

O God, come to our aid. O Lord, make haste to help us. Glory be ...

Come and fill our hearts with your peace. You alone, O Lord are holy. Come and fill our hearts with your peace, alleluia.

The Imitation of Christ

God has so disposed things, that we may learn to bear one another's burdens; for there is no man without defect; no man without his burden; no man sufficient for himself; no man wise enough for himself; but we must support one another, comfort one another, assist, instruct, and admonish one another.

Story of a Soul

Imperfect souls are usually left alone; one keeps within the bounds of religious politeness, but one avoids their company from fear of offending them. When I speak of imperfect souls, I do not mean spiritual imperfections – for even the holiest will not be perfect until they reach Heaven – I am referring to lack of judgement or education, to the touchiness of certain characters, all those things which make life so unpleasant for others.

I know that these defects are incurable, but if I were ill for years, my Mother would not for that reason give up nursing me. I have therefore come to this conclusion: I ought to seek the company of those Sisters who please me least, and be a good Samaritan to them. Very often a kind look or a smile is all that is needed to cheer one who is sore and sad at heart. I must not, however, do this simply out of a desire to console others, for I would soon get discouraged, as a word said with the best intentions can so easily be taken up wrongly. I will try to do it solely to please Our Lord and obey His injunction in the Gospel: *When you make a dinner, call not your friends, not your kinsmen, nor your neighbours who are rich; lest perhaps they also invite you again, and a recompense be made to you.*

But when you make a feast, call the poor, the maimed, the lame, and the blind; and you shall be blessed, because they have not the means to make you recompense, for recompense shall be made you at the resurrection of the just (Luke 14: 12 – 14).

Bless the Lord my soul, and bless God's holy name. Bless the Lord my soul, who leads me into life.

(Silence)

Our Father

Intercessions

Response: Kyrie, Kyrie, Eleison. Kyrie, Kyrie, Eleison

(a time for brief spontaneous personal intercessions. Each intercession is followed by the Kyrie, sung by all.)

Concluding Prayer

Remember your people, Lord, and as you satisfy the hungry with food from heaven, enrich our poverty with your abundance.

Salve Regina

Salve, Regina, Mater misericordiae
vita, dulcedo, et spes nostra, salve
ad te clamamus, exsules filii Evae
ad te suspiramus, gementes et flentes
in hac lacrimarum valle

Eia, ergo, advocata nostra,
illos tuos misericordes oculos
ad nos converte;
et Iesum, benedictum fructum ventris tui,
nobis post hoc exsilium ostende.
O clemens, O pia, O dulcis Virgo Maria.

Hail, Queen, Mother merciful
life, sweetness and hope of ours, hail
to you we cry, exiles, children of Eve
to you we sigh, mourning and weeping
in this tearful valley

Quick, then, advocate of ours,
those your merciful eyes
to us turn
and Jesus, blessed fruit of your womb,
unto us, after this exile show.
O clement, O loving, O sweet Virgin Mary.