

Ember Days in Pentecost Week

(Purple)

Ember (ash) days are a very old and holy tradition of the Church. 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. Because of pastoral need after the first two lessons the priest may go to the Gloria and continue from that point.

Ember Saturday in Pentecost

The Introit Romans 5:5, Psalm 103 Vs. 1

Tone 1a



Antiphon:

God's love has been poured into our hearts, alleluia *
through the Holy Spirit that has been given to us.
Alleluia, Alleluia

Psalm:

Bless the LORD, O my soul, *
and all that is within me, bless his holy Name.

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!

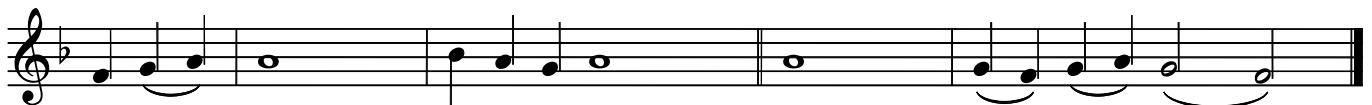
O Lord, we pray that you would graciously pour into our minds the Holy Spirit whose wisdom created us and whose providence governs us; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen*

The First Lesson: **Joel 2:28-32**

Thus says the Lord: I will pour out my spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, and your young men shall see visions. Even on the male and female slaves, in those days, I will pour out my spirit. I will show portents in the heavens and on the earth, blood and fire and columns of smoke. The sun shall be turned to darkness, and the moon to blood, before the great and terrible day of the LORD comes. Then everyone who calls on the name of the LORD shall be saved; for in Mount Zion and in Jerusalem there shall be those who escape, as the LORD has said, and among the survivors shall be those whom the LORD calls.

The Gradual **John 6:63**

Tone I a



Alleluia! It is the spirit that gives life; *
the flesh is useless.

The Second Collect

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

O Lord, grant that the Holy Spirit may kindle in us that same fire which our Lord Jesus Christ called down earth to burn mightily; 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: *Leviticus 23:9-11, 15-17, 21*

In those days, The LORD spoke to Moses: “Speak to the people of Israel and say to them: When you enter the land that I am giving you and you reap its harvest, you shall bring the sheaf of the first fruits of your harvest to the priest. He shall raise the sheaf before the LORD, that you may find acceptance; on the day after the Sabbath the priest shall raise it. And from the day after the Sabbath, from the day on which you bring the sheaf of the elevation offering, you shall count off seven weeks; they shall be complete. You shall count until the day after the seventh Sabbath, fifty days; then you shall present an offering of new grain to the LORD. You shall bring from your settlements two loaves of bread as an elevation offering, each made of two-tenths of an ephah; they shall be of choice flour, baked with leaven, as first fruits to the LORD. On that same day you shall make proclamation; you shall hold a holy convocation; you shall not work at your occupations. This is a statute forever in all your settlements throughout your generations,” says the Lord Almighty.

The Gradual *Job 26:13*

Tone 1a



Al-le-luia, *

His spirit has adorned the heavens.

The Third Collect

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

O God who for the healing of our souls has commanded that our bodies should be disciplined by devout fasting, mercifully grant us to be ever devoted to you both in mind and body; 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 Third Lesson: Deuteronomy 26:1-11

In those days Moses said to the Israelites: When you have come into the land that the LORD your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the LORD your God is giving you, and you shall put it in a basket and go to the place that the LORD your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the LORD your God that I have come into the land that the LORD swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the LORD your God, you shall make this response before the LORD your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the LORD, the God of our ancestors; the LORD heard our voice and saw our affliction, our toil, and our oppression. The LORD brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O LORD, have given me."

You shall set it down before the LORD your God and bow down before the LORD your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the LORD your God has given to you and to your house.

The Gradual Job 26:13

Tone 1a



When the day of Pentecost had come, *
they were all together in one place.

The Fourth Collect

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

Almighty God, grant, that we being disciplined by wholesome fasting and refraining from all wrong-doing, may more readily obtain your forgiveness; 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 Fourth Lesson: Leviticus 26:3-12

In those days the Lord said to Moses: Speak to the Israelites, and tell them: If you follow my statutes and keep my commandments and observe them faithfully, I will give you your rains in their season, and the land shall yield its produce, and the trees of the field shall yield their fruit. Your threshing shall overtake the vintage, and the vintage shall overtake the sowing; you shall eat your bread to the full, and live securely in your land. And I will

grant peace in the land, and you shall lie down, and no one shall make you afraid; I will remove dangerous animals from the land, and no sword shall go through your land. You shall give chase to your enemies, and they shall fall before you by the sword. Five of you shall give chase to a hundred, and a hundred of you shall give chase to ten thousand; your enemies shall fall before you by the sword. I will look with favor upon you and make you fruitful and multiply you; and I will maintain my covenant with you. You shall eat old grain long stored, and you shall have to clear out the old to make way for the new. I will place my dwelling in your midst, and I shall not abhor you. And I will walk among you, and will be your God, and you shall be my people. I am the LORD your God who brought you out of the land of Egypt, to be their slaves no more; I have broken the bars of your yoke and made you walk erect.

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 Fifth Collect

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

Almighty God, grant that we may so fast from bodily food as to abstain also from the sins which beset us; 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 Sixth Lesson: Daniel 3:47-51

In those days the angel of the Lord went down into the furnace with Azariah and his companions, drove the fiery flames out of the furnace, and made the inside of the furnace as though a dew-laden breeze were blowing through it. The flames rose forty-nine cubits above the furnace, and spread out, burning the Chaldeans nearby, the kings men who stoked it. The fire in no way touched the young men or caused them pain or harm. Then these three in the furnace with one voice sang, glorifying and praising God.

The Gradual Daniel 3:52

Tone 1a



Blessed are you O Lord, God of our fathers, *
you are worthy of praise, Glory to you!

The Gloria

V. The Lord be with you.

R. And with your spirit.

Let us pray:

O God who tempered the flames of fire for the three young men, mercifully grant that the flames of sin may not burn us, your

servants; 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 Epistle **Romans 5:1-5**

Brethren: Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

The Tract **Psalm 117:1-2**

STONE IX LAUDATE



Praise the LORD, all you nations; *
laud him, all you peoples.

For his loving-kindness toward us is great, *
and the faithfulness of the LORD endures for ever.

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 4: 38-44](#)

At that time...After leaving the synagogue Jesus entered Simon's house. Now Simon's mother-in-law was suffering from a high fever, and they asked him about her. Then he stood over her and rebuked the fever, and it left her. Immediately she got up and began to serve them. As the sun was setting, all those who had any who were sick with various kinds of diseases brought them to him; and he laid his hands on each of them and cured them. Demons also came out of many, shouting, "You are the Son of God!" But he rebuked them and would not allow them to speak, because they knew that he was the Messiah. At daybreak he departed and went into a deserted place. And the crowds were looking for him; and when they reached him, they wanted to prevent him from leaving them. But he said to them, "I must proclaim the good news of the kingdom of God to the other cities also; for I was sent for this purpose." So he continued proclaiming the message in the synagogues of Judea.

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

Tone III



O LORD, my God, my Savior, *
by day and night I cry to you.

Let my prayer enter into your presence; *
incline your ear to my lamentation. Alleluia!

The Prayer over the Gifts:

O Lord, grant that we may offer you a heart cleansed by this sacred rite so that our fast may be acceptable to you; 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 3:8

Tone 1a



The wind blows where it chooses, ↓
and you hear the sound of it, alleluia. alleluia *
but you do not know where it comes from
or where it goes. Alleluia, Alleluia.

The Postcommunion:

O Lord, may your holy things fill us with divine eagerness to enjoy their celebration together with their effects; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen*