



WEEK 14. Per annum

ENTRANCE ANTIPHON *Suscepimus, Deus. Ps 47 : 10-11*

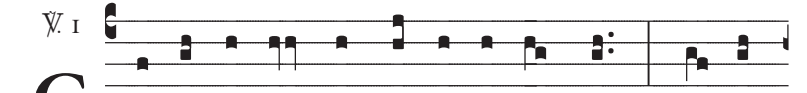
I.  **Y**OUR mer-ci- ful love, O God, * we have received
 in the midst of your tem- ple. Your praise, O God, like
 your name, reach-es to the ends of the earth ;
 your right hand is filled with jus- tice.

- ii -

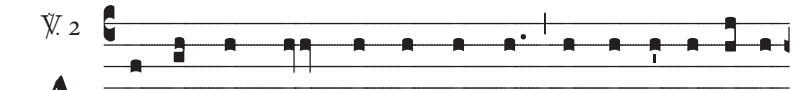
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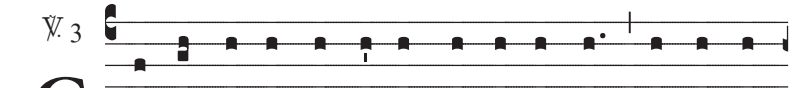
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VERSES *Magnus Dominus, et laudabilis nimis. Psalm 47 : 2*

♩. 1  **G**reat is the Lord and high-ly to be praised, * in the
 cit- y of our God, up- on his ho- ly moun- tain.

Sicut audivimus, sic vidimus. Psalm 47 : 9

♩. 2  **A**S we have heard, so have we seen, in the cit- y of the
 Lord of hosts, * in the cit- y of our God, in the midst of
 your tem- ple.

♩. 3  **G**Lo-ry be to the Father, and to the Son, and to the
 Ho-ly Spir- it. * As it was in the beginning, is now, and
 ev- er shall be, world with- out end. A- men. *Ant.*


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WEEK 14. Per annum

ENTRANCE ANTIPHON *Suscepimus, Deus. Ps 47 : 10-11*

- iii -

I. g

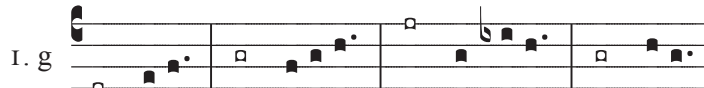


YOUR mer- ci- ful love, O God, * we have received
in the midst of your tem-ple. Your praise, O God, like your
name, reach-es to the ends of the earth ; your right hand is
filled with jus- tice.

VERSES *Magnus Dominus et laudabimus nimis. Psalm 47*

Psalm tone by Fr. Tobias Colgan, O.S.B., adapted.

I. g



1. Great is the Lord and highly to **be praised**
in the city of **our God**.
His holy mountain rises **in beauty**,
the joy of **all the earth**. *Ant.*
2. Mount Sion, in the heart of **the North**,
the city of **the Great King** !
God, in the midst of **its citadels**,
has shown himself **its stronghold**. *Ant.*
3. Behold ! the kings **assembled** ;
together **they advanced**.
They saw ; / at **once they marveled** ;
dismayed, / they **fled in fear**. *Ant.*
4. A trembling seized **them there**,
anguish, / like pains in **giving birth**,
as when the **east wind shatters**
the **ships of Tharshish**. *Ant.*
5. As we have heard, so we **have seen**
in the city of **our God**,
in the city of the **Lord of hosts**,
which God establishes **forever**. *Ant.*
6. Walk through Sion, walk all **around her** ;
count the number of **her towers**.
Consider **all her ramparts** ;
examine her castles, *Ant.*
7. That you may tell the next generation
that such **is our God**,
our God forever **and always**.
He will guide **us forever**. *Ant.*
7. 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**. *Ant.*

WEEK 14. Per annum

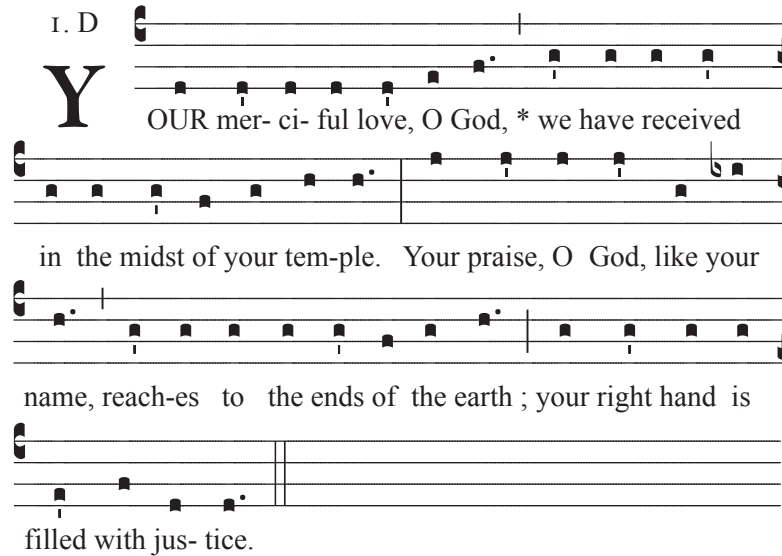
ENTRANCE ANTIPHON

Suscepimus, Deus. Ps 47 : 10-11

- iv -

Psalm tone by Fr. Tobias Colgan, O.S.B.

I. D



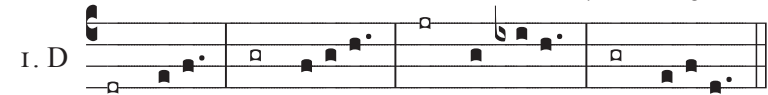
Y OUR mer-ci-ful love, O God, * we have received
in the midst of your tem-ple. Your praise, O God, like your
name, reach-es to the ends of the earth ; your right hand is
filled with jus-tice.

VERSES

Magnus Dominus et laudabimus nimis. Psalm 47

Psalm tone by Fr. Tobias Colgan, O.S.B.

I. D



1. Great is the Lord and highly to **be praised**
in the city of **our God**.
His holy mountain rises *in beauty*,
the joy of *all the earth*. *Ant.*
2. Mount Sion, in the heart of *the North*,
the city of *the Great King* !
God, in the midst of *its citadels*,
has shown himself *its stronghold*. *Ant.*
3. Behold ! the kings *assembled* ;
together *they advanced*.
They saw ; / at *once they marveled* ;
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4. A trembling seized *them there*,
anguish, / like pains in *giving birth*,
as when the *east wind shatters*
the *ships of Tharshish*. *Ant.*
5. As we have heard, so we *have seen*
in the city of *our God*,
in the city of the *Lord of hosts*,
which God establishes *forever*. *Ant.*
6. Walk through Sion, walk all **around** her ;
count the number of *her towers*.
Consider *all her ramparts* ;
examine her castles, *Ant.*
7. That you may tell the next generation
that such *is our God*,
our God forever *and always*.
He will guide *us forever*. *Ant.*
7. 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**. *Ant.*

WEEK 14. Per annum

OFFERTORY ANTIPHON *Populum humilem. Psalm 17 : 28. 32*

- i -

6. F

YOU will save * the hum-ble peo-ple, O Lord, and will

bring down the eyes of the proud ; for who is God, but you,

O Lord ?

- ii -

6. F

YOU will save * the hum-ble peo-ple, O Lord, and will

bring down the eyes of the proud ; for who is God, but you,

O Lord ?

VERSES *Diligam te, Domine. Ps 17 : 2*

I will love you, O Lord, my strength, * the Lord is my

stronghold, my re-fuge, and my de-liv- er- er. *Ant.*

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Deus meus adiutor meus. Ps 17 : 3

MY God is my help-er, † and in him will I put my

trust. * My protec-tor and the horn of my sal-va-tion, and my

support. *Ant.*

Laudans invocabo Dominum. Ps 17 : 4

Praising, I will call up- on the Lord, * and I shall

be saved from my en- e- mies. *Ant.*

Quoniam tu illuminas lucernam meam. Ps 17 : 29-30

FOR you will give light to my lamp, O Lord, † O my

God, enlight-en my darkness, * and with my God, I can scale

an- y wall. *Ant.*

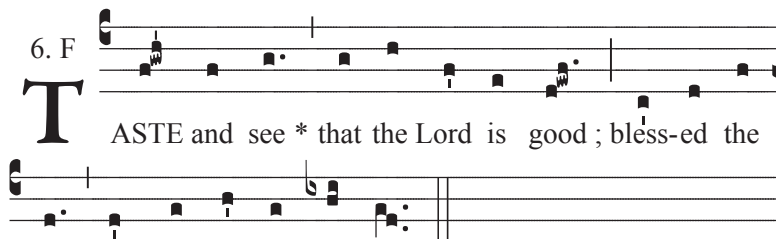
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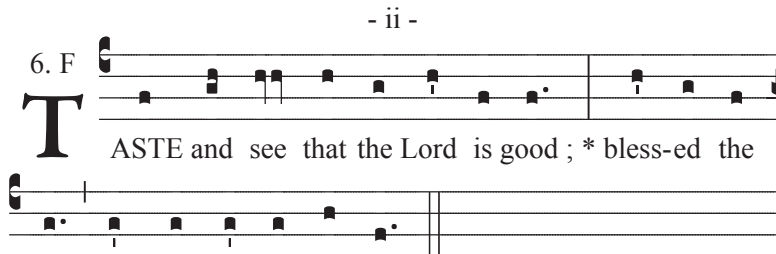
COMMUNION ANTIPHON *Gustate et videte. Psalm 33 : 9*

- i -

6. F



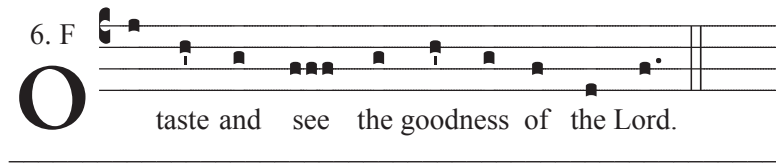
TASTE and see * that the Lord is good ; bless-ed the



man who seeks re-fuge in him.

- ii -

6. F



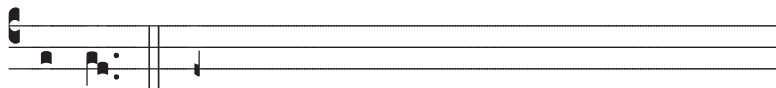
O taste and see the goodness of the Lord.

- iii -

VERSES *Magnificate Dominum mecum. Ps 33 : 4*

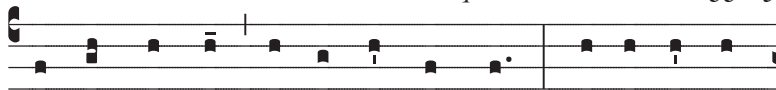


O mag-ni- fy the Lord with me, * to-geth-er let us ex- tol



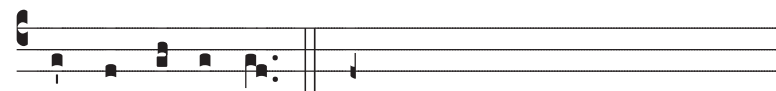
his name.

Exquisivi Dominum. Ps 33 : 5



I sought the Lord, and he answered me, * and de- liv-ered

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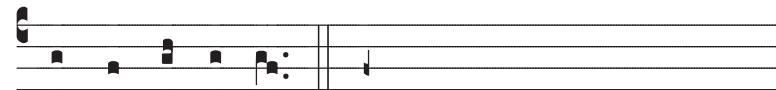


me from all my fears.

Immittet angelus Domini. Ps 33 : 8

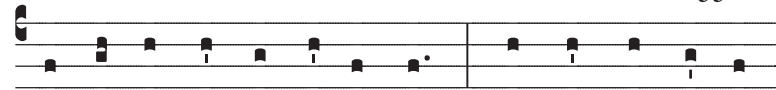


The an- gel of the Lord encamps * around those who fear

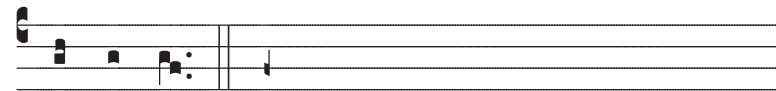


him, to res-cue them.

Timete Dominum. Ps 33 : 10

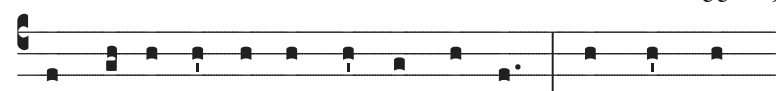


O fear the Lord, all you his saints, * for those who fear him

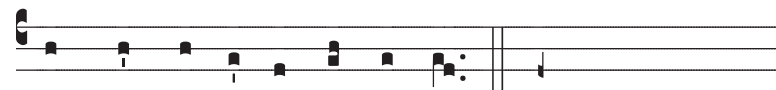


have no want.

Iuxta est Dominus iis. Ps 33 : 19

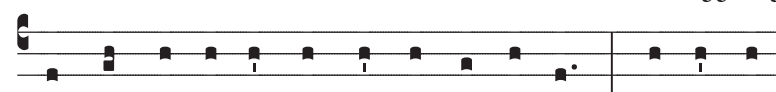


The Lord is near to the brok-en-heart-ed, * and those who

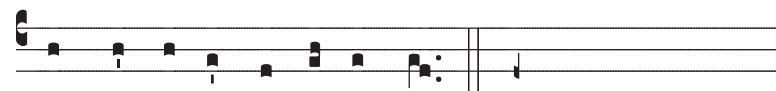


are crushed in spir- it he will save.

Redimet Dominus animas. Ps 33 : 23



The Lord will redeem the souls of his servants ; * and no one



who hopes in him will be condemned.

Wk 14. Per annum


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Psalm 33. Blessings of holy fear

This very beautiful and consoling Psalm assures us that God never abandons his children. He rescues them from every peril and rewards them richly. Like a refrain, four times repeated, one mighty theme stands out: The just man cried out to God, and God delivered him from every peril. May the inspiring verses of this Psalm give us strength and courage to continue the battle.

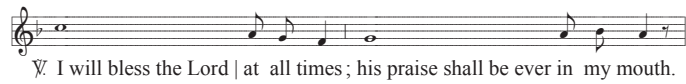
Psalm 33 was a great favorite among the early Christians and was often chanted as a Communion hymn during Holy Mass because of the verse "O taste and see that the Lord is sweet." The Greek word for "sweet" is *chrestos*; the similarity in sound with the word *Christos*, Christ, gave rise to a play on the phrasing: "O taste and see that (it is) Christ (*chrestos*) the Lord!"

"Look towards him and be enlightened." Saint John Fisher recited this line when he saw that the sun shown behind the scaffold. This is the song of martyrs: the Lord sets them free from all their terrors. It is also a song for the small martyrdoms of every day whether volunteered or simply accepted. There will be no ultimate defeat, not "a bone broken" for those who are one with the Lamb of our Passover on the Cross.



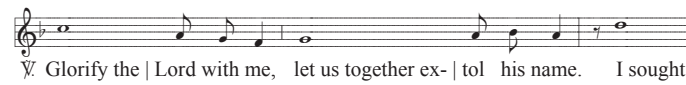
℞. O taste and see the goodness of the Lord.

Verse 1



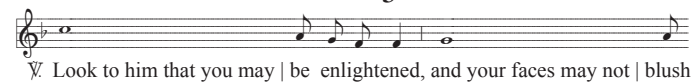
℣. I will bless the Lord | at all times; his praise shall be ever in my mouth.
 Let my soul glory in the | Lord; the lowly will hear me | and be glad. (℞)

Verse 2



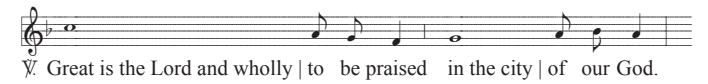
℣. Glorify the | Lord with me, let us together ex- | tol his name. I sought
 the Lord, and he | answered me and delivered me from | all my fears. (℞)

Verse 3



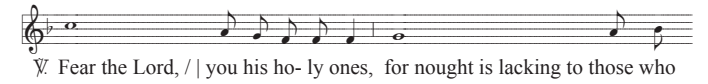
℣. Look to him that you may | be enlightened, and your faces may not | blush
 with shame. When the afflicted man called out, / the Lord | heard, and
 from all his dis- | tress he saved him. (℞)

Verse 4



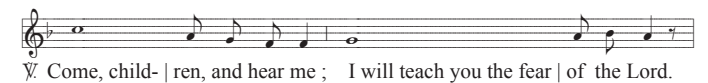
℣. Great is the Lord and wholly | to be praised in the city | of our God.
 His holy mountain, / fairest of | heights, is the joy of | all the earth. (℞)

Verse 5



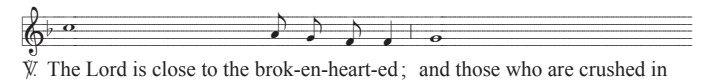
℣. Fear the Lord, / | you his ho- ly ones, for nought is lacking to those who
 fear him. The great grow poor and hun- gry; but those who seek the Lord /
 want for | no good thing. (℞)

Verse 6



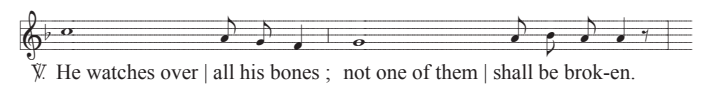
℣. Come, child- | ren, and hear me; I will teach you the fear | of the Lord.
 Turn from evil and do good; seek peace, / and | fol- low af- ter it.

Verse 7



℣. The Lord is close to the brok-en-heart-ed; and those who are crushed in
 spir- | it he saves. Many are the troubles of the | just man but out of
 them all / the | Lord de- liv- ers him.

Verse 8



℣. He watches over | all his bones; not one of them | shall be brok-en.
 But the Lord redeems the lives of his | ser- vants; no one incurs guilt /
 who takes re- | fuge in him.

COMMUNION ANTIPHON. 5. c *Gustate et videte.*

Ps. 33 : 9

5. c

Taste and see * that the Lord is good ; bless-ed the man

who seeks re-fuge in him.

Verses of Ps 33.

Or :

COMMUNION ANTIPHON. 5. c *Venite ad me omnes.*

Mt II : 28

5. c

Come to me, * all you who la- bor and are burdened, and

I will re-fresh you, says the Lord. *Verses of Ps 33.*

VERSES

Benedicam Dominum in omni tempore. Psalm 33

6. F

1. I will bless the Lord at all **times** ;
praise of him is always *in my mouth*.
In the Lord my soul shall make its **boast** ;
the humble shall hear *and be glad*. *Ant.*
2. The angel of the Lord is **encamped**
around those who fear *him*, *to rescue* them.
Taste and see that the Lord is **good**.
Blessed the man who seeks *refuge in him*. *Ant.*
3. Fear the Lord, you his **holy** ones.
They lack nothing, *those who fear* him.
The rich suffer want and go **hungry**,
but those who seek the Lord *lack no blessing*. *Ant.*
4. Come, children, and **hear** me,
that I may teach you the fear *of the Lord*.
Who is it that desires **life**
and longs to see *prosperous days* ? *Ant.*
5. Guard your tongue from **evil**,
and your lips from speaking *deceit*.
Turn aside from evil and do **good**.
Seek after peace, *and pursue* it. *Ant.*
6. When the just cry out, the Lord **hears**,
and rescues them in all *their distress*.
The Lord is close to the broken**hearted** ;
those whose spirit is crushed *he will save*. *Ant.*
7. 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**. *Ant.*