

Ember Days in Pentecost Week

(Purple)

Ember (ash) days are a very old and holy tradition of the Church; older than Advent. Four times a year, at the change of the seasons, three days of the week - Wednesday, Friday and Saturday - are given to prayer and fasting for old sins and to ask God's blessing on the new season, its activities (planting, growth, harvest) and on the sacred ordinations which are traditionally conferred during the vigil Mass on Saturday.

Ember Wednesday in Pentecost

The Introit **Psalm 68:7, 8 Psalm Vs. 1 [9, 19, 24, 26, 28, 36]** Tone 1a



Antiphon:

O God, when you went forth before your people, *
when you marched through the wilderness, Alleluia!

The earth shook, and the skies poured down rain, ↓
at the presence of God, the God of Sinai, *
at the presence of God, the God of Israel. Alleluia, Alleluia

Psalm:

Let God arise, and let his enemies be scattered; *
let those who hate him flee before him.

[You sent a gracious rain, O God, upon your inheritance; *
you refreshed the land when it was weary.

Blessed be the Lord day by day, *
the God of our salvation, who bears our burdens.

They see your procession, O God, *
your procession into the sanctuary, my God and my King.

Bless God in the congregation; *
bless the LORD, you that are of the fountain of Israel.

Send forth your strength, O God; *
establish, O God, what you have wrought for us.

How wonderful is God in his holy places! *
the God of Israel giving strength and power to his people!
Blessed be God!]

Gloria Patri:

Glory 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. Amen

Repeat Antiphon

The Kyrie,

The Collect

Let us pray...Let us kneel...Arise!

Almighty Father, May the Holy Spirit who proceeds from you enlighten our minds and guide us into all truth as your Son has promised; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen*

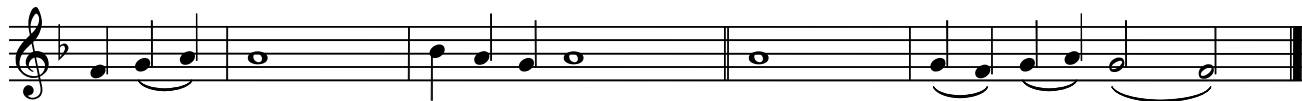
The First Lesson: Acts:2 14-21

In those days Peter, standing with the eleven, raised his voice and addressed them, "Men of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say. Indeed, these are not drunk, as you suppose, for it is only nine o'clock in the morning. No, this is what was spoken through the prophet Joel: 'In the last days it will be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream

dreams. Even upon my slaves, both men and women, in those days I will pour out my Spirit; and they shall prophesy. And I will show portents in the heaven above and signs on the earth below, blood, and fire, and smoky mist. The sun shall be turned to darkness and the moon to blood, before the coming of the LORD's great and glorious day. Then everyone who calls on the name of the Lord shall be saved.'

The Gradual **Psalm 33:6**

Tone Ia



Alleluia! By the word of the LORD were the heavens made, *
by the breath of his mouth all the heavenly hosts.

The Gloria

The Second Collect

Almighty and most Merciful God, grant that the Holy Spirit may come to dwell in us, graciously making us temples of his glory; 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 Second Lesson: **Acts 5:12-16**

In those days, many signs and wonders were done among the people through the apostles. And they were all together in Solomon's Portico. None of the rest dared to join them, but the people held them in high esteem. Yet more than ever believers were added to the Lord, great numbers of both men and women, so that they even carried out the sick into the streets, and laid them on

cots and mats, in order that Peter's shadow might fall on some of them as he came by. A great number of people would also gather from the towns around Jerusalem, bringing the sick and those tormented by unclean spirits, and they were all cured.

The Alleluia **Psalm 144**

Tone 1a



Here the priest genuflects



Come, Holy Spirit, fill the hearts of your faithful people, *
And kindle in them the fire of your love



The Sequence:

Come, Holy Spirit, send down those beams
Which sweetly flow in silent streams
From your bright throne above

O come, the Father of the poor,
O come, the source of all our store,
Come fill our hearts with love.

You are of comforters the best,
And the soul's most welcome guest,
the pilgrim's sweet relief.

In all our toil, rest most sweet,
Refreshment in the noonday heart,
And solace in all our grief.

O blessed Light of Life, divine,
Deep in our hearts let your light shine,
Because we hope in you.

Without your Godhead nothing can
have any price or worth in man,
nor be harmless in what we do.

Lord, wash our sinful stains away,
water from heaven our barren clay,
our wounds and bruises heal.

To your sweet yoke our stiff necks bow
warm with your love our hearts of snow,
our wandering feet recall.

Grant to your faithful dearest Lord
whose only hope is in your word,
your sevenfold gift of grace.

Grant us in life your grace that we
in peace may die and ever be
in joy before your face. Amen Alleluia!

The Gospel: [Luke 1:26-38](#)

At that time Jesus said to the crowds of the Jews: No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly,

I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

The Nicene Creed

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

Tone 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. Alleluia!

The Prayer over the Gifts:

O Lord, accept the gifts we offer, and by your grace, may we practice by a holy life what we perform here in a sacred rite; 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 Preface of Pentecost

It is truly right and just, our joy and helpful to salvation, that we, always and everywhere give thanks to you, O Lord, holy Father, Almighty and eternal God:
Through Jesus Christ our Lord.

Who ascending above all the heavens and sitting at your right hand (on this day) asked you, O Father to send down the promised Holy Spirit upon his adopted children; wherefore mankind all over the whole world rejoices with exceedingly great joy.

And therefore with the angels and archangels, with thrones and dominions, and with all the array of the heavenly choirs, we sing this hymn to your glory, evermore acclaiming:...

Proper Communicates in the Anaphora

In communion with the whole Church, and celebrating the most sacred day of Pentecost, on which the Holy Spirit appeared to the Apostles in tongues of fire, we venerate above all others the memory of that same glorious ever-Virgin Mary, Mother of Jesus Christ our Lord and our God; and also your blessed apostles and martyrs, Peter, Paul and Andrew.....and all your saints. May their prayers gain for us your constant help and protection.

Proper Hanc Igitur for Pentecost

Father, we humbly ask
that you accept this offering of our service
and that of your whole family...
and especially on behalf of those whom you have been pleased to
bring to new birth by water and the Holy Spirit.
Grant to them the forgiveness of their sins, and to us,
that you may order our days in this life in your peace,
save us from eternal damnation,
and number us among those you have chosen.

The Communion: John 14:27

Tone 1a



Peace I leave with you; ↓ my peace I give to you.*
I do not give to you as the world gives.

Do not let your hearts be troubled,*
and do not let them be afraid. Alleluia, Alleluia.

The Postcommunion:

O merciful Lord, as we receive the grace of your heavenly mysteries in this life, may we reap in the joys of eternity the fruits of what we perform with that grace; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen*