

EMBER WEDNESDAY AFTER THE FIRST SUNDAY OF LENT

Errors? help@extraordinaryform.org

The ancient Roman sources speak of only three ember fasts, without one in spring. Perhaps the actual fixing of these three spring ember days (W,F,S) in this sixth week before Easter dates from a time when the paschal fast began only three weeks before the great festival of Easter.

The first Collect and Lesson, in this time of fast and on this ancient catechetical day, evoked the remembrance of Mount Horeb where Moses dwelt for forty days, fasting and conversing with God in order to receive from Him the Tablets of the Law.

The second Lesson tells of the wonder-working bread which fortified the prophet Elias: a type of the Eucharist, the true unleavened bread of mortification which, as the Scripture says, purifies the soul and leads it to the height of Calvary.

New User Guide

AT THE FOOT OF THE ALTAR (Kneel)

P: †In nómine Patris, et Fílii, et Spíritus Sancti. Amen.

P: Introibo ad altáre Dei.

S: Ad Deum qui lætíficat juventútem meam.

(Psalm 42)

P: Júdica me, Deus, et discérne causam meam de gente non sancta: ab hómine iníquo et dolóso éru me.

S: Quia tu es, Deus, fortitúdo mea: quare me repulisti, et quare tristis incédo, dum affligit me inimícus?

P: Emítte lucem tuam, et veritátem tuam: ipsa me deduxérunt, et adduxérunt in montem sanctum tuum, et in tabernácula tua.

S: Et introibo ad altáre Dei: ad Deum qui lætíficat juventútem meam.

P: Confitébor tibi in cithara, Deus, Deus meus: quare tristis es, ánima mea, et quare contúrbas me?

S: Spera in Deo, quóniam adhuc confitébor illi: salutáre vultus mei, et Deus meus.

P: Glória Patri, et Fílio, et Spíritui Sancto.

S: Sicut erat in princípío, et nunc, et semper: et in sæcula sæculórum. Amen.

P: Introibo ad altáre Dei.

S: Ad Deum qui lætíficat juventútem meam.

P: †Adjutórium nostrum in nómine Dómini.

S: Qui fecit cælum et terram.

P: Confíteor Deo omnipoténti, beátæ Mariæ semper Virgini, beáto Michaéli Archángelo, beáto Joánni Baptístæ, sanctis Apóstolis Petro et Paulo, ómnibus Sanctis, et vobis fratres: quia peccávi nimis cogitátione, verbo, et ópere: mea culpa, mea culpa, mea máxima culpa. Ideo precor beátam Mariám semper Virginem, beátum Michaélem Archángelum, beátum Joánnem Baptístam, sanctos Apóstolos Petrum et Paulum, omnes Sanctos, et vos fratres, oráre pro me ad Dóminum Deum nostrum.

S: Misereátur tui omnípotens Deus, et, dimíssis peccátis tuis, perdúcat te ad vitam æternam.

P: Amen.

S: Confíteor Deo omnipoténti, beátæ Mariæ semper Virgini, beáto Michaéli Archángelo, beáto Joánni Baptístæ, sanctis Apóstolis Petro et Paulo, ómnibus Sanctis, et tibi pater: quia peccávi nimis angústiis nostris, et ópere: **(strike breast 3 times)** mea culpa, mea culpa, mea máxima culpa. Ideo precor beátam Mariám semper Virginem, beátum Michaélem Archángelum, beátum Joánnem Baptístam, sanctos Apóstolos Petrum et Paulum, omnes Sanctos, et te Pater, oráre pro me ad Dóminum Deum nostrum.

P: Misereátur vestri omnípotens Deus, et, dimíssis peccátis vestris, perdúcat vos ad vitam æternam.

S: Amen.

P: †Indulgéntiam, absolutiónem, et remissioném peccatórum nostrórum, tríbuat nobis omnípotens et miséricors Dóminus.

S: Amen.

P: Deus, tu convérsus vivificábis nos.

S: Et plebs tua lætábitur in te.

P: Osténde nobis, Dómine, misericórdiam tuam.

S: Et salutáre tuum da nobis.

P: Dómine, exáudi oratiónem meam.

S: Et clamor meus ad te véniat.

P: Dóminus vobiscum.

S: Et cum spíritu tuo.

P: Orémus.

P: Aufer a nobis, quæsumus, Dómine, iniquitátes nostras: ut ad Sancta sanctorum puris mereámur méntibus introire. Per Christum Dóminum nostrum. Amen.

AT THE CENTER OF THE ALTAR

P: Orámus te, Dómine, per mérita Sanctorum tuórum, quorum reliquæ hic sunt et ómnium Sanctorum: ut indulgére dignéris ómnia peccáta mea. Amen.

(Only at High Mass when incense is used)

P: Ab illo benedicáris, in cujus honóre cremáberis.

AT THE RIGHT SIDE OF THE ALTAR

INTROIT Psalms 24: 6, 3, 22

Reminiscere miseratiónum tuárum, Dómine, et misericórdiæ tuæ quæ a sæculo sunt: ne umquam dominéntur nobis inimicí nostri: líbera nos, Deus Israël ex ómnibus angústiis nostris. (Ps. 24: 1-2) Ad te, Dómine, levávi animam meam: Deus meus, in te confido, non erubéscam. Glória Patri et Fílio et Spíritui Sancto, sicut erat in princípío, et nunc, et semper, et in sæcula sæculórum. Amen.

Reminiscere miseratiónum tuárum, Dómine, et misericórdiæ tuæ quæ a sæculo sunt: ne umquam dominéntur nobis inimicí nostri: líbera nos, Deus Israël ex ómnibus angústiis nostris.

AT THE CENTER OF THE ALTAR

P: Kýrie, eléison.

S: Kýrie, eléison.

P: Kýrie, eléison.

S: Christe, eléison.

P: Christe, eléison.

S: Christe, eléison.

P: Kýrie, eléison.

S: Kýrie, eléison.

P: Kýrie, eléison.

AT THE RIGHT SIDE OF THE ALTAR

P: Orémus. Flectámus génua.

P: Leváte.

COLLECT

Preces nostras, quæsumus, Dómine, cleménter exáudi: et contra cuncta nobis adversária, dexteram tuæ majestátis exténde. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

S: Amen.

LESSON Exodus 24: 12-18

In diébus illis: Venit Elías in Bersabée Juda, et dimisit ibi púerum suum, et perrexit in desertum, viam unius diéi. Cumque venisset, et sedéret subter unam juníperum, petívit animæ suæ ut morerétur, et ait: Sufficit mihi, Dómine, tolle animam meam, neque enim mélior sum, quam patres mei. Projectitque se, et obdormívit in umbra juníperi: et ecce Ángelus Dómini tégitit eum, et dixit illi: Surge, et cómede. Respéxit, et ecce ad caput suum subcinericius panis, et vas aquæ: comédit ergo, et bibit, et rursum obdormívit. Reversúsque est Ángelus Dómini secúndo, et tégitit eum, dixitque illi: Surge, cómede: grandis enim tibi restat vía. Qui cum surrexisset, comédit et bibit, et ambulávit in fortitúdine cibi illius quadraginta diébus, et quadraginta nóctibus.

S: Deo gratias.

GRADUAL Psalms 24: 17, 18

Tribulatiónes cordis mei dilatátæ sunt: de necessitatibus meis éripe me, Dómine. Vide humilitátem meam, et labórem meum: et dímittle ómnia peccáta mea.

AT THE CENTER OF THE ALTAR (Stand at High Mass)

P: Dóminus vobiscum.

S: Et cum spíritu tuo.

AT THE RIGHT SIDE OF THE ALTAR

P: Orémus.

COLLECT

Devotiónem pópuli tui, quæsumus, Dómine, benignus inténde: ut, qui per abstínéntiam macerántur in córpore, per fructum boni óperis reficiántur in mente. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

S: Amen.

P: Orémus.

COLLECT

Deus, qui beátam Franciscam fámulam tuam, inter cétera grátiae tuæ dona, familiári Angeli consuetúdine decorásti: concéde, quæsumus; ut, intercessiónis ejus auxiliu, Angelórum consórtium cónsequi mereámur. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

S: Amen.

(Sit)

LESSON 3 Kings 19: 3-8

In diébus illis: Venit Elías in Bersabée Juda, et dimisit ibi púerum suum, et perrexit in desertum, viam unius diéi. Cumque venisset, et sedéret subter unam juníperum, petívit animæ suæ ut morerétur, et ait: Sufficit mihi, Dómine, tolle animam meam, neque enim mélior sum, quam patres mei. Projectitque se, et obdormívit in umbra juníperi: et ecce Ángelus Dómini tégitit eum, et dixit illi: Surge, et cómede. Respéxit, et ecce ad caput suum subcinericius panis, et vas aquæ: comédit ergo, et bibit, et rursum obdormívit. Reversúsque est Ángelus Dómini secúndo, et tégitit eum, dixitque illi: Surge, cómede: grandis enim tibi restat vía. Qui cum surrexisset, comédit et bibit, et ambulávit in fortitúdine cibi illius quadraginta diébus, et quadraginta nóctibus, usque ad montem Dei Horeb.

S: Deo gratias.

TRACT Psalms 24: 17; 18: 1-4

De necessitatibus meis éripe me, Dómine: vide humilitátem meam, et labórem meum: et dímittle ómnia peccáta mea. Ad te, Dómine, levávi animam meam: Deus meus, in te confido, non erubéscam: neque irrideant me inimicí mei. Étenim universi qui te expéctant, non confundéntur: confundántur omnes faciéntes vana.

AT THE FOOT OF THE ALTAR (Kneel)

P: †In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

P: I will go unto the altar of God.

S: To God, Who gives joy to my youth.

(Psalm 42)

P: Judge me, O God, and distinguish my cause from the unholy nation, deliver me from the unjust and deceitful man.

S: For Thou, O God, art my strength, why hast Thou cast me off? And why do I go about in sadness, while the enemy afflicts me?

P: Send forth Thy light and Thy truth: they have conducted me and brought me unto Thy holy mount, and into Thy tabernacles.

S: And I will go unto the altar of God: to God, Who gives joy to my youth.

P: I shall praise Thee upon the harp, O God, my God. Why are you sad, O my soul, and why do you disquiet me?

S: Hope in God, for I will still praise Him, the salvation of my countenance, and my God.

P: Glory be to the Father, and to the Son, and to the Holy Spirit.

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

P: I will go unto the altar of God.

S: To God, Who gives joy to my youth.

P: †Our help is in the name of the Lord.

S: Who made heaven and earth.

P: I confess to almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, to all the Saints, and to you, brethren, that I have sinned exceedingly in thought, word, and deed: through my fault, through my fault, through my most grievous fault. Therefore I pray blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, all the Saints, and you, brethren, to pray for me to the Lord our God.

S: May almighty God have mercy on you, forgive you your sins, and bring you to life everlasting.

P: Amen.

S: I confess to almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, to all the Saints, and to you father: that I have sinned exceedingly in thought, word, and deed: **(strike breast 3 times)** through my fault, through my fault, through my most grievous fault. Therefore I pray blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, all the Saints, and you, Father, to pray for me to the Lord our God.

P: May almighty God have mercy on you, forgive you your sins, and bring you to life everlasting.

S: Amen.

P: †May the almighty and merciful Lord grant us pardon, absolution, and remission of our sins.

S: Amen.

P: Thou wilt turn again, O God, and quicken us.

S: And Thy people will rejoice in Thee.

P: Show us, O Lord, Thy mercy.

S: And grant us Thy salvation.

P: O Lord, hear my prayer.

S: And let my cry come unto Thee.

P: The Lord be with you.

S: And with your spirit.

P: Let us pray.

P: Take away from us our iniquities, we beseech Thee, O Lord; that with pure minds we may be made worthy to enter into the Holy of Holies. Through Christ our Lord. Amen.

AT THE CENTER OF THE ALTAR

P: We pray Thee, O Lord, by the merits of Thy Saints whose relics are here, and of all the Saints: that Thou would deign to pardon me all my sins. Amen.

(Only at High Mass when incense is used)

P: Be blessed by Him in Whose honor you will be burnt.

AT THE CENTER OF THE ALTAR

P: Lord, have mercy.

S: Lord, have mercy.

P: Lord, have mercy.

S: Christ, have mercy.

P: Christ, have mercy.

S: Christ, have mercy.

P: Lord, have mercy.

S: Lord, have mercy.

P: Lord, have mercy.

AT THE RIGHT SIDE OF THE ALTAR

P: Let us pray. Let us kneel.

P: Arise.

Of Thy mercy hear our prayers, O Lord, and stretch forth the right hand of Thy majesty against all things that work against us. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

S: Amen.

In those days, the Lord said to Moses, Come up to me into the mount, and be there; and I will give thee tables of stone, and the law, and the commandments which I have written that thou mayest teach the children of Israel. Moses rose up, and his minister Josue; and Moses going up into the mount of God, said to the ancients, Wait ye here till we return to you. You have Aaron and Hur with you; if any question shall arise, you shall refer it to them. And when Moses was gone up, a cloud covered the mount; and the glory of the Lord dwelt upon Sinai, covering it with a cloud six days; and the seventh day He called him out of the midst of the cloud. And the sight of the glory of the Lord was like a burning fire upon the top of the mount, in the eyes of the children of Israel. And Moses entering into the midst of the cloud, went up into the mountain: and he was there forty days and forty nights.

S: Thanks be to God.

The troubles of my heart are multiplied: deliver me from my necessities, O Lord. See my abjection and my labor, and forgive me all my sins.

AT THE CENTER OF THE ALTAR (Stand at High Mass)

P: The Lord be with you.

S: And with your Spirit.

AT THE RIGHT SIDE OF THE ALTAR

P: Let us pray.

Behold with kindness, we beseech Thee, O Lord, the devotion of Thy people, that they, who now are mortified in body by abstinence, may be refreshed in soul by the fruit of their good work. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

S: Amen.

P: Let us pray.

*For St. Frances of Rome*  
O God, Who, among other gifts of Thy grace didst honor blessed Frances, Thine handmaid, with the familiar companionship of an angel, grant, we beseech Thee, that by the help of her intercession we may deserve to attain the company of angels. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

S: Amen.

(Sit)

In those days Elias came to Bersabée of Juda, and left his servant there, and he went forward, one day's journey into the desert. And when he was there, and sat under a juniper-tree, he requested for his soul that he might die, and said, It is enough for me, Lord, take away my soul, for I am no better than my fathers. And he cast himself down, and slept in the shadow of the juniper-tree; and behold an angel of the Lord touched him, and said to him, Arise and eat. He looked, and, behold, there was at his head a hearth-cake and a vessel of water, and he ate and drank, and fell asleep again. And the angel of the Lord came again the second time, and touched him, and said to him, Arise, eat, for thou hast yet a great way to go. And he arose, and ate and drank, and walked in the strength of that food forty days and forty nights, unto the mount of God, Horeb.

S: Thanks be to God.

Deliver me from my necessities, O Lord: see my abjection and my labor, and forgive me all my sins. To Thee, O Lord, have I lifted up my soul: in Thee, O my God, I put my trust, let me not be ashamed: neither let my enemies laugh at me. For none of them that wait on Thee shall be confounded: let all them be confounded that do vain things.



<div>AT THE CENTER OF THE ALTAR <i>(Only at High Mass when incense is used)</i> <b>P:</b> <i>Ab illo benedicáris, in cujus honóre cremáberis.</i>  <b>P:</b> Munda cor meum ac lábia mea, omnípotens Deus, qui lábia Isaíæ Prophétæ cálculo mundásti igníto: ita me tua grata miseratióne dignáre mundáre, ut sanctum Evangélium tuum digne váleam nuntiáre. Per Christum Dóminum nostrum. Amen. <b>P:</b> Jube, Dómine, benedicere. Dóminus sit in corde meo, et in lábiis meis: ut digne et competénter annúntiem Evangélium suum. Amen.</div> <div>AT THE LEFT SIDE OF THE ALTAR <b>(Stand)</b> <b>P:</b> Dóminus vobiscum. <b>S:</b> <b>Et cum spíritu tuo.</b> <b>P:</b> Sequentia sancti Evangélii secúndum Matthæum. <b>S:</b> <b>Glória tibi, Dómine.</b></div> <div>GOSPEL Matthew 12: 38-50 In illo tēpore: Respondérunt Jesu quidam de scribis et pharisæis, dicéntes: Magíster, vólumus a te signum vidére. Qui respóndens, ait illis: Generátio mala et adúltera signum quærit: et signum non dábitor ei, nisi signum Jonæ Prophétæ. Sicut enim fuit Jonas in ventre ceti tribus diébus et tribus nóctibus: sic erit Filius hóminis in corde terræ tribus diébus et tribus nóctibus. Viri Ninivitæ surgent in iudicio cum generatióne ista, et condemnábunt eam: quia pœniténtiam egérunt in prædicatióne Jonæ. Et ecce plus quam Jonas hic. Regína Austri surget in iudicio cum generatióne ista, et condemnábit eam: quia venit a finibus terræ audire sapiéntiam Salomónis. Et ecce plus quam Sálomon hic. Cum autem immundus spíritus exierit ab hómine, ámbulat per loca árida, quærens réquiem, et non invénit. Tunc dicit: Revérta'r in domum meam, unde exívi. Et véniens invénit eam vacántem, scopis mundátam, et ornátam. Tunc vadit, et assúmit septem álios spíritus secum nequióres se, et intrántes hábitant ibi: et fiunt novíssima hóminis illius pejóra prióribus. Sic erit et generatióni huic péssimæ. Adhuc eo loquente ad turbas, ecce, Mater ejus et fratres stabant foris, quæréntes loqui ei. Dixit autem ei quidam: Ecce, mater tua et fratres tui foris stant, quæréntes te. At ipse respóndens dicénti sibi, ait: Quæ est mater mea, et qui sunt fratres mei? Et exténdens manum in discipulos suos, dixit: Ecce mater mea et fratres mei. Quicumque enim fécerit voluntátem Patris mei, qui in cælis est: ipse meus frater et soror et mater est.</div> <div>S: Laus tibi, Christe. P: Per evangélica dicta deleántur nostra delícta.</div> <div>AT THE CENTER OF THE ALTAR <b>P:</b> Dóminus vobiscum. <b>S:</b> <b>Et cum spíritu tuo.</b> <b>P:</b> Orémus.</div> <div>(Sit)</div> <div>OFFERTORY Psalms 118: 47-48 Meditábor in mandátis tuis, quæ diléxi valde: et levábo manus meas ad mandáta tua, qua diléxi.</div> <div>P: Súcipe, sancte Pater, omnípotens ætérne Deus, hanc immaculátam hóstiam, quam ego indignus fámulus tuus óffero tibi, Deo meo vivo et vero, pro innumerábilibus peccátis, et offénsionibus, et negligéntiis meis, et pro ómnibus circumstántibus, sed et pro ómnibus fidélibus christiánis vivis atque defúnc'tis: ut mihi, et illis proficiat ad salútem in vitam ætérnam. Amen.</div> <div>AT THE RIGHT SIDE OF THE ALTAR <b>P:</b> Deus, qui humánæ substántiæ dignitátem mirábiliter condidísti, et mirábilium reformásti: da nobis per hujus aquæ et vini mystérium, ejus divinitátis esse consórtes, qui humanitátis nostræ fieri dignátus est párticipes, Jesus Christus Filius tuus Dóminus noster: Qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus: per ómnia sæcula sæculórum. Amen.</div> <div>AT THE CENTER OF THE ALTAR <b>P:</b> Offérimus tibi, Dómine, cálicem salutáris tuam deprecántes cleméntiam: ut in conspéctu divínæ majestátis tuæ, pro nostra, et totíus mundi salúte cum odóre suavitátis ascéndat. Amen. In spíritu humilitátis, et in ánimo contríto suscipiámur a te, Dómine, et sic fiat sacrificiú nostrum in conspéctu tuo hódie, ut pláceat tibi, Dómine Deus. Veni, sanctificator omnípotens ætérne Deus: et benedic hoc sacrificiú, tuo sancto nómini præparátum.</div> <div><i>(Only at High Mass when incense is used)</i> <b>P:</b> <i>Per intercessiõem beáti Michælis Archángeli, stantis a dextris altáris incénsi, et ómnium electórum suórum, incénsium istud dignétur Dóminus benedicere, et in odórem suavitátis accipere. Per Christum Dóminum nostrum. Amen.</i> <b>P:</b> <i>Incénsium istud a te benedíctum, ascéndat ad te, Dómine, et descéndat super nos misericórdia tua.</i> <b>P:</b> <i>Dirigátur, Dómine, orátio mea, sicut incénsium, in conspéctu tuo: elevátio mánuum meárum sacrificiú vespertinum. Pone, Dómine, custódiám ori meo, et óstium circumstántiæ lábiis meis: ut non declínet cor meum in verba malítiæ, ad excusándas excusatiónes in peccátis.</i> <b>P:</b> <i>Accéndat in nobis Dóminus ignem sui amóris, et flamma ætérnæ caritátis. Amen.</i></div> <div>AT THE RIGHT SIDE OF THE ALTAR <b>P:</b> Lavábo inter innocéntes manus meas: et circumdábó altáre tuum, Dómine: Ut áudiam vocem laudis, et enárrem unívérsa mirábilia tua. Dómine, diléxi decórem domus tuæ, et locum habitátiónis glóriæ tuæ. Ne perdas cum ímpis, Deus, ánimam meam, et cum viris sánguinem vitam meam: In quorum má nibus iniquitátes sunt: déxtera eórum repléta est munéribus. Ego autem in innocéntia mea ingressus sum: rédime me, et miserere mei. Pes meus stetit in dirécto: in ecclésiis benedicam te, Dómine. Glória Patri, et Filio, et Spíritui Sancto. Sicut erat in princípio, et nunc, et semper: et in sæcula sæculórum. Amen.</div> <div>AT THE CENTER OF THE ALTAR <b>P:</b> Súcipe, sancta Trínitas, hanc oblatiõem, quam tibi offérimus ob memóriam passiónis, resurrectióis, et ascensióis Jesu Christi Dómini nostri: et in honórem beátæ Mariæ semper Virginis, et beáti Joánnis Baptístæ, et sanctórum Apostolórum Petri et Pauli, et istórum, et ómnium Sanctórum: ut illis proficiat ad honórem, nobis autem ad salútem: et illi pro nobis intercedere dignéntur in cælis, quorum memóriam ágimus in terris. Per eúndem Christum Dóminum nostrum. Amen.</div> <div>P: Oráte fratres: ut meum ac vestrum sacrificium acceptábile fiat apud Deum Patrem omnipoténtem. S: Suscipiat Dóminus sacrificiú de má nibus tuis ad laudem, et glóriam nóminis sui, ad utilitátem quoque nostram, totiúsq; Ecclésiæ suæ sanctæ. P: Amen.</div> <div>SECRET <i>(silently)</i> Hóstias tibi, Dómine, placatióis offérimus: ut et delícta nostra miserátus absólvas, et nutántia corda tu dirigas. Per Dóminum nostrum Jesum Christum, Filium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.</div> <div>SECRET <i>(silently)</i> Accépta tibi sit, Dómine, sacrátæ plebis oblátio pro tuórum se méritis, de tribulatióne percepisse cognóscit auxílium. Per Dóminum nostrum Jesum Christum, Filium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus,</div> <div><i>(aloud, to conclude the Secret Prayer)</i> P: ...per ómnia sæcula sæculórum. <b>(Stand at High Mass)</b> <b>S:</b> Amen. <b>P:</b> Dóminus vobiscum. <b>S:</b> <b>Et cum spíritu tuo.</b> <b>P:</b> Sursum corda. <b>S:</b> <b>Habémus ad Dóminum.</b> <b>P:</b> Grátias agámus Dómino Deo nostro. <b>S:</b> <b>Dignum et justum est.</b></div> <div>PREFACE OF LENT Vere dignum et justum est, æquum et salutáre, nos tibi semper et ubique grátias ágere: Dómine sancte, Pater omnípotens, ætérne Deus: Qui corporáli jejunio vítia cōprimis, mentem elévas, virtútem largíris et præmia: per Christum Dóminum nostrum. Per quem majestátem tuam laudant Ángeli, adémunt Dominatiões, tremunt Potestátes, Cæli cælorúmque Virtútes ac beáta Séraphim sócia exsultatióne concédat. Cum quibus et nostras voces ut admittí júbeas, deprecámur, súpplici confessiόne dicéntes:</div> <div>(Kneel) P: Sanctus ☩, Sanctus ☩, Sanctus ☩, Dóminus Deus Sábaoth. Plení sunt cæli et terra glória tua. Hosánna in excélsis. †Benedictus qui venit in nómine Dómini. Hosánna in excélsis.</div> <div>THE ROMAN CANON <i>(silently)</i> P: Te igitur, clementíssime Pater, per Jesum Christum Filium tuum, Dóminum nostrum, súpplices rogámus, ac pétimus uti accépta hábeas, et benedícas, hæc dona, hæc múnera, hæc sancta sacrificia illibáta, in primis, quæ tibi offérimus pro Ecclésiá tua sancta cathólica: quam pacificáre, custodiére, adunáre, et régere dignéris toto orbe terrárum: una cum fámulo tuo Papa nostro <b>N.</b>, et Antístite nostro <b>N.</b>, et ómnibus orthodoxis, atque cathólicæ et apostólicæ fidei cultóribus.</div> <div>P: Meménto, Dómine, famulórum, famulárumque tuárum <b>N.</b>, et <b>N.</b>, et ómnium circumstántium, quorum tibi fides cōgnita est, et nota devótió, pro quibus tibi offérimus: vel qui tibi offerunt hoc sacrificium laudis, pro se, suisque ómnibus: pro redemptiόne animárum suárum, pro spe salutis et incolútatís suæ: tibique reddunt vota sua ætérno Deo, vivo et vero.</div> <div>P: Communicántes, et memóriam venerántes, in primis gloriósa semper Virginis Mariæ, Genitricis Dei et Dómini nostri Jesu Christi: sed et beáti Joseph, ejúsdem Virginis Sponsi, et beatorum Apostolórum ac Mátyrum tuórum, Petri et Pauli, Andréæ, Jacóbi, Joánnis, Thomæ, Jacóbi, Philíppi, Bartholomæi, Matthæi, Simónis, et Thaddæi: Lini, Cleti, Cleméntis, Xysti, Cornélii, Cypriáni, Lauréntii, Chrysógoni, Joánnis et Pauli, Cosmæ et Damiáni, et ómnium Sanctórum tuórum; quorum méritis precibúsq; concédas, ut in ómnibus protectióis tuæ muniámur auxílio. Per eúndem Christum Dóminum nostrum. Amen.</div> <div>AT THE CENTER OF THE ALTAR <i>(Only at High Mass when incense is used)</i> <b>P:</b> <i>Be blessed by Him in Whose honor you will be burnt.</i>  <b>P:</b> Cleanse my heart and my lips, O almighty God, Who cleansed the lips of the Prophet Isaiah with a burning coal. In Thy gracious mercy, deign so to purify me, that I may worthily proclaim Thy holy Gospel. Through Christ our Lord. Amen. <b>P:</b> Pray, Lord, a blessing. The Lord be in my heart and on my lips that I may worthily and fittingly proclaim His Gospel. Amen.</div> <div>AT THE LEFT SIDE OF THE ALTAR <b>(Stand)</b> <b>P:</b> The Lord be with you. <b>S:</b> And with your spirit. <b>P:</b> The continuation of the holy Gospel according to Matthew. <b>S:</b> Glory to Thee, O Lord.</div> <div>At that time some of the scribes and Pharisees answered Jesus saying: Master, we would see a sign from Thee. Who answering said to them: An evil and adulterous generation seeketh a sign: and a sign shall not be given it, but the sign of Jonas the prophet. For as Jonas was in the whale's belly three days and three nights: so shall the Son of Man be in the heart of the earth three days and three nights. The men of Nineveh shall rise in judgment with this generation, and shall condemn it; because they did penance at the preaching of Jonas. And behold a greater than Jonas here. The queen of the south shall rise in judgment with this generation, and shall condemn it: because she came from the ends of the earth to hear the wisdom of Solomon, and behold a greater than Solomon here. And when an unclean spirit is gone out of a man, he walketh through dry places, seeking rest, and findeth none. Then he saith: I will return into my house from whence I came out. And coming he findeth it empty, swept, and garnished. Then he goeth, and taketh with him seven other spirits more wicked than himself, and they enter in and dwell there: and the last state of that man is made worse than the first. So shall it be also to this wicked generation. As He was yet speaking to the multitudes, behold His mother and His brethren stood without, seeking to speak to Him. And one said unto Him: Behold Thy mother and Thy brethren stand without, seeking Thee. But He answering him that told Him, said: Who is My mother and who are My brethren? And stretching forth His hands towards His disciples, he said: Behold My mother and My brethren. For whosoever shall do the will of My Father that is in Heaven, he is My brother, and sister, and mother.</div> <div>S: Praise to Thee, O Christ. P: May our offenses be erased by the words of the Gospel.</div> <div>AT THE CENTER OF THE ALTAR <b>P:</b> The Lord be with you. <b>S:</b> And with your spirit. <b>P:</b> Let us pray.</div> <div>(Sit)</div> <div>I will meditate on Thy commandments, which I have loved exceedingly: and I will lift up my hands to Thy commandments, which I have loved.</div> <div>P: Receive, O Holy Father, almighty and eternal God, this spotless host, which I, Thine unworthy servant, offer unto Thee, my living and true God, for my innumerable sins, offenses, and negligences, and for all here present; and also for all faithful Christians both living and dead, that it may profit me and them for salvation unto life everlasting. Amen.</div> <div>AT THE RIGHT SIDE OF THE ALTAR <b>P:</b> O God, Who wonderfully formed the dignity of human nature, and more wonderfully restored it, grant us through the mystery of this water and wine, to be made participants of His divinity, Who condescended to become a partaker of our humanity, Jesus Christ, Thy Son, our Lord, Who with Thee, lives and reigns in the unity of the Holy Spirit, God, forever and ever. Amen.</div> <div>AT THE CENTER OF THE ALTAR <b>P:</b> We offer Thee, O Lord, the chalice of salvation, pleading Thy clemency, that it may ascend in the sight of Thy divine majesty, with a sweet fragrance, for our salvation and for that of the whole world. Amen. In a humble spirit and a contrite heart may we be received by Thee, O Lord, and let our sacrifice be so made in Thy sight this day that it may please Thee, O Lord God. Come, O sanctifier, almighty and eternal God, and bless this sacrifice prepared for Thy holy name.</div> <div><i>(Only at High Mass when incense is used)</i> <b>P:</b> <i>By the intercession of blessed Michael the Archangel, who stands at the right hand of the altar of incense, and of all His elect, may the Lord deign to bless this incense, and to receive it as a sweet fragrance, through Christ our Lord.</i> <b>P:</b> <i>May this incense, blessed by Thee, ascend to Thee, O Lord, and may Thy mercy descend upon us.</i> <b>P:</b> <i>Let my prayer be directed, O Lord, as incense in Thy sight, the lifting up of my hands as an evening sacrifice. Set a watch, O Lord, before my mouth: and a door round about my lips: that my heart may not incline to evil words: to make excuses in sins.</i></div> <div><b>P:</b> May the Lord enkindle in us the fire of His love and the flame of everlasting charity. Amen.</div> <div>AT THE RIGHT SIDE OF THE ALTAR <b>P:</b> I will wash my hands among the innocent, and I will compass Thine altar, O Lord, that I may hear the voice of praise: and tell of all Thy wondrous deeds. I have loved, O Lord, the beauty of Thy house and the place where Thy glory dwelleth. Destroy not my soul, O God, with the wicked, nor my life with men of blood. In whose hands are iniquities, their right hand is full with gifts. But I have walked in my innocence: redeem me, and have mercy on me. My foot has stood on the right path; in the churches I will bless Thee, O Lord. 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.</div> <div>AT THE CENTER OF THE ALTAR <b>P:</b> Receive, O holy Trinity, this oblation which we offer to Thee in remembrance of the Passion, Resurrection, and Ascension of Our Lord Jesus Christ, and in honor of blessed Mary, ever Virgin, blessed John the Baptist, the holy Apostles Peter and Paul, and of these and of all the Saints; that it may avail unto their honor and our salvation, and may they deign to intercede in heaven for us who honor their memory here on earth. Through the same Christ, our Lord. Amen.</div> <div>P: Pray brethren, that my sacrifice and yours may be acceptable to God the Father almighty. S: May the Lord receive the sacrifice from your hands, to the praise and glory of His name, to our benefit, and that of all His holy Church.</div> <div>P: Amen.</div> <div>We offer Thee, O Lord, the sacrifice of reconciliation, both that Thou mayest take pity and pardon our sins, and that Thou mayest direct our wavering hearts. Through our Lord Jesus Christ Thy Son. Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.</div> <div><i>For St. Frances of Rome</i> May the offerings of thy holy people be accepted by Thee, O Lord, in honor of Thy saints, through whose merits they know that they have received aid in time of trouble. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God,</div> <div>P: ...forever and ever. <b>(Stand at High Mass)</b> <b>S:</b> Amen. <b>P:</b> The Lord be with you. <b>S:</b> And with your spirit. <b>P:</b> Lift up your hearts. <b>P:</b> We have lifted them up to the Lord. <b>S:</b> Let us give thanks to the Lord our God. <b>S:</b> It is fitting and just.</div> <div>It is truly fitting and just, proper and beneficial, that we should always and everywhere, give thanks unto Thee, holy Lord, Father almighty, everlasting God. Who by this bodily fast, dost curb our vices, dost lift up our minds and bestow on us strength and rewards; through Christ our Lord. Through Whom the Angels praise Thy majesty, the Dominations adore the Powers tremble: the heavens and the hosts of heaven, and the blessed Seraphim, together celebrate in exaltation. With whom, we pray Thee, command that our voices of supplication also be admitted in confessing Thee saying:</div> <div>(Kneel) P: Holy, holy, holy, Lord God of Hosts! Heaven and earth are filled with Thy glory. Hosanna in the highest! †Blessed is He Who comes in the name of the Lord. Hosanna in the highest!</div> <div>THE ROMAN CANON <i>(silently)</i> P: Therefore, most merciful Father, we humbly pray and entreat Thee, through Jesus Christ, Thy Son, Our Lord, that Thou would accept and bless these gifts, these offerings, these holy and spotless sacrifices, which, in the first place, we offer Thee for Thy holy Catholic Church: deign to pacify, to guard, to unite, and to govern her throughout the world, together with Thy servant <b>N.</b>, our Pope, and <b>N.</b>, our Bishop; and all orthodox believers of the Catholic and apostolic faith.</div> <div>P: Be mindful, O Lord, of Thy servants and handmaids <b>N.</b> and <b>N.</b>, and of all here present, whose faith and devotion are known unto Thee, for whom we offer, or who offer to Thee, this sacrifice of praise for themselves, and for all their own, for the redemption of their souls, for their hope of salvation and safety; and who pay their vows to Thee, the everlasting, living, and true God.</div> <div>P: Having communion with, and venerating first of all the memory of the glorious and ever Virgin Mary, Mother of our God and Lord Jesus Christ; and also of blessed Joseph, Spouse of the same Virgin, and of Thy blessed Apostles and Martyrs, Peter and Paul, Andrew, James, John, Thomas, James, Philip, Bartholomew, Matthew, Simon and Thaddeus; of Linus, Cletus, Clement, Sixtus, Cornelius, Cyprian, Lawrence, Chrysogonus, John and Paul, Cosmas and Damian, and all Thy Saints, by whose merits and prayers, grant that in all things we may be defended by the help of Thy protection. Through the same Christ, our Lord. Amen.</div>
---



**P:** 🕯️ Hanc igitur oblationem servitūtis nostræ, sed et cunctæ familiæ tuæ, quæsumus, Dómine, ut placátus accípias: diésque nostros in tua pace dispónas, atque ab ætérna dāmnatióne nos éripi, et in electórum tuórum júbeas grege numerári. Per Christum Dóminum nostrum. Amen.

**P:** Quam oblationem tu, Deus, in ómnibus, quæsumus, benedíctam, adscriptam, ratam, rationábilem, acceptábilemque fácere dignéris: ut nobis Corpus, et Sanguis fiat dilectíssimi Filii tui Dómini nostri Jesu Christi.

**P:** Qui pridie quam paterétur, accépit panem in sanctas, ac venerábiles manus suas, et elevátis óculis in cælum ad te Deum Patrem suum omnipoténtem, tibi grátias agens, benedíxit, fregit, dedítque discíplulis suis, dicens:

Accípite, et manducáte ex hoc omnes, **HOC EST ENIM CORPUS MEUM.**

🕯️🕯️🕯️

**P:** Símili modo postquam cænátum est, accípiens et hunc præclárum Cálicem in sanctas ac venerábiles manus suas: ítem tibi grátias agens, benedíxit, dedítque discíplulis suis, dicens:

Accípite, et bíbite ex eo omnes, **HIC EST ENIM CALIX SÁNGUINIS MEI, NOVI ET AETÉRNI TESTAMENTI: MYSTÉRIUM FÍDEI: QUI PRO VOBIS ET PRO MULTIS EFFUNDÉTUR IN REMISSIÓNEM PECCATÓRUM.**

Hæc quotiescúmque fecérítis, in mei memóriam faciétis.

🕯️🕯️🕯️

**P:** Unde et mémore, Dómine, nos servi tui, sed et plebs tua sancta, ejúdem Christi Filii tui Dómini nostri tam beátæ passiónis, nec non et ab ínferis resurrectiónis, sed et in cælos gloriósæ ascensiónis: offérimus præcláre majestáti tuæ de tuis donis, ac datis, hóstiam puram, hóstiam sanctam, hóstiam immaculatam, Panem sanctum vitæ ætérnæ, et Cálicem salutis perpétuæ.

**P:** Supra quæ propítio ac seréno vultu respícere dignéris; et accépta habére, sicuti accépta habére dignátus es múnera púeri tui justí Abel, et sacrificiū Patriárchæ nostri Ábrahæ: et quod tibi óbtulit summus sacérdos tuus Melchisedech, sanctum sacrificium, immaculatam hóstiam.

**P:** Súpplīces te rogāmus, omnīpotens Deus: jube hæc perférri per manus sancti Ángeli tui in sublīme altāre tuum, in conspēctū divīnæ majestātis tuæ: ut quotquot, ex hac altāris participatiōne sacrosāctum Filii tui, Corpus, et Sanguinem sumpsérimus, omni benedictiōne cælesti et grátia repléamur. Per eúndem Christum Dóminum nostrum. Amen.

**P:** Meménto étiam, Dómine, famulórum, famulárúmque tuarum **N.** et **N.** qui nos præcessérunt cum signo fidei, et dórmunt in somno pacis. Ipsis, Dómine, et ómnibus in Christo quiescéntibus, locum refrigérii, lucis et pacis, ut indúlgeas, deprecámur. Per eúndem Christum Dóminum nostrum. Amen.

**P:** Nobis quoque peccatóribus fámulis tuis, de multítudine miseratiónum tuárum sperántibus, partem áliquam, et societatē donáre dignéris, cum tuis sanctis Apóstolis et Martýribus: cum Joánnē, Stéphanō, Matthía, Bárnabā, Ignátio, Alexándro, Marcellíno, Petro, Felicitáte, Perpétua, Ágatha, Lúcia, Agnéte, Cæcília, Anastásia, et ómnibus Sanctis tuis: intra quorum nos consórtium, non æstimátor mériti, sed véniæ, quæsumus, largitor admítte. Per Christum Dóminum nostrum.

**P:** Per quem hæc ómnia, Dómine, semper bona creas, sanctíficas, vivíficas, benedícis, et præstas nobis. Per ipsum, et cum ipso, et in ipso, est tibi Deo Patri omnīpoténti, in unitáte Spíritus Sancti, omnis honor, et glória.

*(aloud, to conclude the Canon)*

**P:** Per ómnia sæcula sæculórum.

*(Stand at High Mass)*

**S:** **Amen.**

**P:** Orémus. Præcéptis salutáribus móniti, et divína institutiōne formáti, audémus dicere:

Pater noster, qui es in cælis: Sanctificétur nomen tuum: Advéniat regnum tuum: Fiat volúntas tua, sicut in cælo, et in terra. Panem nostrum quotidíānum da nobis hódie: Et dímittle nobis débíta nostra, sicut et nos dimíttimus debitoribus nostris. Et ne nos indúcas in tentatiónem:

**S:** **Sed libera nos a malo.**

**P:** Amen

**P:** Líbera nos, quæsumus, Dómine, ab ómnibus malis, præterítis, præséntibus, et futúris: et intercedénte beáta et gloriósa semper Virgine Dei Genitríce María, cum beatís Apóstolis tuis Petro et Paulo, atque Andréa, et ómnibus Sanctis, da propítius pacem in diébus nostris: ut ope misericórdiæ tuæ adjúti, et a peccátō simus semper líberi et ab omni perturbatiōne securi. Per eúndem Dominum nostrum Jesum Christum Filium tuum. Qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

**S:** **Amen.**

**P:** Pax Dómini sit semper vobíscum.

**S:** **Et cum spiritu tuo.**

*(Kneel at High Mass)*

**P:** Hæc commíxtio, et consecrátió Córporis et Sanguinis Dómini nostri Jesu Christi fiat accipiéntibus nobis in vitam ætérnam. Amen.

Agnus Dei, qui tollis peccáta mundi: **(strike breast)** miserére nobis.

Agnus Dei, qui tollis peccáta mundi: **(strike breast)** miserére nobis.

Agnus Dei, qui tollis peccáta mundi: **(strike breast)** dona nobis pacem.

**P:** Dómine Jesu Christe, qui dixísti Apóstolis meis: Pacem relínquo vobis, pacem meam do nobis: ne respicias peccáta mea, sed fidem Ecclesiæ tuæ: eámque secúndum voluntátem tuam pacificáre et coadunáre dignéris: Qui vivis et regnas Deus per ómnia sæcula sæculórum. Amen.

**P:** Dómine Jesu Christe, Fili Dei vivi, qui ex voluntáte Patris, cooperánte Spíritu Sancto, per mortem tuam mundum vivificásti: líbera me per hoc sacrosáctum Corpus et Sanguinem tuum ab ómnibus iniquitatibus meis, et univérsis malis: et fac me tuis semper inhærére mandátis, et a te numquam separári permíttas: Qui cum eódem Deo Patre et Spíritu Sancto vivis et regnas Deus in sæcula sæculórum. Amen.

**P:** Percéptio Córporis tui, Dómine Jesu Christe, quod ego indignus sumere præsumo, non mihi provéniat in judícium et condemnatióem: sed pro tua pietáte prosit mihi ad tutaméntum mentis et córporis, et ad medélam percipiéndam: Qui vivis et regnas cum Deo Patre in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum. Amen.

**P:** Panem cæléstem accípiam, et nomen Dómini invocábo.

Dómine, non sum dignus 🕯️, ut intres sub tectum meum: sed tantum dic verbo, et sanábitur ánima mea.

Dómine, non sum dignus 🕯️, ut intres sub tectum meum: sed tantum dic verbo, et sanábitur ánima mea.

Dómine, non sum dignus 🕯️, ut intres sub tectum meum: sed tantum dic verbo, et sanábitur ánima mea.

**P:** Corpus Dómini nostri Jesu Christi custódiat ánimam meam in vitam ætérnam. Amen.

**P:** Quid retribuam Dómino pro ómnibus quæ retribuit mihi? Cálicem salutáris accípiam, et nomen Dómini invocábo. Laudans invocábo Dóminum, et ab inimícis meis salvus ero.

**P:** Sanguis Dómini nostri Jesu Christi custódiat ánimam meam in vitam ætérnam. Amen.

**P:** Ecce Agnus Dei, ecce qui tollit peccáta mundi.

**S:** **Dómine, non sum (strike breast) dignus, ut intres sub tectum meum: sed tantum dic verbo, et sanábitur ánima mea.**

**S:** **Dómine, non sum (strike breast) dignus, ut intres sub tectum meum: sed tantum dic verbo, et sanábitur ánima mea.**

**S:** **Dómine, non sum (strike breast) dignus, ut intres sub tectum meum: sed tantum dic verbo, et sanábitur ánima mea.**

*AT THE COMMUNION RAIL*

**P:** Corpus Dómini nostri Jesu Christi custódiat ánimam tuam in vitam ætérnam. Amen.

*AT THE CENTER OF THE ALTAR*

**P:** Quod ore sumpsimus, Dómine, pura mente capiámus: et de múnere temporáli fiat nobis remédium sempitérnum.

**P:** Corpus tuum, Dómine, quod sumpsi, et Sanguis, quem potávi, adhæreat viscéribus meis: et præsta; ut in me non remáneat scélerum mácula, quem pura et sancta refecerunt sacramenta: Qui vivis et regnas in sæcula sæculórum, Amen.

*AT THE RIGHT SIDE OF THE ALTAR*

**COMMUNION Psalms 5: 2, 4**

Intéllige clamórem meum: inténde voci oratiónis meæ, Rex meus, et Deus meus: quóniam ad te orábo, Dómine.

*AT THE CENTER OF THE ALTAR*

*(Stand at High Mass)*

**P:** Dóminus vobíscum.

**S:** **Et cum spiritu tuo.**

*AT THE RIGHT SIDE OF THE ALTAR*

**P:** Orémus.

**POSTCOMMUNION**

Tui, Dómine, perceptiōne sacraménti, et a nostris mundémur occúltis, et ab hóstium liberémur insídiis. Per Dóminum nostrum Jesum Christum, Filium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

**S:** **Amen.**

**POSTCOMMUNION**

Satiásti, Dómine, familiam tuam munéribus sacris: ejus, quæsumus, semper interventióne nos refóve, cujus solémnia celebrámus. Per Dóminum nostrum Jesum Christum, Filium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

**S:** **Amen.**

*For St. Frances of Rome*

Thou hast filled Thy household, O Lord, with sacred gifts; ever comfort us, we beseech Thee, by the intercession of the saint whose festival we celebrate. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

**S:** **Amen.**

**P:** We therefore beseech Thee, O Lord, to graciously accept this oblation of our service, as also of Thy entire family; dispose our days in Thy peace, save us from eternal damnation, and command that we be numbered in the flock of Thine elect. Through Christ our Lord. Amen.

**P:** Which oblation, do Thou, O God, deign in all respects to make blessed, approved, ratified, reasonable and acceptable, so that it may become for us the Body and Blood of Thy most beloved Son, our Lord, Jesus Christ.

**P:** Who, the day before He suffered, took bread into His holy and venerable hands, and with His eyes raised to heaven, unto Thee, God, His almighty Father, giving thanks to Thee, He blessed it, broke it, and gave it to His disciples saying: Take, all of you, and eat of this: FOR THIS IS MY BODY.

**P:** In like manner, after He had supped, taking also this excellent chalice into His holy and venerable hands, and giving thanks to Thee, He blessed it, and gave it to His disciples, saying: Take, all of you, and drink of this: FOR THIS IS THE CHALICE OF MY BLOOD OF THE NEW AND ETERNAL TESTAMENT: THE MYSTERY OF FAITH: WHICH SHALL BE POURED OUT FOR YOU AND FOR MANY UNTO THE REMISSION OF SINS. As often as you shall do these things, you do them in memory of Me.

**P:** Wherefore, Lord, we, Thy servants, but also Thy holy people, mindful of the same Christ, Thy Son, our Lord, of His blessed passion, and of His resurrection from the grave, and of His glorious ascension into heaven, offer unto Thy most excellent majesty of Thine own gifts, bestowed upon us, a pure victim, a holy victim, an unspotted victim, the holy Bread of eternal life and the Chalice of everlasting salvation.

**P:** Deign to regard them with a gracious and serene countenance, and to accept them, as Thou didst deign to accept the gifts of Thy just servant Abel, and the sacrifice of Abraham our Patriarch, and that which Thy chief priest Melchisedech offered to Thee, a holy sacrifice, an unspotted victim.

**P:** Humbly we pray Thee, almighty God, command these offerings to be borne by the hands of Thy holy Angel to Thine altar on high, in the sight of Thy divine majesty, so that as many of us as shall, by partaking from this altar, consume the most holy Body and Blood of Thy Son, may be filled with every heavenly grace and blessing. Through the same Christ our Lord. Amen.

**P:** Be mindful also, O Lord, of Thy servants and handmaids **N.** and **N.** who have gone before us with the sign of faith and rest in the sleep of peace. To these, O Lord, and to all who place in Christ, we plead that you grant a rest of comfort, light, and peace. Through the same Christ our Lord. Amen.

**P:** To us sinners also, Thy servants, trusting in the multitude of Thy mercies, deign to grant some part and fellowship with Thy holy Apostles and Martyrs, with John, Stephen, Matthias, Barnabas, Ignatius, Alexander, Marcellinus, Peter, Felicitas, Perpetua, Agatha, Lucy, Agnes, Cecilia, Anastasia, and with all Thy Saints, into whose company, we beseech Thee, not as appraiser of merit but as bestower of pardon, to admit us. Through Christ our Lord.

**P:** Through Whom, O Lord, Thou always create, sanctify, quicken, bless and bestow upon us all good things. Through Him and with Him and in Him is to Thee, God the Father almighty, in the unity of the Holy Spirit, all honor and glory.

*(aloud, to conclude the Canon)*

**P:** Forever and ever.

*(Stand at High Mass)*

**S:** Amen.

**P:** Let us pray: Admonished by Thy saving precepts, and following Thy divine institution, we dare to say: Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation.

**S:** But deliver us from evil.

**P:** Amen.

**P:** Deliver us, we beseech Thee, O Lord, from all evils, past, present, and to come; and by the intercession of the blessed and glorious ever-Virgin Mary, Mother of God, together with Thy blessed Apostles, Peter and Paul, and Andrew, and all the Saints, mercifully grant peace in our days, that sustained by the help of Thy mercy, we may be always free from sin and secure from all disturbance. Through the same Jesus Christ, Thy Son, our Lord, Who lives and reigns with Thee, in the unity of the Holy Spirit, God, forever and ever.

**S:** Amen.

**P:** The peace of the Lord be always with you.

**S:** And with your spirit.

*(Kneel at High Mass)*

**P:** May this mingling and consecration of the Body and Blood of our Lord Jesus Christ be to us who receive it effectual unto eternal life. Amen.

Lamb of God, Who takes away the sins of the world, **(strike breast)** have mercy on us.

Lamb of God, Who takes away the sins of the world, **(strike breast)** have mercy on us.

Lamb of God, Who takes away the sins of the world, **(strike breast)** grant us peace.

**P:** O Lord Jesus Christ, Who said to Thine Apostles: Peace I leave you, My peace I give you; regard not my sins, but the faith of Thy Church, and deign to grant her peace and to unify her according to Thy will: Who lives and reigns God, forever and ever. Amen.

**P:** Lord Jesus Christ, Son of the living God, Who, by the will of the Father, with the cooperation of the Holy Spirit, hast by Thy death given life to the world; deliver me by this Thy most sacred Body and Blood, from all my sins and from all evils. Make me always cleave to Thy commandments, and never permit me to be separated from Thee, Who with the same God the Father and the Holy Spirit, lives and reigns, God, forever and ever. Amen.

**P:** Let not the partaking of Thy Body, O Lord Jesus Christ, which I, unworthy, presume to receive, turn to my judgment and condemnation; but through Thy kindness, may it benefit me, a safeguard both of mind and body, and a certain remedy. Who with God the Father, in the unity of the Holy Spirit, lives and reigns God, forever and ever. Amen.

**P:** I will take the Bread of heaven, and will call upon the name of the Lord.

Lord, I am not worthy that Thou should enter under my roof; but only say the word and my soul shall be healed.

Lord, I am not worthy that Thou should enter under my roof; but only say the word and my soul shall be healed.

Lord, I am not worthy that Thou should enter under my roof; but only say the word and my soul shall be healed.

**P:** May the Body of our Lord Jesus Christ preserve my soul unto life everlasting. Amen.

**P:** What return shall I render unto the Lord for all He has given me? I will take the Chalice of salvation, and I will call upon the name of the Lord. Praising I will call upon the Lord, and I shall be saved from my enemies.

**P:** May the Blood of our Lord Jesus Christ preserve my soul unto life everlasting. Amen.

**P:** Behold the Lamb of God, behold Him who takes away the sins of the world.

**S:** Lord, I am **(strike breast)** not worthy that Thou should enter under my roof; but only say the word and my soul shall be healed.

**S:** Lord, I am **(strike breast)** not worthy that Thou should enter under my roof; but only say the word and my soul shall be healed.

**S:** Lord, I am **(strike breast)** not worthy that Thou should enter under my roof; but only say the word and my soul shall be healed.

*AT THE COMMUNION RAIL*

**P:** May the Body of our Lord Jesus Christ preserve your soul unto everlasting life. Amen.

*AT THE CENTER OF THE ALTAR*

**P:** Grant, O Lord, that what we have taken with our mouth, we may receive with a pure mind; and from a temporal gift may it become to us an eternal remedy.

**P:** May Thy Body, O Lord, which I have consumed, and Thy Blood which I have drunk, cling to my vitals; and grant that no wicked stain may remain in me, whom these pure and holy mysteries have refreshed. Who lives and reigns, forever and ever. Amen.

*AT THE RIGHT SIDE OF THE ALTAR*

By the reception of Thy sacrament, O Lord, may we both be cleansed of our secret sins and delivered from the snares of the enemy. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

**S:** Amen.

**P:** Let us pray.



<p><b>P:</b> Orémus.</p> <div><p><b>PRAYER OVER THE PEOPLE</b> Humiliáte cápita vestra Deo.</p><p>Mentes nostras, quæsumus, Dómine, lúmine tuæ claritátis illústra: ut vidére possímus, quæ agénda sunt; et, quæ recta sunt, ágere valeámus. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.</p></div> <p><b>S:</b> Amen.</p> <p><b>AT THE CENTER OF THE ALTAR</b> <b>P:</b> Dóminus vobíscum. <b>S:</b> Et cum spíritu tuo. <b>P:</b> Ite, Missa est. <b>S:</b> Deo grátias. <b>(Kneel at High Mass)</b> <b>P:</b> Pláceat tibi, sancta Trínitas, obséquium servitútis meæ: et præsta; ut sacrificium, quod óculis tuæ majestátis indígnus obtuli, tibi sit acceptábile, mihiq̃ue et ómnibus pro quibus illud obtuli, sit, te miseránte, propitiábile. Per Christum Dóminum nostrum. Amen.</p> <p><b>P:</b> Benedicat vos omnípotens Deus, †Pater, et Fílius, et Spíritus Sanctus. <b>S:</b> Amen.</p> <p><b>AT THE LEFT SIDE OF THE ALTAR (Stand)</b> <b>P:</b> Dóminus vobíscum. <b>S:</b> Et cum spíritu tuo. <b>P:</b> Iníitium sancti Evangélii secúndum Joánnem. <b>S:</b> Glória tibi, Dómine. <b>P:</b> In príncípio erat Verbum, et Verbum erat apud Deum, et Deus erat Verbum. Hoc erat in príncípio apud Deum. Omnia per ipsum facta sunt: et sine ipso factum est nihil, quod factum est: in ipso víta erat, et víta erat lux hóminum: et lux in ténebris lucet, et ténebræ eam non comprehendérunt. Fuit homo missus a Deo, cui nomen erat Joánnes. Hic venit in testimónium, ut testimónium perhibéret de lúmine, ut omnes créderent per illum. Non erat ille lux, sed ut testimónium perhibéret de lúmine. Erat lux vera, quæ illúminat omnem hóminem veniéntem in hunc mundum. In mundo erat, et mundus eum per ipsum factus est, et mundus eum non recepérunt. Quotquot autem recepérunt eum, dedit eis potestátem filios Dei fíeri, his qui credunt in nómine ejus: qui non ex sanguínibus, neque ex voluntáte carnis, neque ex voluntáte viri, sed ex Deo nati sunt. <b>(Genuflect)</b> ET VERBUM CARO FACTUM EST et habitávit in nobis: et vídimus glóriam ejus, glóriam quasi Unigéniti a Patre, plenum grátiae et veritátis.</p> <p><b>S:</b> Deo grátias.</p> <p><a href="#">Leonine Prayers</a> (optional after Low Mass)</p>	<p><b>P:</b> Let us pray.</p> <div><p>Bow your heads to God.</p><p>O Lord, we beseech Thee, shed light upon our minds by the brightness of Thy glory, so that we may see what we must do and have strength to do what is right. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.</p></div> <p><b>S:</b> Amen.</p> <p><b>AT THE CENTER OF THE ALTAR</b> <b>P:</b> The Lord be with you. <b>S:</b> And with your spirit. <b>P:</b> Go, the Mass is ended. <b>S:</b> Thanks be to God. <b>(Kneel at High Mass)</b> <b>P:</b> May the performance of my homage be pleasing to Thee, O holy Trinity: and grant that the sacrifice which I, though unworthy, have offered up in the sight of Thy majesty, may be acceptable unto Thee, and may, through Thy mercy, be a propitiation for myself and all those for whom I have offered it. Through Christ our Lord. Amen.</p> <p><b>P:</b> May almighty God bless you, †the Father, Son, and Holy Spirit. <b>S:</b> Amen.</p> <p><b>AT THE LEFT SIDE OF THE ALTAR (Stand)</b> <b>P:</b> The Lord be with you. <b>S:</b> And with your spirit. <b>P:</b> The beginning of the holy Gospel according to John. <b>S:</b> Glory be to Thee, O Lord. <b>P:</b> In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by Him: and without Him was made nothing that was made. In Him was life, and the life was the light of men. And the light shineth in darkness, and the darkness did not comprehend it. There was a man sent from God, whose name was John. This man came for a witness, to give testimony of the light, that all men might believe through him. He was not that light, but was to give testimony of the light. That was the true light, which enlighteneth every man that cometh into this world. He was in the world, and the world was made by Him, and the world knew Him not. He came unto His own, and His own received Him not. But as many as received Him, He gave them power to be made the sons of God, to them that believe in His name. Who are born, not of blood, nor of the will of the flesh, nor of the will of man, but of God. <b>(Genuflect)</b> AND THE WORD WAS MADE FLESH, and dwelt among us, (and we saw His glory, the glory as it were of the only begotten of the Father,) full of grace and truth. <b>S:</b> Thanks be to God.</p>
---	---