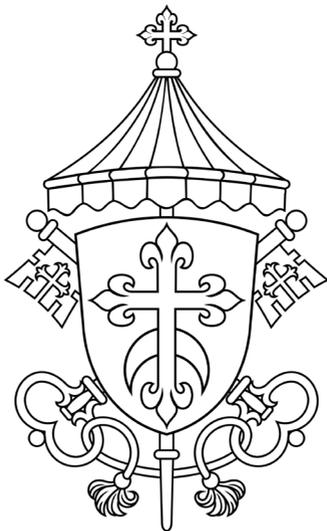


ST MARY'S CATHEDRAL



First Vespers

The Office of Evening Prayer

Third Sunday
of Lent

7 March 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.

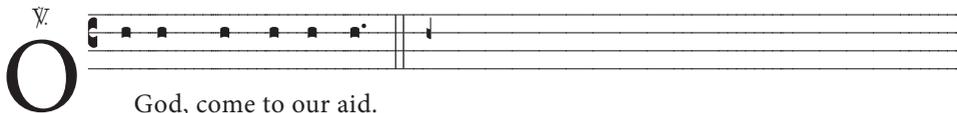
**TO MAINTAIN A SPIRIT OF REVERENCE AND SOLEMNITY,
PLEASE TURN OFF AND REFRAIN FROM USING ALL MOBILE TELEPHONES
AND OTHER ELECTRONIC DEVICES.**

ORDER OF VESPERS

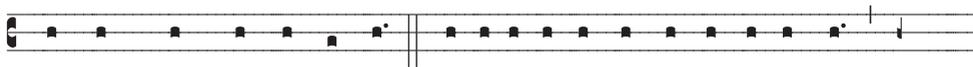
At the sound of the Sacristy bell all stand.

INTRODUCTION TO THE OFFICE

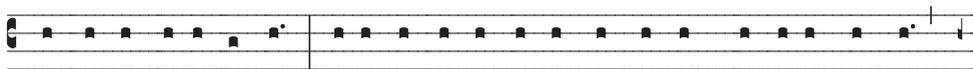
♯



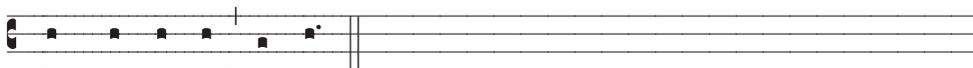
O God, come to our aid.



♯ **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,

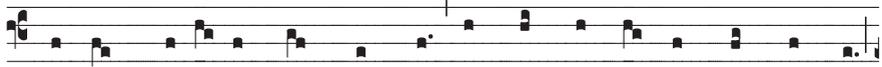


world without end. A-men.

All sing

THE OFFICE HYMN

O KIND Cre-a-tor, bow thine ear To mark the cry, to know the tear



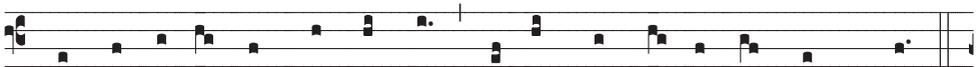
Be-fore thy throne of mer-cy spent In this thy ho-ly fast of Lent.



2. Our hearts are op-en, Lord, to thee: Thou know-est our in-fir-mi-ty;



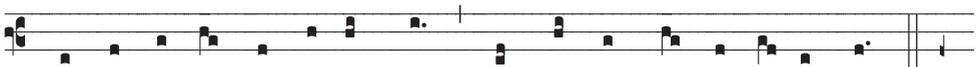
Pour out on all who seek thy face A-bun-dance of thy par-doning grace.



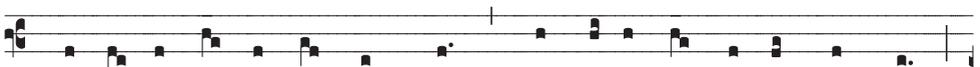
3. Our sins are ma-ny, this we know; Spare us, good Lord, thy mer-cy show;



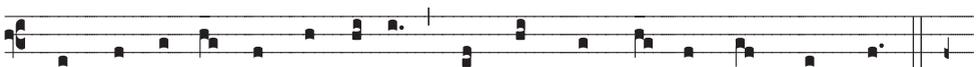
And for the ho-nour of thy name Our faint-ing souls to life re-claim.



4. Give us the self-con-trol that springs From di-sci-pline of out-ward things,



That fast-ing in-ward se-cret-ly The soul may pure-ly dwell with thee.



5. We pray thee, ho-ly Tri-ni-ty, One God, un-chang-ing U-ni-ty,



That we from this our ab-sti-nence May reap the fruits of pe-ni-tence. A- men.

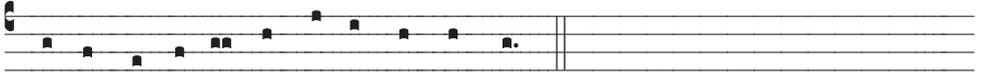


All sit.

PSALMODY

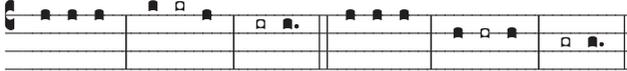
All sing the FIRST ANTIPHON

Mode VIII



Repent and believe the Gospel, says the Lord.

PSALM 112 (113)



- Cantor* 1 Praise, O servants | of the | Lord, *
praise the name | of the | Lord!
- All* 2 **May the name of the | Lord be | blessed *
both now and for | ever- | more!**
- 3 From the rising of the sun | to its | setting *
praised be the name | of the | Lord!
- 4 **High above all nations | is the | Lord, *
above the | heavens his | glory.**
- 5 Who is like the | Lord, our | God, *
who has risen on high | to his | throne
- 6 **yet stoops from the | heights to look | down, *
to look down upon | heaven and | earth?**
- 7 From the dust he | lifts up the | lowly, *
from his misery he | raises the | poor
- 8 **to set him in the compa- | ny of | princes, *
yes, with the princes | of his | people.**
- 9 To the childless wife he | gives a | home *
and gladdens her | heart with | children.
- 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.



A thanksgiving sacri-fice I make: I will call on the name of the Lord.

PSALM 115 (116B)

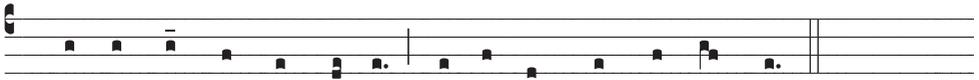


- Cantor* 1 I trusted, even | when I | said: *
I am sore- | ly af- | flicted,
- All* 2 **and when I said in | my a- | larm: ***
No man | can be | trusted.
- 3 How can I re- | pay the | Lord *
for his good- | ness to | me?
- 4 **The cup of salvation | I will | raise; ***
I will call | on the | Lord's name.
- 5 My vows to the Lord I | will ful- | fill *
before | all his | people.
- 6 **O precious in the | eyes of the | Lord *
is the death | of his | faithful.**
- 7 Your servant, Lord, your | servant am | I; *
you have loo- | sened my | bonds.
- 8 **A thanksgiving sacri- | fice I | make; ***
I will call | on the | Lord's name.
- 9 My vows to the Lord I | will ful- | fill *
before | all his | people,
- 10 **in the courts of the | house of the | Lord, *
in your midst, | O Je- | rusalem.**
- 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.

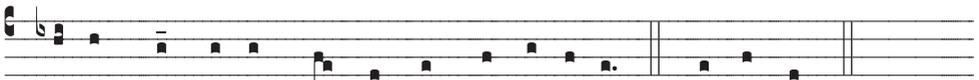
All repeat the Antiphon.

WE urge this appeal upon you: you have received the grace of God; do not let it go for nothing. God's own words are: In the hour of my favour I gave heed to you, on the day of deliverance I came to your aid. The hour of favour has now come; now, I say, has the day of deliverance dawned. In order that our service may not be brought into discredit, we avoid giving offence in anything. As God's servants, we try to recommend ourselves in all circumstances.

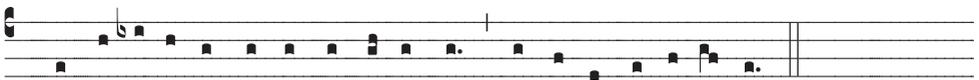
THE SHORT RESPONSORY



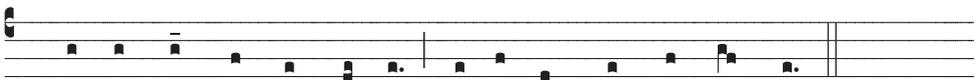
℞ Hear us, Lord, and have mer-cy, for we have sinned a-against you.



℣ Listen, Christ, to the prayers of those who cry to you. ℞ **For we have...**



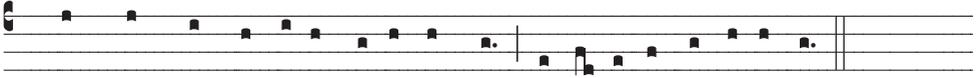
℣ Glo-ry be to the Father and to the Son and to the Ho-ly Spi-rit.



℞ **Hear us, Lord, and have mer-cy, for we have sinned a-against you.**

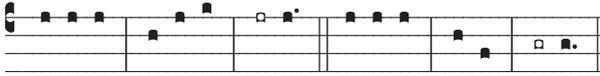
All stand.

MODE VIII



Those who drink the water that I shall give will never be thirsty a-gain.

MAGNIFICAT



- Cantor* 1 My soul proclaims the great- | ness 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 migh- | ty 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 give glory to Christ the Lord. He is our master, our example and our brother.

℟. **Lord, give life to your people.**

Lord Jesus, you became a man like us in every way, but did not sin; may we open our lives to others, share their laughter and tears, and grow day by day in love. ℟.

Let us serve you in the hungry and give you to eat; let us see you in the thirsty and give you to drink. ℟.

You raised up Lazarus from the dead; call sinners from their living death to faith and repentance. ℟.

May we live up to the example of Mary and the saints; may we follow you more perfectly in everything. ℟.

Let the dead rise in your glory, let them rejoice for ever in your love. ℟.

At the Saviour's command and formed by divine teaching, we dare to say:

All sing

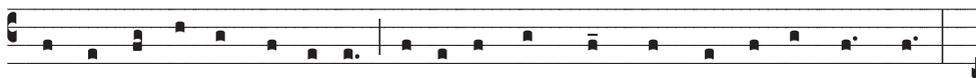
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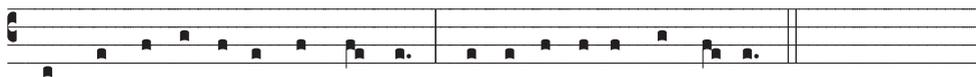
UR Father, who art in heaven, hallowed be thy name; thy kingdom come,



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.**

CONCLUSION OF THE OFFICE

The Lord be with you.

℟: **And with your spirit.**

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

℟: **Amen.**

Let us bless the Lord.

℟: **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.

℟: **Amen.**

Let us bless the Lord.

℟: **Thanks be to God.**

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.

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