

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

Psalm 89

Lord, you have been our refuge
from generation to generation.
Before the mountains were born,
before earth and heaven were conceived,
from all time to all time, you are God.

You turn men into dust,
you say to them "go back, children of men."
A thousand years in your sight
are like yesterday, that has passed;
like a short watch in the night.

When you take them away, they will be nothing but a dream;
like the grass that sprouts in the morning:
in the morning it grows and flowers,
in the evening it withers and dries.

The Imitation of Christ

Ah! If a man had but one spark of perfect charity, he would doubtless perceive that all earthly things are full of vanity. (Bk 1 ch 15)

Then shall the poor cottage be more commended than the gilded palace. (Bk 1 ch 24)

Story of a Soul

Although that act of charity was done so long ago, its memory is still fragrant, like a little breeze from Heaven. One winter's evening, cold and dark, when doing this humble duty I suddenly heard the strains of an orchestra in the distance. I saw in imagination a drawing-room, brilliantly lighted, where fashionably dressed young girls were displaying their social graces. Then I looked at my poor invalid; instead of music I only heard plaintive groans; instead of gilded walls, I saw in the dim light the bare bricks of our cloister. The contrast impressed me deeply; the murky light of earthly pleasures was darkness compared to the light of Truth which enlightened my soul, and I would not have given ten minutes spent on my act of charity to purchase a thousand years of worldly pleasures.

Nothing disturb you, nothing affright you. All things are passing, God never changes. He who has God is lacking in nothing. God alone suffices.

(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 peace, because for our sake you became the poor one, stripped of all earthly comforts, we too would like to live as simple people of the Gospel.

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.