

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

Hymn

Abide with me; fast falls the eventide;
The darkness deepens; Lord, with me abide;
When other helpers fail, and comforts flee,
Help of the helpless, O abide with me.

Swift to its close ebbs out life's little day;
Earth's joys grow dim; its glories pass away;
Change and decay in all around I see;
O thou who changes not, abide with me.

Hold thou thy Cross before my closing eyes;
Shine through the gloom, and point me to the skies;
Heaven's morning breaks, and earth's vain shadows flee;
In life, in death, O Lord, abide with me.

The Ascent of Mount Carmel

The soul acquires more enjoyment and pleasure from created things when she lets them go. They cannot truly be enjoyed if they are regarded as property to be grasped. This brings anxiety, which binds the spirit to the earth and leaves no space for growth in the heart. For such a reason pleasure clouds our judgement like a fog, because we cannot will to enjoy created things without the will to possess them. To deny and to purge that kind of enjoyment leaves the judgement clear, as air when mist dissolves.

The soul who enjoys something of created things, but with the will so bound, neither has nor possesses anything; rather they are in possession of her heart, so that like a captive, she suffers. But the soul unattached to them is free of worries about them, at prayer or away from prayer, and quickly gathers a large spiritual harvest.

℟ Blessed be the Lord from age to age, alleluia, alleluia! *Repeat* ℟
℣ He alone has wrought marvellous works. ℟ Glory be. ℟.

Luke 12:22-32

Jesus said to his disciples, "do not worry about your life and what you are to eat, nor about your body and how you are to clothe it. For life is more than food, and the body more than clothing.

Think of the ravens. They do not sow or reap; they have no storehouses and no barns; yet God feeds them. And how much more you are worth than the birds! Can any of you, however much you worry, add a single cubit to your span of life? If a very small thing is beyond your powers, why worry about the rest?

Think how the flowers grow; they never have to spin or weave; yet, I assure you, not even Solomon in all his royal robes was clothed like one of them. Now if that is how God clothes a flower which is growing wild today and is thrown into the furnace tomorrow, how much more will he look after you, who have so little faith!

But you must not set your hearts on things to eat and things to drink; nor must you worry. It is

the gentiles of this world who set their hearts on all these things. Your Father well knows you need them. No; set your hearts on his kingdom, and these other things will be given you as well.

There is no need to be afraid, little flock, for it has pleased your Father to give you the kingdom.”

Blessed the poor in heart, for theirs is the kingdom of heaven.

(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

Jesus our hope, when we abandon ourselves to you with the trust of a child, our valley of tears can be transformed into the wellsprings of a serene joy. Bless us; we find rest in your peace.

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

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

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

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.