

# BELMONT ABBEY



**OFFICE OF VESPERS**  
**MONDAY WEEK 2**  
**MEMORIA OF VIRGINS**

# 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*

## MONDAY WEEK 2

viii. His sons will be po - wer - ful on earth \*

the chil - dren of the up - right are bless - ed.

-1

*Psalm 111*

Happy the man who fears the Lord,  
who takes delight in all his commands.  
His sons will be powerful on earth;  
the children of the upright are blessed.

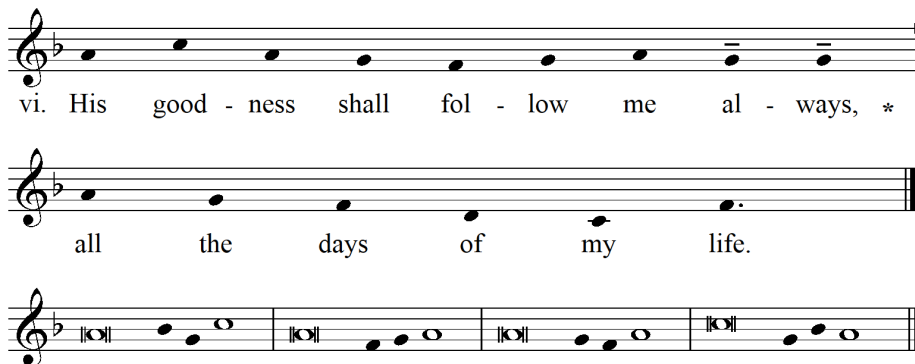
Riches and wealth are in his house;  
his justice stands firm for ever.  
He is a light in the darkness for the upright:  
he is generous, merciful and just.

The good man takes pity and lends,  
he conducts his affairs with honour.  
The just man will never waver:  
he will be remembered for ever.

He has no fear of evil news;  
with a firm heart he trusts in the Lord.  
With a steadfast heart he will not fear;  
he will see the downfall of his foes.

Open-handed, he gives to the poor;  
his justice stands firm for ever.  
His head will be raised in glory.

The wicked man sees and is angry,  
grinds his teeth and fades away;  
the desire of the wicked leads to doom.



### *Psalm 22*

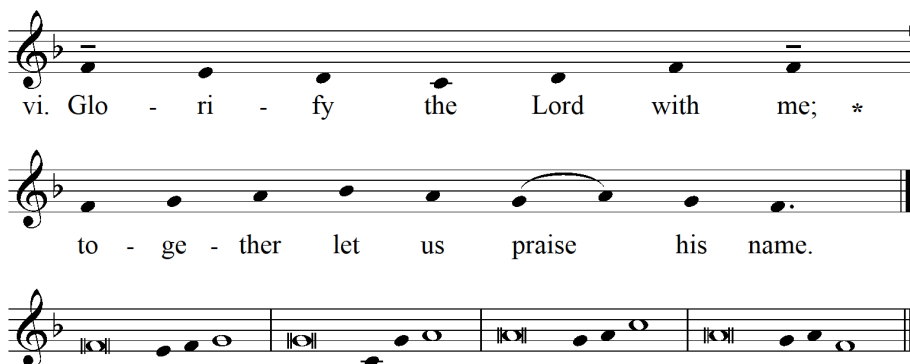
The Lord is my shepherd;  
there is nothing I shall want.  
Fresh and green are the pastures  
where he gives me repose.

Near restful waters he leads me,  
to revive my drooping spirit.  
He guides me along the right path;  
he is true to his name.

If I should walk in the valley of darkness  
no evil would I fear.  
You are there with your crook and your staff;  
with these you give me comfort.

You have prepared a banquet for me  
in the sight of my foes.  
My head you have anointed with oil;  
my cup is overflowing.

Surely goodness and kindness shall follow me  
all the days of my life.  
In the Lord's own house shall I dwell  
for ever and ever.



### *Psalm 33*

I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad.

Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free.

Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called; the Lord heard him  
and rescued him from all his distress.

The angel of the Lord is encamped  
around those who revere him, to rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him.

Revere the Lord, you his saints.  
They lack nothing, those who revere him.  
Strong lions suffer want and go hungry  
but those who seek the Lord lack no blessing.

Come, children and hear me  
that I may teach you the fear of the Lord.  
Who is he who longs for life  
and many days, to enjoy his prosperity?

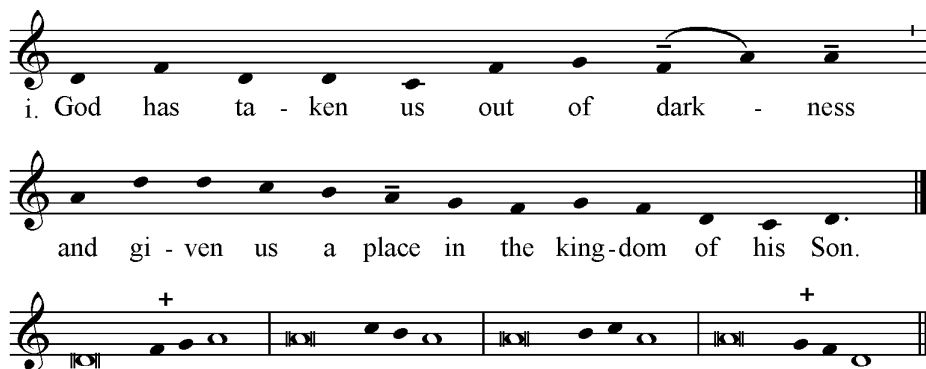
Then keep your tongue from evil  
and your lips from speaking deceit.  
Turn aside from evil and do good;  
seek and strive after peace.

The Lord turns his face against the wicked  
to destroy their remembrance from the earth.  
The Lord turns his eyes to the just  
and his ears to their appeal.

They call and the Lord hears  
and rescues them in all their distress.  
The Lord is close to the broken-hearted;  
those whose spirit is crushed he will save.

Many are the trials of the just man  
but from them all the Lord will rescue him.  
He will keep guard over all his bones,  
not one of his bones shall be broken.

Evil brings death to the wicked;  
 those who hate the good are doomed.  
 The Lord ransoms the souls of his servants.  
 Those who hide in him shall not be condemned.



*Canticle: Col 1:15-20 - Christ, the First Born*

He is the image of the unseen God  
 and the first-born of all creation;  
 for in him were created  
 all things in heaven and on earth:

everything visible and everything invisible,  
 Thrones, Dominations, Sovereignities, Powers;  
 all things were created  
 through him and for him.

Before anything was created he existed,  
 and he holds all things in unity.  
 Now the Church is his body,  
 he is its head.

As he is the beginning, †  
 he was first to be born from the dead,  
 so that he should be first in every way;  
 because God wanted all perfection  
 to be found in him,

and all things to be reconciled through him and for him,  
 everything in heaven and everything on earth,  
 when he made peace  
 by his death on the cross.

### 3. Short Scripture Reading

followed by a short silence and the Brief Respond

#### BRIEF RESPOND

i. R/ They are hap - py whose life is blame - less \*

who fol - low God's law. (Al - le - lu - ia.)

V/ They are hap - py who do his will.

V/ Glo - ry 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

viii. Be - hold, the wise vir - gin \* has gone to Christ her Lord  
and shines like the sun in the hea - vens.  
+ +

*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

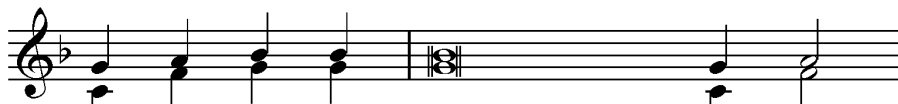
## 8. The Lord's Prayer



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,



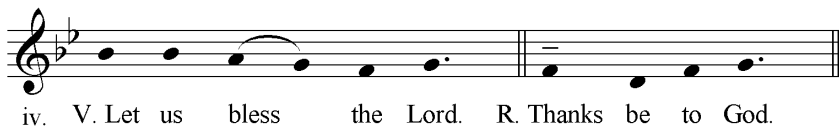
but deliver us from e - vil.

## 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.12
February 3rd to Maundy Thursday	Ave Regina Caelorum	P.13
Pentecost to Advent	Salve Regina	P.14
Season	English	Page
Advent to Presentation	Mother of Christ	P.15
February 3rd to Maundy Thursday	Hail Queen of Heaven	P.16
Pentecost to Advent	Hail Holy Queen	P.17

## SIMPLE ANTIPHONS TO OUR LADY

### *Advent to Presentation*

**A** <sup>v</sup> 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 3<sup>rd</sup> to Maundy Thursday*

VI

**A** -ve Re-gí-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.

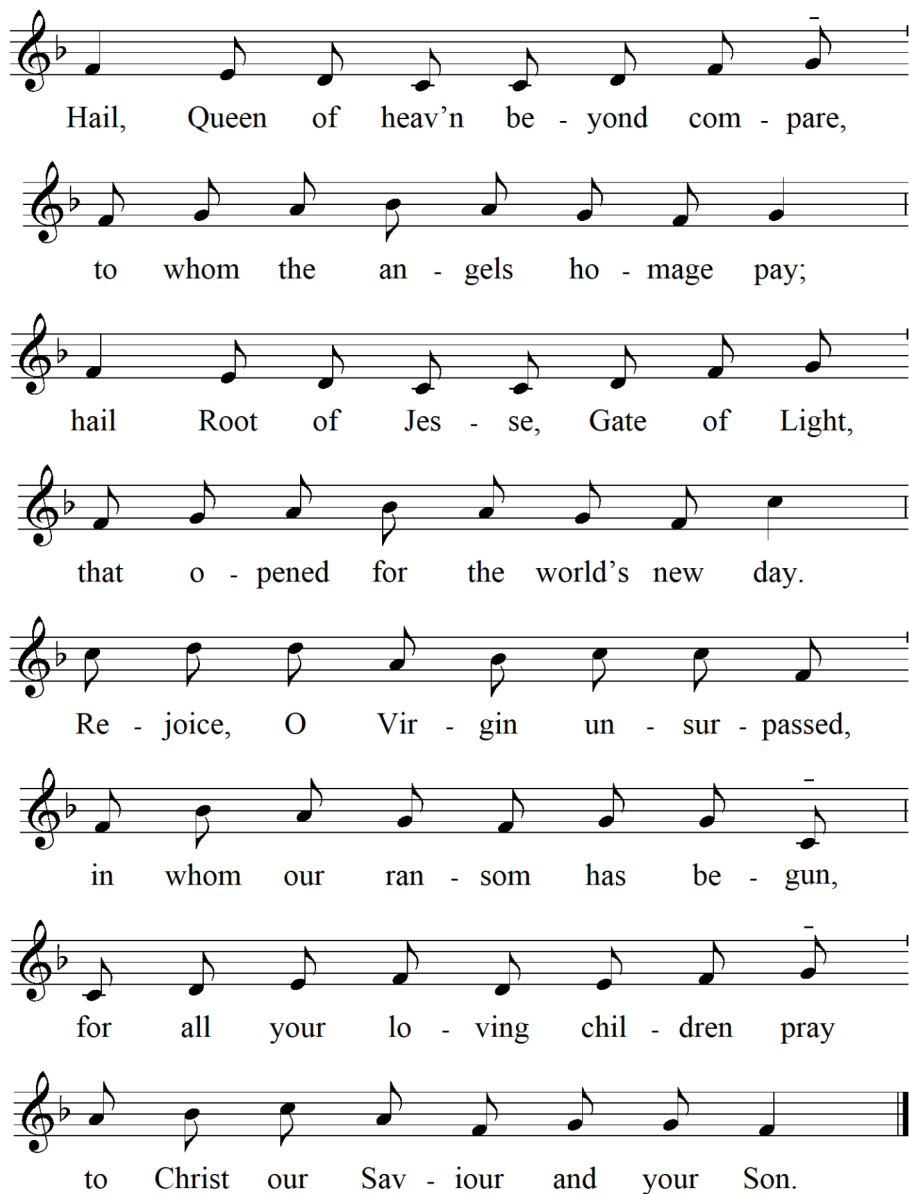


Oh, by the joy which Ga - briel brought to thee, thou



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

*February 3<sup>rd</sup> 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.