PREFACE FOR LENT

VERE dignum et justum est, aequum et salutáre, nos tibi semper, et ubíque grátias ágere: Dómine sancte, Pater omnípotens, ætérne Deus: Qui corporáli jejúnio vítia cómprimis, mentem élevas, virtútem largíris, et prǽmia: per Christum Dóminum nostrum. Per quem majestátem tuam laudant Angeli, adórant Dominatiónes, tremunt Potestátes. Cæli, cælorúmque Virtútes, ac beáta Séraphim, sócia exsultatióne concélebrant. Cum quibus et nostras voces, ut admítti júbeas, deprecámur, súpplici confessióne dicéntes:

IT IS truly meet and just, right and availing unto salvation, that we should at all times and in all places give thanks unto Thee, O holy Lord, Father almighty and everlasting God. Who by the fasting of the body dost curb our vices, elevate our minds and bestow virtue and reward; through Christ our Lord. Through whom the angels praise Thy majesty, the dominions worship it, and the powers stand in awe. The heavens and the heavenly hosts, with the blessed seraphim join together in celebrating their joy. With these we pray Thee join our voices also, while we say with lowly praise:

COMMUNION

Psalm 90. 4-5

SCÁPULIS suis obumbrábit tibi Dóminus, et sub pennis ejus sperábis: scuto circúmdabit te véritas ejus.

The Lord will overshadow thee with His shoulders, and under His wings thou shalt trust: His truth shall compass thee with a shield.

POSTCOMMUNION

TUI nos, Dómine, sacraménti libátio sancta restáuret: et a vetustáte purgátos, in mystérii salutáris fáciat transíre consórtium. Per Dóminum.

May the holy partaking of Thy sacrament, restore us, O Lord, and cleansing us from our old life, make us to pass into the fellowship of the mystery of salvation. Through our Lord.

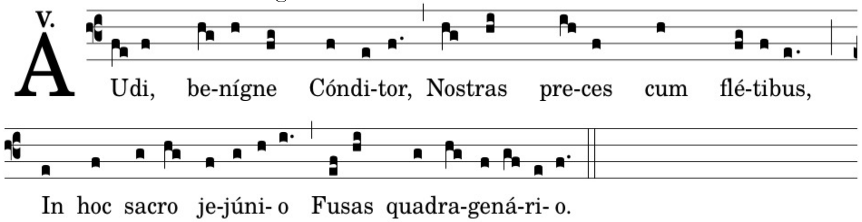
SUB TUUM

SUB TUUM praesidium confugimus
Sancta Dei Genetrix:
Nostra deprecationes
Ne despicias in necessitatibus:
Sed a periculis cunctis
Libera nos semper,
Virgo gloriosa et benedicta.

Under thy patronage we fly,
O Holy Mother of God:
Reject not our prayers
We send up to thee in our necessities,
But ever deliver us
In time of peril,
O Virgin glorious and blessed.

RECESSIONAL HYMN

Audi benigne conditor



[Verse 1: O merciful Creator, hear!
To us in pity bow Thine ear:
Accept the tearful prayer we raise
In this our fast of forty days.]

MATERNAL HEART of MARY

Traditional Latin Mass Chaplaincy, Lewisham

PROPER of the MASS

FIRST SUNDAY IN LENT

[Response: Spare, Lord, spare Thy people: do not be angry with us forever.]

INTROIT

Psalm 90. 15-16

INVOCABIT me, et ego exáudiam eum: erípiam eum, et glorificábo eum: longitúdine diérum adimplébo eum. *Ps. 90. 1.* Qui hábitat in adjutório Altíssimi: in protectióne Dei cæli commorábitur. V. Glória Patri.

He shall cry to me, and I will hear him: I will deliver him, and I will glorify him: I will fill him with length of days. *Ps.* He that dwelleth in the aid of the Most High shall abide under the protection of the God of Heaven. V. Glory be to the Father.

COLLECT

DEUS, qui Ecclésiam tuam ánnua quadragesimáli observatióne puríficas: præsta famíliæ tuæ: ut, quod a te obtinére abstinéndo nítitur, hoc bonis opéribus exsequátur. Per Dóminum.

O God, who dost purify Thy Church by the yearly observance of Lent; grant to Thy household, that what we strive to obtain from Thee by self denial, we may secure by good works. Through our Lord.

EPISTLE

2 Corinthians 6. 1-10

FRATRES: Exhortámur vos, ne in vácuum grátiam Dei recipiátis. Ait enim: Témpore accépto exaudívi te, et in die salútis adjúvi te. Ecce nunc tempus acceptabile, ecce nunc dies salútis. Némini dantes ullam offensiónem, ut non vituperétur ministérium nostrum: sed in ómnibus exhibeámus nosmetípsos sicut Dei minístros, in multa patiéntia, in tribulatiónibus, in necessitátibus, in angústiis, in plagis, in carcéribus, in seditiónibus, in labóribus, in vigíliis, in jejúniis, in castitáte, in sciéntia, in longanimitáte, in suavitáte, in Spíritu Sancto, in caritáte non ficta, in verbo veritátis, in virtúte Dei, per arma, justítiæ a dextris et a sinístris: per glóriam et ignobilitátem: per infámiam et bonam fa-

Brethren: We exhort you that you receive not the grace of God in vain. For He saith: In an accepted time have I heard thee, and in the day of salvation have I helped thee. Behold, now is the acceptable time, behold now is the day of salvation. Giving no offence to any man, that our ministry be not blamed: but in all things let us exhibit ourselves as the ministers of God, in much patience, in tribulation, in necessities, in distresses, in stripes, in prisons, in seditions, in labours, in watchings, in fastings, in chastity, in knowledge, in long-suffering, in sweetness, in the Holy Ghost, in charity unfeigned, in the word of truth, in the power of God: by the armour of justice on the right hand and on the left: by honour and

mam: ut seductóres, et veráces: sicut qui ignóti et cógniti: quasi moriéntes, et ecce vívimus: ut castigáti, et non mortificáti: quasi tristes, semper autem gaudéntes: sicut egéntes, multos autem locupletántes: tamquam nihil habéntes et ómnia possidéntes.

dishonour, by evil report and good report: as deceivers and yet true, as unknown and yet known: as dying, and behold we live: as chastised and not killed: as sorrowful, yet always rejoicing: as needy, yet enriching many: as having nothing and possessing all things.

Psalm 90. 11-12

GRADUAL

ANGELIS suis Deus mandávit de te, ut custódiant te in ómnibus viis tuis. V. In mánibus portábunt te, ne umquam offéndas ad lápidem pedem tuum.

God hath given His angels charge over Thee, to keep Thee in all Thy ways. V. In their hands they shall bear Thee up, lest Thou dash Thy foot against a stone.

Psalm 90. 1-7, 11-16

TRACT

QUI hábitat in adjutório Altíssimi, in protectióne Dei cæli commorábitur. V. Dicet Dómino: Suscéptor meus es tu et refúgium meum: Deus meus, sperábo in eum. V. Quóniam ipse liberávit me de láqueo venántium, et a verbo áspero. V. Scápulis suis obumbrábit tibi, et sub pennis ejus sperábis. V. Scuto circúmdabit te véritas ejus: non timébis a timóre noctúrno. V. A sagítta voláte per diem, a negótio perambulánte in ténebris, a ruína et dæmónio meridiáno. V. Cadent a látere tuo mille, et decem míllia a dextris tuis: tibi autem non appropinquábit. V. Quóniam Angelis suis mandávit de te, ut custódiant te in ómnibus viis tuis. V. In mánibus portábunt te, ne unquam offéndas ad lápidem pedem tuum. V. Super áspidem et basilíscum ambulábis, et conculcábis leónem, et dracónem. V. Quóniam in me sperávit, liberábo eum: prótegam eum, quóniam cognóvit nomen meum. V. Invocábit me, et ego exáudiam eum: cum ipso sum in tribulatióne. V. Erípiam eum, et glorificábo eum: longitúdine diérum adimplébo eum, et osténdam illi salutáre meum.

He that dwelleth in the aid of the Most High, shall abide under the protection of the God of heaven. V. He shall say to the Lord: Thou art my protector and my refuge: my God, in Him will I trust. V. For He hath delivered me from the snare of the hunters, and from the sharp word. V. He will overshadow thee with His shoulders, and under His wings thou shalt trust. V. His truth shall compass thee with a shield: thou shalt not be afraid of the terror of the night. V. Of the arrow that flieth in the day, of the business that walketh about in the dark, of invasion or of the noonday devil. V. A thousand shall fall at thy side, and ten thousand at thy right hand: but it shall not come nigh thee. V. For He hath given His angels charge over Thee, to keep Thee in all Thy ways. V. In their hands they shall bear Thee up, lest Thou dash Thy foot against a stone. V. Thou shalt walk upon the asp and the basilisk, and Thou shalt trample under foot the lion and the dragon. V. Because he hoped in Me I will deliver him: I will protect him, because he hath known My name. V. He shall cry to Me, and I will hear him: I am with him in tribulation. V. I will deliver him, and I will glorify him: I will fill him with length of days, and I will show him My salvation.

Matthew 4. 1-11

GOSPEL

IN illo témpore: Ductus est Jesus in desértum a Spíritu, ut tentarétur a diábolo. Et cum jejunásset quadragínta diébus et quadragínta nóctibus, póstea esúriit. Et accédens tentátor, dixit ei: Si Fílius Dei es, dic ut lápides isti panes fiant. Qui respóndens dixit: Scriptum est: Non in solo pane vivit homo, sed in omni verbo, quod procédit de ore Dei. Tunc assúmpsit eum diábolus in sanctam civitátem, et státuit eum super pinnáculum templi, et dixit ei: Si Fílius Dei es, mitte te deórsum. Scriptum est enim: Quia Angelis suis mandávit de te, et in mánibus tollent te, ne forte offéndas ad lápidem pedem tuum. Ait illi Jesus: Rursum scriptum est: Non tentábis Dóminum Deum tuum. Iterum assúmpsit eum diábolus in montem excélsum valde: et osténdit ei ómnia regna mundi, et glóriam eórum, et dixit ei: Hæc ómnia tibi dabo, si cadens adoráveris me. Tunc dicit ei Jesus: Vade, Sátana: scriptum est enim: Dóminum Deum tuum adorábis, et illi soli sérvies. Tunc relíquit eum diábolus: et ecce Angeli accessérunt et ministrábant ei.

At that time Jesus was led by the Spirit into the desert, to be tempted by the devil. And when He had fasted forty days and forty nights, afterwards He was hungry. And the tempter coming said to Him: If Thou be the Son of God, command that these stones be made bread. Who answered and said: It is written: Not in bread alone doth man live, but in every word that proceedeth from the mouth of God. Then the devil took Him up into the holy city and set Him upon the pinnacle of the temple, and said to Him: If Thou be the Son of God, cast Thyself down. For it is written: That He hath given His angels charge over Thee, and in their hands shall they bear Thee up, lest perhaps Thou dash Thy foot against a stone. Jesus said to him: It is written again: Thou shalt not tempt the Lord Thy God. Again the devil took Him up into a very high mountain and showed Him all the kingdoms of the world and the glory of them, and said to Him: All these will I give Thee, if falling down Thou wilt adore me. Then Jesus saith to him: Begone, Satan! for it is written: The Lord thy God shalt thou adore, and Him only shalt thou serve. Then the devil left Him: and behold angels came, and ministered to Him.

Psalm 90. 4-5

OFFERTORY

SCÁPULIS suis obumbrábit tibi Dóminus, et sub pennis ejus sperábis: scuto circúmdabit te véritas ejus.

The Lord will overshadow thee with His shoulders, and under His wings thou shalt trust: His truth shall compass thee with a shield.

[Response: Hear, O Lord, and have mercy upon us, who have sinned against Thee.]

SECRET

SACRIFÍCIUM quadragesimális inítii solémniter immolámus, te, Dómine, deprecántes: ut, cum epulárum restrictióne carnálium, a nóxiis quoque voluptátibus temperémus. Per Dóminum.

We solemnly offer Thee, O Lord, the sacrifice of the beginning of Lent, beseeching Thee, that by refraining from flesh at our meals, we may learn also to avoid sinful pleasures. Through our Lord.