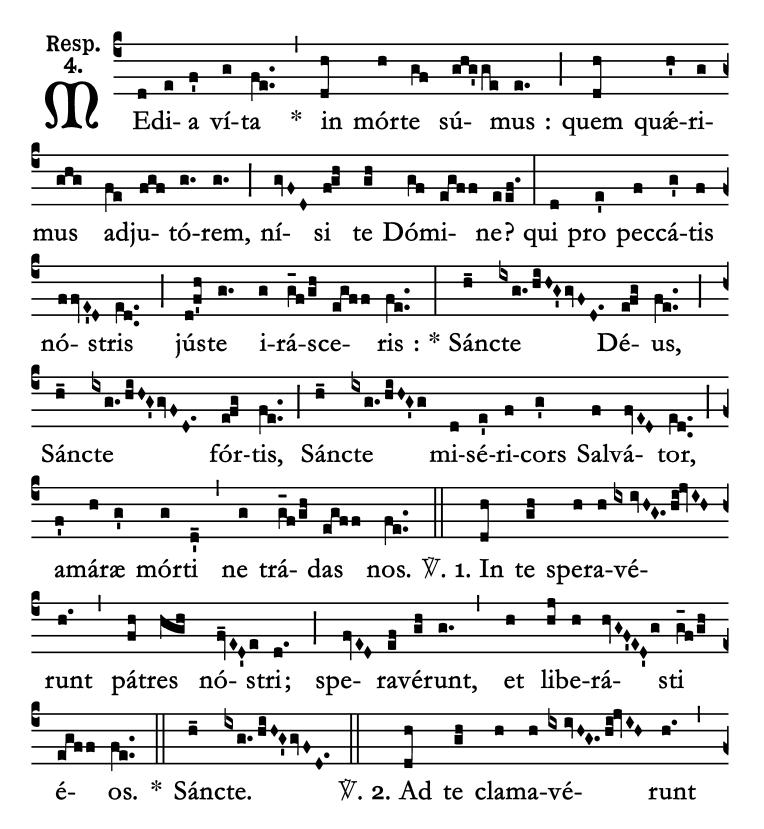
Septuagesima or Lent *Media vita*

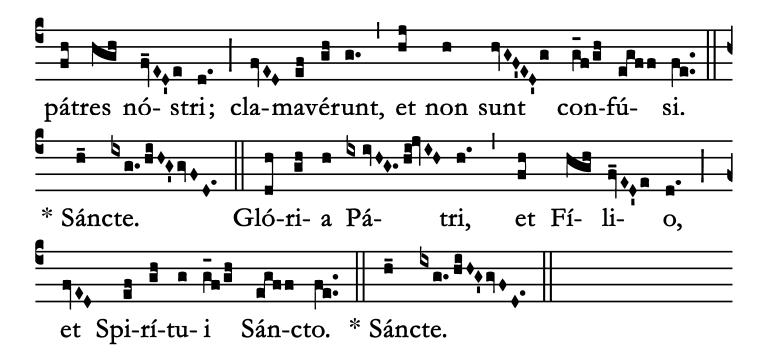
(Page 1 of 2)



Septuagesima or Lent

Media vita

(Page 2 of 2)



The midst of life we are in death:
Whom shall we seek our help but to Thee, O Lord?
Who for our sins is angry:

Holy God, holy and strong Holy and Merciful Saviour Bitter pains of eternal death, do not hand us.

Hoped in Thee, our fathers; They hoped I and thou hast delivered them. *Holy God...*

They cried to thee our fathers; Then they cried and were not confounded. *Holy God...*

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

Holy God...