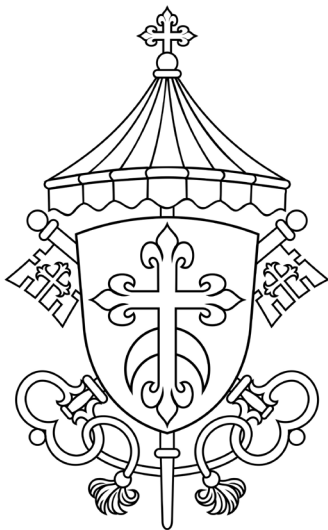


ST MARY'S CATHEDRAL



Solemn Vespers and Benediction

The Office of Evening Prayer

Second Sunday
of Lent

5 March 2023
5.00pm

THE OFFICE OF VESPERS

Vespers, also called Evening Prayer, is part of the Liturgy of the Hours, also known as the Divine Office. In the Liturgy of the Hours, the Church fulfills Jesus' command to "pray continually". Through hymns, psalms, canticles, readings, and prayers, the people of God sanctify the day by continual praise of God and intercession for the needs of the world.

The Liturgy of the Hours includes several specified times of prayer. The most important times are Morning Prayer: Lauds (which takes place upon rising) and Evening Prayer: Vespers (which takes place as dusk begins to fall). The Office of Vespers gives thanks for the day just past and makes an evening sacrifice of praise to God.

Bishops, priests, deacons, and many men and women in consecrated life pray the Liturgy of the Hours each day. Their work is organised around this prayer, keeping God always at the centre of their days. Lay people are encouraged to pray the Liturgy of the Hours as well, especially Morning and Evening Prayer. The public singing of Lauds and Vespers is a regular part of the life and worship of St Mary's Cathedral.

**TO MAINTAIN A SPIRIT OF REVERENCE AND SOLEMNITY,
PLEASE TURN OFF AND REFRAIN FROM USING ALL MOBILE TELEPHONES
AND OTHER ELECTRONIC DEVICES.**

EXPOSITION OF THE BLESSED SACRAMENT

At the sound of the Sacristy bell all stand.

As the Blessed Sacrament is brought to the altar all kneel and sing:



O sa - lu - tá - ris Hó - sti - a, Quae cae - li pan - dis ós - ti - um,
O saving Victim, opening wide the gate of Heaven to man below;



Bel - la pre - munt ho - stí - li - a, Da ro - bur, fer au - xí - li - um.
Our foes press hard on every side; thine aid supply; thy strength bestow.



U - ni tri - nó - que Dó - mi - no Sit sem - pi - tér - na gló - ri - a,
All praise and thanks to thee ascend, for ever more, blest one in three.



Qui vi - tam si - ne tér - mi - no No - bis do - net in pá - tri - a.
O grant us life that shall not end, in our true native land with thee.



A - men.

ORDER OF VESPERS

At the sound of the Sacristy bell all stand.

INTRODUCTION TO THE OFFICE

| | |
|---|--|
| ℣ Deus, in adiutorium meum intende. | <i>O God, come to our aid.</i> |
| ℟ Domine, ad adiuvandum me festina. | <i>O Lord, make haste to help us.</i> |
| Gloria Patri et Filio et Spiritui Sancto. | <i>Glory be to the Father and to the Son and to the Holy Spirit,</i> |
| Sicut erat in principio et nunc et semper et in sæcula sæculorum. Amen. | <i>as it was in the beginning, is now, and ever shall be, world without end. Amen.</i> |

OFFICE HYMN

| | |
|---|--|
| Audi, benigne Conditor, nostras preces cum fletibus, sacrata in abstinentia fusas quadragenaria. | <i>Loving Maker, hear the prayers we offer you with tears and sighs, as we observe these forty days with holy fast and abstinence.</i> |
|---|--|

| | |
|---|---|
| Scrutator alme cordium, infirmata tu scis virium; ad te reversis exhibe remissionis gratiam. | <i>You search all hearts with love and care, you know the weakness of our powers; show mercy and forgive the sins of those who turn to seek your grace.</i> |
|---|---|

| | |
|--|--|
| Multum quidem peccavimus, sed parce confitentibus, tuique laude nominis confer medelam languidis. | <i>Though we, indeed, have greatly sinned, yet spare us who with faith confess, and as we praise your holy name restore and heal our ailing souls.</i> |
|--|--|

| | |
|--|--|
| Sic corpus extra conteri dona per abstinentiam, ieiunet ut mens sobria a labe prorsus criminum. | <i>Grant us the grace through abstinence to train the body in this way, that inwardly with sober mind we fast from every stain of sin.</i> |
|--|--|

| | |
|---|--|
| Præsta, Beata Trinitas, concede, simplex Unitas, ut fructuosa sint tuis hæc parcitatis munera. Amen. | <i>Grant us, O Blessed Trinity and Undivided Unity, to see this service of our fast; bring forth your fruit within our hearts. Amen.</i> |
|---|--|

All sit.

PSALMODY

FIRST ANTIPHON

VIRGAM virtutis tuæ emittet Dominus in
splendoribus sanctorum.

*The Lord will send forth your sceptre of power
with the splendour of your saints.*

PSALM 109 (110)

Dixit Dominus Domino meo: *The Lord's revelation to my Master:*
«Sede a dextris meis, *'Sit on my right:*

donec ponam inimicos tuos: *your foes I will put*
scabellum pedum tuorum». *beneath your feet.'*

Virgam potentiae tuæ emittet Dominus ex Sion: *The Lord will wield from Zion your sceptre of power:*
dominare in medio inimicorum tuorum. *rule in the midst of all your foes.*

Tecum principatus in die virtutis tuæ, *A prince from the day of your birth*
in splendoribus sanctis: *on the holy mountains;*
ex utero ante luciferum genui te. *from the womb before the dawn I begot you.*

Iuravit Dominus et non pænitebit eum: *The Lord has sworn an oath he will not change.*
«Tu es sacerdos in æternum secundum *'You are a priest for ever,*
ordinem Melchisedech». *a priest like Melchizedek of old.'*

Dominus a dextris tuis: *The Master standing at your right hand*
conquassabit in die iræ suæ reges. *will shatter kings in the day of his wrath.*

De torrente in via bibet: *He shall drink from the stream by the wayside*
propterea exaltabit caput. *and therefore he shall lift up his head.*

Gloria Patri et Filio, *Glory be to the Father and to the Son*
et Spiritui Sancto. *and to the Holy Spirit,*

Sicut erat in principio et nunc et semper *as it was in the beginning, is now, and ever shall be,*
et in sæcula sæculorum. Amen. *world without end. Amen.*

The Antiphon is repeated.

SECOND ANTIPHON

DEUS unus est, quem colimus, qui totum mundum fecit ex nihilo, cælum et terram et omnia quæ in eis sunt.

We worship the one God, who made the world out of nothing, heaven and earth, and all that is in them.

PSALM 113B (115)

Non nobis, Domine, non nobis, *Not to us, Lord, not to us,*
sed nomini tuo da gloriam *but to your name give the glory*
super misericordia tua et veritate tua. *for the sake of your love and your truth,*

Quare dicent gentes: *lest the heathen say:*
«Ubi est Deus eorum?». *'Where is their God?'*

Deus autem noster in cælo, *But our God is in the heavens;*
omnia, quæcumque voluit, fecit. *he does whatever he wills.*

Simulacra gentium argentum et aurum, *Their idols are silver and gold,*
opera manuum hominum. *the work of human hands.*

Os habent et non loquentur, *They have mouths but they cannot speak;*
oculos habent et non videbunt. *they have eyes but they cannot see;*

Aures habent et non audient, *they have ears but they cannot hear;*
nares habent et non odorabunt. *they have nostrils but they cannot smell.*

Manus habent et non palpabunt, *With their hands they cannot feel;*
pedes habent et non ambulabunt; *with their feet they cannot walk.*
non clamabunt in gutture suo. *(No sound comes from their throats.)*

Similes illis erunt, qui faciunt ea, *Their makers will come to be like them*
et omnes, qui confidunt in eis. *and so will all who trust in them.*

Domus Israel speravit in Domino: *Sons of Israel, trust in the Lord;*
adiutorium eorum et scutum eorum est. *he is their help and their shield.*

Domus Aaron speravit in Domino: *Sons of Aaron, trust in the Lord;*
adiutorium eorum et scutum eorum est. *he is their help and their shield.*

Qui timent Dominum, speraverunt in Domino: *You who fear him, trust in the Lord;*
adiutorium eorum et scutum eorum est. *he is their help and their shield.*

Dominus memor fuit nostri et benedicet nobis: *He remembers us, and he will bless us;*
benedicet domui Israel, *he will bless the sons of Israel.*
benedicet domui Aaron, *(He will bless the sons of Aaron.)*

benedicet omnibus, qui timent Dominum, *The Lord will bless those who fear him,*
pusillis cum maioribus. *the little no less than the great:*

Adiciat Dominus super vos, *to you may the Lord grant increase,*
super vos et super filios vestros. *to you and all your children.*

Benedicti vos a Domino, *May you be blessed by the Lord,*
qui fecit cælum et terram. *the maker of heaven and earth.*

Cæli, cæli sunt Domino, *The heavens belong to the Lord*
terram autem dedit filiis hominum. *but the earth he has given to men.*

Non mortui laudabunt te, Domine, *The dead shall not praise the Lord,*
neque omnes, qui descendunt in silentium, *nor those who go down into the silence.*

sed nos, qui vivimus, benedicimus Domino *But we who live bless the Lord*
ex hoc nunc et usque in sæculum. *now and for ever. Amen.*

Gloria Patri et Filio, *Glory be to the Father and to the Son*
et Spiritui Sancto. *and to the Holy Spirit,*

Sicut erat in principio et nunc et semper: *as it was in the beginning, is now, and ever shall be,*
et in sæcula sæculorum. Amen. *world without end. Amen.*

ANTIPHON

DEUS unus est, quem colimus, qui totum mundum fecit ex
nihilò, cælum et terram et omnia quæ in eis sunt.

*We worship the one God, who made the world out of nothing,
heaven and earth, and all that is in them.*

THIRD ANTIPHON

PROPRIO Filio suo non pepercit Deus,
sed pro nobis omnibus tradidit illum.

*God did not spare his own Son but gave
him up for us all.*

CANTICLE

1 Peter 2:21-24

Christus passus est pro vobis *Christ suffered for you,*
vobis relinquens exemplum, *leaving you an example*
ut sequamini vestigia eius: *that you should follow in his steps.*

qui peccatum non fecit, *He committed no sin;*
nec inventus est dolus in ore ipsius; *no guile was found on his lips.*

qui cum malediceretur, non remaledicebat, *When he was reviled, he did not revile in return.*
cum pateretur, non comminabatur, *When he suffered, he did not threaten;*
commendabat autem iuste iudicanti; *but he trusted to him who judges justly.*

qui peccata nostra ipse pertulit *He himself bore our sins*
in corpore suo super lignum, *in his body on the tree,*
ut peccatis mortui iustitiæ viveremus; *that we might die to sin and live to righteousness.*
cuius livore sanati estis. *By his wounds you have been healed.*

Gloria Patri, et Filio, *Glory be to the Father and to the Son*
et Spiritui Sancto, *and to the Holy Spirit,*

Sicut erat in principio et nunc et semper *as it was in the beginning, is now, and ever shall be,*
et in sæcula sæculorum. Amen. *world without end. Amen.*

The Antiphon is repeated.

ALL the runners at the stadium are trying to win, but only one of them gets the prize. You must run in the same way, meaning to win. All the fighters at the games go into strict training; they do this just to win a wreath that will wither away, but we do it for a wreath that will never wither.

SHORT RESPONSORY

Attende, Domine, et miserere, *Hear us, Lord, and have mercy,*
 Quia peccavimus tibi. *for we have sinned against you.*

‡ Exaudi, Christe, *Listen, Christ,*
 supplicantum preces. ‡ *to the prayers of those who cry to you.*

‡ Gloria Patri et Filio *Glory be to the Father and to the Son*
 et Spiritui Sancto. ‡ *and to the Holy Spirit.*

All stand.

MAGNIFICAT ANTIPHON

NEMINI dixeritis visionem, donec Filius hominis a mortuis resurgat.

Tell no man about the vision which you have seen, until the Son of Man has risen from the dead.

MAGNIFICAT

Primi toni

Cristóbal de Morales (c.1500–1553)

Magnificat
anima mea Dominum,
*My soul
glorifies the Lord,*

et exsultavit spiritus meus
in Deo salutari meo,
*my spirit rejoices
in God, my Saviour.*

quia respexit humilitatem ancillæ suæ.
Ecce enim ex hoc beatam me dicent
omnes generationes,
*He looks on his servant in her lowliness;
henceforth all ages
will call me blessed.*

quia fecit mihi magna, qui potens est,
et sanctum nomen eius,
*The Almighty works marvels for me.
Holy his name!*

et misericordia eius a progenie in progenies
timentibus eum.
*His mercy is from age to age,
on those who fear him.*

Fecit potentiam in brachio suo,
dispersit superbos mente cordis sui;
*He puts forth his arm in strength
and scatters the proud-hearted.*

deposuit potentes de sede;
et exaltavit humiles;
*He casts the mighty from their thrones
and raises the lowly.*

esurientes implevit bonis
et divites dimisit inanes.
*He fills the starving with good things,
sends the rich away empty.*

Suscepit Israel puerum suum,
recordatus misericordiæ suæ,
*He protects Israel, his servant,
remembering his mercy,*

sicut locutus est ad patres nostros,
Abraham et semini eius in sæcula.
*the mercy promised to our fathers,
to Abraham and his sons for ever.*

Gloria Patri et Filio,
et Spiritui Sancto.
*Glory be to the Father and to the Son
and to the Holy Spirit,*

Sicut erat in principio et nunc et semper
et in sæcula sæculorum. Amen.
*as it was in the beginning, is now, and ever shall be,
world without end. Amen.*

The Antiphon is repeated.

INTERCESSIONS

We give thanks to Christ, our head and our master. Let us pray to him with trust and humility, for he served all men and was good to everyone.

℟. **Lord Jesus, visit your family.**

Lord, help the bishops and priests of your Church, who share in your office of head and pastor; unite them with yourself to lead all men to the Father. ℟.

Send your angels to protect those who travel; keep them from harm and bring them safely home. ℟.

Teach us to care for everyone; make us more like you in serving others. ℟.

Help us to form a human community where all men live in friendship; Lord, unite us in your love. ℟.

Show your love for the dead: let them see the light of your face. ℟.

At the Saviour's command and formed by divine teaching, we dare to say:

All sing

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 dai-ly bread,
and forgive us our trespasses, as we for-give those who trespass a-gainst us;
and lead us not in-to temp-ta-tion, but de-liv-er us from e- vil.

COLLECT

GOD our Father,
You bid us listen to your Son, the well-beloved.
Nourish our hearts on your word,
purify the eyes of our mind,
and fill us with joy at the vision of your glory.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

℟: **Amen.**

The Choir sings

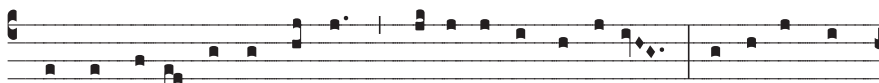
THE MOTET

DOMINE, quis habitabit in tabernaculo tuo aut quis requiescet in monte sancto tuo? Qui ingreditur sine macula: et operatur iusticiam. Qui loquitur veritatem in corde suo: qui non egit dolum in lingua sua. Nec fecit proximo suo malum: et opprobrium non accepit adversus proximos suos.

Lord, who may dwell in your sanctuary? Who may live on your holy hill? He whose walk is blameless and who does what is righteous, who speaks the truth from his heart and has no slander on his tongue, who does his neighbour no wrong and casts no slur on his fellowman.

Robert White (c.1538–1574)

All sing



T ANTUM er-go Sa-craméntum * Vene-rémur cérnu-i : et an-tí-quum

Therefore we, before him bending, this great Sacrament revere; types and shadows



do-cuméntum No-vo ce-dat rí-tu-i : præstet fi-des suppleméntum

have their ending, for the newer rite is here; faith our outward sense befriending,



sénsu-um de-féc-tu-i. Ge-ni-tó-ri, Ge-ni-tó-que laus et iu-bi-la-ti-o,

makes our inward vision clear. Glory let us give and blessing to the Father and the Son,



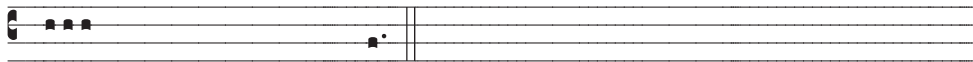
sa-lus, honor, virtus quoque sit et be-ne-dícti-o : pro-ce-dénti ab utró-que

honour, thanks, and praise addressing while eternal ages run; ever too his love confessing,



compar sit lau-dá-ti-o. A-men.

who from both with both is One.



∇ Panem de cælo præstitisti e- is.
You gave them bread from heaven.



⌘ **Omne delectaméntum in se habén- tem.**
Containing in itself all sweetness.

Oremus.

Let us pray.

DEUS, qui nobis sub sacramento mirabili passionis tuæ memoriam reliquisti: tribue quæsumus, ita nos corporis et sanguinis tui sacra mysteria venerari; ut redemptionis tuæ fructum in nobis iugiter sentiamus. Qui vivis et regnas in sæcula sæculorum.

O God, who in a wonderful Sacrament has left us a memorial of your passion: grant us so to venerate the sacred mysteries of your Body and Blood, that we may perceive within ourselves the fruit of thy redemption; who lives and reigns for ever and ever.

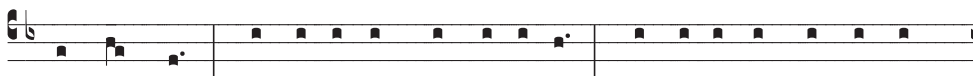
⌘ **Amen.**

BENEDICTION *is given.*

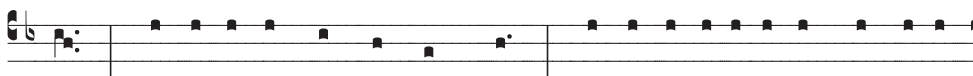
THE DIVINE PRAISES



Blessèd be God. Blessèd be his Holy Name. Blessèd be Jesus Christ, true God



and true Man. Blessèd be the Name of Je-sus. Blessèd be his Most Sacred



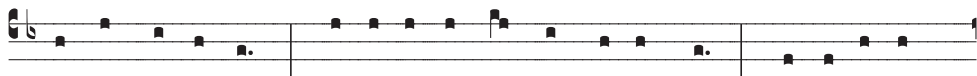
Heart. Blessèd be his Most Precious Blood. Blessèd be Jesus in the Most Holy



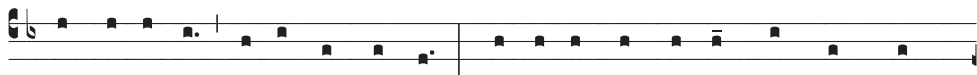
Sacrament of the Al-tar. Blessèd be the Holy Spi-rit, the Pa-raclete. Blessèd be



the great Mother of God, Ma-ry most Ho-ly. Blessèd be her Holy and Imma-



cu-late Conception. Blessèd be her Glorious Assumption. Blessèd be the

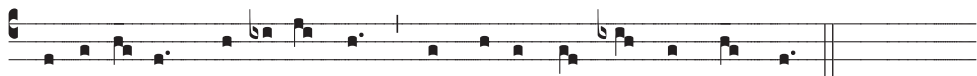


name of Ma-ry, Virgin and Mother. Blessèd be Saint Joseph, her most chaste



spouse. Blessèd be God in his Angels and in his Saints.

As the Blessed Sacrament is reposed, all sing



A-do-ré-mus * in æ-tér-num Sanc-tís-si-mum Sa-cra-mén-tum.

Let us adore for ever the most Holy Sacrament.

Laudate Dominum omnes gentes: *O praise the Lord, all you nations,*
laudate eum omnes populi. *acclaim his all you peoples!*

Quoniam confirmata est super nos *Strong is his*
misericordia eius: *love for us;*
et veritas Domini manet in æternum. *he is faithful for ever.*

Gloria Patri, et Filio: *Glory be to the Father and to the Son*
et Spiritui Sancto, *and to the Holy Spirit,*

sicut erat in principio, et nunc et semper: *as it was in the beginning, is now, and ever shall be,*
et in sæcula sæculorum. Amen. *world without end. Amen.*




A-do-ré-mus * in æ-tér-num Sanc-tís-si-mum Sa-cra-mén-tum.


Let us adore for ever the most Holy Sacrament.

All sing

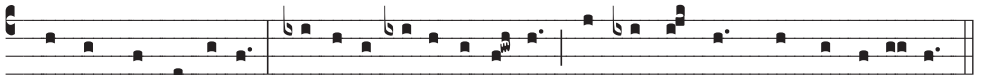
THE ANTIPHON TO THE BLESSED VIRGIN MARY



A -ve, Re-gí-na cæ-ló-rum, * **ave, Dómi-na ange-lórum, salve, ra-dix,**
Hail, Queen of Heaven, beyond compare, to whom the angels homage pay; Hail, Root of



salve, porta, ex qua mundo lux est orta. Gaude, Virgo glo-ri- ó-sa, su-per
Jesse, Gate of Light, that opened for the world's new Day. Rejoice, O Virgin unsurpassed, in whom



omnes spe-ci- ó-sa; va-le, o valde de-có-ra, et pro no-bis Christum exó- ra.
our ransom was begun, for all your loving children pray to Christ, our Saviour, and your Son.

*Liturgical law requires that solo organ music is not played during Lenten services.
The Choir and sacred ministers return to the Sacristy in silence.*

St Mary's Cathedral
St Mary's Road
Sydney NSW 2000
www.stmaryscathedral.org.au



General enquiries
Tel: (02) 9220 0400
Fax: (02) 9223 5208
Email: info@stmaryscathedral.org.au