

ANTHEM TO THE BLESSED VIRGIN MARY



A-ve, Re-gi-na cæ-ló-rum, \* A-ve, Dó-mi-na an-ge-ló-rum, Sal-ve, ra-dix, sal-ve, por-ta,  
Ex qua mun-do lux est or-ta. Gau-de Vir-go glo-ri-ó-sa, Su-per omnes spe-ci-ó-sa;

Va-le o val-de de-có- ra, Et pro no-bis Chris-tum ex-ó- ra.

*Hail, O Queen of Heaven enthroned, hail, by angels Mistress owned, Root of Jesse, Gate of morn, whence the world's true light was born. Glorious Virgin, joy to thee, loveliest whom in heaven they see, fairest thou where all are fair! Plead with Christ our sins to spare.*



EVENING PRAYER II  
AND BENEDICTION

Second Sunday of Lent

February 2021

[www.westminstercathedral.org.uk](http://www.westminstercathedral.org.uk)

## DIVINE PRAISES

Blessed be God.  
Blessed be his holy Name.  
Blessed be Jesus Christ, true God and true Man.  
Blessed be the name of Jesus.  
Blessed be his most Sacred Heart.  
Blessed be his most Precious Blood.  
Blessed be Jesus in the most holy Sacrament of the Altar.  
Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great mother of God, Mary most holy.  
Blessed be her holy and Immaculate Conception.  
Blessed be her glorious Assumption.  
Blessed be the name of Mary, virgin and mother.  
Blessed be St Joseph, her spouse most chaste.  
Blessed be God in his angels and in his saints.

*The public prayer of the God's people has always been considered among the first duties of the Church. Over the centuries, the traditional elements of Christian prayer were carefully arranged, to sanctify the whole day in prayer in the Divine Office.*

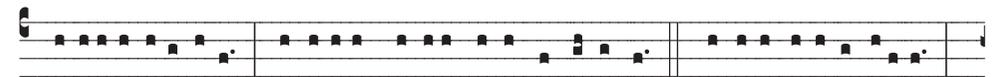
*The Office of Vespers, the traditional Evening Prayer of the Church, offers to God our praise for the day that is ending, and in the words of the Magnificat, 'glorifies the Lord' for his goodness to us.*



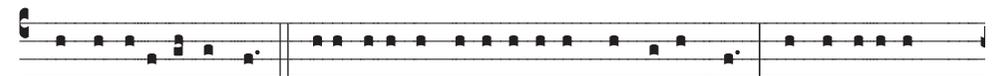
**Adorémus in æ-tér-num Sanctís-si-mum Sa-cramén-tum.** Laudá-te Dóminum omnes



gentes: lau-dá-te e-um omnes pó-pu-li. Quó-ni-am confirmá-ta est super nos



misericórdi-a e-ius: et véritas Dómini manet in æ-térnum. Gló-ri-a Patri, et Fí-li-o,



et Spi-rít-u- i Sancto. Sicut erat in princí-pi-o, et nunc, et semper, et in sæcu-la

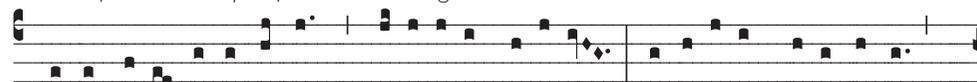


sæculórum. Amen. **Adorémus in æ-tér-num Sanctís-si-mum Sa-cramén-tum.**

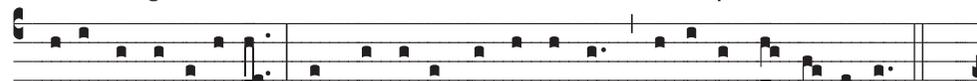
*Let us adore for ever the most Holy Sacrament. O praise the Lord, all you nations, acclaim him all you peoples! Strong is his love for us; he is faithful for ever. Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.*

You are kindly asked to note that the use of mobile phones, private cameras, video or sound recording equipment is not permitted in the Cathedral.  
**PLEASE CHECK NOW THAT YOUR MOBILE PHONE IS SWITCHED OFF.**

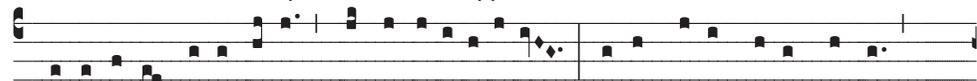
A time of silence is kept, after which all sing:



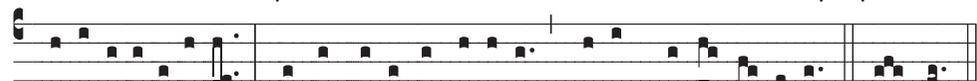
Tantum er-go Sacraméntum \* venerémur cernu-i : et antiqum documéntum



novo ce-dat rí-tu- i : præ-stet fi-des suppleméntum sénsu-um de- féc-tu- i.

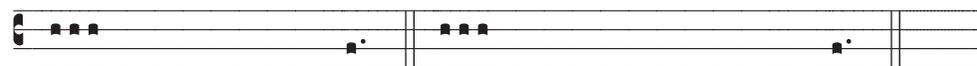


Ge-ni-tó-ri, Ge-ni-tó-que laus et iu-bi-lá-ti-o, sa-lus, honor, virtus quoque



sit et benedícti-o : pro-ce-dé-nti ab utró-que compar sit lau-dá- ti- o. A- men.

Therefore we, before him bending, this great Sacrament revere; types and shadows have their ending, for the newer rite is here; faith our outward sense befriending, makes our inward vision clear. Glory let us give and blessing to the Father and the Son, honour, thanks, and praise addressing while eternal ages run; ever too his love confessing, who from both with both is one. Amen.

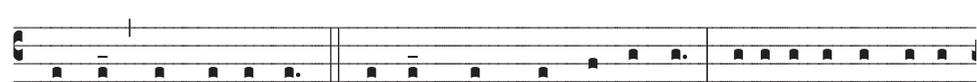


Panem de cælo præstitisti e- is. **Omne delectaméntum in se habén- tem.**  
You gave them bread from heaven. Containing in itself all sweetness.

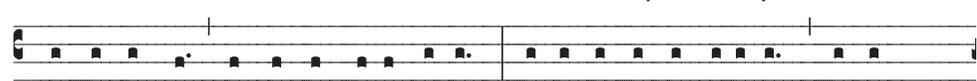
Orémus. Deus, qui nobis sub sacraménto *Let us pray. O God, who in a wonderful sacrament*  
mirábili passiónis tuæ memóriam reliquisti: *has left us a memorial of your passion: grant us*  
tribue quæsumus, ita nos córporis et sánguinis *so to venerate the sacred mysteries of your body*  
tui sacra mystéria venerári; ut redemptiónis *and blood, that we may perceive within ourselves*  
tuæ fructum in nobis iúgiter sentiámus. Qui *the fruit of your redemption; who lives and reigns*  
vivi et regnas in sæcula sæculórum. **Amen.** *for ever and ever. Amen.*

### BENEDICTION

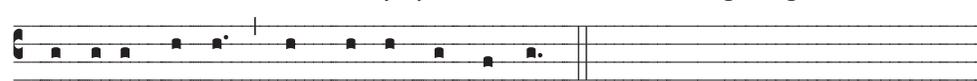
### INTRODUCTION TO THE OFFICE



Ó God, come to our aid. *℟.* Ó Lord, make haste to help us. Glory be to the Father



and to the Son and to the Ho-ly Spi-rit. As it was in the beginning, is now,



and ev-er shall be, world without end. A-men.

### OFFICE HYMN

- 1 Ó God, Creator of us all,  
From whom we come, to whom we go,  
You look with pity on our hearts,  
The weakness of our wills you know.
- 2 Forgive us all the wrong we do,  
And purify each sinful soul.  
What we have darkened heal with light,  
And what we have destroyed make whole.
- 3 The fast by law and prophets taught,  
By you Ó Christ, was sanctified.  
Bless all our penance, give us strength  
To share the cross on which you died.
- 4 Ó God of mercy, hear our prayer,  
With Christ your Son, and Spirit blest,  
Transcendent Trinity in whom  
Created things all come to rest.

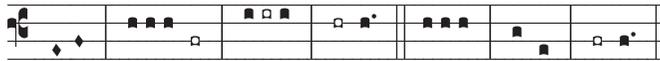
*Stanbrook Abbey Hymnal*

## PSALMODY

### ANTIPHON 1

The Lord will send forth your sceptre of power with the splendour of the saints.

† PSALM 109: 1-5, 7



- Cantor* 1. The Lord's | revelation to my Master: †  
- | 'Sit on my | right: \*  
your foes I will put be- | neath your | feet.'
- All* 2. **The Lord will wield from Sion †**  
**your | sceptre of | power: \***  
**rule in the midst of | all your | foes.**
- Cantor* 3. A prince from the day of your birth †  
on the | holy | mountains; \*  
from the womb before the dawn | I be- | got you.
- All* 4. **The Lord has sworn an oath he will not change. †**  
**'You are a | priest for | ever, \***  
**a priest like Melchize- | dek of | old.'**
5. The Master standing at | your right | hand \*  
will shatter kings in the day | of his | wrath.
6. **He shall drink from the | stream by the | wayside \***  
**and therefore he shall lift | up his | head.**
- Glory be to the Father and | to the | Son \*  
and to the | Holy | Spirit,
- As it was in the beginning, is now, and | ever | shall be, \***  
**world without | end. A- | men.**

### ANTIPHON

The Lord will send forth your sceptre of power with the splendour of the saints.

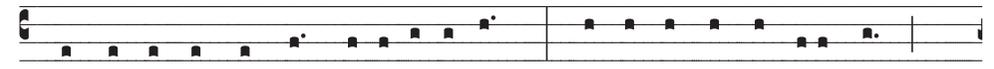
### ANTIPHON 2

We worship the one God, who made heaven and earth.

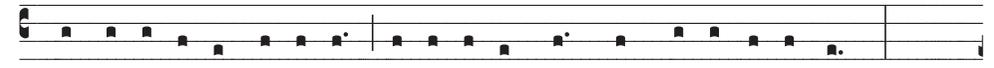
Let us pray with confidence to the Father in the words our Saviour gave us:



Our Father; who art in heav'n, hallowed be thy name; thy kingdom come;



thy will be done on earth, as it is in heav'n. Give us this day our daily bread;



And forgive us our trespasses as we forgive those who trespass against us;



and lead us not in-to temptation, but de-li-ver us from e- li.

### COLLECT

O God, who have commanded us  
to listen to your beloved Son,  
be pleased, we pray,  
to nourish us inwardly by your word,  
that, with spiritual sight made pure,  
we may rejoice to behold your glory.  
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.**

### BENEDICTION OF THE BLESSED SACRAMENT

As the Blessed Sacrament is brought to the altar, all kneel and sing:

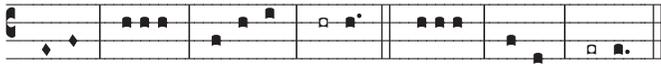


O sa - lu - ta - ris Ho - sti - a, Quae cae - li pan - dis o - sti - um,  
U - ni tri - no - que Do - mi - no, Sit sem - pi - ter - na glo - ri - a,



Bel - la pre-munt ho - sti - li - a, Da ro - bur, fer au - xi - li - um.  
Qui vi - tam si - ne ter - mi - no No - bis do - net in pa - tri - a. A - men.

*O saving victim, opening wide the gate of heaven to man below; our foes press on from every side; thine aid supply, thy strength bestow. To thy great name be endless praise, immortal Godhead, one in three, O grant us endless length of days in our true native land with thee. Amen.*



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 has sent the rich | away | empty.
8. He has | come to the help of | his servant | Israel \*  
for he has remembered his pro- | mise of | mercy,
9. The pro- | mise he | made to our | fathers, \*  
to Abraham and his chil- | dren for | ever:  
**Glo-ry** | be to the Father | and to the | Son \*  
and to the | Holy | Spirit,  
As it | was in the beginning, is now, | and ever | shall be, \*  
world without | end. A- | men.

ANTIPHON

Tell no man about the vision which you have seen, until the Son of Man has risen from the dead.

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. ℟:

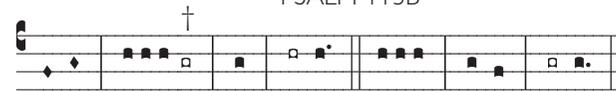
Send your angels to protect those who travel; – keep them from harm and bring them safely home. ℟:

Teach us to care for everyone; – make us more like you in serving others. ℟:

Help us to form a human community where all live in friendship; – Lord, unite us in your love. ℟:

Show your love for the dead; – let them see the light of your face. ℟:

PSALM 113B



- |               |   |
|---------------|---|
| <i>Cantor</i> | 1. <u>Not to</u>   us, Lord, not   to   us, *<br>but to your name   give the   glory.   |
| <i>All</i>    | 2. <b>For the sake of your love and   your   truth, *<br/>lest the heathen say: 'Where   is their   God?'</b>                                   |
| <i>Cantor</i> | 3. But our God is in   the   heavens; *<br>he does whatev-   er he   wills.   |
| <i>All</i>    | 4. <b>Their idols are silver   and   gold, *<br/>the work of   human   hands.</b>   |
|               | 5. They have mouths but they can-   not   speak; *<br>they have eyes but they   cannot   see;   |
|               | 6. <b>They have ears but they can-   not   hear; *<br/>they have nostrils but they   cannot   smell.</b>  |
|               | 7. With their hands they cannot <u>feel</u> ; †<br>with their feet they can-   not   walk. *<br>No sound comes   from their   throats.          |
|               | 8. <b>Their makers will come to   be   like them *<br/>and so will all who   trust in   them.</b>   |
|               | 9. Sons of Israel, trust in   the   Lord; *<br>he is their help   and their   shield.   |
|               | 10. <b>Sons of Aaron, trust in   the   Lord; *<br/>he is their help   and their   shield.</b>   |
|               | 11. You who fear him, trust in   the   Lord; *<br>he is their help   and their   shield.  |
|               | 12. <b>He remembers us, and he will <u>bless us</u>; †<br/>he will bless the sons   of   Israel. *<br/>he will bless the   sons of   Aaron.</b> |
|               | 13. The Lord will bless those   who   fear him, *<br>the little no less   than the   great:   |
|               | 14. <b>To you may the Lord   grant   increase, *<br/>to you and   all your   children.</b>  |
|               | 15. May you be blessed by   the   Lord, *<br>the maker of hea-   ven and   earth.   |
|               | 16. <b>The heavens belong to   the   Lord, *<br/>but the earth he has gi-   ven to   men.</b>   |

17. The dead shall not praise | the | Lord, \*  
nor those who go down in- | to the | silence.
18. **But we who live bless | the | Lord \***  
**now and for e- | ver. A- | men.**
- Glory be to the Father and to | the | Son, \*  
and to the | Holy | Spirit.
- As it was in the beginning, is now and ev- | er | shall be, \***  
**world without | end. A- | men.**

ANTIPHON

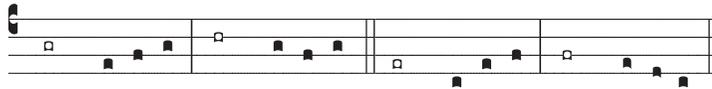
We worship the one God, who made heaven and earth.

ANTIPHON 3

God did not spare his own Son but gave him up for us all.

CANTICLE

| Peter 2:21-24



Cantor

1. Christ suf- fered for you, \*  
leaving you an example  
that you should follow \*  
in his steps.

All

2. **He committ- ed no sin; \***  
**no guile was found on his lips.**  
**When he was reviled, \***  
**he did not revile in return.**

3. When h- e suffered, \*  
he did not threaten;  
but he trust- ed to him \*  
who jud- ges justly.

4. **He himself bore our sins \***  
**in his body on the tree,**  
**that we might die to sin \***  
**and live to righteousness.**

Glory be to the Father and to the Son \*  
and to the Ho- ly Spirit,  
As it was in the beginning, is now, and ever shall be, \*  
world without end. Amen.

ANTIPHON

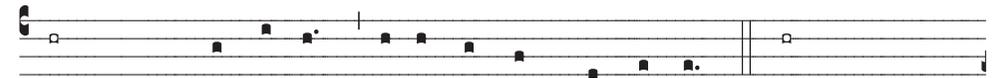
God did not spare his own Son but gave him up for us all.

SCRIPTURE READING

| Corinthians 9:24-25

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.

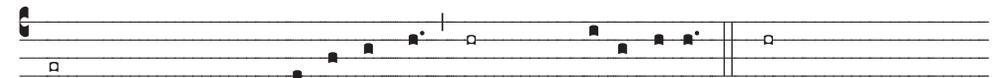
SHORT RESPONSORY



Hear us, Lord, and have mercy, for we have sinned a-against you. **℟: Hear us, Lord...**



Listen, Christ, to the prayers of those who cry to you. **℟: Hear us, Lord...**



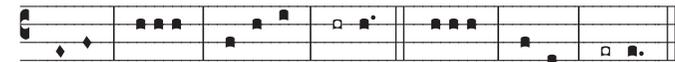
Glory be to the Father and to the Son and to the Ho-ly Spi-rit. **℟: Hear us, Lord...**

MAGNIFICAT ANTIPHON

Tell no man about the vision which you have seen, until the Son of Man has risen from the dead.

MAGNIFICAT

Luke 1:46-55



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 | blessed.**

Cantor

3. The Al- | mighty has done | great things for | me: \*  
holy | is his | Name.

All

4. **He has | mercy | on those who | fear him \***  
**in every | gene- | ration.**