

Psalm 2:11,12

COMMUNION

SERVITE Dómino in timóre, et exsultáte ei cum tremóre: apprehendite disciplinam, ne pereátis de via justa.

Serve the Lord with fear, and rejoice before Him with trembling; embrace discipline, lest you perish from the just way.

POSTCOMMUNION

SPÍRITUM nobis, Dómine, tuæ cantátis infúnde: ut, quos uno pane coelésti satiásti, tua fácias pietáte concórdes. Per Dominum.

Fill us, O Lord, with the spirit of Your love, to unite in charity those whom You have filled with one and the same heavenly Bread. Through our Lord.

PRAYER OVER THE PEOPLE

TUÉRE, Dómine, pópulum tuum et ab ómnibus peccátis cleménter emúnda: quia nulla ei nocébit advérsitas, si nulla ei dominétur iníquitas. Per Dominum.

Watch over Your people, O Lord, and mercifully cleanse them from all their sins; for no harm can come to them if no evil has power over them. Through our Lord.

MATERNAL HEART of MARY

Traditional Latin Mass Parish, Lewisham

PROPER of the MASS

FRIDAY AFTER ASH WEDNESDAY

Psalm 29:11,2

AUDÍVIT Dóminus, et misértus est mihi: Dóminus factus est adjútor meus. Ps 29:2. Exaltábo te, Dómine, quóniam suscepísti me: nec delectásti inimícos meos super me. Glória Patri.

INTROIT

The Lord has heard, and has had pity on me; the Lord became my helper. Ps. I will extol You, O Lord, for You drew me clear and did not let my enemies rejoice over me. Glory be to the Father.

COLLECT

INCHOÁTA jejúnia, quæsumus, Dómine, benigno favore prosecute: ut observántiam, quam corporáliter exhibémus, méntibus etiam sincéris exercére valeámus. Per Dominum.

May Your kindly favour, we beseech You, O Lord, accompany the fast we have begun, that we may be able to practice with a pure mind what we perform bodily. Through our Lord.

Isaias 58:1-9

HÆC dicit Dóminus Deus: Clama, ne cesses: quasi tuba exálta vocem tuam: et annúntia pópulo meo scélera eórum, et dómni Jacob peccáta eórum. Me étenim de die in diem quærunt, et scire vias meas volunt: quasi gens, quæ justítiam fécerit, et júdicium Dei sui non derelíquerit: rogant me júdicia justítiae: appropinquáre Deo volunt. Quare jejúnávimus, et non aspexisti: humiliávimus ánimas nostras, et nescísti? Ecce, in die jejúnii vestri invénitur volúntas vestra, et omnes debitóres vestros repétitis. Ecce, ad lites et contentiónes jejunátis, et percútitis pugno ímpie. Nolíte jejúnare sicut usque ad hanc diem, ut audiátur in excélsó clamor vester. Numquid tale est jejúnium, quod elégi, per diem affligere hómínem ánimam suam? numquid contorquére quasi círculum caput suum, et saccum et cínerem stérnere? numquid istud vocábis jejúnium, et diem accep-

EPISTLE

Thus says the Lord God: Cry out full-throated and unsparingly, lift up your voice like a trumpet blast; tell My people their wickedness, and the house of Jacob their sins. They seek Me day after day, and desire to know My ways, like a nation that has done what is just and not abandoned the law of their God; they ask Me to declare what is due them, pleased to gain access to God: Why do we fast, and You do not see it? afflict ourselves, and You take no note of it? Lo, on your fast day you carry out your own pursuits, and drive all your labourers. Yes, your fast ends in quarrelling and fighting, striking with wicked fist. Would that today you might fast so as to make your voice heard on high! Is this the manner of fasting I wish, of keeping a day of penance: that a man bow his head like a reed, and lie in sackcloth and ashes? Do you call this a fast, a day acceptable to the Lord? This, rather, is the fasting that I wish: releasing

tábilem Dómino? Nonne hoc est magis jejúnium quod elégi? dissólve colligatiónes impietátis, solve fascículos deprimentes: dimitte eos, qui confrácti sunt, líberos, et omne onus dirúmpe. Frange esuriénti panem tuum, et egénos vagósque induc in domum tuam: cum videris nudum, operi eum, et carnem tuam ne despéxeris. Tunc erúmpet quasi mane lumen tuum, et sánitas tua cítius oriétur, et anteíbit faciém tuam justítia tua, et glória Dómini colligete. Tunc invocábis, et Dóminus exáudiet: clamábis, et dicit: Ecce, adsum. Quia miséricors sum, Dóminus, Deus tuus.

Psalm 26:4

UNAM pétii a Dómino, hanc requíram, ut inhábitem in domo Dómini, V. Ut vídeam voluptátem Dómini, et prótegar a templo sancto ejus.

Psalm 102: 10; 78: 8, 9

DÓMINE, non secúndum peccáta nostra, quæ fécimus nos: neque secúndum iniquitátes nostras retríbuas nobis. Ps 78: 8-9. Dómine, ne memínaris iniquitátum nostrárum antiquárum: cito anticipent nos misericórdiæ tuæ, quia páuperes facti sumus nimis. [*Hic genuflectitur.*] V. Adjuva nos, Deus, salutáris noster: et propter glóriam nóminis tui, Dómine, líbera nos: et propítius esto peccátis nostris, propter nomen tuum.

Matthew 5:43-48; 6:1-4

IN illo témpore: Dixit Jesus discipulis suis: Audístis, quia dictum est: Diliges próximum tuum, et odio habébis inimícum tuum. Ego autem dico vobis: Dilígite inimícos vestros, benefácite his, qui odérunt vos, et oráte pro persecúentibus et calumniántibus vos, ut sitis filii Patris vestri, qui in coelis est: qui solem suum oriri facit super bonos et malos, et pluit super justos et injústos. Si enim dilígitis eos, qui vos dilígunt, quam mercédem habébitis?

those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking every yoke; sharing your bread with the hungry, sheltering the oppressed and the homeless; clothing the naked when you see them, and not turning your back on your own. Then your light shall break forth like the dawn, and your wound shall quickly be healed; your vindication shall go before you, and the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer, you shall cry for help, and He will say: Here I am! For I, the Lord your God, am merciful.

GRADUAL

One thing I ask the Lord; this I seek: to dwell in the house of the Lord. V. That I may gaze on the loveliness of the Lord and be protected by His holy temple.

TRACT

O Lord, deal with us not according to our sins, nor requite us according to our crimes. Ps. O Lord, remember not against us the iniquities of the past; may Your compassion quickly come to us, for we are brought very low. [*Kneel.*] V. Help us, O God, our Saviour, because of the glory of Your Name, O Lord; deliver us and pardon our sins for Your Name's sake.

GOSPEL

At that time, Jesus said to His disciples, You have heard that it was said: You shall love your neighbour, and shall hate your enemy. But I say to you: love your enemies, do good to those who hate you, and pray for those who persecute and calumniate you, so that you may be children of your Father in heaven, Who makes His sun to rise on the good and the evil, and sends rain on the just and the unjust. For if you love those that love you, what reward shall you have? Do not even the publicans do

nonne et publicáni hoc faciunt? Et si salutavéritis fratres vestros tantum, quid ámplius fácitis? nonne et éthnici hoc faciunt? Estóte ergo vos perfecti, sicut et Pater vester coeléstis perfectus est. Atténdite, ne justítiam vestram faciátis coram homínibus, ut videámini ab eis: alióquin mercédem non habébitis apud Patrem vestrum, qui in coelis est. Cum ergo facis eleemósynam, noli tuba cánere ante te, sicut hypócritæ faciunt in synagógis et in vicis, ut honorificéntur ab homínibus. Amen, dico vobis, recepérunt mercédem suam. Te autem faciénte eleemósynam, nésciat sinistra tua, quid faciat dextera tua, ut sit eleemósyna tua in abscondito, et Pater tuus, qui videt in abscondito, reddet tibi.

Psalm 118:154,125

DÓMINE, vivífica me secúndum elóquium tuum: ut sciam testimónia tua.

SACRIFÍCIUM, Dómine, observántiæ quadragesimális, quod offérimus, præsta, quæsumus: ut tibi et mentes nostras reddat accéptas, et contíntiæ promptióris nobis tríbuat facultátem. Per Dominum.

VERE dignum et justum est, æquum et salutáre, nos tibi semper, et ubique grátias ágere: Dómine sancte, Pater omnipotens, ætérne Deus: Qui corporáli jejúnio vítia cómprimis, mentem élevas, virtútem largís, et præmia: per Christum Dóminum nostrum. Per quem majestátem tuam laudant Angeli, adórant Domínatiónes, tremunt Potestátes. Cœli, cælórúmque Virtútes, ac beáta Séraphim, sócia exsultatióne concélebrant. Cum quibus et nostras voces, ut admítte júbeas, deprecámur, súplici confessióne dicétes:

that? And if you salute your brethren only, what are you doing more than others? Do not even the Gentiles do that? You therefore are to be perfect, even as you heavenly Father is perfect. Take heed not to do your good before men, in order to be seen by them; otherwise you shall have no reward with your Father in heaven. Therefore when you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and streets, in order that they may be honoured by men. Amen: I say to you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be given in secret; and your Father, Who sees in secret, will reward you.

OFFERTORY

O Lord, for the sake of Your promise give me life, that I may know Your decrees.

SECRET

Grant, O Lord, we beseech You, that as we offer the sacrifice of Lent, our hearts may be made acceptable to You; and the sacrifice may give us greater willingness for self-denial. Through our Lord.

PREFACE FOR LENT

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: