

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

Seldom do we find anyone so spiritual as to be stripped of all things. For who shall be able to find the man that is truly poor in spirit, and divested of all affection for created things? His value is as of things that are brought from far and from the uttermost coasts (Prov. Xxxi, 10).

If you look to yourself, you can do nothing of this of yourself. But if you confide in the Lord, strength will be given you from heaven, and the world and the flesh shall be made subject to you.

Letters of St Thérèse

In order to love Jesus, to be His loving victim, the more weak and wretched we are, the more easily can His transforming and consuming love work in us. Merely to wish to be a victim is enough, provided that we are willing to remain poor and without strength of our own, and therein lies the difficulty, for, as the author of the Imitation says: *Who shall be able to find the man that is truly poor in spirit?* He does not tell us to seek him amongst great souls, but afar, that is, in lowliness and abjection.

Oh! let us remain *far away* from all that glitters, let us love our littleness, love our inability to feel what is going on in our soul; then we shall be truly poor in spirit, and Jesus will fetch us from *afar* and enkindle within us the fire of His love.

Holy Spirit come to us, kindle in us the fire of your love. Holy Spirit come to us, Holy Spirit come to us.

(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, may those who seek you rejoice. You tell us: I am familiar with your trials and your poverty, and yet you are filled. Filled with what? With the living springs, hidden in your depths.

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.