

## Prayer Before Office

*In the beginning, offer to God the praises that you are about to pour forth in his honour, and beseech him to free you from distractions, and to give you light and help to praise him and to pray to him as he deserves; and for this end recite attentively the usual prayer: (St. Alphonsus Liguori)*

**A**PERI, Dómine, os meum ad benedicéndum nomen sanctum tuum: munda quoque cor meum ab ómnibus vanis, perversis et aliénis cogitatióibus; intelléctum illúmina, afféctum inflámma, ut digne, atténte ac devóte hoc Officium recitáre váleam, et exaudiri mérear ante conspéctum divínæ Majestátis tuæ. Per Christum, Dóminum nostrum.

*R.* Amen.

Dómine, in unióne illíus divínæ intentiúnis, qua ipse in terris laudes Deo persolvísti, has tibi Horas (*vel* hanc tibi Horam) persólvo.

**O**PEN my mouth, O Lord, that I may bless thy holy name. Cleanse my heart from all vain, evil and wandering thoughts; enlighten my understanding, enkindle my affections, that I may worthily recite this Office with attention and devotion, and may worthily be heard before the presence of thy Divine Majesty. Through Christ our Lord.

*R.* Amen.

O Lord, in union with that Divine Intention wherewith thou didst thyself praise God, while as thou wast on earth, I offer these Hours (*or* this Hour) unto thee.

**P**ATER noster, qui es in cælis, sanctificétur nomen tuum. Advéniat regnum tuum. Fiat volúntas tua, sicut in cælo et in terra. Panem nostrum quotidiánum da nobis hódie. Et dímítte nobis débíta nostra, sicut et nos dimíttimus debitóribus nostris. Et ne nos indúcas in tentatió-nem: sed líbera nos a malo. Amen.

**A**VE, María, grátia plena; Dóminus tecum: benedícta tu in muliéribus, et benedíctus fructus ventris tui Jesus. Sancta María, Mater Dei, ora pro nobis peccatóribus, nunc et in hora mortis nostræ. Amen.

*Before Matins and Prime, the Credo is also said:*

**C**REDO in Deum, Patrem omnipoténtem, Creatórem cæli et terræ. Et in Jesum Christum, Fílium ejus únicum, Dóminum nostrum: qui

**P**UR 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.

**H**AIL, Mary, full of grace; The Lord is with thee: blessed art thou amongst 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.

**I**BELIEVE in God, the Father Almighty, Creator of heaven and earth. And in Jesus Christ, his only Son, our Lord; who was conceived by the

concéptus est de Spíritu Sancto, natus ex Mariá Virgine, passus sub Póntio Piláto, crucifixus, mórtuus, et sepúltus: descéndit ad ínferos; tértia die resurréxit a mórtuis; ascéndit ad cælos; sedet ad dèxteram Dei Patris omnipoténtis: inde ventúrus est iudicáre vivos et mórtuos. Credo in Spíritum Sanctum, sanctam Ecclésiám cathólicam, Sanctórum communió-nem, remissió-nem peccatórum, carnis resurrecciónem, vitam ætérnam. Amen.

Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried: he descended into hell; the third day he arose again from the dead; he ascended into heaven; sitteth at the right hand of God the Father almighty: from thence he shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

*The Canonical hours then begin as described in the Ordinary: Lauds (p. 271) Prime (275) Terce (282) Sext (284) None (285) Vespers (287) Compline (289)*

## Prayer After Office

**S**ACROSÁNCTÆ et individuæ Trinitáti, crucifixi Dómini nostri Jesu Christi humanitáti, beatíssimæ et gloriosíssimæ sempérque Virgini Mariæ fœcúndæ integritáti, et ómnium Sanctórum universitáti sit sempitérna laus, honor, virtus et glória ab omni creatúra, nobisque remissio ómnium peccatórum, per infínita sæcula sæculórum.

*R.* Amen.

*V.* Beáta víscera Mariæ Virginis, quæ portavérunt ætérni Patris Fílium. *R.* Et beáta úbera, quæ lactavérunt Christum Dóminum.

*Pater noster. Ave María.*

**P**CLEMENTÍSSIME Jesu, grátias ago tibi ex toto corde meo. Propítius esto mihi vilíssimo peccatóri. Ego hanc actió-nem óffero divíno Cordi tuo emendándam atque perficiéndam, ad laudem et glóriam sanctíssimi nóminis tui et beatíssimæ Matris tuæ, ad salútem ánimæ meæ totiúsque Ecclésiæ tuæ.

*R.* Amen.

**T**O THE Most Holy and undivided Trinity, to the Manhood of our Lord Jesus Christ Crucified, to the fruitful Virginity of the most blessed and most glorious Mary, ever Virgin, and to the holiness of all the Saints be ascribed everlasting praise, honour, power and glory, by all creatures; and to us be granted the forgiveness of all our sins, world without end.

*R.* Amen.

*V.* Blessed is the womb of the Virgin Mary, which bore the Son of the eternal Father. *R.* And blessed are the breasts which nourished Christ the Lord.

*Our Father. Hail Mary.*

**P**MOST clement Jesus, I thank Thee with all my heart. Be propitious to me, a most vile sinner. I offer this action to Thy Divine Heart to be emended and perfected, to the praise and the glory of Thy Most Holy Name and of Thy Most Blessed Mother, for the salvation of my soul and of the entirety of Thy Church. Amen.

*R.* Amen.

# Common Forms

## The Collect

*To a Prayer addressed to God the Father:*

Per *[eúndem]* Dóminum nostrum, Jesum Christum, Fílium tuum, qui tecum vivit et regnat, in unitáte *[ejúsdem]* Spíritus Sancti Deus, per ómnia sǎcula sǎculórum.

Through *[the same]* our Lord Jesus Christ, thy Son, who liveth and reigneth with thee in the unity of the *[same]* Holy Spirit, one God, world without end.

*To a Prayer addressed to God the Father, which makes mention of God the Son in the final clause:*

Qui tecum vivit et regnat in unitáte *[ejúsdem]* Spíritus Sancti, Deus per ómnia sǎcula sǎculórum.

Who liveth and reigneth with thee in the unity of the *[same]* Holy Spirit, one God, world without end.

*To a Prayer addressed to God the Son:*

Qui vivis et regnas cum Deo Patre, in unitáte *[ejúsdem]* Spíritus Sancti Deus, per ómnia sǎcula sǎculórum.

Who livest and reignest with God the Father in the unity of the *[same]* Holy Spirit, one God, world without end.

*Cant. Zachariæ (Luke 1:68-79)*

**B**ENEDÍCTUS † Dóminus, Deus Israël: \* quia visitávit, et fecit redemptionem plebis suæ:

Et eréxit cornu salutis nobis: \* in domo David, púeri sui.

Sicut locútus est per os sanctórum, \* qui a sǎculo sunt, prophetárum ejus: Salútem ex inimicis nostris, \* et de manu ómnium, qui odérunt nos.

Ad faciéndam misericórdiam cum pátribus nostris: \* et memorári testaménti sui sancti.

Jusjurándum, quod jurávit ad Abraham patrem nostrum, \* datúrum se nobis:

Ut sine timóre, de manu inimicórum nostrórum liberáti, \* serviámus illi.

In sanctitáte, et justítia coram ipso, \* ómnibus diébus nostris.

Et tu, puer, Prophéta Altíssimi vocáberis: \* præibis enim ante faciém

*Cant. Zacharias (Luke 1:68-79)*

**B**LESSED † be the Lord God of Israel; \* because he hath visited and wrought the redemption of his people:

And hath raised up an horn of salvation to us, \* in the house of David his servant:

As he spoke by the mouth of his holy Prophets, \* who are from the beginning: Salvation from our enemies, \* and from the hand of all that hate us:

To perform mercy to our fathers, \* and to remember his holy testament,

The oath, which he swore to Abraham our father, \* that he would grant to us,

That being delivered from the hand of our enemies, \* we may serve him without fear,

In holiness and justice before him, \* all our days.

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

Dómini, paráre vias ejus:

Ad dandam sciéntiam salútis plebi ejus: \* in remissionem peccatórum eórum:

Per víscera misericórdiæ Dei nostri: \* in quibus visitávit nos, óriens ex alto:

Illumináre his, qui in ténebris, et in umbra mortis sedent: \* ad dirigéndos pedes nostros in viam pacis.

*Cant. B. Mariæ Virg. (Luke 1:46-55)*

**M**AGNÍFICAT: †\* ánima mea Dóminum.

Et exultávit spíritus meus: \* in Deo, salutári meo.

Quia respéxit humilitátem ancillæ suæ: \* ecce enim ex hoc beátam me dicent omnes generatiónes.

Quia fecit mihi magna, qui potens est: \* et sanctum nomen ejus.

Et misericórdia ejus, a progénie in progénies: \* tíméntibus eum.

Fecit poténtiam in bráchio suo: \* dispérsit supérbos mente cordis sui.

Depósuit poténtes de sede: \* et exaltávit húmiles.

Esuriéntes implévit bonis: \* et dívites dimísit inánes.

Suscépit Israël púerum suum: \* recordátus misericórdiæ suæ.

Sicut locútus est ad patres nostros: \* Abraham, et sémini ejus in sæcula.

go before the face of the Lord to prepare his ways:

To give knowledge of salvation to his people, \* unto the remission of their sins:

Through the bowels of the mercy of our God, \* in which the Orient from on high hath visited us:

To enlighten them that sit in darkness, and in the shadow of death: \* to direct our feet into the way of peace.

*Cant. B.V.M. (Luke 1:46-55)*

**M**Y soul †\* doth magnify the Lord. And my spirit hath rejoiced \* in God my Saviour.

Because he hath regarded the humility of his handmaid; \* for behold from henceforth all generations shall call me blessed.

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

And his mercy is from generation unto generations, \* to them that fear him.

He hath shewed might in his arm: \* he hath scattered the proud in the conceit of their heart.

He hath put down the mighty from their seat, \* and hath exalted the humble.

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

He hath received Israel his servant, \* being mindful of his mercy:

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

¶ *On some feasts, one of the following psalms is said in place of the fifth psalm at Sunday Vespers (p. 372), Ps. 113* In éxitu Israël:

*Psalmus 115*

**C**RÉDIDI, propter quod locútus sum: \* ego autem humiliátus

*Psalm 115*

**I**HAVE believed, therefore have I spoken; \* but I have been humbled