INTROIT

*Ps 31 (30): 3, 4*

Be unto me a protecting God * and a house of refuge, to save me; for you are my support and my refuge; and for the sake of your name you will lead me and nourish me.

Psalm 31 (30)

1. In you, O LORD, I take refuge. *
   Let me never be put to shame.
   In your justice, set me free; *
   incline your ear to me, and speedily rescue me.

2. Release me from the snare they have hidden, *
   for you indeed are my refuge.
   Into your hands I commend my spirit. *
   You will redeem me, O LORD, O faithful God.
   You detest those who serve empty idols. *
   As for me, I trust in the LORD.
Let me be glad and rejoice in your mercy, †
for you who have seen my affliction *
and taken heed of my soul’s distress,
have not left me in the hands of the enemy, *
but set my feet at large.

Glory be to the Father ...

OFFERTORY

*Benedictus es Domine*  
*Ps 119 (118): 12, 13*

Lessed are you, O Lord, * teach me your command-ments. O Lord, you are blessed, teach me your command-
ments. With my lips have I declared all the judgments
spoken by your mouth.

Psalm 119 (118)

1. Blessed are those whose way is blameless, *
who walk in the law of the Lord!
Blessed are those who keep his decrees! *
With all their hearts they seek him.
2. They never do anything evil, * 
   but walk in his ways.
   
   You have laid down your precepts * 
   to be carefully kept.

3. May my ways be firm * 
   in keeping your statutes.
   
   Then I shall not be put to shame * 
   as I observe all your commands.

4. I will thank you with an upright heart, * 
   as I learn your just judgments.
   
   I will keep your statutes; * 
   do not ever forsake me.

COMMUNION

Ps 78 (77): 29, 30

Manducaverunt

1. Give ear, my people, to my teaching; * 
   incline your ear to the words of my mouth.
   
   The things we have heard and understood, * 
   the things our fathers have told us,
2. these we will not hide from their children *
   but will tell them to the next generation:

   Yet he commanded the clouds above, *
   and opened the gates of heaven.

3. He rained down manna to eat, *
   and gave them bread from heaven.

   Man ate the bread of angels. *
   He sent them abundance of food;

4. He rained flesh upon them like dust, *
   winged fowl like the sands of the sea.

   He let it fall in the midst of their camp, *
   and all around their tents.

   Glory be to the Father ...