

# ST MARY'S CATHEDRAL



## First Vespers

The Office of Evening Prayer

Fourth Sunday  
of the Year

WEEK IV

31 January 2026  
5.30pm

## 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.

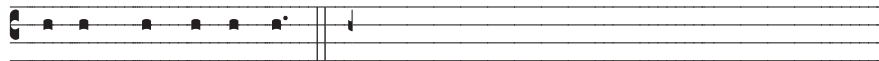
**TO MAINTAIN A SPIRIT OF REVERENCE AND SOLEMNITY,  
PLEASE TURN OFF AND REFRAIN FROM USING ALL MOBILE TELEPHONES  
AND OTHER ELECTRONIC DEVICES.**

# ORDER OF VESPERS

*At the sound of the Sacristy bell all stand.*

## INTRODUCTION TO THE OFFICE

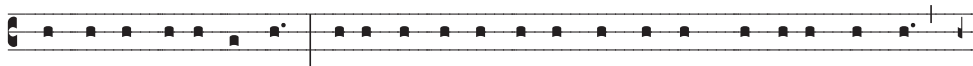
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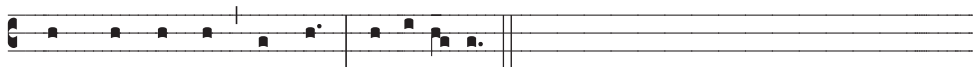
God, come to our aid.



Ⲛ O Lord, make haste to help us. Glory be to the Father and to the Son



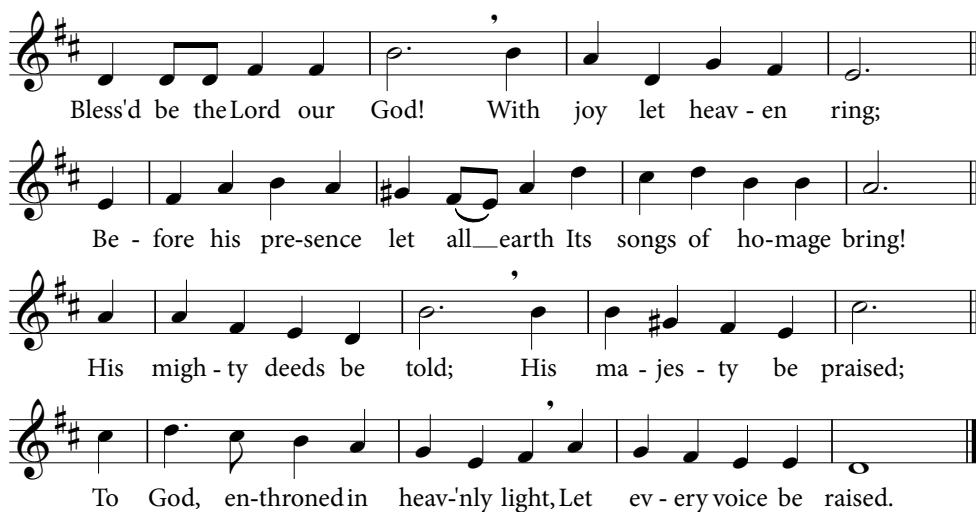
and to the Holy Spi-rit, as it was in the beginning, is now, and ever shall be,



world without end. A-men. Al-le-lu-ia.

*All sing*

## THE HYMN



Bless'd be the Lord our God! With joy let heav-en ring;  
Be - fore his pre-sence let all earth Its songs of ho-mage bring!  
His migh - ty deeds be told; His ma - jes - ty be praised;  
To God, en-throned in heav'nly light, Let ev - ery voice be raised.

**All that has life and breath,  
Give thanks with heartfelt songs!  
To him let all creation sing  
To whom all praise belongs!  
Acclaim the Father's love,  
Who gave us God his Son;  
Praise too the Spirit, giv'n by both,  
With both for ever one!**



A - men.

*Diademata*  
*George Elvey (1818–1893)*

*All sit.*

# PSALMODY

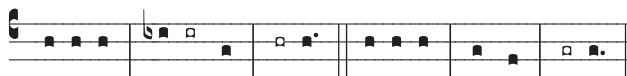
*All sing the FIRST ANTIPHON*

*Mode I*



Pray for the peace of Je-ru-sa-lem.

## PSALM 121 (122)



- Cantor* 1 I rejoiced when I | heard them | say: \*  
Let us go | to God's | house.
- All* 2 **And now our | feet are | standing \*  
within your gates, | O Je- | rusalem.**
- 3 Jerusalem is | built as a | city \*  
strong- | ly com- | pact.
- 4 **It is there that the | tribes go | up, \*  
the tribes | of the | Lord.**
- 5 For Israel's | law it | is, \*  
there to praise | the Lord's | name.
- 6 **There were set the | thrones of | judgment \*  
of the | house of | David.**
- 7 For the peace of Je- | rusalem | pray: \*  
Peace be | to your | homes!
- 8 **May peace | reign in your | walls, \*  
in your pa- | laces, | peace!**
- 9 For love of my | brethren and | friends \*  
I say: | Peace up- | on you.
- 10 **For love of the | house of the | Lord \*  
I will ask | for your | good.**
- 11 Glory be to the Father and | to the | Son \*  
and to the | Holy | Spirit,
- 12 **As it was in the beginning, is now, and | ever | shall be, \*  
world without | end. A- | men.**

*All repeat the Antiphon.*



From the morning watch ev-en un-til night my soul is long-ing for the Lord.

# PSALM 129 (130)



- Cantor* 1 Out of the depths I cry to | you, O | Lord, \*  
Lord, | hear my | voice!
- All* 2 **O let your | ears be at- | tentive \*  
to the voice | of my | pleading.**
- 3 If you, O Lord, should | mark our | guilt, \*  
Lord, who | would sur- | vive?
- 4 **But with you is | found for- | givenness: \*  
for this | we re- | vere you.**
- 5 My soul is waiting | for the | Lord. \*  
I count | on his | word.
- 6 **My soul is longing | for the | Lord \*  
more than watch- | man for | daybreak.**
- 7 Let the watchman | count on | daybreak \*  
and Israel | on the | Lord.
- 8 **Because with the | Lord there is | mercy \*  
and fullness | of re- | demption,**
- 9 Israel indeed he | will re- | deem \*  
from all | its in- | iquity.
- 10 **Glory be to the Father and | to the | Son \*  
and to the | Holy | Spirit,**
- 11 As it was in the beginning, is now, and | ever | shall be, \*  
world without | end. A- | men.

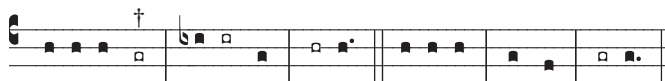
*All repeat the Antiphon.*



Let every creature, in heav'n and on earth, bend the knee at the name of Jesus.

## CANTICLE

Philippians 2:6-11



- Cantor* 1      Though he was in the | form of | God, \*  
                         Jesus did not count equality with God a thing | to be | grasped.
- All* 2      **He emptied him-self †**  
                 **taking the | form of a | servant, \***  
                 **being born in the like- | ness of | men.**
- 3      And being found in human form, †  
         he humbled himself and became obedient | unto | death, \*  
         even death | on a | cross.
- 4      **Therefore God has | highly ex- | alted him \***  
         **and bestowed on him the name which is above | every | name.**
- 5      That at the name of Jesus every | knee should | bow, \*  
         in heaven and on earth and un- | der the | earth,
- 6      **And every tongue confess that Jesus | Christ is | Lord, \***  
         **to the glory of | God the | Father.**
- 7      Glory be to the Father and | to the | Son \*  
         and to the | Holy | Spirit,
- 8      **As it was in the beginning, is now, and | ever | shall be, \***  
         **world without | end. A- | men.**

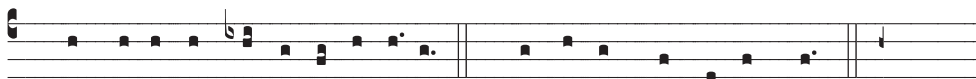
*All repeat the Antiphon.*

**S**O we are even more confident of the message proclaimed by the prophets. You will do well to pay attention to it, because it is like a lamp shining in a dark place, until the Day dawns and the light of the morning star shines in your hearts. Above all else, however, remember this: no one can explain, by himself, a prophecy in the Scriptures. For no prophetic message ever came from the will of man, but men were carried along by the Holy Spirit as they spoke the message that came from God.

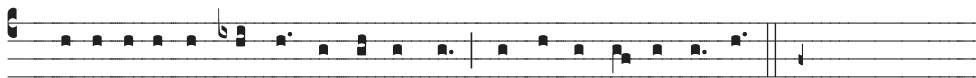
### THE SHORT RESPONSORY



From the rising of the sun to its setting, great is the name of the Lord.



Ⲯ High above the heavens is his glory. Ⲙ **Great is the name of the Lord.**



Ⲯ Glory be to the Father and to the Son and to the Ho-ly Spi-rit.

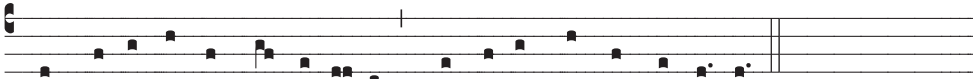


Ⲙ **From the rising of the sun to its setting, great is the name of the Lord.**

*All stand.*

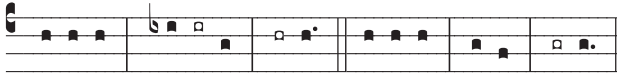


MODE I



How happy are the poor in spirit; theirs is the kingdom of heaven.

MAGNIFICAT



- Cantor* 1 My soul proclaims the greatness | of the | Lord, \*  
my spirit rejoices in | God my | Saviour;
- All* 2 **for he has looked with favour on his | lowly | servant, \***  
**and from this day all generations will | call me | blessèd.**
- 3 The Almighty has done | great things for | me, \*  
holy | is his | Name.
- 4 **He has mercy on | those who | fear him \***  
**in every | gene- | ration.**
- 5 He has shown the | strength of his | arm, \*  
he has scattered the proud in | their con- | ceit.
- 6 **He has cast down the mighty | from their | thrones, \***  
**and has lifted | up the | lowly.**
- 7 He has filled the | hungry with | good things, \*  
and the rich he has sent | away | empty.
- 8 **He has come to the help of his | servant | Israel \***  
**for he has remembered his pro- | mise of | mercy,**
- 9 the promise he | made to our | fathers, \*  
to Abraham and his child- | ren for | ever.
- 10 **Glory be to the Father and | to the | Son \***  
**and to the | Holy | Spirit,**
- 11 As it was in the beginning, is now, and | ever | shall be, \*  
world without | end. A- | men.

*All repeat the Antiphon.*

## INTERCESSIONS

Let us pray to Christ, who, of his fullness, gives his brothers and sisters love in return for love.

**Rx. Lord Jesus, hear our prayer.**

Firstborn from the dead, you have cleansed us of our sins by your blood. Lead us to understand what you have done for us. Rx.

You have called us to be heralds of the good news: help us to enter the depths of its message and to make it our own. Rx.

King of peace, guide the actions of those who govern: may your Spirit move them to care for those whom society rejects. Rx.

Guide the steps of those who are oppressed, those persecuted for race, colour, or religion: let their dignity be respected, and their rights upheld. Rx.

Welcome all who have died in your peace; bring them to everlasting life with our Lady and all the saints. Rx.

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, make us love you above all things, and all our fellow-men with a love that is worthy of you. 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.

R: **Amen.**

## CONCLUSION OF THE OFFICE

The Lord be with you.

R: **And with your spirit.**

May almighty God bless you, the Father, and the Son, and the Holy Spirit.

R: **Amen.**

Let us bless the Lord.

R: **Thanks be to God.**

*In the absence of a Priest:*

The Lord bless us, and keep us from all evil, and bring us to everlasting life.

R: **Amen.**

Let us bless the Lord.

R: **Thanks be to God.**

*All sing*

## THE ANTIPHON TO THE BLESSED VIRGIN MARY

**A**



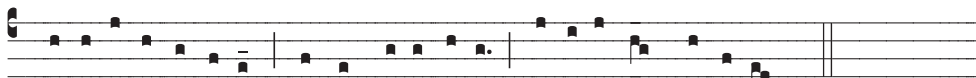
**LMA \* Redemptó-ris Mater, quæ pèrvi-a cæli porta manes, et stella**  
*Loving mother of the Redeemer, gate of heaven, star*



**ma-ris, succúrre cadénti, súrgere qui curat, pópu-lo; tu quæ genu- ísti,**  
*of the sea, assist your people who have fallen yet strive to rise again, To the*



**natúra mi-ránte, tu-um sanctum Geni-tó-rem, Virgo pri-us ac posté-ri-us,**  
*wonderment of nature you bore your Creator, yet remained a virgin after as before,*



**Gabri-é-lis ab o-re sumens illud A-ve, peccató-rum mi-se-ré-re.**  
*You who received Gabriel's joyful greeting, have pity on us poor sinners.*

**St Mary's Cathedral**

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