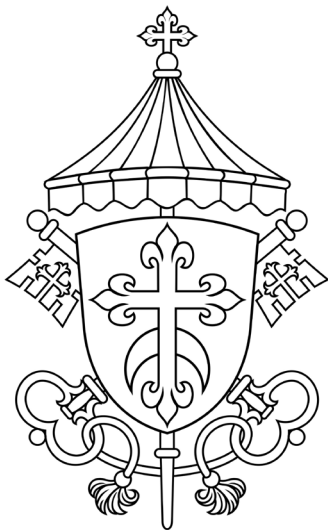


ST MARY'S CATHEDRAL



Solemn Vespers and Benediction

The Office of Evening Prayer

Third Sunday
of Lent

3 March 2024
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, infirma 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

DOMINE, rex omnipotens, libera nos propter
nomen tuum et da nobis locum pænitentiae.

*Lord, almighty King, deliver us for the sake of your
name. Give us the grace to return to you.*

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 tuae 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 tuae, *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

SALUS nostra in manu tua est, Domine: respiciat
super nos misericordia tua, ut securi serviamus tibi.

*Our salvation is in your hands, O Lord: let your mercy
be on us and we shall serve you in safety.*

PSALM 110 (111)

Confitebor Domino in toto corde meo,
in consilio iustorum et congregatione.

*I will thank the Lord with all my heart
in the meeting of the just and their assembly.*

Magna opera Domini,
exquirenda omnibus qui cupiunt ea.

*Great are the works of the Lord;
to be pondered by all who love them.*

Decor et magnificentia opus eius,
et iustitia eius manet in sæculum sæculi.

*Majestic and glorious his work,
his justice stands firm for ever.*

Memoriam fecit mirabilium suorum,
miserans et miserator Dominus.

*He makes us remember his wonders.
The Lord is compassion and love.*

Escam dedit timentibus se;
memor erit in sæculum testamenti sui.

*He gives food to those who fear him;
keeps his covenant ever in mind.*

Virtutem operum suorum annuntiavit populo suo,
ut det illis hereditatem gentium;
opera manuum eius veritas et iudicium.

*He has shown his might to his people
by giving them the lands of the nations.
His works are justice and truth.*

Fidelia omnia mandata eius,
confirmata in sæculum sæculi,
facta in veritate et æquitate.

*His precepts are all of them sure,
standing firm for ever and ever:
they are made in uprightness and truth.*

Redemptionem misit populo suo,
mandavit in æternum testamentum suum.

*He has sent deliverance to his people
and established his covenant for ever.*

Sanctum et terribile nomen eius.
Initium sapientiæ timor Domini,

*Holy his name, to be feared.
To fear the Lord is the first stage of wisdom;*

intellectus bonus omnibus facientibus ea;
laudatio eius manet in sæculum sæculi.

*all who do so prove themselves wise.
His praise shall last 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.*

THIRD ANTIPHON

VERE languores nostros ipse tulit, et
dolores nostros ipse portavit.

*Ours were the sufferings he bore, ours the
sorrows he carried.*

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

Ego dixi: Domine, *I said: 'Lord,*
Miserere mei. *have mercy on me.'*

℣ Sana animam meam, *'Heal my soul,*
quia peccavi tibi. ℞ *for I have sinned against 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

SCRIPtum est enim quia domus mea domus orationis est cunctis gentibus; vos autem fecistis illam speluncam latronum. Et erat cotidie docens in templo.

According to scripture, my house will be a house of prayer. But you have turned it into a robbers' den. He taught in the Temple every day.

MAGNIFICAT

Octavi toni

Francesco Suriano (1548–1621)

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

God the Father has chosen for himself a people, who are born again, not from any mortal seed but from his everlasting Word. Let us praise his name and turn to him in prayer.

℟. **Lord, have mercy on your people.**

Merciful God, hear our prayers for all your people; may they hunger more for your word than for any human food. ℟.

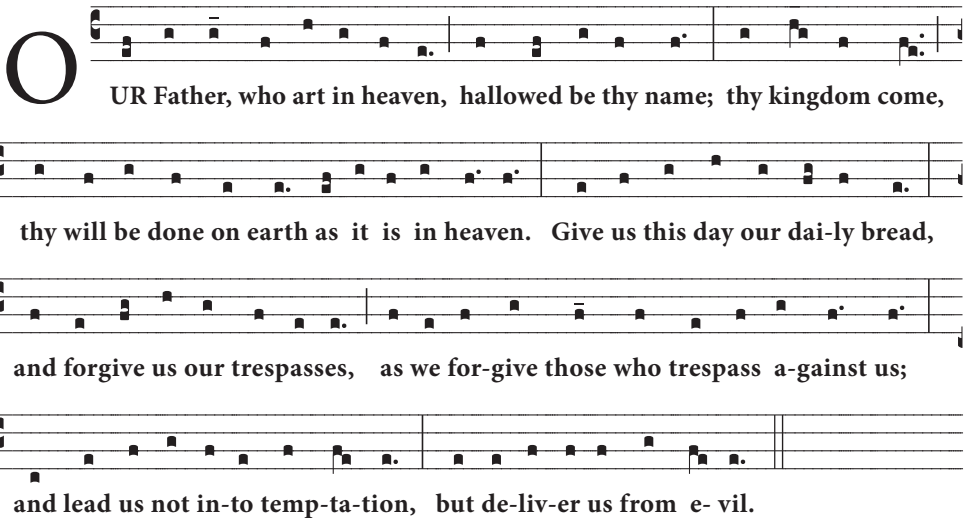
Teach us to love sincerely the people of our nation and of every race on earth; may we work for their peace and welfare. ℟.

Strengthen those who will be reborn in baptism; make them living stones in the temple of your Spirit. ℟.

May the dying go forward in hope to meet Christ, their judge; may they see your face and be happy for ever. ℟.

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,
in your infinite love and goodness
you have shown us that prayer, fasting, and almsgiving
are remedies for sin.
Accept the humble admission of our guilt,
and when our conscience weighs us down
let your unfailing mercy raise us up.
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

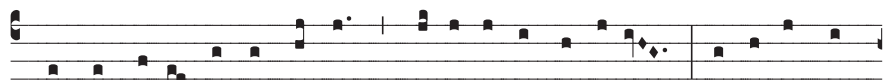
ABSTERGE, Domine, delicta mea quæ inscipienter iuvenis feci, et ignosce
pænitenti: nam tu es Deus meus, tibi soli fedit anima mea: tu es salus mea:
dolorem meum testantur lacrimæ meæ: sis memor, Domine, bonæ voluntatis tuæ:
nunc exaudi preces meas, et serviet per ævum tibi spiritus meus. Amen.

*Wipe away, Lord, my sins which I committed through ignorance as a youth, and
forgive me for I am penitent: because you are my God, I trust in you alone. You are my
salvation. My tears witness to my sorrow. Remember, Lord, your loving-kindness. Now
hear my prayers, and my spirit will serve you for ever. Amen.*

Thomas Tallis (1505–1585)

All sing

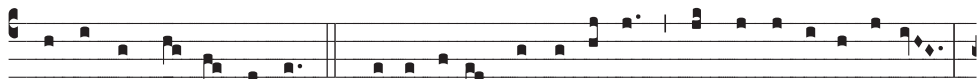
T



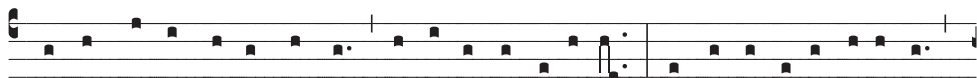
ANTUM er-go Sa-craméntum * Vene-rémur cérnu-i: et an-tí-quum
Therefore we, before him bending, this great Sacrament revere; types and shadows



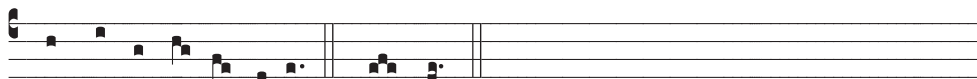
do-cuméntum No-vo ce-dat rí-tu-i: prætet fi-des suppleméntum
have their ending, for the newer rite is here; faith our outward sense befriending,



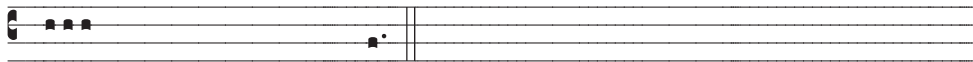
sénsu-um de-féc-tu-i. Ge-ni-tó-ri, Ge-ni-tó-que laus et iu-bi-la-ti-o,
makes our inward vision clear. Glory let us give and blessing to the Father and the Son,



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.

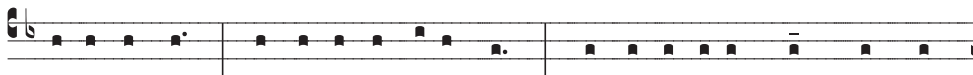
DEUS, qui nobis sub sacramento
 mirabili passionis tuæ memoriam
 reliquisti: tribue quæsumus, ita nos corporis
 et sanguinis tui sacra mysteria venerari; ut
 redemptionis tuæ fructum in nobis iugiter
 sentiamus. Qui vivis et regnas in sæcula
 sæculorum.

*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.*

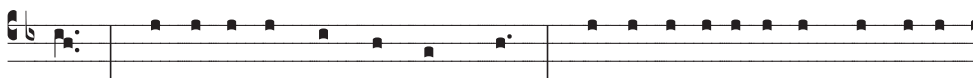
THE DIVINE PRAISES



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



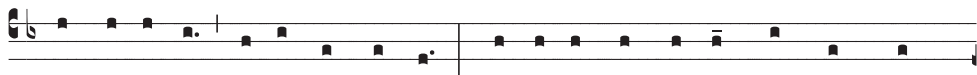
Sacrament of the Al-tar. Blessèd be the Holy Spi-rit, the Pa-raclete. Blessèd be



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

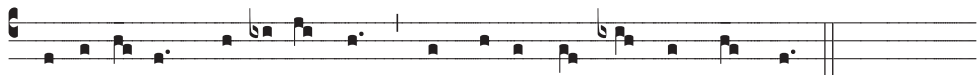


name of Ma-ry, Virgin and Mother. Blessèd be Saint Joseph, her most chaste



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