



QUIET DAY: VESPERS

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 35

Antiphon: Awake, arise, O Lord, and be swift to defend my cause [*to be said at the beginning and end of the psalm*]

PSALM 38

Antiphon: O Lord God, come quickly to my assistance: you, Lord, are the stronghold of my salvation

CANTICLE

Antiphon: Sparing not his only son, God delivered him up for us all

Christ suffered for us, leaving us an example;
that we should follow in his steps;

He committed no sin, no deceit was found on his lips;
when he was abused, he did not return abuse.

When he suffered, he did not threaten,
but he trusted himself to God who judges justly.

He himself bore our sins in his body upon the tree,
that we might die to sin and live to righteousness.

By his wounds we have been healed, for we were straying like sheep,
but have now returned to the shepherd and guardian of our souls.

READING: John 20:20-36a

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: MAGNIFICAT

Antiphon: As Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour.

For he has looked with favour on his lowly servant;
from his day all generations will call me blessed.

The Almighty has done great things for me,
and holy is his name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm;
He has scattered the proud in their conceit.

He has cast down the mighty from their thrones
and has lifted up the lowly.

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

He has come to the help of his servant Israel,
for he has remembered his promise of mercy,

The promise he made to our forebears,
to Abraham and his children for ever.

LITANY

V. In the power of the Spirit and in union with Christ, let us pray to the Lord:

R. Lord have mercy

That God will increase our capacity to love and to serve, and use us as instruments of peace and reconciliation, **Lord have mercy**

That God's love may consume in us all that hinders us from the perfect service of his kingdom, **Lord have mercy**

That we may be given discernment to recognise the needs of those around us, and grace to respond with love and sensitivity, **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.