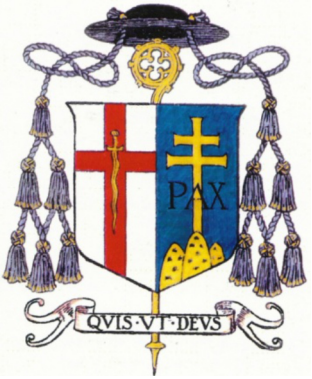
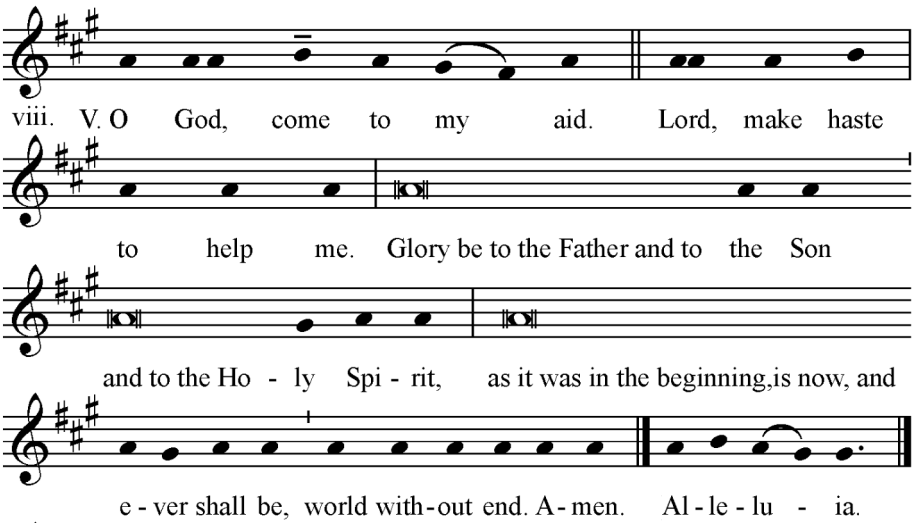
BELMONT ABBEY



OFFICE OF VESPERS
THURSDAY WEEK 1
ONE MONK/NUN

ORDER FOR THE OFFICE OF VESPERS

1. Introduction

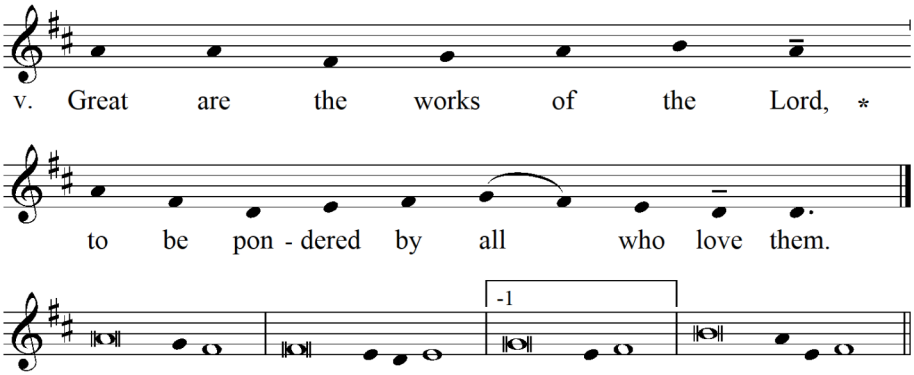


2. **Psalmody** - three Psalms and a NT Canticle with Antiphons

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

THURSDAY WEEK 1



Psalm 110

I will thank the Lord with all my heart
in the meeting of the just and their assembly.
Great are the works of the Lord;
to be pondered by all who love them.

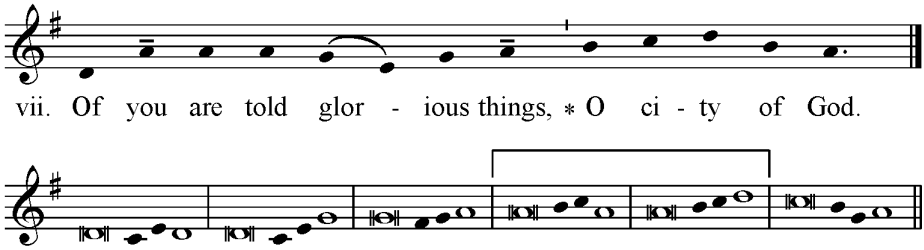
Majestic and glorious his work,
his justice stands firm for ever.
He makes us remember his wonders.
The Lord is compassion and love.

He gives food to those who fear him;
keeps his covenant ever in mind.
He has shown his might to his people
by giving them the lands of the nations.

His works are justice and truth:
his precepts are all of them sure,
standing firm for ever and ever:
they are made in uprightness and truth.

He has sent deliverance to his people
and established his covenant for ever.
Holy his name, to be feared.

To fear the Lord is the first stage of wisdom;
all who do so prove themselves wise.
His praise shall last for ever!

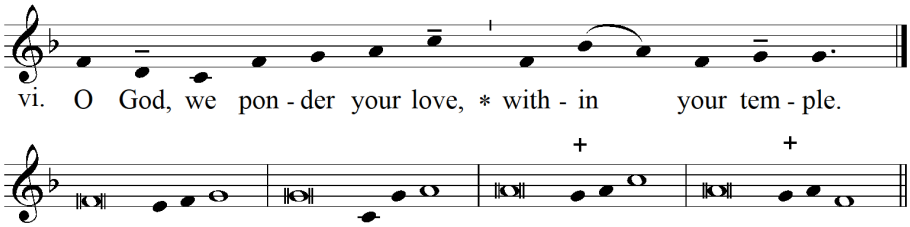


Psalm 86

On the holy mountain is his city
cherished by the Lord.
The Lord prefers the gates of Zion
to all Jacob's dwellings.
Of you are told glorious things,
O city of God!

"Babylon and Egypt I will count
among those who know me;
Philistia, Tyre, Ethiopia,
these will be her children
and Zion shall be called `Mother'
for all shall be her children."

It is he the Lord Most High,
who gives each his place.
In his register of peoples he writes:
"These are her children"
and while they dance they will sing:
"In you all find their home."



Psalm 47

The Lord is great and worthy to be praised
in the city of our God.
His holy mountain rises in beauty,
the joy of all the earth.

Mount Zion, true pole of the earth,
the Great King's city!
God, in the midst of its citadels,
has shown himself its stronghold.

For the kings assembled together,
together they advanced.
They saw; at once they were astounded;
dismayed, they fled in fear.

A trembling seized them there,
like the pangs of birth.
By the east wind you have destroyed
the ships of Tarshish.

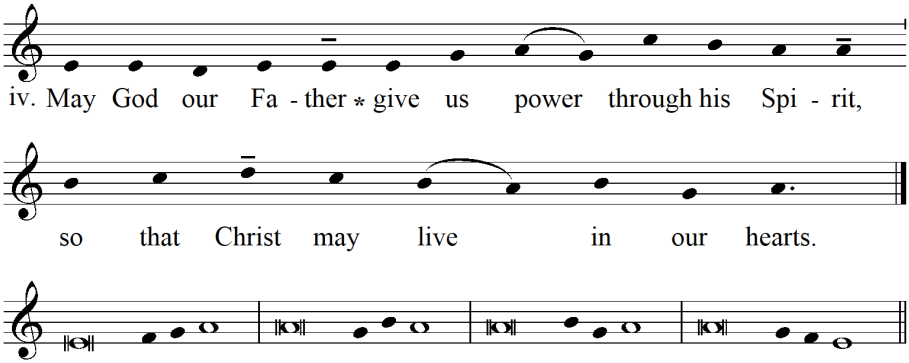
As we have heard, so we have seen
in the city of our God,
in the city of the Lord of hosts
which God upholds for ever.

O God, we ponder your love
within your temple.
Your praise, O God, like your name
reaches the ends of the earth.

With justice your right hand is filled.
Mount Zion rejoices;
the people of Judah rejoice
at the sight of your judgments.

Walk through Zion, walk all round it;
count the number of its towers.
Review all its ramparts,
examine its castles,

that you may tell the next generation
that such is our God,
our God for ever and always.
It is he who leads us.



Canticle: Eph1:3-14 – God's plan of Salvation

Blessed be the God and Father of Our Lord Jesus Christ,
who has blessed us with all the spiritual blessings of heaven in Christ
Before the world was made, he chose us, chose us in Christ,
to be holy and spotless and to live through love in his presence,

determining that we should become his adopted sons,
through Jesus Christ for his own kind purposes,
to make us praise the glory of his grace,
his free gift to us in the Beloved,

in whom, through his blood, we gain our freedom,
the forgiveness of our sins.
Such is the richness of the grace which he has showered on us
in all wisdom and insight.

He has let us know the mystery of his purpose, †
the hidden plan he so kindly made in Christ from the beginning
to act upon when the times had run their course to the end:
that he would bring everything together under Christ, as head,
everything in the heavens and everything on earth.

And it is in him that we were claimed as God's own,
chosen from the beginning,
under the predetermined plan of the one who guides all things
as he decides by his own will;

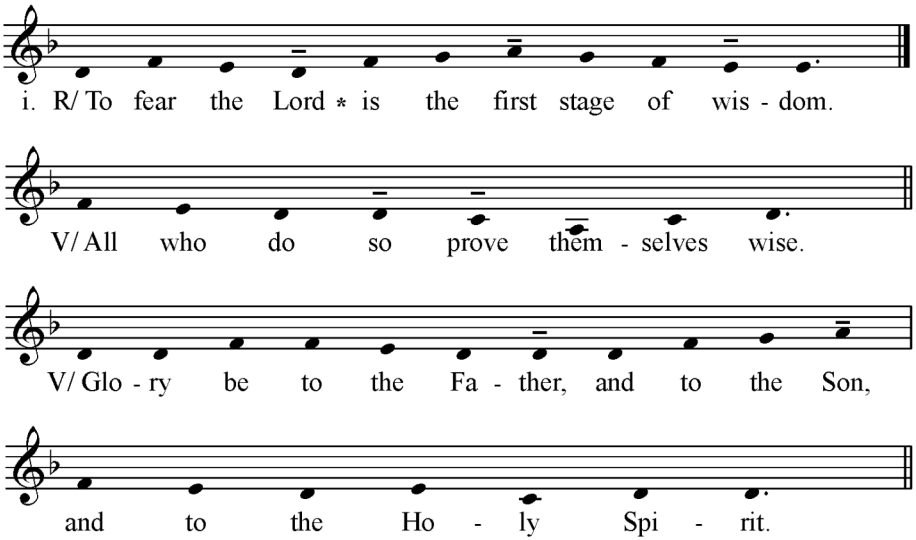
chosen to be for his greater glory,
the people who would put their hopes in Christ before he came.
Now you too, in him, have heard the message of the truth †
and the good news of your salvation,
and have believed it;

and you too have been stamped with the seal of the Holy Spirit of the Promise,
the pledge of our inheritance
which brings freedom for those whom God has taken for his own,
to make his glory praised.

3. Short Scripture Reading

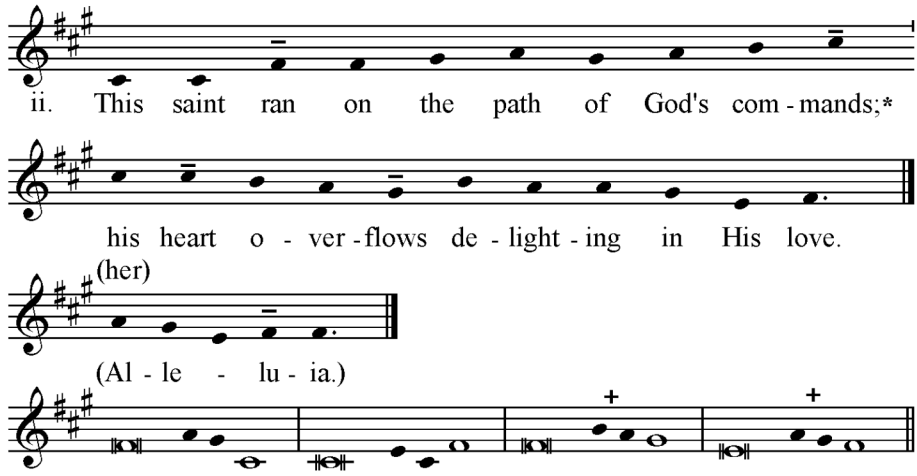
followed by a short silence and the Brief Respond

BRIEF RESPOND



4. HYMN as appointed

5. **Magnificat** with Proper Antiphon



Luke 1:46-55
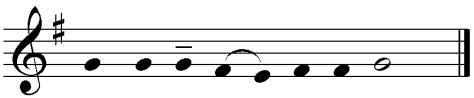
My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness;
henceforth all ages will call me blessed.

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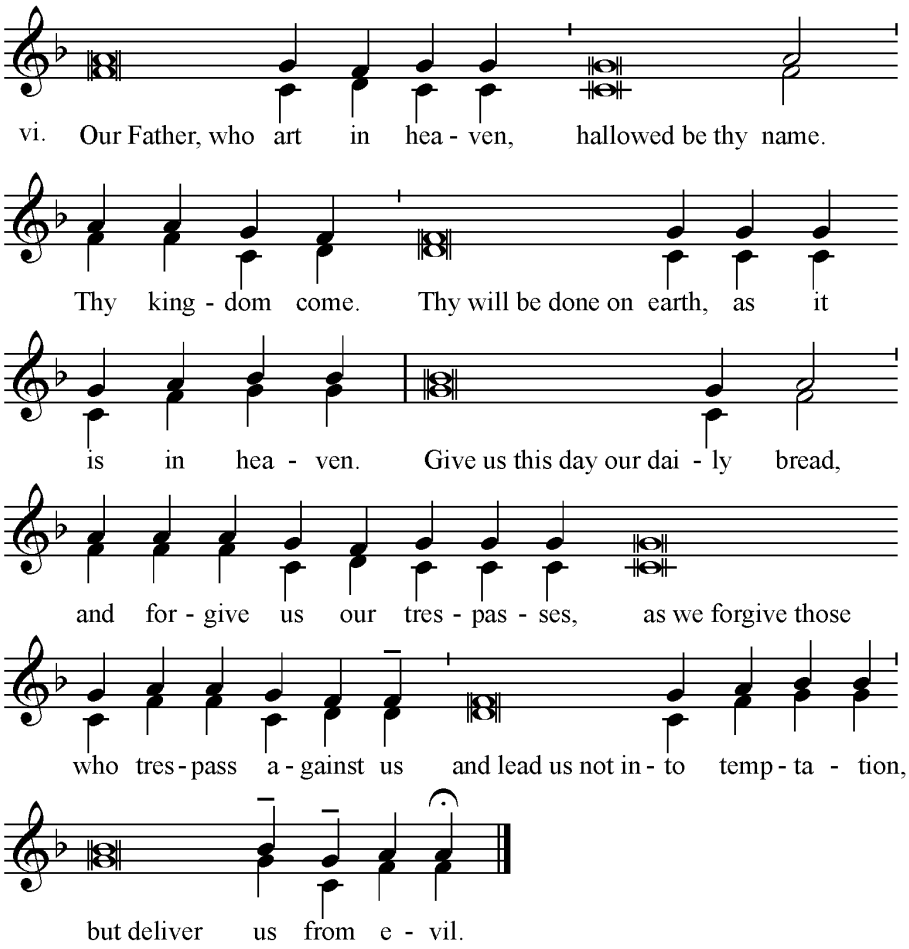
He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons forever.

6. Intercessions with Kyrie Eleison



7. Silent Prayer

8. The Lord's Prayer
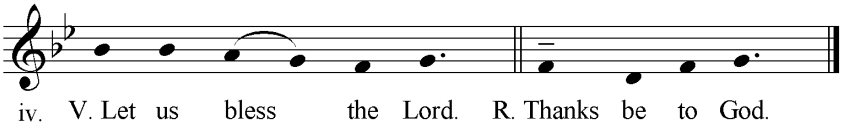


9. Collect

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)

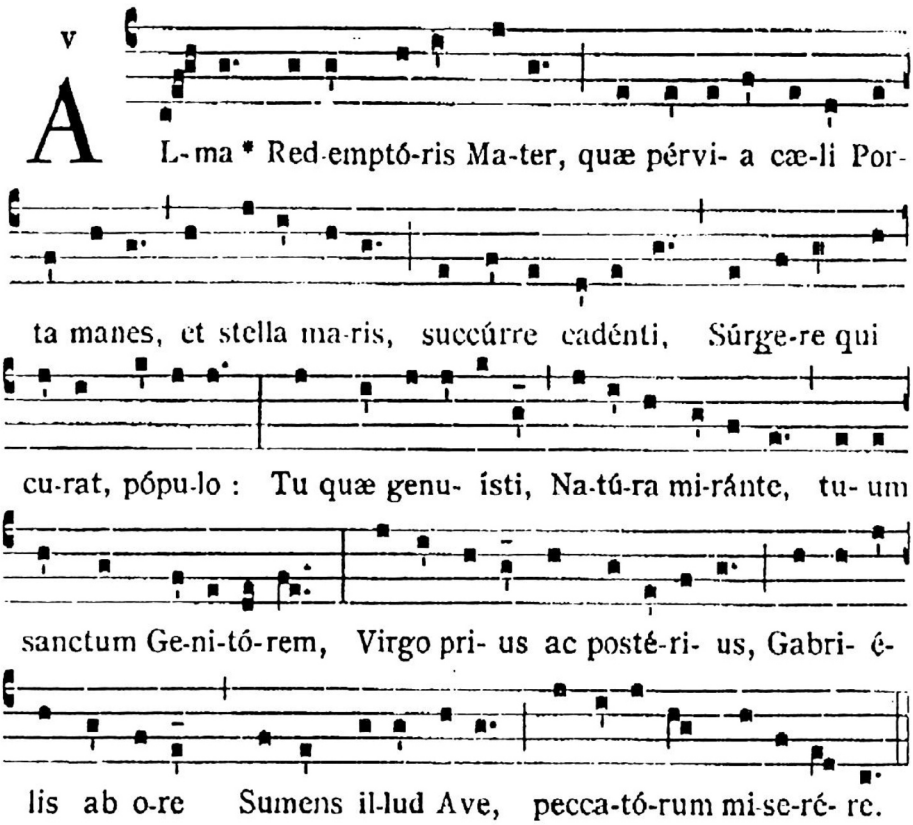
following Procession to the Lady Chapel

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
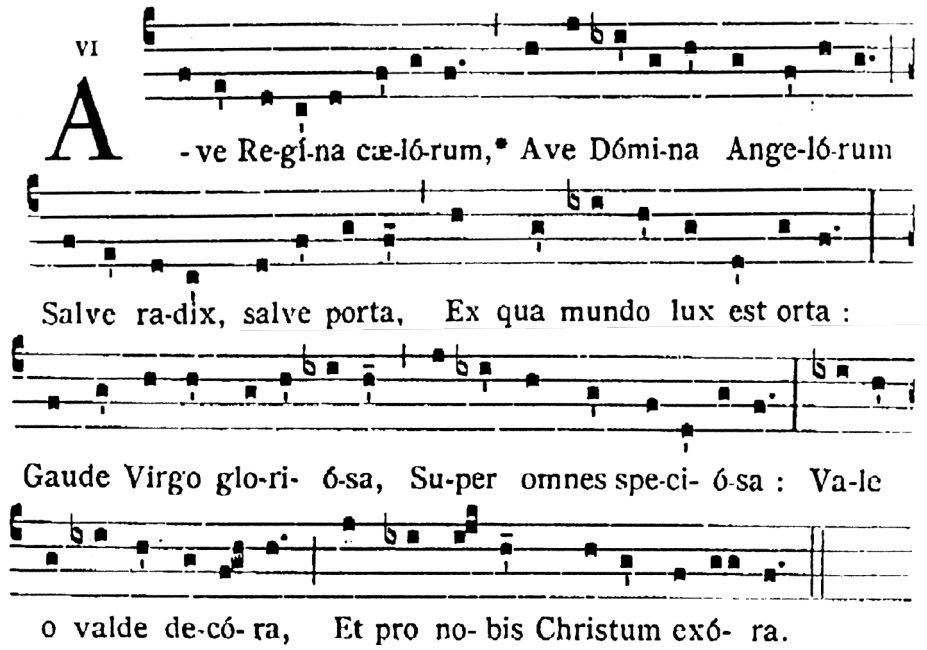
Season	English	Page
Advent to Presentation	Mother of Christ	P.15
February 3rd to Maundy Thursday	Hail Queen of Heaven	P.16
Pentecost to Advent	Hail Holy Queen	P.17
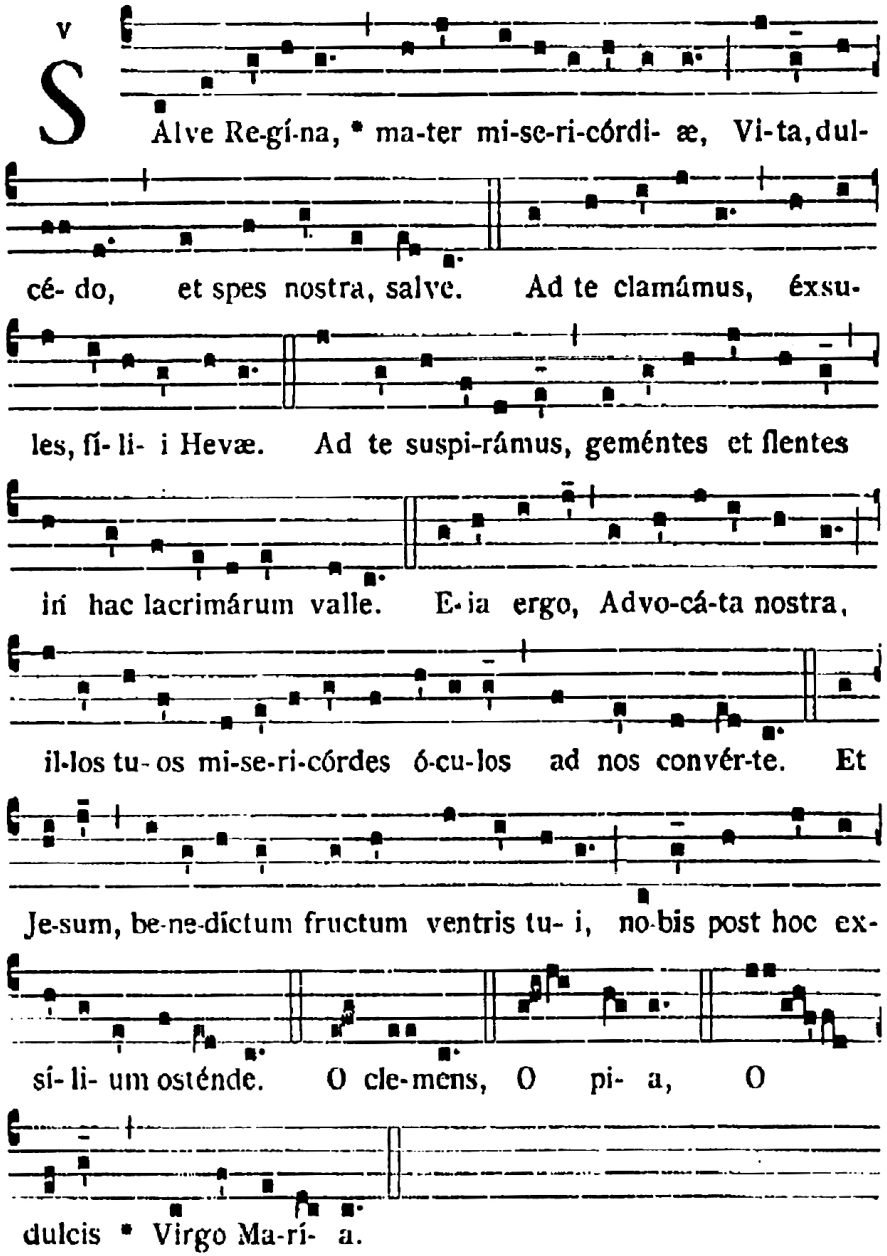
SIMPLE ANTIPHONS TO OUR LADY

Advent to Presentation



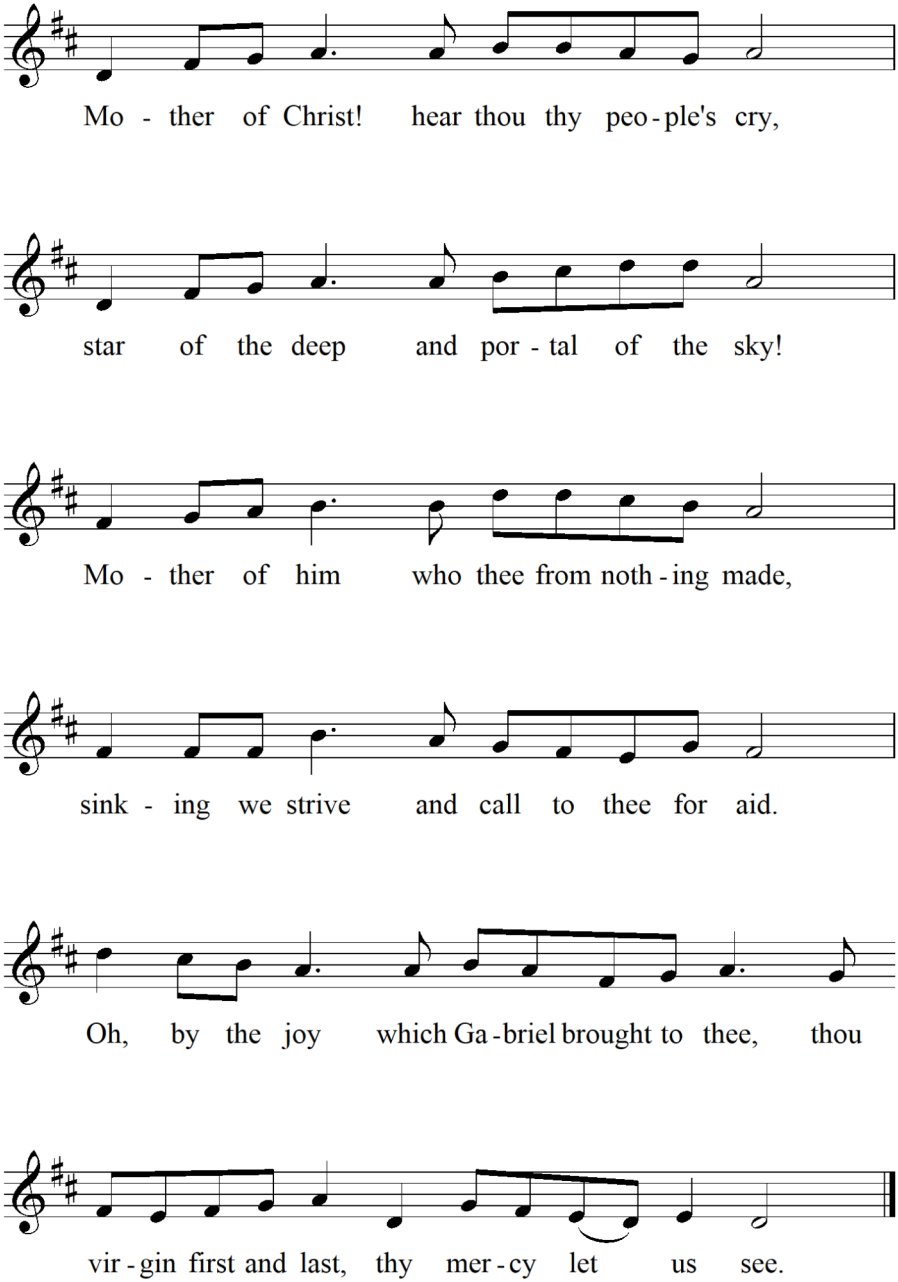
February 3rd to Maundy Thursday



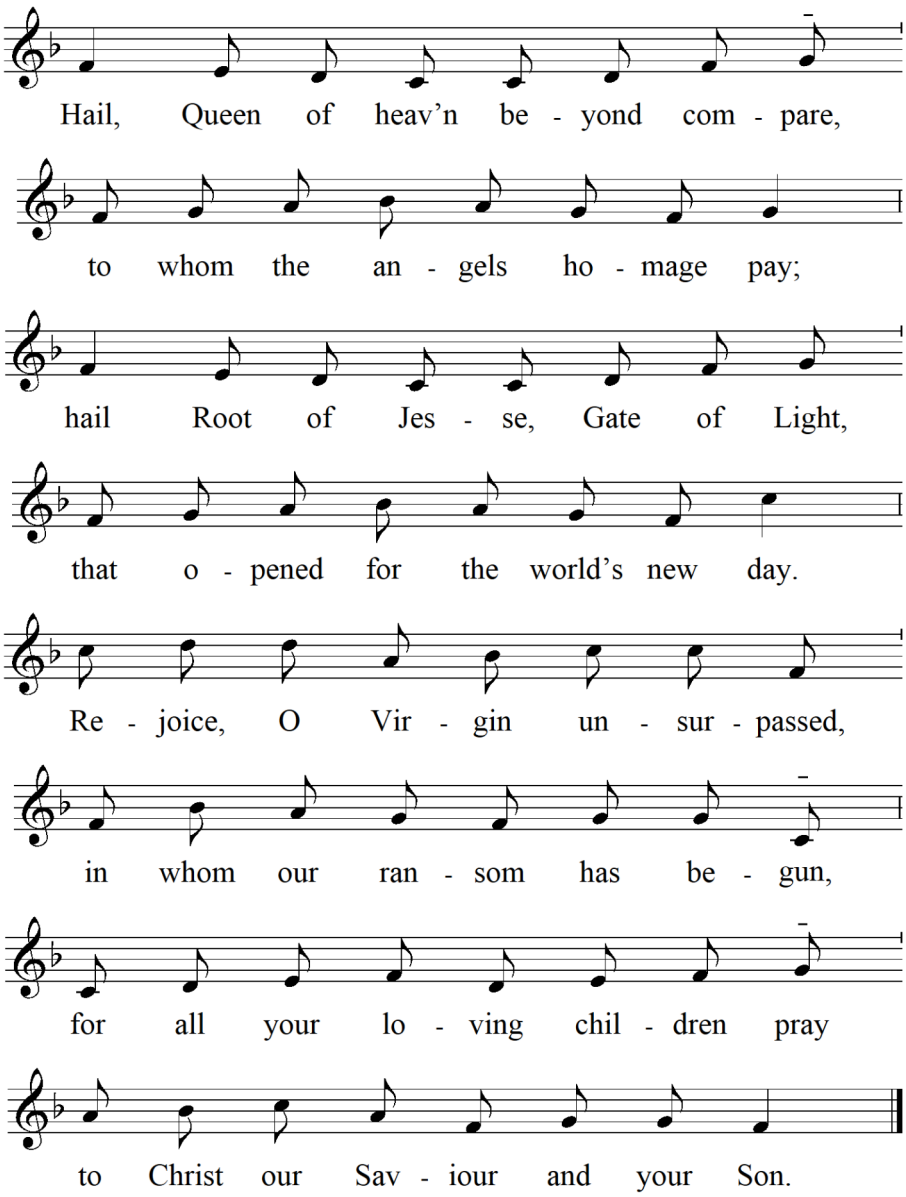

v
S
Álve Re-gí-na, * ma-ter mi-se-ri-córdi- æ, Vi-ta, dul-
cé- do, et spes nostra, salve. Ad te clamámus, éxsu-
les, fí- li- i Hevæ. Ad te suspi-rámus, geméntes et flentes
in hac lacrimárum valle. E- ia ergo, Advo-cá-ta nostra,
il-los tu- os mi-se-ri-córdes ó-cu-los ad nos convér-te. Et
Je-sum, be-ne-dictum 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.
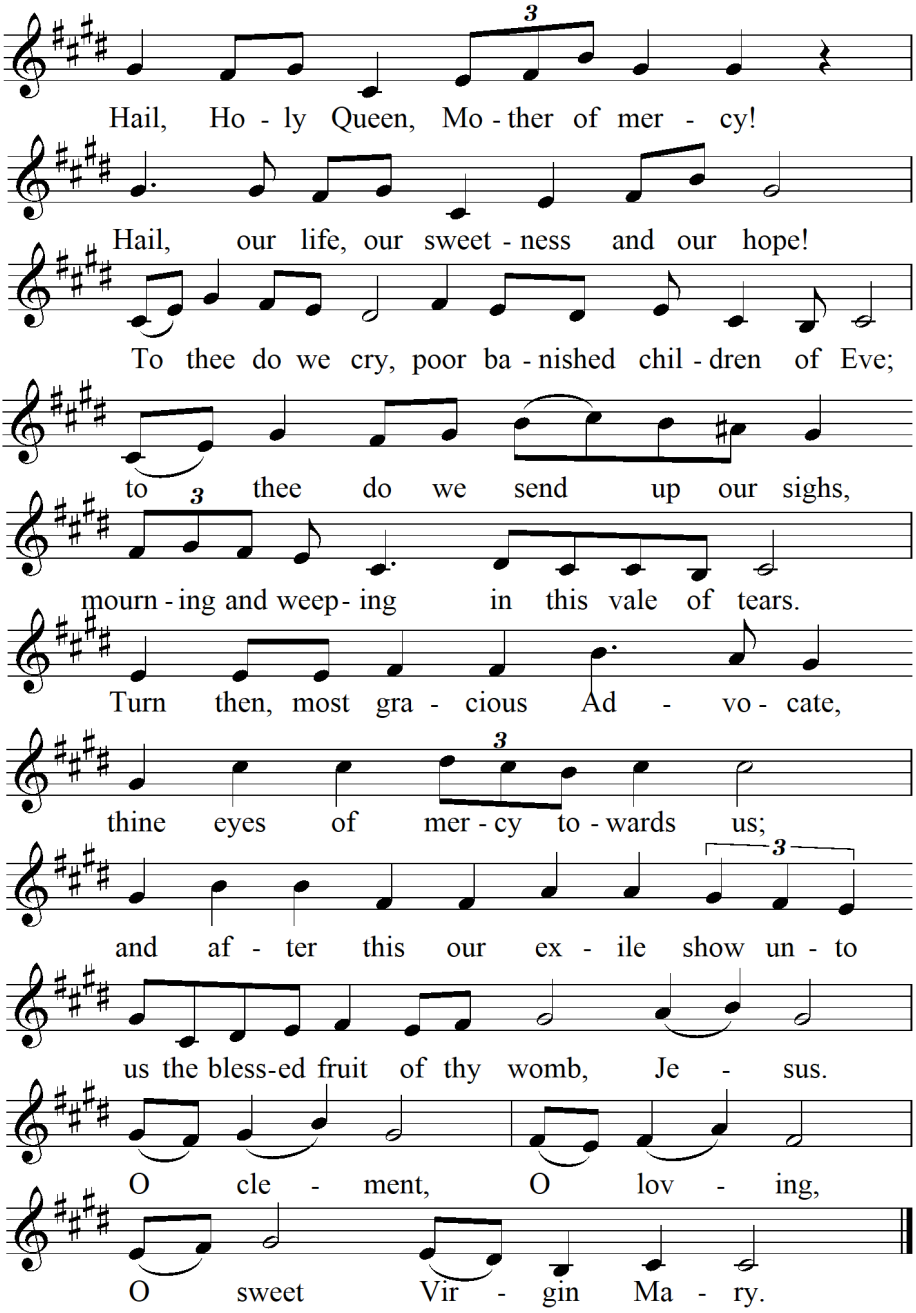
English Antiphons to Our Lady

Advent to Presentation



February 3rd to Maundy Thursday




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.