

SATURDAY MIDAFTERNOON PRAYER

for ORDINARY TIME WEEK III



INTROIT

God, come to my assistance.
— Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be forever. Amen.

HYMN

Most ancient of all mysteries,
before thy throne we lie;
have mercy now, most merciful,
most holy Trinity.

When heaven and earth were yet unmade,
when time was yet unknown,
thou in thy bliss and majesty
didst live and love alone.

Thou wast not born; there was no fount
from which thy being flowed;
there is no end which thou canst reach:
but thou art simply God.

How wonderful creation is,
the work which thou didst bless!
And O what then must thou belike,
eternal Loveliness!

Most ancient of all mysteries,
low at thy throne we lie;
have mercy now, most merciful,
most holy Trinity.

Text: Frederick William Faber, 1849; Melody: St. Flavian; Midi: Cyberhymnal

PSALMODY

Psalm 126: Joyful Hope in God

Companions with him in suffering, you will share his over-flowing happiness (2 Corinthians 1:7)

Antiphon 1: *The Lord has done great things for us; he is the source of all our joy.*

When the Lord delivered Zion from bondage,
it seemed like a dream.
Then was our mouth filled with laughter,
on our lips there were songs.

The heathens themselves said: "What marvels
the Lord worked for them!"
What marvels the Lord worked for us!
Indeed we were glad.

Deliver us, O Lord, from our bondage
as streams in dry land.
Those who are sowing in tears
will sing when they reap.

They go out, they go out, full of tears,
carrying seed for the sowing:
they come back, they come back, full of song,
carrying their sheaves.

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be forever. Amen.

Antiphon 1: *The Lord has done great things for us; he is the source of all our joy.*

Psalm 127: Apart from God our labors are worthless
You are God's building (1 Corinthians 3:9)

Antiphon 2: *May the Lord build our house and watch over our city.*

If the Lord does not build the house,
in vain do its builders labor;
if the Lord does not watch over the city,
in vain does the watchman keep vigil.

In vain is your earlier rising,
your going later to rest,
you who toil for the bread you eat,
when he pours gifts on his beloved while they slumber.

Truly sons are a gift from the Lord,
a blessing, the fruit of the womb.
Indeed the sons of youth
are like arrows in the hand of a warrior.

O the happiness of the man
who has filled his quiver with these arrows!
He will have no cause for shame
when he disputes with his foes in the gateways.

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be forever. Amen.

Antiphon 2: *May the Lord build our house and watch over our city.*

Psalm 128: Happiness of family life rooted in God
"May the Lord bless you from Zion," that is, from the Church (Arnobius)

Antiphon 3: *Blessed are those who fear the Lord.*

O blessed are those who fear the Lord
and walk in his ways!

By the labor of your hands you shall eat.
You will be happy and prosper;
your wife like a fruitful vine
in the heart of your house;
Your children like shoots of the olive,
around your table.

Indeed thus shall be blessed
the man who fears the Lord.
May the Lord bless you from Zion
all the days of your life!
May you see your children's children
in a happy Jerusalem!

On Israel, peace!

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be forever. Amen.

Antiphon 3: *Blessed are those who fear the Lord.*

READING

Micah 6:8

You have been told, O man, what is good,
and what the Lord requires of you:
Only to do the right and to love goodness,
and to walk humbly with your God.

SACRED SILENCE

All your commands are a joy to me, Lord.
— Never shall I forget your word.

CONCLUDING PRAYER

Lord,
make the peace we pray for a reality:
may we live our days in quiet joy
and, with the help of the Virgin Mary's prayers,
safely reach your kingdom.
Grant us this through Christ our Lord.
— Amen.

BLESSING

Let us praise the Lord.
— And give him thanks.