

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 Jesus Christ, announced by an angel to the Virgin Mary, may by his cross (✚) and passion be brought to the glory of his resurrection; through Jesus Christ our Lord. **Amen.**

OR

REGINA CÆLI

(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 Jesus Christ gave gladness to the world: Grant, we pray, that we, aided by the prayers of the Virgin Mary his mother, may attain to the joys of everlasting life; (✚) through Jesus Christ our Lord. **Amen**

THE INVITATORY

[Remain standing]

Officiant: Lord, (✚) 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 & Thnksvgv:* 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 Jesus 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 Fa-
ther:

All creation worships
you.

To you all angels, all
the powers of hea-
ven,

Cherubim and Se-
raphim, sing in end-
less 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 radi-
ance of your holy Name;
// we will praise you and
highly exalt you for
ever.

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

Glory to you, seated be-
tween 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 Abra-
ham, Isaac, and
Jacob, and of all
their righteous
offspring:

You made the heav-
ens 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 acclaim you;
Father, of majesty unbounded,
your true and only Son, wor-
thy 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 king-
dom of heaven to all believ-
ers.
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 forgiveness 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 con-
demn 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 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 Jesus 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 Jesus 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 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.**

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

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

THE GRACE

Officiant:(+) The grace of our Lord Jesus 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.*