

Ember Saturday in Lent

The four Ember Weeks of the year (third week of Advent, first week of Lent, Octave of Pentecost, week after the Exaltation of the Cross) are among the most ancient features of the Roman Rite. They have special Masses for Wednesdays, Fridays and, most importantly, Saturdays. Like the Easter Vigil, the Saturday Mass begins with a sequence of LESSONS, GRADUALS and COLLECTS. In the early Church, the Ordinations were conferred between them, and the liturgy took up most of the night, ending with the Ember Mass celebrated in the early morning. Later, the Ember celebrations were shortened, and a different Mass for the Sunday was introduced.

Station at St Peter's

Purple

2 Cl.

INTROIT: Ps. 87:3

Intret oratio mea in conspectu tuo : inclina aurem tuam ad precem meam, Domine. Ps. *ibid.* 2: Domine, Deus salutis meæ : in die clamavi, et nocte coram te. *℟.* Gloria.

*Let my prayer come in before thee : incline thy ear to my petition, O Lord. Ps. *ibid.* 2: O Lord, the God of my salvation : I have cried in the day and in the night before thee. *℟.* Glory.*

COLLECT

℟. Oremus. Flectamus genua.

℟. Let us pray. Let us kneel.

℟. Levate.

℟. Arise.

℟. Populum tuum, quæsumus, Domine, propitius respice : atque ab eo flagella tuæ iracundiæ clementer averte. Per Dominum.

℟. Look favourable upon thy people, we beseech thee, O Lord : and in thy mercy turn aside from them the scourge of thy wrath. Through our Lord.

LESSON: Dtn. 26:12, 13, 14-19

Lectio Libri Deuteronomii.

A lesson from the Book of Deuteronomy.

In diebus illis : Locutus est Moyses ad populum, dicens : Quando compleveris decimam cunctarum frugum tuarum, loqueris in conspectu Domini Dei tui : Abstuli quod sanctificatum est de domo mea, et dedi illud levitæ, et advenæ, et pupillo, ac viduæ, sicut jussisti mihi : non præterivi mandata tua, nec sum oblitus imperii tui. Obedivi voci Domini Dei mei, et feci omnia sicut præcepisti mihi. Respice de sanctuario tuo, et de excelso cælorum habitaculo, et benedic populo tuo Israel, et terræ, quam dedisti nobis, sicut jurasti patribus nostris, terræ lacte et melle mananti. Hodie Dominus Deus tuus præcepit tibi, ut

In those days: Moses spoke to the people, saying: When thou hast made an end of tithing all thy fruits, thou shalt speak thus in the sight of the Lord thy God: I have taken that which was sanctified out of my house, and I have given it to the Levite and to the stranger and to the fatherless and to the widow, as thou hast commanded me; I have not transgressed thy commandments, nor forgotten thy precepts. I have obeyed the voice of the Lord my God, and have done all things as thou hast commanded me. Look from thy sanctuary and thy high habitation of heaven, and bless thy people Israel, and the land which thou hast given us, as thou didst swear to our fathers, a land flowing with milk and honey. This day the Lord thy

facias mandata hæc atque judicia : et custodias, et impleas ex toto corde tuo, et ex tota anima tua. Dominum elegisti hodie, ut sit tibi Deus, et ambules in viis ejus, et custodias cæremonias illius, et mandata atque judicia, et obedias ejus imperio. Et Dominus elegit te hodie, ut sis ei populus peculiaris, sicut locutus est tibi, et custodias omnia præcepta illius : et faciat te excelsiorem cunctis gentibus, quas creavit in laudem et nomen, et gloriam suam : ut sis populus sanctus Domini Dei tui, sicut locutus est.

God hath commanded thee to do these commandments and judgements, and to keep and fulfil them with all thy heart, and with all thy soul. Thou hast chosen the Lord this day to be thy God, and to walk in his ways and keep his ceremonies and precepts and judgments, and obey his command. And the Lord hath chosen thee this day to be his peculiar people, as he hath spoken to thee, and to keep all his commandments; and to make thee higher than all nations, which he hath created, to his own praise, and name, and glory; that thou mayest be a holy people of the Lord thy God; as he hath spoken.

GRADUAL: Ps. 78:9, 10

Propitius esto, Domine, peccatis nostris : nequando dicant gentes : Ubi est Deus eorum?
 ¶ Adjuva nos, Deus salutaris noster : et propter honorem nominis tui, Domine, libera nos.

*Be propitious to our sins : O Lord, lest at any time the Gentiles should say: Where is their God?
 ¶ Help us, O God of our salvation, and for the honour of thy name, O Lord, deliver us.*

COLLECT

¶ Oremus. Flectamus genua.
 R. Levate.
 ¶ Protector noster aspice, Deus : ut, qui malorum nostrorum pondere premimur, percepta misericordia, libera tibi mente famulemur. Per Dominum.

¶ *Let us pray. Let us kneel.
 R. Arise.
 ¶ Look down upon us, O God our protector : that we who are pressed down by the weight of our evils, may, through thy mercy, serve thee with a free mind. Through our Lord.*

LESSON: Dtn. 11:22-25

Lectio Libri Deuteronomii.
 In diebus illis : Dixit Moyses filiis Israel : Si custodieritis mandata, quæ ego præcipio vobis, et feceritis ea, ut diligatis Dominum Deum vestrum, et ambuletis in omnibus viis ejus, adhærentes ei, disperdet Dominus omnes gentes istas ante faciem vestram, et possidebitis eas, quæ majores et fortiores vobis sunt. Omnis locus quem calcaverit pes vester, vester erit. A deserto, et a Libano, a flumine magno Euphrate usque ad mare Occidentale, erunt termini vestri. Nullus stabit contra vos : terrorem vestrum et formidinem dabit Dominus Deus vester super omnem terram, quam calcaturi estis, sicut locutus est vobis Dominus Deus vester.

*A lesson from the Book of Deuteronomy.
 In those days: Moses said to the children of Israel: If ye keep the commandments which I commanded you, and do them, to love the Lord your God, and walk in all his ways, cleaving unto him; the Lord will destroy all these nations before your face, and you shall possess them, which are greater and stronger than you. Every place that your foot shall tread upon, shall be yours. From the desert, and from Libanus, from the great river Euphrates unto the Western sea, shall be your borders. None shall stand against you; the Lord your God shall lay the dread and fear of you upon all the land that you shall tread upon, as the Lord your God hath spoken to you.*

GRADUAL: *Ps. 83:10, 9*

Protector noster aspice, Deus, et respice super servos tuos. *℣.* Domine Deus virtutum, exaudi preces servorum tuorum.

Behold, O God our protector, and look upon thy servants. ℣. O Lord God of hosts, hearken to the prayers of thy servants.

COLLECT

℣. Oremus. Flectamus genua.

℣. Let us pray. Let us kneel.

℞. Levate.

℞. Arise.

℣. Adesto, quæsumus, Domine, supplicationibus nostris : ut esse, te largiente, mereamur et inter prospera humiles, et inter adversa securi. Per Dominum.

℣. Mercifully regard our supplications, we beseech thee, O Lord; that by thy grace we may deserve to be humble in prosperity and safe in adversity. Through our Lord.

LESSON: *2 Mach. 1:23-26, 27*

Lectio Libri Machabæorum.

A lesson from the Book of Macabees.

In diebus illis : Orationem faciebant omnes sacerdotes, dum consummaretur sacrificium, Jonatha inchoante, ceteris autem respondentibus. Et Nehemiæ erat oratio hunc habens modum : Domine Deus, omnium creator, terribilis et fortis, justus et misericors, qui solus es bonus rex, solus præstans, solus justus, et omnipotens, et æternus, qui liberas Israel de omni malo, qui fecisti patres electos, et sanctificasti eos : accipe sacrificium pro universo populo tuo Israel, et custodi partem tuam, et sanctifica : ut sciant gentes, quia tu es Deus noster.

In those day^ All the priests made prayer, while the sacrifice was consuming, Jonathan beginning, and the rest answering. And the prayer of Nehemias was after this manner: O Lord God, creator of all things, dreadful and strong, just and merciful, who alone art gracious, who alone art just, and almighty, and eternal; who deliverest Israel from all evil, who didst choose the fathers, and didst sanctify them; receive the sacrifice for all thy people Israel, and preserve thy own portion, and sanctify it; that the Gentiles may know that thou art our God.

GRADUAL: *Ps. 89:13, 1*

Convertere, Domine, aliquantulum, et deprecare super servos tuos. *℣.* Domine, refugium factus es nobis, a generatione et progenie.

Be turned a little, O Lord, and be entreated in favour of thy servants. ℣. Lord, thou hast been made our refuge, from generation to generation.

COLLECT

℣. Oremus. Flectamus genua.

℣. Let us pray. Let us kneel.

℞. Levate.

℞. Arise.

℣. Preces populi tui, quæsumus, Domine, clementer exaudi : ut, qui juste pro peccatis nostris affligimur, pro tui nominis gloria misericorditer liberemur. Per Dominum.

℣. Graciously bear, we beseech thee, O Lord, the prayers of thy people : that we, who are justly afflicted for our sins, may for the glory of thy name be mercifully delivered. Through our Lord.

LESSON: *Ecclus. 36:1-10*

Lectio Libri Sapientiæ.

A lesson from the Book of Wisdom.

Miserere nostri, Deus omnium, et respice nos, et ostende nobis lucem miserationum tuarum : et immitte timorem tuum super gentes, quæ

Have mercy upon us, O God of all, and behold us, and show us the light of thy mercies: and send thy fear upon the nations that have not sought after thee;

non exquisierunt te, ut cognoscant, quia non est Deus nisi tu, et enarrent magnalia tua. Alleva manum tuam super gentes alienas, ut videant potentiam tuam. Sicut enim in conspectu eorum sanctificatus es in nobis, sic in conspectu nostro magnificaberis in eis, ut cognoscant te, sicut et nos cognovimus, quoniam non est Deus præter te, Domine. Innova signa, et immuta mirabilia. Glorifica manum, et brachium dextrum. Excita furorem, et effunde iram. Tolle adversarium, et afflige inimicum. Festina tempus, et memento finis, ut enarrent mirabilia tua, Domine Deus noster.

that they may know that there is no God beside thee, and that they may show forth thy wonders. Lift up thy hand over the strange nations, that they may see thy power. For as thou hast been sanctified in us in their sight, so thou shalt be magnified among them in our presence. That they may know thee, as we also have known thee, that there is no God beside thee, O Lord. Renew thy signs, and work new miracles. Glorify thy hand, and thy right arm. Raise up indignation, and pour out wrath. Take away the adversary, and crush the enemy. Hasten the time, and remember the end, that they may declare thy wonderful works, O Lord our God.

GRADUAL: Ps. 140:2

Dirigatur oratio mea sicut incensum in conspectu tuo, Domine. ¶ Elevatio manuum mearum sacrificium vespertinum.

Let my prayer be directed as incense in thy sight, O Lord. ¶ The lifting up of my hands as evening sacrifice.

COLLECT

¶ Oremus. Flectamus Genua.

¶ *Let us pray. Let us kneel.*

℞ Levate.

℞ *Arise.*

¶ Actiones nostra, quæsumus, Domine, aspirando præveni, et adjuvando prosequere: ut cuncta nostra oratio et operatio a te semper incipiat, et per te cœpta finiatur. Per Dominum.

¶ *Prepare, we beseech thee, O Lord, our actions with thy inspiration, and sustain them with thy continual assistance; that every prayer and work of ours may begin always from thee, and by thee likewise be ended. Through our Lord.*

LESSON: Dan. 3:47-56

Lectio Danielis Prophetæ.

A lesson from the Book of Daniel.

In diebus illis: Angelus Domini descendit cum Azaria, et sociis ejus in fornacem: et excussit flammam ignis de fornace, et fecit medium fornacis quasi ventum roris flantem. (Flamma autem effundebatur super fornacem, cubitis quadraginta novem: et erupit, et incendit quos reperit juxta fornacem de Chaldæis ministros regis, qui eam incendebant.) Et non tetigit eos omnino ignis, neque contristavit, nec quidquam molestiæ intulit. Tunc hi tres quasi ex uno ore laudabant, et glorificabant, et benedicebant Deum in fornace, dicentes:

In those days: The Angel of the Lord went down with Azarias and his companions into the furnace, and he drove the flame of the fire out of the furnace, and made the midst of the furnace like the blowing of a wind bringing dew. (But the flame mounted up above the furnace nine and forty cubits; and it broke forth, and burnt such of the Chaldeans, the king's servants, as it found near the furnace who heated it.) And the fire touched them not at all, nor troubled them, nor did them any harm. Then these three, as with one mouth, praised and glorified, and blessed God in the furnace, saying:

(The continuation is sung by the choir:)

Benedictus es, Domine, Deus patrum nostrorum: et laudabilis et gloriosus in sæcula. ¶ Et benedictum nomen gloriæ tuæ, quod est

Blessed art thou, O Lord, the God of our fathers: and worthy to be praised and glorified for ever. ¶ And blessed is the name of thy glory, which is

sanctum : et laudabile et gloriosum in sæcula. *℟*. Benedictus es in templo sancto gloriæ tuæ : et laudabilis et gloriosus in sæcula. *℟*. Benedictus es super thronum sanctum regni tui : et laudabilis et gloriosus in sæcula. *℟*. Benedictus es super sceptrum divinitatis tuæ : et laudabilis et gloriosus in sæcula. *℟*. Benedictus es qui sedes super Cherubim, intuens abyssos : et laudabilis et gloriosus in sæcula. *℟*. Benedictus es qui ambulas super pennas ventorum, et super undas maris : et laudabilis et gloriosus in sæcula. *℟*. Benedicant te omnes Angeli et Sancti tui : et laudent te, et glorificent in sæcula. *℟*. Benedicant te cæli, terra, mare, et omnia quæ in eis sunt : et laudent te, et glorificent in sæcula. *℟*. Gloria Patri, et Filio, et Spiritui Sancto : et laudabili et glorioso in sæcula. *℟*. Sicut erat in principio, et nunc, et semper, et in sæcula sæculorum : et laudabili, et glorioso in sæcula. *℟*. Benedictus es, Domine, Deus patrum nostrorum : et laudabilis et gloriosus in sæcula.

holy : and worthy to be praised and glorified for ever. ℟. Blessed art thou in the holy temple of thy glory : and worthy to be praised and glorified for ever. ℟. Blessed art thou on the holy throne of thy kingdom : and worthy to be praised and glorified for ever. ℟. Blessed art thou upon the sceptre of thy divinity : and worthy to be praised and glorified for ever. ℟. Blessed art thou that sittest upon the Cherubim, beholding the depths : and worthy to be praised and glorified for ever. ℟. Blessed art thou who walkest upon the wings of the wind, and on the waves of the sea : and worthy to be praised and glorified for ever. ℟. Let all thy Angels and saints bless thee : and praise thee and glorify thee for ever. ℟. Let the heavens, the earth, the sea, and all things that are in them bless thee : and praise thee and glorify thee for ever. ℟. Glory be to the Father, and to the Son, and to the Holy Ghost : who is worthy to be praised and glorified for ever. ℟. As it was in the beginning, is now, and ever shall be, world without end : and worthy to be praised and glorified for ever. ℟. Blessed art thou, O Lord, the God of our fathers : and worthy to be praised and glorified for ever.

COLLECT

Deus, qui tribus pueris mitigasti flammam ignis : concede propitius; ut nos famulos tuos non exurat flamma vitiorum. Per Dominum.

O God, who for the three youths didst temper the flames of fire : mercifully grant that we thy servants may not be consumed by the flames of vice. Through our Lord.

EPISTLE: 1 Thess. 5:14-23

Lectio Epistolæ beati Pauli Apostoli ad Thessalonicenses.

Fratres : Rogamus vos, corripite inquietos, consolamini pusillanimes, suscipite infirmos, patientes estote ad omnes. Videte ne quis malum pro malo alicui reddat : sed semper quod bonum est sectamini in invicem, et in omnes. Semper gaudete. Sine intermissione orate. In omnibus gratias agite : hæc est enim voluntas Dei in Christo Jesu in omnibus vobis. Spiritum nolite extinguere. Prophetias nolite spernere. Omnia autem probate : quod bonum est tenete. Ab omni specie mala abstinete vos. Ipse autem Deus pacis sanctificet vos per

A lesson from the Epistle of St Paul the Apostle to the Thessalonians.

Brethren: We beseech you, rebuke the unquiet, comfort the feeble-minded, support the weak, be patient towards all men. See that none render evil for evil to any man; but ever follow that which is good towards each other, and towards all men. Always rejoice. Pray without ceasing. In all things give thanks; for this is the will of God in Christ Jesus concerning you all. Extinguish not the Spirit. Despise not prophecies. But prove all things, hold fast that which is good. From all appearance of evil refrain yourselves. And may the God of peace himself sanctify you in all things; that your whole spirit, and soul, and body,

omnia : ut integer spiritus vester, et anima, et corpus sine querela, in adventu Domini nostri Jesu Christi servetur.

may be preserved blameless in the coming of our Lord Jesus Christ.

TRACT: Ps. 116:1-2

Laudate Dominum omnes gentes : et collaudate eum omnes populi. ¶ Quoniam confirmata est super nos misericordia ejus : et veritas Domini manet in æternum.

O praise the Lord, all ye nations : praise him together, all ye people. ¶ For his mercy is confirmed upon us : and the truth of the Lord endureth for ever.

GOSPEL: Mt. 17:1-9

Sequentia sancti Evangelii secundum Matthæum.

Continuation of the holy Gospel according to St Matthew.

In illo tempore : Assumpsit Jesus Petrum, et Jacobum, et Joannem fratrem ejus, et duxit illos in montem excelsum seorsum : et transfiguratus est ante eos. Et resplenduit facies ejus sicut sol : vestimenta autem ejus facta sunt alba sicut nix. Et ecce apparuerunt illis Moyses et Elias cum eo loquentes. Respondens autem Petrus, dixit ad Jesum : Domine, bonum est nos hic esse : si vis, faciamus hic tria tabernacula, tibi unum, Moysi unum, et Eliæ unum. Adhuc eo loquente, ecce nubes lucida obumbravit eos. Et ecce vox de nube, dicens : Hic est Filius meus dilectus, in quo mihi bene complacui : ipsum audite. Et audientes discipuli, ceciderunt in faciem suam, et timuerunt valde. Et accessit Jesus, et tetigit eos, dixitque eis : Surgite, et nolite timere. Levantes autem oculos suos, neminem viderunt, nisi solum Jesum. Et descendentibus illis de monte, præcepit eis Jesus, dicens : Nemini dixeritis visionem, donec Filius hominis a mortuis resurgat.

At that time: Jesus taketh unto him Peter and James, and John his brother, and bringeth them up into a high mountain apart; and he was transfigured before them. And his face did shine as the sun, and his garments became white as snow. And behold, there appeared to them Moses and Elias talking with him. Then Peter answering, said to Jesus: Lord, it is good for us to be here; if thou wilt, let us make here three tabernacles, one for thee, and one for Moses, and one for Elias. And as he was yet speaking, behold a bright cloud overshadowed them. And lo, a voice out of the cloud, saying: This is my beloved Son, in whom I am well pleased; hear ye him. And the disciples hearing, fell upon their face, and were very much afraid. And Jesus came and touched them, and said to them: Arise and fear not. And they, lifting up their eyes, saw no one, but only Jesus. And as they came down from the mountain, Jesus charged them, saying: Tell the vision to no man, till the Son of man be risen from the dead.

OFFERTORY: Ps. 87:2-3, 3, 9-10, 14, 16, 5-6, 9

Domine Deus salutis meæ, in die clamavi, et nocte coram te : *intret oratio mea **in conspectu tuo, Domine. ¶ Inclina aurem tuam ad precem meam, Domine : longe fecisti notos meos a me : clamavi ad te, Domine : tota die expandi manus meas ad te. **In conspectu. ¶ Et ego ad te, Domine, clamavi : et mane oratione mea præveniet te : egens sum ego in laboribus a juventute mea. ¶ Factus sum sicut

*O Lord, the God of my salvation, I have cried in the day and in the night before thee : *let my prayer come in **before thee, O Lord. ¶ Incline thy ear to my petition, O Lord : thou hast put away my acquaintance far from me : I cried to thee, O Lord : all the day I stretched out my hands to thee. *Before. ¶ But I, O Lord, have cried to thee : and in the morning my prayer shall prevent thee : I am poor, and in labours since my youth. ¶ I am become as a man*

homo sine adiutorio, inter mortuos liber : traditus sum et non egrediebar. *Intret.

*without help, free among the dead : I was delivered up, and came not forth. *Let.*

SECRET

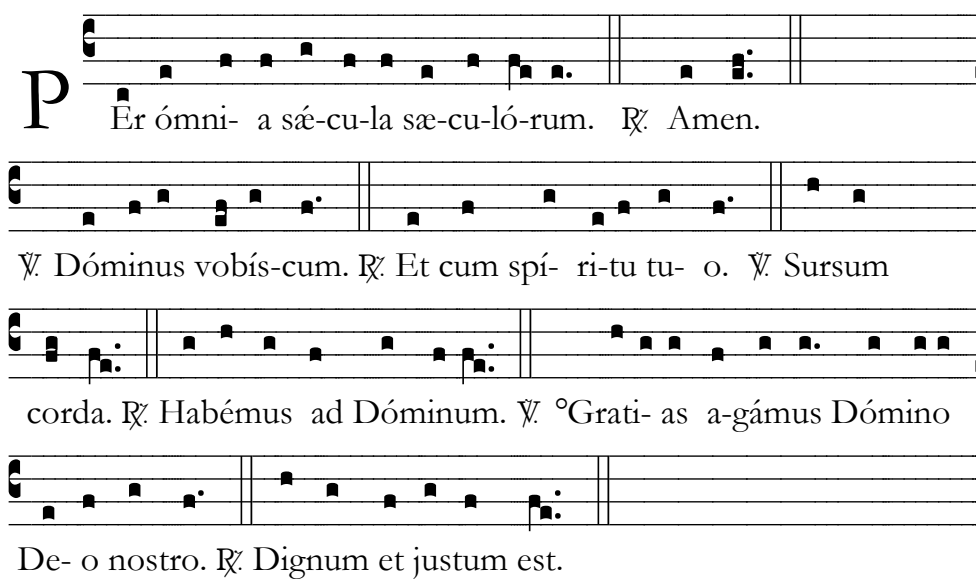
Præsentibus sacrificiis, quæsumus, Domine, jejunia nostra sanctifica : ut, quod observantia nostra profitetur extrinsecus, interius operetur. Per Dominum.

Sanctify our fasts, we beseech thee, O Lord, by these present sacrifices : that what our observance outwardly professes it may inwardly produce. Through our Lord.

PREFACE

Because the Ember Days are weekdays, the simpler 'ferial Tone' of the PREFACE dialogue will be used.

P Er ómni- a sá-cu-la sæ-cu-ló-rum. R. Amen.



∞ Dóminus vobís-cum. R. Et cum spí- ri-tu tu- o. ∞ Sursum

corda. R. Habémus ad Dóminum. ∞ °Grati- as a-gámus Dómino

De- o nostro. R. Dignum et justum est.

∞ *World without end.*

R. *Amen.*

∞ *The Lord be with you.*

R. *And with thy spirit.*

∞ *Lift up your hearts.*

R. *We have lifted them up unto the Lord.*

∞ *Let us give thanks to the Lord our God.*

R. *It is meet and just.*

For Lent

Vere dignum et justum est, æquum et salutare, nos tibi semper, et ubique gratias agere : Domine sancte, Pater omnipotens, æterne Deus. Qui corporali jejunio vitia comprimis, mentem elevas, virtutem largiris et præmia : per Christum Dominum nostrum. Per quem majestatem tuam laudant Angeli, adorant Dominaciones, tremunt Potestates. Cæli, cælorumque Virtutes, ac beata Seraphim, socia exultatione concelebrant. Cum quibus et nostras voces, ut admitti jubeas, deprecamur, supplici confessione dicentes :

It is truly meet and just, right and salutary, that we should always, and in all places, give thanks to thee, O holy Lord, Father almighty, eternal God. Who by fasting of the body dost curb our vices, dost lift up our minds, dost give us strength and reward: through Christ our Lord. Through whom the Angels praise thy majesty, the Dominions adore, the Powers tremble. The Heavens, and the Virtues of the heavens, and the blessed Seraphim, do celebrate with united joy. In union with whom, we beseech thee, that thou wouldst command our voices also to be admitted, with suppliant confession, saying:

COMMUNION: Ps. 6:11

Domine Deus meus, in te speravi : libera me ab omnibus persequentibus me, et eripe me.

O Lord my God, in thee have I put my trust : save me from all them that persecute me, and deliver me.

POST-COMMUNION

Sanctificationibus tuis, omnipotens Deus, et vitia nostra curentur, et remedia nobis æterna proveniant. Per Dominum.

By thy holy mysteries, almighty God, may our vices be cured, and everlasting remedies be bestowed upon us. Through our Lord.

PRAYER OVER THE PEOPLE

Oremus. Humiliate capita vestra Deo.
Fideles tuos, Deus, benedictio desiderata confirmet : quæ eos et a tua voluntate numquam faciat discrepare, et tuis semper indulgeat beneficiis gratulari. Per Dominum.

*Let us pray. Bow down your heads before God.
Confirm thy faithful people, O God, with the blessing they desire : may it cause them never to depart from thy will, and ever to rejoice in thy favours.
Through our Lord.*