



Holy Trinity Catholic Church
Braamfontein

21st May 2020

Ascension of the Lord
Morning Prayer - Week I

A shortened version of the Office of Lauds

V. O Lord, open *our* lips R. **And we shall praise *your* name**

The Office Hymn is in plainchant - *Salutis humanae sator*

1.
Hail, Thou who our Redeemer art,
Jesu, the joy of every heart;
Great Maker of the world's wide frame,
And purest love's delight and flame:
2.
The realms of woe are forced by Thee,
Its captives from their chains set free;
And Thou, amid Thy ransomed train,
At God's right hand dost victor reign.

3.
Our guide, our way to heavenly rest,
Be Thou the aim of every breast;
Be Thou the soother of our tears,
Our sweet reward above the spheres.
Amen.

Psalm 62 (63)

Antiphon.

People of Galilee, why do you stand there looking up into the *sky*? This Jesus, who has been taken from you *up* to heaven, will come in the same way as you have seen him *go*. *Al-le-luia*.

O God, you are my God, for you I *long*. All sit for you my *soul* is thirsting.

My body pines for you like a dry, + weary land without *water*.

So I gaze on you in the sanctuary+ to see your strength *and* your glory.

**For your love is better than *life*,
my lips will speak of your praise.**

So I will bless you all my life, +

in your name I will lift up my *hands*.

**My soul shall be filled as with a banquet, +
my mouth shall praise *you* with joy.**

On my bed I *re-member you*.

On you I muse through the night +

for you have *been* my help;

in the shadow of your wings I *re-joice*.

My soul clings to you; +

your right hand *holds* me fast.

Glory be to the Father and to the *Son*

and to the *Ho-ly* Spirit,

as it was in the *beginning*, +

is now, and ever *shall be*,

world without *end*.

Amen.

People of Galilee, why do you stand there looking up into the *sky*? This Jesus, who has been taken from you *up* to heaven, will come in the same way as you have seen him *go*.
Al-le-luia.

Scripture Reading: Hebrews 10: 12-14

Responsory

R. *Christ ascended on high, alleluia, alleluia.* R.

V. He led captivity captive. R.

V. Glory be... R.

Benedictus

Plainchant Mode II

Antiphon

I am ascending to my Father and your *Fa-*
ther, to my God and your God, *al-le-luia*.

+ *Be-ne-dictus Dominus Deus Is-rael*; * quia
visitavit et fecit redemptionem *ple-bis* suae

et e-rexit cornu salutis no-bis, *
in domo David pue-ri sui,

si-cut locutus est per os *sanc-to-rum*, *
qui a saeculo sunt, *propheta-rum* eius,

sa-lu-tem ex inimicis nos-tris, *
et de manu omnium, qui o-derunt nos;

ad fa-ciendam misericordiam cum patribus
nos -tris, *
et memorari testamenti *su-i* sancti,

ius-ii-randum, quod iuravit ad Abraham
patrem nos-trum, * *daturum se nobis*,

ut si-ne timore, de manu inimicorum
libe-ra-ti, * *servia-mus* illi

Intercessions

R. *You, Christ, are the King of glory.* Our Father.

Concluding Prayer

in sanc-titate et iustitia coram ip-so *
omnibus die-bus nostris.

Et tu, puer, propheta Altissimi vo-ca-beris:
* *praeibis enim ante faciem Domini parare*
vi-as eius,

ad dan-dam scientiam salutis plebi ei-us *
in remissionem peccatorum e-orum,

per vi-scera misericordiae Dei nos-tri, *
in quibus visitabit nos oriens *ex alto*,

il-lu-minare his, qui in tenebris et in
umbra mortis se-dent, * *ad dirigendos*
pedes nostros in vi-am pacis.

Glo-ri-a Patri et Fi-lio * *et Spiritu-i Sancto*

Si-cut erat in principio et nunc et *sem-per*.
* *Et in saecula saeculo-rum.*
Amen.

I am ascending to my Father and your *Fa-*
ther, to my God and your God,
al-le-luia.