

BELMONT ABBEY



**OFFICE OF VESPERS
FRIDAY IN LENT
WEEK 1**

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.

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



iv. When I call to the Lord * he hears my prayer.

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.

irr. Those who sow in tears * will sing when they reap.

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.

Psalm 84

O Lord, you once favoured your land
and revived the fortunes of Jacob,
you forgave the guilt of your people
and covered all their sins.

You averted all your rage,
you calmed the heat of your anger.

Revive us now, God, our helper!
Put an end to your grievance against us.
Will you be angry with us for ever,
will your anger never cease?

Will you not restore again our life
that your people may rejoice in you?
Let us see, O Lord, your mercy
and give us your saving help.

I will hear what the Lord God has to say,
a voice that speaks of peace,
peace for his people and his friends
and those who turn to him in their hearts.
His help is near for those who fear him
and his glory will dwell in our land.

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.

vi. Nei - ther life nor death * nor a - ny - thing in
all cre - a - tion can sep - a - rate us from
the love of God in Christ Je - sus our Lord.

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

iv. R/ Hear us Lord and have mer - cy, * for
we have sinned a - gainst you.

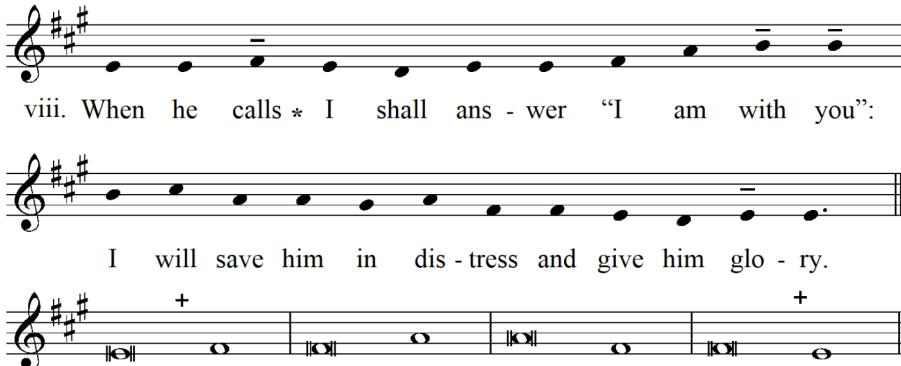
V/ Lis - ten Christ to the prayers of those who

cry to you. V/ Give praise to the Fa - ther and Son,

and to the Ho - ly Spi - rit.

4. HYMN as appointed

5. Magnificat with Lenten 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



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 (in Latin or English)

following Procession to the Lady Chapel

February 3rd to Maundy Thursday

VI

Ave Regína cælórum, Ave Dómi-na Ange-lórum

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

Gaude Virgo glo-ri- 6-sa, Su-per omnes spe-ci- 6-sa : Va-le

o valde de-có-ra, Et pro no-bis Christum ex6- ra.

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.