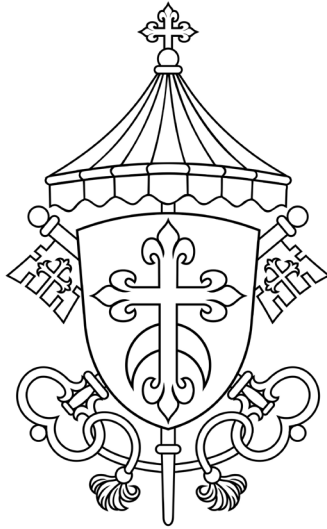


# ST MARY'S CATHEDRAL



## Solemn Vespers and Benediction

The Office of Evening Prayer

Fourth Sunday  
of Lent

10 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>
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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>
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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>
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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>
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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>
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*All sit.*

# PSALMODY

## FIRST ANTIPHON

**D**E torrente in via bibet, propterea  
exaltabit caput.

*He shall drink from the stream by the wayside  
and therefore he shall lift up his head.*

## 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

**I**UCUNDUS homo, qui miseretur in  
Domino: non commovebitur in æternum.

*Happy is the man to whom the Lord takes  
mercy: he will never waver.*

### PSALM 111 (112)

Beatus vir, qui timet Dominum: *Happy the man who fears the Lord,*  
in mandatis eius cupit nimis. *who takes delight in all his commands.*

Potens in terra erit semen eius: *His sons will be powerful on earth;*  
generatio rectorum benedicetur. *the children of the upright are blessed.*

Gloria et divitiæ in domo eius: *Riches and wealth are in his house;*  
et iustitia eius manet in sæculum sæculi. *his justice stands firm for ever.*

Exortum est in tenebris lumen rectis: *He is a light in the darkness for the upright:*  
misericors et miserator et iustus. *he is generous, merciful and just.*

Iucundus homo, qui miseretur et commodat, *The good man takes pity and lends,*  
disponet res suas in iudicio: *he conducts his affairs with honour.*  
quia in æternum non commovebitur. *The just man will never waver:*

In memoria æterna erit iustus: *he will be remembered for ever.*  
auditione mala non timebit. *He has no fear of evil news;*

Paretem cor eius, sperans in Domino, *with a firm heart he trusts in the Lord.*  
confirmatum est cor eius, non timebit: *With a steadfast heart he will not fear;*  
donec despiciat inimicos suos. *he will see the downfall of his foes.*

Distribuit, dedit pauperibus; *Open-handed, he gives to the poor;*  
iustitia eius manet in sæculum sæculi: *his justice stands firm for ever.*  
cornu eius exaltabitur in gloria. *His head will be raised in glory.*

Peccator videbit et irascetur, *The wicked man sees and is angry,*  
dentibus suis fremet et tabescet: *grinds his teeth and fades away;*  
Desiderium peccatorum peribit. *the desire of the wicked leads to doom.*

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

**C**HRI<sup>S</sup>TUS passus est pro vobis, vobis relinquens  
exemplum, ut sequamini vestigia eius.

*Christ suffered for you, leaving you an example, that  
you should follow in his steps.*

### CANTICLE

1 Peter 2:21-24

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.*

**A**LL 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

**N**ON enim misit Deus Filium suum in mundum ut iudicet mundum, sed ut salvetur mundus per ipsum.

*God sent his Son into the world not to condemn the world, but so that through him the world might be saved.*



## MAGNIFICAT

Primi toni

Francesco Surianus (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

We give thanks to Christ, our head and our master. Let us pray to him with trust and humility, for he served all people 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 people 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 women and 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

**L**ORD God, in your surpassing wisdom  
You reconcile man to yourself through your Word.  
Grant that your Christian people  
may come with eager faith and ready will  
to celebrate the Easter festival.  
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*

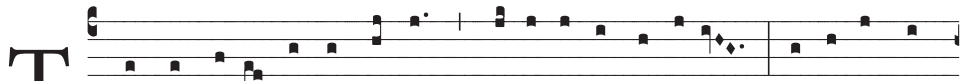
## THE MOTET

**A**SPICE, Domine de sede sancta tua, et cogita de nobis; Inclina, Deus meus,  
Aurem tuam et audi; Aperi oculos tuos et vide tribulationem nostram. Respice  
Domine, de sanctuario tuo et de excelsis caelorum habitaculis.

*Look down, O Lord, from thy holy seat, and think on us: Incline thine ear, O my God,  
and hear. Open thine eyes and behold our tribulation. Look down, O Lord, from thy  
sanctuary and thy high heavenly dwellings.*

*William Byrd (c.1540–1623)*


All sing



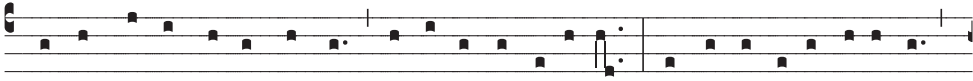
**T** ANTUM er-go Sa-craméntum \* Vene-rémur cérnú-i : et an-tí-quum  
*Therefore we, before him bending, this great Sacrament revere; types and shadows*



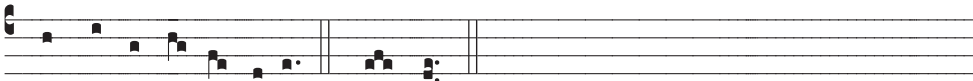
do-cuméntum No-vo ce-dat rí-tu-i : præstet fi-des suppleméntum  
*have their ending, for the newer rite is here; faith our outward sense befriending,*



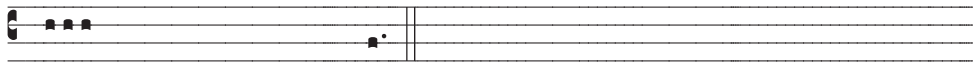
sénsu-um de-féc-tu-i. Ge-ni-tó-ri, Ge-ni-tó-que laus et iu-bi-la-ti-o,  
*makes our inward vision clear. Glory let us give and blessing to the Father and the Son,*



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.*

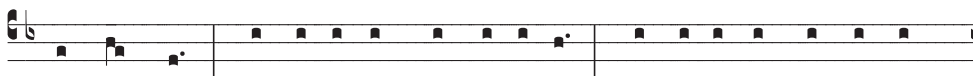
℞ **Amen.**

BENEDICTION *is given.*

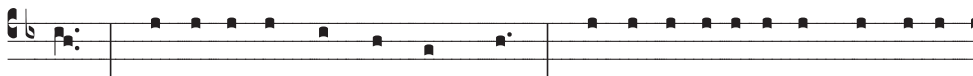
### THE DIVINE PRAISES



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.**

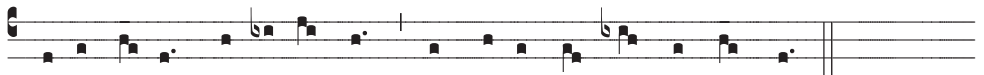
*Let us adore for ever the most Holy Sacrament.*

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.*



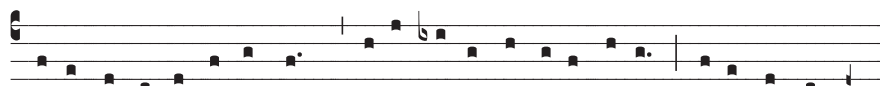
**A-do-ré-mus \* in æ-tér-num Sanc-tís-si-mum Sa-cra-mén-tum.**

*Let us adore for ever the most Holy Sacrament.*

All sing

## THE ANTIPHON TO THE BLESSED VIRGIN MARY

**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.*

### ORGAN VOLUNTARY

Toccatà (Op. 57ii)

*Sir Charles Villiers Stanford (1852–1924)*

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