

Collecta at St. Anastasia. Station at St. Sabina.

Since the time of St. Gregory the Great this day has inaugurated at Rome the forty holy days of Lent, and was called *in capite jejunii* (the beginning of the fast). The canonical penance imposed on public penitents began on this day. In the rite of the blessing of the ashes, the last trace remains of the ceremony of the imposition of canonical penance on public penitents. Towards the Eleventh Century the disciplinary rule of public penance having been done away with, instead of the penitents of former days, the Pope, the clergy, and the Roman people took part indiscriminately in this function, and began to walk barefoot, with ashes sprinkled on their heads, to the Basilica at St. Sabina.

The *collecta* or assembly of the people was at the church of St. Anastasia, where the ashes were imposed on the heads of the clergy and people. They then proceeded up the Aventine Hill to the little church founded or rebuilt under Celestine I (423-32) by an Illyrian priest by the name of Peter and called by the name Sabina even before the relics of the martyred St. Sabina were brought thither from the *area Vindiciani* (her cemetery).

The rubric prescribes that the ashes blessed on this day be obtained by the burning of the palms, or green branches, blessed on the Palm Sunday of the preceding year.

New User Guide

(There are no Prayers at the Foot, the Mass begins with the Introit.)

(Only at High Mass when incense is used)

P: *Ab illo benedicáris, in cuius honóre cremáberis.*

(Only at High Mass when incense is used)

P: *Be blessed by Him in Whose honor you will be burnt.*

AT THE RIGHT SIDE OF THE ALTAR

INTROIT Wisdom 11: 24, 25, 27

Miseréris ómnium, Dómine, et nihil odísti eórum quæ fecísti, dissímulans peccáta hóminum propter pæniténtiam et parcens illis: quia tu es Dóminus, Deus noster. (Ps. 56: 2)

Miserére mei, Deus, miserére mei: quóniam in te confidit ánima mea.

Glória Patri et Filio et Spirítui Sancto, sicut erat in princípío, et nunc, et semper, et in sæcula sæculórum.

Amen. Miseréris ómnium, Dómine, et nihil odísti eórum quæ fecísti, dissímulans peccáta hóminum propter pæniténtiam et parcens illis: quia tu es Dóminus, Deus noster.

AT THE RIGHT SIDE OF THE ALTAR

Thou hast mercy upon all, O Lord, and hatest none of the things which Thou hast made, overlooking the sins of men for the sake of repentance, and sparing them because Thou art the Lord our God. (Ps. 56: 2) Have mercy on me, O God, have mercy on me for my soul trusteth in Thee.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen. Thou hast mercy upon all, O Lord, and hatest none of the things which Thou hast made, overlooking the sins of men for the sake of repentance, and sparing them because Thou art the Lord our God.

AT THE CENTER OF THE ALTAR

P: *Kýrie, eléison.*

S: *Kýrie, eléison.*

P: *Kýrie, eléison.*

S: *Christe, eléison.*

P: *Christe, eléison.*

S: *Christe, eléison.*

P: *Kýrie, eléison.*

S: *Kýrie, eléison.*

P: *Kýrie, eléison.*

AT THE CENTER OF THE ALTAR

P: *Lord, have mercy.*

S: *Lord, have mercy.*

P: *Lord, have mercy.*

S: *Christ, have mercy.*

P: *Christ, have mercy.*

S: *Christ, have mercy.*

P: *Lord, have mercy.*

S: *Lord, have mercy.*

P: *Lord, have mercy.*

(Stand at High Mass)

P: *Dóminus vobíscum.*

S: *Et cum spirítu tuo.*

(Stand at High Mass)

P: *The Lord be with you.*

S: *And with your Spirit.*

AT THE RIGHT SIDE OF THE ALTAR

P: *Orémus.*

COLLECT

Præsta, Dómine, fidélibus tuis: ut jejúniorum veneránda sollémnia, et cóngrua pietáte suscipiant, et secúra devotióne percúrrant. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spirítus Sancti, Deus, per ómnia sæcula sæculórum.

S: *Amen.*

(Sit)

AT THE RIGHT SIDE OF THE ALTAR

P: *Let us pray.*

Grant, O Lord, to Thy faithful people that they may begin the venerable solemnities of fasting with becoming piety, and may persevere to the end with steadfast devotion. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

S: *Amen.*

(Sit)

LESSON Joel 2: 12-19

Hæc dicit Dóminus: Convertímini ad me in toto corde vestro, in jejúnio, et in fletu, et in planctu. Est scíndite corda vestra, et non vestiménta vestra, et convertímini ad Dóminum, Deum vestrum: quia benígnus et misericórdiæ est, pátiens, et multæ misericórdiæ, et præstábilis super malítia. Quis scit, si convertátur, et ignóscat, et relínquat post se benedictiónem, sacrificium et libámen Dómino, Deo vestro? Cánite tuba in Sion, sanctificáte jejúnium, vocáte cœtum, congregáte pópulum, sanctificáte ecclésiám, coadunáte senes, congregáte parvulos et sugéntes úbera: egrediátur sponsus de cubili suo, et sponsa de thálamó suo. Inter vestibulum et altare plorábunt sacerdótes ministri Dómini, et dicent: Parce, Dómine, parce pópulo tuo: et ne des hereditátem tuam in oppróbrium, ut dominátem eis nátiónes. Quare dicunt in pópulis: Ubi est Deus eórum? Zelátus est Dóminus terram suam, et pepércit pópulo tuo. Et respóndit Dóminus, et dixit pópulo suo: Ecce, ego mittam vobis fruméntum et vinum et óleum, et replebímíni eis: et non dabo vos ultra oppróbrium in géntibus: dicit Dóminus omnipotens.

S: *Deo gratias.*

Thus saith the Lord: Be converted to Me with all your heart, in fasting and in weeping and in mourning. And rend your hearts and not your garments, and turn to the Lord your God; for He is gracious and merciful, patient and rich in mercy, and ready to repent of the evil. Who knoweth but He will return and forgive and leave a blessing behind Him, sacrifice and libation to the Lord your God? Blow the trumpet in Sion, sanctify a fast, call a solemn assembly, gather together the people, sanctify the Church, assemble the ancients, gather together the little ones and them that suck at the breasts let the bridegroom go forth from his bed and the bride out of her bride chamber. Between the porch and the altar the priests, the Lord's ministers, shall weep and shall say: Spare, O Lord, spare Thy people and give not Thy inheritance to reproach, that the heathen should rule over them. Why should they say among the nations Where is their God? The Lord hath been zealous for His land, and hath spared His people. And the Lord answered and said to His people: Behold I will send you corn and wine and oil, and you shall be filled with them and I will no more make you a reproach among the nations; saith the Lord almighty.

S: *Thanks be to God.*

GRADUAL Psalms 56: 2,4

Miserére mei, Deus, miserére mei: quóniam in te confidit ánima mea. Misit de cælo, et liberávit me, dedit in oppróbrium conculcántes me.

TRACT Psalms 102: 10

Dómine, non secúndum peccáta nostra, quæ fécimus nos: neque secúndum iniquitátes nostras retríbuas nobis. (Ps. 78: 8-9)

Dómine, ne memineris iniquitátum nostrárum antiqúarum: cito anticiper nos miserícordiæ tuæ, quia páuperes facti sumus nimis. *(Genuflect.)*

Ádjuva nos, Deus, salutáris noster: et propter glóriam nóminis tui, Dómine, libera nos: et propítius esto peccátis nostris, propter nomen tuum.

Have mercy on me, O God, have mercy on me for my soul trusteth in Thee. He hath sent from heaven and delivered me. He hath made them a reproach that trod upon me.

O Lord, repay us not according to the sins we have committed, nor according to our iniquities. (Ps. 78: 8-9) O Lord, remember not our former iniquities, let Thy mercies speedily prevent us; for we are become exceeding poor. *(Here kneel.)* Help us, O God, our Savior, and for the glory of Thy name, O Lord, deliver us: and forgive us our sins for Thy name's sake.

AT THE CENTER OF THE ALTAR
(Only at High Mass when incense is used)

P: *Ab illo benedicáris, in cuius honóre cremáberis.*

AT THE CENTER OF THE ALTAR
(Only at High Mass when incense is used)

P: *Be blessed by Him in Whose honor you will be burnt.*

P: *Munda cor meum ac lábia mea, omnipotens Deus, qui lábia Isaíæ Prophétæ cálculo mundásti igníto: ita me tua grata miseratione dignáre tuum digne váleam nuntiáre. Per Christum Dóminum nostrum. Amen.*

P: *Jube, Dómine, benedícere. Dóminus sit in corde meo, et in lábiis meis: ut digne et competénter annúntiem Evangélium suum. Amen.*

P: *Cleanse my heart and my lips, O almighty God, Who cleansed the lips of the Prophet Isaiah with a burning coal. In Thy gracious mercy, deign so to purify me, that I may worthily proclaim Thy holy Gospel. Through Christ our Lord. Amen.*

P: *Pray, Lord, a blessing. The Lord be in my heart and on my lips that I may worthily and fittingly proclaim His Gospel. Amen.*

AT THE LEFT SIDE OF THE ALTAR
(Stand)

P: *Dóminus vobíscum.*

S: *Et cum spirítu tuo.*

P: *Seqúentia sancti Evangélii secúndum Matthæum.*

S: *Glória tibi, Dómine.*

AT THE LEFT SIDE OF THE ALTAR
(Stand)

P: *The Lord be with you.*

S: *And with your spirit.*

P: *The continuation of the holy Gospel according to Matthew.*

S: *Glory to Thee, O Lord.*

GOSPEL Matthew 6: 16-21

In illo témpore Dixit Jesus discípulis suis: Cum jejunátis, nolíte fieri, sicut hypócritæ, tristes. Extérminant enim fácies suas, ut appáreant hominibus jejunántes, sed in corde suo, quia receperunt mercédem suam. Tu autem, cum jejúnas, unge caput tuum, et fáciem tuam lava, ne videáris hominibus jejúnans, sed Patri tuo, qui est in abscondíto: et Pater tuus, qui videt in abscondíto, reddet tibi. Nolíte thesaurizáre vobis thesáuros in terra: ubi ærúgo et tinea demólitur: et ubi fures effódiunt et furántur.

Thesaurízate autem vobis thesáuros in celo: ubi neque ærúgo neque tinea demólitur; et ubi fures non effódiunt nec furántur. Ubi enim est thesáurus tuus, ibi est et cor tuum.

S: *Laus tibi, Christe.*

P: *Per evangélica dicta deleántur nosra delicta.*

At that time, Jesus said to His disciples: When you fast, be not as the hypocrites, sad. For they disfigure their faces, that they may appear unto men to fast. Amen I say to you, they have received their reward. But thou, when thou fastest, anoint thy head and wash thy face, that thou appear not to men to fast, but to thy Father who is in secret: and thy Father who seeth in secret will repay thee. Lay not up to yourselves treasures on earth: where the rust and moth consume, and where thieves break through and steal. But lay up to yourselves treasures in heaven where neither the rust nor moth doth consume, and where thieves do not break through nor steal. For where thy treasure is, there is thy heart also.

S: *Praise to Thee, O Christ.*

P: *May our offenses be erased by the words of the Gospel.*

AT THE CENTER OF THE ALTAR

P: *Dóminus vobíscum.*

S: *Et cum spirítu tuo.*

P: *Orémus.*

(Sit)

AT THE CENTER OF THE ALTAR

P: *The Lord be with you.*

S: *And with your spirit.*

P: *Let us pray.*

(Sit)

OFFERTORY Psalms 29: 2-3

Exaltábo te, Dómine, quóniam susceperísti me, nec delectásti inimicos meos super me: Dómine, clamávi ad te, et sanásti me.

I will extol Thee, O Lord, for Thou hast upheld me, and hast not made my enemies to rejoice over me: O Lord, I have cried to Thee, and Thou hast healed me.

P: *Súscipe, sancte Pater, omnipotens ætérne Deus, hanc immaculátam hostíam, quam ego indignus fámulus tuus offero tibi, Deo meo vivo et vero, pro innumerábilibus peccátis, et offénsionibus, et negligétiis meis, et pro ómnibus circumstántiis, sed et pro ómnibus fidélibus cristiánis vivis atque defúntis: ut mihi, et illis proficiat ad salutem in vitam ætérnam. Amen.*

P: *Receive, O Holy Father, almighty and eternal God, this spotless host, which I, Thine unworthy servant, offer unto Thee, my living and true God, for my innumerable sins, offenses, and negligences, and for all here present; and also for all faithful Christians both living and dead, that it may profit me and them for salvation unto life everlasting. Amen.*

AT THE RIGHT SIDE OF THE ALTAR
P: *Deus, qui humanæ substántiæ dignitátem mirábiliter condidísti, et mirábilibus reformásti: da nobis per hujus aquæ et vini mystérium, ejus divinitátis nostræ fieri dignátus est párticeps, Jesus Christus Fílius tuus Dóminus noster: Qui tecum vivit et regnat in unitáte Spirítus Sancti, Deus: per ómnia sæcula sæculórum. Amen.*

AT THE RIGHT SIDE OF THE ALTAR
P: *O God, Who wonderfully formed the dignity of human nature, and more wonderfully restored it, grant us through the mystery of this water and wine, to be made participants of His divinity, Who condescended to become a partaker of our humanity, Jesus Christ, Thy Son, our Lord, Who with Thee, lives and reigns in the unity of the Holy Spirit, God, forever and ever. Amen.*

AT THE CENTER OF THE ALTAR

P: *Offérimus tibi, Dómine, cálicem salutáris tuam deprecánte cleméntiam: ut in conspéctu divínæ majestátis tuæ, pro nostra, et totíus mundi saluté cum odóre suavitátis ascéndat. Amen. In spirítu humilitátis, et in ánimo contríto suscipimur a te, Dómine, et sic fiat sacrificium nostrum in conspéctu tuo hódie, ut pláceat tibi, Dómine Deus. Veni, sanctificátor omnipotens ætérne Deus: et benedic hoc sacrificium, tuo sancto nómini præparátum.*

AT THE CENTER OF THE ALTAR

P: *We offer Thee, O Lord, the chalice of salvation, pleading Thy clemency, that it may ascend in the sight of Thy divine majesty, with a sweet fragrance, for our salvation and for that of the whole world. Amen. In a humble spirit and a contrite heart may we be received by Thee, O Lord, and let our sacrifice be so made in Thy sight this day that it may please Thee, O Lord God. Come, O sanctifier, almighty and eternal God, and bless this sacrifice prepared for Thy holy name.*

(Only at High Mass when incense is used)

P: *Per intercessiónem beáti Michælis Archángeli, stantis a dextris altáris incénsi, et ómnium electórum suórum, incénsium istud dignétur Dóminus benedícere, et in odórem suavitátis accíperé. Per Christum Dóminum nostrum. Amen.*

P: *Incénsium istud a te benedíctum, ascéndat ad te, Dómine, et descéndat super nos misericórdia tua.*

P: *Dirígátur, Dómine, orátio mea, sicut incénsium, in conspéctu tuo: elevátio mánuum meárum sacrificium vespértinum. Pone, Dómine, custódiám ori meo, et óstium circumstántiæ lábiis meis: ut non declínet cor meum in verba malitíæ, ad excusándas excusatiónes in peccátis.*

P: *Accéndas in nobis Dóminus ignem sui amóris, et flamma ætérnæ caritátis. Amen.*

(Only at High Mass when incense is used)

P: *By the intercession of blessed Michael the Archangel, who stands at the right hand of the altar of incense, and of all His elect, may the Lord deign to bless this incense, and to receive it as a sweet fragrance, through Christ our Lord.*

P: *May this incense, blessed by Thee, ascend to Thee, O Lord, and may Thy mercy descend upon us.*

P: *Let my prayer be directed, O Lord, as incense in Thy sight, the lifting up of my hands as an evening sacrifice. Set a watch, O Lord, before my mouth: and a door round about my lips: that my heart may not incline to evil words: to make excuses in sins.*

P: *May the Lord enkindle in us the fire of His love and the flame of everlasting charity. Amen.*

AT THE RIGHT SIDE OF THE ALTAR

P: Lavábo inter innocéntes manus meas: et circumdábo altáre tuum, Dómine: Ut áudiam vocem laudis, et enárrem unívsera mirabilia tua. Dómine, diléxi decórem domus tuæ, et locum habitatiónis glóriæ tuæ. Ne perdas cum impiis, Deus, ánimam meam: et cum viris mánguinum vitæ meam: In quorum sánguine iniquitates sunt: dextera eórum repléta est munéribus. Ego autem in innocéntia mea ingræssus sum: rédime me, et miserére mei. Pes meus stetit in dirécto: in ecclésiis benedicam te, Dómine. Glória Patri, et Filio, et Spíritui Sancto. Sicut erat in princípío, et nunc, et semper: et in sæcula sæculórum. Amen.

AT THE CENTER OF THE ALTAR

P: Súscipe, sancta Trinitás, hanc oblatiónem, quam tibi offérimus ob memóriam passiónis, resurrectiós, et ascensiónis Jesu Christi Dómini nostri: et in honórem beatæ Mariæ semper Virginis, et beáti Joánnis Baptistæ, et sanctorum Apostolorum Petri et Pauli, et istórum, et ómnium Sanctórum: ut illis proficiat ad honórem, nobis autem ad salutem: et illi pro nobis intercédere dignéntur in cælis, quorum memóriam ágimus in terris. Per eúndem Christum Dóminum nostrum. Amen.

P: Oráte fratres: ut meum ac vestrum sacrificium acceptabile fiat apud Deum Patrem omnipoténtem.

S: Suscipiat Dóminus sacrificium de mánibus tuis ad laudem, et glóriam nóminis tui, ad utilitátem quoque nostram, totiúsque Ecclésiæ suæ sanctæ.

P: Amen.

SECRET *(silently)*

Fac nos, quæsumus, Dómine, his munéribus offeréndis conveniénter aptári: quibus ipsius venerabilis sacraménti celebrárum exórdium.

Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus,

P: ...per ómnia sæcula sæculórum. *(aloud, to conclude the Secret Prayer)*

(Stand at High Mass)

S: Amen.

P: Dóminus vobíscum.

S: Et cum spíritu tuo.

P: Sursus corda.

S: Habémus ad Dóminum.

P: Grátias agámus Dómino Deo nostro.

S: Dignum et justum est.

PREFACE OF LENT

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 largiris et præmia: per Christum Dóminum nostrum. Per quem majestátem tuam laudant Ángeli, adórant Dominatiónes, tremunt Potestátes. Cæli cælórumque Virtútes ac beáta Séraphim sócia exultatióne concélebrant. Cum quibus et nostras voces ut admítte júbeas, deprecámur, súpplici confessiósne dicéntes:

(Kneel)

P: Sanctus ☩, Sanctus ☩, Sanctus ☩, Dóminus Deus Sábaoth. Pleni sunt cæli et terra glória tua. Hosánna in excélsis. †Benedíctus qui venit in nómine Dómini. Hosánna in excélsis.

THE ROMAN CANON

(silently)

P: Te ígitur, clementíssime Pater, per Jesum Christum Fílium tuum, Dóminum nostrum, súpplices rogámus, ac pétimus uti accépta hábeas, et benedícas, hæc dona, hæc múnera, hæc sancta sacrificia illibáta, in primis, quæ tibi offérimus pro Ecclésia tua sancta cathólica: quam pacificáre, custodíre, adunáre, et régere dignéris toto orbe terrárum: una cum fámulo tuo Papa nostro **N.**, et Antístite nostro **N.**, et ómnibus orthodoxis, atque cathólicæ et apostólicæ fidei cultóribus.

P: Meménto, Dómine, famulórum, famularúmque tuárum **N.**, et **N.**, et ómnium circumstántium, quorum tibi fides cógnita est, et nota devótió, pro quibus tibi offérimus: vel qui tibi offerunt hoc sacrificium laudis, pro se, suisque ómnibus: pro redemptiósne animárum suárum, pro spe salutis et incolumitátis suæ: tibique reddunt vota sua ætérno Deo, vivo et vero.

P: Communicántes, et memóriam venerántes, in primis gloriósæ semper Virginis Mariæ, Genitricis Dei et Dómini nostri Jesu Christi: sed et beáti Jósephi, ejúsdem Virginis Sponsi, et beatórum Apostolorum ac Mátyrum tuórum, Petri et Pauli, Andréæ, Jacóbi, Joánnis, Thomæ, Jacóbi, Philíppi, Bartholomæi, Matthæi, Simónis, et Thaddæi: Lini, Cleti, Cleméntis, Xysti, Cornélii, Cypriáni, Lauréntii, Chrysógoni, Joánnis et Pauli, Cosmæ et Damiáni, et ómnium Sanctórum tuórum; quorum méritis precibúsqne concédas, ut in ómnibus protectiósne tuæ muniámur auxilió. Per eúndem Christum Dóminum nostrum. Amen.

P: ☩ Hanc ígitur oblatiónem servitútis nostræ, sed et cunctæ familiæ tuæ, quæsumus, Dómine, ut placátus accípias: diésque nostras in tua pace dispónas, atque ab ætérna damnatiósne nos éripi, et in electórum tuórum júbeas grege numerári. Per Christum Dóminum nostrum. Amen.

P: Quam oblatiónem tu, Deus, in ómnibus, quæsumus, benedíctam, adscríptam, ratam, ratióabilem, acceptabilémque fácere dignéris: ut nobis Corpus, et Sanguis fiat dilectíssimi Fílii tui Dómini nostri Jesu Christi.

P: Qui pridie quam paterétur, accépit panem in sanctas, et elevábles manus suas, et elevátes óculos in cælum ad te Deum Patrem suum omnipoténtem, tibi grátias agens, benedixit, fregit, dedítque discipulis suis, dicens: Accípe, et manducáte ex hoc omnes, HOC EST ENIM CORPUS MEUM.

☩ ☩ ☩

P: Símili modo postquam cænátum est, accípiens et hunc præclarum Cálicem in sanctas ac venerábiles manus suas: item tibi grátias agens, benedixit, dedítque discipulis suis, dicens: Accípite, et bíbite ex eo omnes, HIC EST ENIM CALIX SÁNGUINIS MEI, NOVI ET AETÉRNII TESTAMÉNTI: MYSTÉRIUM FÍDEI: QUI PRO VOBIS ET PRO MULTIS EFFUSUS EST IN REMISSIÓNEM PECCATÓRUM. Hæc quotiescúmque fecéritis, in mei memóriam faciétis.

☩ ☩ ☩

P: Unde et memores, Dómine, nos servi tui, sed et plebs tua sancta, ejúsdem Christi Fílii tui Dómini nostri tam beatæ passiónis, nec non et ab inferis resurrectiósne: sed et in cælos gloriósæ ascensiónis: offerimus præclaræ majestáti tuæ de tuis donis, ac datis, hóstiam puram, hóstiam sanctam, hóstiam immaculátam, Panem sanctum vitæ ætérnæ, et Cálicem salutis perpétuæ.

P: Supra quæ propítio ac seréno vultu respiciens dignéris: ut accépta habére dignátus es múnera púeri tui justí Abel, et sacrificium Patriárchæ nostri Ábrahæ: et quod tibi óbtulit summus sacerdos tuus Melchisedech, sanctum sacrificium, immaculátam hóstiam.

P: Súpplices te rogámus, omnípotens Deus: júbe hæc perféris, omnípotens sancti Ángeli tui in sublíme altáre tuum, in conspéctu divinæ majestátis tuæ: ut quotquot, ex hac altáris participatiósne sacrosánctum Fílii tui, Corpus, et Sanguinem sumpserimus, omni benedictiósne cæléstis, et grátia repleámur. Per eúndem Christum Dóminum nostrum. Amen.

P: Meménto étiam, Dómine, famulórum, famularúmque tuarum **N.** et **N.** qui nos præcesserunt cum signo fidei, et dórmiant in somno pacis. Ipsis, Dómine, et ómnibus in Christo quiescentibus, locum refrigerii, lucis et pacis, ut indúgeas, deprecámur. Per eúndem Christum Dóminum nostrum. Amen.

P: Nobis quoque peccatóribus fámulis tuis, de multítudine miseratiónum tuárum sperántibus, partem áliquam, et societátem donáre dignéris, cum tuis sanctis Apóstolis et Mátyribus: tuis Joáinne, Stéphano, Matthía, Bárnaba, Ignátio, Alexándro, Marcellino, Petro, Felicitáte, Perpétua, Ágatha, Lúcia, Ágnéte, Cæcília, Anastasia, et ómnibus Sanctis tuis: intra eorum nos consórtium, non æstimátor mériti, sed véniæ, quæsumus, largítor admítte. Per Christum Dóminum nostrum.

P: Per quem hæc ómnia, Dómine, semper bona creas, sanctíficas, vivíficas, benedícis, et præstas nobis. Per ipsum, et cum ipso, et in ipso, est tibi Deo Patri omnipoténti, in unitáte Spíritus Sancti, omnis honor, et glória.

(aloud, to conclude the Canon)

P: Per ómnia sæcula sæculórum.

(Stand at High Mass)

S: Amen.

P: Orémus. Præcéptis salutáribus móniti, et divinæ institutiósne formáti, audémus dicere:

Pater noster, qui es in cælis: Sanctificétur nomen tuum: Advéniat regnum tuum: Fiat volúntas tua, sicut in cælo, et in terra. Pater noster, qui es in cælis: Qui dimitte nobis débíta nostra, sicut et nos dimittimus debitoribus nostris. Et ne nos indúcas in tentatiósne:

S: Sed libera nos a malo.

P: Amen

AT THE RIGHT SIDE OF THE ALTAR

P: I will wash my hands among the innocent, and I will compass Thine altar, O Lord, that I may hear the voice of praise: and tell of all Thy wondrous deeds. I have loved, O Lord, the beauty of Thy house and the place where Thy glory dwelleth. Destroy not my soul, O God, with the wicked, nor my life with men of blood. In whose hands are iniquities, their right hand is full with gifts. But I have walked in my innocence: redeem me, and have mercy on me. My foot has stood on the right path; in the churches I will bless Thee, O Lord. Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

AT THE CENTER OF THE ALTAR

P: Receive, O holy Trinity, this oblation which we offer to Thee in remembrance of the Passion, Resurrection, and Ascension of Our Lord Jesus Christ, and in honor of blessed Mary, ever Virgin, blessed John the Baptist, the holy Apostles Peter and Paul, and of these and of all the Saints; that it may avail unto their honor and our salvation, and may they deign to intercede in heaven for us who honor their memory here on earth. Through the same Christ, our Lord. Amen.

P: Pray brethren, that my sacrifice and yours may be acceptable to God the Father almighty.

S: May the Lord receive the sacrifice from your hands, to the praise and glory of His name, to our benefit, and that of all His holy Church.

P: Amen.

Do Thou, we beseech Thee, O Lord duly prepare us for the offering to these gifts, by which we celebrate the institution of this venerable sacrament. Through our Lord Jesus Christ Thy Son. Who liveth and reigneth with Thee in the unity of the Holy Spirit, God,

P: ...forever and ever.

(Stand at High Mass)

S: Amen.

P: The Lord be with you.

S: And with your spirit.

P: Lift up your hearts.

S: We have lifted them up to the Lord.

P: Let us give thanks to the Lord our God.

S: It is fitting and just.

It is truly fitting and just, proper and beneficial, that we should always and everywhere, give thanks unto Thee, holy Lord, Father almighty, everlasting God. Who by this bodily fast, dost curb our vices, dost lift up our minds and bestow on us strength and rewards; through Christ our Lord. Through Whom the Angels praise Thy majesty, the Dominations adore, the Powers tremble: the heavens and the hosts of heaven, and the blessed Seraphim, together celebrate in exultation. With whom, we pray Thee, command that our voices of supplication also be admitted in confessing Thee saying:

(Kneel)

P: Holy, holy, holy, Lord God of Hosts! Heaven and earth are filled with Thy glory. Hosanna in the highest!

†Blessed is He Who comes in the name of the Lord. Hosanna in the highest!

THE ROMAN CANON

(silently)

P: Therefore, most merciful Father, we humbly pray and entreat Thee, through Jesus Christ, Thy Son, Our Lord, that Thou would accept and bless these gifts, these offerings, these holy and spotless sacrifices, which, in the first place, we offer Thee for Thy holy Catholic Church: deign to pacify, to guard, to unite, and to govern her throughout the world, together with Thy servant **N.**, our Pope, and **N.**, our Bishop; and all orthodox believers of the Catholic and apostolic faith.

P: Be mindful, O Lord, of Thy servants and handmaids **N.** and **N.**, and of all here present, whose faith and devotion are known unto Thee, for whom we offer, or who offer to Thee, this sacrifice of praise for themselves, and for all their own, for the redemption of their souls, for their hope of salvation and safety; and who pay their vows to Thee, the everlasting, living, and true God.

P: Having communion with, and venerating first of all the memory of the glorious and ever Virgin Mary, Mother of our God and Lord Jesus Christ; and also of blessed Joseph, Spouse of the same Virgin, and of Thy blessed Apostles and Martyrs, Peter and Paul, Andrew, James, John, Thomas, James, Philip, Bartholomew, Matthew, Simon and Thaddeus; of Linus, Cletus, Clement, Sixtus, Cornelius, Cyprian, Lawrence, Chrysogonus, John and Paul, Cosmas and Damian, and all Thy Saints, by whose merits and prayers, grant that in all things we may be defended by the help of Thy protection. Through the same Christ, our Lord. Amen.

P: We therefore beseech Thee, O Lord, to graciously accept this oblation of our service, as also of Thy entire family; dispose our days in Thy peace, save us from eternal damnation, and command that we be numbered in the flock of Thine elect. Through Christ our Lord. Amen.

P: Which oblation, do Thou, O God, deign in all respects to make blessed, approved, ratified, reasonable and acceptable, so that it may become for us the Body and Blood of Thy most beloved Son, our Lord, Jesus Christ.

P: Who, the day before He suffered, took bread into His holy and venerable hands, and with His eyes raised to heaven, unto Thee, God, His almighty Father, giving thanks to Thee, He blessed it, broke it, and gave it to His disciples saying: Take, all of you, and eat of this: FOR THIS IS MY BODY.

P: In like manner, after He had supped, taking also this excellent chalice into His holy and venerable hands, and giving thanks to Thee, He blessed it, and gave it to His disciples, saying: Take, all of you, and drink of this: FOR THIS IS THE CHALICE OF MY BLOOD OF THE NEW AND ETERNAL TESTAMENT: THE MYSTERY OF FAITH: WHICH SHALL BE Poured OUT FOR YOU AND FOR MANY UNTO THE REMISSION OF SINS. As often as you shall do these things, you do them in memory of Me.

P: Wherefore, Lord, we, Thy servants, but also Thy holy people, mindful of the same Christ, Thy Son, our Lord, of His blessed passion, and of His resurrection from the grave, and of His glorious ascension into heaven, offer unto Thy most excellent majesty of Thine own gifts, bestowed upon us, a pure victim, a holy victim, an unspotted victim, the holy Bread of eternal life and the Chalice of everlasting salvation.

P: Deign to regard them with a gracious and serene countenance, and to accept them, as Thou didst deign to accept the gifts of Thy just servant Abel, and the sacrifice of Abraham our Patriarch, and that which Thy chief priest Melchisedech offered to Thee, a holy sacrifice, an unspotted victim.

P: Humbly we pray Thee, almighty God, command these offerings be borne by the hands of Thy holy Angel to Thine altar on high, in the sight of Thy divine majesty, so that as many of us as shall, by partaking from this altar, consume the most holy Body and Blood of Thy Son, may be filled with every heavenly grace and blessing. Through the same Christ our Lord. Amen.

P: Be mindful also, O Lord, of Thy servants and handmaids **N.** and **N.** who have gone before us with the sign of faith and rest in the sleep of peace. To these, O Lord, and to all who rest in Christ, we plead that you grant a place of comfort, light, and peace. Through the same Christ our Lord. Amen.

P: To us sinners also, Thy servants, trusting in the multitude of Thy mercies, deign to grant some part and fellowship with Thy holy Apostles and Martyrs, with John, Stephen, Matthias, Barnabas, Ignatius, Alexander, Marcellinus, Peter, Felicitas, Perpetua, Agatha, Lucy, Agnes, Cecilia, Anastasia, and with all Thy Saints, into whose company, we beseech Thee, not as appraiser of merit but as bestower of pardon, to admit us. Through Christ our Lord.

P: Through Whom, O Lord, Thou always create, sanctify, quicken, bless and bestow upon us all good things. Through Him and with Him and in Him is to Thee, God the Father almighty, in the unity of the Holy Spirit, all honor and glory,

(aloud, to conclude the Canon)

P: Forever and ever.

(Stand at High Mass)

S: Amen.

P: Let us pray: Admonished by Thy saving precepts, and following Thy divine institution, we dare to say: Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation.

S: But deliver us from evil.

P: Amen.

P: Líbera nos, quæsumus, Dómine, ab ómnibus malis, prætéritis, præsentibus, et futúris: et intercedénte beáta et gloriósa semper Vírgine Dei Genitricé María, cum beáteis Apóstolis tuis Petro et Paulo, atque Andréa, et ómnibus Sanctis, da propítius pacem in diébus nostris: ut ope misericórdiæ tuæ adjústi, et a peccáto simus semper líberi et ab omni perturbatióne secúri. Per eúndem Dominum nostrum Jesum Christum Fílium tuum. Qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

S: Amen.

P: Pax Dómini sit semper vobíscum.

S: **Et cum spíritu tuo.**

(Kneel at High Mass)

P: Hæc commixtio, et consecrátio Córporis et Sanguinis Dómini nostri Jesu Christi fiat accipiéntibus nobis in vitam ætérnam. Amen.

Agnus Dei, qui tollis peccáta mundi: **(strike breast)** miserére nobis.

Agnus Dei, qui tollis peccáta mundi: **(strike breast)** miserére nobis.

Agnus Dei, qui tollis peccáta mundi: **(strike breast)** dona nobis pacem.

P: Dómine Jesu Christe, qui dixísti Apóstolis tuis: Pacem relinquo vobis, pacem meam do vobis: ne respicias peccáta mea, sed fidem Ecclésiæ tuæ: eámque secúndum voluntátem tuam pacificáre et coadunáre dignéris: Qui vivis et regnas Deus per ómnia sæcula sæculórum. Amen.

P: Dómine Jesu Christe, Fili Dei vivi, qui ex voluntáte Patris, cooperánte Spíritu Sancto, per mortem tuam mundum vivificásti: líbera me per hoc sacrosáctum Corpus et Sanguinem tuum ab ómnibus iniquitatibus meis, et univérsis malis: et fac me tuis semper inhærére mandátis, et a te nunquam separári permíttas: Qui cum eódem Deo Patre in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum. Amen.

P: Percéptio Córporis tui, Dómine Jesu Christe, quod ego indignus súmere præsumo, non mihi provéniat in iudícium et condemnatiónem: sed pro tua pietáte condemni mihi ad tutaméntum mentis et cörperis, et ad medélam percipiéndam: Qui vivis et regnas cum Deo Patre in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum. Amen.

P: Panem cæléstem accípiam, et nomen Dómini invocábo.

Dómine, non sum dignus ☩, ut intres sub tectum meum: sed tantum dic verbo, et sanábitur ánima mea.

Dómine, non sum dignus ☩, ut intres sub tectum meum: sed tantum dic verbo, et sanábitur ánima mea.

Dómine, non sum dignus ☩, ut intres sub tectum meum: sed tantum dic verbo, et sanábitur ánima mea.

P: Corpus Dómini nostri Jesu Christi custódiat ánimam meam in vitam ætérnam. Amen.

P: Quid retríbuiam Dómino pro ómnibus quæ retríbuit mihi? Cálicem salutáris accípiam, et nomen Dómini invocábo. Laudans invocábo Dóminum, et ab inimícis meis salvus ero.

P: Sanguis Dómini nostri Jesu Christi custódiat ánimam meam in vitam ætérnam. Amen.

P: Ecce Agnus Dei, ecce qui tollit peccáta mundi.

S: Dómine, non sum **(strike breast)** dignus, ut intres sub tectum meum: sed tantum dic verbo, et sanábitur ánima mea.

S: Dómine, non sum **(strike breast)** dignus, ut intres sub tectum meum: sed tantum dic verbo, et sanábitur ánima mea.

S: Dómine, non sum **(strike breast)** dignus, ut intres sub tectum meum: sed tantum dic verbo, et sanábitur ánima mea.

AT THE COMMUNION RAIL

P: Corpus Dómini nostri Jesu Christi custódiat ánimam tuam in vitam ætérnam. Amen.

AT THE CENTER OF THE ALTAR

P: Quod ore súmpsimus, Dómine, pura mente capiámus: et de múnere temporáli fiat nobis remédium sempitérnum.

P: Corpus tuum, Dómine, quod sumpsi, et Sanguis, quem potávi, adhæreat viscéribus meis: et præsta; ut in me non remáneat scélerum mácula, quem pura et sancta refecerunt sacraménta: Qui vivis et regnas in sæcula sæculórum, Amen.

AT THE RIGHT SIDE OF THE ALTAR

COMMUNION Psalm 1: 2,3

Qui meditábitur in lege Dómini die ac nocte, dabit fructum suum in témpore suo.

AT THE CENTER OF THE ALTAR

(Stand at High Mass)

P: Dóminus vobíscum.

S: **Et cum spíritu tuo.**

AT THE RIGHT SIDE OF THE ALTAR

P: Orémus.

POSTCOMMUNION

Percépta nobis, Dómine, præbeant sacraménta subsidiúm: ut tibi grata sint nostra jejúnia, et nobis proficiant ad medélam. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

S: Amen.

P: Orémus.

PRAYER OVER THE PEOPLE

Humiliáte cápita vestra Deo.

Inclinántes se, Dómine, majestáti tuæ, propitiátus inténde: ut, qui divíno múnere sunt refécti, cæléstibus semper nutriántur auxiliis. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

S: Amen.

AT THE CENTER OF THE ALTAR

P: Dóminus vobíscum.

S: **Et cum spíritu tuo.**

P: Ite, Missa est.

S: **Deo grátias.**

(Kneel at High Mass)

P: Pláceat tibi, sancta Trínitas, obséqium servitútis meæ: et præsta; ut sacrificium, quod óculis tuæ majestátis indignus obtuli, tibi sit acceptabile, tibi sit acceptabile, tibi sit acceptabile, propitiábile. Per Christum Dóminum nostrum. Amen.

P: Benedícat vos omnípotens Deus, †Pater, et Fílius, et Spíritus Sanctus.

S: Amen.

AT THE LEFT SIDE OF THE ALTAR

(Stand)

P: Dóminus vobíscum.

S: **Et cum spíritu tuo.**

P: Inítnium sancti Evangéllii secúndum Joánnem.

S: **Glória tibi, Dómine.**

P: In princípío erat Verbum, et Verbum erat apud Deum, et Deus erat Verbum. Hoc erat in princípío apud Deum. Omnia per ipsum facta sunt: et sine ipso factum est nihil, quod factum est: in ipso vita erat, et vita erat lux hóminum: et lux in ténebris lucet, et ténebræ eam non comprehéndunt. Erat hómō eiss non a Deo, cui nomen erat Joánnes. Hic venit in testimónium, ut testimónium perhiberet de lúmine, ut omnes créderent per illum. Non erat ille lux, sed ut testimónium perhiberet de lúmine. Erat lux vera, quæ illúminat omnem hóminem veniéntem in hunc mundum. In mundo erat, et mundus per ipsum factus est, et mundus eum non cognóvit. In prǒpria venit, et sui eum non recepérunt. Quotquot autem recepérunt eum, dedit eis potestátem filios Dei fieri, his qui credunt in nómine ejus: qui non ex sanguínibus, neque ex voluntáte carnis, neque ex voluntáte viri, sed ex Deo nati sunt.

(Genuflect) ET VERBUM CARO

FACTUM EST

et habitávit in nobis: et vídimus glóriam ejus, glóriam quasi Unigéniti a Patre, plenum grátiae et veritátis.

S: Deo grátias.

[Leonine Prayers](#)

(optional after Low Mass)

P: Deliver us, we beseech Thee, O Lord, from all evils, past, present, and to come; and by the intercession of the blessed and glorious ever-Virgin Mary, Mother of God, together with Thy blessed Apostles, Peter and Paul, and Andrew, and all the Saints, mercifully grant peace in our days, that sustained by the help of Thy mercy, we may be always free from sin and secure from all disturbance. Through the same Jesus Christ, Thy Son, our Lord, Who lives and reigns with Thee, in the unity of the Holy Spirit, God, forever and ever.

S: Amen.

P: The peace of the Lord be always with you.

S: And with your spirit.

(Kneel at High Mass)

P: May this mingling and consecration of the Body and Blood of our Lord Jesus Christ be to us who receive it effectual unto eternal life. Amen.

Lamb of God, Who takes away the sins of the world, **(strike breast)** have mercy on us.

Lamb of God, Who takes away the sins of the world, **(strike breast)** have mercy on us.

Lamb of God, Who takes away the sins of the world, **(strike breast)** grant us peace.

P: O Lord Jesus Christ, Who said to Thine Apostles: Peace I leave you, My peace I give you; regard not my sins, but the faith of Thy Church, and deign to grant her peace and to unify her according to Thy will: Who lives and reigns God, forever and ever. Amen.

P: Lord Jesus Christ, Son of the living God, Who, by the will of the Father, with the cooperation of the Holy Spirit, hast by Thy death given life to the world; deliver me by this Thy most sacred Body and Blood, from all my sins and from all evils. Make me always cleave to Thy commandments, and never permit me to be separated from Thee, Who with the same God the Father and the Holy Spirit, lives and reigns, God, forever and ever. Amen.

P: Let not the partaking of Thy Body, O Lord Jesus Christ, which I, unworthy, presume to receive, turn to my judgment and condemnation; but through Thy kindness, may it benefit me, a safeguard both of mind and body, and a certain remedy. Who with God the Father, in the unity of the Holy Spirit, lives and reigns God, forever and ever. Amen.

P: I will take the Bread of heaven, and will call upon the name of the Lord.

Lord, I am not worthy that Thou should enter under my roof; but only say the word and my soul shall be healed.

Lord, I am not worthy that Thou should enter under my roof; but only say the word and my soul shall be healed.

Lord, I am not worthy that Thou should enter under my roof; but only say the word and my soul shall be healed.

P: May the Body of our Lord Jesus Christ preserve my soul unto life everlasting. Amen.

P: What return shall I render unto the Lord for all He has given me? I will take the Chalice of salvation, and I will call upon the name of the Lord. Praising I will call upon the Lord, and I shall be saved from my enemies.

P: May the Blood of our Lord Jesus Christ preserve my soul to life everlasting. Amen.

P: Behold the Lamb of God, behold Him who takes away the sins of the world.

S: Lord, I am **(strike breast)** not worthy that Thou should enter under my roof; but only say the word and my soul shall be healed.

S: Lord, I am **(strike breast)** not worthy that Thou should enter under my roof; but only say the word and my soul shall be healed.

S: Lord, I am **(strike breast)** not worthy that Thou should enter under my roof; but only say the word and my soul shall be healed.

AT THE COMMUNION RAIL

P: May the Body of our Lord Jesus Christ preserve your soul unto everlasting life. Amen.

AT THE CENTER OF THE ALTAR

P: Grant, O Lord, that what we have taken with our mouth, we may receive with a pure mind; and from a temporal gift may it become to us an eternal remedy.

P: May Thy Body, O Lord, which I have consumed, and Thy Blood which I have drunk, cling to my vitals; and grant that no wicked stain may remain in me, whom these pure and holy mysteries have refreshed. Who lives and reigns, forever and ever. Amen.

AT THE RIGHT SIDE OF THE ALTAR

He that shall meditate day and night on the law of the Lord, shall bring forth his fruit in due season.

AT THE CENTER OF THE ALTAR

(Stand at High Mass)

P: The Lord be with you.

S: And with your spirit.

AT THE RIGHT SIDE OF THE ALTAR

P: Let us pray.

May the sacraments which we have received afford us help, O Lord, that our fasts may be pleasing to Thee, and a profitable remedy. Through Jesus Christ our Lord, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

S: Amen.

P: Let us pray.

Bow down your heads before God.

Look down graciously, O Lord, upon those who bow before Thy majesty; that they who are refreshed by Thy divine gift may ever be sustained by heavenly aid. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

S: Amen.

AT THE CENTER OF THE ALTAR

P: The Lord be with you.

S: And with your spirit.

P: Go, the Mass is ended.

S: Thanks be to God.

(Kneel at High Mass)

P: May the performance of my homage be pleasing to Thee, O holy Trinity: and grant that the sacrifice which I, though unworthy, have offered up in the sight of Thy majesty, may be acceptable unto Thee, and may, through Thy mercy, be a propitiation for myself and all those for whom I have offered it. Through Christ our Lord. Amen.

P: May almighty God bless you, †the Father, Son, and Holy Spirit.

S: Amen.

AT THE LEFT SIDE OF THE ALTAR

(Stand)

P: The Lord be with you.

S: And with your spirit.

P: The beginning of the holy Gospel according to John.

S: Glory be to Thee, O Lord.

P: In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by Him: and without Him was made nothing that was made. In Him was life, and the life was the light of men. And the light shineth in darkness, and the darkness did not comprehend it. There was a man sent from God, whose name was John. This man came for a witness, to give testimony of the light, that all men might believe through him. He was not that light, but was to give testimony of the light. That was the true light, which enlighteneth every man that cometh into this world. He was in the world, and the world was made by Him, and the world knew Him not. He came unto His own, and His own received Him not. But as many as received Him, He gave them power to be made the sons of God, to them that believe in His name. Who are born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.

(Genuflect) AND THE WORD WAS MADE FLESH,

AND DWELT AMONG US, (and we saw His glory, the glory as it were of the only begotten of the Father,) full of grace and truth.

S: Thanks be to God.