

None — Little Office of the BVM

Friday, September 18, 2026

Little Office of the Blessed Virgin Mary • Roman Rite

OPENING

A silent Hail Mary is said.

V. O God, come to my assistance.

R. O Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia.

Psalm 126 *Unless the Lord Builds the House*

Unless the Lord has built the house, in vain have its builders labored.

Unless the Lord has kept the city, he watches in vain who guards it.

It is in vain for you to rise before the light; rise up after you have been sitting, you who eat the bread of sorrow.

When he will grant sleep to his beloved, behold, the inheritance of the Lord are children.

The reward is the fruit of the womb.

Like arrows in the hand of a powerful one, so are the children of those who have been cast out.

Blessed is the man who has filled his desire from them; he will not be ashamed when

SHORT READING

SIRACH 24:19-20

Like cinnamon and fragrant balm I yielded a sweet fragrance; like choice myrrh I gave a sweet smell.

VERSICLE

V. After childbirth, O Virgin, you remained inviolate.

R. Intercede for us, O Mother of God.

KYRIE

Lord, have mercy.

Christ, have mercy.