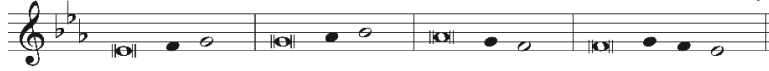


In the Shelter of the Most High

Psalm 90(91)

Behold, I have given you power to tread underfoot serpents and scorpions (Lk 10:19)

Paul Kenny



He who dwells in the shelter of the **Most High**
and abides in the shade of the **Almighty**
says to the Lord: **'My** refuge,
my stronghold, my God in **whom** I trust!

It is he who will free you from **the** snare
of the fowler who seeks to **destroy** you;
he will conceal you with **his** pinions
and under his wings you **will** find refuge.

You will not fear the terror of **the** night
nor the arrow that flies **by** day,
nor the plague that prowls in **the** darkness
nor the scourge that lays **waste** at noon.

A thousand may fall at **your** side,
ten thousand fall at **your** right,
you, it will never **approach**;
his faithfulness is buckler and shield.

Your eyes have only **to** look
to see how the wicked are **repaid**,
you who have said: 'Lord, **my** refuge!
and have made the Most **High** your dwelling.

Upon you no evil **shall** fall,
no plague approach where **you** dwell.
For you has he commanded **his** angels,
to keep you in **all** your ways.

They shall bear you upon **their** hands
lest you strike your foot against **a** stone.
On the lion and the viper you **will** tread
and trample the young lion **and** the dragon.

Since he clings to me in love, I **will** free him,
protect him for he knows **my** name.
When he calls I shall answer: I **am** with you.
I will save him in distress and **give** him glory.

With length of days I will **content** him;

I shall let him see my **saving** power.
Glory be to the Father.....

All

Ant: He will conceal you with his wings; you will not fear the terror of the night

Pause

Leader

Psalm Prayer

Let us pray. Lord Jesus Christ, when tempted by the devil, you remained loyal to your Father whose angels watched over you at his command. Guard your Church and keep us safe from the plague of sin so that we may remain loyal to the day we enjoy your salvation and your glory, who live and reign for ever and ever. Amen.

Scripture Reading

Rev 22:4-5

They will see the Lord face to face, and his name will be written on their foreheads. It will never be night again and they will not need lamplight or sunlight, because the Lord God will be shining on them. They will reign for ever and ever.

Short Responsory

Christ humbled himself for us, and, in obedience, accepted death.

Ant: Save us, Lord, while we are awake; protect us while we sleep, that we may keep watch with Christ and rest with him in peace.

Nunc Dimittis

Canticle: Lk 2:29-32

Christ is the light of the nations and the glory of Israel

At last, all-powerful Master,
you give leave to your servant
to go in peace, according to your promise.

For my eyes have seen your salvation
which you have prepared for all nations,
the light to enlighten the Gentiles
and give glory to Israel, your people.

Glory be to the Father.....

All:

Ant: Save us, Lord, while we are awake; protect us while we sleep, that we may keep watch with Christ and rest with him in peace.

Concluding Prayer

Visit this house, we pray you, Lord:
Drive far away from it all the snares of the enemy.
May your holy angels stay here and guard us in peace,
And let your blessing be always upon us.

Through Christ our Lord. Amen.

Blessing

The Lord grant us a quiet night and a perfect end.

All: Amen

Sit

Psalmody

Ant 1: God did not spare his own Son, but gave him up for us all.

O God, have mercy on me

Psalm 50(51)

You must be made new in mind and spirit, and put on the new nature (Eph 4:23-24)

Moira Bergin



Have mercy on me, God, in **your** kindness.
In your compassion blot out my **offence**.
O wash me more and more **from** my guilt
and cleanse me **from** my sin.

My offences truly **I** know them;
my sin is always **before** me.
Against you, you alone, **have** I sinned;
what is evil in your sight **I** have done.

That you may be justified when you **give** sentence
and be without reproach when **you** judge,
O see, in guilt **I** was born,
A sinner was **I** conceived.

Indeed you love truth in **the** heart;
then in the secret of my heart teach **me** wisdom.
O purify me, then I **shall** be clean;
O wash me, I shall be whiter than snow.

Make me hear rejoicing **and** gladness,
that the bones you have crushed may **revive**.
From my sins turn **away** your face
and blot out **all** my guilt.

A pure heart create for me, **O** God,
put a steadfast spirit **within** me.
Do not cast me away **from** your presence,
not deprive me of your **holy** spirit.

Give me again the joy of **your** help;
with a spirit of fervour **sustain** me,
that I may teach transgressors your ways
and sinners may **return** to you.

O rescue me, God, **my** helper,
and my tongue shall ring out **your** goodness.
O Lord, **open** my lips
and my tongue shall **declare** your praise.

For in sacrifice you take no **delight**,
burnt offering from me you would **refuse**,
my sacrifice, a **contrite** spirit.
A humbled, contrite heart you **will** not spurn.

In your goodness, show favour **to** Sion:
Rebuild the walls of **Jerusalem**.
Then you will be pleased with **lawful** sacrifice,
holocausts offered **on** your altar.

Glory be to the Father.....

All

Ant: God did not spare his own Son, but gave him up for us all.

Pause

Leader

Psalm Prayer

Let us pray. Rescue us, Lord God, from the power of evil. Receive the sinners who return to you and renew our joy. Open our lips to proclaim your mighty deeds and to sing the praises of him who with his blood bought us at a great price, your Son, Jesus Christ, who lives and reigns with you for ever and ever. Amen.

Ant 2: Jesus Christ showed his love for us and freed us from our sins with his life's blood.

God will appear in judgement

Canticle: Hab 3: 2-4, 13a, 15-19

Lift up your heads, for your redemption is near at hand (Lk 21 : 28)

Lord, I heard of your fame,
I stand in awe at your deeds.
Do them again in our days,†
in our days make them known!
In spite of your anger, have compassion.

God comes forth from Teman,
the Holy One comes from Mount Paran.
His splendour covers the sky
and his glory fills the earth.
His brilliance is like the light,†
rays flash from his hands;
there his power is hidden.

You march out to save your people,

to save the one you have anointed.
You made a path for your horses in the sea,
in the raging of the mighty waters.

This I heard and I tremble with terror,
my lips quiver at the sound.
Weakness invades my bones,
my steps fail beneath me
yet I calmly wait for the doom
that will fall upon the people who assail us.

For even though the fig does not blossom,
nor fruit grow on the vine,
even though the olive crop fail,
and fields produce no harvest,
even though flocks vanish from the folds
and stalls stand empty of cattle,

Yet I will rejoice in the Lord
and exult in God my saviour.
The Lord my God is my strength. †
He makes me leap like the deer,
he guides me to the high places.

Glory be to the Father.....

All

Ant: Jesus Christ showed his love for us and freed us from our sins with his life's blood.

Pause

Leader

Psalm Prayer

Let us pray. Lord God, you saved your anointed One, our Lord Jesus Christ, and raised him to your right hand in heaven. Have compassion on us who have sinned and save the people redeemed by your Son, who lives and reigns with you for ever. Amen.

Ant 3: We venerate your cross, Lord; we praise and glorify your holy resurrection: because of the tree, joy has come into the whole world.

The renewal of Jerusalem

Psalm 147

Moira Bergin



O praise the Lord, **Jerusalem!**

† Sion **praise** your God!

He has strengthened the bars of **your** gates,
he has blessed the children within you.
He established peace on **your** borders,
he feeds you with **finest** wheat.

He sends out his word to **the** earth
and swiftly runs **his** command.
He showers down snow white **as** wool,
he scatters hoar-**frost** like ashes.

He hurls down hailstones **like** crumbs.
The waters are frozen **at** his touch;
he sends forth his word and **it** melts them:
at the breath of his mouth the **waters** flow.

He makes his word known **to** Jacob,
to Israel his laws **and** decrees.
He has not dealt thus with **other** nations;
he has not taught them **his** decrees.

Glory be to the Father.....

All

Ant 3: We venerate your cross, Lord; we praise and glorify your holy resurrection: because of the tree, joy has come into the whole world.

Pause

Leader

Psalm Prayer

Let us pray. All powerful God, it is through your Church, generously endowed with gifts of grace and fortified by the Holy Spirit that you send out your word to all nations. Strengthen your Church with best of all food and make it dauntless in faith. Multiply its children to celebrate with one accord the mysteries of your love at the altar on high. Through Christ our Lord. Amen.

Scripture Reading

Lamentations 3: 52-60

Those who were my enemies without cause
have hunted me like a bird;
they flung me alive into a pit
and hurled stones on me;
water closed over my head;
I said, 'I am lost.'
I called on your name, O Lord,
from the depths of the pit;
you heard my plea, 'Do not close your ear
to my cry for help, but give me relief!'
You came near when I called on you;
you said, 'Do not fear!'

You have taken up my cause, O Lord,
you have redeemed my life.
You have seen the wrong done to me, O Lord;
judge my cause.
You have seen all their malice,
all their plots against me.

Silence/Reflection

In place of the short responsory the following antiphon is said:

Ant: Christ humbled himself for us, and, in obedience, accepted death, even death on a cross.
Stand

Benedictus

Ant: Over his head was placed the charge against him: 'This is Jesus, the Nazarene, the King of the Jews'.

Paul Kenny



Blessed be the Lord, the **God of** Israel;
He has visited his people **and** redeemed them.

He has raised up for us a **mighty** saviour,
in the house of **David, his** servant,
as he promised by the lips of **holy** men,
those who were his prophets **from of** old.

A saviour who would free us **from our** foes,
from the hands of **all who** hate us.
So his love for our fathers **is fulfilled**
and his holy covenant **remembered**.

He swore to Abraham our **father to** grant us,
that free from fear, and saved from the hands **of our** foes,
we might serve him in **holiness and** justice
all the days of our life **in his** presence.

As for you, **little** child
you shall be called a prophet of God, **the Most** High.
You shall go ahead **of the** Lord
to prepare his **ways** before him.

To make known to his people **their** salvation

through forgiveness of **all their** sins,
the loving-kindness of the heart **of our** God
who visits us like the dawn **from on** high.

He will give light to **those in** darkness, +
those who dwell in the **shadow** of death,
and guide us into the **way of** peace.

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.**

All

Ant: Over his head was placed the charge against him: 'This is Jesus, the Nazarene, the King of the Jews'.

Intercessions

For our sake, our Redeemer suffered death and was buried, and rose again. With heartfelt love let us adore him, and pray:

R: Lord, have mercy on us.

Christ our teacher, for our sake you were obedient even to accepting death.

- teach us to obey the Father's will in all things. *R*

Christ our life, by your death on the cross you destroyed the power of evil and death,

- may we die with you to rise with you in glory. *R*

Christ our King, you became an outcast among us, a worm and no man,

- teach us the humility by which you saved the world. *R*

Christ our salvation, you gave yourself up to death out of love for us,

- help us to show your love to one another. *R*

Christ our Saviour, on the cross you embraced all time with your outstretched arms,

- unite God's scattered children in your kingdom of salvation. *R*

Lord's Prayer

Let us now pray in the words our Saviour gave us.....Our Father....

Concluding Prayer and Blessing

Be mindful, Lord, of this your family, for whose sake our Lord Jesus Christ, when betrayed, did not hesitate to yield himself into his enemies' hands, and undergo the agony of the cross: he who lives and reigns with you and the Holy Spirit, God for ever and ever. Amen.



The Lord bless us, and keep us from all evil, and bring us to ever - las ting life. A - men.

GOOD FRIDAY

Psalmody

Ant: He will conceal you with his wings; you will not fear the terror of the night.

In the Shelter of the Most High

Psalm 90(91)

Behold, I have given you power to tread underfoot serpents and scorpions (Lk 10:19)

Paul Kenny



He who dwells in the shelter of the **Most** High
and abides in the shade of the **Almighty**
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They shall bear you upon **their** hands
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protect him for he knows **my** name.
When he calls I shall answer: I **am** with you.
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With length of days I will **content** him;
I shall let him see my **saving** power.

Glory be to the Father.....

All

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Pause

Leader

Psalm Prayer

Let us pray. Lord Jesus Christ, when tempted by the devil, you remained loyal to your Father whose angels watched over you at his command. Guard your Church and keep us safe from the plague of sin so that we may remain loyal to the day we enjoy your salvation and your glory, who live and reign for ever and ever. Amen.

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Rev 22:4-5

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Short Responsory

Christ humbled himself for us, and, in obedience, accepted death, even death on a cross.

Ant: Save us, Lord, while we are awake; protect us while we sleep, that we may keep watch with Christ and rest with him in peace.

Nunc Dimittis

Canticle: Lk 2:29-32

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For my eyes have seen your salvation
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and give glory to Israel, your people.

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Concluding Prayer

Visit this house, we pray you, Lord:
Drive far away from it all the snares of the enemy.
May your holy angels stay here and guard us in peace,
And let your blessing be always upon us.
Through Christ our Lord. Amen.

Blessing

The Lord grant us a quiet night and a perfect end.

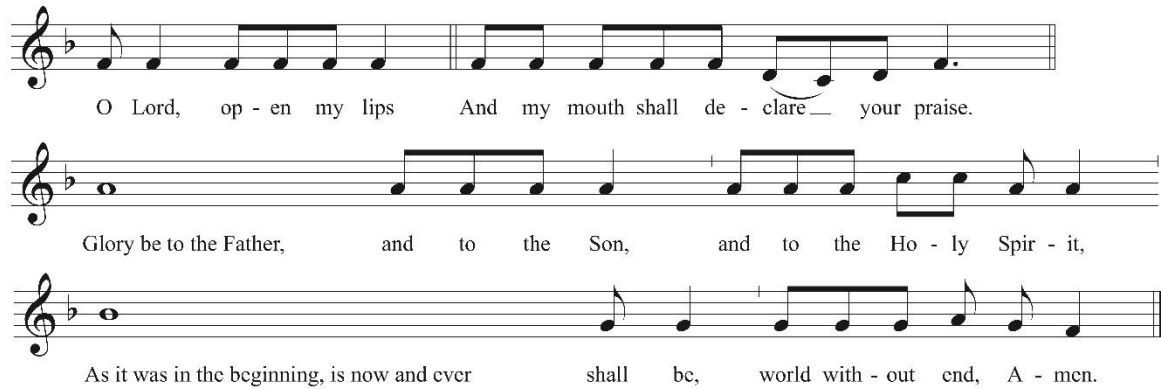
All: Amen

Morning Prayer

Stand

Introduction

Leader	ALL
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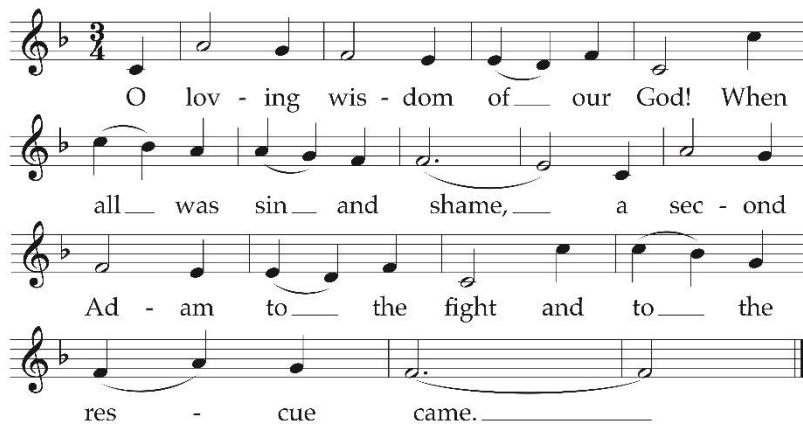


O Lord, op - en my lips And my mouth shall de - clare your praise.

Glory be to the Father, and to the Son, and to the Ho - ly Spir - it,

As it was in the beginning, is now and ever shall be, world with - out end, A - men.

Hymn



O lov - ing wis - dom of our God! When
all was sin and shame, a sec - ond
Ad - am to the fight and to the
res - cue came.

2. O generous love ! that he who smote
in man for man the foe,
the double agony in man
for man should undergo.
3. And in the garden secretly,
and on the cross on high,
should teach his brethren, and inspire
to suffer and to die.
4. Praise to the Holiest in the height,
and in the depths be praise,
in all his words most wonderful,
most sure in all his ways.

Sit

Psalmody

Ant 1: They will mourn for him as for an only son, since it is the innocent one of the Lord who has been slain.

Psalm 63(64)

Two-line tone (Mode IV)

Columba McCann



Hear my voice, O God, as **I** complain,
guard my life from dread **of** the foe.
Hide me from the band **of** the wicked,
from the throng of those **who** do evil.

They sharpen their **tongues** like swords;
they aim bitter **words** like arrows
to shoot at the **innocent** from ambush,
shooting suddenly and recklessly.

They scheme their **evil** course;
they conspire to lay **secret** snares.
They say: "**Who** will see us?
Who can search **out** our crimes?"

He will search who **searches** the mind
and knows the depths **of** the heart.
God has shot them **with** his arrow
and dealt them **sudden** wounds.
Their own tongue has brought **them** to ruin
and all who **see** them mock.

Then shall **all** men fear;
they will tell what **God** has done.
They will **understand** God's deeds.
The just will rejoice **in** the Lord
and fly to **him** for refuge.
All the upright **hearts** will glory.

Glory be to the Father.....

All

Ant: They will mourn for him as for an only son, since it is the innocent one of the Lord who has been slain.

Pause

Leader

Psalm Prayer

Let us pray. Father, you gave your Son victory over the men who plotted evil against him; when he cried to you in his agony, you delivered him from fear of his enemies. May those who suffer with him in this life find refuge and success in you. We make this our prayer through Christ our Lord. Amen.

Ant 2: Save my soul from the gates of hell, Lord.

The anguish of sickness; the joy of health

Isaiah 38:10-14,17-20.

I was dead, and behold, I am alive and I hold the keys of death (Rev 1:17-18)

I said, in the noontide of my days I must depart; †
I am consigned to the gates of Sheol
for the rest of my years.

I said, I shall not see the Lord
in the land of the living;
I shall look upon man no more
among the inhabitants of the world.

My dwelling is plucked up and removed from me
like a shepherd's tent;
like a weaver I have rolled up my life;
he cuts me off from the loom.

From day to night you bring me to an end;
I cry for help until morning;
like a lion he breaks all my bones;
from day to night you bring me to an end.

Like a swallow or a crane I clamour,
I moan like a dove.
My eyes are weary with looking upward.
O Lord, I am oppressed; be my security.

Lo, it was for my welfare
that I had great bitterness;
but you have held back my life
from the pit of destruction,
for you have cast all my sins
behind your back.

For Sheol cannot thank you,
death cannot praise you;
those who go down to the pit
cannot hope for your faithfulness.

The living, the living, he thanks you, †

as I do this day;
the fathers make known to the children your faithfulness.

The Lord will save me,
and we will sing to stringed instruments
all the days of our life,
at the house of the Lord.

Glory be to the Father.....

All

Ant: Save my soul from the gates of hell, Lord.

Pause

Leader

Psalm Prayer

Let us pray. Lord Jesus Christ, in order that our sins might be cast from your sight your body was given up for us on the cross. As you rose to new life so lead us to your kingdom to thank and praise you for ever. Through Christ our Lord. Amen.

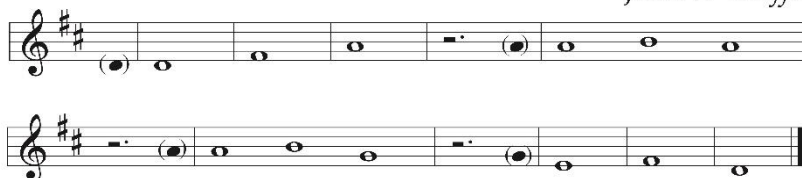
Ant 3: I was dead and now I am to live for ever and ever, and I hold the keys of death and of hell.

Praise the Lord

Psalm 150

Sing praise in our spirit, sing praise with your soul, that is: give glory to God in both your soul and your body (Hesychius).

John O'Keeffe



Praise **God** in his **holy place**,
praise him in his **mighty** heavens.
Praise him for his **powerful** deeds,
praise his **surpassing** greatness.

O praise him with **sound** of **trumpet**
praise him with **lute** and harp.
Praise him with **timbrel** and dance,
praise him with **strings** and pipes.

O praise him with **resounding** cymbals,
praise him with **clashing** of cymbals.
Let everything that **lives** and that breathes
give **praise** to the **Lord**.

Glory be to the Father.....

All

Ant : I was dead and now I am to live for ever and ever, and I hold the keys of death and of hell.

Pause

Leader

Psalm Prayer

Let us pray. Lord God, maker of heaven and earth and of all created things, you make your just ones holy and you justify sinners who confess your name. Hear us as we humbly pray to you: give us eternal joy with your saints. Through Christ our Lord. Amen.

Scripture Reading

Hosea 6:1-3

‘Come, let us return to the Lord;
for it is he who has torn, and he will heal us;
he has struck down, and he will bind us up.
After two days he will revive us;
on the third day he will raise us up,
that we may live before him.
Let us know, let us press on to know the Lord;
his appearing is as sure as the dawn;
he will come to us like the showers,
like the spring rains that water the earth.’

In place of the short responsory the following antiphon is said:

Ant: Christ humbled himself for us, and, in obedience, accepted death, even death on a cross. Therefore God raised him to the heights and gave him the name which is above all other names.

Stand

Benedictus

Ant: Save us, Saviour of the world. By the cross and the shedding of your blood you have redeemed us. Come to help us, Lord, our God.

Paul Kenny



Blessed be the Lord, the **God of Israel**;
He has visited his people **and** redeemed them.

He has raised up for us a **mighty** saviour,

in the house of **David, his** servant,
as he promised by the lips of **holy** men,
those who were his prophets **from of** old.

A saviour who would free us **from our** foes,
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So his love for our fathers **is fulfilled**
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He swore to Abraham our **father to** grant us,
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As for you, **little** child
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To make known to his people **their** salvation
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the loving-kindness of the heart **of our** God
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He will give light to **those in** darkness, +
those who dwell in the **shadow** of death,
and guide us into the **way of** peace.

Glory be to the Father

All

Ant: Save us, Saviour of the world. By the cross and the shedding of your blood you have redeemed us. Come to help us, Lord, our God.

Intercessions

Our Redeemer suffered and was buried for us in order to rise again. With sincere love we adore him, and aware of our needs we cry out:

R: Lord, have mercy on us.

Christ our Saviour, your sorrowing Mother stood by you at your death and burial,
- in our sorrows may we share your suffering. *R*

Christ our Lord, like the seed buried in the ground, you brought forth for us the harvest of grace,

- may we die to sin and live for God. *R*

Christ, the Good Shepherd, in death you lay hidden from the world.

- Teach us to love a life hidden with you in the Father. *R*

Christ, the new Adam, you entered the kingdom of death to release all the just since the beginning of the world,

- may all who lie dead in sin hear your voice and rise to life.

Christ, Son of the living God, through baptism we were buried with you,

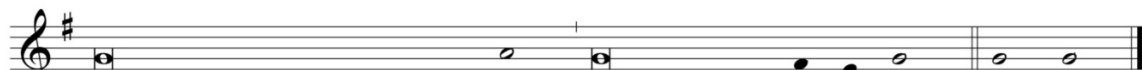
- risen also with you in baptism, may we walk in newness of life. *R*

Lord's Prayer

Let us now pray in the words our Saviour gave us.....Our Father....

Concluding Prayer and Blessing

Almighty, ever-living God, whose Only-begotten Son descended to the realm of the dead, and rose from there to glory, grant that your faithful people, who were buried with him in baptism, may, by his resurrection, obtain eternal life. We make our prayer through Christ our Lord. Amen.



The Lord bless us, and keep us from all evil, and bring us to ever - las ting life. A - men.

Sit

Psalmody

Ant: He will conceal you with his wings; you will not fear the terror of the night.

In the Shelter of the Most High

Psalm 90(91)

Behold, I have given you power to tread underfoot serpents and scorpions (Lk 10:19)

Paul Kenny



He who dwells in the shelter of the **Most High**
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no plague approach where **you** dwell.
For you has he commanded **his** angels,
to keep you in **all** your ways.

They shall bear you upon **their** hands
lest you strike your foot against **a** stone.
On the lion and the viper you **will** tread
and trample the young lion **and** the dragon.

Since he clings to me in love, I **will** free him,
protect him for he knows **my** name.

When he calls I shall answer: I **am** with you.
I will save him in distress and **give** him glory.

With length of days I will **content** him;
I shall let him see my **saving** power.

Glory be to the Father.....

All

Ant: He will conceal you with his wings; you will not fear the terror of the night

Pause

Leader

Psalm Prayer

Let us pray. Lord Jesus Christ, when tempted by the devil, you remained loyal to your Father whose angels watched over you at his command. Guard your Church and keep us safe from the plague of sin so that we may remain loyal to the day we enjoy your salvation and your glory, who live and reign for ever and ever. Amen.

Scripture Reading

Rev 22:4-5

They will see the Lord face to face, and his name will be written on their foreheads. It will never be night again and they will not need lamplight or sunlight, because the Lord God will be shining on them. They will reign for ever and ever.

Silence

Short Responsory

Christ humbled himself for us, and, in obedience, accepted death, even death on a cross. Therefore God raised him to the heights and gave him the name which is above all other names.

Ant: Save us, Lord, while we are awake; protect us while we sleep, that we may keep watch with Christ and rest with him in peace.

Nunc Dimittis

Canticle: Lk 2:29-32

Christ is the light of the nations and the glory of Israel

At last, all-powerful Master,
you give leave to your servant
to go in peace, according to our promise.

For my eyes have seen your salvation
which you have prepared for all nations,
the light to enlighten the Gentiles
and give glory to Israel, your people.

Glory be to the Father.....

All

Ant: Save us, Lord, while we are awake; protect us while we sleep, that we may keep watch with Christ and rest with him in peace.

Concluding Prayer

Visit this house, we pray you, Lord:
Drive far away from it all the snares of the enemy.
May your holy angels stay here and guard us in peace,
And let your blessing be always upon us.
Through Christ our Lord. Amen.

Blessing

The Lord grant us a quiet night and a perfect end.

All: Amen

The Liturgy of the Hours is part of a publication *Morning and Evening Prayer* – a resource for parishes that will be available during this year.