

The Second Sunday in Lent

The Introit Psalm 25: 6,5,21 Ad te, Domine, Ps vs. 1 [11, 12, 19, 20] TONE IV



Antiphon: Remember, O LORD, your compassion and love, *
for they are from everlasting.

Let none who wait for you be put to shame; *
let the treacherous be disappointed in their schemes.

Deliver Israel, O God, *
out of all his troubles.

Psalm To you, O LORD, I lift up my soul; ↓
my God, I put my trust in you; *
let me not be humiliated,
nor let my enemies triumph over me.

[Who are they who fear the LORD? *
he will teach them the
way that they should choose.

They shall dwell in prosperity, *
and their offspring shall inherit the land.

Protect my life and deliver me; *
let me not be put to shame,
for I have trusted in you.

Let integrity and uprightness preserve me, *
for my hope has been in you.]

Gloria Patri. Glo-ry to the Father, and to the Son, ↓
and to the Holy Spirit, *

As it was in the beginning, is now and ever,
for all ages of ages. A-men

Antiphon

The Kyrie **or** Litany

The Collect:

O God, you know that of ourselves we are powerless, guard us both inwardly and outwardly that our bodies may be protected against all harm, and our minds cleansed of evil thoughts; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen.*

The First Reading **Proverbs 3: 19-34**

The LORD by wisdom founded the earth; by understanding he established the heavens; by his knowledge the deeps broke open, and the clouds drop down the dew. My child, do not let these escape from your sight: keep sound wisdom and prudence, and they will be life for your soul and adornment for your neck. Then you will walk on your way securely and your foot will not stumble. If you sit down, you will not be afraid; when you lie down, your sleep will be sweet. Do not be afraid of sudden panic, or of the storm that strikes the wicked; for the LORD will be your confidence and will keep your foot from being caught. Do not withhold good from those to whom it is due, when it is in your power to do it. Do not say to your neighbor, "Go, and come again, tomorrow I will give it" — when you have it with you. Do not plan harm against your neighbor who lives trustingly beside you. Do not quarrel with anyone without cause, when no harm has been done to you. Do not envy the violent and do not choose any of their ways; for the perverse are an abomination to the LORD, but the upright are in his confidence. The LORD's curse is on the house of the wicked, but he blesses the abode of the righteous. Toward the scorners he is scornful, but to the humble he shows favor. The wise will inherit honor, but stubborn fools, disgrace.

Silence

The Gradual *Tribulationes cordis mei, Psalm 25: 16-17*



The sorrows of my heart have increased; *
bring me out of my troubles.

Look upon my adversity and misery *
and forgive me all my sin.

The Epistle: *I Thessalonians 4: 1-7*

Brethren: Finally, we ask and urge you in the Lord Jesus that, as you learned from us how you ought to live and to please God (as, in fact, you are doing), you should do so more and more. For you know what instructions we gave you through the Lord Jesus. For this is the will of God, your sanctification: that you abstain from fornication; that each one of you know how to control your own body in holiness and honor, not with lustful passion, like the Gentiles who do not know God; that no one wrong or exploit a brother or sister in this matter, because the Lord is an avenger in all these things, just as we have already told you beforehand and solemnly warned you. For God did not call us to impurity but in holiness.

Silence

Deacon: Praise to you Lord Jesus Christ, King of endless glory!

People: Praise to you Lord Jesus Christ, King of endless glory!

TRACT Psalm 106, Confitemini Domino, Verses 1-4

TONE IV



Give thanks to the LORD, for he is good, *
for his mercy endures for ever.

Who can declare the mighty acts of the LORD *
or show forth all his praise?

Blessed are those who act with justice *
and always do what is right!

Remember me, O LORD, ↓
with the favor you have for your people, *
and visit me with your saving help;

People: Praise to you Lord Jesus Christ, King of endless glory!

The Gospel: Matthew 17:1-9

At that time...Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, "Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah." While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, "Get up and do not be afraid." And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them, "Tell no one about the vision until after the Son of Man has been raised from the dead."

The Nicene Creed

Offertory: **Meditabor Psalm 119: 47,48**

STONE III



I delight in your commandments, *
which I have always loved.

I will lift up my hands to your commandments, *
and I will meditate on your statutes.

The Prayer over the gifts:

O Lord, we pray that you look with favor upon these offerings that they may increase our devotion and advance our salvation; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen.*

Preface of Lent:

It is truly right and just, proper and helpful to salvation, that we, always and everywhere give thanks to you, O Lord, holy Father, almighty and eternal God:

Who, because we are fasting, curb our vices, uplift our mind, and bestow your strength and grace through Jesus Christ our Lord

Through whom the angels praise your majesty,
the Powers tremble, and Dominions worship in awe,
the heavens and the armies of angels
in unison with the blessed Seraphim,
extol it with exceeding joy.

We ask that you grant our voices to be joined with theirs,
while in humble praise we sing:

The Second Sunday in Lent before the Pax Domini

Priest: May Almighty God, the giver and lover of all virtues,
sanctify you with his benediction.

People: Amen.

Priest: May He set you on fire with an earnest desire to do His
will, and graciously listen to the voice of your
supplication.

People: Amen.

Priest: That your minds being cleansed by sincere self- discipline,
you may abound in every grace..

People: Amen.

Priest: May the Lord God Almighty, Whose glorious Kingdom
endures for ever, be pleased to bestow these blessings
upon you; and...

Priest: The ✠ Peace of The Lord be always with you.

People: And with your spirit.

Communion:

Intellige clamorem Psalm 91: 4-5

tone III

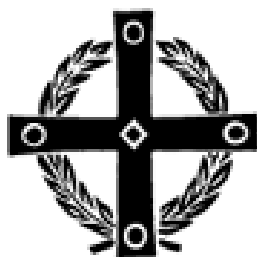


Give ear to my words, O LORD; *
consider my meditation.

Hearken to my cry for help, my King and my God, *
for I make my prayer to you.

The Postcommunion Collect:

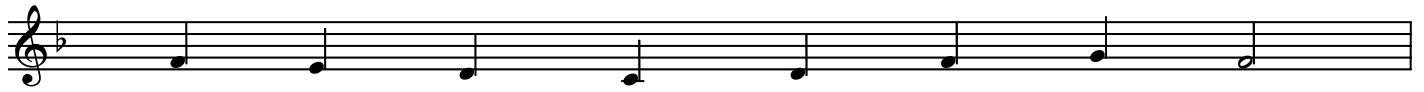
O Almighty God, we humbly pray that we who have been refreshed by these Holy Mysteries, may serve in a way worthy of our calling; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen.*



The following hymn is used from the Feast of the Presentation (February 2) through Compline on Wednesday of Holy Week.



A - ve, Re - gi - na cae - lo - rum, A - ve, Do - mi - na an - ge - lo - rum:
Wel - come, O Que - en of Hea - ven. Wel - come, O La - dy of the An - gels



Sal - ve ra - dix, Sal - ve por - ta,
O Sav - ing Root, Sav - ing Por - tal,



Ex qua mun - do lux est or - ta: Gau - de, Vir - go glo - ri - o - sa,
From whom comes the Light Im - mor - tal. Re - joice, O glo - ri - ous Vir - gin,



Su - per om - nes spe - ci - o - sa: Va - le, O val - de de - co - ra,
Love - ly be - yond o - ther wo - men, Fare - well, most beau - ti - ful maid - en,



Et pro no - bis Chri - stum ex - o - ra.
And pray for us to Christ our Sav - ior.

V. Make me worthy to praise you, O holy Virgin.

R. Give me strength against your enemies.

V. Let us pray:

Grant us, O merciful God, protection in our weakness,
that we who celebrate the memory of the holy Mother of God,
may, through the aid of her intercession, rise from our sins.
Through the same Christ our Lord.

R. Amen