

LAUDS

FIFTH SUNDAY OF LENT

LITURGY OF THE HOURS / SUNDAY / MORNING PRAYER

*Please stand and make the sign of the cross as priest (or cantor) intones
“O God, come to my assistance.” Bow at “Glory to the Father...Holy
Spirit”*

O

God, come to my assistance. *All:* O Lord, make

haste to help me. Glory to the Father and to the Son, and to

the Ho-ly Spi-rit: as it was in the be-ginning, is now, and will

be for ever. Amen.

**While the singing of the Divine Liturgy is preferred, this prayer may be simply recited. A video will be posted on our website: www.StJohnCatholicMcLean.org
Contact James Senson, Director of Music, for any questions:
JSenson@StJohnCatholicMcLean.org*

HYMN

*Lord, Who Throughout These Forty Days
Saint Michael Hymnal, #625*

Lord, who throughout these forty days
For us didst fast and pray,
Teach us with thee to mourn our sins,
And close by thee to stay.

As thou with Satan didst contend,
And didst the vict'ry win
O give us strength in thee to fight,
In thee to conquer sin.

As thou didst hunger bear and thirst,
So teach us, gracious Lord,
To die to self, and ever live
By thy most holy word.

And through these days of penitence,
And through thy Passiontide,
Forevermore, in life and death,
O Lord, with us abide.

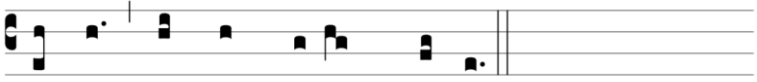
Abide with us that when this life
Of suffering is past,
An Easter of unending joy
We may attain at last!

Please be seated.

PSALMODY

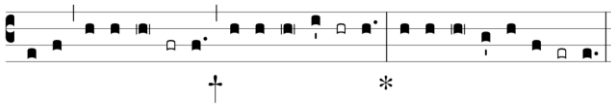
Psalm verses are sung antiphonally between the cantor (I) and all (II).

ANTIPHON 1



My God, you have become my help.

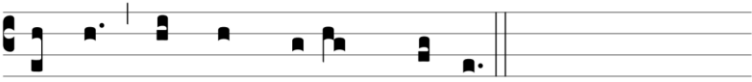
PSALM 63:2-9



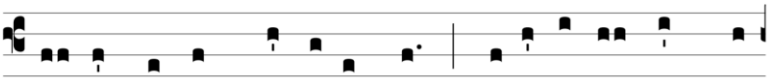
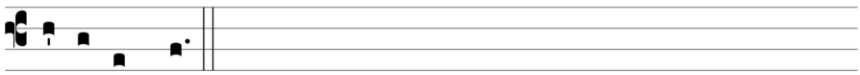
- I *O God*, you are my God, for you | I long; *
for you my | soul is thirsting.
- II My body | pines *for* you *
like a dry, weary land | without water.
- I So I gaze on you in the sanctu- | ary *
to see your strength | and your glory.
- II For your love is better | than life, *
my | lips will speak *your* praise.
- I So I will bless you | all *my* life, *
in your name I will | lift up my hands.
- II My soul shall be filled as with a | banquet, *
my mouth shall | praise you with joy.
- I On my bed I re- | mem-ber you. *
On you I | muse through the night
- II for you have | been *my* help; *
in the shadow of your | wings I rejoice.
- I My soul | clings *to* you; *
your | right hand holds me fast.

Bow at "Glory to the Father.... Holy Spirit."

- II Glory to the Father and | to *the* Son, *
and to the | Holy Spirit:
I as it was in the beginning | is now, *
and will be for- | ever. Amen.

M  y God, you have become my help.

ANTIPHON 2

F  ree us by your wonderful works; de-li-ver us from the

power of death.

CANTICLE: DANIEL 3:57-88,56



- I *Bless the* LORD, all you works | of *the* LORD. *
Praise and exalt him above | all for e-ver.
II Angels of the LORD, | *bless the* LORD. *
You hea- | vens, *bless the* LORD.
I All you waters above the heavens, | *bless the* LORD. *
All you hosts of the | LORD, *bless the* LORD.
II Sun and moon, | *bless the* LORD. *
Stars of hea- | ven, *bless the* LORD.

- I Every shower and dew, | bless *the* LORD. *
 All you | winds, bless the LORD.
- II Fire and heat, | bless *the* LORD. *
 Cold and | chill, bless *the* LORD.
- I Dew and rain, | bless *the* LORD. *
 Frost and | chill, bless *the* LORD.
- II Ice and snow, | bless *the* LORD. *
 Nights and | days, bless *the* LORD.
- I Light and darkness, | bless *the* LORD. *
 Lightnings and | clouds, bless *the* LORD.
- II Let the earth | bless *the* LORD. *
 Praise and exalt him above | all for *e-ver*.
- I Mountains and hills, | bless *the* LORD. *
 Everything growing from the | earth, bless *the* LORD.
- II You springs, | bless *the* LORD. *
 Seas and ri- | vers, bless *the* LORD.
- I You dolphins and all water creatures, | bless *the* LORD. *
 all you birds of the | air, bless the LORD.
- II All you beasts, wild and tame, | bless *the* LORD. *
 You sons of | men, bless *the* LORD.
- I O Israel, | bless *the* LORD. *
 Praise and exalt him above | all for *e-ver*.
- II Priests of the LORD, | bless *the* LORD. *
 Servants of the | LORD, bless *the* LORD.
- I Spirits and souls of the just, | bless *the* LORD. *
 Holy men of humble | heart, bless *the* LORD.
- II Hananiah, Azariah, Mishael, | bless *the* LORD. *
 Praise and exalt him above | all for *e-ver*.
- I Let us bless the Father, and the Son, and the Holy | Spirit. *
 Let us praise and exalt him above | all for *e-ver*.
- II Blessed are you, LORD, in the firmament of | heaven. *
 Praiseworthy and glorious and exalted above | all fore-ver.

F

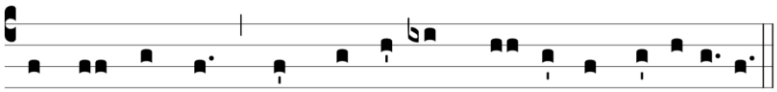


ree us by your wonderful works; de-li-ver us from the



power of death.

ANTIPHON 3



T

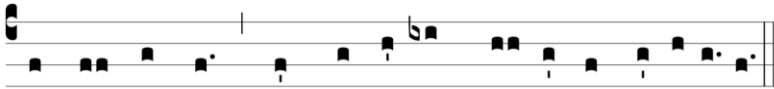
he hour has come for the Son of Man to be glo-ri-fi- ed.

PSALM 149



- I Sing a | new song to *the* LORD, *
His praise in the assembly | of the faith-ful.
- II Let Israel re- | joice *in* its maker, *
let Zion's sons e- | xult in their king.
- I Let them praise His | name with dancing *
and make music with | timbrel and harp.
- II For the LORD takes de- | light *in* his people. *
He crowns the poor | with sal-va-tion.
- I Let the faithful re- | joice *in* their glory, *
shout for joy | and take their rest.
- II Let the praise of | God be on *their* lips *
and a two-edged | sword in their hand,
- I to deal out vengeance | to the nations *
and punishment on | all the peo-ples;

II to | bind their kings *in* chains *
 and their no- | bles in fetters of iron;
 I to carry out the | sentence pre-*or*-dained; *
 this honor is for | all his faith-ful.
 II Glory to the | *Father* and to *the* Son, *
 and to the | Holy Spir-it:
 I as it was in the be- | ginning is now, *
 and will be for- | ever. A-men.



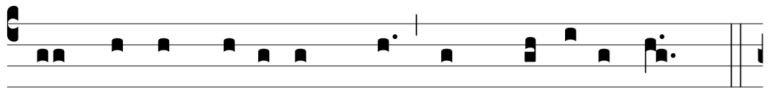
The hour has come for the Son of Man to be glo-ri-fi- ed.

EPISTLE

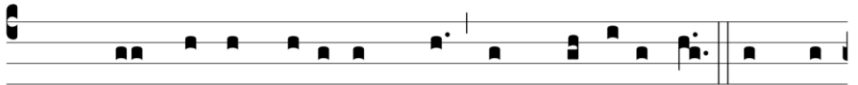
Leviticus 23:4-7

These are the festivals of the LORD which you shall celebrate at their proper time with a sacred assembly. The Passover of the LORD falls on the fourteenth day of the first month, at the evening twilight. The fifteenth day of this month is the LORD's feast of Unleavened Bread. For seven days you shall eat unleavened bread. On the first of these days you shall hold a sacred assembly and do no sort of work.

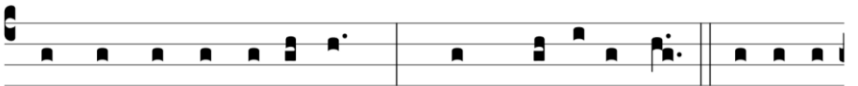
RESPONSORY



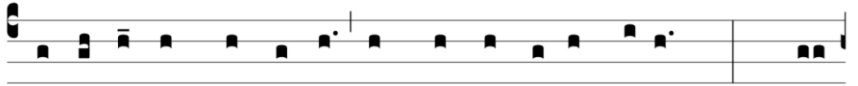
Christ, Son of the liv-ing God have mercy on us.



All: Christ, Son of the liv-ing God have mercy on us. You were



wounded for our offenses, *All:* have mercy on us. Glo-ry to




the Father, and to the Son, and to the Ho-ly Spi-rit. *All:* Christ,



Son of the liv-ing God have mercy on us.

Please stand.

ANTIPHON: CANTICLE OF ZECHARIAH



Our friend Laza-rus has fallen asleep; let us go and



wake him.

BENEDICTUS

Luke 1:68-79

Make the sign of the cross as all sing “Blessed be the LORD, the God of Israel.”



all: Bless-ed be the LORD, the God of | Is-ra-el; *

He has come to his peo- | ple and set *them* free.

He has raised up for us a mighty | savior, *

born of the house of his | servant David.

Through His holy prophets He promised † of old

that He would save us from our | en-e-mies, *

from the hands of | all who hate us.

*He pro-*mitted to show mercy to our | fathers *

and to remember His | holy co-ve-nant.

This was the oath he swore to our father | Ab-ra-ham: *

to set us free from the hands | of our en-e-mies,

free to worship Him with- | out fear, *

holy and righteous in his sight all the | days of our life.

You, my child, shall be called the prophet of the | Most High;*

for you will go before the LORD | to prepare his way,

to give His people knowledge of sal- | vation *

by the for- | giveness of *their* sins.

In the tender compassion of | our God *

the dawn from on high shall | break upon us,

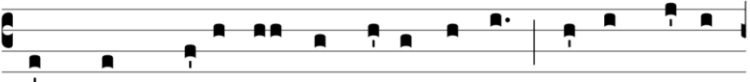
to shine on those who dwell in dark-†ness


and the shadow | of death, *

and to guide our feet in- | to the way of peace.

*Glory to the Father and | to the Son, **
and to the | Holy Spirit:

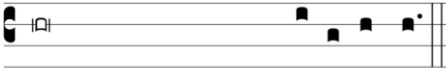
*as it was in the beginning | is now, **
and will be for- | ever. Amen.

A musical staff with a treble clef and a common time signature. The melody consists of a series of eighth and quarter notes, with some notes beamed together. The text "ur friend Laza-rus has fallen asleep; let us go and" is written below the staff.
O ur friend Laza-rus has fallen asleep; let us go and

A musical staff with a treble clef and a common time signature. The melody consists of a few notes, followed by a double bar line. The text "wake him." is written below the staff.
wake him.

INTERCESSIONS

Let us praise our loving Redeemer, who gained for us this season of grace, and pray to him, saying:

A musical staff with a treble clef and a common time signature. The melody consists of a few notes, followed by a double bar line. The text "ord, create a new spi-rit in us." is written below the staff.
L ord, create a new spi-rit in us.

Christ, our life, through baptism we were buried with you and rose to life with you,
—may we walk today in newness of life.

Lord, create a new spirit in us.

LORD, you have brought blessings to all mankind,
—bring us to share your concern for the good of all.

Lord, create a new spirit in us.

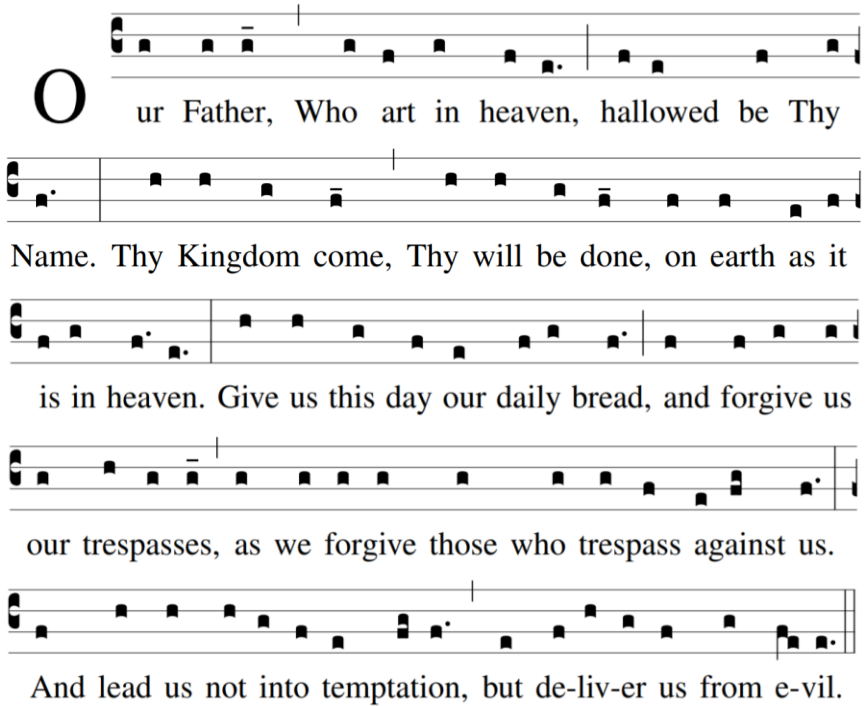
May we work together to build up the earthly city,
—with our eyes fixed on the city that lasts for ever.

Lord, create a new spirit in us.

Healer of body and soul, cure the sickness of our spirit,
—so that we may grow in holiness through your constant care.

Lord, create a new spirit in us.

OUR FATHER



Our Father, Who art in heaven, hallowed be Thy
Name. Thy Kingdom come, Thy will be done, on earth as it
is in heaven. Give us this day our daily bread, and forgive us
our trespasses, as we forgive those who trespass against us.
And lead us not into temptation, but de-liv-er us from e-vil.

PRAYER

Father,
help us to be like Christ your Son,
who loved the world and died for our salvation.
Inspire us by his love,
guide us by his example,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever.
Amen.

DISMISSAL

May the LORD bless us *(make the sign of the cross)*
protect us from all evil
and bring us to everlasting life.
Amen.