

Introduction

O God, come to our aid.
O Lord, make haste to help us.
Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen.

Monday
Holy Week

Examination of Conscience

This is an excellent moment for an examination of conscience. Listen while the person leading guides us in a short aid to that examen

Hymn

Listen while the hymn is sung

Psalm

A poor man's prayer in time of trouble (Psalm 85 (86))

You, Lord God, are slow to anger, abounding in love.

Turn your ear to me, Lord, and hear me,
for I am poor and destitute.
Keep my life safe, for I am faithful;
O God, save your servant, who trusts in you.

Take pity upon me, O Lord,
for I call to you all the day long.
Make your servant's heart glad,
for to you, O Lord, I have raised it.

For you, Lord, are gentle and mild:
you are kind to all those who call on you.
Let your ears hear my prayer, O Lord!
Turn to the voice of my pleading!

In my time of trouble I call on you,
for you, O Lord, will hear me.
No other god is like you, O Lord,
and nothing compares with your works.

All people – all nations you made –
will come and worship before you;
they will give glory to your name.
For you are great, you work wonders:
you alone are God.

O Lord, teach me your paths,
and I will come to your truth.

You, Lord God, are slow to anger, abounding in love.

Short Reading

From the Suffering Servant Isaiah

See, my servant will act wisely;
he will be raised and lifted up and highly exalted
He grew up before him like a tender shoot,
and like a root out of dry ground.
He had no beauty or majesty to attract us to him,

Make my heart simple and guileless,
so that it honours your name.

I will proclaim you, Lord my God,
and give you praise with all my heart.
I will give glory to your name for ever,
for your great kindness is upon me:
you have rescued me from the deepest depths.

O God, the proud rise against me,
in the meetings of the powerful they seek my life:
they do not keep you in their sight.
And you, Lord, are a God of compassion,
full of mercies, patient and true.

Look upon me, have mercy upon me,
give your strength and protection to your servant:
your servant, the child of your handmaid.
Give me a sign of your goodness,
let my enemies see it and be confounded;
because you, O Lord, have helped me and given me comfort.

Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
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world without end.
Amen.

nothing in his appearance that we should desire him.
He was despised and rejected by mankind,
a man of suffering, and familiar with pain.
Like one from whom people hide their faces
he was despised, and we held him in low esteem.

Short Responsory

Into your hands, Lord, I commend my spirit.
– Into your hands, Lord, I commend my spirit.
You have redeemed us, Lord God of truth.
– Into your hands, Lord, I commend my spirit.
Glory be to the Father and to the Son and to the Holy Spirit.
– Into your hands, Lord, I commend my spirit.

Canticle

Nunc Dimittis

Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.

Now, Master, you let your servant go in peace.

You have fulfilled your promise.

My own eyes have seen your salvation,
which you have prepared in the sight of all peoples.
A light to bring the Gentiles from darkness;
the glory of your people Israel.

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.

Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.

Concluding Prayer

Let us pray.

Lord, give our bodies restful sleep;
and let the work we have done today
be sown for an eternal harvest.

Through Christ our Lord,

Amen.

Blessing

The Lord grant us a quiet night and a perfect end.

Amen.

Marian Anthem

*Salve, Regina, Mater misericordiæ,
vita, dulcedo, et spes nostra, salve.*

*Ad te clamamus exsules filii Hevæ,
Ad te suspiramus, gementes et flentes
in hac lacrimarum valle.*

*Eia, ergo, advocata nostra, illos tuos
misericordes oculos ad nos converte;
Et Jesum, benedictum fructum ventris tui,
nobis post hoc exsilium ostende.*

*O clemens, O pia, O dulcis Virgo Maria.vale, o valde decóra,
et pro nobis Christum exóra.*

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