

Holy Thursday, April 2, 2015  
11:50 PM Night Prayer

Good Friday, April 3, 2015  
8:00 AM Morning Prayer

Holy Saturday, April 4, 2015  
8:00 AM Morning Prayer

*Sing my tongue the Savior's Glory.* Used by permission of Onelicense.net. All rights reserved. Reprint license #A-701509.

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*The Sacred Paschal Triduum*

## *The Liturgy of the Hours*

<i>Holy Thursday</i>	<i>Night Prayer</i>
<i>Good Friday</i>	<i>Morning Prayer</i>
<i>Holy Saturday</i>	<i>Morning Prayer</i>



*Saint Agnes Church  
Arlington, Virginia*

*April 2-4, 2015*

## NOTES ON PRAYING THE LITURGY OF THE HOURS

Some of the prayers of the Liturgy of the Hours may use a form of a prayer that is different than the one that you are accustomed to using (for example, the Doxology (the Glory Be...)). Please pay attention to this usage as we pray together aloud. For example, the Doxology is

*Glory to the Father, and to the Son,  
and to the Holy Spirit:  
As it was in the beginning, is now,  
and will be for ever. Amen.*



The Psalms and Canticles are traditionally recited in an antiphonal manner. This means that the “left” side recites one verse of the psalm together, and then the “right” side continues with reciting the next verse of the psalm. Verses are alternated between the left and right side.



The prayers of the Liturgy of the Hours are not recited as fast as you may be accustomed to praying other prayers aloud. Please follow the pace of responding, according to the leader of your side.



### DISMISSAL

*If a priest or deacon presides, he dismisses the people:*

The Lord be with you.  
— And with your spirit.

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

Go in peace.  
— Thanks be to God.

*In the absence of a priest or deacon and in individual recitation, Morning Prayer concludes:*

May the Lord bless us,  
protect us from all evil  
and bring us to everlasting life.  
— Amen.

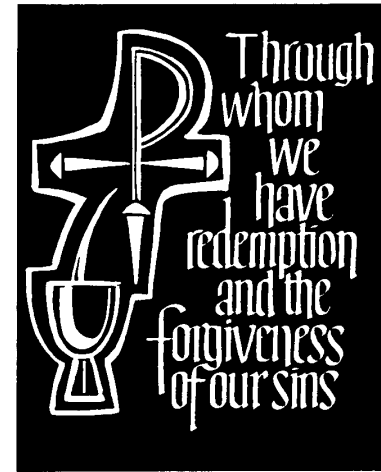
*Please return this booklet after use so that it may be used  
at the next occurrence of the Liturgy of the Hours.*

## Prayer

All-powerful and ever-living God,  
 your only Son went down among the dead  
 and rose again in glory.  
 In your goodness  
 raise up your faithful people,  
 buried with him in baptism,  
 to be one with him  
 in the eternal life of heaven,  
 where he lives and reigns with you and the Holy Spirit,  
 one God, for ever and ever.

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*Please return this booklet after use so that it may be used at the next occurrence of the Liturgy of the Hours. Thank you.*

## Sing, My Tongue, the Song of Triumph

(Sung to the melody of *Let All Mortal Flesh Keep Silence*)



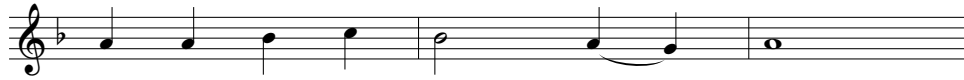
1. Sing, my tongue, the song of tri - umph,  
 2. He en - dured the nails, the spit - ting,  
 3. Faith - ful Cross, a - bove all oth - er,  
 4. Bend your boughs, O Tree of glo - ry!



Tell the sto - ry far and wide;  
 Vin - e - gar and spear and reed;  
 One and on - ly no - ble tree,  
 All you rig - id branch - es, bend!



Tell of dread and fi - nal bat - tle,  
 From that ho - ly bod - y bro - ken  
 None in fo - liage, none in blos - som,  
 For a while the an - cient tem - per



Sing of Sav - ior cru - ci - fied;  
 Blood and wa - ter forth pro - ceed:  
 None in fruit your peer may be;  
 That your birth be - stowed, sus - pend;



How up - on the cross a vic - tim  
 Earth and stars and sky and o - cean  
 Sweet the wood and sweet the i - ron  
 And the King of earth and heav - en



Van - quish - ing in death he died.  
 By that flood from stain are freed.  
 And your load, most sweet is he.  
 Gent - ly on your bos - om tend.

Reader Christ our Lord, like the seed buried in the  
 ground, you brought forth for us the harvest of  
 grace,

All — may we die to sin and live for God.

Reader Christ, the Good Shepherd, in death you lay  
 hidden from the world.

All — teach us to love a life hidden with you in the  
 Father.

Reader Christ, the new Adam, you entered the kingdom  
 of death to release all the just since the  
 beginning of the world,

All — may all who lie dead in sin hear your voice  
 and rise to life.

Reader Christ, Son of the living God, through baptism  
 we were buried with you,

All — risen also with you in baptism, may we walk  
 in newness of life.

### THE LORD'S PRAYER

Our Father ...



Right It is he who will free you from the snare  
of the fowler who seeks to destroy you;  
he will conceal you with his pinions  
and under his wings you will find refuge.

Left You will not fear the terror of the night  
nor the arrow that flies by day,  
nor the plague that prowls in the darkness  
nor the scourge that lays waste at noon.

Right A thousand may fall at your side,  
ten thousand fall at your right,  
you, it will never approach;  
his faithfulness is buckler and shield.

Left Your eyes have only to look  
to see how the wicked are repaid,  
you who have said: "Lord, my refuge!"  
and have made the Most High your dwelling.

Right Upon you no evil shall fall,  
no plague approach where you dwell.  
For you has he commanded his angels,  
to keep you in all your ways.

Left They shall bear you upon their hands  
lest you strike your foot against a stone.  
On the lion and the viper you will tread  
and trample the young lion and the dragon.

## CANTICLE OF ZECHARIAH

Antiphon Save us, O Savior of the world. On the cross  
(Leader) you redeemed us by the shedding of your  
blood; we cry out for your help, O God.

Gospel Luke 1:68-79  
Canticle:

Leader ✝ Blessed be the Lord, the God of Israel;  
All he has come to his people and set them free.

He has raised up for us a mighty savior,  
born of the house of his servant David.

Through his holy prophets he promised of old  
that he would save us from our enemies,  
from the hands of all who hate us.

He promised to show mercy to our fathers  
and to remember his holy covenant.

This was the oath he swore to our father  
Abraham:  
to set us free from the hands of our enemies,  
free to worship him without fear,  
holy and righteous in his sight  
all the days of our life.

Antiphon I was dead, but now I live for ever, and I  
(All) hold the keys of death and of hell.

READING Hosea 5:15b—16:2

Thus says the Lord:  
In their affliction, they shall look for me:  
“Come, let us return to the Lord,  
For it is he who has rent, but he will heal us;  
he has struck us, but he will bind our wounds.  
He will revive us after two days;  
on the third day he will raise us up,  
to live in his presence.”

RESPONSORY

Antiphon For our sake Christ was obedient, accepting  
(Leader) even death, death on a cross. Therefore God  
raised him on high and gave him the name  
above all other names.

Antiphon For our sake Christ was obedient, accepting  
(All) even death, death on a cross. Therefore God  
raised him on high and gave him the name  
above all other names.

Right Since he clings to me in love, I will free him;  
protect him for he knows my name.  
When he calls I shall answer: “I am with you.”  
I will save him in distress and give him glory.

Left With length of life I will content him;  
I shall let him see my saving power.

Right Glory to the Father, and to the Son,  
and to the Holy Spirit:

Left As it was in the beginning, is now,  
and will be for ever. Amen.

Antiphon Night holds no terrors for me sleeping  
(All) under God’s wing.

READING Revelation 22:4–5.

They shall see him face to face and bear his name on their  
foreheads. The night shall be no more. They will need no  
light from lamps or the sun, for the Lord God shall give  
them light, and they shall reign forever.

RESPONSORY

Antiphon For our sake Christ was obedient, accepting  
(Leader) even death.

Antiphon For our sake Christ was obedient, accepting  
(All) even death.

## CANTICLE OF SIMEON

Antiphon (Leader) Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Gospel Luke 2:29-32  
Canticle:

*Christ is the light of the nations and the glory of Israel*

Leader ✚ Lord, now you let your servant go in peace;  
All your word has been fulfilled:  
my own eyes have seen the salvation  
which you have prepared in the sight of every  
people:  
a light to reveal you to the nations  
and the glory of your people Israel.

Glory to the Father, and to the Son,  
and to the Holy Spirit:

As it was in the beginning, is now,  
and will be for ever. Amen.

Antiphon (All) Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Antiphon (All) From the jaws of hell, Lord, rescue my soul

Antiphon (Leader) I was dead, but now I live for ever, and I hold the keys of death and of hell.

## Psalm 150

Leader Praise God in his holy place,  
Left praise him in his mighty heavens.  
Praise him for his powerful deeds,  
praise his surpassing greatness.

Right O praise him with sound of trumpet,  
praise him with lute and harp.  
Praise him with timbrel and dance,  
praise him with strings and pipes.

Left O praise him with resounding cymbals,  
praise him with clashing of cymbals.  
Let everything that lives and that breathes  
give praise to the Lord.

Right Glory to the Father, and to the Son,  
and to the Holy Spirit:

Left As it was in the beginning, is now,  
and will be for ever. Amen.



Left Like a swallow I utter shrill cries;  
I moan like a dove;  
My eyes grow weak, gazing heaven-ward:  
O Lord, I am in straits; be my surety!

Right You have preserved my life  
from the pit of destruction,  
when you cast behind your back  
all my sins.

Left For it is not the nether world that gives you  
thanks,  
nor death that praises you;  
neither do those who go down into the pit  
await your kindness.

Right The living, the living give you thanks,  
as I do today.  
Fathers declare to their sons,  
O God, your faithfulness.

Left The Lord is our savior;  
we shall sing to stringed instruments  
in the house of the Lord  
all the days of our life.

Right Glory to the Father, and to the Son,  
and to the Holy Spirit:

Left As it was in the beginning, is now,  
and will be for ever. Amen.

## Prayer

Lord,  
we beg you to visit this house  
and banish from it  
all the deadly power of the enemy.  
May your holy angels dwell here  
to keep us in peace,  
and may your blessing be upon us always.  
We ask this through Christ our Lord.

✠ May the all-powerful Lord grant us a restful night and a  
peaceful death.  
— Amen.

## Antiphon in Honor of the Blessed Virgin

Hail, holy Queen, mother of mercy,  
our life, our sweetness, and our hope.  
To you do we cry,  
poor banished children of Eve.  
To you do we send up our sighs,  
mourning and weeping in this vale of tears.  
Turn then, most gracious advocate,  
your eyes of mercy toward us,  
and after this exile  
show to us the blessed fruit of your womb, Jesus.  
O clement, O loving,  
O sweet Virgin Mary.

*(The Blessed Sacrament is reposed and we leave in silence.)*



Right They sharpen their tongues like swords;  
they aim bitter words like arrows  
to shoot at the innocent from ambush,  
shooting suddenly and recklessly.

Left They scheme their evil course;  
they conspire to lay secret snares.  
They say: "Who will see us?  
Who can search out our crimes?"

Right He will search who searches the mind  
and knows the depth of the heart.  
God has shot them with his arrow  
and dealt them sudden wounds.  
Their own tongue has brought them to ruin  
and all who see them mock.

Left Then will all men fear;  
they will tell what God has done.  
They will understand God's deeds.  
The just will rejoice in the Lord  
and fly to him for refuge.  
All the upright hearts will glory.

Right Glory to the Father, and to the Son,  
and to the Holy Spirit:

Left As it was in the beginning, is now,  
and will be for ever. Amen.

## PSALMODY

Antiphon God did not spare his own Son, but gave  
(Leader) him up to suffer for our sake.

## Psalm 51

Leader Have mercy on me, God, in your kindness.  
Left In your compassion blot out my offense.  
O wash me more and more from my guilt  
and cleanse me from my sin.

Right My offenses truly I know them;  
my sin is always before me.  
Against you, you alone, have I sinned;  
what is evil in your sight I have done.

Left That you may be justified when you give  
sentence  
and be without reproach when you judge.  
O see, in guilt I was born,  
a sinner was I conceived.

Right Indeed you love truth in the heart;  
then in the secret of my heart teach me wisdom.  
O purify me, then I shall be clean;  
O wash me, I shall be whiter than snow.

*Sit*

Left Make me hear rejoicing and gladness  
that the bones you have crushed may revive.  
From my sins turn away your face  
and blot out all my guilt.

Right A pure heart create for me, O God,  
put a steadfast spirit within me.  
Do not cast me away from your presence,  
nor deprive me of your holy spirit.

Left Give me again the joy of your help;  
with a spirit of fervor sustain me,  
that I may teach transgressors your ways  
and sinners may return to you.

Right O rescue me, God, my helper,  
and my tongue shall ring out your goodness.  
O Lord, open my lips  
and my mouth shall declare your praise.

Left For in sacrifice you take no delight,  
burnt offering from me you would refuse,  
my sacrifice, a contrite spirit.  
A humbled, contrite heart you will not spurn.

Right In your goodness, show favor to Zion,  
rebuild the walls of Jerusalem.  
Then you will be pleased with lawful sacrifice,  
holocausts offered on your altar.

*Please see the notes on the inside front cover about praying  
the Liturgy of the Hours.*

## HOLY SATURDAY — MORNING PRAYER

*On Holy Saturday, the Church pauses at the Lord's tomb,  
meditating on his Passion and Death, his descent into  
Hell, and, with prayer and fasting, awaits his resurrection.*

*Stand*

Leader ✚ God, come to my assistance

All — Lord, make haste to help me.

Leader Glory to the Father, and to the Son,  
and to the Holy Spirit:

All — as it was in the beginning, is now,  
and will be for ever. Amen

HYMN

PSALMODY

Antiphon (Leader) Though sinless, the Lord has been put to  
death. The world is in mourning as for an  
only son.

*Sit*

Psalm 64

Leader Hear my voice, O God, as I complain,

Left guard my life from dread of the foe.  
Hide me from the band of the wicked,  
from the throng of those who do evil.



- Right You tread the sea with your steeds  
amid the churning of the deep waters.  
I hear, and my body trembles;  
at the sound, my lips quiver.
- Left Decay invades my bones,  
my legs tremble beneath me.  
I await the day of distress  
that will come upon the people who attack us.
- Right For though the fig tree blossom not  
nor fruit be on the vines,  
though the yield of the olive fail  
and the terraces produce no nourishment.
- Left Though the flocks disappear from the fold  
and there be no herd in the stalls,  
yet will I rejoice in the Lord  
and exult in my saving God.
- Right God, my Lord, is my strength;  
he makes my feet swift as those of hinds  
and enables me to go upon the heights.
- Left Glory to the Father, and to the Son,  
and to the Holy Spirit:
- Right As it was in the beginning, is now,  
and will be for ever. Amen.

## INTERCESSIONS

- Leader For our sake our Redeemer suffered death and  
was buried, and rose again. With heartfelt love  
let us adore him and pray:
- Reader Christ our teacher, for our sake you were  
obedient even to accepting death,
- All — teach us to obey the Father's will in all things.
- Reader Christ our life, by your death on the cross you  
destroyed the power of evil and death,
- All — may we die with you, to rise with you in  
glory.
- Reader Christ our King, you became an outcast among  
us, a worm and no man,
- All — teach us the humility by which you saved the  
world.
- Reader Christ our salvation, you gave yourself up to  
death out of love for us,
- All — help us to show your love to one another.
- Reader Christ our Savior, on the cross you embraced all  
time with your outstretched arms,
- All — unite God's scattered children in your  
kingdom of salvation.

## THE LORD'S PRAYER

Our Father ...

This was the oath he swore to our father  
 Abraham:  
 to set us free from the hands of our enemies,  
 free to worship him without fear,  
 holy and righteous in his sight  
 all the days of our life.

You, my child, shall be called the prophet of the  
 Most High;  
 for you will go before the Lord to prepare his  
 way,  
 to give his people knowledge of salvation  
 by the forgiveness of their sins.

In the tender compassion of our God  
 the dawn from on high shall break upon us,  
 to shine on those who dwell in darkness and the  
 shadow of death,  
 and to guide our feet into the way of peace.

Glory to the Father, and to the Son,  
 and to the Holy Spirit:  
 As it was in the beginning, is now,  
 and will be for ever. Amen.

Antiphon      Over his head, they hung their accusation:  
 (All)            Jesus of Nazareth, King of the Jews.

Antiphon      Jesus Christ loved us, and poured out his  
 (All)            own blood for us to wash away our sins.

Antiphon      We worship your cross, O Lord, and we  
 (Leader)        praise and glorify your holy resurrection, for  
                       the wood of the cross has brought joy to the  
                       world.

Psalm 147:12-20

Leader      O praise the Lord, Jerusalem!  
 Left         Zion, praise your God!

Right        He has strengthened the bars of your gates,  
                   he has blessed the children within you.  
                   He established peace on your borders,  
                   he feeds you with finest wheat.

Left         He sends out his word to the earth  
                   and swiftly runs his command.  
                   He showers down snow white as wool,  
                   he scatters hoar-frost like ashes.

Right        He hurls down hailstones like crumbs.  
                   The waters are frozen at his touch;  
                   he sends forth his word and it melts them:  
                   at the breath of his mouth the waters flow.

Left He makes his word known to Jacob,  
to Israel his laws and decrees,  
He has not dealt thus with other nations;  
he has not taught them his decrees.

Right Glory to the Father, and to the Son,  
and to the Holy Spirit:

Left As it was in the beginning, is now,  
and will be for ever. Amen.

Antiphon We worship your cross, O Lord, and we  
(All) praise and glorify your holy resurrection, for  
the wood of the cross has brought joy to the  
world.

## READING

Isaiah 52:13–15

See, my servant shall prosper,  
he shall be raised high and greatly exalted.  
Even as many were amazed at him —  
so marred was his look beyond that of man,  
and his appearance beyond that of mortals —  
So shall he startle many nations,  
because of him kings shall stand speechless;  
For those who have not been told shall see,  
those who have not heard shall ponder it.

## RESPONSORY

Antiphon For our sake Christ was obedient, accepting  
(Leader) even death, death on a cross.

Antiphon For our sake Christ was obedient, accepting  
(All) even death, death on a cross.

*Stand*

## CANTICLE OF ZECHARIAH

Antiphon Over his head, they hung their accusation:  
(Leader) Jesus of Nazareth, King of the Jews.

Gospel Luke 1:68-79  
Canticle:

Leader ✚ Blessed be the Lord, the God of Israel;  
All he has come to his people and set them free.

He has raised up for us a mighty savior,  
born of the house of his servant David.

Through his holy prophets he promised of old  
that he would save us from our enemies,  
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