THE DIVINE OFFICE



according to the use of

THE ORDER OF JULIAN OF NORWICH

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of Timboro

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DAILY MORNING PRAYER

THE ANGELUS

(Recited except in Eastertide)

Officiant: (+) The Angel of the Lord announced to Mary

Response: And she conceived by the Holy Spirit.

Officiant: Hail Mary, full of grace, the Lord is with you. Blessèd are you

among women, and blessèd is the fruit of your womb, Jesus.

Response: Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Officiant: Behold the handmaid of the Lord;

Response: Be it unto me according to your word.

Officiant: Hail Mary, etc.

Officiant: And the Word was made flesh.

Response: And dwelled among us.

Officiant: Hail Mary, etc.

Officiant: Pray for us, O holy Mother of God.

Response: That we may be made worthy of the promises of Christ.

Officiant: Let us pray

Pour your grace into our hearts, O Lord, that we who have known the incarnation of your Son <u>Jesus</u> Christ, announced by an angel to the Virgin <u>Mary</u>, may by his cross (+) and passion be brought to the glory of his resurrection; through <u>Jesus</u> Christ our Lord. **Amen**.

OR

REGINA CŒLI

(During Eastertide)

Officiant: O Queen of heaven, be joyful, All: Alleluia.

For he who was born of your body, Alleluia.

Has arisen as he promised, Alleluia. Pray for us to the Father, Alleluia.

Officiant: Rejoice and be glad, O Virgin Mary, Alleluia.
Response: For the Lord is risen indeed, Alleluia.

Officiant: Let us pray.

O God, who by the resurrection of your Son <u>Jesus</u> Christ gave gladness to the world: Grant, we pray, that we, aided by the prayers of the Virgin <u>Mary</u> his mother, may attain to the joys of everlasting life; (+) through Jesus Christ our Lord. *Amen*

THE INVITATORY

[Remain standing]

Officiant: Lord, (4) open our lips.

Response: And our mouth shall proclaim your praise.

All: 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.

(Alleluia)

["Alleluia" is omitted in Lent]

THE PROPER ANTIPHON

(Omitted from Easter through Pentecost)

- A. Advent: Our King and Savior now draws near: //
 Come let us adore him.
- B. Christmastide: Alleluia. To us a child is born: //
 Come let us adore him. Alleluia.
- C. Epiphany, 1st, 2nd, & Last Sundays after Epiphany:
 The Lord has shown forth his glory: //
 Come let us adore him.
- D. Lent: The Lord is full of compassion and mercy: //
 Come let us adore him.
- E. Eastertide: Alleluia. The Lord is risen indeed:
 - Come let us adore him. Alleluia.
- F. Ascensiontide: Alleluia. Christ the Lord has ascended into heaven:

Come let us adore him. Alleluia.

- G. Ordinary & Thnksgvg: The earth is the Lord's for he made it: //
 Come let us adore him.
- H. Ordinary: Worship the Lord in the beauty of holiness: //
 Come let us adore him.
- I. Ordinary: The mercy of the Lord is everlasting: //
 Come let us adore him.
- J. Saints: The Lord is glorious in his saints: //
 Come let us adore him.

THE INVITATORY CANTICLE

[Remain standing]

Venite

(Daily except in Eastertide)

Cantor: Come, let us sing to the Lord; //

All: let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving // and raise a loud shout to him with psalms.

For the Lord is a great God, // and a great king above all gods.

In his hand are the caverns of the earth, // and the heights of the hills are his also.

The sea is his, for he made it, // and his hands have molded the dry land.

Come, let us bow down, and bend the knee, // and kneel before the Lord our Maker.

For he is our God, and we are the people of his pasture and the sheep of his hand. // Oh, that today you would hearken to his voice!

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 Antiphon verse on Page 2 is repeated by all in unison.)

Pascha Nostrum

(From Easter thru Pentecost)

Cantor: Alleluia. Christ our Passover has been sacrificed for us; //

All: therefore let us keep the feast.

Not with the old leaven, the leaven of malice and evil, // but with the unleavened bread of sincerity and truth. Alleluia.

Christ being raised from the dead will never die again; // death no longer has dominion over him.

The death that he died, he died to sin, once for all; // but the life he lives, he lives to God.

So also consider yourselves dead to sin, // and alive to God in <u>Jesus</u> Christ our Lord. Alleluia.

Christ has been raised from the dead, // the first fruits of those who have fallen asleep.

For since by a man came death, //
by a man has come also the
resurrection of the dead.

For as in Adam all die, // so also in Christ shall all be made alive. Alleluia.

(No Antiphon)

THE PSALMS APPOINTED

[Be seated]

THE FIRST READING

Lector: A Reading from _____

(after the Reading)
Lector: Here ends the Reading.

Silence is kept for a space

One of the following three Canticles is recited.

You Are God (Sundays & Holy Days)

Cantor: You are God: we praise you;

All: You are the Lord: we acclaim you;

You are the eternal Father:

All creation worships you.

To you all angels, all the powers of heaven,

Cherubim and Seraphim, sing in endless praise:

Holy, holy, holy Lord, God of power and might,

heaven and earth are full of your glory.

The glorious company of apostles praise you.

The noble fellowship of prophets praise you.

The white-robed army of martyrs praise you.

Continued on next page

A Song of Praise (Used in Ordinary Time)

Cantor: Glory to you, Lord God of our fathers; //

All: you are worthy of praise; glory to you.

Glory to you for the radiance of your holy Name;

// we will praise you and highly exalt you for ever.

Glory to you in the splendor of your temple; // on the throne of your majesty, glory to you.

Glory to you, seated between the Cherubim; // we will praise you and highly exalt you for ever.

Glory to you, beholding the depths; // in the high vault of heaven, glory to you.

Glory to you, Father, Son, and Holy Spirit; // we will praise you and highly exalt you for ever.

A Song of Penitence

(Used during Lent)

Cantor: O Lord and Ruler of the hosts of heaven, //

All: God of Abraham, Isaac, and Jacob, and of all their righteous offspring:

You made the heavens and the earth,
// with all their vast array.

All things quake with fear at your presence; // they tremble because of your power.

But your merciful promise is beyond all measure; // it surpasses all that our minds can fathom.

O Lord, you are full of compassion, // Continued on next page

You Are God

(Continued)

Throughout the world the holy Church acclaims you;

Father, of majesty unbounded, your true and only Son, worthy of all worship,

and the Holy Spirit, advocate and guide.

You, Christ, are the king of glory,

the eternal Son of the Father.

When you became man to set us free you did not shun the Virgin's womb.

You overcame the sting of death and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory.

We believe that you will come and be our judge.

Come then, Lord, and help your people,

bought with the price of your own blood.

and bring us with your saints to glory everlasting.

A Song of Penitence

(Continued)

long-suffering, and abounding in mercy.

You hold back your hand; // you do not punish as we deserve

In your great goodness, Lord, you have promised for giveness to sinners, // that they may repent of their sin and be saved.

And now, O Lord, I bend the knee of my heart, // and make my appeal, sure of your gracious goodness.

I have sinned, O Lord, I have sinned, // and I know my wickedness only too well.

Therefore I make this prayer to you: // Forgive me, Lord, forgive me.

Do not let me perish in my sin, // nor condemn me to the depths of the earth.

For you, O Lord, are the God of those who repent, // and in me you will show forth your goodness.

Unworthy as I am, you will save me, in accordance with your great mercy, // and I will praise you without ceasing all the days of my life.

For all the powers of heaven sing your praises, // and yours is the glory to ages of ages. Amen.

THE SECOND READING

[Be seated]

Lector: A Reading from _____

(After the Reading)

Lector: Here ends the Reading.

(Silence is kept for a space)

THE SECOND CANTICLE

[Stand]

The Song of Zechariah

Cantor: (+) Blessèd 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.

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 forever. Amen.

THE APOSTLES' CREED

Officiant: I believe in God,

All: the Father almighty,

creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit and born of the Virgin Mary.

He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead.

On the third day he rose again.

He ascended into heaven, and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit,

the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, (+) and the life everlasting.

Amen.

THE PRAYERS

Officiant: The Lord be with you. Response: And also with you.

Officiant: Let us pray.

Officiant: Our Father in heaven,

All: hallowed be your Name, your kingdom come,

your will be done, on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Save us from the time of trial, and deliver us from evil.

For the kingdom, the power, and the glory are yours,

now and for ever.

Amen.

THE SUFFRAGES

Officiant: Show us your mercy, O Lord; Response: And grant us your salvation.

Officiant: Clothe your ministers with righteousness;

Response: Let your people sing with joy.

Officiant: Give peace, O Lord, in all the world;
Response: For only in you can we live in safety.

Officiant: Lord keep this nation under your car.

Officiant: Lord, keep this nation under your care;

Response: And guide us in the way of justice and truth.

Officiant: Let your way be known upon earth;
Response: Your saving health among all nations.
Officiant: Let not the needy, O Lord, be forgotten;
Response: Nor the hope of the poor be taken away.

Officiant: Create in us clean hearts, O God;

Response: And sustain us with your Holy Spirit.

THE COLLECT OF THE DAY

Officiant:Let us pray.

The Officiant recites the Collect for the Day.

THE CONCLUDING COLLECTS

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through <u>Jesus</u> Christ our Lord. **Amen.**

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior <u>Jesus</u> Christ. **Amen.**

Officiant: Let us pray for the Julian Community.

Intercessions for all members of the Order are offered, ending with the following prayer.

THE PRAYER FOR THE JULIAN COMMUNITY

O Lord Jesus Christ, guide and sanctify our brothers and sisters whom you have called to follow you in poverty, chastity, obedience, and prayer in the spirit of Blessèd Mother Julian; protect them from danger and want, and grant that by their prayer and service they may enrich your Church, and by their life and worship they may glorify your Name; for you reign with the Father and the Holy Spirit, one God, now and for ever. **Amen.**

Officiant: Let us bless the Lord. (In Eastertide add: Alleluia.)

Response: Thanks be to God. (In Eastertide add: Alleluia. Alleluia.)

THE GRACE

Officiant:(+) The grace of our Lord <u>Jesus</u> Christ, and the love of God, and the fellowship of the Holy Spirit be with us all evermore.

Response:And with our absent brothers and sisters. Amen.

Remain kneeling in silence until the Officiant's signal, after which you are free to leave individually.

SUNG MORNING PRAYER

THE ANGELUS

(Through the year except during Eastertide)

Officiant: (+) The Angel of the Lord announced to Mary

Response: And she conceived by the Holy Spirit.

Officiant: Hail Mary, full of grace, the Lord is with you. Blessèd are you among women, and blessèd is the fruit of your

womb, Jesus.

Response: Holy Mary, Mother of God, pray for us sinners, now and at

the hour of our death. Amen.

Officiant: Behold the handmaid of the Lord;

Response: Be it unto me according to your word.

Officiant: Hail Mary, etc.

Officiant: And the Word was made flesh.

Response: And dwelled among us.

Officiant: Hail Mary, etc.

Officiant: Pray for us, O holy Mother of God.

Response: That we may be made worthy of the promises of Christ.

Officiant: Let us pray

Pour your grace into our hearts, O Lord, that we who have known the incarnation of your Son <u>Jesus</u> Christ, announced by an angel to the Virgin <u>Mary</u>, may by His cross (\clubsuit) and passion be brought to the glory of His resurrection; through <u>Jesus</u> Christ our Lord. *Amen*.

OR

THE REGINA COELI

(During Eastertide)

Officiant: (+) O Queen of heaven, be joyful; All: Alleluia.

For he who was born of your body; Alleluia.

Has arisen as he promised; Alleluia.

Pray for us to the Father; Alleluia.

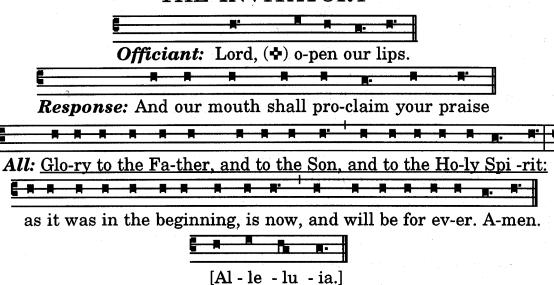
Officiant: Rejoice and be glad, O Virgin Mary, Alleluia.

Response: For the Lord is risen indeed, Alleluia.

Officiant: Let us pray.

O God, who by the resurrection of your Son <u>Jesus</u> Christ gave gladness to the world: Grant, we pray, that we, aided by the prayers of the Virgin <u>Mary</u> his mother, may attain to the joys of everlasting life; (+) through <u>Jesus</u> Christ our Lord. *Amen*.

THE INVITATORY

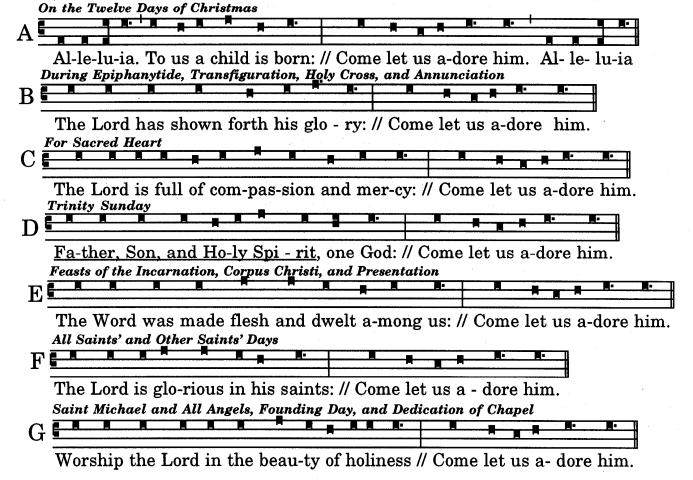


THE PROPER ANTIPHON

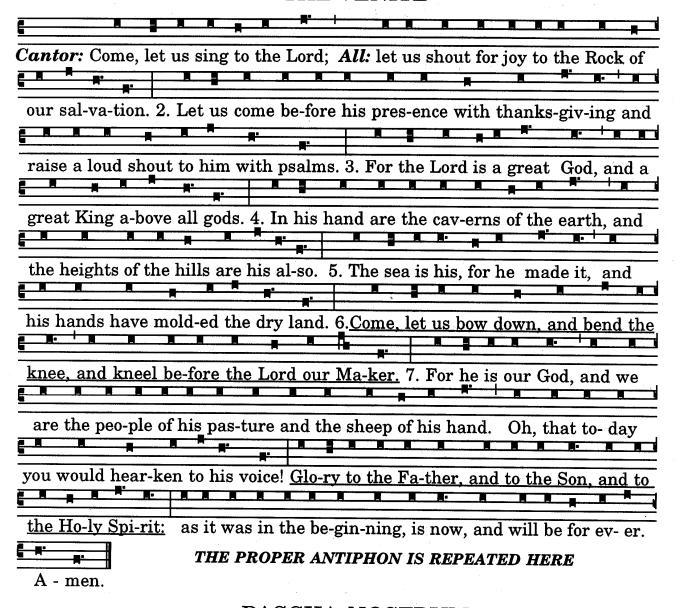
[Omit in Lent]

(During Easter omit Antiphon and go to Pascha Nostrum on next page)

(Cantor precents Antiphon; all join at double slash.)

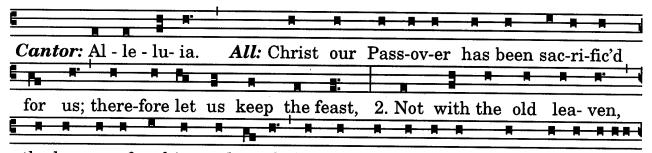


THE VENITE

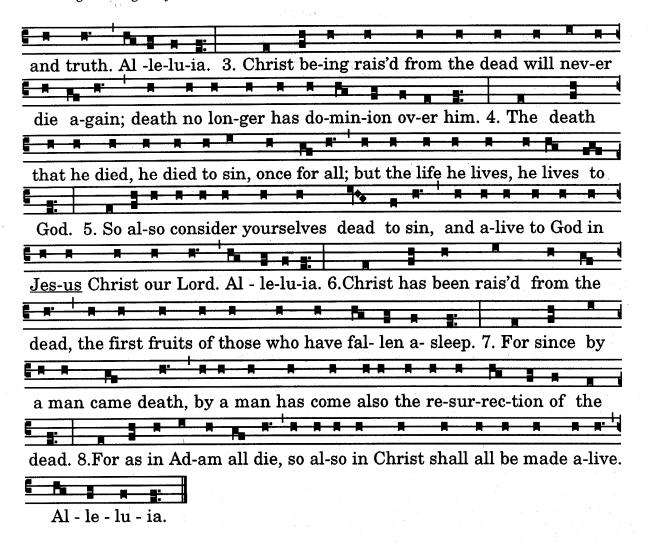


PASCHA NOSTRUM

Replaces the Venite throughout Eastertide - No Antiphon



the lea-ven of mal-ice and ev- il, but with the unleaven'd bread of sincerity



THE PSALMS APPOINTED

(Be seated)

(The day's selection from the Psalter – at the back of this book – is chanted.)

THE FIRST READING

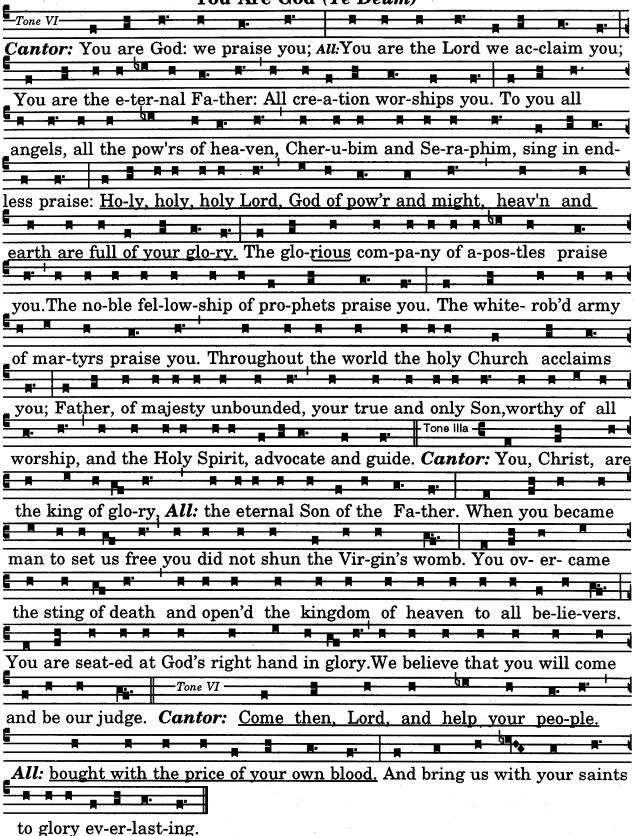
Lector: A Reading from _____

After the reading

Lector: Here ends the Reading.

(Silence is kept for a space)

THE FIRST CANTICLE You Are God (Te Deum)



THE SECOND READING

(Be seated)

Lector: A Reading from _____

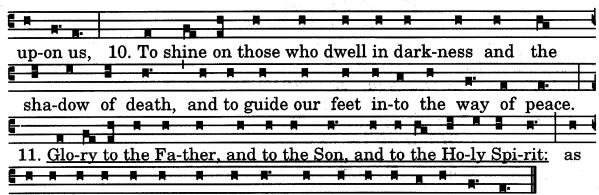
(After the Reading)
Lector: Here ends the Reading.

(Silence is kept for a space)

THE SONG OF ZECHARIAH

(Stand) Cantor: (+) Bless-èd be the Lord, the God of Is-ra-el; All: He has come to his peo-ple and set them free. 2. He has rais'd up for us a migh-ty sa-vior, born of the house of his ser-vant Da-vid. 3. Through his ho-ly pro-phets he promis'd of old, that he would save us from our en-e-mies, from the hands of all who hate us. 4. He promis'd to show mer-cy to our fa-thers and to remember his ho-ly co-ve-nant. 5. This was the oath he swore to our fa-ther Ab-ra-ham, to set us free from the hands of our en-e-mies, 6. Free to wor-ship him without fear, ho-ly and right-eous in his sight all the days of our life. 7. You, my child, shall be call'd the pro-phet of the Most High, for you will go be-fore the Lord to pre-pare his way. 8. To give his people know-ledge of sal-va-tion by the for-give-ness of their sins. 9. In the

ten-der com-pas-sion of our God the dawn from on high shall break



it was in the be-gin-ning, is now, and will be for ev-er. A-men.

THE APOSTLES' CREED



Officiant: I believe in God, All: the Father Almighty, creator of heaven and earth.

I believe in <u>Jesus</u> Christ, his only Son, our *Lord*.

He was conceiv'd by the power of the Holy Spi-rit and born of the Virgin Ma-ry.

He suffer'd under Pontius Pi-late, was crucifi'd, died, and was bu-ri'd.

He descended to the dead.

On the third day he rose a-gain.

He ascended into hea-ven, and is seated at the right hand of the Fa-ther.

He will come again to judge the living and the dead.

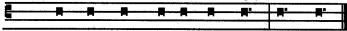
I believe in the Holy Spi-rit,

the holy catholic Church,

the communion of saints,

the forgiveness of sins,

the resurrection of the bo-dy,



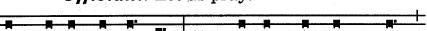
(+) and the life ev-er-last-ing. A - men.

THE PRAYERS

(Remain standing)





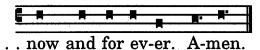


Officiant: Our Father in heaven, All: hallow'd be your Name, your kingdom come,

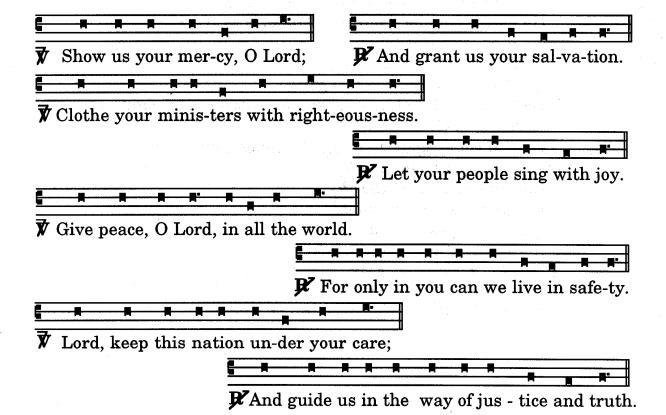
your will be done, on earth as in hea-ven.

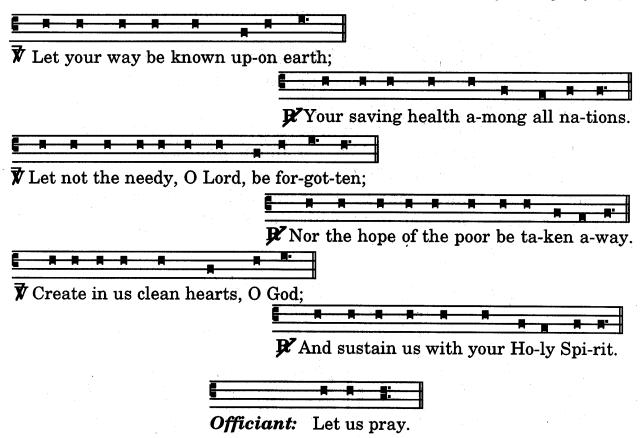
Give us today our daily *bread*.

Forgive us our sins as we forgive those who sin against **us**. Save us from the time of trial and deliver us from ev-**il**. For the kingdom, the power, and the glory are **yours**,



THE SUFFRAGES





The COLLECT FOR THE DAY is chanted, and these COLLECTS are added.

Lord God, almighty and everlasting Father, you have brought us in safety to **thîs** new day: Preserve us with your mighty po-wer, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your pur-pose; through <u>Jê-sus</u> Christ our Lord. Amen.

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is go-vêrn'd and sanctifi'd: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jê-sus Christ. Amen.

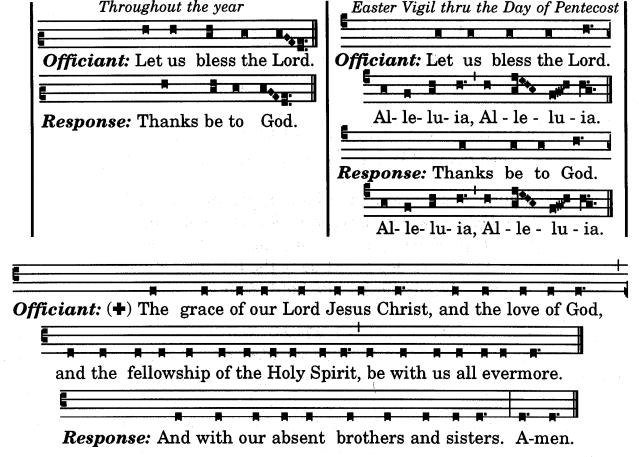
Officiant: Let us pray for the Julian Community.

COMMUNITY INTERCESSIONS

(Prayers are offered for all members of the Order, concluding with this prayer.)
O Lord Jesus Christ, guide and sanctify our brothers and sisters whom you have called to follow you in poverty, chastity, obedience, and prayer in the spirit of Blessed Mother Julian; protect them from danger and want, and grant that by their prayer and service they may enrich your Church, and by their life and worship they may glorify your Name; for you reign with the Father and the Holy Spirit, one God, now and for ever. Amen.

THE GRACE AND DISMISSAL

(Remain kneeling)
One of the following is sung:



Kneel until Officiant's signal, when all are free to leave individually.

THE JULIAN OFFICE FOR NOONDAY

THE ANGELUS

(Through the year except during Eastertide)

Officiant: (+) The Angel of the Lord announced to Mary

Response: And she conceived by the Holy Spirit.

Officiant: Hail Mary, full of grace, the Lord is with you. Blessèd are

you among women, and blessèd is the fruit of your

womb, <u>Jesus</u>.

Response: Holy Mary, Mother of God, pray for us sinners, now and

at the hour of our death. Amen.

Officiant: Behold the handmaid of the Lord;

Response: Be it unto me according to your word.

Officiant: Hail Mary, etc.

Officiant: And the Word was made flesh.

Response: And dwelled among us.

Officiant: Hail Mary, etc.

Officiant: Pray for us, O holy Mother of God.

Response: That we may be made worthy of the promises of Christ.

Officiant: Let us pray

Pour your grace into our hearts, O Lord, that we who have known the incarnation of your Son <u>Jesus</u> Christ, announced by an angel to the Virgin <u>Mary</u>, may by His cross (\clubsuit) and passion be brought to the glory of His resurrection; through <u>Jesus</u> Christ our Lord. *Amen*.

OR

THE REGINA COELI

(During Eastertide)

Officiant: (+) O Queen of heaven, be joyful, All: Alleluia.

For he who was born of your body; Alleluia.

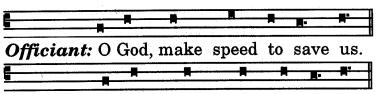
Has arisen as he promised; Alleluia. Pray for us to the Father; Alleluia.

Officiant: Rejoice and be glad, O Virgin Mary, Alleluia. Response: For the Lord is risen indeed, Alleluia.

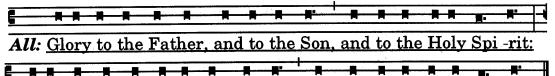
Officiant: Let us pray.

O God, who by the resurrection of your Son <u>Jesus</u> Christ gave gladness to the world: Grant, we pray, that we, aided by the prayers of the Virgin <u>Mary</u> his mother, may attain to the joys of everlasting life; (\clubsuit) through <u>Jesus</u> Christ our Lord. *Amen*.

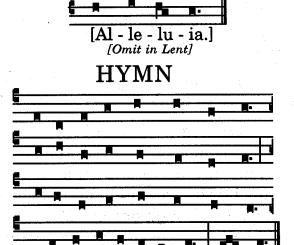
THE INVITATORY



Response: O Lord, make haste to help us.



as it was in the beginning, is now, and will be for ev-er. A-men.



Cantor: Dear Julian, mother, sister, friend, All: We give you honor without end, And beg your intercession true, That we may dwell in heav'n with you.

2. Lead us to know the Lord of love 3. O Father, hear our faithful pray'r; Who showers graces from above. And from all sin to turn away.

O Son, help us your love to share;

O Spirit, fill our ev'ry hour,

To love, to serve Him, and to pray. And guide us by your holy pow'r.

John-Julian, OJN, 1983

Amen.

THE JULIAN PSALMS



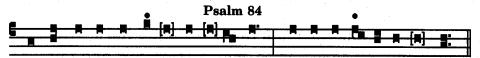
Cantor: Hear my • cry, (O) God, *

All: and • lis-ten to (my) pray'r.

B 2 I call upon you from the ends of the earth with heaviness in my • heart; ___ * set me upon the rock • that is high'r (than) I.



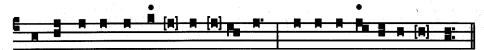
- A 3 For you have been my re-fuge, * a strong tower a gainst the e(ne)my.
- **B** 4 I will dwell in your house for ev-er; * I will take refuge under the co-ver of (your) wings.
- A 5 For you, O God, have heard my vows; ** you have granted me the heritage of those who fear (your) Name.
- **B** 6 Add length of days to the king's life; * let his years extend over many ge-ne-ra-tions.
- A 7 Let him sit enthron'd before God for ev-er; * bid love and faithful•ness watch ov(er) him.
- **B** 8 So will I always sing the praise of your Name, ___ * and day by day I will ful-fill (my) vows.
- All: Glory to the Father, and to the Son, / and to the Holy Spi-rit: * as it was in the beginning, is now, / and will be for ev-er. A-men.



- Cantor: How dear to me is your dwel(ling), O (Lord) of hosts! *

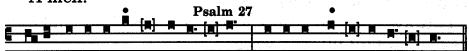
 All: My soul has a desire and longing for the courts of the Lord; /

 my heart and my flesh rejoice in the liv(ing) God.
- B2 The sparrow has found her a house and the swallow a nest where she may (lay) her young; * by the side of your altars, O Lord of hosts, my King and my God.
- A 3 Happy are they who dwell in your house! * they will al•ways be prais(ing) you.
- **B** 4 Happy are the people whose strength is in you! * whose hearts are set on the pil(grims') way.
- A 5 Those who go through the desolate valley will find (it) a (place) of springs, * for the early rains have cover'd it with pools of wa-ter.
- B6 They will climb (from) height to height, * and the God of gods will reveal him self in Zi-on.
- A 7 Lord God of hosts, hear my pray'r; * hearken, O God of Ja-cob.
- **B** 8 Behold our de•fen-der, O God; * and look upon the face of your A-noin-ted.
- A 9 For one day in your courts is better than a thou(sand) in (my) own room, * and to stand at the threshold of the house of my God / than to dwell in the tents of the wick-ed.

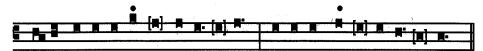


- **B** 10 For the Lord God (is) both (sun) and shield; * he will give grace and glo-ry;
- A 11 No good thing (will) the (Lord) with-hold * from those who walk with in-te(gri)ty.
- **B** 12 O Lord of hosts,* happy are they who put their trust (in) you!
- All: Glory to the Father, and to the Son, / and to the Ho-ly Spi-rit: * as it was in the beginning, is now, / and will be for ev-er.

 A-men.



- Cantor: The Lord is my light and my salvation; / whom then shall (I) fear? *
 - All: the Lord is the strength of my life; / of whom then shall I be (a)fraid?
- B 2 When evildoers came upon me to eat up my flesh, * it was they, my foes and my adversaries, who stum-bl'd and fell.
- A 3 Though an army should en camp a-gainst me, * yet my heart (shall) not be (a) fraid;
- **B** 4 And though war should rise up a-gainst me, * yet will I put my trust (in) him.
- A 5 One thing have I ask'd of the Lord; / one thing I seek; * that I may dwell in the house of the Lord all the days of my life;
- B 6 To behold the fair beau-ty of (the) Lord * and to seek him in his tem-ple.
- A 7 For in the day of trouble he shall keep me safe (in) his shel-ter; * he shall hide me in the secrecy of his dwelling / and set me high up-on (a) rock.
- B 8 Even now he lifts up my head * above my enemies round a-bout me.
- A 9 Therefore I will offer in his dwelling an oblation with sounds (of) great glad-ness; * I will sing and make mu-sic to (the) Lord.
- B 10 Hearken to my voice, O Lord, when I call; * have mercy on me and ans(wer) me.
- A 11 You speak in my heart (and) say, "Seek (my) face." * Your face, Lord, will (I) seek.

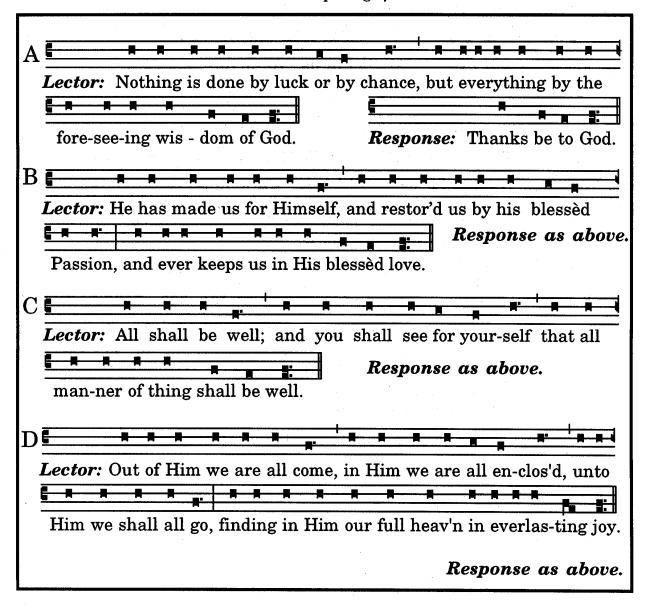


All: Glory to the Father, and to the Son, / and to the • Ho-ly Spi-rit: * as it was in the beginning, is now, / and will be for • ev-er.

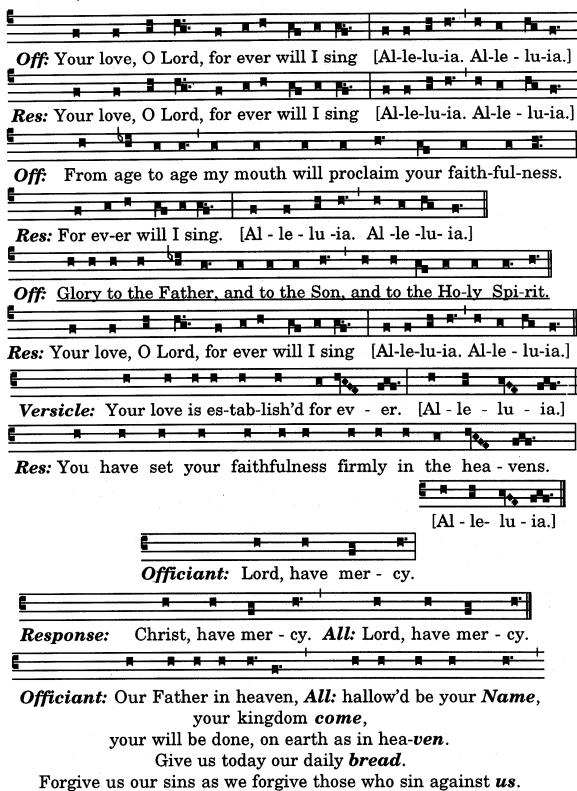
A-men.

LITTLE CHAPTER

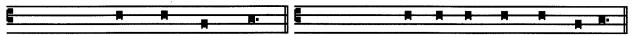
The Lector alone stands and chants a passage from St. Julian's Revelations:



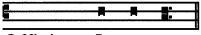
(All stand)



Save us from the time of trial and deliver us from e - vil.



Officiant: Lord, hear our pray'r; Response: And let our cry come to you.

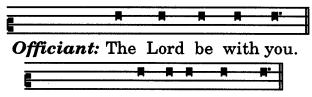


Officiant: Let us pray.

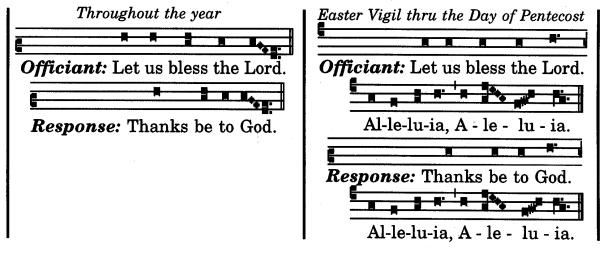
Most Holy Lord, the ground of our beseeching, who through your servant Saint <u>Julian</u> revealed the wonder **ôf** your love; grant that as we are created in your nature and restored by your **grace**, our wills may be so made one with yours that we may come to see you face to face and gaze on you for ev-er, through <u>Jê-sus</u> Christ our Lord.

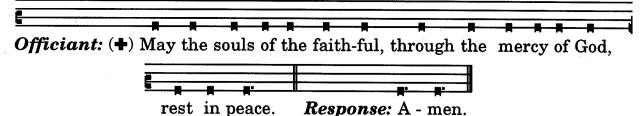
Response: A - men.

Community Intercessions are offered. Personal intercessions may follow. Silence is kept for a space.

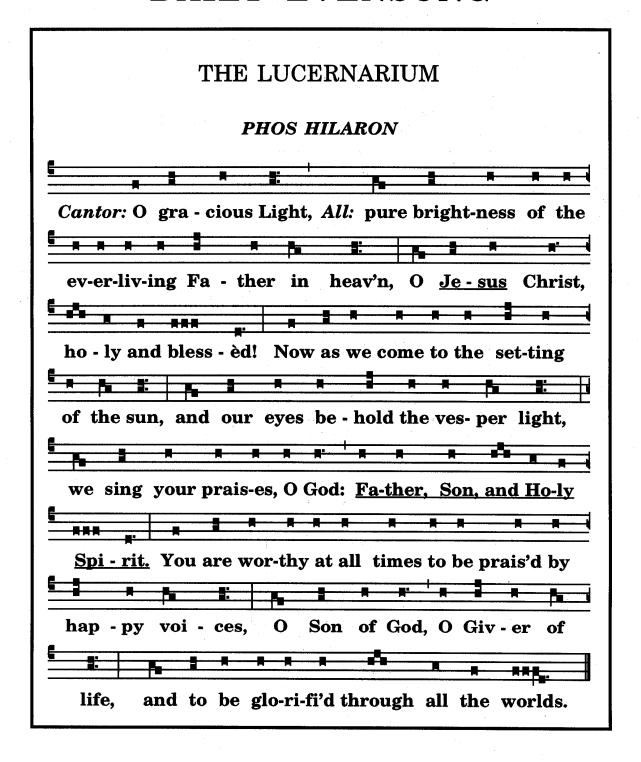


Response: And al-so with you.





DAILY EVENSONG



THE ANGELUS

(Through the year except during Eastertide)

Officiant: (+) The Angel of the Lord announced to Mary

Response: And she conceived by the Holy Spirit.

Officiant: Hail Mary, full of grace, the Lord is with you. Blessèd are you among women, and blessèd is the fruit of your

womb, Jesus.

Response: Holy Mary, Mother of God, pray for us sinners, now and at

the hour of our death. Amen.

Officiant: Behold the handmaid of the Lord;

Response: Be it unto me according to your word.

Officiant: Hail Mary, etc.

Officiant: And the Word was made flesh.

Response: And dwelled among us.

Officiant: Hail Mary, etc.

Officiant: Pray for us, O holy Mother of God.

Response: That we may be made worthy of the promises of Christ.

Officiant: Let us pray

Pour your grace into our hearts, O Lord, that we who have known the incarnation of your Son <u>Jesus</u> Christ, announced by an angel to the Virgin <u>Mary</u>, may by His cross (\blacksquare) and passion be brought to the glory of His resurrection; through <u>Jesus</u> Christ our Lord. *Amen*.

\overline{OR}

THE REGINA COELI

(During Eastertide)

Officiant: (+) O Queen of heaven, be joyful; All: Alleluia.

For he who was born of your body; Alleluia.

Has arisen as he promised; Alleluia.

Pray for us to the Father; Alleluia.

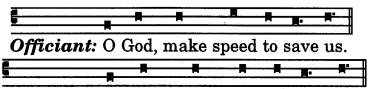
Officiant: Rejoice and be glad, O Virgin Mary, Alleluia.

Response: For the Lord is risen indeed, Alleluia.

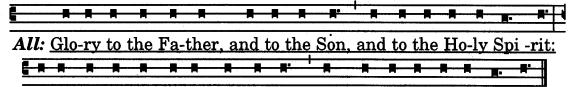
Officiant: Let us pray.

O God, who by the resurrection of your Son <u>Jesus</u> Christ gave gladness to the world: Grant, we pray, that we, aided by the prayers of the Virgin <u>Mary</u> his mother, may attain to the joys of everlasting life; (+) through Jesus Christ our Lord. *Amen*.

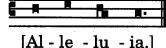
THE INVITATORY



Response: O Lord, make haste to help us.



as it was in the beginning, is now, and will be for ev-er. A-men.



[Al - le - lu - la [Omit in Lent]

THE PSALMS APPOINTED

The appointed selection from the Psalter is chanted antiphonally

THE READING

Lector: A Reading from _____

(After the Reading)

Lector: Here ends the Reading.

Silence is kept for a space

Stand on signal

THE BLESSING OF INCENSE

(Only on Major Holy Days and their Vigils)

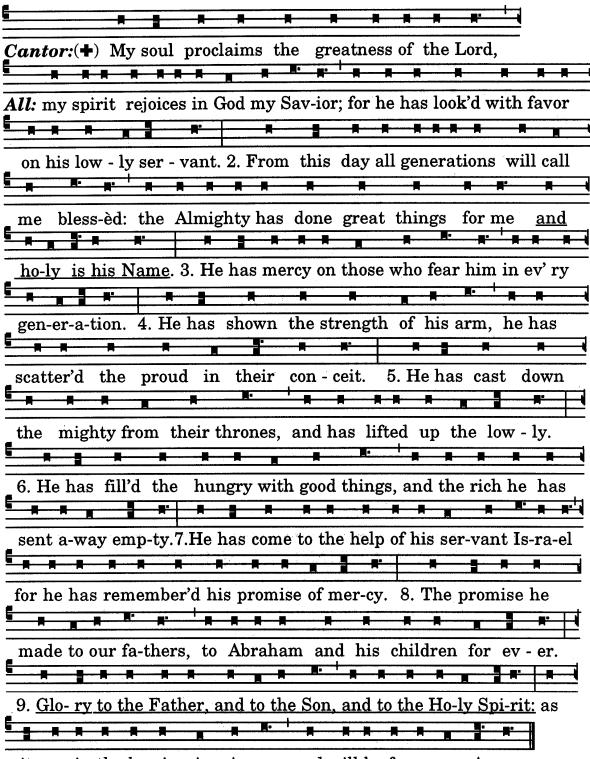
Priest: Let our prayer be set forth in your sight as incense; **Response:** The lifting up of our hands as the evening sacrifice.

Priest:

By the intercession of blessed Gabriel the Archangel, who stood at the right hand of the Altar of Incense, and of all the Saints, may you bless this incense, O Lord, and receive it as a pure oblation. As it ascends before you, so may your mercy descend upon us. **Amen.**

THE SONG OF MARY

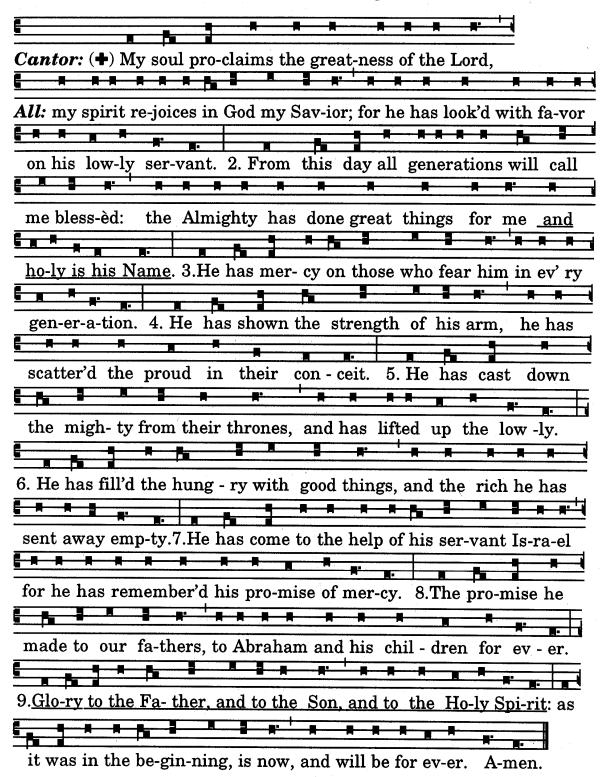
Simple Setting



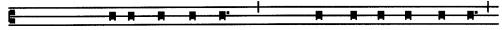
it was in the be-gin-ning, is now, and will be for ev-er. A-men.

THE SONG OF MARY

Solemn Setting



THE APOSTLES' CREED



Officiant: I believe in God, All: the Father Almigh-ty, creator of heaven and earth.

I believe in <u>Jesus</u> Christ, his only Son, our *Lord*.

He was conceiv'd by the power of the Holy Spi-*rit* and born of the Virgin <u>Ma-ry</u>.

He suffer'd under Pontius Pil-ate, was crucifi'd, died, and was bu-ri'd.

He descended to the dead.

On the third day he rose a-gain.

He ascended into hea-ven, and is seated at the right hand of the Fa-ther.

He will come again to judge the living and the dead.

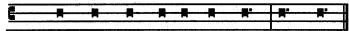
I believe in the Holy Spi-rit,

the holy catholic Church,

the communion of saints,

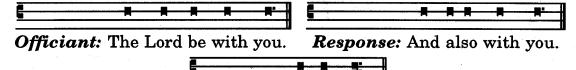
the forgiveness of sins,

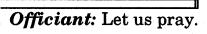
the resurrection of the bo-dy,



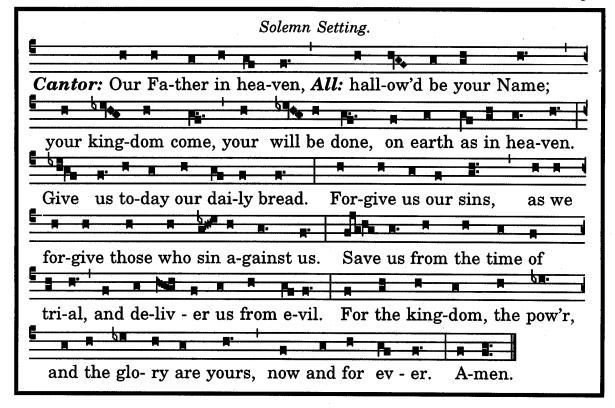
(+) and the life ev-er-last-ing. A - men.

THE PRAYERS

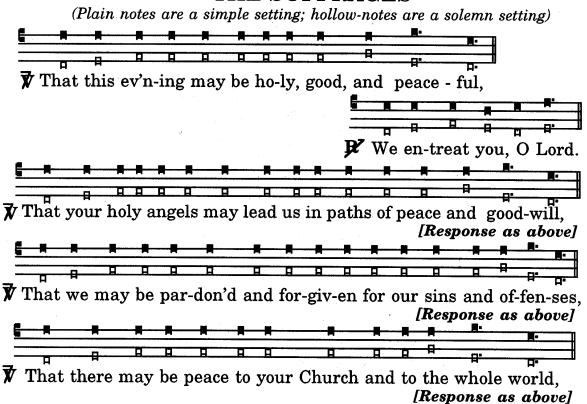


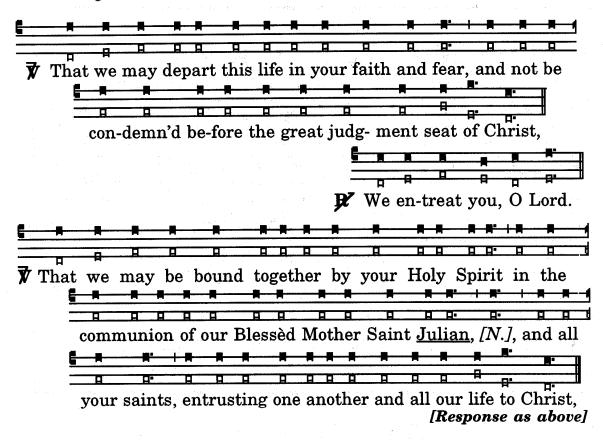


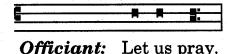




THE SUFFRAGES







The COLLECT FOR THE DAY is chanted and the following COLLECTS are added.

Most Holy God, the source of all good desires, all right judgments, and **âll** just works: Give to us, your servants, that peace which the world cannot **give**, so that our minds may be fixed on the doing of your will, and that we, being delivered from the fear of all enemies, may live in peace and qui-etness; through the mercies of Christ Je-sûs our Savior. Amen.

O God, you manifest in your servants the signs **ôf** your presence: Send forth upon us the Spirit of **love**, that in companionship with one another your abounding grace may increase among **us**; through <u>Jê-sus</u> Christ our Lord. **Amen.**

On All Sundays, Major Holy Days, and their Vigils

THE OFFICE HYMN

is sung at this place.

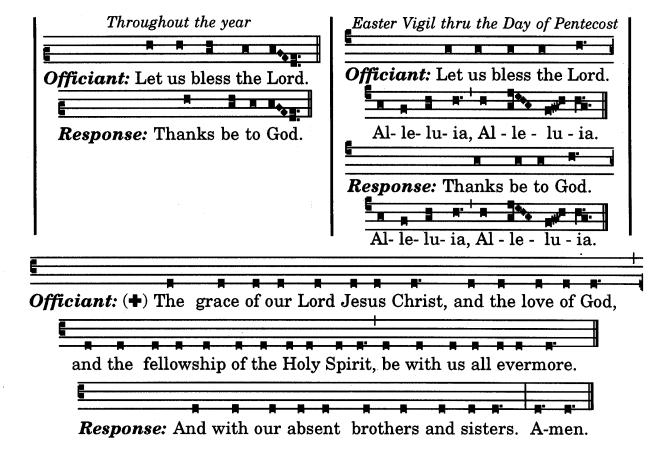
Officiant: Let us pray for the Julian Community.

COMMUNITY INTERCESSIONS

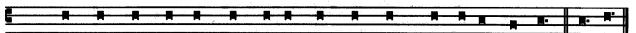
(Prayers are offered for all members of the Order, concluding with this prayer.)
O Lord Jesus Christ, guide and sanctify our brothers and sisters whom you have called to follow you in poverty, chastity, obedience, and prayer in the spirit of Blessed Mother Julian; protect them from danger and want, and grant that by their prayer and service they may enrich your Church, and by their life and worship they may glorify your Name; for you reign with the Father and the Holy Spirit, one God, now and for ever. Amen.

THE GRACE AND DISMISSAL

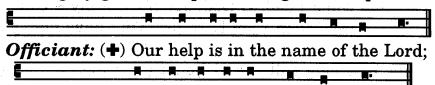
One of the following is sung:



AN ORDER FOR COMPLINE



Off: The Lord Almighty grant us a peaceful night and a perfect end. A-men.



Response: The maker of hea-ven and earth.

Officiant: Let us confess our sins to God.

All bow low. Silence is kept.

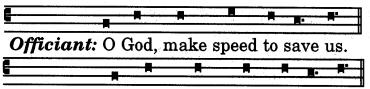
Officiant: Almighty God, All: our heavenly Father:

We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord <u>Jesus</u> Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. Amen.

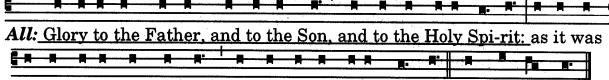
The Officiant alone stands upright and says:

Officiant: May the Almighty God grant us (+) forgiveness of all our sins, and the grace and comfort of the Holy Spirit. Amen.

All stand upright



Response: O Lord, make haste to help us.



in the beginning, is now, and will be for ever. A-men. [Al - le - lu - ia.]

[Omit in Lent]

THE PSALMS



Psalm 4

- Cantor: Answer me when I call, O God, defender of my cause; ___ * All: you set me free when I am hard-press'd; / have mercy on me and hear (my) prayer.
- B 2 "You mortals, how long will you dishonor my glo-ry? * how long will you worship dumb idols and run af-ter false gods?"
- A 3 Know that the Lord does wonders for the faith-ful; * when I call upon the Lord, he will hear me.
- B 4 Tremble, then, and do (not) sin; * speak to your heart in si•lence up-on (your) bed.
- A 5 Offer the appointed sacri•fi-ces * and put your trust in the Lord.
- B 6 Many are saying, / "Oh, that we might see bet(ter) times!" * Lift up the light of your countenance up-on us, (O) Lord.
- A 7 You have put gladness in my heart, ___ * more than when grain and wine and oil (in)crease.
- B 8 I lie down in peace; / at once I fall (a)sleep; * for only you, Lord, make me dwell in safe-ty.

Psalm 91

- A 1 He who dwells in the shelter of the Most High * abides under the shadow of the Al-migh-ty.
- B 2 He shall say to the Lord, "You are my refuge and my strong-hold, * my God in whom I put (my) trust."
- A 3 He shall deliver you from the snare of the hun-ter * and from the dead-ly pest(il)ence.
- B 4 He shall cover you with his pinions, / and you shall find refuge under his wings; ___ * his faithfulness shall be a shield and buck-ler.
- A 5 You shall not be afraid of any terror by night, ___ * nor of the ar•row that flies (by) day;
- **B** 6 Of the plague that stalks in the dark-ness, * nor of the sickness that lays waste at mid-day.
- A 7 A thousand shall fall at your side / and ten thousand at your right hand, ___ * but it shall not come near you.
- **B** 8 Your eyes have only to be•hold ____ * to see the reward of the wick-ed.
- A 9 Because you have made the Lord your re-fuge, * and the Most High your ha-bi-ta-tion,
- B 10 There shall no evil happen to you, ___ * neither shall any plague come near your dwel-ling.



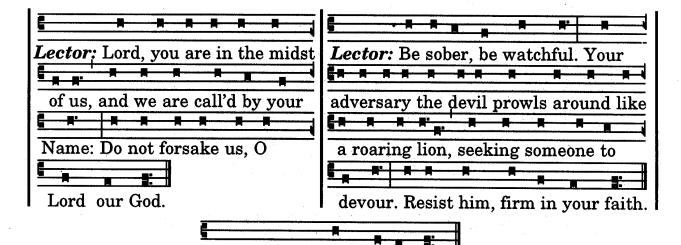
- A 11 For he shall give his angels charge ov(er) you, * to keep you in all (your) ways.
- B 12 They shall bear you in their hands, ___ * lest you dash your foot a-gainst (a) stone.
- A 13 You shall tread upon the lion and ad-der; * you shall trample the young lion and the serpent un-der your feet.
- B 14 Because he is bound to me in love, / therefore will I de li(ver) him; * I will protect him, be cause he knows (my) Name.
- A 15 He shall call upon me, and I will ans(wer) him; * I am with him in trouble; / I will rescue him and bring him to ho-nor.
- **B** 16 With long life will I satisfy him, ___ * and show him my sal-va-tion.

Psalm 134

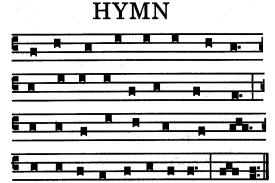
- A 1 Behold now, bless the Lord, all you servants of the Lord, ___ * you that stand by night in the house of the Lord.
- **B** 2 Lift up your hands in the holy place and bless (the) Lord; * the Lord who made heaven and earth bless you out of Zi-on.
- All: Glory to the Father, and to the Son, / and to the Holy Spi-rit: * as it was in the beginning, is now, / and will be for ev-er. A-men.

LITTLE CHAPTER

The Lector alone stands for the Chapter.

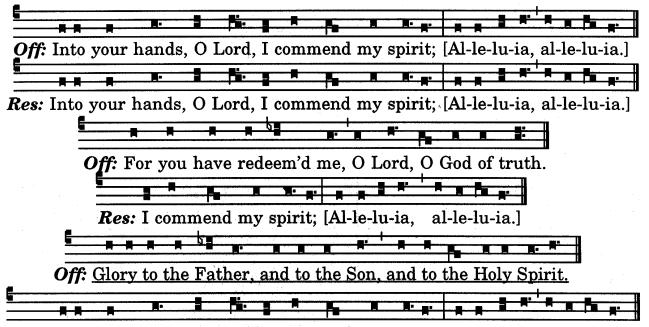


Response: Thanks be to God.

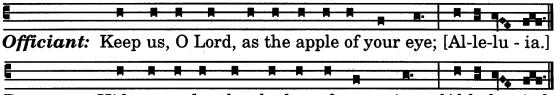


Cantor: To you, before the close of day, **All:** Creator of the world, we pray That, with your constant favor, you Will be our guard and keeper true.

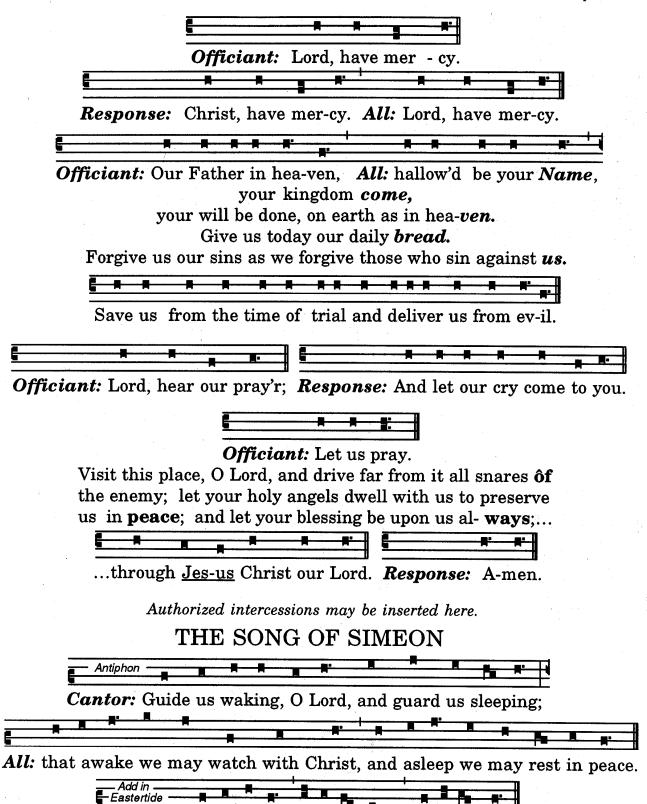
- 2. From all ill dreams defend our sight, 3. O Father, grant that this be done. From fears and terrors of the night; Protect us from our evil Foe, That stain of sin we may not know.
 - Through <u>Jesus</u> Christ, your only Son. Who with the Spirit and with you, Shall live and reign all ages through. Amen.



Res: Into your hands, O Lord, I commend my spirit; [Al-le-lu-ia, al-le-lu-ia.]

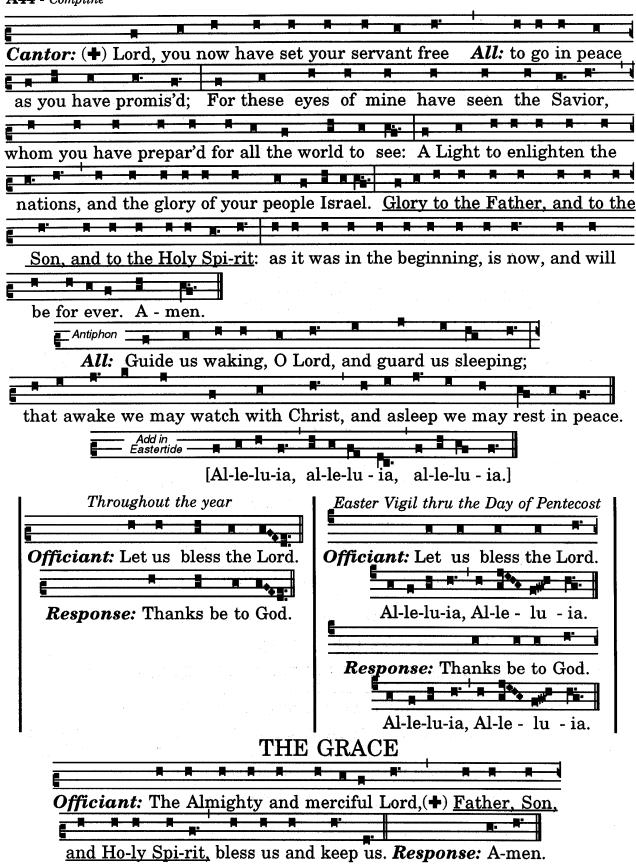


Response: Hide us under the shadow of your wings. [Al-le-lu - ia.]



[Al-le-lu-ia, al-le-lu-ia,

al-le-lu - ia.]



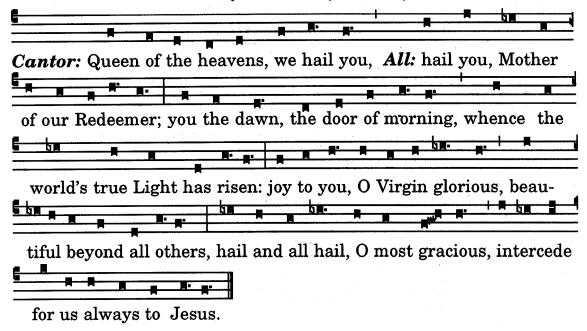
The Itinerary may be recited here

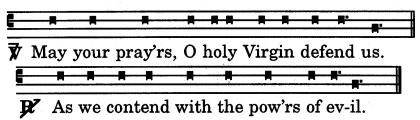
Alma Redemptoris (Vigil of First Sunday of Advent through January 31) Cantor: Gracious Mother of our Redeemer All: for ever abiding, Queen of heaven and star of ocean, O pray for your children, who, though falling strive to rise again. You, maiden, have borne your holy Creator, to the wonder of all nature; ever virgin after as before you receiv'd that "Ave" from the mouth of Gabriel; intercede for us sinners. (During Advent) V. The angel of the Lord announc'd to Mary. R. And she conceiv'd by the Holy Spirit. **Officiant:** Let us pray. Pour your grace into our hearts, O Lord, that we who have known the Incarnation of your Son Jesus Christ, announced by an angel to the Virgin Ma-ry may, by His cross and passion, be brought to the glory of His resurrection: through Jê-sus Christ our Lord. Amen. (December 24 through January 31) V. He became incarnate from the Virgin Mary. **R.** Intercede for us, O Mo-ther of God. *Officiant:* Let us pray. O God, who by the fruitful virginity of blessed Mary bestowed upon us the reward of eter-nal salvation: Grant, we pray, that we may know the help of her intercession, through whom we have received the author of our life, Jesus Christ your Sôn our Lord. Amen. Officiant: (+) May the divine help remain with us always.

Response: And with our absent brothers and sisters.

Ave Regina Cœlorum

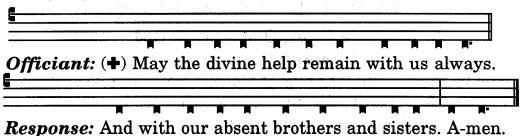
(February 1 to Maundy Thursday)





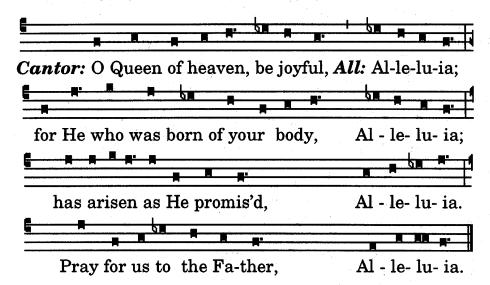
Officiant: Let us pray.

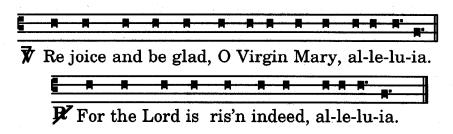
Grant us, O merciful God, protection în our weakness, that we who celebrate the memory of the holy Mother of God may, with the aid of her intercession, triumph over our foes; through Jêsus Christ our Lord. Amen.



Stand on Officiant's signal. The Choir leaves in procession.

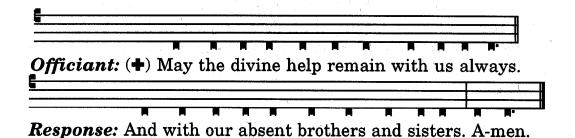
Regina Cœli (Vigil of Easter through the Day of Pentecost)



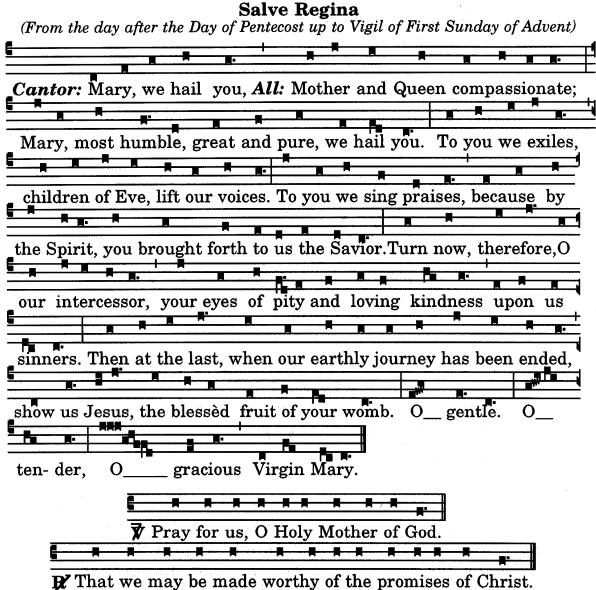


Officiant: Let us pray.

O God, who by the resurrection of your Son Jesus Christ gave gladness tô the world; Grant, we pray, that we, aided by the prayers of the Virgin Mary his mo-ther, may attain to the joys of everlasting life; through Jê-sus Christ our Lord. Amen.



Stand on Officiant's signal. The Choir leaves in procession.



Officiant: Let us pray.

Almighty and everlasting God, who by the overshadowing of the Holy Spirit, prepared the body and soul of the glorious Virgin Mother to become a habitation **fôr** your Son: Grant that, as we rejoice in her obedience, we may have the support of her loving intercession, and may be delivered from our present evils and from eternal **death**; through **Jê**-sus Christ our Lord. **Amen**.



Off: (+) May the di - vine help re-main with us al-ways.

Resp: And with our ab - sent bro-thers and sis - ters. A - men.