



The Parish Churches of S Philip  
and S Augustine and S Matthew  
with S Mary the Virgin Newcastle

# The Office

## during Lent (2)

### for use at home

## Notes

When reciting the office privately, you should move your lips with the words to ensure that your eyes do not just mindlessly move along the text.

Usually, people sit (or kneel) to recite the office privately – in front of a Crucifix, if possible. Some people may choose to light a candle.

The sign of the Cross made at, “ O Lord, open &c) is generally made on the lips with the thumb to seek a blessing on the words of our prayer.

The Responsory is provided in full, but if you are reciting it alone, you can omit the lines in blue.

For the psalm(s), reading and collect, the plan is that the Vicar will send these out every day (Monday – Saturday) the day before they are to be used. The reading will be the Gospel set for the Mass

The booklet is provided in two forms. Some will prefer to read it from their electronic toy; others may need to print it out. Hopefully the booklet format will let you do just that. Please save the file to your hard disk. Other booklets will be sent as and when the Liturgical season requires.

Intercessions will also be circulated so that we can pray for the same thing each day.

*At Evensong:*

Almighty and everlasting God, Who hatest nothing that Thou hast made, and dost forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and, acknowledging our wretchedness, may obtain of Thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

O God, from Whom all holy desires, all good counsels, and all just works do proceed: Give unto Thy servants that peace which the world cannot give; that both our hearts may be set to obey Thy commandments, and also that by Thee, we being defended from the fear of our enemies may pass our time in rest and quietness: through the merits of Jesus Christ our Saviour. Amen.

Lighten our darkness, we beseech Thee, O Lord; and by Thy great mercy defend us from all perils and dangers of this night; for the love of Thy only Son, our Saviour Jesus Christ. Amen.

*Any intercessions follow and a period of silence*

+ The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. Amen.

**Angelus**

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

Hail Mary, full of grace, the Lord is with Thee; Blessed art 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 the Lord.  
Be it done unto me according to thy word.

Hail Mary. . .

And the Word was made flesh.  
And dwelt among us.

Hail Mary. . .

Pray for us, O holy Mother of God.  
That we may be made worthy of the promises of Christ.

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His + Cross and Passion be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.

## The Office

+ O Lord, open thou our lips.  
And our mouth shall shew forth thy praise.  
+ O God, make speed to save us.  
O Lord, make haste to help us.

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

Praise ye the Lord.  
The Lord's Name be praised.

*At Mattins, there follows the **Venite** with its antiphon:*

*Antiphon: The Master calleth not the righteous, but sinners to  
repentance; O come, let us adore Him.*

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.

### Antiphon

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.

### Antiphon

## At Mattins:

Almighty and everlasting God, Who hatest nothing that Thou  
hast made, and dost forgive the sins of all them that are penitent:  
Create and make in us new and contrite hearts, that we worthily  
lamenting our sins, and, acknowledging our wretchedness, may  
obtain of Thee, the God of all mercy, perfect remission and  
forgiveness; through Jesus Christ our Lord. Amen.

O God, Who art the Author of peace and Lover of concord, in  
knowledge of Whom standeth our eternal life, Whose service is  
perfect freedom: Defend us Thy humble servants in all assaults  
of our enemies; that we, surely trusting in Thy defence, may not  
fear the power of any adversaries; through the might of Jesus  
Christ our Lord. Amen.

O Lord our heavenly Father, almighty and everlasting God, Who  
hast safely brought us to the beginning of this day: Defend us in  
the same with Thy mighty power; and grant that this day we fall  
into no sin, neither run into any kind of danger; but that all our  
doings may be ordered by Thy governance, to do always that is  
righteous in Thy sight; through Jesus Christ our Lord.

*Any intercessions follow and a period of silence*

The grace of our Lord Jesus Christ, and the love of God, and the  
fellowship of the Holy Ghost, be with us all evermore. Amen.

Our Father, which art in heaven, Hallowed be thy Name, Thy kingdom come, Thy will be done, in earth as it is in heaven. Give us this day our daily bread; And forgive us our trespasses, As we forgive them that trespass against us; And lead us not into temptation, But deliver us from evil. Amen.

O Lord, shew thy mercy upon us.  
And grant us thy salvation.  
O Lord, save the Queen.  
And mercifully hear us when we call upon thee.  
Endue thy Ministers with righteousness.  
And make thy chosen people joyful.  
O Lord, save thy people.  
And bless thine inheritance.  
Give peace in our time, O Lord.  
Because there is none other that fighteth for us, but only thou, O God.  
O God, make clean our hearts within us.  
And take not thy Holy Spirit from us.

*There follows the Collect of the Day.*

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.

#### Antiphon

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.

#### Antiphon

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.

#### Antiphon

Glory be to the Father, and to the Son: and to the Holy Ghost;  
As it was in the beginning, is now, and ever shall be: world  
without end. Amen.

#### Antiphon

*The Office Hymn follows:*

*Mattins:*

O kind Creator, bow Thine ear  
To mark the cry, to know the tear  
Before Thy Throne of mercy spent  
In this Thy holy fast of Lent.

Our hearts are open, Lord, to Thee:  
Thou knowest our infirmity;  
Pour out on all who seek Thy face  
Abundance of Thy pardoning Grace.

Our sins are many, this we know;  
Spare us, good Lord, Thy mercy show;  
And for the honour of Thy Name  
Our fainting souls to life reclaim.

Give us the self-control that springs  
From discipline of outward things,  
That fasting inward secretly  
The soul may purely dwell with Thee.

We pray Thee, holy Trinity.  
One God, unchanging Unity,  
That we from this our abstinence  
May reap the fruits of penitence.

*The office continues:*

I believe in God the Father Almighty,  
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 Catholick Church;  
The Communion of Saints;  
The Forgiveness of sins;  
The Resurrection of the body,  
+ And the Life everlasting. Amen.

Let us pray.  
Lord, have mercy upon us.  
Christ, have mercy upon us.  
Lord, have mercy upon us.

*At Evensong, there follows the **Magnificat**:*

*Antiphon:*

*Sundays: Behold, now is the accepted time; behold, now is the day of salvation: let us, therefore, in all things approve ourselves as the ministers of God, in much patience, in vigil, in fasting and by love unfeigned.*

*Weekdays: Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.*

+ MY soul doth magnify the Lord : and my spirit hath rejoiced in God my Saviour.

For he hath regarded : the lowliness of his hand-maiden.

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

For he that is mighty hath magnified me : and holy is his Name.

And his mercy is on them that fear him : throughout all generations.

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 seat : and hath exalted the humble and meek.

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

He remembering his mercy hath holpen his servant Israel : as he promised to our forefathers, Abraham and his seed, for ever.

Glory be to the Father, and to the Son : and to the Holy Ghost; As it was in the beginning, is now, and ever shall be : world without end. Amen.

*Antiphon*

*Evensong:*

The fast, as taught by holy lore,  
We keep in solemn course once more:  
The fast to all men known, and bound  
In forty days of yearly round.

The law and seers that were of old  
In divers ways this Lent foretold,  
Which Christ, all seasons' King and Guide,  
In after ages sanctified.

More sparing let us therefore make  
The words we speak, the food we take,  
Our sleep and mirth – and closer barred  
Be every sense in holy guard.

In prayer together let us fall,  
And cry for mercy, one and all,  
And weep before the Judge's feet,  
And his avenging wrath entreat.

Thy grace have we offended sore,  
By sins, O God, which we deplore;  
But pour upon us from on high,  
O pardoning One, Thy clemency.

Remember Thou, though frail we be,  
That yet Thine handiwork are we;  
Nor let the honour of Thy Name  
Be by another put to shame.

*(continued over the page)*

Forgive the sin that we have wrought;  
Increase the good that we have sought;  
That we at length, our wanderings o'er,  
May please Thee here and evermore.

We pray Thee, Holy Trinity,  
One God, unchanging Unity,  
That we from this our abstinence  
May reap the fruits of penitence.

*There follow:*

***The Psalm(s)***

***The Reading***

**The Responsory**

He shall deliver Thee from the snare of the hunter;  
[He shall deliver Thee from the snare of the hunter;](#)  
And from the noisome pestilence  
[He shall deliver Thee from the snare of the hunter;](#)  
Glory be to the Father, and to the Son: and to the Holy Ghost;  
He shall deliver Thee from the snare of the hunter.

*At Mattins, there follows the **Benecticus**:*

**Antiphon:**

[Sundays: Then shalt Thou be pleased with the sacrifice of righteousness; if Thou wilt turn Thy face from my sins:](#)

[Weekdays: When thou doest thine alms, let not thy left hand know what thy right hand doeth.](#)

+ Blessed be the Lord God of Israel : for he hath visited and redeemed his people;  
And hath raised up a mighty 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 forefathers : and to remember his holy Covenant;  
To perform the oath which he sware to our forefather Abraham : that he would give 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 life.  
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 : for the remission of their sins,  
Through the tender mercy of our God : whereby the day-spring from on high hath visited us;  
To give light to them that sit in darkness, and in the shadow of death : and to guide our feet into the way of peace.  
Glory be to the Father, and to the Son : and to the Holy Ghost;  
As it was in the beginning, is now, and ever shall be : world without end. Amen.

**Antiphon**