

INTROIT Psalms 29:11

Audívit Dóminus, et misértus est mihi: Dóminus factus est adiutor meus. Ps 29:2 Exaltábo te, Dómine, quóniam suscepísti me: nec delectásti inimícos meos super me. Glória Patri et Fílio et Spíritui Sancto, sicut erat in princípío, et nunc, et semper, et in sæcula sæculórum. Amen. Audívit Dóminus, et misértus est mihi: Dóminus factus est adiutor meus.

COLLECT

Inchoáta jejunia, quæsumus, Dómine, benigno favore proséquere: ut observántiam, quam corporáliter exhibémus, méntibus etiam sincéris exercére valeámus. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

LESSON Isaiah 58:1-9

Hæc dicit Dóminus Deus: Clama, ne cesses: quasi tuba exálta vocem tuam: et annúntia pópulo meo scélera eórum, et dómúi Jacob peccáta eórum. Me étenim de die in diem quærun, et scire vias meas volunt: quasi gens, quæ justítiam fécerit, et júdicium Dei sui non dereliquerit: rogant me júdicia justítia: appropinquáre Deo volunt. Quare jejúnávimus, et non aspexísti: humiliávimus ánimas nostras, et nescísti? Ecce, in die jejúnii vestri invéntus volúntas vestra, et omnes debítóres vestros repétitis. Ecce, ad lítes et contentiónes jejúnátis, et percútítis pugno impie. Nolíte jejúnare sicut usque ad hanc diem, ut audiátur in excélsio clamor vester. Numquid tale est jejúnium, quod elégi, per diem affligere hóminem ánimam suam? numquid contorquére quasi círculum caput suum, et saccum et cínerem stérnere? numquid istud vocábis jejúnium, et diem acceptábilem Dómino? Nonne hoc est magis jejúnium quod elégi? dissólve colligatiónes impietátis, solve fasciculos depríméntes: dimítte eos, qui confrácti sunt, líberos, et omne onus dirúmpe. Frange esuriénti panem tuum, et egénos vagósque induc in domum tuam: cum videris nudum, operi eum, et carnem tuam ne despéxeris. Tunc erúmpet quasi mane lumen tuum, et sánitas tua cítius oriétur, et anteíbit fáciem tuam iustítia tua, et glória Dómini cólligiet. Tunc invocábis, et Dóminus exáudiet: clamábis, et dicet: Ecce, adsum. Quia miséricors sum, Dóminus, Deus tuus.

GRADUAL Psalms 26:4

Unam pétii a Dómino, hanc requíram, et inhábitem in domo Dómini, V. Ut vídeam voluptátem Dómini, et prótegar a templo sancto eius.

TRACT Psalms 102:10

Dómine, non secúndum peccáta nostra, quæ fécimus nos: neque secúndum iniquitátes nostras retribuas nobis. Ps 78:8-9 Dómine, ne memíneris iniquitátum nostrarum antiquarum: cito anticipent nos misericórdiæ tuæ, quia páuperes facti sumus nimis. (Hic genuflectitur) V. Adjuva nos, Deus, salutáris noster: et propter glóriam nóminis tui, Dómine, libera nos: et propítius esto peccátis nostris, propter nomen tuum..

GOSPEL Matthew 5:43-48; 6:1-4

In illo témpore: Dixit Jesus discíplis suis: Audístis, quia dictum est: Diliges próximum tuum, et ódio habébis inimicum tuum. Ego autem dico vobis: Dilígite inimícos vestros, benefácite his, qui odérunt vos, et oráte pro persequéntibus et calumniántibus vos, ut sitisfílii Patris vestri, qui in cælis est: qui solem suum oriri facit super bonos et malos, et pluit super justos et injústos. Si enim dilígitis eos, qui vos dilígunt, quam mercédem habébitis? nonne et publicáni hoc faciunt? Et si salutavéritis fratres vestros tantum, quid ámplius fáctis? nonne et éthnici hoc faciunt? Estóte ergo vos perfécti, sicut et Pater vester cæléstis perféctus est. Atténdite, ne justítiam vestram faciátis coram homínibus, ut videámini ab eis: alióquin mercédem non habébitis apud Patrem vestrum, qui in cælis est. Cum ergo facis eleemósynam, noli tuba cánere ante te, sicut hypócritæ faciunt in synagógis et in vicis, ut honorificéntur ab homínibus. Amen, dico vobis, recepérunt mercédem suam. Te autem faciente eleemósynam, nésciat sinistra tua, quid faciat dextera tua, ut sit eleemósyna tua in abscondito, et Pater tuus, qui videt in abscondito, reddet tibi.

OFFERTORY Psalms 118:154, 125

Dómine, vivífica me secúndum elóquium tuum: ut sciam testimónia tua.

SECRET

Sacrificium, Dómine, observántiæ quadragesimális, quod offerímus, præsta, quæsumus: ut tibi et mentes nostras reddat accéptas, et continéntiæ promptióri nobis tríbuat facultátem. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

PREFACE OF LENT

Vere dignum et justum est, æquum et salutáre, nos tibi semper et ubíque grátias ágere: Dómine sancte, Pater omnipotens, ætérne Deus: Qui corporáli jejúnio vítia cóprimis, mentem élevas, virtútem largiris et præmia íterum. Per quem májestátem tuam laudant Ángeli, adórant Dominatiónes, tremunt Potestátes. Cæli cælórumque Virtútes ac beáta Séraphim sócia exsultatióne concélebrant. Cum quibus et nostras voces ut admítti júbeas, deprecámur, súpplici confessiõe dicéntes:

COMMUNION Psalms 2:11-12

Servite Dómino in timóre, et exsultáte ei cum tremóre: apprehéndite disciplínam, ne pereátis de via justa.

POSTCOMMUNION

Spíritum nobis, Dómine, tuæ cantátis infúnde: ut, quos uno pane cælésti satiásti, tua fácias pietáte concórdes. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

PRAYER OVER THE PEOPLE

Humiliáte cápita vestra Deo.

Tuére, Dómine, pópulum tuum et ab ómnibus peccátis cleméner emúnda: quia nulla ei nocébit advérsitas, si nulla ei dominétur iniquitas. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

The Lord has heard, and has had pity on me; the Lord became my helper. Ps. I will extol You, O Lord, for You drew me clear and did not let my enemies rejoice over me. 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. The Lord has heard, and has had pity on me; the Lord became my helper.

May Thy kindly favour, we beseech Thee, O Lord, accompany the fast we have begun, that we may be able to practice with a pure mind what we perform bodily. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

Thus says the Lord God: Cry out full-throated and unsparingly, lift up your voice like a trumpet blast; tell My people their wickedness, and the house of Jacob their sins. They seek Me day after day, and desire to know My ways, like a nation that has done what is just and not abandoned the law of their God; they ask Me to

declare what is due them, pleased to gain access to God: Why do we fast, and Thou dost not see it? afflict ourselves, and Thou takest no note of it? Lo, on your fast day you carry out your own pursuits, and drive all your laborers. Yes, your fast ends in quarreling and fighting, striking with wicked fist. Would that today you might fast so as to make your voice heard on high! Is this the manner of fasting I wish, of keeping a day of penance: that a man bow his head like a reed, and lie in sackcloth and ashes? Do you call this a fast, a day acceptable to the Lord? Rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking every yoke; sharing your bread with the hungry, sheltering the oppressed and the homeless; clothing the naked when you see them, and not turning your back on your own. Then your light shall break forth like the dawn, and your wound shall quickly be healed; your vindication shall go before you, and the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer, you shall cry for help, and He will say: Here I am! For I, the Lord your God, am merciful.

One thing I ask the Lord; this I seek: to dwell in the house of the Lord. V. That I may gaze on the loveliness of the Lord and be protected by His holy temple.

O Lord, repay us not according to the sins we have committed, nor according to our iniquities. V. (Psalm 78: 8, 9). O Lord, remember not our former iniquities, let Thy mercies speedily prevent us; for we are become exceeding poor. (Here kneel.) V. Help us, O God, our Savior, and for the glory of Thy name, O Lord, deliver us: and forgive us our sins for Thy name's sake.

At that time, Jesus said to His disciples, You have heard that it was said: You shall love your neighbour, and shall hate your enemy. But I say to you: love your enemies, do good to those who hate you, and pray for those who persecute and calumniate you, so that you may be children of your Father in heaven, Who makes His sun to rise on the good and the evil, and sends rain on the just and the unjust. For if you love those that love you, what reward shall you have? Do not even the publicans do that? And if you salute your brethren only, what are you doing more than others? Do not even the Gentiles do that? You therefore are to be perfect, even as your heavenly Father is perfect. Take heed not to do your good before men, in order to be seen by them; otherwise you shall have no reward with your Father in heaven. Therefore when you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and streets, in order that they may be honoured by men. Amen: I say to you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be given in secret; and your Father, Who sees in secret, will reward you.

O Lord, for the sake of Thy promise give me life, that I may know Thy decrees.

Grant, O Lord, we beseech Thee, that as we offer the sacrifice of Lent, our hearts may be made acceptable to Thee; and the sacrifice may give us greater willingness for self-denial. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

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 exultation. With whom, we pray Thee, commend that our voices of supplication also be admitted in confessing Thee saying:

Serve the Lord with fear, and rejoice before Him with trembling; embrace discipline, lest you perish from the just way.

Fill us, O Lord, with the spirit of Thy love, to unite in charity those whom Thou hast filled with one and the same heavenly Bread. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

Bow down your heads before God.

Watch over Your people, O Lord, and mercifully cleanse them from all their sins; for no harm can come to them if no evil has power over them. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.