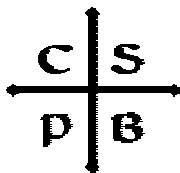
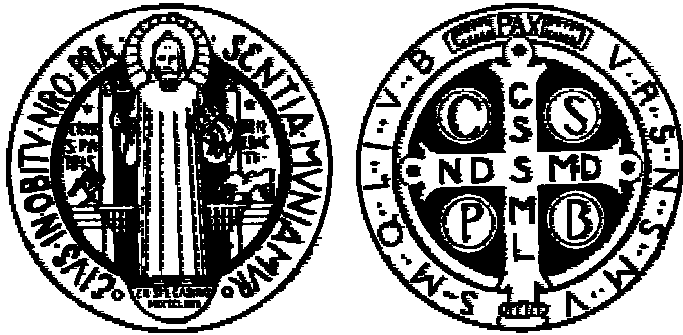


Offices and Prayers
of the Oblates
of St. Benedict



The Benedictine Community of the Resurrection
St. Michael Orthodox Church
3333 Workman Mill Rd.
Whittier, CA 90601
Telephone : (562) 692-6121



The front of the medal has inscribed in the circle surrounding St. Benedict the words: *Ejus in obitu nostro presentia muniamur* (May his presence protect us in the hour of death).

St. Benedict is flanked by the words *Crux S. Patris Benedicti* (The Cross of Holy Father Benedict).

On the back, the four large letters at the angles of the Cross, C S P B abbreviate *Crux S. Patris Benedicti* as above.

The letters from the vertical beam of the Cross: C S S M L, and the horizontal beam of the Cross: N D S M D, form an abbreviation of the rhyming Latin phrases: *Crux Sacra Sit Mihi Lux* (May the holy Cross be for me a light) and *Non Draco Sit Mihi Dux* (Let not the dragon be my guide).

The outer letters encircling the Cross, stand for the words of an ancient verse:

V.R.S.	<i>Vade retro Satana</i>	Be gone Satan!
N.S.M.V.	<i>nunquam suade mihi vana</i>	Suggest nothing vain to me
S.M.Q.L.	<i>Sunt mala quae libas;</i>	What you offer is evil;
I.V.B.	<i>ipse venenum bibas</i>	drink your own poison.

At the top of the circle is the word PAX (Peace).

Offices and Prayers of the Oblates of St. Benedict

LITTLE OFFICE of the OBLATES	iv
MATINS.....	1
Psalm 2. Quare fremuerunt gentes?.....	1
Psalm 3 Domine, quid multiplicati?.....	2
Te Deum Laudamus	4
Benedictus es, Domine	5
Psalm 8 Domine, Dominus noster.....	5
LAUDS.....	9
Psalm 95 Venite, exultemus.....	10
PRIME.....	15
Psalm 23 Dominus regit me.....	16
Psalm 130 De profundis.....	20
TERCE.....	22
Psalm 121 Levavi oculos.....	23
SEXT	25
The Angelus	25
Psalm 124 Nisi quia Dominus	27
NONE	29
Psalm 128 Beati omnes.....	30
VESPERS.....	32
COMPLINE	36
Confiteor	36
Psalm 134 Ecce nunc	37
SHORT OFFICE for OBLATES	40
IN THE MORNING.....	40
IN THE EVENING.....	43
PRAYERS for EVERYDAY USE	47
RITE for ADMISSION of NOVICE OBLATES	56
Hymns	61
The 30 Day Cycle of the Psalter	64

Offices and Prayers of the Oblates of St. Benedict

The Oblates of St. Benedict have the custom of praying the following Little Office of the Oblates or a part of it daily.

If they are unable to pray such an office, they should, at least, daily pray the Short Office of the Oblates, or if they are not able to do this, they may have the Director of Oblates suggest some other prayers.

For convenience, therefore, this manual contains not only the Little Office but also a Short Office and other prayers which are especially intended to help Oblates in fulfilling their duty to say some special prayer daily.

LITTLE OFFICE of the OBLATES

The Oblates should, in the course of time, develop a special love for liturgical prayer. In order that they may unite their voice with the prayers of the Religious as closely as possible, and yet in a manner more suited to their stations in life, this Little Office of the Oblates follows. Its origin is not definitely known. It is composed of the same elements as the Office said daily by the Religious themselves, but many parts of the longer Office have been omitted here.

As in the large Office, so also here are prayers for each of the hours of the Church: Matins, Lauds, Prime, Terce, Sext, None, Vespers, and Compline. These prayers need not be said at the precise hours to which they are assigned, as indicated in the case of each, but may be said as follows: Matins and Lauds in the late evening or early morning; Prime, Terce, Sext, and None during the morning before noon; Vespers and Compline in the late afternoon or early evening. A simpler division would be: Vespers, Compline,

Matins and Lauds at sometime after one o'clock in the afternoon; and Prime, Terce, Sext, and None at sometime in the morning before noon. Should any of these arrangements be too difficult to follow, the entire office may be said at any time during the day, although Vespers and Compline should usually not begin before one o'clock in the afternoon.

When the Offices are publicly chanted, the notes are as follows:

- O. = Officiate's prayers and instructions.
- C. = Chanted versicle by cantor.
- R. = Responsory chanted by all.
- * = Pause.

In general, for any prayers or Psalms that are said in unison, the first line or phrase is said by the officiate alone, then the choir and congregation join on the remainder. All may be seated for lengthy Psalms.

When the office is said in choir, the Our Father is said silently before each hour. The cantor intones "Our Father," then all respond in silence.

On Saturdays which are not feast days, and on all feasts of the Theotokos, certain hymns, prayers, and Psalms may be used from the Office of the Theotokos.

Musical references

From the "1940 Hymnal" (Anglican), the following musical settings may be used:

- Office Hymn # 165
- Magnificat # 658
- Nunc Dimitis # 673
- Lord's Prayer # 722
- Regina Coeli # 106

MATINS

The prayers at Matins were formerly said at night. The idea of watchfulness over ourselves by means of faith, charity, and prayer is stressed.

{Stand}

O. Our Father,

R. *(silently)* 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.

C. Incline unto mine aid, O God.

R. O Lord, make haste to help me. (✠)

C. O Lord, open thou my lips:

R. And my mouth shall declare thy praise.

C. Glory be to the Father, and to the Son. And to the Holy Spirit. (Alleluia)

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

- *For the office of the Theotokos, Psalm 2 is chanted with Antiphon. Otherwise, Psalm 3.*

Psalm 2.

Quare fremuerunt gentes?

WHY do the heathen so furiously rage together? *{Sit}* * and why do the people imagine a vain thing?

The kings of the earth stand up, and the rulers take counsel together * against the Lord, and against his Anointed:

Let us break their bonds asunder, * and cast away their cords from us.

He that dwelleth in heaven shall laugh them to scorn: * the Lord shall have them in derision.

Then shall he speak unto them in his wrath, * and vex them in his sore displeasure:

Yet have I set my King * upon my holy hill of Sion.

I will rehearse the decree; * the Lord hath said unto me, Thou art my Son, this day have I begotten thee.

Desire of me, and I shall give thee the nations for thine inheritance, * and the utmost parts of the earth for thy possession.

Thou shalt bruise them with a rod of iron, * and break them in pieces like a potter's vessel.

Be wise now therefore, O ye kings; * be instructed, ye that are judges of the earth.

Serve the Lord in fear, * and rejoice unto him with reverence.

Kiss the Son, lest he be angry, and so ye perish from the right way, if his wrath be kindled, yea but a little. * Blessed are all they that put their trust in him.

• *or*

Psalm 3

Domine, quid multiplicati?

Lord, how are they increased that trouble me! *{Sit}* * many are they that rise up against me.

Many there be which say of my soul, * There is no help for him in God.

But thou, O Lord, art a shield for me; * my glory, and the lifter up of mine head.

I cried unto the Lord with my voice, * and he heard me out of his holy hill.

I laid me down and slept; I awaked; * for the Lord sustained me.

I will not be afraid of then thousands of people, * that have set themselves against me round about.

Arise, O Lord; save me, O my God: * for thou hast smitten all mine enemies upon the cheek-bone; thou has broken the teeth of the ungodly.

Salvation belongeth unto the Lord: * thy blessing is upon thy people.

C. Glory be to the Father, and to the Son, and to the Holy Spirit. (Alleluia)

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

- *On Saturdays and feast days of the Theotokos, a hymn to the Theotokos may be sung here. Otherwise, the following Hymn.*

Come, Holy Ghost, our souls inspire,
And lighten with celestial fire.
Thou the anointing Spirit art,
Who dost thy sevenfold gifts impart.

Thy blessed unction from above
Is comfort, life, and fire of love.
Enable with perpetual light
The dullness of our blinded sight.

Anoint and cheer our soiled face
With the abundance of thy grace.
Keep far our foes, give peace at home:
Where thou art guide, no ill can come.

Teach us to know the Father, Son,
And thee, from one, to be but One,
That through the ages all along,
This may be our endless song:

Praise to thy eternal merit,

Father, Son, and Holy Spirit.
Amen.

- *The Te Deum is chanted on Sundays and major feast days, the Benedictus on weekdays.* {Stand}

Te Deum Laudamus

C. WE praise Thee, O God; we acknowledge Thee to be the Lord.

R. All the earth doth worship Thee, the Father everlasting.
To Thee all Angels cry aloud; the Heavens, and all the Powers therein;

To Thee Cherubim and Seraphim continually do cry,

Holy, Holy, Holy, Lord God of Sabaoth;

Heaven and earth are full of the Majesty of Thy glory.

The glorious company of the Apostles praise Thee.

The goodly fellowship of the Prophets praise Thee.

The noble army of Martyrs praise Thee.

The holy Church throughout all the world doth acknowledge Thee;

The Father, of an infinite Majesty;

Thine adorable, true, and only Son;

Also the Holy Ghost, the Comforter.

THOU art the King of Glory, O Christ.

Thou art the everlasting Son of the Father.

When Thou tookest upon Thee to deliver man, Thou didst humble Thyself to be born of a Virgin.

When Thou hadst overcome the sharpness of death, Thou didst open the Kingdom of Heaven to all believers.

Thou sittest at the right hand of God, in the glory of the Father.

We believe that Thou shalt come to be our Judge.

We therefore pray Thee, help Thy servants, whom Thou hast redeemed with Thy precious Blood.

Make them to be numbered with Thy Saints, in glory everlasting.

O Lord save Thy people, and bless Thine heritage.

Govern them, and lift them up for ever.

Day by day we magnify Thee;

And we worship Thy Name ever, world without end.

Vouchsafe, O Lord, to keep us this day without sin.

O Lord, have mercy upon us, have mercy upon us.

O Lord, let Thy mercy be upon us, as our trust is in Thee.

O Lord, in Thee have I trusted; let me never be confounded.

- *Or the following may be said on weekdays: {Stand}*

Benedictus es, Domine

BLESSED art Thou, O Lord God of our fathers: * praised and exalted above all for ever.

Blessed art Thou for the Name of Thy Majesty: * praised and exalted above all for ever.

Blessed art Thou in the temple of Thy holiness: * praised and exalted above all for ever.

Blessed art Thou that beholdest the depths, and dwellest between the Cherubim: * praised and exalted above all for ever.

Blessed art Thou on the glorious throne of Thy kingdom: * praised and exalted above all for ever.

Blessed art Thou in the firmament of heaven: * praised and exalted above all for ever.

Psalm 8

Domine, Dominus noster

O Lord our Lord, how excellent is thy name in all the earth {Sit} * who hast set thy glory above the heavens!

Out of the mouth of babes and sucklings hast thou ordained strength because of thine enemies, * that thou mightest still the enemy and avenger.

When I consider thy heavens, even the work of thy fingers, * the moon and the stars which thou hast ordained;

What is man, that thou are mindful of him? * and the son of man, that thou visitest him?

For thou hast made him a little lower than the angels, * and has crowned him with glory and hour.

Thou madest him to have dominion over the works of thy hands; * thou has put all things under his feet:

All sheep and oxen, * year, and the beasts of the field;

The fowl of the air, and the fishes of the sea, * and whatsoever passeth through the paths of the seas.

O Lord our Lord, how excellent is thy name in all the earth!

{Stand}

C. Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

C. O Lord, admirable is thy Name in all the earth.

{Sit for the reading from Holy Scripture. Stand following the reading.}

The Apostles' Creed

C. I believe in God the Father Almighty,

R. Maker of heaven and earth; And in Jesus Christ, His only Son our Lord: who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; He descended into hell; The third day He rose again from the dead; He ascended into heaven, and sitteth on the right hand of God the Father Almighty; From thence He shall come to judge the

quick and the dead.

I believe in the Holy Ghost, the Holy Catholic Church, the Communion of Saints, the Forgiveness of sins, the Resurrection of the body, and the life everlasting. Amen.

- C. Watch ye, stand fast in the faith, and be strengthened.
R. Let all your things be done with charity.
C. But thou, O Lord, have mercy on us.
R. Thanks be to God.
- O. Lord, have mercy upon us. *Kyrie eleison.*
Christ have mercy upon us. *Christe eleison.*
Lord, have mercy upon us. *Kyrie eleison.*
- O. Our Father,
R. 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.
C. And lead us not into temptation.
R. But deliver us from evil.
- O. Let us pray.
Make us, O Lord, to have a perpetual fear and love of thy Holy Name, for thou never failest to govern those whom thou dost solidly establish in thy love. Grant this through our Lord Jesus Christ, thy Son who liveth and reigneth with thee, in the unity of the Holy Spirit, one God, world without end.
R. Amen.
- *Here, and before the end of other hours, may be inserted other closing prayers such as the closing prayer for the office of the Theotokos.*

O. To thee be praise, to thee be hymns: to thee be glory,
God the Father and the Son, together with the Holy
Spirit, for all eternity.

R. Amen.

O. The Lord be with you.

R. And with thy spirit.

O. Let us bless the Lord.

R. Thanks be to God.

O. May the souls of the faithful departed, (✠) through the
mercy of God, rest in peace.

R. Amen.

*{The office of Lauds should ordinarily begin immediately after
Matins.}*

LAUDS

The office of Lauds is for the hour of dawn, the hour of the Resurrection of Christ. Darkness has passed; Christ has been brought the light; let us therefore live as children of the light.

{Stand}

O. Our Father,

R. 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.

C. And lead us not into temptation.

R. But deliver us from evil.

C. Incline unto mine aid, O God.

R. O Lord, make haste to help me. (✠)

C. O Lord, open thou my lips:

R. And my mouth shall declare thy praise.

C. Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Canticles of David (I Chronicles 29, 10-13)

R. Blessed be thou, Lord God of Israel our Father, for ever and ever.

Thine, O Lord, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in heaven and in earth is thine; thine is the kingdom, O Lord, and thou art exalted as head above all.

Both riches and honor come of thee, and thou reignest over all; and in thine hand is power and might; and in thine hand it is to make great, and to give strength unto all.

Now therefore, our God, we thank thee, and praise Thy glorious name.

C. Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

C. We praise thy glorious Name, O God.

Psalm 95

Venite, exultemus

O COME, let us sing unto the Lord; * let us heartily rejoice in the strength of our salvation.

Let us come before his presence with thanksgiving; * and show ourselves glad in him with psalms.

For the Lord is a great God; * and a great King above all gods.

In his hand are all the corners of the earth; * and the strength of the hills is his also.

The sea is his, and he made it; * and his hands prepared the dry land.

O come, let us worship and fall down, * and kneel before the Lord our Maker.

For he is the Lord our God; * and we are the people of his pasture, and the sheep of his hand.

To-day if ye will hear his voice, harden not your hearts * as in the provocation, and as in the day of temptation in the wilderness;

When your fathers tempted me, * proved me, and saw my works.

Forty years long was I grieved with this generation, and said, * It is a people that do err in their hearts, for they have not known my ways:

Unto whom I swear in my wrath, * that they should not enter into my rest.

- C. Glory be to the Father, and to the Son, and to the Holy Spirit.
R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Little Chapter (Romans 13, 12-13)

- O. The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armor of light.
Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. But put on the Lord Jesus Christ and make no provision for the flesh to fulfill its lusts.
- C. Thanks be to God.
R. Heal my soul, for I have sinned against thee. Heal my soul, for I have sinned against thee.

Hymn

O Thou, who dost all nature sway,
Dread Trinity in Unity.
Accept the trembling Praise we pay
To Thy eternal majesty.

The star that heralds in the dawn
Is slowly fading in the skies;
The darkness melts:
O Thou true Light,
Upon our darkened souls arise.

To God the Father glory be,
And to the sole begotten Son,
And Holy Ghost co-eternally
While everlasting ages run.
Amen.

- C. Glory be to the Father, and to the Son, and to the Holy Spirit.
R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

{stand}

- C. We are filled in the morning with thy mercy.
R. We have rejoiced and are delighted.

Canticles of Zachary (Luke 1, 68-79)

{stand}

Blessed be the Lord God of Israel; for he hath visited and redeemed his people,

And hath raised up an horn of salvation for us in the house of his servant David;

As he spake by the mouth of his holy prophets, which have been since the world began:

That we should be saved from our enemies, and from the hand of all that hate us;

To perform the mercy promised to our fathers, and to remember his holy covenant;

The oath which he sware to our father Abraham, that he would grant unto us.

That we, being delivered out of the hand of our enemies, might serve him without fear,

In holiness and righteousness before him, all the days of our lives.

And thou, child, shalt be called the prophet of the Highest:

For thou shalt go before the face of the Lord to prepare his ways;

To give knowledge of salvation unto his people; by the remission of their sins,

Through the tender mercy of our God; whereby the dayspring from on high hath visited us,

To give light to them that sit in darkness and in the shadow of death, to guide our feet into the way of peace.

C. Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

C. Enlighten, O Lord, them that sit in darkness: and direct our feet into the way of peace, O God of Israel.

O. Lord, have mercy upon us. *Kyrie eleison.*
Christ have mercy upon us. *Christe eleison.*
Lord, have mercy upon us. *Kyrie eleison.*

O. Our Father,

R. 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.

C. And lead us not into temptation.

R. But deliver us from evil.

O. Let us pray.

O God, who through thine only begotten Son has overcome death and opened to us the gates of everlasting life; grant that our holy desires, which have been stirred within us by thy grace, may by thy further aid be happily fulfilled. Through the same Jesus Christ thy Son, our Lord, who liveth and reigneth with thee, in the unity of the Holy Spirit, one God world without end.

R. Amen.

O. O model of the heavenly life, Teacher and Guide, Benedict, whose spirit now rejoices with Christ in heaven: O beloved shepherd, preserve thy flock,

strengthen it with thy holy prayer, and under thy guidance lead it along the glorious path to heaven.

C. The Lord led the just through right ways.

R. And showed him the kingdom of God.

O. Let us pray.

Raise up, O Lord, in thy Church, the Spirit wherewith our holy Father, the Abbot Benedict, was animated: that filled with the same, we may strive to love what he loved, and to practice what he taught. Through Christ our Lord.

R. Amen.

C. Let us bless the Lord.

R. Thanks be to God.

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

R. Amen.

PRIME

Prime is the first hour of the day (about six o'clock in the morning.) In the prayers at Prime we ask God to bless and sanctify the work of the day which has just begun.

O. Our Father,

R. 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.

C. And lead us not into temptation.

R. But deliver us from evil.

C. Incline unto mine aid, O God.

R. O Lord, make haste to help me. (✠)

C. O Lord, open thou my lips:

R. And my mouth shall declare thy praise.

C. Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Hymn

Now in the sun's new dawning ray,
Lowly of hear, our God we pray
That He from harm may Keep us free
In all the deeds this day shall see.

May fear of Him our tongues restrain,
Lest strife unguarded speech should stain:
His favoring care our guardian be,
Lest our eyes feast on vanity.

May every heart be pure from sin,

And folly find no place Therein:
Scant need of food, excess denied,
Wear down in us the body's pride.

That when the light of day is gone,
And night in course shall follow on,
We, free from cares the world affords,
May chant the praise that is our Lord's.

All praise to God the Father be,
All thanks, Eternal Son, to Thee:
All glory as is ever meet,
To God the Holy Paraclete.
Amen.

Psalm 23

Dominus regit me

The Lord is my shepherd; *{Sit}* * I shall not want.

He maketh me to lie down in green pastures: * he leadeth me beside the still waters.

He restoreth my soul: * he leadeth me in the paths of righteousness for his name sake.

Yea, though I walk through the valley of the shadow of death, * I will fear no evil, for thou art with me; they rod and thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies: * thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life: * and I will dwell in the house of the Lord for ever.

{Stand}

C. Glory be to the Father, and to the Son, and to the Holy Spirit.

- R. As it was in the beginning, is now, and ever shall be, world without end. Amen.
- C. To the King of ages, immortal and invisible, the only God, be honor and glory, for ever and ever. Amen.
- R. Thanks be to God.
- C. Arise, O Christ, and assist us.
- R. And deliver us for thy Name's sake.
- O. Let us pray.
O Lord God almighty, who hast brought us to the beginning of this day, preserve us in the same by thy power, that we may not fall this day into any sin, but that all our thoughts, words, and deeds may be directed to the fulfillment of thy will. We ask this through our Lord Jesus Christ, thy Son, who liveth and reigneth with thee, in the unity of the Holy Spirit, one God world without end.
- R. Amen.
- C. Let us bless the Lord.
- R. Thanks be to God.

When the office is said in choir, the Saints for the following day are now announced from the book called the Martyrology. (Sit for the reading.) When saying the office privately, simply continue with the following:

{Stand}

- C. Precious in the sight of the Lord.
- R. Is the death of his Saints.
- O. Let us pray.
- O. May holy Mary and all the Saints intercede for us with the Lord, that we may receive help and salvation from him who liveth and reigneth for ever and ever.
- R. Amen.

- C. Incline unto mine aid, O God.
 R. O Lord, make haste to help me.
 C. Incline unto mine aid, O God.
 R. O Lord, make haste to help me.
 C. Incline unto mine aid, O God.
 R. O Lord, make haste to help me.
- C. Glory be to the Father, and to the Son, and to the Holy Spirit.
 R. As it was in the beginning, is now, and ever shall be, world without end. Amen.
- O. Lord, have mercy upon us. *Kyrie eleison.*
 Christ have mercy upon us. *Christe eleison.*
 Lord, have mercy upon us. *Kyrie eleison.*
- O. Our Father,
 R. 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.
 C. And lead us not into temptation.
 R. But deliver us from evil.
- C. Look down upon thy servants, O Lord, the works of thy hands, and direct their children.
 R. And let the brightness of the Lord our God be upon us, and direct thou the works of our hands over us; yea, the work of our hands do thou direct.
- C. Glory be to the Father, and to the Son, and to the Holy Spirit.
 R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

- O. Let us pray.
O Lord God, King of heaven and earth, vouchsafe this day to direct and sanctify, to rule and govern our hearts and bodies, our thoughts, words, and deeds, according to thy law, and in the doing of thy commandments, that now and forever we may, by thy help, attain salvation and freedom, O Savior of the world, who livest and reignest for ever and ever.
- R. Amen.
- C. Pray, O Lord, a blessing.
- O. May the almighty Lord order our days and actions in his peace.
- R. Amen.
- O. From the Rule of our holy Father Benedict: May we by patience share in the sufferings of Christ, and thus deserve to share in his kingdom. But thou, O Lord, have mercy on us.
- R. Thanks be to God.
- C. Our help is in the name of the Lord.
- R. Who made heaven and earth.
- C. Let us bless the Lord.
- R. Thanks be to God.
- O. May the Lord bless us, and protect us from all evil, and bring us to life eternal: and may the souls of the faithful departed, through the mercy of God, rest in peace.
- R. Amen.
- O. In commemoration of all our brethren, of all the members of our Order, and of all our benefactors.
- C. May they rest in peace.
- R. Amen.

Out of the depths have I cried unto thee, O Lord. *{Sit}* *
Lord hearing my voice. Let thine ears be attentive * to the
voice of my supplications.

If thou, Lord, shouldest mark iniquities, * O Lord, who
shall stand?

But there is forgiveness with thee, * that thou mayest be
feared.

I wait for the Lord, my soul doth wait, * and in his word
do I hope.

My soul waiteth for the Lord more than they that watch
for the morning: * I say, more than they that watch for the
morning.

Let Israel hope in the Lord: * for with the Lord there is
mercy, and with him is plenteous redemption.

And he shall redeem Israel * from all his iniquities.
{Stand}

O. Eternal rest grant unto them, O Lord. * And let perpetual
light shine upon them.

C. From the gate of hell.

R. Deliver their souls, O Lord.

C. May they rest in peace.

R. Amen.

C. O Lord, hear my prayer.

R. And let my cry come unto thee.

O. Let us pray.

O God, ever bountiful in forgiveness and lovingly
desirous of man's salvation we humbly beseech thy
mercy in behalf of our brethren, relatives, and
benefactors who have passed from this world, that,
through the intercession of blessed Mary ever Virgin,
and of all the Saints, they may attain the joys of eternal
happiness. We ask this through our Lord Jesus Christ thy

Son, who liveth and reigneth with thee, in the unity of
the Holy Ghost, one God, world without end.

R. Amen

C. Eternal rest grant unto them, O Lord.

R. And let perpetual light shine upon them.

C. May they rest in peace.

R. Amen.

TERCE

Terce is the hour commemorating the descent of the Holy Spirit upon the Apostles on the first Pentecost. We invoke Him also upon ourselves.

- O. Our Father,
R. 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.
- C. Incline unto mine aid, O God.
R. O Lord, make haste to help me. (✠)
- C. O Lord, open thou my lips:
R. And my mouth shall declare thy praise.
- C. Glory be to the Father, and to the Son, and to the Holy Spirit.
R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Hymn

Come, Holy Ghost, who ever one,
Reignest with Father and with Son,
It is the hour our souls possess
With thy full flood of holiness.

Let flesh, and heart, and lips, and mind,
Sound forth our witness to mankind;
And love light up our mortal frame
Till others catch the living flame.

Now to the Father, to the Son,

And to the Spirit, Three in One.
Be praise, and thanks, and glory given,
By men on earth, by Saints in heaven.
Amen.

Psalm 121

Levavi oculos

I will lift up mine eyes unto the hills, *{Sit}* * from
whence cometh my help.

My help cometh from the Lord, * which made heaven
and earth.

He will not suffer thy foot to be moved: * he that
keepeth thee will not slumber.

Behold, he that keepeth Israel * shall neither slumber
nor sleep.

The Lord is thy keeper: * the Lord is thy shade upon thy
right hand.

The sun shall not smite thee by day, * nor the moon by
night.

The Lord shall preserve thee from all evil: * he shall
preserve thy soul.

The Lord shall preserve thy going out and thy coming in
* from this time forth, and even for evermore.

C. Glory be to the Father, and to the Son, and to the Holy
Spirit.

R. As it was in the beginning, is now, and ever shall be,
world without end. Amen.

O. Heal me, O Lord, and I shall be healed: save me, and I
shall be saved: for thou art my praise.

R. Thanks be to God.

C. Be thou my helper, forsake me not.

R. Nor despise me, O God, my Savior.

- O. Lord, have mercy upon us. *Kyrie eleison.*
Christ have mercy upon us. *Christe eleison.*
Lord, have mercy upon us. *Kyrie eleison.*
- O. Our Father,
R. 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.
- C. And lead us not into temptation.
R. But deliver us from evil.
- O. Let us pray.
O God, Who didst instruct the hearts of the faithful by
the light of the Holy Spirit; grant that by the light of the
same Spirit we may be always truly wise and rejoice in
his consolation. We ask this through our Lord Jesus
Christ thy Son, who liveth and reigneth with thee, in the
unity of the same Holy Ghost, one God, world without
end.
- R. Amen.
- C. Let us bless the Lord.
R. Thanks be to God.
- C. May the souls of the faithful departed, through the
mercy of God, rest in peace.
R. Amen.
- (Collect and Saint of the day)*

SEXT

Sext is the hour of noon. We pray God for the health of body and soul.

{Stand}

The Angelus

- O. The Angel of the Lord declared unto Mary and she conceived by the Holy Spirit.
- C. Hail, Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the Fruit of thy womb, Jesus.
- R. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.
- C. Behold, the handmaid of the Lord. * Be it done to me according to Thy word.
- C. Hail, Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the Fruit of thy womb, Jesus.
- R. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.
- C. And the Word was made flesh * and dwelt among us.
- C. Hail, Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the Fruit of thy womb, Jesus.
- R. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.
- C. Pray for us, O holy Mother of God,
- R. that we may be made worthy of the promises of Christ.
- C. Let us pray.
Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we to whom the incarnation of thy 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.

- O. Our Father,
R. 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.
C. And lead us not into temptation.
R. But deliver us from evil.

C. Incline unto mine aid, O God.
R. O Lord, make haste to help me. (✠)

C. O Lord, open thou my lips:
R. And my mouth shall declare thy praise.

C. Glory be to the Father, and to the Son, and to the Holy Spirit.
R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Hymn

O God, who canst not change nor fail,
Guiding the hours, as they go by,
Brightening with beams the morning pale,
And burning in the mid-day sky:

Quench thou the fires of hate and strife,
The wasting fever of the heart;
From perils guard our feeble life,
And to our souls thy peace impart.

Grant this, O Father, only Son,
and Holy Spirit, God of grace,
To whom all glory, Three in One,
Be given in every time and place.

Amen.

Psalm 124

Nisi quia Dominus

If it had not be the Lord who was on our side, *{Sit}* * now may Israel say;

If it had not been the Lord who was on our side, * when men rose up against us:

Then they had swallowed us up quick, * when their wrath was kindled against us:

Then the waters had overwhelmed us, * the stream had gone over our soul:

Then the proud waters * had gone over our soul.

Blessed be the Lord, * who had not given us as a prey to their teeth.

Our soul is escaped as a bird out of the snare of the fowlers: * the snare is broken, and we are escaped.

Our help is in the name of the Lord, * who made heaven and earth.

C. Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be world without end. Amen.

C. Bear ye one another's burdens, and so fulfill the law of Christ.

R. Thanks be to God.

C. The Lord shall govern me and nothing shall be wanting unto me.

R. He hath set me in a place of pasture.

O. Lord, have mercy upon us. *Kyrie eleison.*

Christ have mercy upon us. *Christe eleison.*

Lord, have mercy upon us. *Kyrie eleison.*

O. Our Father,

- R. 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.
- C. And lead us not into temptation.
- R. But deliver us from evil.
- O. Let us pray.
- O. Grant to thy people, we beseech thee, O Lord, to avoid the defilements of the devil, and with a pure mind to follow thee, the only God. We ask this through our Lord Jesus Christ, thy Son, who liveth and reigneth with thee, in the unity of the Holy Spirit, one God, world without end.
- R. Amen.
- C. Let us bless the Lord.
- R. Thanks be to God.
- C. May the souls of the faithful departed, through the mercy of God, rest in peace.
- R. Amen.

NONE

{Stand}

O. Our Father,

R. 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.

C. Incline unto mine aid, O God.

R. O Lord, make haste to help me. (✠)

C. O Lord, open thou my lips:

R. And my mouth shall declare thy praise.

C. Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Hymn

O God, unchangeable and true,
Of all the Light and power,
Dispensing light in silence through
Every successive hour.

Lord, brighten our declining day,
That it may never wane,
till death, when all things round decays,
brings back the morn again.

This grace on thy redeemed confer,
Father, coequal Son,
and Holy Ghost the Comforter,
eternal Three in One.

Amen.

Psalm 128

Beati omnes

Blessed is every one that feareth the Lord; *{Sit}* * that walketh in his ways.

For thou shalt eat the labor of thine hands: * happy shalt thou be, and it shall be well with thee.

Thy wife shall be as a fruitful vine by the sides of thine house: * thy children like olive plants round about thy table.

Behold, that thus shall the man be blessed * that feareth the Lord.

The Lord shall bless thee out of Zion: * and thou shalt see the good of Jerusalem all the days of thy life.

Yea, thou shalt see thy children's children, * and peace upon Israel.

C. Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be world without end. Amen.

{Stand}

C. Glory be to the Father.

R. For you are bought with a great price.

C. Glorify and bear God in your body.

R. Thanks be to God.

C. Cleanse thou me from my secret faults, O Lord.

R. Preserve thy servant also from the sins of others.

O. Lord, have mercy upon us. *Kyrie eleison.*

Christ have mercy upon us. *Christe eleison.*

Lord, have mercy upon us. *Kyrie eleison.*

O. Our Father,

R. 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.

C. And lead us not into temptation.

R. But deliver us from evil.

O. Let us pray.

O. O God, who by the self-abasement of thy Son hast raised
up a fallen world, grant to thy faithful people perpetual
joy; and as thou hast delivered them from the danger of
eternal death, so do thou give unto them the joys of
everlasting happiness. We ask this through the same
Jesus Christ thy Son our Lord, who liveth and reigneth
with Thee, in the Unity of the Holy Spirit, one God,
world without end.

R. Amen.

C. Let us bless the Lord.

R. Thanks be to God.

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

R. Amen.

VESPERS

The day is drawing to its close, and the lamps are lighted. At Vespers, therefore, we beg God to let the light of His grace shine upon us to dispel the darkness of ignorance and sin.

- O. Our Father,
R. 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.
- C. Incline unto mine aid, O God.
R. O Lord, make haste to help me. (✠)
- C. O Lord, open thou my lips:
R. And my mouth shall declare thy praise.
- C. Glory be to the Father, and to the Son, and to the Holy Spirit.
R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Psalm 117

Laudate Dominum

- C. O praise the Lord, all ye nations: * praise him, all ye people.
For his merciful kindness is great toward us: * and the truth of the Lord endureth for ever.
R. Praise ye the Lord.
- C. Glory be to the Father, and to the Son, and to the Holy Spirit.
R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Hymn

O Trinity of blessed light,
O Unity of princely might,
The fiery sun now goes his way,
Shed Thou within our hearts Thy ray.

To Thee our morning song of praise,
To Thee our evening prayer we raise;
Thy glory suppliant we adore
Forever and forevermore,

All praise to God the Father be;
All thanks, Eternal Son, to Thee;
All glory, as is ever meet,
To God the Holy Paraclete.
Amen.

{Stand}

C. Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

C. May our evening prayer ascend to thee, O Lord.

R. And may thy mercy descend upon us.

Ant. All generations shall call me blessed, for God hath regarded his lowly handmaid.

- *At Solemn Vespers, the priest censes the altar as the following is chanted. During penitential seasons, the Stabat Mater (hymn p.63) replaces the Magnificat.*

The Magnificat

(Luke 1:46-55)

{Stand}

And Mary said, * My soul doth magnify the Lord.

And my spirit hath rejoiced * in God my savior.

For he hath regarded * the low estate of his
handmaiden:

For, behold from henceforth * all generations shall call
me blessed.

For he that is mighty hath done to me great things; * and
holy is his name.

And his mercy is on them that fear him * from
generation to generation.

He hath shewed strength with his arm; * he hath
scattered the proud in the imagination of their hearts.

He hath put down the mighty from their seats, * and
exalted them of low degree.

He hath filled the hungry with good things; * and the
rich he hath sent empty away.

He hath holpen his servant Israel, * in remembrance of
his mercy;

As he spake to our fathers, * to Abraham, and to his
seed for ever.

C. Glory be to the Father, and to the Son, and to the Holy
Spirit.

R. As it was in the beginning, is now, and ever shall be,
world without end. Amen.

O. Lord, have mercy upon us. *Kyrie eleison.*

Christ have mercy upon us. *Christe eleison.*

Lord, have mercy upon us. *Kyrie eleison.*

O. Our Father,

R. 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.

C. And lead us not into temptation.

R. But deliver us from evil.

- O. Let us pray.
O. Incline thine ear, O Lord, we beseech thee, to our prayers, and enlighten the darkness of our minds by the grace of thy visitation. Who livest and reignest with God the Father, in the unity of the Holy Spirit, one God, world without end.
R. Amen.

(Collect or Prayer of the Saint of the day or Scripture reading)

- R. Amen.
C. Let us pray.
Most holy Confessor of the Lord, Father and Guide of monks, Benedict, intercede for the salvation of ourselves, and of all.
R. Amen.
C. The Lord hath loved and adorned him.
R. He hath invested him with the stole of glory.
C. Let us pray.
Raise up, O Lord, in thy Church, the Spirit wherewith our holy Father, the Abbot Benedict, was animated, that, filled with the same, we may strive to love what he loved, and to practice what he taught. Through Christ our Lord.
R. Amen.
C. Let us bless the Lord.
R. Thanks be to God.
C. May the souls of the faithful departed, through the mercy of God, rest in peace.
R. Amen.
• *Here the Angelus may be intoned as on page 25 from the hour of Sext.*

COMPLINE

Compline is the night prayer of the Church. We ask God to bless us for the night and to watch over our sleep.

C. Pray, O Lord, a blessing.

O. The Lord almighty grant us a peaceful night and a perfect end.

R. Amen.

Short Lesson (I Peter 5, 8-11)

O. Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

Whom resist steadfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.

But the God of all grace, who has called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.

To him be glory and dominion for ever and ever.

Amen.

R. Thanks be to God.

{Kneeling, pause for examination of conscience. If in choir, each person should bow their head. Upon completion of examination, they should raise their head so the Officiate may continue.}

Confiteor

O. I confess to God Almighty,

R. to blessed Mary ever Virgin,

to blessed Michael the Archangel,

to blessed John the Baptist,

to the holy Apostles Peter and Paul,

to our blessed Father Benedict, and to all the Saints,

that I have sinned exceedingly in thought, word, and deed: by my fault, by my own fault, by my own most grievous fault.

Wherefore I beg blessed Mary ever Virgin,
Blessed Michael the Archangel,
blessed John the Baptist,
the holy Apostles Peter and Paul,
our blessed Father Benedict, and all the Saints,
to pray for me to the Lord our God.

Almighty God have mercy upon us, forgive us our sins, and bring us to everlasting life.

Amen.

The Almighty and merciful Lord grant us (you) pardon, (✠) absolution, and remission of (y)our sins.

Amen.

{Stand}

C. Incline unto mine aid, O God.

R. O Lord, make haste to help me. (✠)

C. O Lord, open thou my lips:

R. And my mouth shall declare thy praise.

C. Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Psalm 134

Ecce nunc

Behold, bless ye the Lord, *{Sit}* * all ye servants of the Lord.

Which by night * stand in the house of the Lord.

Lift up your hands in the sanctuary, * and bless the Lord.

The Lord that made heaven and earth * bless thee out of Zion.

C. Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

{Stand}

Hymn

Before the ending of the day,
Creator of the world, we pray
That with Thy wonted favor Thou
Wouldst be our guard and keeper now.

From all ill dreams defend our eyes,
From nightly fears and fantasies;
Tread under foot our ghostly foe;
That no pollution we may know.

O Father, what we ask be done,
Through Jesus Christ Thine only son.
Who with the Holy Ghost and Thee,
Doth live and reign eternally.
Amen.

Nunc Dimitis

LORD, now lettest Thou Thy servant depart in peace, *
according to Thy word.
For mine eyes have seen * Thy salvation,
Which Thou hast prepared * before the face of all people;
To be a Light to lighten the Gentiles, * and to be the glory of
Thy people Israel.

C. Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

O. The Lord be with you.

R. And with thy spirit.

C. Let us bless the Lord.

R. Thanks be to God.

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

R. Amen.

• *Here may be sung the Salve Regina (hymn p.63).*

O. Depart in peace.

R. Thanks be to God.

SHORT OFFICE for OBLATES

Should Oblates find it impossible to pray the Little Office of the Oblates, they should pray certain parts of that same Little Office, such as Prime and Compline, or as much as they can. Or use the following Short Office as a daily or occasional substitute.

IN THE MORNING

The Our Father

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.

The Jesus Prayer

Lord Jesus Christ, Son of God, have mercy on me a sinner.

The Angelus

The Angel of the Lord declared unto Mary and she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb, Jesus.

Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

Behold the handmaid of Lord. Be it done unto me according to thy word.

Hail Mary, full of grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb, Jesus.

Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

And the Word was made flesh and dwelt among us.

Hail Mary, full of grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb, Jesus.

Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

Pray for us, O holy mother of God, that we may be made worthy of the promises of Christ. Pour forth, we beseech you, O Lord, your grace into our hearts, that we to whom the incarnation of 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.

C. O God, come to my assistance.

R. O Lord, make haste to help me. (✠)

C. Glory be to the Father, and to the Son. And to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Psalm 117

Laudate Dominum

O praise the Lord, all ye nations: * praise him all ye people.

For his merciful kindness is great toward us: * and the truth of the Lord endureth for ever. Praise ye the Lord.

C. Glory be to the Father, and to the Son. And to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

C. O Lord, hear my prayer.

R. And let my cry come unto thee.

C. Let us Pray

R. Raise up, O Lord, in thy Church, the Spirit wherewith our holy Father Benedict was animated: that, filled with the same, we may strive to love what he loved, and to practice what he taught.

Grant us, we beseech thee, O Lord, persevering submission to thy holy Will, that in our days the people dedicated to thy service may increase both in merit and in number. Through Christ our Lord.

R. Amen

C. Let us bless the Lord

R. Thanks be to God.

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

R. Amen.

IN THE EVENING

Before beginning the night office, one may wish to take time to make an examination of conscience, kneeling to say the Confiteor (p.36 in the hour of Compline).

The Our Father

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.

The Jesus Prayer

Lord Jesus Christ, Son of God, have mercy on me a sinner.

The Angelus

The Angel of the Lord declared unto Mary and she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb, Jesus.

Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

Behold the handmaid of Lord. Be it done unto me according to thy word.

Hail Mary, full of grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb, Jesus.

Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

And the Word was made flesh and dwelt among us.

Hail Mary, full of grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb, Jesus.

Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

Pray for us, O holy mother of God, that we may be made worthy of the promises of Christ. Pour forth, we beseech you, O Lord, your grace into our hearts, that we to whom the incarnation of 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.

C. O God, come to my assistance.

R. O Lord, make haste to help me. (✠)

C. Glory be to the Father, and to the Son. And to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Psalm 117

Laudate Dominum

O praise the Lord, all ye nations: * praise him all ye people.

For his merciful kindness is great toward us: * and the truth of the Lord endureth for ever. Praise ye the Lord.

C. Glory be to the Father, and to the Son. And to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

C. Blessed art thou, Mary.

The Magnificat

(Luke 1:46-55)

And Mary said, * My soul doth magnify the Lord.
And my spirit hath rejoiced * in God my savior.

For he hath regarded * the low estate of his
handmaiden:

For, behold from henceforth * all generations shall call
me blessed.

For he that is mighty hath done to me great things; * and
holy is his name.

And his mercy is on them that fear him * from
generation to generation.

He hath shewed strength with his arm; * he hath
scattered the proud in the imagination of their hearts.

He hath put down the mighty from their seats, * and
exalted them of low degree.

He hath filled the hungry with good things; * and the
rich he hath sent empty away.

He hath holpen his servant Israel, * in remembrance of
his mercy;

As he spake to our fathers, * to Abraham, and to his
seed for ever.

C. Glory be to the Father, and to the Son, and to the Holy
Spirit.

R. As it was in the beginning, is now, and ever shall be,
world without end. Amen.

C. Blessed art thou, O Mary who has believed: those things
shall be accomplished in thee that were spoken to thee by
the Lord.

C. O Lord, hear my prayer.

R. And let my cry come unto thee.

C. Let us pray

R. Visit, we beseech thee, O Lord, this house and drive far
from it all snares of the enemy; let thy holy Angels dwell
therein, keeping us in peace, and let thy blessing be
always upon us.

Do thou, we beseech thee O Lord, by the intercession of

blessed Mary ever Virgin, keep this family from all harm;
and mercifully protect from the snares of the enemy
those who offer their whole heart to thee. Through
Christ our Lord.

R. Amen

C. Most holy Confessor of the Lord, Father and Guide of
monks, Benedict, intercede for the salvation of ourselves,
and of all.

C. The Lord hath loved and adorned him.

R. He hath invested him with the stole of glory.

C. Let us Pray

R. Raise up, O Lord, in thy Church, the Spirit wherewith
our holy Father Benedict was animated: that, filled with
the same, we may strive to love what he loved, and to
practice what he taught.

Grant us, we beseech thee, O Lord, persevering
submission to thy holy Will, that in our days the people
dedicated to thy service may increase both in merit and
in number. Through Christ our Lord.

R. Amen

- *Here may be sung the Salve Regina.*

PRAYERS for EVERYDAY USE

The Oblate is expected to cultivate certain dispositions which promote perfection of life and union with God. One cannot, however, attain or persevere in these without God's grace and the spirit of prayer. To foster this spirit of prayer, the Statutes and Rules for oblates recommend not only the practice of certain devotions but also prayers for various intentions. A collection of short prayers for different intentions is, therefore, give below in order to help the Oblate to foster a true spirit of prayer and union with God in daily life. Many of them could easily be memorized and used as occasion calls for the need.

1. BEFORE MEDITATION

Come O holy Breath Divine! And from heaven send forth to shine that Light's ray which is thine own. Come, thou Father of the poor! Come of gifts thou rich Bestower! Come, thou Light in all hearts shown. O most blest Light! We implore, fill thou, in their inmost core, hearts that place their faith in thee.

2. AFTER MEDITATION

May the infusion of the Holy Spirit purify our hearts, O Lord, and make them fruitful by the inward sprinkling of his heavenly dew. Through Christ our Lord. Amen.

3. BEFORE STUDIES

Lord, thou who art the true fount and principle of all light and wisdom: enlighten the darkness of my mind with the shining rays of thy brightness, and remove from me all sin and ignorance. Through Christ our Lord. Glory be 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.

4. AFTER STUDIES

To the King of Ages, immortal, invisible, the only God, be honor and glory forever and ever. Amen.

5. BEFORE WORK

May the Lord direct our hearts and our bodies in the charity of God and the patience of Christ. Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and every shall be, world without end. Amen.

6. AFTER WORK

Blessed art thou, O Lord God, for thou hast helped me and consoled me. Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and every shall be, world without end. Amen.

7. BEFORE ANY DELIBERATION

Lord, enlighten our minds with the splendor of thy brightness: that we may understand those things which we are about to undertake, and deliberate rightly in all things. Through Christ our Lord. Amen.

8. AFTER ANY DELIBERATION

Grant us, we beseech thee, O Lord, the strength of thy grace, so that with thy help we may faithfully discharge what we know to be our duty. Through Christ our Lord. Amen.

9. BEFORE DINNER

The eyes of all wait upon thee, O Lord, and thou givest them their food in due season: thou openest thine hand, and fillest all living things with plenty. Bless us O Lord, and these thy gifts, with we are about to receive from thy bounty. Through Christ our Lord. Amen.

10. AFTER DINNER

Blessed be the name of the Lord, from henceforth now and forevermore. We give thanks, almighty God, for all thy benefits: who livest and reignest world without end. Amen.

11. BEFORE SUPPER

The poor shall eat and be satisfied, and they shall praise the Lord that seek him: their soul shall live forever and ever. Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty. Through Christ our Lord. Amen.

12. AFTER SUPPER

He hath made a memorial of his wonderful works. The Lord is gracious and full of compassion: he hath given good to them that fear him. God is blessed in all his gifts, and holy in all his works: who liveth and reigneth forever and ever. Amen.

13. BEFORE GOING ON A JOURNEY

May the Lord lead me in my journey and may his holy Angel accompany me. Glory be 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.

14. UPON RETURNING FROM A JOURNEY

I beseech thee, O Lord, that my return may be with peace, health, and gladness. Amen.

15. UPON ENTERING A CHURCH

In the greatness of thy mercies, O God, I will enter thy holy House: and in the fear of thy presence I will adore thee in thy holy Temple. Amen.

16. UPON TAKING HOLY WATER

Thou shalt sprinkle me with hyssop, O Lord, and I shall be cleansed: thou shall wash me, and I shall be made whiter than snow. Amen.

17. ADORATION OF THE BLESSED SACRAMENT

Hail to thee! True Body, sprung from the Virgin Mary's womb. The same that on the Cross was hung, and bore from man the bitter doom. Thou whose side was pierced, and flowed, both with water and with blood; suffer us to taste of thee, in our life's last agony. O kind, O loving one! O sweet Jesus, Mary's Son. Amen.

18. PRAYER FOR THE METROPOLITAN AND/OR PATRIARCH

God, the Shepherd and Ruler of all the faithful, look down with favor upon thy servant N., whom thou hast been pleased to appoint a pastor over thy Church: Grant, we beseech thee, that he may serve by word and example those over whom he is set, and so attain to eternal life with the flock committed to his care. Through Christ our Lord. Amen.

19. FOR THE HIERARCHY

Almighty, eternal God, who with thy Holy Spirit dost sanctify and vivify the entire body of the Church: graciously hear the prayers which we offer for all members of the ecclesiastical hierarchy, and keep them faithful in thy service. Through Christ our Lord. Amen.

20. FOR THE FREEDOM OF THE CHURCH

Mercifully receive, O Lord, we beseech thee, the prayers of the Church: that, overcoming all adversity, error, and persecution, she may serve thee in security and freedom. Through Christ our Lord. Amen.

21. FOR THE UNION OF CHRISTIANS

God, who dost correct what has gone astray, gatherest together what is scattered, and keepest what thou hast gathered: we beseech thee in thy mercy to pour down upon Christians the grace of thy union that, rejecting disunion and error, thy may attach themselves to the true shepherd of thy church, thy only begotten Son, they may be able to render thee due service. Through Christ our Lord. Amen.

22. FOR THE PROPAGATION OF THE FAITH

God, who desirest that all men should be saved and come to the knowledge of the truth: send forth, we beseech thee, laborers into thy harvest, and grant them to speak thy Word with all confidence: so that thy Gospel message may quickly spread and be glorified; and that all nations may know thee, the one true God, and him whom thou hast sent, Jesus Christ thy Son, our Lord, who with thee livest and reigneth world without end. Amen.

23. FOR THE PASTOR OF A CHURCH

Almighty and everlasting God, who works great wonders, pour down upon thy servant, N., and upon the flock entrusted to him the Spirit of thy saving grace: and, that he may please thee in truth, pour forth upon him the continual dew of thy blessing. Through Christ our Lord. Amen.

24. FOR OUR FRIENDS AND MEMBERS IN THE ORDER

God, who, by the grace of the Holy Spirit, didst pour the gifts of charity into the hearts of thy faithful, give to thy servants and handmaids, health of mind and body: that they may love thee with all their strength, and accomplish with perfect love all that is pleasing to thee. Through Christ our Lord. Amen.

25. FOR THE GIFT OF TEARS

Almighty and most gentle God, who didst cause a fountain of living water to gush from the rock in order to quench the thirst of thy people, draw from our stony hearts of compunction: that we may be able to mourn for our sins and receive thy mercy. Through Christ our Lord. Amen.

26. FOR THE REMISSION OF SINS

O God, who reject no one, but pleased by the repentance of sinners, mercifully regard our humble prayers and enlighten our hearts: that we may be able to fulfill thy commandments. Through Christ our Lord. Amen.

27. FOR HUMILITY

O God, who dost withstand the proud and bestowest thy grace on the humble, grant us the virtue of true humility, of which thine only begotten Son showed in himself a pattern to all the faithful: that we may never thee to anger by our pride, but rather in lowly submission receive the gifts of thy grace. Through Christ our Lord. Amen.

28. FOR ACQUIRING A SALUTARY FEAR

Grant us, O Lord, a perpetual fear, as well as love, of thy holy Name; for thou never ceasest to govern those whom thou foundest upon the solid basis of thy love. Through Christ our Lord. Amen

29. FOR THE SPIRIT OF PATIENCE

O God, who by the patience of thine only begotten Son, hast crushed the pride of the enemy of old; grant us, we beseech thee, devoutly to keep in mind all that he endured in his love for us, and thus, by the help of his example, to bear our troubles with equanimity. Through Christ our Lord. Amen.

30. FOR CHARITY

O God, who makest all things to profit them that love thee, give unto our hearts an abiding love for thee; that the desires we conceive, by thine inspiration, may remain unchanged despite every temptation. Through Christ our Lord. Amen.

31. FOR AN INCREASE OF SPIRITUAL LIFE

Almighty and everlasting God, grant unto us an increase of faith, hope, and charity; and that we may deserve to obtain what thou dost promise, make us to love what thou commandest. Through Christ our Lord. Amen.

32. FOR THE SPIRIT OF PIETY

O God of hosts, the giver of all good things, implant in our hearts the love of thy Name; make us to grow in fervor, foster in us that which is good, and in thy loving kindness, of that which thou fosterest, be thou thyself the safeguard. Through Christ our Lord. Amen.

33. FOR IMPLORING DIVINE ASSISTANCE

Impart unto us in thy mercy we beseech thee, O Lord, the grace at all time both to think and to do what is right in thy sight; that we, who but for thee could not even have our being, may live only of fulfill thy holy will. Through Christ our Lord. Amen.

34. FOR CONFORMITY TO THE DIVINE WILL

Let thy merciful ears, O Lord, be open to the prayers of thy suppliants; and in order that, to those who seek, thou mayest surely give that for which they ask, make them ask for only those things which are well pleasing to thee. Through Christ our Lord. Amen.

35. FOR ABANDONMENT TO THE DIVINE MERCY

Almighty and everlasting God, who out of the abundance of thy loving kindness, in answering the prayers of those who call upon thee, pour forth upon us thy mercy, forgive us those sins on account of which our conscience is afraid and add those good things for which we pray . Through Christ our Lord. Amen.

36. FOR OUR ENEMIES

God, the lover and guardian of peace and charity, give to all our enemies peace and true charity; grant them the remission of all their sins, and by thy power deliver us from all evil. Through Christ our Lord. Amen.

37. FOR THE SICK

Almighty and everlasting God, the eternal salvation of those who believe; hear us in behalf of thy servants who are sick, for whom we humbly crave the help of thy mercy, that, being restored to health they may render thanks to thee in thy Church. Through Christ our Lord. Amen.

38. FOR DECEASED PARENTS

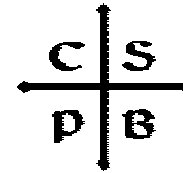
O, God, who has commanded us to honor our parents; in thy loving kindness have mercy on the soul(s) of my father (and/or) mother, and forgive their sins, and bring me to see them in the joys of eternal brightness. Through Christ our Lord. Amen.

**39. FOR DECEASED BRETHREN, RELATIVE, AND
BENEFACTORS**

God, who grantest forgiveness and desirest the salvation of mankind; we beseech thee, in thy mercy to grant that the brethren of the congregation, with their relatives and benefactors, who have passed from this life, by the intercession of blessed Mary ever Virgin and of all they Saints, may partake of everlasting bliss. Through Christ our Lord. Amen.

40. FOR ALL THE FAITHFUL DEPARTED

God, the Creator and Redeemer of all the faithful, grant to the souls of thy servants departed, the remission of all their sins; that, through their supplications, they may obtain the pardon which they have always desired. Who livest and reignest world without end. Amen.



**A RITE for the ADMISSION of NOVICE OBLATES
of ST. BENEDICT**

Individuals may be admitted to the novitiate at any time after their application with the approval of the priest in charge. At their investiture the novice is presented with the bronze Jubilee Medal of St. Benedict on a white ribbon. Only after the passage of at least one year are the novices permitted to make their final professions as full Oblates.

Admission of novices should take place in a church during the Divine Liturgy after the Offertory. At that time, those wishing to be admitted as novices should come forward.

- P. In the Name of the Father, and the Son, and of the Holy Spirit.
- R. Amen.
- P. Come Holy Spirit, fill the hearts of thy faithful people and kindle in them the fire of Thy love.
- R. Send forth Thy Spirit and they shall be made clean and Thou Shall renew the face of the earth.
- P. Let us pray. O God who taught the hearts of Thy faithful people by sending to them the light of Thy Holy Spirit; grant us by the same Spirit to have a right judgment in all things, and evermore to rejoice in His holy comfort. Stir up, O Lord, in Thy Church the spirit which our blessed Father and Abbot Benedict fostered; that we, being filled with the same, may learn to love what he love and put in practice what he taught. Through Jesus Christ our Lord. Amen.

(The priest standing and turning to those wishing to be admitted says:)

P. What is it that you seek?

R. The mercy of God, and to be received as a novices of the Holy Father Benedict.

(The priest takes holy water and blesses the medal(s) to be distributes with these words:)

P. O Lord, the author of all goodness, we humbly ask that Thou bless and sanctify (✠) *this* medal(s) which Thy servant(s) *is* about to put on as a sign of *their* oblation to Thee, so that, being numbered among the sons and daughters of the holy father Benedict, *they* may be recognized as dedicated to Thee, through Jesus Christ , our Lord.

(The priest then takes a medal and placing it on the neck of each new novice says:)

P. Receive this medal as a symbol of our renewed life in Christ. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

All: Our Father, who art in heaven...

P. Let us pray. O God, who has been pleased to fill the blessed Confessor Benedict with the spirit of all the just; grant unto *this* thy servants(s), that being filled with the same spirit *they* may faithfully fulfill that which by thy grace has been promised. Through Jesus Christ our Lord. Amen.

(The new novices return to their places in the church and the Divine Liturgy proceeds as usual.)

After serving for at least one year as a devout Novice of the Oblates, individuals may request to be admitted as Oblates. If approval is given by the priest in charge, the following Rite of Admissions shall take place during the Divine Liturgy immediately following the Offertory. In preparation, the holy water and the appropriate number of Jubilee medals on black ribbons shall be nearby and a lectern or reading stand shall be set in the center before the profession certificates together with a pen for the purpose of signing. At the time of signing there shall be attending the lectern a Witness, preferably a Religious professed to a Benedictine Rule. If this is not possible, the Witness shall be a professed Oblate in good standing.

After the words of the Offertory, those Novice Oblates wishing to be professed shall come forward and kneel at the altar rail. The priest shall also kneel and begin the Rite with these words:

- P. the Name of the Father, and the Son, and of the Holy Spirit.
- R. Amen.
- P. Come Holy Spirit, fill the hearts of thy faithful people and kindle in them the fire of Thy love.
- R. Send forth Thy Spirit and they shall be made clean and Thou Shall renew the face of the earth.
- P. Let us pray. O God who taught the hearts of Thy faithful people by sending to them the light of Thy Holy Spirit; grant us by the same Spirit to have a right judgment in all things, and evermore to rejoice in His holy comfort. Stir up, O Lord, in Thy Church the spirit which our blessed Father and Abbot Benedict fostered; that we, being filled with the same, may learn to love what he love and put in practice what he taught. Through Jesus Christ our Lord. Amen.

(The priest standing and turning to those wishing to be admitted says:)

P. What is it that you seek?

R. The mercy of God, and to be received as a novices of the Holy Father Benedict.

P. The law under which you desire to fight you have come to know well, not only by reading but by the practice and custom of a full year. You know therefore on what terms you are about to enter into the Oblature. If, therefore, you are willing to observe the wholesome admonitions of our holy Father Benedict, draw near: if not, you are free to leave.

P. Will you renounce the vanities and pomps of the world?

R. I will.

P. Will you undertake the life of oblation according to the spirit of the Rule of our holy Father Bendict, and to observe the Statutes of the Oblates?

R. I will.

P. Will you preserve in this holy determination throughout your life?

R. I will, by the help of God's grace.

P. Thanks be to God. God grant you help that trusting in His grace you may set forth your oblation.

(The priest takes holy water and blesses the medal(s) to be distributes with these words:)

Q. O Lord, the author of all goodness, we humbly ask that Thou bless and sanctify (✠) *this* medal(s) which Thy servant(s) *is* about to put on as a sign of *their* oblation to

Thee, so that, being numbered among the sons and daughters of the holy father Benedict, *they* may be recognized as dedicated to Thee, through Jesus Christ , our Lord.

(The Novice(s) shall rise and come forward at this time to the lectern. One by one they should then come forward to read the profession as inscribes on the certificate:)

Novice: “I promise before God and all the saints, the life of oblation according to the Rule of the holy Father Benedict and to observe the Statutes of the Oblates.”

(The Novice then signs the document on the lectern, in the presence of the Witness who stands nearby. The priest then takes a blessed medal with white ribbon on it and places it on each new Oblate saying:)

P. Receive this medal as a symbol of your renewed life in Christ. In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

(After all the Oblated have been admitted, they say together still standing:)

All: Our Father, who art in Heaven...

P. Let us pray. O God, who has been pleased to fill the blessed Confessor Benedict with the spirit of all the just; grant unto this/these thy servant(s), that being filled with the same spirit (they/he/she) may faithfully fulfill that which by thy grace has been promised. Through Jesus Christ our Lord. Amen.

(The new Oblates return to their places in the Church and the Divine Liturgy proceeds as usual.)

Hymns

Stabat Mater

- I. By the Cross sad vigil keeping,
Stood the Mother, doleful weeping,
Where her Son extended hung.
- II. For her soul of joy bereaved,
Smit with anguish, deeply grieved,
Lo, the piercing sword hath wrung.
- III. Oh, how sad and sore distressed,
Now was she that Mother blessed
Of the sole-begotten One!
- IV. Woe-begone with heart's prostration,
Mother, meek, the bitter passion
Saw she of her glorious Son.
- V. Who on Christ's fond mother looking,
Such extreme affliction brooking,
Born of woman, would not weep?
- VI. Who on Christ's fond Mother thinking,
With her Son in sorrow sinking,
Would not share her sorrows deep?
- VII. For His people's sins rejected,
She her Jesus unprotected
Saw with thorns, with scourges rent.
- VIII. Saw her Son from judgment taken,
Her beloved in death forsaken,
Till His Spirit forth He sent.

IX. Fount of love and holy sorrow,
Mother may my spirit borrow
Somewhat of thy woe profound.

X. Unto Christ with pure emotion
May I raise my heart's devotion,
Love to read in every wound.

XI. Those five wounds of Jesus smitten
Mother! in my heart be written,
Deep as in thine own they be.

XII. Thou, my Savior's Cross who bearest,
Thou, my Son's rebuke who sharest,
Let me share them both with thee.

XIII. Mine with thee be that sad station,
There to watch the great salvation
Wrought upon the atoning tree.

XIV. To my parting soul be given
Entrance at the gate of Heaven,
And in Paradise a place.

Salve Regina

Hail Holy Queen, Mother of Mercy,
our life, our sweetness, and our hope.
To thee do we cry, poor, banished children of Eve.
To thee do we send up our sighs, mourning, and weeping
in this vale of tears.
Turn, then, most gracious advocate,
thine eyes of mercy upon us,
and after this our exile,
show unto us the blessed Fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

Salve Regina, Mater misericordiae,
Vita dulcedo et spes nostra salve.
Ad te clamamus exsules filii Hevae,
Ad te suspiramus gementes et flentes,
in hac lacrimarum valle.
Eja ergo advocata nostra,
illos tuos misericordes oculos ad nos converte.
Et Jesum benedictum fructum ventris tui
nobis post hoc exilium ostende.
O clemens, o pia, o dulcis Virgo Maria.

The 30 Day Cycle of the Psalter

1st Day: Morning 1-5	16th Day: Morning 79-81
Evening 6-8	16th Day: Evening 82-85
2d Day: Morning 9-11	17th Day: Morning 86-88
Evening 12-14	17th Day: Evening 89
3d Day: Morning 15-17	18th Day: Morning 90-92
3d Day: Evening 18	18th Day: Evening 93-94
4th Day: Morning 19-21	19th Day: Morning 95-97
4th Day: Evening 22-23	19th Day: Evening 98-101
5th Day: Morning 24-26	20th Day: Morning 102-103
5th Day: Evening 27-29	20th Day: Evening 104
6th Day: Morning 30-31	21st Day: Morning 105
6th Day: Evening 32-34	21st Day: Evening 106
7th Day: Morning 35-36	22d Day: Morning 107
7th Day: Evening 37	22d Day: Evening 108-109
8th Day: Morning 38-40	23d Day: Morning 110-113
8th Day: Evening 41-43	23d Day: Evening 114-115
9th Day: Morning 44-46	24th Day: Morning 116-118
9th Day: Evening 47-59	24th Day: Evening 119:1-32
10th Day: Morning 50-52	25th Day: Morning 119:33-72
10th Day: Evening 53-55	25th Day: Evening 119:73-104
11th Day: Morning 56-58	26th Day: Morning 119:105-144
11th Day: Evening 59-61	26th Day: Evening 119:145-176
12th Day: Morning 62-64	27th Day: Morning 120-125
12th Day: Evening 65-67	27th Day: Evening 126-131
13th Day: Morning 68	28th Day: Morning 132-135
13th Day: Evening 69-70	28th Day: Evening 136-138
14th Day: Morning 71-72	29th Day: Morning 139-140
14th Day: Evening 73-74	29th Day: Evening 141-143
15th Day: Morning 75-77	30th Day: Morning 144-146
15th Day: Evening 78	30th Day: Evening 147-150

Oblates of St. Benedict Community of the Resurrection



Antiochian Orthodox Christian Archdiocese
of North America

Published by Orthodox Christian Press, 1998

File: OSBoff6.doc Size: 232 KB font: Palatino/Book Antiqua

Contact OCP by writing to Occidental@PObox.com or:

Orthodox Christian Press

3333 Workman Mill Rd.

Whittier, CA 90601

Telephone : (562) 692-6121

You may also visit our web pages.

<http://whittier.stmichael.org>

alternate site: <http://members.tripod.com/occidental>

Other sources of Benedictine information:

<http://www.osb.org/osb/>

(This page not to be included in *final* printing...)

Omitted sections:

Collects

Questions:

There are other bits to the hymns, like in the evening:

All praise to Thee my God this night
For all the blessings of the light.
Keep me, oh keep me, King of kings,
Beneath thine own almighty wings.

What is the ideal replacement lyric for the filioque-hinting hymn in Matins? “from one”, “of three”, “though three”, “Holy Ghost”, ...? (I left it at “from one” just like in the DOXOLOGY at the end of the Stations of the Cross:

Glory be to God the Father
Glory to his only Son,
Lowly victim, mighty Victor
Reigning now his conflict done,
Glory to the Holy Spirit –
Who from one with both is one. Amen.)

Is it intentional to have three repetitions of “Incline unto mine aid, O God.” In the middle of the office of Prime? (yes)