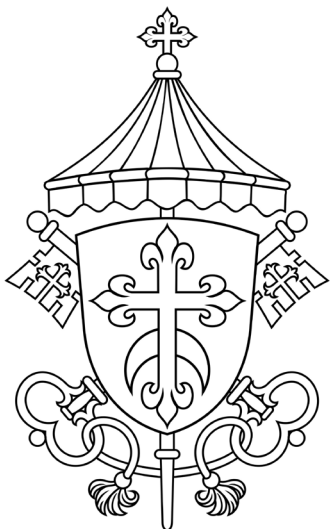


ST MARY'S CATHEDRAL



Solemn Vespers and Benediction

The Office of Evening Prayer

THE EXALTATION OF
THE HOLY CROSS

14 September 2025
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	<i>Glory be to the Father and to the Son</i>
et Spiritui Sancto.	<i>and to the Holy Spirit,</i>
Sicut erat in principio	<i>as it was in the beginning,</i>
et nunc et semper	<i>is now, and ever shall be,</i>
et in sæcula sæculorum. Amen.	<i>world without end. Amen.</i>

OFFICE HYMN

Vexilla regis prodeunt, fulget crucis mysterium, quo carne carnis conditor suspensus est patibulo;	<i>The banners of the King go forth, the gleaming mystery of the Cross, by which the Maker of all flesh was yoked in flesh upon the wood;</i>
Quo, vulneratus insuper mucrone diro lanceæ, ut nos lavaret crimine, manavit unda et sanguine.	<i>Where, wounded as he hung on high by dreaded blade of sharpened spear, there flowed forth water mixed with blood, to wash us clean from every sin.</i>
Arbor decora et sanguine ornata regis purpura, electa digno stipite tam sancta membra tangere!	<i>O noble tree with blood adorned, the splendid purple of the King, selected from a worthy stock to touch and bear such holy limbs.</i>
Beata, cuius brachiis sæcli pendit pretium; statera facta est corporis prædam tulitque tartari.	<i>O blessed! From your branches hung the price and ransom of the world; like scales it weighed the body's worth and bore away the spoils of hell.</i>
Salve, ara, salve, victima, de passionis gloria, qua vita mortem pertulit et morte vitam reddidit!	<i>Hail altar, victim, sacrifice, for glory gained through grief and death, by which our life endured to die and by his death restored our life.</i>
O crux, ave, spes unica! hoc passionis tempore piis adauge gratiam reisque dele crimina.	<i>All hail! O Cross, our one true hope! in this most holy Passiontide, increase the grace of loving hearts and rid the guilty of their sin.</i>
Te, fons salutis, Trinitas, collaudet omnis spiritus; quos per crucis mysterium salvas, fove per sæcula. Amen.	<i>O Triune God, let all sing praise to you, the font of saving grace; sustain for ever those you save by mystery of the Holy Cross. Amen.</i>

PSALMODY

FIRST ANTIPHON

O MAGNUM pietatis opus! Mors mortua tunc
est, quando hoc in ligno mortua vita fuit.

*This was Love's great deed, that death should die
when Life itself was slain upon the tree.*

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

TUAM crucem adoramus, Domine, tuam gloriosam recolimus
passionem; miserere nostri, qui passus es pro nobis.

*Lord, we venerate your cross as we recall your blessed passion. You
suffered for our sake, have mercy on us.*

PSALM 115 (116B)

Credidi, etiam cum locutus sum: *I trusted even when I said:*
«Ego humiliatus sum nimis». *‘I am sorely afflicted,’*

Ego dixi in trepidatione mea: *and when I said in my alarm:*
«Omnis homo mendax». *‘No man can be trusted.’*

Quid retribuam Domino *How can I repay the Lord*
pro omnibus, quæ retribuit mihi? *for his goodness to me?*

Calicem salutaris accipiam *The cup of salvation I will raise;*
et nomen Domini invocabo. *I will call on the Lord’s name.*

Vota mea Domino reddam *My vows to the Lord I will fulfil*
coram omni populo eius. *before all his people.*

Pretiosa in conspectu Domini *O precious in the eyes of the Lord*
mors sanctorum eius. *is the death of his faithful.*

O Domine, ego servus tuus, *Your servant, Lord, am I;*
ego servus tuus et filius ancillæ tuæ. *your servant and the son of your handmaid.*

Dirupisti vincula mea: *You have loosened my bonds.*

tibi sacrificabo hostiam laudis *A thanksgiving sacrifice I make:*
et nomen Domini invocabo. *I will call on the Lord’s name.*

Vota mea Domino reddam *My vows to the Lord I will fulfil*
coram omni populo eius, *before all his people,*

in atriis domus Domini, *in the courts of the house of the Lord,*
in medio tui, Ierusalem. *in your midst, O Jerusalem.*

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

ADORAMUS te, Christe, et benedicimus tibi,
quia per crucem tuam redemisti mundum.

*We worship you, Christ, and bless you. By your
cross you have redeemed the world.*

CANTICLE

Apocalypse 4,5

Dignus es, Domine et Deus noster, *Worthy are you, our Lord and God,*
accipere gloriam et honorem et virtutem, *to receive glory and honour and power,*

quia tu creasti omnia, *for you created all things,*
et propter voluntatem tuam erant et creata sunt. *and by your will they existed and were created.*

Dignus es, Domine, accipere librum *Worthy are you, O Lord,*
et aperire signacula eius, *to take the scroll and open its seals,*

quoniam occisus es *for you were slain,*
et redemisti Deo in sanguine tuo *and by your blood you ransomed men for God*
ex omni tribu et lingua et populo et natione *from every tribe and tongue and people and nation.*

et fecisti eos Deo nostro regnum *You have made us a kingdom*
et sacerdotes, *and priests to our God,*
et regnabunt super terram. *and we shall reign on earth.*

Dignus est Agnus, qui occisus est, *Worthy is the Lamb who was slain*
accipere virtutem et divitias et sapientiam *to receive power and wealth and wisdom*
et fortitudinem et honorem *and might and honour*
et gloriam et benedictionem. *and glory and blessing.*

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.

WE proclaim Christ—yes, Christ nailed to the cross: and though it is a stumbling-block to Jews and folly to Greeks, yet to those who have heard his call, Jews and Greeks alike, he is the power of God and the wisdom of God.

SHORT RESPONSORY

O crux gloriosa, *On the cross of glory*
in te triumphavit Rex angelorum. *the King of angels held his triumph.*

℣. Et cruore suo vulnera nostra lavit. ℞. *He washed our wounds clean with his blood.*

℣. 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

SUPER omnia ligna cedrorum tu sola excelsior, in qua vita mundi pependit, in qua Christus triumphavit, et mors mortem superavit, alleluia.

You alone exceed in height all the wood of the cedar: upon which the salvation of the world did hang: on which Christ did triumph, and death overcame death, alleluia.

MAGNIFICAT

Primi toni

G Le Heurteur (circa 16th C)

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

Let us pray to our Redeemer, who went to the cross for our sakes.

R. Lead us into your kingdom through the cross.

Lord Jesus, you took the form of a slave and became like us: grant us a share in your humility. **R.**

Lord Jesus, you humbled yourself becoming obedient even unto the death of the cross: let us share your obedience in suffering. **R.**

Lord Jesus, you were raised on high by God, and given a name above every other name: grant us perseverance, and a share in your glory. **R.**

Let every knee bow at the name of Jesus: fire the hearts of all men with your love. **R.**

Son of God, grant salvation to those who have called you their Lord: take our deceased brothers and sisters into your kingdom. **R.**

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

LOOK upon us, Lord, creator and ruler of the whole world: give us grace to serve you with all our heart that we may come to know the power of your forgiveness and love. 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

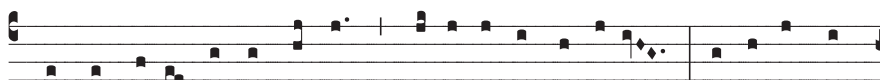
SALVATOR mundi, salva nos: qui per crucem et sanguinem redemisti nos; auxiliare nobis, te deprecamur, Deus noster.

Saviour of the world, save us: by your Cross and Blood you have redeemed us; help us, we pray you, our God.

Thomas Tallis (1505–1585)

All sing

T



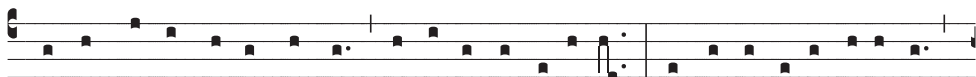
ANTUM er-go Sa-craméntum * Vene-rémur cérnú-i : et an-tí-quum
Therefore we, before him bending, this great Sacrament revere; types and shadows



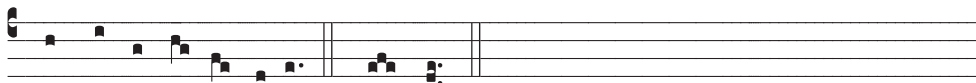
do-cuméntum No-vo ce-dat rí-tu-i : præstet fi-des suppleméntum
have their ending, for the newer rite is here; faith our outward sense befriending,



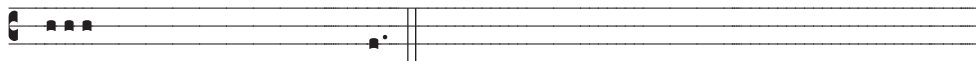
sénsu-um de-féc-tu-i. Ge-ni-tó-ri, Ge-ni-tó-que laus et iu-bi-la-ti-o,
makes our inward vision clear. Glory let us give and blessing to the Father and the Son,



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.

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
mysterries of your Body and Blood, that
we may perceive within ourselves the fruit
of thy redemption; who lives and reigns
for ever and ever.*

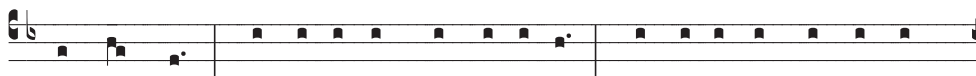
℞ Amen.

BENEDICTION *is given.*

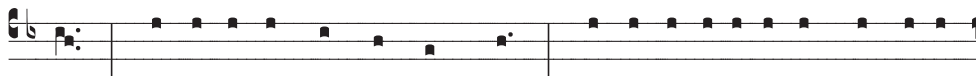
THE DIVINE PRAISES



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



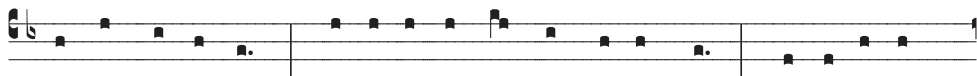
Heart. Blessèd be his Most Precious Blood. Blessèd be Jesus in the Most Holy



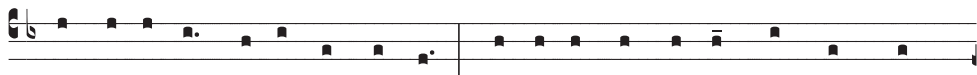
Sacrament of the Al-tar. Blessèd be the Holy Spi-rit, the Pa-raclete. Blessèd be



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

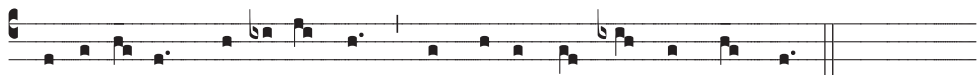


name of Ma-ry, Virgin and Mother. Blessèd be Saint Joseph, her most chaste



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

As the Blessed Sacrament is reposed, all sing



A-do-rémus * 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:
laudate eum omnes populi.

*O praise the Lord, all you nations,
acclaim his all you peoples!*

Quoniam confirmata est super nos
misericordia eius:
et veritas Domini manet in æternum.

*Strong is his
love for us;
he is faithful 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.*



A-do-rémus * 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 le-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

Jésus accepte la Souffrance (La Nativité)

Olivier Messiaen (1908–1992)



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celebrating discoveries and anniversaries

*"This is a splendid release...There is a lot of
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(American Record Guide)

*"Simon Nieminski plays this hugely difficult
score brilliantly."*

(Choir and Organ)



Simon Nieminski

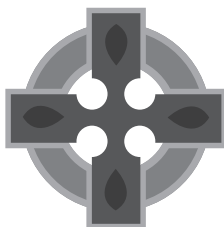
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