



## QUIET DAY: LAUDS

### PREPARATION

O God, make speed to save us.

**O Lord, make haste to help us.**

Glory to the Father and to the Son and to the Holy Spirit:  
**as it was in the beginning is now and shall be for ever. Amen.**

HMYN: *See online recording*

### PSALM 129

Antiphon: Greatly have they oppressed me, since the days of my youth [*to be said at the beginning and end of the psalm*]

### PSALM 142

Antiphon: You are my portion, O Lord, in the land of the living

### CANTICLE

Antiphon: The Lord has laid on him the iniquity of us all.

He was despised and rejected by others;  
a man of suffering and acquainted with infirmity;

And as one from whom others hide their faces  
he was despised, and we held him of no account,

Surely he has borne our infirmities and carried our diseases;  
yet we accounted him stricken, struck down by God, and afflicted.

But he was wounded for our transgressions,  
crushed for our iniquities.

Upon him was the punishment that made us whole,  
and by his bruises we are healed.

All we like sheep have gone astray;  
we have all turned to our own way.

And the Lord has laid on him the iniquity of us all.  
He bore the sin of many, and made intercession for the transgressors.

PSALM 147

Antiphon: How good it is to sing praises to the Lord our God

READING

'The Son of Man came not to be served but to serve, and to give his life, a ransom for many' – Mark 10:45

RESPONSORY

V. Forsake me not, O Lord; be not far from me, O my God.  
**R. Forsake me not, O Lord; be not far from me, O my God.**  
V. Make haste to help me, O Lord of my salvation.  
**R. Be not far from me, O my God.**  
V. Glory to the Father and to the Son and to the Holy Spirit.  
**R. Forsake me not, O Lord; be not far from me, O my God.**

GOSPEL CANTICLE: BENEDICTUS

Antiphon: I will redeem you with an outstretched arm, and with mighty acts of judgement

Blessed be the Lord God of Israel  
who has come to his people and set them free.

He has raised up for us a mighty Saviour,  
born of the house of his servant David.

Through his holy prophets God promised of old  
to save us from our enemies, from the hands of all that hate us,

To show mercy to our forebears,  
and to remember his holy covenant.

This was the oath God swore to our father Abraham:  
to set us free from the hands of our enemies,

Free to worship him without fear,  
holy and righteous in his sight all the days of our life.

And you, my child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare his way,

To give his people knowledge of salvation  
by the forgiveness of all their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,

To shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.

## LITANY

V. Let us offer our prayers to the one true God

**R. Lord have mercy**

For all who have suffered or are still suffering abuse of any kind, **Lord have mercy**

For those helping people to address issues of anger, violence, and abuse, **Lord have mercy**

For those who mourn, and all who will die today, **Lord have mercy**

## COLLECT

Most merciful God, who by the death and resurrection of your Son Jesus Christ delivered and saved the world: grant that by faith in him who suffered on the cross we may triumph in the power of his victory; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

THE LORD'S PRAYER: *See online recording*

## BLESSING

V. May God be gracious to us and bless us

**R. May he lift up the light of his countenance upon us and give us his peace**

## CONCLUSION

V. Let us praise the Lord

**R. Thanks be to God**

V. May the divine help remain with us always

**R. And with our absent brothers and sisters. Amen.**