

DIVINE OFFICE

LAUDS AND VESPERS FOR
HOLY THURSDAY & GOOD FRIDAY



ST. JOHN THE BELOVED CATHOLIC CHURCH
MCLEAN, VA

*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. O Lord, make haste to help



me. Glo-ry 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 e-ver. Amen.

**While the Divine Office may be sung, this prayer may be simply recited.
 A video will be posted on our website: www.StJohnCatholicMcLean.org (click on
 WORSHIP THE LORD, then DIVINE OFFICE) Contact James Senson, Director of
 Music, for any questions: JSenson@StJohnCatholicMcLean.org*

LAUDS (MORNING PRAYER)

HYMN

Take Up Thy Cross
Saint Michael Hymnal, #412

Take up thy cross, the Savior said,
If thou wouldst my disciple be;
Take up thy cross with willing heart,
And humbly follow after me.

Take up thy cross, let not its weight
Fill thy weak spirit with alarm;
His strength shall bear thy spirit up,
And brace thy heart, and nerve thine arm.

Take up thy cross, heed not the shame,
And let thy foolish heart be still;
The Lord for thee accepted death
Upon a cross, on Calv'ry's hill.

Take up thy cross, then, in his strength,
And calmly ev'ry danger brave;
It guides thee to a better home,
And leads to vict'ry o'er the grave.

Take up thy cross, and follow Christ,
Nor think till death to lay it down;
For only those who bear the cross
May hope to wear the glorious crown.

Please be seated.

Holy Thursday, LAUDS: p. 5

Good Friday, LAUDS: p. 22

VESPERS (EVENING PRAYER)

HYMN

When I Survey the Wondrous Cross

Saint Michael Hymnal, #830

When I survey the wondrous cross
On which the Prince of glory died,
My richest gain I count but loss,
And pour contempt on all my pride.

Forbid it, Lord, that I should boast
Save in the death of Christ, my God:
All the vain things that charm me most,
I sacrifice them to his blood.

See, from his head, his hands, his feet,
Sorrow and love flow mingled down!
Did e'er such love and sorrow meet,
Or thorns compose so rich a crown?

Were the whole realm of nature mine,
That were a present far too small;
Love so amazing, so divine,
Demands my soul, my life, my all.

Please be seated.

Holy Thursday, VESPERS: p. 14

Good Friday, VESPERS: p. 32

HOLY THURSDAY / LAUDS (MORNING PRAYER)

PSALMODY

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

ANTIPHON 1



Look, O Lord, and see my suffering. Come quickly to my aid.

PSALM 80




- I *O shep*-herd of Israel | hear us, *
 you | who lead *Jo-seph's* flock,
 II shine forth from your cheru- | bim throne *
 upon Ephraim, Benja- | min, Manasseh.
 I O LORD, rouse up | your might, *
 O LORD, | come to our help.
 II God of hosts, | bring *us* back; *
 let your face shine on us | and we shall *be* saved.
 I LORD God of hosts, | how long *
 will you frown | on your *peo-ple's* plea?
 II You have fed them with tears for | their bread, *
 an abundance of | tears for their drink.
 I You have made us the taunt of our | neighbors, *
 our enemies | laugh us to scorn.
 II God of hosts, | bring *us* back; *
 let your face shine on us | and we shall *be* saved.

- I You brought a vine out of | Egypt; *
 to plant it you drove | out the nations.
- II Before it you | cleared *the* ground; *
 it took root and | spread through the land.
- I The mountains were covered with its | shadow, *
 the cedars of | God with its boughs.
- II It stretched out its branches | to *the* sea, *
 to the Great River it | stretched out its shoots.
- I Then why have you broken | down *its* walls? *
 It is plucked by | all who pass by.
- II It is ravaged by the boar of the | forest, *
 devoured by the | beasts of the field.
- I God of hosts, turn again, | we *im*-plore, *
 look down from | heaven and see.
- II Visit this vine and pro- | tect it, *
 the vine your right | hand has planted.
- I Men have burnt it with fire and de- | stroyed it. *
 May they perish at the | frown of your face.
- II May your hand be on the man you have | chosen, *
 the man you have | given your strength.
- I And we shall never forsake | you *a*-gain: *
 give us life that we may | call upon *your* name.
- II God of hosts, | bring *us* back; *
 let your face shine on us | and we shall *be* saved.

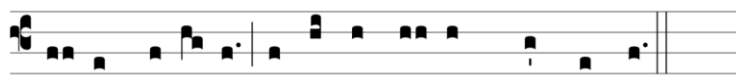
Bow at "Glory to the Father.... Holy Spirit."

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



Look, O Lord, and see my suffe-ring. Come quickly to my aid.

ANTIPHON 2



God is my savior; I trust in him and shall not fear.

CANTICLE: ISAIAH 12:1-6



- I *I give* you thanks, | O LORD; *
 though you have been an- | gry with me.
- II your anger has a- | bated, *
 and you | have con-*soled* me.
- I God indeed is my | savior; *
 I am confident and | unafraid.
- II My strength and my courage | is *the* LORD, *
 and he has | been my *sav*-ior.
- I With joy you will draw wa- | ter †
 at the fountain of sal- | vation, *
 and say | on that day:
- II Give thanks to the LORD, acclaim | *his* name; †
 Among the nations make | known *his* deeds, *
 proclaim how exal- | ted is *his* name.
- I Sing praise to the LORD for his glorious a- | chievement; *
 let this be known through- | out all *the* earth.
- II Shout with exultation, O city of | Zion, *
 for great in your midst is the Holy One | of Is-*ra*-el.

- I Glory to the Father, and | to *the* Son, *
and to the | Holy *Spi*-rit:
II as it was in the beginning, | is now, *
and will be forev- | er. Amen.

G



od is my savior; I trust in him and shall not fear.

ANTIPHON 3

T



he Lord has fed us with the fi- nest wheat; he has filled us



with honey from the rock.

PSALM 81

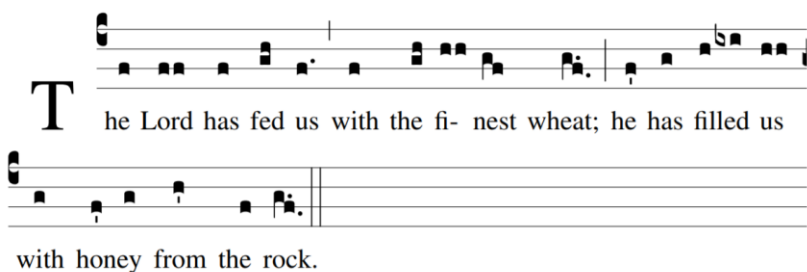


†

*

- I *Ring out* your | joy to God *our* strength, *
shout in triumph to the | God of Ja-cob.
II Raise a song and | sound the timbrel, *
the sweet-sounding | harp and the lute.
I blow the trumpet | at the new moon, *
when the moon is | full, on our feast.
II For | this is *Is-rael's* law, *
a command of the | God of Ja-cob.
I He imposed it as a | rule on Joseph, *
when he went out against the | land of E-gypt.

- II A voice I did not | know said to me: *
- “I freed your shoulder | from the bur-den;
- I your hands were | freed from the load. *
- You called in distress | and I saved you.
- II I answered, concealed | in the storm cloud, *
- at the waters of Meri- | bah I tes-ted you.
- I Listen, my people, | to my warning, *
- O Israel, if | only you *would* heed!
- II Let there be no foreign | god among you, *
- no worship | of an a-lien god.
- I I am the LORD | *your* God, †
- who brought you from the | land of Egypt. *
- Open wide your mouth and | I will fill it.
- II But my people | did not heed *my* voice *
- and Israel | would not o-bey.
- I so I left them in their | stubbornness *of* heart *
- to follow | their own de-signs.
- II O that my | *peo-ple* would heed me, *
- that Israel would | walk in my ways.
- I At once I | would subdue *their* foes, *
- turn my hand a- | gainst their e-ne-mies.
- II The LORD’s enemies would | cringe at their feet *
- and their subjection would | last for e-ver.
- I But Israel I would | feed with *fin-est* wheat *
- and fill them with | honey from the rock.”
- 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.

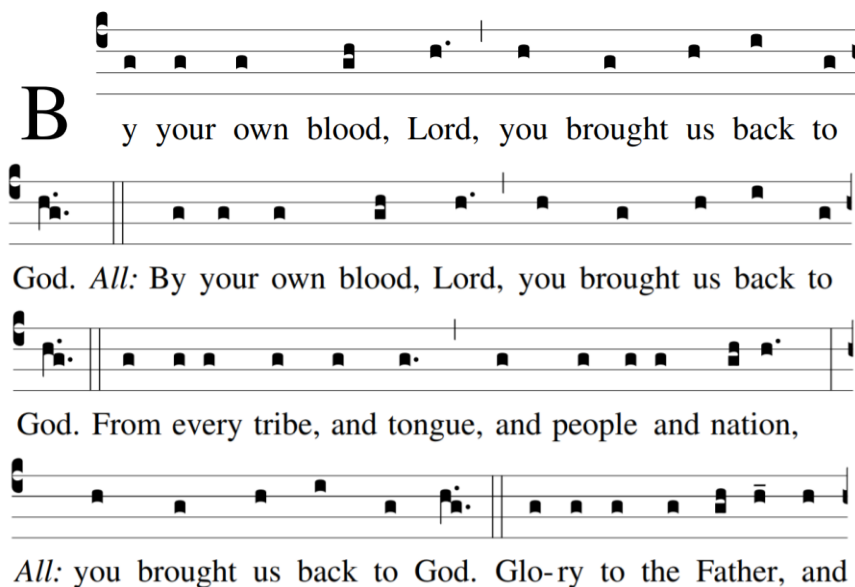


READING

Hebrews 2:9-10

We see Jesus crowned with glory and honor because he suffered death, that through God's gracious will he might taste death for the sake of all men. Indeed, it was fitting that when bringing many sons to glory God, for whom and through whom all things exist, should make their leader in the work of salvation perfect through suffering.

RESPONSORY





to the Son, and to the Ho-ly Spi-rit. *All:* By your own blood,



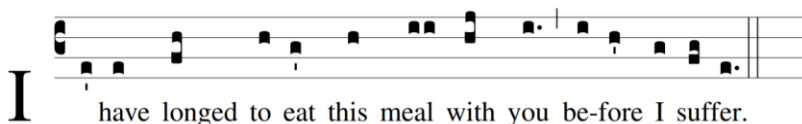
Lord, you brought us back to God.

Please stand.

BENEDICTUS

Luke 1:68-79

ANTIPHON: CANTICLE OF ZECHARIAH



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- mised 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,

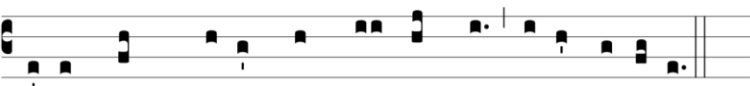
To give his people knowledge of sal- | vation *
by the for- | giveness of *their* sins.

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.

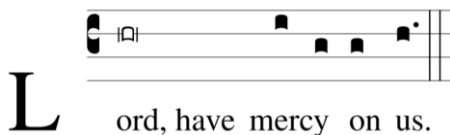
Glory to the Father, and | to *the* Son, *
and to the | Holy Spirit:

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

I 
have longed to eat this meal with you be-fore I suffer.

INTERCESSIONS

The Father anointed Christ with the Holy Spirit to proclaim forgiveness to those in bondage. Let us humbly call upon the eternal priest:



You went up to Jerusalem to suffer and so enter into your glory,
—bring your Church to the Passover feast of heaven.

Lord, have mercy on us.

You were lifted high on the cross and pierced by the soldier's lance,
—heal our wounds.

Lord, have mercy on us.

You made your cross the tree of life,
—give its fruit to those reborn in baptism.

Lord, have mercy on us.

On the cross you forgave the repentant thief,
—forgive us our sins.

Lord, have mercy on us.

Turn to the OUR FATHER on page 39.

I He shall endure like the sun and moon from age | to age. †
He shall descend like the | rain *on* the meadow, *
like | raindrops on *the* earth.

II In his days | justice shall flourish *
and peace | till the moon fails.

I He shall | rule from sea to sea, *
from the Great | River *to* earth's bounds.

II Before him his | enemies shall fall, *
his | foes lick the dust.

I The kings of Tarshish | and the sea coasts *
shall | pay Him tri-bute.

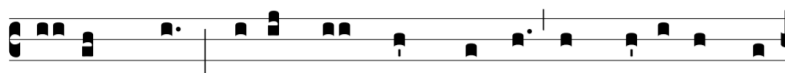
II The kings of | She-*ba* and Seba *
--- | shall bring him gifts.

I Before him all kings | shall fall prostrate, *
all | na-*tions* shall serve him.

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

II Glory to the | Fa-*ther*, and to *the* Son, *
and to the | Holy Spi-rit:

I as it was in the be- | ginning, is now, *
and will be for- | ever. A-men.



J e- sus Christ, the firstborn from the dead and ru-ler of the



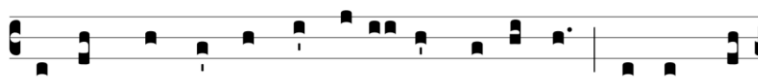
kings of the earth, has made us a ro-*yal* people to serve His God



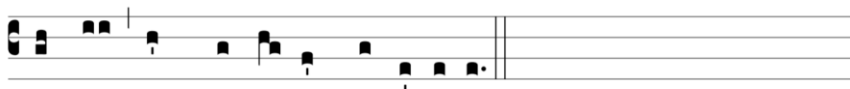
and Father.

ANTIPHON 2

T



he Lord will be the champi- on of the helpless; he will free



the poor from the grip of the powerful.

PSALM 72 (CONTINUED)



†

*

- I *For he* shall save the poor when | they cry *
 and the needy | who are helpless.
- II He will have pity | on *the* weak *
 and save the | lives of the poor.
- I From oppression he will rescue | their lives, *
 to | him their blood *is* dear.
- II Long | may *he* live, *
 may the gold of Sheba | be given him.
- I They shall pray for him without | ceasing *
 and | bless him all *the* day.
- II May corn be abundant | in *the* land *
 to the peaks | of the mountains.
- I May its fruit rustle like | *Le-ba-non*; *
 may men flourish in the cities like | grass on the earth.
- II May his name be blessed for | ever *
 and en- | dure like the sun..
- I Every tribe shall be blessed | in him, *
 all | nations bless his name.

II Blessed be the LORD, God of | Is-ra-el, *
 who a- | lone works wonders,
 I ever blessed his | glo-rious name. *
 Let his | glory fill *the* earth.

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.

T he Lord will be the champi-on of the helpless; he will free
 the poor from the grip of the powerful.

ANTIPHON 3

T he saints won their victo-ry o-ver death through the blood
 of the Lamb and the truth to which they bore wit-ness.



CANTICLE: REVELATION 11:17-18;12:10B-12A

I We praise you, the LORD | God Almighty, *
 who | is and who was.

- II You have as- | sumed your great power, *
you | have be-gun *your* reign.
- I The nations have | raged in anger, *
but then | came your day of wrath
- II and the | mo-*ment* to judge *the* dead: *
the time to reward your ser- | vants the pro-phets.
- I and the holy | ones *who* revere you, *
the | great and small *a-like*.
- II Now have salvation and power | come, †
the reign of our God and | the authority *
of | his A-noin-*ted* One.
- I For the accuser of our | bro-*thers* is cast out, *
who night and day accused | them be-fore God.
- II They defeated him by the blood of the | Lamb †
and by the word of their | testimony; *
love for life did not de- | ter them from death.
- I So re- | joice, you heavens, *
and | you that dwell there-in!
- 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.

T

he saints won their victo-ry o-ver death through the blood

of the Lamb and the truth to which they bore wit-ness.

EPISTLE

Hebrews 13:12-25

Jesus died outside the gate, to sanctify the people by his own blood. Let us go out to him outside the camp, bearing the insult which he bore. For here we have no lasting city; we are seeking one which is to come. Through him let us continually offer God a sacrifice of praise, that is, the fruit of lips which acknowledge his name.

In place of the Responsory, the following is said:

For our sake Christ was obedient, accepting even death.

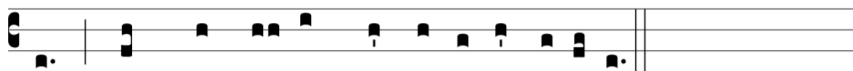
Please stand.

MAGNIFICAT

Luke 1:46-55

ANTIPHON: CANTICLE OF MARY

While they were at supper, Je-sus took bread, said the bles-



sing, broke the bread and gave it to his disciples.

Make the sign of the cross as all sing "My soul proclaims the greatness of the LORD."



*all: My soul proclaims the greatness | of the LORD. **
my spirit rejoices in | God my savior.

*For he has looked with favor on his lowly | servant. **
From this day all generations will | call me blessed:

The Al-mighty has done great | things *for me*, *
and | Holy is his Name.

He has mercy on those who | fear him *
in every | generation.

He has shown the strength | of *his* arm, *
He has scattered the | proud in their *con-ceit*.

He has cast down the mighty | from *their* thrones, *
and has lifted | up the lowly.

He has filled the hungry with | good things, *
and the rich he has sent | away empty.

He has come to the help of his servant | *Is-ra-el* *
for he has remembered his pro- | mise of mercy,

The pro-mise he made to our | fathers, *
to Abraham and his chil- | dren for ever.

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.

W

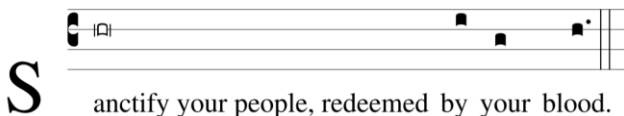
hile they were at supper, Je-sus took bread, said the bles-



sing, broke the bread and gave it to his disciples.

INTERCESSIONS

At the Last Supper, on the night he was betrayed, our Savior entrusted to his Church the memorial of his death and resurrection, to be celebrated for ever. Let us adore him, and say:



Redeemer of the world, give us a greater share of your passion
through a deeper spirit of repentance,
—so that we may share the glory of your resurrection.

Sanctify your people, redeemed by your blood.

May your Mother, comfort of the afflicted, protect us,
—may we console others as you console us.

Sanctify your people, redeemed by your blood.

In their trials enable your faithful people to share in your passion,
—and so reveal in their lives your saving power.

Sanctify your people, redeemed by your blood.

You humbled yourself by being obedient even to accepting death,
death on a cross,
—give all who serve you the gifts of obedience and patient
endurance.

Sanctify your people, redeemed by your blood.

Transform the bodies of the dead to be like your own in glory,
—and bring us at last into their fellowship.

Sanctify your people, redeemed by your blood.

Turn to the OUR FATHER on page 39.

GOOD FRIDAY / LAUDS (MORNING PRAYER)

PSALMODY

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

ANTIPHON 1

G



od did not spare his own Son, but gave Him up to suffer



for our sake.

PSALM 51



- I *Have mer-cy* on me, God, in your | kindness. *
- In your compassion | blot out my *of-fense*.
- II O wash me more and more | from *my* guilt *
- and | cleanse me from my sin.
- I My offenses truly I | know them; *
- my sin is al- | ways before me.
- II Against you, you alone, | have *I* sinned; *
- what is evil in your | sight I have done.
- I That you may be justified when you give | sentence *
- and be without re- | proach when you judge.
- II O see, in guilt | I *was* born, *
- a sinner | was I conceived.
- I Indeed you love truth | in *the* heart; *
- then in the secret of my heart | teach me wisdom.

- II O purify me, then I shall | be clean; *
O wash me, I shall be | whiter than snow.
- I Make me hear rejoicing and | gladness, *
that the bones you have | crushed may revive.
- II From my sins turn away | your face *
and | blot out all *my* guilt.
- I A pure heart create for | me, O God,*
put a steadfast spi- | rit within me.
- II Do not cast me away from your | presence, *
nor deprive me of your | holy spirit.
- I Give me again the joy of | your help; *
with a spirit of fer- | vor sustain me,
- II that I may teach transgressors | your ways *
and sinners | may return *to* you.
- I O rescue me, God my | helper, *
and my tongue shall ring | out your goodness.
- II O LORD, open | my lips *
and my mouth | shall declare *your* praise.
- I For in sacrifice you take | no *de*-light, *
burnt offering from | me you would *re*-fuse,
- II my sacrifice, a contrite | spirit. *
A humbled, contrite | heart you will *not* spurn.
- I In your goodness, show favor to | Zion; *
rebuild the walls | of Jeru-*sa*-lem.
- II Then you will be pleased with lawful | sac-*ri*-fice, *
holocausts offered | on your altar.

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

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

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

G



od did not spare his own Son, but gave Him up to suffer



for our sake.

ANTIPHON 2

J



e-sus Christ loved us, and poured out his own blood for us



to wash away our sins.

CANTICLE: HABAKKUK 3:2-4,13A,15-19



†

*

I O LORD, I have heard your | renown, *
and feared, O | LORD, your work.

II In the course of the years revive | it †
in the course of the years | make *it* known; *
in your wrath remem- | ber com-*pas*-sion!

I God comes from | Teman, *
the Holy One | from Mount *Pa*-ran.

II Covered are the heavens with his | glory, *
and with his praise the | earth is filled.

- I His splendor spreads like | *the* light; †
 rays shine forth from be- | side him, *
 where his po- | wer is *con*-cealed.
- II You come forth to save your | people, *
 to save your | anoint-*ed* one.
- I You tread the sea | with *your* steeds *
 amid the churning of | the deep *wa*-ters.
- II I hear, and my body | trembles; *
 at the sound, | my lips *qui*-ver.
- I Decay in- | vades *my* bones, *
 My legs trem- | ble be-*neath* me.
- II I await the day | of *di*-stress *
 that will come upon the people | who a-*ttack* us.
- I For though the fig tree | blos-*som* not *
 nor fruit | be on *the* vines,
- II though the yield of the | o-*live* fail *
 and the terraces produce | no nour-*ish*-ment,
- I Though the flocks disappear | from *the* fold *
 and there be no herd | in the stalls,
- II yet will I rejoice | in *the* LORD, *
 and exult in | my sav-*ing* God.
- I God, my LORD, is | *my* strength; †
 he makes my feet swift as | those *of* hinds *
 and enables me to go | upon *the* heights.
- II Glory to the Father, and | to *the* Son, *
 and to the | Holy *Spi*-rit:
- I as it was in the beginning, | is now, *
 and will be forev- | er. Amen.

J



e-sus Christ loved us, and poured out his own blood for us



to wash away our sins.

ANTIPHON 3

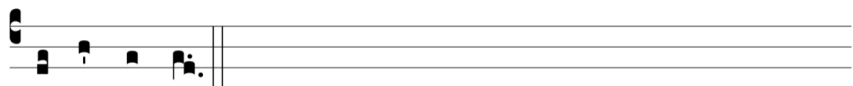
W



e worship your cross, O Lord, and we praise and glo-ri-



fy your ho-ly re-surrection, for the wood of the cross has brought



joy to the world.

PSALM 147:12-20



†

*

- I *O praise the | LORD, Jeru-sa-lem! **
--- | *Zion, praise your God!*
- II He has strengthened the | bars of your gates, *
He has blessed the chil- | dren with-in you.
- I He established | peace *on* your borders, *
He feeds | you with fin-est wheat.

- II He sends out his | word to the earth *
and swiftly | runs his com-mand.
- I He showers down | snow white as wool, *
He scatters hoar- | frost like a-shes.
- II He hurls down | hailstones like crumbs. *
The waters are | frozen at his touch.
- I He sends forth his | word *and* it melts them: *
at the breath of his | mouth the wa-ters flow.
- II He makes his word | known to Jacob, *
to Israel his | laws and de-crees.
- I He has not dealt thus with | other nations; *
He has not | taught them his de-crees.
- I Glory to the | Fa-ther, and to the Son, *
and to the | Holy Spi-rit:
- II as it was in the be- | ginning, is now, *
and will be for- | ever. A-men.

W

e worship your cross, O Lord, and we praise and glo-ri-

fy your ho-ly re-surrection, for the wood of the cross has brought

joy to the world.

READING

Isaiah 52:13-15

See, my servant shall prosper,
 he shall be raised high and greatly exalted.
Even as many were amazed at him,
 so marred was his look beyond that of man,
 and his appearance beyond that of mortals.
So shall he startle many nations,
 because of him kings shall stand speechless;
For those who have not been told shall see,
 those who have not heard shall ponder it.

In place of the Responsory, the following is said:

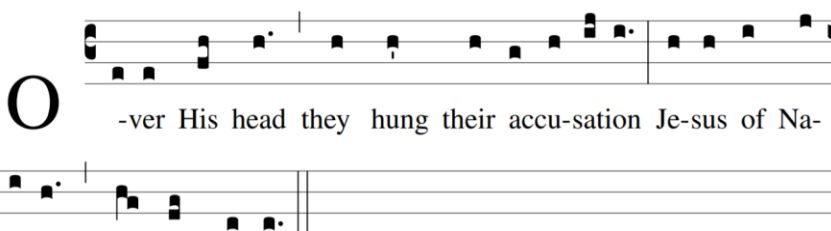
For our sake Christ was obedient, accepting even death.

Please stand.

BENEDICTUS

Luke 1:68-79

ANTIPHON: CANTICLE OF ZECHARIAH



zar-eth, King of the Jews.

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.

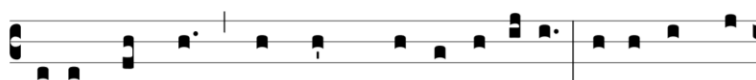
*In the tender compassion of | our God **
the dawn from on high shall | break upon us,

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.

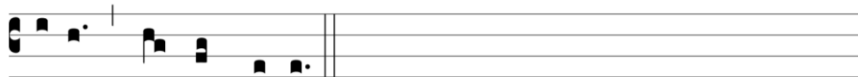
*Glory to the Father, and | to the Son, **
and to the | Holy Spirit:

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

O



-ver His head they hung their accu-sation Je-sus of Na-

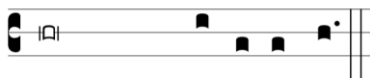


zar-eth, King of the Jews.

INTERCESSIONS

For our sake our Redeemer suffered death and was buried, and rose again. With heartfelt love let us adore him, and pray:

L



ord, have mercy on us.

Christ our teacher, for our sake you were obedient even to
accepting death,
—teach us to obey the Father’s will in all things.

Lord, have mercy on us.

Christ our life, by your death on the cross you destroyed the power
of evil and death,
—may we die with you, to rise with you in glory.

Lord, have mercy on us.

Christ our King, you became an outcast among us, a worm and no
man,
—teach us the humility by which you saved the world.

Lord, have mercy on us.

Christ our salvation, you gave yourself up to death out of love for
us,
—help us to show your love to one another.

Lord, have mercy on us.

Christ our Savior, on the cross you embraced all time with your
outstretched arms,
—unite God’s scattered children in your kingdom of salvation.

Lord, have mercy on us.

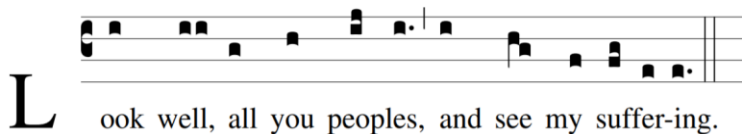
Turn to the OUR FATHER on page 39.

GOOD FRIDAY / VESPERS (EVENING PRAYER)

PSALMODY

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

ANTIPHON 1



PSALM 116:10-19

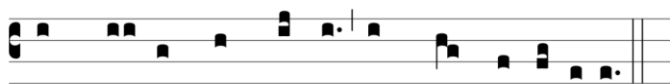


- I *I trust-ed,* | even when *I* said: *
- “I am | sore-*ly* af-flic-ted.
- II and when I | said in my *a*-larm: *
- “No man | can be trus-ted.
- I How can | I repay *the* LORD *
- for his | goodness to me?
- II This cup of sal- | vation I *will* raise; *
- I will call | on the LORD’s name.
- I My vows to the | LORD I will *ful*-fill *
- before | all his peo-ple.
- II O precious in the | eyes of the LORD *
- is the death | of his faith-ful.
- I Your servant, LORD, your | servant am I; *
- you have | loosened my bonds.
- II A thanksgiving | sacrifice *I* make: *
- I will call | on the LORD’s name.

- I My vows to the | LORD I will *ful-fill* *
 before | all his peo-ple,
 II in the courts of the | house of the LORD *
 in your midst, | O Jeru-sa-lem.

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

- I Glory to the | Fa-ther, and to the Son, *
 and to the | Holy Spi-rit:
 II as it was in the be- | ginning, is now, *
 and will be for- | ever. A-men.



Look well, all you peoples, and see my suffer-ing.

ANTIPHON 2



My soul is in anguish, my heart is in torment.

PSALM 143:1-11



- I *LORD*, lis-ten | to my prayer: †
 turn your ear to | my ap-peal. *
 You are faithful, you are | just; give answer.
 II Do not call your servant to | judgment *
 for no one is | just in your sight.
 I The enemy pur- | sues my soul; *
 he has crushed my | life to the ground.

- II he has made me dwell in | darkness *
like the dead, | long forgotten.
- I Therefore my | spi-rit fails; *
my heart is | numb within me.
- II I remember the days | that *are* past: *
I | ponder all *your* works.
- I I muse on what your hand | *has* wrought †
and to you I stretch | out *my* hands. *
Like a parched land my | soul thirsts for you.
- II LORD, make haste and | answer; *
for my spirit | fails within me.
- I Do not hide | your face *
lest I become like | those in the grave.
- II In the morning let me know | your love *
for I | put my trust in you.
- I Make me know the way I | should walk: *
to you I | lift up my soul.
- II Rescue me, LORD, from my | en-e-mies; *
I have fled to | you for refuge.
- I Teach me to | do *your* will *
for you, O | LORD, are my God.
- II Let your good spirit | guide me *
in ways that are | level and smooth.
- I For your name's sake, LORD, | save *my* life; *
in your justice save my | soul from distress.
- 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



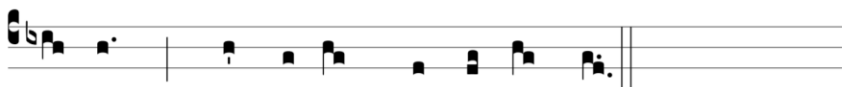
y soul is in anguish, my heart is in torment.

ANTIPHON 3

W



hen Je-sus had ta-ken the vin-e-gar, He said "It is ac-



complished." Then He bowed His head and died.

CANTICLE: PHILIPPIANS 2:6-11



†


*

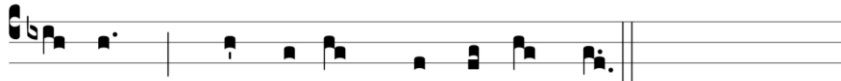
- I *Though he was in the form | of God, †*
 Jesus did not deem e- | quality *with* God *
 something | to be grasped at.
- II Rather, he emptied him- | self †
 and took the | form of a slave, *
 being born in the | likeness of men.
- I He was known to be of human e- | state, †
 and it was thus that he | humbled himself, *
 obediently accepting even death, | death on a cross!
- II Because of this, God highly exalted | him †
 and be- | stowed on him *the* name *
 above | every o-ther name,
- I So that at Jesus' name | every knee *must* bend *
 in the heavens, on the earth, and | under the earth,

II and every tongue proclaim to the glory of | God the Father: *
--- | Jesus Christ is LORD!

I Glory to the | Father, and to *the* Son, *
and to the | Holy Spir-it:

II as it was in the be- | ginning, is now, *
and will be for- | ever. A-men.


W hen Je-sus had ta-ken the vin-e-gar, He said "It is ac-



complished." Then He bowed His head and died.

READING

1 Peter 2:21-24

Christ suffered for you and left you an example, to have you follow in his footsteps. He did no wrong; no deceit was found in his mouth. When he was insulted he returned no insult. When he was made to suffer, he did not counter with threats. Instead, he delivered Himself up to the One who judges justly. In his own body he brought your sins to the cross, so that all of us, dead to sin, could live in accord with God's will. By his wounds you were healed.

In place of the Responsory, the following is said:

For our sake Christ was obedient, accepting even death.

Please stand.

MAGNIFICAT

Luke 1:46-55

ANTIPHON: CANTICLE OF MARY

W



hen we were His e-nemies, God re-conciled us to himself



by the death of His Son.

Make the sign of the cross as all sing "My soul proclaims the greatness of the LORD."



*all: My soul proclaims the greatness | of the LORD. **
my spirit rejoices in | God my savior.

For he has looked with favor on his lowly | servant. *
From this day all generations will | call me blessed:

The Al-mighty has done great | things *for me*, *
and | Holy is his Name.

He has mercy on those who | fear him *
in every | generation.

He has shown the strength | of *his* arm, *
He has scattered the | proud in their *con-ceit*.

He has cast down the mighty | from *their* thrones, *
and has lifted | up the lowly.


He has filled the hungry with | good things, *
and the rich he has sent | away empty.

He has come to the help of his servant | *Is-ra-el* *
for he has remembered his pro- | mise of mercy,

The pro-mise he made to our | fathers, *
to Abraham and his chil- | dren for ever.

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.


When we were His e-nemies, God re-conciled us to himself

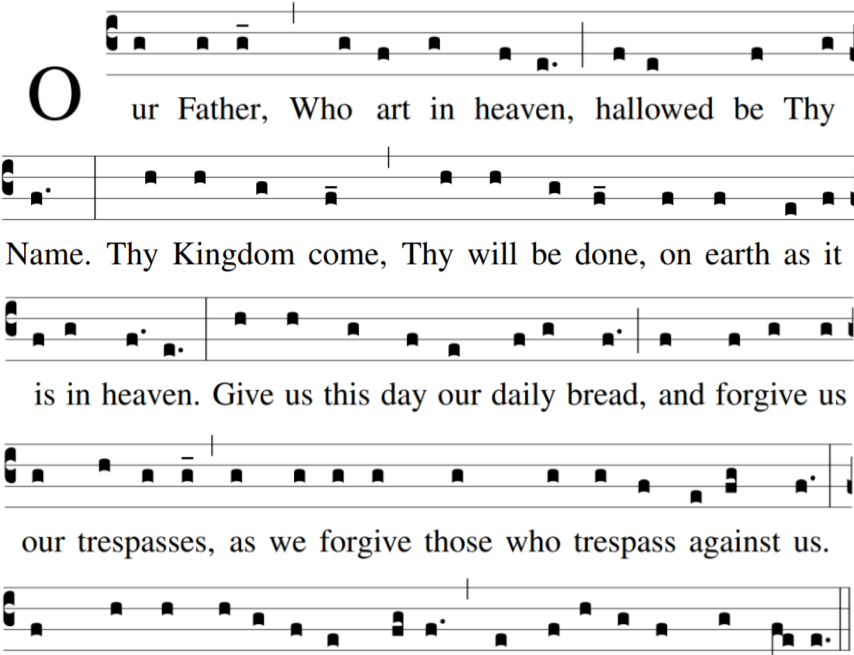
||

by the death of His Son.

INTERCESSIONS

Silence is observed at this time.

OUR FATHER



O ur 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

HOLY THURSDAY / LAUDS (MORNING PRAYER)

God of infinite compassion,
to love you is to be made holy;
fill our hearts with your love.
By the death of your Son
you have given us hope, born of faith;
by his rising again
fulfill this hope
in the perfect love of heaven,
where he lives and reigns with you and the Holy Spirit,
one God, for ever and ever.
Amen.

HOLY THURSDAY / VESPERS (EVENING PRAYER)

Father,
for your glory and our salvation
you appointed Jesus Christ eternal High Priest.
May the people he gained for you by his blood
come to share in the power of his cross and resurrection
by celebrating his memorial in this Eucharist,
for he lives and reigns with you and the Holy Spirit,
one God, for ever and ever.
Amen.

GOOD FRIDAY / LAUDS & VESPERS (MORNING & EVENING PRAYER)

Father,
look with love upon your people,
the love which our Lord Jesus Christ showed us
when he delivered himself to evil men
and suffered the agony of the cross,
for he 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.