

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

**Praise our God and Saviour!** O... Praise our God and Saviour! O... For God's love endures forever, alleluia, alleluia!

### **The Imitation of Christ**

If you seek your comfort and you gain in others, you will often meet with loss. If in all things you seek Jesus, doubtless you will find Jesus; but if you seek yourself, you will indeed find yourself, but to your own ruin.

Grace loves even her enemies.

### **Story of a Soul**

Our Lord explains his new commandment clearly in the Gospel. We read in St Matthew: *You have heard that it has been said: you shall love your neighbour, and hate your enemy. But I say to you, Love your enemies, do good to them that hate you, and pray for them that persecute and calumniate you* (Matt 5:43, 44).

We do not find enemies, needless to say, at Carmel, but there are natural attractions; we feel drawn to one Sister, whereas we would go out of our way to avoid meeting another. But Our Lord teaches me that it is this very one that I should love and pray for, even though her manner shows that she dislikes me. *If you love them that love you, what thanks are to you? For sinners also love those that love them* (Luke 6:32).

It is not enough to love, we must prove our love. We take delight in pleasing a friend, but this is not charity; even sinners do as much.

**God is forgiveness**, dare to forgive and God will be with you. God is forgiveness, love and do not fear.

(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**

We beseech your mercy, Lord, as we offer you this evening praise. Keep our hearts always engaged in meditating on your law, and grant us the light and reward of eternal life.

### **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.