

Psalm 118:47,48 OFFERTORY

MEDITABOR in mandatis tuis, quæ di-lexi valde: et levabo manus meas ad mandata tua, quæ dilexi.

I meditated also on Thy commandments, which I loved exceedingly: and I lifted up my hands to Thy commandments, which I loved.

SECRET

HOSTIAS tibi Domine, placationis offerimus: ut et delicta nostra miseratus absolvas, et nutantia corda tu dirigas. Per Dominum.

We make sacrificial offerings to propitiate Thee, O Lord, so that in Thy mercy Thou mayest forgive us our sins and Thyself guide our wayward hearts. Through our Lord.

PREFACE FOR LENT

VERE dignum et justum est, æquum et salutâre, nos tibi semper, et ubique grâtiâs âgere: Dômine sancte, Pater omnîpotens, ætérne Deus: Qui corporâli jejûnio vítia cômprimis, mentem élevas, virtútem largiris, et præmia: per Christum Dôminum nostrum. Per quem majestâtem tuam laudant Angeli, adórant Dominationes, tremunt Potestâtes. Cæli, cælorumque Virtútes, ac beâta Séraphim, sócia exsultatione concélebrant. Cum quibus et nostras voces, ut admitti júbeas, deprecâmur, supplici confessione dicentes:

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:

Psalm 5:2-4 COMMUNION

INTELLEGE clamorem meum: intende voci orationis meæ, Rex meus, et Deus meus: quoniam ad te orabo, Domine.

Understand my cry: hearken to the voice of my prayer, O my King and my God: for to Thee will I pray: O Lord.

POSTCOMMUNION

TUI, Domine, perceptione sacramenti, et a nostris mundemur occultis, et ab hostium liberemur insidiis. Per Dominum.

By the reception of Thy Sacrament, O Lord, may we both be cleansed from our secret sins and delivered from the snares of our enemies.

PRAYER OVER THE PEOPLE

MENTES nostras, quæsumus, Domine, lumine tuæ claritatis illustra: ut videre possimus, quæ agenda sunt; et, quæ recta sunt agere valeamus. Per Dominum.

We beseech Thee, O Lord, illumine our minds with the light of Thy brightness: that we may see what has to be done and have the strength to do it. Through our Lord.

MATERNAL HEART of MARY

Traditional Latin Mass Chaplaincy, Lewisham

PROPER of the MASS

WEDNESDAY OF EMBER WEEK IN LENT

Psalm 24:6,3,22,1,2 INTROIT

REMINISCERE miserationum tuarum, Domine, et misericordiæ tuæ, quæ a sæculo sunt: ne umquam dominantur nobis inimici nostri: libera nos, Deus Israël, ex omnibus angustiis nostris. *Ps.* Ad te, Domine, levavi animam meam: Deus meus, in te confido, ne erubescam. Gloria Patri.

Remember O Lord, Thy bowels of compassion and Thy mercies, that are from the beginning of the world; lest at any time our enemies rule over us; deliver us, O God of Israel, from all our necessities. *Ps.* To Thee, O Lord, have I lifted up my soul: in Thee, O my God, I put my trust; let me not be ashamed. Glory to the Father.

After the Kyrie eleison is said:

COLLECT

Oremus.
Flectamus genua.
Levate.

Let us pray.
Let us kneel.
Arise.

PRECES nostra, quæsumus, Domine, clementer exaudi: et contra cuncta no-bis adversantia, dexteram tuæ majestatis extende. Per Dominum.

Mercifully hear our prayers, we beseech Thee, O Lord, and stretch forth the right hand of Thy Majesty against all our foes. Through our Lord.

Exodus 24:12-18 LESSON

IN diébus illis: Dixit Dóminus ad Móysen: Ascende ad me in montem, et esto ibi: dabóque tibi tábulas lapí-deas, et legem ac mandáta quæ scripsi: ut dóceas filios Israël. Surrexerunt Móyses et Jósue mínister ejus: ascendensque Móyses in montem Dei, senióribus ait: Expectáte hic donec revertémur ad vos. Habétis Aaron et Hur vobiscum: si quid natum fuerit quæstionis, referétis ad eos. Cumque ascendisset Móyses, opéruit nubes montem, et habitávit glória Dómini super Sinai, tegens illum nube sex diébus: séptimo autem die vocávit eum de médio caliginis. Erat autem spécies glória Dómini, quasi ignis ardens super vérticem montis, in conspéctu filiórum Israël.

In those days the Lord said to Moses: Come up to me into the mount, and be there: and I will give thee tables of stone, and the law, and the commandments which I have written: that thou mayst teach them. Moses rose up, and his minister Josue: and Moses going up into the mount of God, said to the ancients: Wait ye here till we return to you. You have Aaron and Hur with you: if any question shall arise, you shall refer it to them. And when Moses was gone up, a cloud covered the mount. And the glory of the Lord dwelt upon Sinai, covering it with a cloud six days: and the seventh day he called him out of the midst of the cloud. And the sight of the glory of the Lord was like a

Ingressusque Móyses médium nébulæ, ascéndit in montem: et fuit ibi quadraginta diébus, et quadraginta nóctibus.

Psalm 24:17-18

TRIBULATIONES cordis mei dilitatusum: de necessitatibus meis eripe me, Domine. Vide humilitatem meam et laborem meum: et dimitte omnium peccata mea.

DEVOTIONEM populi tui, quæsumus, Domine, benignus intende: ut, qui per abstinetiam macerantur in corpore, per fructum boni operis reficiantur in mente. Per Dominum

III Kings 19:3-8

IN diébus illis: Venit Elias in Bersabée Juda, et dimisit ibi púerum suum, et perréxit in désertum, viam unius diéi. Cumque venisset, et sedéret subter unam juniperum, petivit animæ suæ ut morerétur, et ait: Súfficit mihi, Dómine, tolle animam meam: neque enim mélior sum quam patres mei. Projecitque se, et obdormívit in umbra juniperi: et ecce angelus Dómini tétigit eum, et dixit illi: Surge, et cómede. Respéxit, et ecce ad caput suum subcinerício panis, et vas aquæ: comédit ergo, et bibit, et rursum obdormívit. Reversúsque est angelus Dómini secúndo, et tétigit eum, dixitque illi: Surge, cómede: grandis enim tibi restat via. Qui cum surrexisset, comédit et bibit, et ambulávit in fortitúdine cibi illius quadraginta diébus, et quadraginta nóctibus, usque ad montem Dei Horeb.

Psalm 24:17,18,1-4

DE necessitatibus meis, eripe me Domine: vide humilitatem meam, et laborem meum: et laborem meum: et dimitte omnia peccata mea. Ad te, Domine, levavi animam meam: Deus meus, in te confido, no erubescam: neque irrideant me inimici mei. Et

burning fire upon the top of the mount, in the eyes of the children of Israel. And Moses, entering into the midst of the cloud, went up into the mountain: and he was there forty days, and forty nights.

GRADUAL

The troubles of my heart are multiplied: deliver me from my necessities, O Lord. See my abjection and my labour; and forgive me all my sins.

COLLECT

Look down, favourably, we beseech Thee, O Lord, upon the devotion of Thy people, that they whose bodies are mortified by abstinence, may through the fruit of good works be refreshed in mind.

EPISTLE

In those days Elias came to Bersabee of Juda, and left his servant there, And he went forward, one day's journey into the desert. And when he was there, and sat under a juniper tree, he requested for his soul that he might die, and said: It is enough for me, Lord, take away my soul: for I am no better than my fathers. And he cast himself down, and slept in the shadow of the juniper tree: and behold an angel of the Lord touched him, and said to him: Arise and eat. He looked, and behold there was at his head a hearth cake, and a vessel of water: and he ate and drank, and he fell asleep again. And the angel of the Lord came again the second time, and touched him, and said to him: Arise, eat: for thou hast yet a great way to go. And he arose, and ate, and drank, and walked in the strength of that food forty days and forty nights, unto the mount of God, Horeb.

TRACT

Deliver me from my necessities, O Lord: see my abjection and my labour; and forgive me all my sins. To Thee, O Lord, have I lifted up my soul; in Thee, O my God, I put my trust, let me not be ashamed; neither let mine enemies laugh at

enim universi qui te expectant, non confundentur confundantur: omnes facientes vana.

Matthew 12:38-50

IN illo tempore: Responderunt Jesu quidam de scribis et pharisæis, dicentes: Magister, volumus a te signum videret. Qui respondens, ait illis. Generatio mala et adultera signum quærit: et signum non dabitur ei, nisi signum Jonæ prophætæ. Sicut enim fuit Jonas in ventre ceti tribus diebus, et tribus noctibus: sic erit Filius hominis in corde terræ tribus diebus, et tribus noctibus. Viri Ninivitæ surgent in iudicio cum generatione ista, et condemnabunt eam: quia pœnitentiam egerunt in prædicatione Jonæ. Et ecce plus quam Jonas hic. Regina Austri surget in iudicio cum generatione ista, et condemnabit eam: quia venit a finibus terræ audire sapientiam Salomonis, et ecce plus quam Salomon hic. Cum autem immundus spiritus exierit ab homine, ambulat per loca arida, quærens requiem, et non invenit. Tunc dicit: Revertar in domum meam, unde exivi. Et veniens invenit eam vacantem, et scopis mundatam, et ornatam. Tunc vadit, et assumit septem alios spiritus secum nequiores se, et intrantes habitant ibi: et fiunt novissima hominis illius pejora prioribus. Sic erit et generationi huic pessimæ. Adhuc eo loquente ad turbas, ecce mater ejus, et fratres stabant foris, quærentes loqui ei. Dixit autem ei quidam: ecce mater tua, et fratres tui foris stant, quærentes te. At ipse respondens dicenti sibi, quæ est mater mea, et qui sunt fratres mei? Et extendens manum in discipulos suos, dixit: Ecce mater mea, et fratres mei. Quicumque enim fecerit voluntatem Patris mei, Qui in Cœlis est: ipse meus frater, et soror, et mater est.

me. For none of them that wait on Thee shall be confounded: let all them be confounded that do vain things.

GOSPEL

At that time some of the Scribes and Pharisees answered Jesus, saying: Master we would see a sign from thee. Who answering said to them: An evil and adulterous generation seeketh a sign: and a sign shall not be given it, but the sign of Jonas the prophet. For as Jonas was in the whale's belly three days and three nights: so shall the Son of man be in the heart of the earth three days and three nights. The men of Ninive shall rise in judgment with this generation, and shall condemn it: because they did penance at the preaching of Jonas. And behold a greater than Jonas here. The queen of the south shall rise in judgment with this generation, and shall condemn it: because she came from the ends of the earth to hear the wisdom of Solomon, and behold a greater than Solomon here. And when an unclean spirit is gone out of a man he walketh through dry places seeking rest, and findeth none. Then he saith: I will return into my house from whence I came out. And coming he findeth it empty, swept, and garnished. Then he goeth, and taketh with him seven other spirits more wicked than himself, and they enter in and dwell there: and the last state of that man is made worse than the first. So shall it be also to this wicked generation. As He was yet speaking to the multitudes, behold His mother and His brethren stood without, seeking to speak to Him. And one said unto Him: Behold Thy mother and Thy brethren stand without, seeking Thee. But He answering him that told Him, said: Who is My mother, and who are My brethren? And stretching forth His hand towards His disciples, He said: Behold My mother and My brethren. For whosoever shall do the will of My Father, that is in heaven, He is My brother, and sister, and mother.