

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

God can only give faithful love, tenderness and forgiveness. O... (God ever caring) God ever caring. O... (God who forgives us) God who forgives us.

Psalm

℟. response

They go out, they go out, full of tears,
carrying seed for the sowing;
they come back, they come back, full of song,
carrying their sheaves. ℟.

The Imitation of Christ

(Christ:) What do I require more of you than that you endeavour to resign yourself entirely to Me. Whatsoever you give beside yourself I regard not, for I seek not your gift, but yourself. As it would not suffice you, if you had all things but Me, so neither can it please Me, whatever you give, as long as you offer not yourself. Offer yourself to Me, and give your whole self for God, and your offering will be accepted.

Behold, I offered my whole self to the Father for you, and have given My whole Body and Blood for your food, that I might be all yours, and you might be always Mine. But if you would not offer yourself freely to My will, your offering is not perfect, nor will there be an entire union between us.

(Disciple:) Lord, all things are yours that are in heaven and earth. I desire to offer up myself to You as a voluntary oblation, and to remain forever yours. ... Behold, I commit myself to Your mercy; I resign myself into Your hands. Deal with me according to Your goodness.

℟ O Christ, son of the living God, have mercy on us, have mercy on us. Repeat ℟
℣ You were wounded because of our sins. ℟ Glory be. ℟.

Story of a Soul

St Teresa went through great suffering during her life, and for the sake of souls wished this to be made known after her death, so that seeing the seal of the cross upon her life, they might recognize her mission as genuine. She did not, however, consider the martyrdom of the heart which she underwent as a sign of her acceptance by God's merciful Love; it was *the infinite tenderness of divine Love which overflowed from the Sacred Heart into her soul* that she took as a pledge.

If she said that *to offer oneself as a victim of Love is to give oneself up to much anguish and suffering*, it was to souls who held back and would not allow Our Lord to work His whole will in them, as it was often painful; but to souls who, in spite of their shrinking from the cross, were on fire with love and zeal and sought after perfection, she said: *Why are you afraid to offer yourself as a victim to God's merciful Love? I could understand if it were to His Justice, but His merciful Love will have pity on your weakness and will treat you very gently and mercifully.*

Lord God you love us, source of compassion.

(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

Holy Spirit, Comforter, come and breathe away the worries which can keep us far from you. And help us to discover the wellsprings of trust in you, placed within the depths of our being.

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.