

WEEK 18. Per annum

ENTRANCE ANTIPHON *Deus in adiutorium meum.*
Ps 69 : 2. 6

- i -

8. G **O** God, * come to my as- sistance ; O Lord, make
 haste to help me ! You are my res- cu- er, my help ; O
 Lord, do not de- lay.

- ii -

8. G **O** God, come to my as- sis- tance ; * O Lord, make
 haste to help me ! You are my res- cu- er, my help ; O
 Lord, do not de- lay.

VERSES

Exsultent et lætentur in te. Psalm 69 : 5

¶ 1
L ET all who seek you re-joice and be glad in you, * and
 let all who love your sal-va- tion say al-ways : The Lord be
 mag- ni- fied.

Ego vero egenus et pauper sum. Psalm 69 : 6

¶ 2
B UT I am need- y and poor : O God, help me. * You are
 my help- er and my de- liv- er- er, O Lord, make no de- lay.

Gloria Patri, et Filio, et Spiritui Sancto.

¶ 3
G LO- RY be to the Father, and to the Son, and to the
 Ho- ly Spir- it. * As it was in the be- gin- ning, is now, and
 ev- er shall be, world with- out end. A- men.

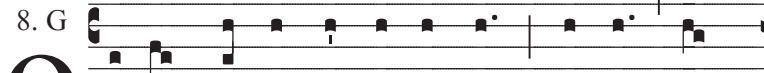
WEEK 18. Per annum

ENTRANCE ANTIPHON

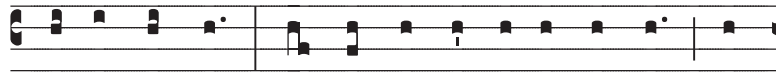
Deus in adiutorium meum.

Ps 69 : 2. 6

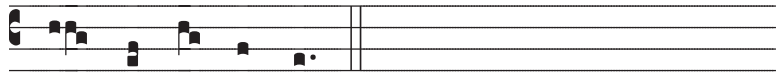
- iii -



O God, come to my as- sis- tance ; * O Lord, make

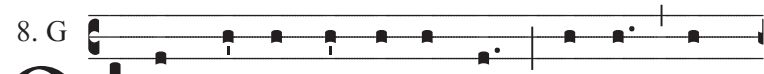


haste to help me ! You are my res- cu- er, my help ; O

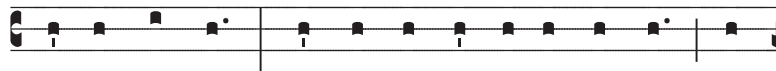


Lord, do not de- lay.

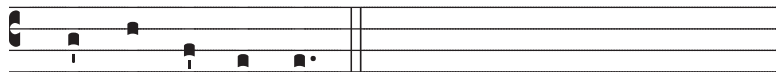
- iv -



O God, come to my as- sis- tance ; * O Lord, make



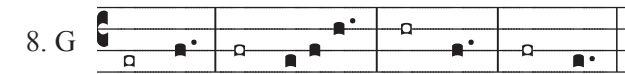
haste to help me ! You are my res- cu- er, my help ; O



Lord, do not de- lay.

VERSES

Deus, in adiutorium meum. Psalm 69



1. O God, come to my assistance ;
O Lord, make *haste to help* me !
Let there be shame and confusion
on those who seek my **life**. *Ant.*
2. O let them turn back in confusion,
who delight *in my harm* ;
let them retreat ; / covered with **shame**,
who jeer and **mock**. *Ant.*
3. O let there be rejoicing and **gladness**
for *all who seek* you.
Let them say forever, “ God is **great**, ”
who love your saving **help**. *Ant.*
4. As for me, wretched and **poor**,
hasten to *me*, **O God**.
You are my rescuer, my **help** ;
O Lord, do not **delay**. *Ant.*
5. 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 18. Per annum

OFFERTORY ANTIPHON

Precatus est Moyses.
Cf. Ex 32 : 11. 12. 13. 14

- i -

8.

MOs-es prayed * in the sight of the Lord his God,
and said : Why, O Lord, is your in-dig-na- tion kindled
against your peo-ple ? Let the an-ger of your mind cease ;
Remember A-bra-ham, I- saac, and Ja- cob,
to whom you swore to give a land flow-ing with milk and
hon-ey. ** And the Lord was appeased from do-ing the e- vil
which he had spok-en of do-ing a-gainst his peo-ple.

VERSES

Dixit Dominus ad Moysen.

¶ 1

THE Lord spoke to Mo-ses : You have found grace in
my sight and I know you a-bove all o- thers. And Mo-ses,
mak-ing haste, bowed down prostrate un- to the earth, and a-
dor-ing, said : I know that you show mer-cy un- to thousands,
taking a-way our in -i- qui- ty and our sins. ** And the Lord.

Dixit Moyses et Aaron.

¶ 2

MO- ses and Aa-ron spoke to all the mul-ti-tude of the
children of Is- ra- el : Draw near be-fore God ; for the maj-es-
ty of the Lord has appeared in the cloud, and he has heard your
murmuring in the time of temp-ta- tion. ** And the Lord.

WEEK 18. Per annum

OFFERTORY ANTIPHON

Precatus est Moyses.
Cf. Ex 32 : 11. 12. 13. 14

- ii -

8. G

M O- ses prayed in the sight of the Lord his God, and
said : * Why, O Lord, is your in-dig-na-tion kindled against your
peo-ple ? Let the an-ger of your mind cease ; re-mem-ber
A- bra-ham, I- saac, and Ja- cob, to whom you swore to
give a land flow-ing with milk and hon-ey. ** And the
Lord was appeased from do-ing the e- vil which he had
spok-en of do-ing against his peo-ple.

VERSES

Dixit Dominus ad Moysen.

∩ 1

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taking a-way our in- i- qui- ty and our sins. ** And the Lord.

Dixit Moyses et Aaron.

∩ 2

M O- ses and Aa-ron spoke to all the mul-ti-tude of the
children of Is- ra- el : Draw near be-fore God ; the maj-es- ty
of the Lord has appeared in the cloud, and he has heard your
mur-mur-ing in the time of temp-ta- tion. ** And the Lord.

WEEK 18. Per annum

COMMUNION ANTIPHON.

Panem de caelo.
Wisdom 16 : 20

- i -

6. F

YOU have giv-en us, O Lord, * bread from heav-en,
 endowed with all delights and sweetness in ev'-ry taste.

- ii -

6. F

YOU have giv-en us, O Lord, bread from heav-en, *
 endowed with all delights and sweetness in ev'-ry taste.

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.

Gustate et videte. Ps 33 : 9

O taste and see that the Lord is good ; * bless-ed the man who

takes re-fuge in him.

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.

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.

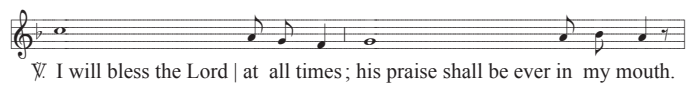
Psalm 33 was a great favorite among the early Christians and was often chanted as a Communion hymn during Holy Mass because of the verse "O taste and see that the Lord is sweet." The Greek word for "sweet" is *chrestos*; the similarity in sound with the word *Christos*, Christ, gave rise to a play on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



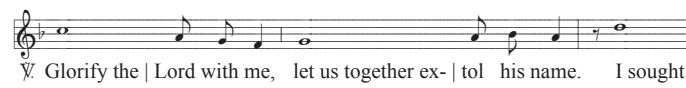
℞ O taste and see the goodness of the Lord.

Verse 1



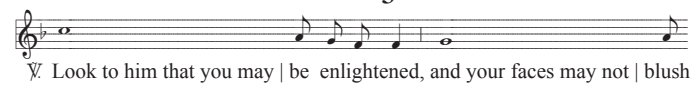
℣ I will bless the Lord | at all times; his praise shall be ever in my mouth.
Let my soul glory in the | Lord; the lowly will hear me | and be glad. (℞)

Verse 2



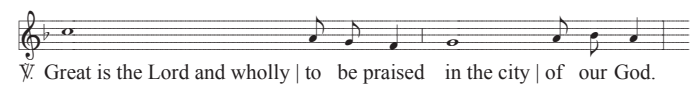
℣ Glorify the | Lord with me, let us together ex- | tol his name. I sought
the Lord, and he | answered me and delivered me from | all my fears. (℞)

Verse 3



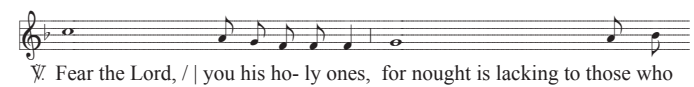
℣ Look to him that you may | be enlightened, and your faces may not | blush
with shame. When the afflicted man called out, / the Lord | heard, and
from all his dis- | tress he saved him. (℞)

Verse 4



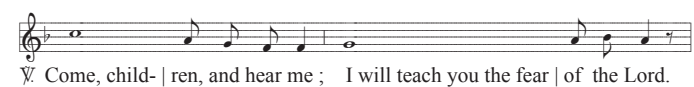
℣ Great is the Lord and wholly | to be praised in the city | of our God.
His holy mountain, / fairest of | heights, is the joy of | all the earth. (℞)

Verse 5



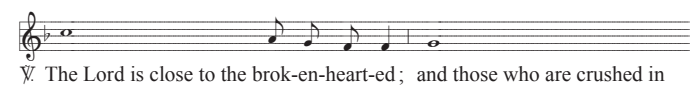
℣ Fear the Lord, / | you his ho- ly ones, for nought is lacking to those who
fear him. The great grow poor and hun- gry; but those who seek the Lord /
want for | no good thing. (℞)

Verse 6



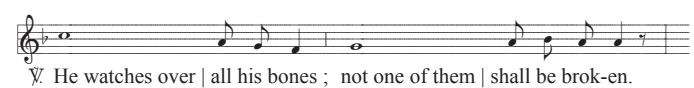
℣ Come, child- | ren, and hear me; I will teach you the fear | of the Lord.
Turn from evil and do good; seek peace, / and | fol- low af- ter it.

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.

WEEK 18. Per annum

COMMUNION ANTIPHON.

*Panem de caelo.
Wisdom 16 : 20*

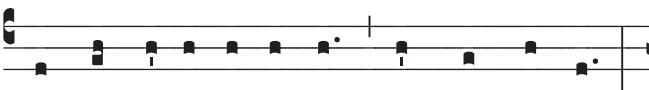
- i -

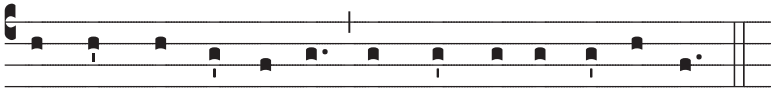
6. F 

YOU have giv-en us, O Lord, * bread from heav-en,


endowed with all delights and sweetness in ev'-ry taste.

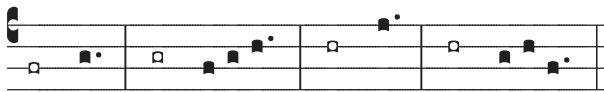
- ii -

6. F 

YOU have giv-en us, O Lord, bread from heav-en, *


endowed with all delights and sweetness in ev'-ry taste.

VERSES *Attendite, popule meus, legem meam. Psalm 77 : 1*

6. F 

1. Give ear, my people, to my **teaching** ;
incline your ear to the words *of my* **mouth**.
I will open my mouth in a **parable**
and utter hidden lessons from the **past**. *Ant.*
2. The things we have heard and **understood**,
the things our *fathers have* **told** us,
the glories of the Lord and his **might**,
and the mavelous deeds he has **done**. *Ant.*
3. Yet he commanded the clouds **above**,
and opened the *gates of* **heaven**.
He rained down manna to **eat**,
and gave them bread from **heaven**. *Ant.*
4. Man ate the bread of **angels**.
He sent them *abundance of* **food**.
He rained flesh upon them like **dust**,
and gave them bread from **heaven**. *Ant.*
5. So they ate and had their **fill**,
what they *craved, he* **gave** them.
Yet he who is full of **compassion**
forgave them their sin and **spared** them. *Ant.*
6. 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.*