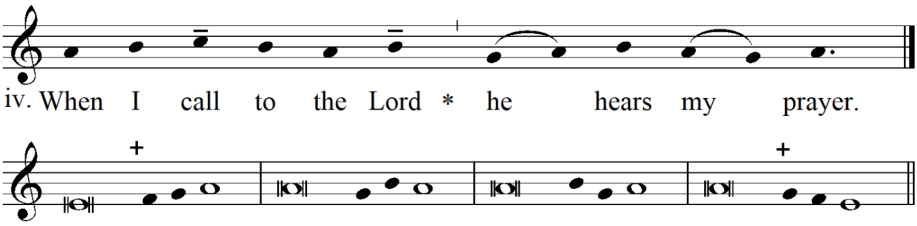


2. **Psalmody** - three Psalms and a NT Canticle with Antiphons

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 2



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.

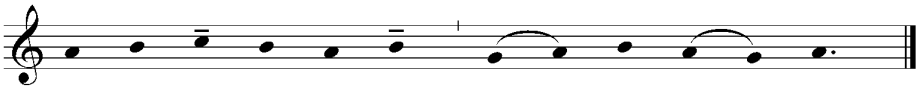
They surrounded me, the snares of death, †
with the anguish of the tomb;
they caught me, sorrow and distress.
I called on the Lord's name.
O Lord my God, deliver me!

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

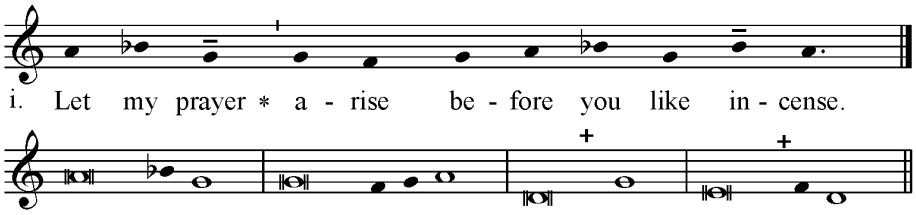
I trusted even when I said:
"I am sorely afflicted,"
and when I said in my alarm:
"No man can be trusted."

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 140

I have called to you, Lord; hasten to help me!
Hear my voice when I cry to you.
Let my prayer arise before you like incense,
the raising of my hands like an evening oblation.

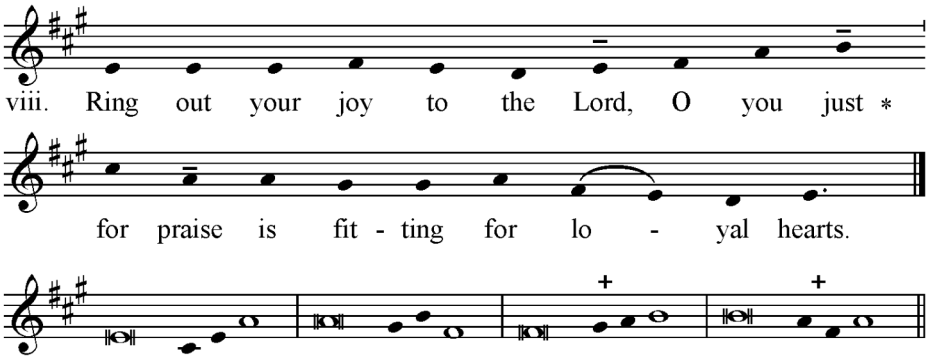
Set, O Lord, a guard over my mouth;
keep watch, O Lord, at the door of my lips!
Do not turn my heart to things that are wrong,
to evil deeds with men who are sinners.

Never allow me to share in their feasting.
If a good man strikes or reproves me it is kindness;
but let the oil of the wicked not anoint my head.
Let my prayer be ever against their malice.

Their princes were thrown down by the side of the rock:
then they understood that my words were kind.
As a millstone is shattered to pieces on the ground,
so their bones were strewn at the mouth of the grave.

To you, Lord God, my eyes are turned:
in you I take refuge; spare my soul!
From the trap they have laid for me keep me safe:
keep me from the snares of those who do evil.

Let the wicked fall into the traps they have set
whilst I pursue my way unharmed.



Psalm 32

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.

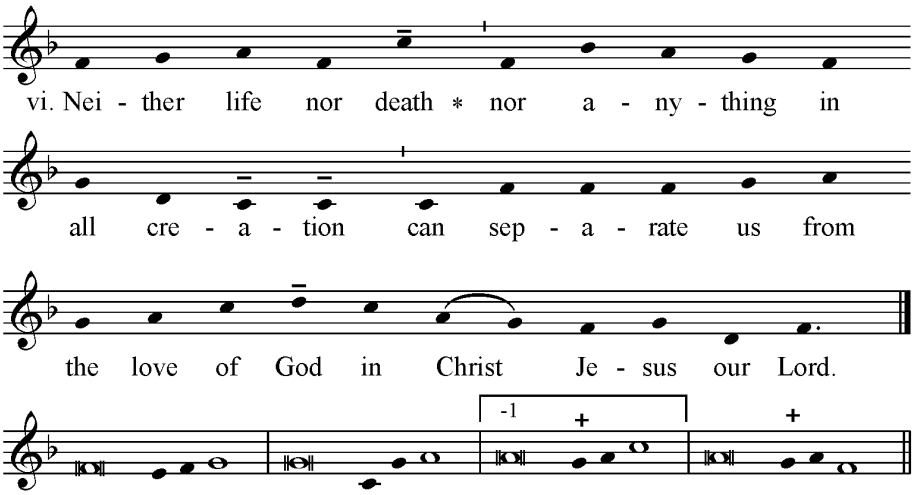
From the place where he dwells he gazes
on all the dwellers on the earth,
he who shapes the hearts of them all
and considers all their deeds.

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.



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,

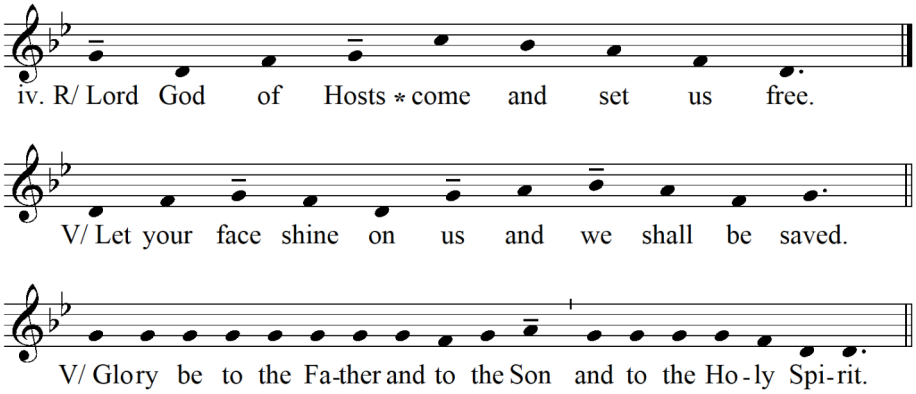
so that all beings,
in the heavens, on earth and in the underworld,
should bend the knee at the name of Jesus,

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

3. Short Scripture Reading

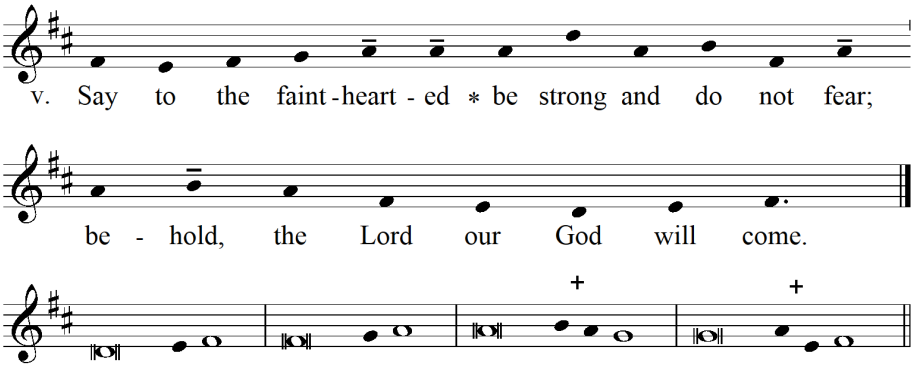
followed by a short silence and the Brief Respond

BRIEF RESPOND



4. HYMN as appointed

5. Magnificat with Proper Antiphon



Luke 1:46-55

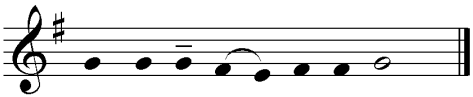
My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness;
henceforth all ages will call me blessed.

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.

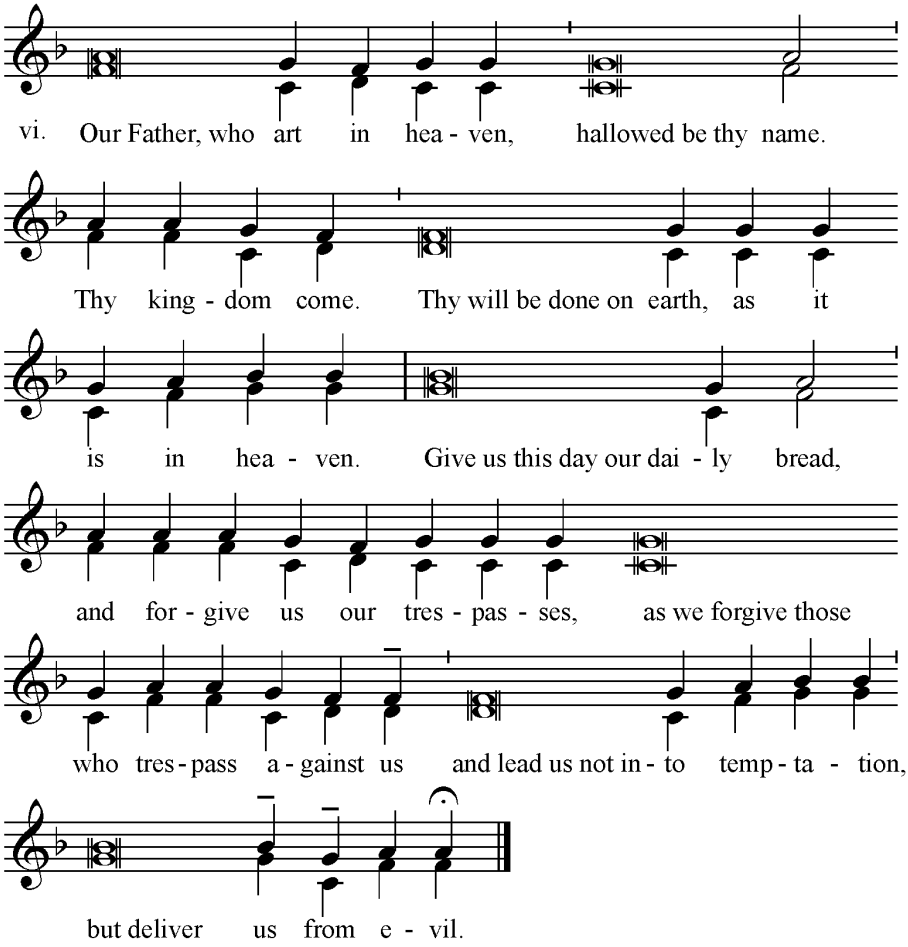
He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons forever.

6. Intercessions with Kyrie Eleison



7. Silent Prayer

8. The Lord's Prayer

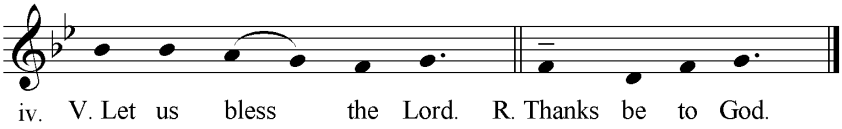


9. Collect

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.

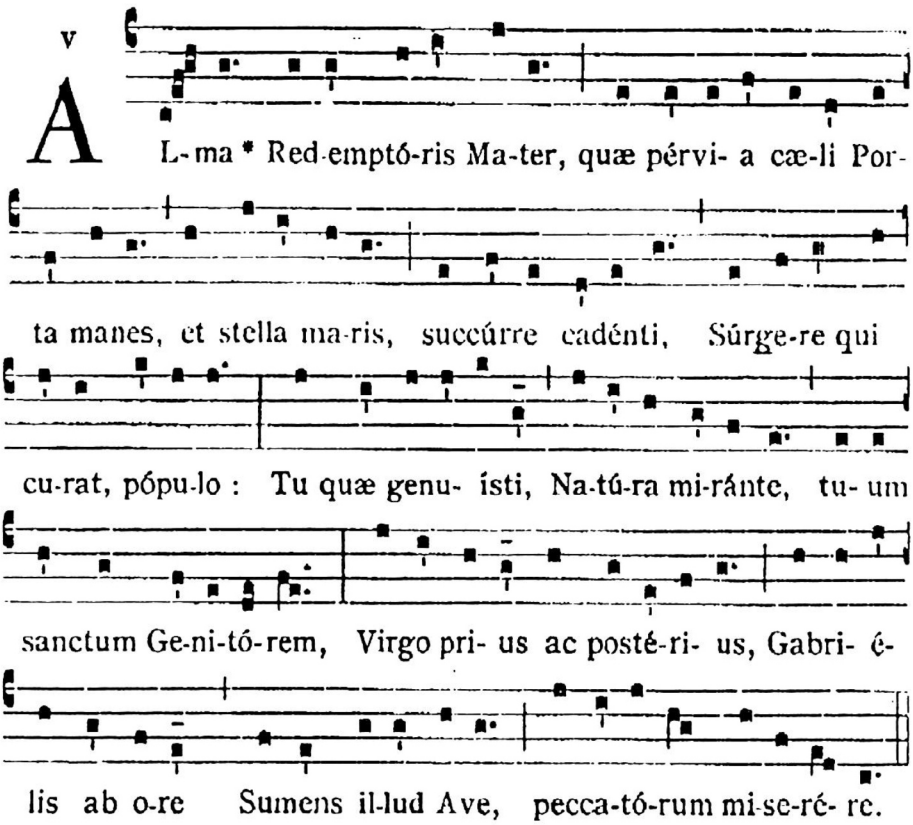


11. Antiphon of Our Lady (in Latin or English)

following Procession to the Lady Chapel

SIMPLE ANTIPHONS TO OUR LADY

Advent to Presentation



ENGLISH ANTIPHONS TO OUR LADY

Advent to Presentation

