

# First Sunday in Lent

## II Vespers & Benediction

Church of the Sacred Heart  
Robbinsdale, MN



### Exposition of the Blessed Sacrament

#### *Kneel*

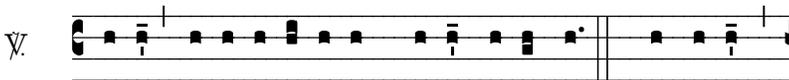
O salutaris Hostia,  
Quae caeli pandis ostium:  
Bella premunt hostilia,  
Da robur, fer auxilium.

O saving Victim, opening wide  
The gate of Heaven to man below;  
Our foes press hard on every side;  
Thine aid supply; Thy strength bestow.

Uni trinoque Domino  
Sit sempiterna gloria,  
Qui vitam sine termino  
Nobis donet in patria.  
Amen.

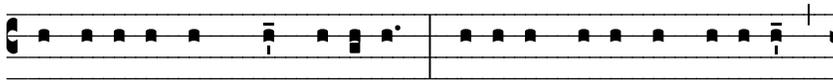
All praise and thanks to thee ascend,  
For ever more, blest one in three.  
O grant us life that shall not end,  
In our true native land with thee.  
Amen.

*Stand – Please join the choir in singing the responses (R/) and indicated verses*

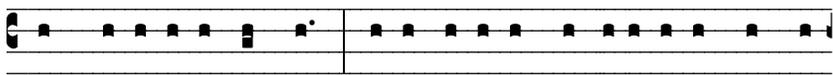


**D**E-us in adjutó-ri- um mé-um inténde. *R/*. Dómine

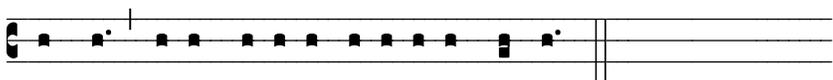
*V/*. God, come to my assistance.  
*R/*. Lord, make haste to help me. Glory  
be to the Father, and to the Son, and to  
the Holy Spirit. As it was in the  
beginning, is now, and will be for ever.  
Amen.



ad adjuvándum me festína. Gló-ri- a Pátri, et Fí-li- o,



et Spi-rí-tu- i Sáncto. Sicut érat in princípi- o, et nunc, et

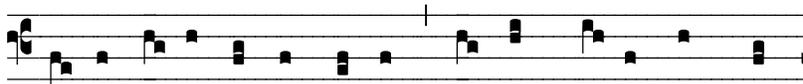


semper, et in saécu-la saecu-lórum. Amen.

Hymn – All sing

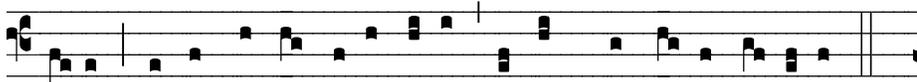
II

**A**

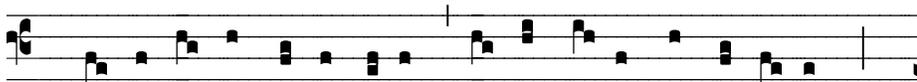


U-di, be-nígne Cón-di- tor, nostras pre-ces cum flé-

1. O merciful Creator, hear!  
To us in pity bow Thine ear:  
accept the tearful prayer we raise  
in this our fast of forty days.

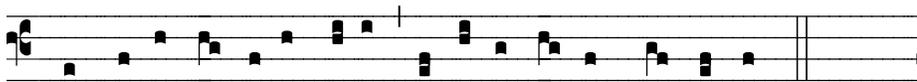


ti-bus, sacráta in abstinénti- a fu- sas quadra-ge-ná-ri- a.

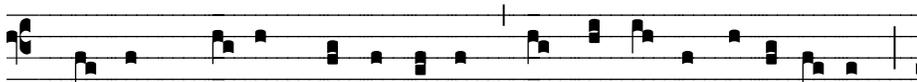


2. Scru- tá-tor alme córdi- um, in-fírma tu scis ví- ri- um;

2. Our hearts are open, Lord, to Thee:  
Thou knowest our infirmity;  
pour out on all who seek Thy face  
abundance of Thy pardoning grace.



ad te re-vé-rsis éxhibe remissi- ó-nis grá- ti- am.



3. Mul-tum qui-dem peccá-vimus, sed parce confi-ténti-bus,

3. Our sins are many, this we know;  
spare us, good Lord, Thy mercy show;  
and for the honor of Thy name  
our fainting souls to life reclaim.

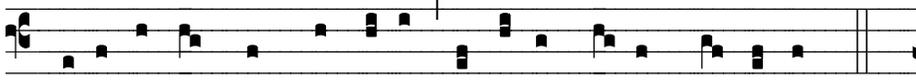


tu- íque laude nómi-nis confer me-dé- lam lángui-dis.



4. Sic corpus extra cónte-ri do-na per absti-nénti- am,

4. Give us self-control that springs from discipline of outward things, that fasting inward secretly the soul may purely dwell with Thee.

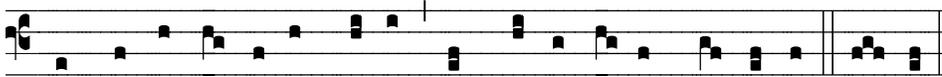


ie-iúnet ut mens sóbri- a a labe prorsus crí-mi-num.



5. Præsta, be- á-ta Trí-ni- tas, concé-de, simplex U-ni- tas,

5. We pray Thee, Holy Trinity, one God, unchanging Unity, that we from this our abstinence may reap the fruits of penitence. Amen.



ut fructu- ó- sa sint tu- is hæc parci- tá- tis mú-ne-ra. A-men.



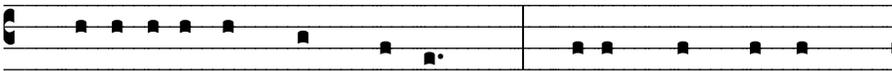


Ant. 2

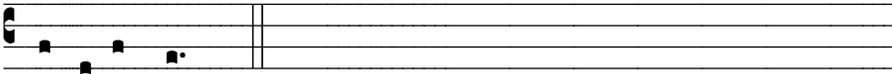
VIII g2

**E** C-ce nunc \* tempus acceptá-bi-le, ecce nunc di-  
es sa-lú-tis; in his ergo di- é-bus exhi-be- ámus nos si-cut  
De- i mi-nístros, in multa pa-ti- énti- a, in vi-gí- li- is,  
in ie-iú-ni- is, et in ca-ri- tá- te non ficta. E u o u a e.

### Psalm 114



1 When Isra- el came *forth from* **Egypt**, \* Jacob's sons from an



a- li- en **people**,

2 Judah became *the Lord's* **temple**, \* Israel became *his* **kingdom**.

3 The sea fled *at the* **sight**: \* The Jordan turned back *on its* **course**,

4 the mountains *leapt like* **rams** \* and the hills like *yearling* **sheep**.

5 Why was it, sea, *that you* **fled**, \* that you turned back, Jordan, *on your* **course**?

6 Mountains, that you *leapt like* **rams**, \* hills, like *yearling* **sheep**?

7 Tremble, O earth, *before the* **Lord**, \* in the presence of the *God of* **Jacob**,

8 who turns the rock into a **pool** \* and flint into a *spring of* **water**.

9 Glória Pátri, et **filio**, \* et Spirítu-i Sáncto.

10 Sicut érat in princípío, et *nunc*, et **semper**, \* et in saécula saeculórum.  
**A-men.**

*Antiphon repeated*



**Ant. 2** Behold now is the acceptable time, behold now is the day of salvation: in these days, therefore, let us exhibit ourselves as the ministers of God, in much patience, in fastings, in watchings, and in charity unfeigned. (1 Cor 6:2, 4, 5, 6)

Ant. 3  
VII a

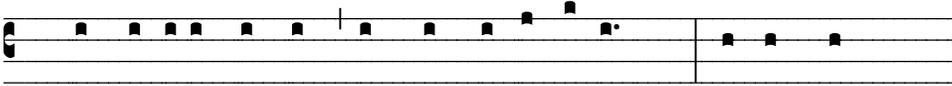
E

Cce ascéndimus \* Ie- ro-só-lymam: et Fí-li-

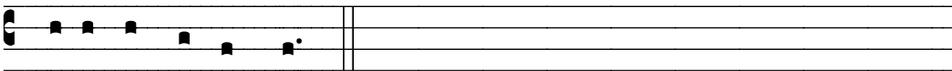
us hómi-nis tra-dé-tur ad cru-ci-fi-géndum.

Ant. 3 Behold we go up to  
Jerusalem, and the Son of man shall  
be betrayed and crucified. (Mt  
20:17)

### Canticle 1 Peter 2:21b-24



1 Christ suffered for you, † and left you *an ex-ample* \* to have you



follow in *his footsteps*.

2 He *did no wrong*; \* no deceit was found in *his mouth*.

3 When he *was insulted*, \* he returned *no insult*.

4 When he was *made to suffer*, \* he did not counter *with threats*.

5 Instead he delivered *him-self up* \* to the One who jud-ges *justly*.

6 In *his own body* \* he brought your sins to *the cross*,

7 so that all of us, dead to sin, † could live in accord *with God's will*. \* By  
his wounds you *were healed*.

8 Glória Pá-tri, *et fílio*, \* et Spirítu-i *Sáncto*.

9 Sicut érat in princípío, et *nunc, et semper*, \* et in saécula saeculórum.

A-men.

### Antiphon repeated

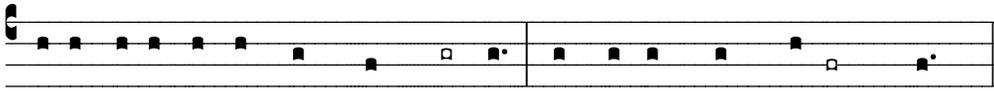


### Reading

### 1 Corinthians 9:24-25

While all the runners in the stadium take part in the race, the award goes to one man. In that case, run so as to win! Athletes deny themselves all sorts of things. They do this to win a crown of leaves that withers, but we a crown that is imperishable.

## Responsory



Listen to us, O Lord, *and have mercy*, \* for we have sinned *against* you.

**R/.** Listen to us, O Lord, *and have mercy*, \* for we have sinned *against* you.  
Christ Jesus, hear our *humble petitions*, \*

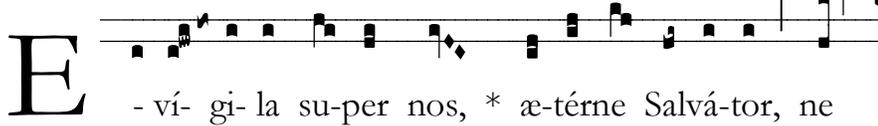
**R/.** for we have sinned *against* you.

Glory be to the Father, and *to the Son*, \* and to the *Holy Spirit*.

**R/.** Listen to us, O Lord, *and have mercy*, \* for we have sinned *against* you.

## Stand

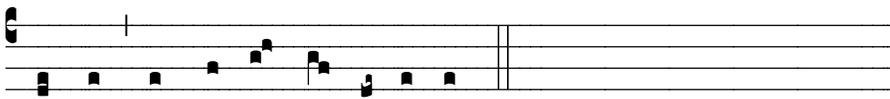
Magn.  
IV e



- ví- gi- la su- per nos, \* æ- térne Salvá- tor, ne

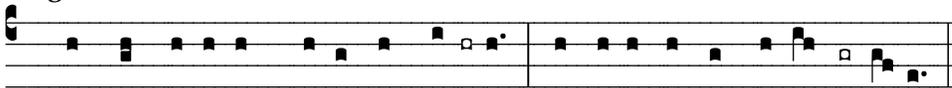


nos apprehén- dat cá- li- dus tentá- tor, qui- a tu no- bis fac-



tus es sempi- tér- nus adiú- tor.

## Sing all verses



1 MAGNÍ- fi- cat ✠ \* á- ni- ma me- a Dó- mi- num.

2 ET EXsultávit spí- ri- tus me- us \* in De- o sa- lu- tá- ri me- o.

3 QUI- A respéxit humilitátem ancíllae suae : \* ecce enim ex hoc beátam  
me dicent omnes generati- ónes.

4 QUI- A fecit mihi magna qui potens est : \* et sanctum nomen e- jus.

5 ET MIsericórdia ejus a pro- geni- e in progénies \* timéntibus e- um.

6 FECIT poténtiam in bráchi- o suo : \* dispérsit supérbos mente cordis  
su- i.

7 DEPÓsuit poténtes de sede, \* et exaltávit húmiles.

8 ESURIéntes implévit bonis : \* et dívites dimísit inánes.

9 SUSCÉpit Israel pú- erum suum, \* recordátus misericórdi- ae suae.

10 SICUT locútus est ad patres nostros, \* Abraham et sémini e- jus in  
saécula.

11 GLÓRIa Pátri, et Fílio, \* et Spirítu- i Sáncto.

12 SICUT érat in princípío, et nunc, et sémpet, \* et in saécula saeculórum.

A- men.

*Antiphon repeated*

## Magnificat Ant.

Watch over us, eternal Saviour, that the cunning temptor not lay hold of us: for you have been our helper forever.

1 My soul doth magnify the Lord.

2 And my spirit hath rejoiced in God my Saviour.

3 For he hath regarded the lowliness of his handmaiden : for behold, from henceforth all generations shall call me blessed.

4 For he that is mighty hath magnified me; and holy is his Name.

5 And his mercy is on them that fear him throughout all generations.

6 He hath shewed strength with his arm; he hath scattered the proud in the imagination of their hearts.

7 He hath put down the mighty from their seat, and hath exalted the humble and meek.

8 He hath filled the hungry with good things; and the rich he hath sent empty away.

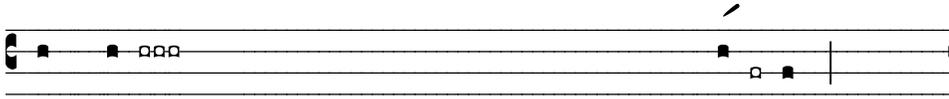
9 He remembering his mercy hath holpen his servant Israel.

10 As he promised to our forefathers, Abraham and his seed for ever.

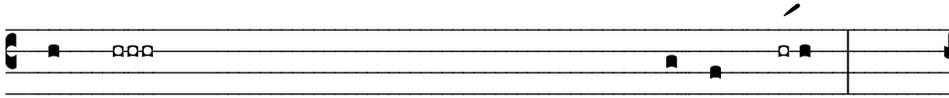
11 Glory be to the Father, and to the Son, and to the Holy Spirit.

12 As it was in the beginning, is now, and ever shall be, world without end. Amen.

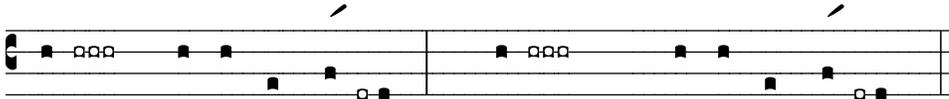
## Intercessions



All praise to God the Father who brought his chosen peo- ple †



to rebirth from imperishable seed through his *e-ter-nal* **Word**. \*



Let us ask him as *his* **children**: **R/**. Lord, be gracious to *your* **people**.

God of mercy, hear the prayers we offer for *all your* **people**, \* may they hunger for your word more than for bod-*i-ly* food. **R/**.

Give us a sincere and active love for our own nation and for *all mankind*, \* may we work always to build a world of peace *and* **goodness**. **R/**.

Look with love on all to be *reborn in* **baptism**, \* that they may be living stones in your temple of *the* **Spirit**. **R/**.

You moved Nineveh to repentance by the *preaching of* **Jonah**, \* in your mercy touch the hearts of sinners by the *preaching of* **your** word. **R/**.

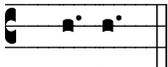
May the dying go in hope to meet *Christ their* **judge**, \* may they rejoice for ever in the vision of *your* **glory**. **R/**.

Our Father...

## Prayer

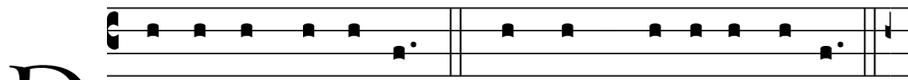
Father,  
through our observance of Lent,  
help us to understand the meaning  
of your Son's death and resurrection,  
and teach us to reflect it in our lives.

Grant this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever.

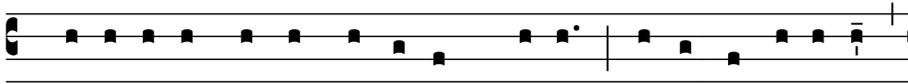


**R/**. Amen.

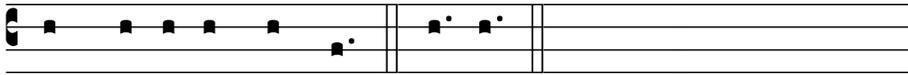
[Omit final blessing if Benediction is to follow]



**D** Omi-nus vo-bíscum. R̄. Et cum spí-ri-tu tu- o.



v. Bene-dí-cat vos omní-po-tens De- us, Pa-ter, et Fí-li- us,



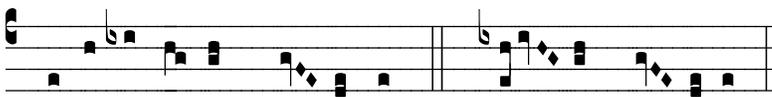
et Spí-ri-tus Sanctus. R̄. Amen.

The Lord be with you.

**R/.** And also with you.

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

**R/.** Amen.



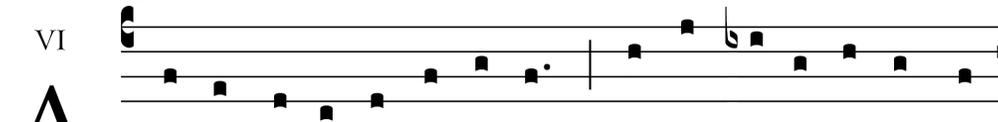
Let us bless the Lord.

**R/.** Thanks be to God.

Bene-dí-camus Do-mi-no. R̄ De- o grá- ti- as.

**Marian antiphon – All sing after the asterisk**

VI



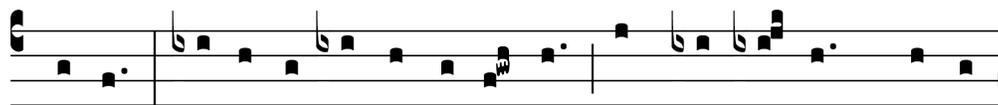
**A** - ve Re-gí-na cæ-ló-rum, \* A-ve Dómi-na Ange-



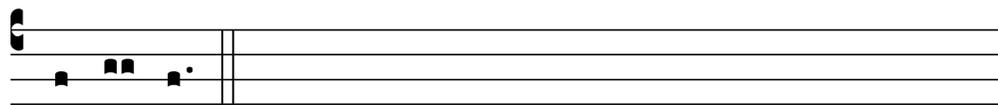
ló-rum: Salve ra-dix, salve porta, Ex qua mundo lux



est orta: Gaude Virgo glo-ri- ó-sa, Su- per omnes spe-ci-



ó-sa: Va-le, o valde de-có- ra, Et pro no- bis Christum



ex-ó- ra.

Hail, Queen of heaven, hail Lady of the angels. Hail root and gate from which the Light of the world was born. Rejoice glorious Virgin, fairest of all. Fare thee well, most beautiful, and pray for us to Christ.

# Benediction

## *Kneel*

Tantum ergo Sacramentum  
Veneremur cernui:  
Et antiquum documentum  
Novo cedat ritui:  
Praestet fides supplementum  
Sensuum defectui.

Genitori, Genitoque  
Laus et jubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio:  
Procedenti ab utroque  
Compar sit laudatio. Amen.

**V.** Panem de caelis praestitisti eis.  
**R.** Omne delectamentum in se habentem.

Oremus:

Deus, qui nobis sub Sacraménto mirábili, passiónis tuæ  
memóriam reliquisti: † tríbue, quæsumus, ita nos córporis  
et sánguinis tui sacra mystéria venerári, ut redemptiÓnis  
tuæ fructum in nobis júgiter sentiámus. Qui vivis et regnas  
in sáecula saeculórum. **R.** Amen.

## **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 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 Saint Joseph, her most chaste spouse.  
Blessed be God in His angels and in His Saints.

## **After the Blessing - Stand**

Holy God, we praise Thy Name;  
Lord of all, we bow before Thee!  
All on earth Thy scepter claim,  
All in Heaven above adore Thee;  
Infinite Thy vast domain,  
Everlasting is Thy reign.

Down in adoration falling,  
Lo! the sacred Host we hail,  
Lo! o'er ancient forms departing  
Newer rites of grace prevail;  
Faith for all defects supplying,  
Where the feeble senses fail.

To the everlasting Father,  
And the Son Who reigns on high  
With the Holy Ghost proceeding  
Forth from Each eternally,  
Be salvation, honor, blessing,  
Might and endless majesty. Amen.

**V.** Thou hast given them bread from heaven.  
**R.** Having within it all sweetness.

Let us pray:

O God, who in this wonderful Sacrament left us a  
memorial of Thy Passion: grant, we implore Thee,  
that we may so venerate the sacred mysteries of Thy  
Body and Blood, as always to be conscious of the  
fruit of Thy Redemption. Thou who livest and  
reignest forever and ever. **R.** Amen.

Hark! the loud celestial hymn  
Angel choirs above are raising,  
Cherubim and seraphim,  
In unceasing chorus praising;  
Fill the heavens with sweet accord:  
Holy, holy, holy, Lord.