

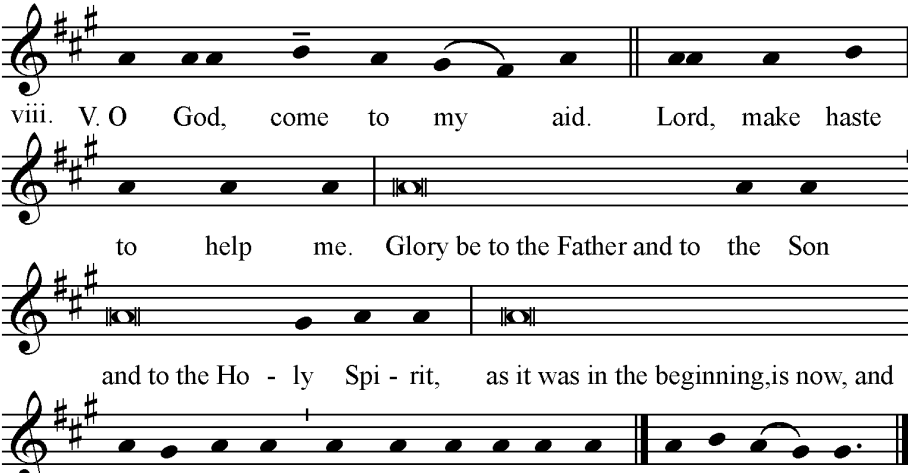
BELMONT ABBEY



OFFICE OF 1st
VESPERS OF SUNDAY
IN LENT
WEEK 1&2

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.)

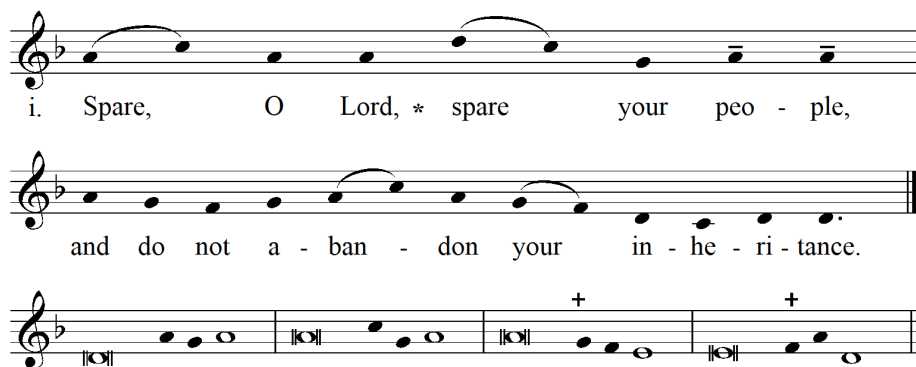
2. Psalmody - three Psalms and a NT Canticle with Antiphons

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

LENT

FIRST VESPERS OF SUNDAY



i. Spare, O Lord, * spare your peo - ple,
and do not a - ban - don your in - he - ri - tance.

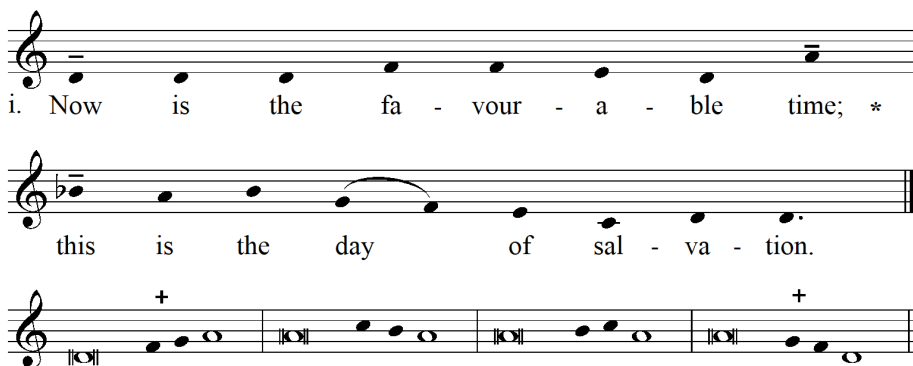
Psalm 113a

When Israel came forth from Egypt,
Jacob's sons from an alien people,
Judah became the Lord's temple,
Israel became his kingdom.

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

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

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



Week 1

Psalm 102

My soul, give thanks to the Lord,
all my being, bless his holy name.
My soul, give thanks to the Lord
and never forget all his blessings.

It is he who forgives all your guilt,
who heals every one of your ills,
who redeems your life from the grave,
who crowns you with love and compassion,
who fills your life with good things,
renewing your youth like an eagle's.

The Lord does deeds of justice,
gives judgement for all who are oppressed.
He made known his ways to Moses
and his deeds to Israel's sons.

The Lord is compassion and love,
slow to anger and rich in mercy.
His wrath will come to an end;
he will not be angry for ever.
He does not treat us according to our sins
nor repay us according to our faults.

For as the heavens are high above the earth
so strong is his love for those who fear him.
As far as the east is from the west
so far does he remove our sins.

As a father has compassion on his sons,
the Lord has pity on those who fear him;
for he knows of what we are made,
he remembers that we are dust.

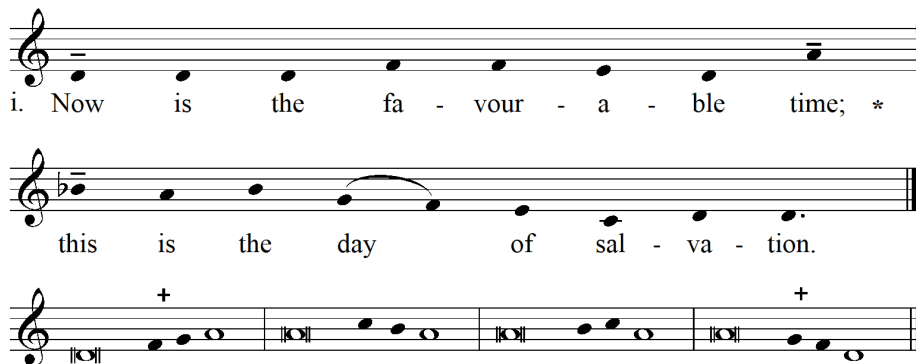
As for man, his days are like grass;
he flowers like the flower of the field;
the wind blows and he is gone
and his place never sees him again.

But the love of the Lord is everlasting †
upon those who hold him in fear;
his justice reaches out to children's children
when they keep his covenant in truth,
when they keep his will in their mind.

The Lord has set his sway in heaven
and his kingdom is ruling over all.
Give thanks to the Lord, all his angels, †
mighty in power, fulfilling his word,
who heed the voice of his word.

Give thanks to the Lord, all his hosts,
his servants who do his will.
Give thanks to the Lord, all his works, †
in every place where he rules.
My soul, give thanks to the Lord!

Week 2



Psalm 137

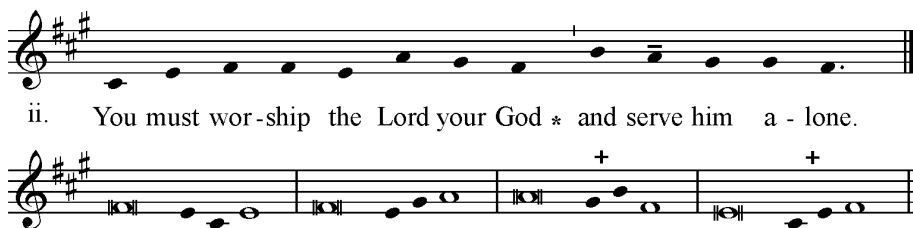
I thank you, Lord, with all my heart,
you have heard the words of my mouth.
In the presence of the angels I will bless you.
I will adore before your holy temple.

I thank you for your faithfulness and love
which excel all we ever knew of you
On the day I called, you answered;
you increased the strength of my soul.

All earth's kings shall thank you
when they hear the words of your mouth.
They shall sing of the Lord's ways:
"How great is the glory of the Lord!"

The Lord is high yet he looks on the lowly
and the haughty he knows from afar.
Though I walk in the midst of affliction
you give me life and frustrate my foes.

You stretch out your hand and save me,
your hand will do all things for me.
Your love, O Lord, is eternal,
discard not the work of your hands.



Psalm 135

O give thanks to the Lord for he is good,
 for his love endures for ever.
 Give thanks to the God of gods,
 for his love endures for ever.
 Give thanks to the Lord of lords,
 for his love endures for ever;

who alone has wrought marvellous works,
 for his love endures for ever;
 whose wisdom it was made the skies,
 for his love endures for ever;
 who fixed the earth firmly on the seas,
 for his love endures for ever.

It was he who made the great lights,
 for his love endures for ever,
 the sun to rule in the day,
 for his love endures for ever,
 the moon and stars in the night,
 for his love endures for ever.

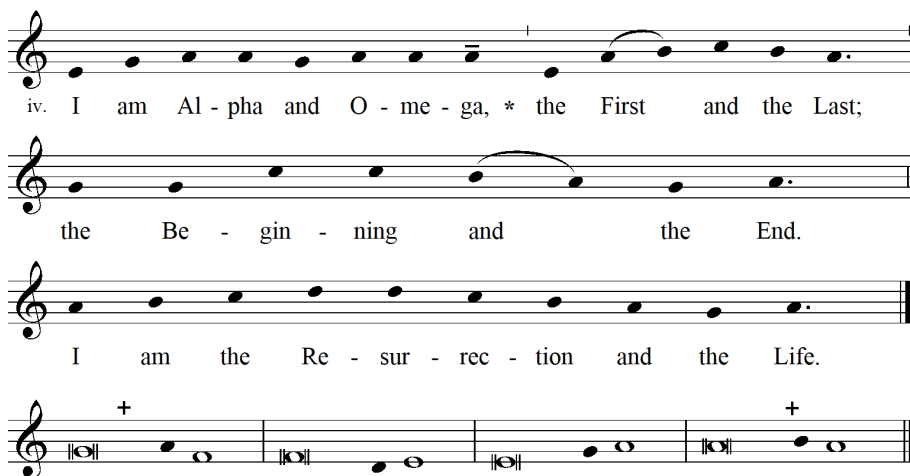
The first-born of the Egyptians he smote,
 for his love endures for ever.
 He brought Israel out from their midst,
 for his love endures for ever;
 arm outstretched, with power in his hand,
 for his love endures for ever.
 He divided the Red Sea in two,

for his love endures for ever;
he made Israel pass through the midst,
for his love endures for ever;
he flung Pharaoh and his force in the sea,
for his love endures for ever.

Through the desert his people he led,
for his love endures for ever.
Nations in their greatness he struck,
for his love endures for ever.
Kings in their splendour he slew,
for his love endures for ever.

He let Israel inherit their land,
for his love endures for ever.
On his servant their land he bestowed,
for his love endures for ever.
He remembered us in our distress,
for his love endures for ever.

And he snatched us away from our foes,
for his love endures for ever.
He gives food to all living things,
for his love endures for ever.
To the God of heaven give thanks,
for his love endures for ever.



*Canticle: Various sources - Our life and glory in Christ
(Eph 5:14,2; 2 Tim 2:11-13; 1 Tim 3:16, 6:15-16)*

Wake up from your sleep, †
rise from the dead,
and Christ will shine on you.
If we have died with him,
then we shall live with him.

If we hold firm,
then we shall reign with him
If we disown him,
then he will disown us

We may be unfaithful, †
but he is always faithful
for he cannot disown his own self.
He was made visible in the flesh,
attested by the Spirit,

was seen by angels
proclaimed to the pagans,
believed in by the world,
taken up in glory.

He at the due time will be revealed by God,
the blessed and only Ruler of all,
the King of kings,
and Lord of lords,

who alone is immortal,
whose home is in light inaccessible,
whom no man has seen, †
no man is able to see:
to him be honour and everlasting power. Amen.

3. Short Scripture Reading

followed by a short silence and the Brief Respond

BRIEF RESPOND



iv. R/ Like a shield * his truth will guard you.



V/ You will not fear the ter - ror of the night.



V/ Glory be to the Fa-ther and to the Son and to the Ho - ly Spi-rit.

4. Hymn as appointed

5. Magnificat with Proper Antiphon

Week 1

ii. Man does not live by bread a - lone,* but by ev' -

-ry word that comes from the mouth of God.

Week 2

vii. From the bright cloud * the Fa - ther's voice

was heard: "This is my Son, the

be - lov - ed, lis - ten to him".

Week 3

viii. Lord, you are the Sav - iour of the world; *

give me liv - ing wa - ter, then I shall not thirst.

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Week 4

iv. God so loved the world,* that he gave his on -

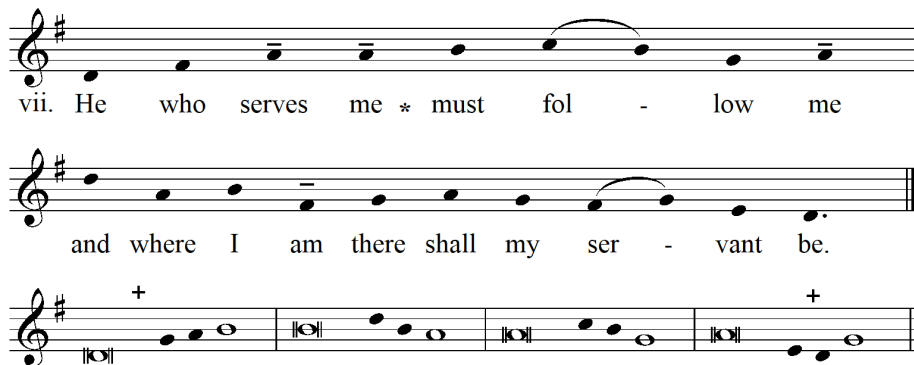
-ly Son, so that ev' - ry - one who be - lieves in him,

may not die, but have e - ter - nal life.

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+

Week 5



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.

Antiphon

Glory be

Antiphon

6. Intercessions with Kyrie Eleison



vi. R. Ký-ri - e e - lé - i - son.

7. Silent Prayer

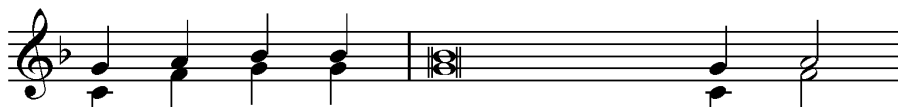
8. The Lord's Prayer



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.



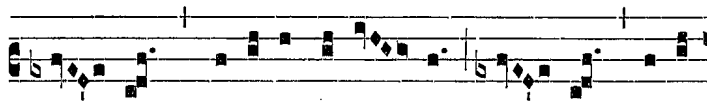
iv. V. Let us bless the Lord. R. Thanks be to God.

11. Antiphon of Our Lady

Ant.

VI

A



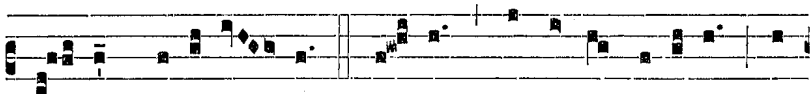
- ve * Re-gí-na cæ-ló- rum, A- ve Dómi-



na Ange-ló- rum: Sal- ve ra-dix, salve porta, Ex qua



mun-do lux est or- ta : Gaude Vir-go glo-ri- ó- sa, Super



o-mnes spe-ci- ó- sa : Va- le o valde de-có-ra, Et



pro no- bis Chri- stum * exó- ra.