

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 Friday in Pentecost

The Introit Psalm 70:8, 23 Psalm Vs. 1 [9, 19, 24, 26, 28, 36] Tone 1a



Antiphon:

Let my mouth be full of your praise, Alleluia, *
and your glory all the day long, Alleluia!

My lips will sing with joy when I play to you, *
and so will my soul, which you have redeemed.
Alleluia, Alleluia

Psalm:

In you, O LORD, have I taken refuge; *
let me never be ashamed.

In your righteousness, deliver me and set me free; *
incline your ear to me and save me.

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 Gloria

The Collect

Almighty God, grant that your Church, united by the Holy Spirit, may in no way be harmed by any assault of the enemy; 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: Joel 2:23-24, 26-27

Thus says the Lord God: O children of Zion, be glad and rejoice in the LORD your God; for he has given the early rain for your vindication, he has poured down for you abundant rain, the early and the later rain, as before. The threshing floors shall be full of grain, the vats shall overflow with wine and oil. You shall eat in plenty and be satisfied, and praise the name of the LORD your God, who has dealt wondrously with you. And my people shall never again be put to shame. You shall know that I am in the midst of Israel, and that I, the LORD, am your God and there is no other. And my people shall never again be put to shame.

The Alleluia Psalm 144

Tone 1a

Al-le-lu-ia, Al - le-lu-ia, Al-le - lu - ia,

O Lord, you who love the living.*
For your immortal spirit is in all things.

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 5:17-26

At that time as Jesus one day sat teaching, Pharisees and teachers of the law were sitting near by (they had come from every village of Galilee and Judea and from Jerusalem); and the power of the Lord was with him to heal. Just then some men came, carrying a paralyzed man on a bed. They were trying to bring him in and lay him before Jesus; but finding no way to bring him in because of the crowd, they went up on the roof and let him down with his bed through the tiles into the middle of the crowd in front of Jesus. When he saw their faith, he said, "Friend, your sins are forgiven you." Then the scribes and the Pharisees began to question, "Who is this who is speaking blasphemies? Who can forgive sins but God alone?" When Jesus perceived their questionings, he answered them, "Why do you raise such questions in your hearts? Which is easier, to say, 'Your sins are forgiven you,' or to say, 'Stand up and walk'? But so that you may know that the Son of Man has authority on earth to forgive sins" — he said to the one who was paralyzed — "I say to you, stand up and take your bed and go to your home." Immediately he stood up before them, took what he had been lying on, and went to his home, glorifying God. Amazement seized all of

them, and they glorified God and were filled with awe, saying, "We have seen strange things today."

The Nicene Creed

The Offertory

Psalm 146:1

Tone III



Praise the LORD, O my soul! *

I will praise the LORD as long as I live;

I will sing praises to my God while I have my being.*

Alleluia!

The Prayer over the Gifts:

O Lord, may these sacrificial gifts offered in your sight be consumed by that divine fire which the Holy Spirit kindled in the hearts of the disciples of Christ, your Son; 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



I will not leave you orphans; ↓
I will come to you again, Alleluia.*
and your hearts shall rejoice, Alleluia.

The Postcommunion:

O Lord, we humbly pray, that we who have received the gift of your Holy Mysteries, by doing what you taught us in memory of you, may profit spiritually, and be helped in our weakness; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen*