Vespers — Little Office of the BVM

Monday, December 22, 2070

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.

HYMN

Ave Maris Stella

Hail, star of the ocean,
Portal of the sky!
Ever-Virgin Mother
Of the Lord most high!

Oh, by Gabriel's Ave,
Uttered long ago,
Eva's name reversing,
Establish peace below.

Break the captives' fetters,
Light on blindness pour;
All our ills expelling,
Every grace implore.

Show yourself a mother;
Offer him our sighs,
Who for us incarnate
Did not you despise.

Virgin of all virgins!
To your shelter take us:

> Gentlest of the gentle!
> Chaste and gentle make us.
>
> Still, as on we journey,
> Help our weak endeavor,
> Till with you and Jesus
> We rejoice forever.
>
> Through the highest heaven,
> To the almighty Three,
> Father, Son, and Spirit,
> One same glory be.
> Amen.

PSALMODY

Psalm 110 *The Lord Said to My Lord*

> *Ant. The angel Gabriel was sent to Mary the Virgin, who was betrothed to Joseph.*

The Lord said to my Lord: "Sit at my right hand, until I place your enemies as a footstool for your feet."

The Lord will send forth from Zion the scepter of your power; rule in the midst of your enemies.

With you is the principality on the day of your strength among the holy splendors; from the womb, before the daystar, I begot you.

The Lord has sworn and he will not repent: "You are a priest forever according to the order of Melchisedech."

The Lord is at your right hand; he has crushed kings on the day of his wrath.

He will judge the nations; he will fill ruins; he will crush heads in the land of many.

He will drink from the torrent on the way; therefore he will exalt the head.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. The angel Gabriel was sent to Mary the Virgin, who was betrothed to Joseph.*

Psalm 113 *Praise the Lord, You Servants*

> *Ant. Hail, Mary, full of grace, the Lord is with you; blessed are you among women.*

Praise the Lord. Praise, O servants of the Lord, praise the name of the Lord.

Blessed is the name of the Lord, from this time forth and forevermore.

From the rising of the sun to its setting, the name of the Lord is worthy of praise.

The Lord is high above all nations, and his glory above the heavens.

Who is like the Lord our God, who dwells on high and looks down upon what is low in heaven and on earth?

He raises the poor from the dust, and he lifts the needy from the ash heap,

to make them sit with princes, with the princes of his people.

He causes the barren woman to dwell in a house, as a joyful mother of children. Praise the Lord.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. Hail, Mary, full of grace, the Lord is with you; blessed are you among women.*

Psalm 122 *To You I Lift My Eyes*

> *Ant. Fear not, O Mary: you have found grace before the Lord; behold, you shall conceive and shall bring forth a Son.*

To you I have lifted up my eyes, you who dwell in heaven.

Behold, like the eyes of servants towards the hands of their masters,

like the eyes of a handmaid towards the hands of her mistress,

so are our eyes towards the Lord our God, until he has mercy on us.

Have mercy on us, O Lord, have mercy on us; for we are greatly filled with contempt.

For our soul has been greatly filled; a reproach to those who are at ease, and a contempt for the arrogant.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. Fear not, O Mary: you have found grace before the Lord; behold, you shall conceive and shall bring forth a Son.*

Psalm 127 *Blessed Is Everyone Who Fears the Lord*

> *Ant. The Lord shall give him the throne of David his father, and he shall reign forever.*

Blessed are all who fear the Lord, who walk in his ways.

For you will eat the labor of your hands; blessed are you, and it will be well with you.

Your wife is like a fruitful vine on the sides of your house.

Your sons are like newly planted olive trees around your table.

Behold, so will the man be blessed, even the man who fears the Lord.

May the Lord bless you from Zion, and may you see the good things of Jerusalem all the days of your life.

And may you see the sons of your sons, peace upon Israel.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. The Lord shall give him the throne of David his father, and he shall reign forever.*

Psalm 147 *Praise the Lord, O Jerusalem (Part II)*

> *Ant. Behold the handmaid of the Lord, be it done to me according to your word.*

Who sends his crystal like morsels; before the face of his cold, who will endure?

He will send out his word and will melt them; his wind will blow and the waters will flow.

Who announces his word to Jacob, his justices and his judgments to Israel.

He has not done in this way for every nation, and his judgments he has not made manifest to them.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. Behold the handmaid of the Lord, be it done to me according to your word.*

SHORT READING

ISAIAH 11:1-2

There shall come forth a shoot from the stump of Jesse, and a branch shall grow from his roots. And the Spirit of the Lord shall rest upon him.

MAGNIFICAT (LUKE 1:46-55)

THE CANTICLE OF MARY (MAGNIFICAT) (LUKE 1:46–55)

> *Ant. The Holy Spirit shall come upon you, Mary; fear not, you shall hold within your womb the Son of God.*

My soul magnifies the Lord.

And my spirit has rejoiced in God my Savior.

Because he has regarded the humility of his handmaid; for behold, from henceforth all generations will call me blessed.

Because he who is powerful has done great things for me, and holy is his name.

And his mercy is from generation to generation for those who fear him.

He has shown might with his arm; he has scattered the proud in the conceit of their heart.

He has deposed the powerful from their seat, and he has exalted the humble.

He has filled the hungry with good things, and the rich he has sent away empty.

He has received Israel, his servant, being mindful of his mercy.

As he spoke to our fathers: to Abraham and to his offspring forever.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. The Holy Spirit shall come upon you, Mary; fear not, you shall hold within your womb the Son of God.*

KYRIE

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

LORD'S PRAYER

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

COLLECT

O God, who by the fruitful virginity of blessed Mary gave mankind the rewards of eternal salvation: grant, we ask, that we may experience her intercession, through whom we deserved to receive the Author of life, our Lord Jesus Christ your Son. Who lives and reigns with you in the unity of the Holy Spirit, God, world without end. Amen.

COMMEMORATION

> *Ant. Behold, the Lord shall come, and all his saints with him, and in that day there shall be great light.*

V. Behold, the Lord shall appear upon a shining cloud.

R. And with him thousands of saints.

Cleanse our consciences, we ask you, O Lord, by your visitation, that when Jesus Christ your Son our Lord shall come with all the saints, he may find within us a resting-place made ready for him. Who lives and reigns with you in the unity of the Holy Spirit, God, world without end. Amen.

ALMA REDEMPTORIS MATER

ALMA REDEMPTORIS MATER

Loving Mother of the Redeemer,
Gate of heaven, star of the sea,
Assist your people who have fallen,
Yet strive to rise again.
To the wonderment of nature
you bore your Creator,
yet remained a virgin after as before.
You who received Gabriel's joyful greeting,
have pity on us poor sinners.

V. The angel of the Lord declared to Mary.

R. And she conceived by the Holy Spirit.

Pour forth, we ask you, O Lord, your grace into our hearts: that we to whom the Incarnation of Christ your Son was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through Christ our Lord. Amen.

CONCLUSION

V. O Lord, hear my prayer.

R. And let my cry come to you.

V. Let us bless the Lord.

R. Thanks be to God.

V. May the souls of the faithful departed, through the mercy of God, rest in peace.

R. Amen.