

# ST MARY'S CATHEDRAL



## Solemn Vespers and Benediction

The Office of Evening Prayer

Thirteenth Sunday  
of the Year

WEEK I

2 July 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

## INTRODUCTION TO THE OFFICE

℣ Deus, in adiutorium meum intende. *O God, come to our aid.*  
℟ Domine, ad adiuvandum me festina. *O Lord, make haste to help us.*  
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 *as it was in the beginning,*  
et nunc et semper *is now, and ever shall be,*  
et in sæcula sæculorum. Amen. Alleluia. *world without end. Amen. Alleluia.*

## OFFICE HYMN

Lucis Creator optime, *Blest Creator of the light,*  
Lucem dierum proferens, *Making day with radiance bright,*  
Primordiis lucis novæ *Thou didst o'er the forming earth*  
Mundi parans originem. *Give the golden light its birth.*

Qui mane iunctum vesperi *Shade of eve with morning ray*  
Diem vocari præcipis; *Took from thee the name of day;*  
Tætrum chaos illabitur; *Darkness now is drawing nigh;*  
Audi preces cum fletibus. *Listen to our humble cry.*

Ne mens gravata crimine, *May we ne'er by guilt depressed*  
Vitæ sit exsul munere, *Lose the way to endless rest;*  
Dum nil perenne cogitat, *Nor with idle thoughts and vain*  
Seseseque culpæ illigat. *Bind our souls to earth again.*

Cælorum pulset intimum, *Rather may we heavenward rise*  
Vitale tollat præmium: *Where eternal treasure lies;*  
Vitemus omne noxium, *Purified by grace within,*  
Purgemus omne pessimum. *Hating every deed of sin.*

Præsta Pater piissime, *Father, what we ask be done*  
Patrique compar Unice, *Through thy well-beloved Son;*  
Cum Spiritu Paraclito, *With the Holy Ghost and thee*  
Regnans per omne sæculum. Amen. *Reigning through eternity. Amen.*

*All sit.*

# PSALMODY

## FIRST ANTIPHON

**V**IRGAM virtutis suæ emittet Dominus ex  
Sion, et regnabit in sæculum sæculi, alleluia.

*The Lord will send his mighty sceptre from Sion,  
and he will rule for ever, alleluia.*

## 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

**F**ACTA est Iudæa sanctificatio  
eius, alleluia.

*Judah became his sanctuary,  
alleluia.*

### PSALM 113A (114)

In exitu Israel de Ægypto,      *When Israel came forth from Egypt,*  
domus Iacob de populo barbaro,      *Jacob's sons from an alien people,*

factus est Iuda sanctuarium eius,      *Judah became the Lord's temple,*  
Israel potestas eius.      *Israel became his kingdom.*

Mare vidit et fugit,      *The sea fled at the sight:*  
Iordanis conversus est retrorsum;      *the Jordan turned back on its course,*

montes saltaverunt ut arietes,      *the mountains leapt like rams*  
et colles sicut agni ovium.      *and the hills like yearling sheep.*

Quid est tibi, mare, quod fugisti?      *Why was it, sea, that you fled,*  
Et tu, Iordanis,      *that you turned back, Jordan,*  
quia conversus es retrorsum?      *on your course?*

Montes, quod saltastis sicut arietes,      *Mountains, that you leapt like rams;*  
et colles, sicut agni ovium?      *hills, like yearling sheep?*

A facie Domini contremisce, terra,      *Tremble, O earth, before the Lord,*  
a facie Dei Iacob,      *in the presence of the God of Jacob,*

qui convertit petram      *who turns the rock*  
in stagna aquarum      *into a pool*  
et silicem in fontes aquarum.      *and flint into a spring of water.*

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.*

### THIRD ANTIPHON

**R**EGNAVIT Dominus Deus noster  
omnipotens, alleluia.

*The Lord is King: our God, the Almighty,  
alleluia.*

### CANTICLE

Apocalypse 19:1-2. 5-7

Alleluia.	<i>Alleluia.</i>
Salus et gloria et virtus Deo nostro:	<i>Salvation and glory and power belong to our God,</i>
Alleluia.	<i>Alleluia.</i>
quia vera et iusta iudicia eius.	<i>his judgements are true and just.</i>
Alleluia, alleluia.	<i>Alleluia, alleluia.</i>
Alleluia.	<i>Alleluia.</i>
Laudem dicite Deo nostro, omnes servi eius:	<i>Praise our God, all you his servants,</i>
Alleluia.	<i>Alleluia.</i>
et qui timetis eum, pusilli et magni!	<i>you who fear him, small and great.</i>
Alleluia, alleluia.	<i>Alleluia, alleluia.</i>
Alleluia.	<i>Alleluia.</i>
Quoniam regnavit Dominus,	<i>The Lord our God,</i>
Deus noster omnipotens:	<i>the Almighty, reigns,</i>
Alleluia.	<i>Alleluia.</i>
Gaudeamus et exultemus et demus gloriam ei.	<i>let us rejoice and exult and give him the glory.</i>
Alleluia, alleluia.	<i>Alleluia, alleluia.</i>
Alleluia.	<i>Alleluia.</i>
Quia venerunt nuptiæ Agni:	<i>The marriage of the Lamb has come,</i>
Alleluia.	<i>Alleluia.</i>
et uxor eius præparavit se.	<i>and his bride has made herself ready.</i>
Alleluia, alleluia.	<i>Alleluia, alleluia.</i>
Alleluia.	<i>Alleluia.</i>
Gloria Patri et Filio:	<i>Glory be to the Father and to the Son</i>
Alleluia.	<i>Alleluia.</i>
et Spiritui Sancto.	<i>and to the Holy Spirit,</i>
Alleluia, alleluia.	<i>Alleluia, alleluia.</i>
Alleluia.	<i>Alleluia.</i>
Sicut erat in principio et nunc et semper	<i>as it was in the beginning, is now, and ever shall be,</i>
Alleluia.	<i>Alleluia.</i>
et in sæcula sæculorum. Amen.	<i>world without end. Amen.</i>
Alleluia, alleluia.	<i>Alleluia, alleluia.</i>

*The Antiphon is repeated.*

**L**ET us give thanks to the God and Father of our Lord Jesus Christ, the merciful Father, the God from whom all help comes. He helps us in all our troubles, so that we are able to help those who have all kinds of troubles, using the same help that we have received from God.

### SHORT RESPONSORY

Benedictus es, Domine, *Blessed are you, O Lord,*  
in firmamento cæli. *in the vault of heaven.*

℣ Et laudabilis et gloriosus *You are exalted and glorified above all else*  
in sæcula. ℟ *for ever.*

℣ 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

**Q**UI perdidit animam suam propter me, inveniet eam in æternum.

*Anyone who loses his life for my sake will find it for ever.*



## MAGNIFICAT

Primi toni

Michele Varotto (1550-1599)

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

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

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

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

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

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

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

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

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

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

*The Antiphon is repeated.*

## INTERCESSIONS

Christ is the Head of his body, the Church, and we are members of that body; gathered this evening to pray in his name, we say:

℟. **Your kingdom come!**

May your Church be a light to the nations, the sign and source of your power to unite all men: may she lead mankind to the mystery of your love. ℟.

Guide the Pope, and all the bishops of your Church: grant them the gifts of unity, of love, and of peace. ℟.

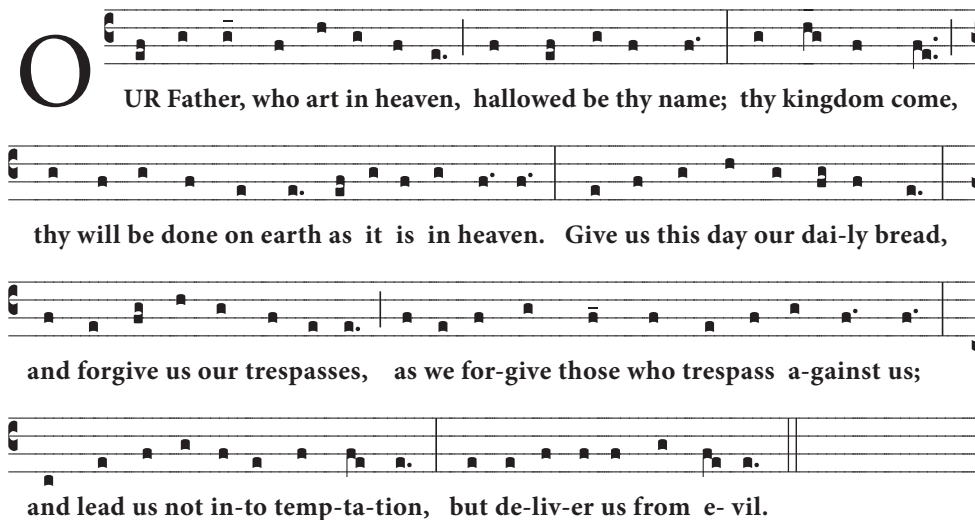
Lord, give peace to our troubled world and give to your children security of mind, and freedom from anxiety. ℟.

Help us to bring your compassion to the poor, the sick, the lonely, the unloved; lead us to find you in the coming week. ℟.

Awaken the dead to a glorious resurrection: may we be united with them at the end of time. ℟.

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

**L**ORD our God, may the blessed apostles Peter and Paul support us by their prayers. Through them you first taught your Church the Christian faith. Provide us now, by their intercession, with help for our eternal salvation. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

℟: **Amen.**

*The Choir sings*

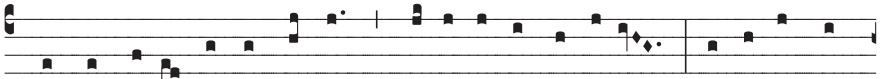
## THE MOTET

**L**AUDIBUS in sanctis Dominum celebrate supremum: firmamenta sonent inclyta facta Dei; inclyta facta Dei cantate, sacraque potentis voce potestatem sæpe sonate manus. Magnificum Domini cantet tuba martia nomen: pieria Domino concelebrate lyra. Laude Dei resonent resonantia tympana summi: Alta sacri resonent organa laude Dei. Hunc arguta canant tenui psalteria corda, hunc agili laudet læta chorea pede. Concava divinas effundant cymbala laudes, cymbala dulcesona laude repleta Dei. Omne quod æthereis in mundo vescitur auris. Alleluia canat, tempus in omne Deo.

*Praise the Lord most high with praises in his sanctuary: let the firmament resound the celebrated works of God. Sing the celebrated works of God, and in a voice of holy might sound forth often the power of his hand. Let the martial trumpet sing the Lord's splendid name: together praise the Lord with the Pierian lyre. Let resounding drums sound to the praise of God most high: let high organs sound to the praise of God most holy to whom skilful psalteries sing with subtle string, to whom let joyful dance give praise with nimble foot. Hollow cymbals pour out divine praises, sweet-sounding cymbals full of the praise of God. All on earth that is fed by the air of heaven sings halleluia in eternity to God.*

*William Byrd (c.1540–1623)*


All sing



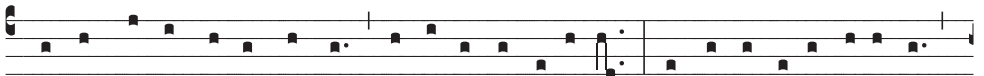
**T** ANTUM er-go Sa-craméntum \* Vene-rémur cérnu-i : et an-tí-quum  
*Therefore we, before him bending, this great Sacrament revere; types and shadows*




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.

**D**EUS, 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.*

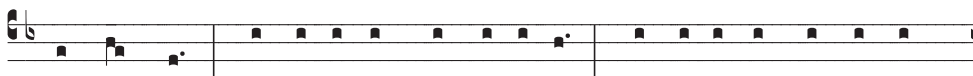
⌘ **Amen.**

BENEDICTION *is given.*

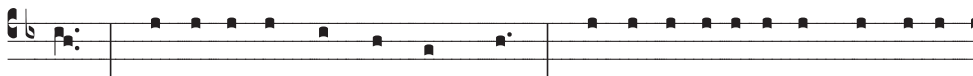
### THE DIVINE PRAISES



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



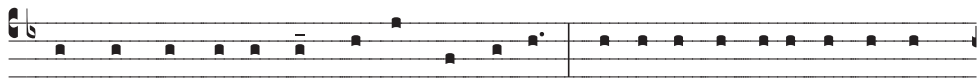
and true Man. Blessèd be the Name of Je-sus. Blessèd be his Most Sacred



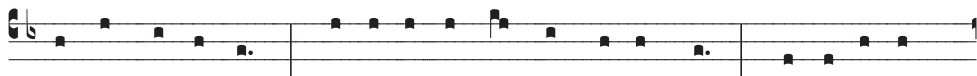
Heart. Blessèd be his Most Precious Blood. Blessèd be Jesus in the Most Holy



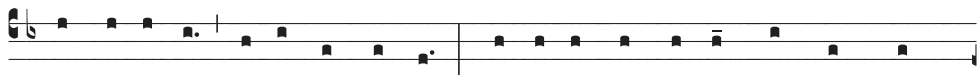
Sacrament of the Al-tar. Blessèd be the Holy Spi-rit, the Pa-raclete. Blessèd be



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

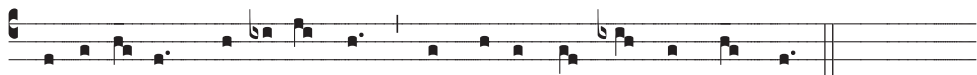


name of Ma-ry, Virgin and Mother. Blessèd be Saint Joseph, her most chaste



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

**S** Al-ve, Re-gí-na, \* **ma-ter mi-se-ri-cór-di-ae** : **Vi-ta, dul-cé-do, et spes**  
*Hail, holy Queen, Mother of Mercy, our life, our sweetness and*

**nostra, sal-ve. Ad te clamámus, éx-su-les, fí-li-i Hevae. Ad te su-spi-rámus,**  
*our hope, hail. To thee do we cry, poor banished children of Eve; to thee do we send up*

**ge-méntes et flén-tes in hac la-crimárum val-le. E-ia er-go, Ad-vo-cá-ta**  
*our sighs, mourning and weeping in this valley of tears. Turn then, most gracious*

**nos-tra, il-los tu-os mi-se-ri-cór-des ó-cu-los ad nos con-vér-te. Et Ie-sum,**  
*advocate, thine eyes of mercy toward us; And show*

**be-ne-díctum fructum ventris tu-i, no-bis post hoc ex-sí-li-um os-tén-de.**  
*unto us the blessed fruit of thy womb, Jesus, after this our exile.*

**O cle-mens : O pi-a : O dul-cis Vir-go Ma-rí-a.**  
*O clement, O loving, O sweet Virgin Mary.*

ORGAN VOLUNTARY

Toccata: Nu la oss takke Gud

Egil Hovland (b. 1924)

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