EMBER WEDNESDAY AFTER THE FIRST SUNDAY OF LENT

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The ancient Roman sources speak of only three ember fasts, without one in spring. Perhaps the actual fixing of these three spring ember days (W,F,S) in this sixth week before Easter dates from a time when the paschal fast began only three weeks before the great festival of Easter.

The first Collect and Lesson, in this time of fast and on this ancient catechetical day, evoked the remembrance of Mount Horeb where Moses dwelt for forty days, fasting and conversing with God in order to receive from Him the Tables of the Law.

The second Lesson tells of the wonder-working bread which fortified the prophet Elias: a type of the Eucharist, the true unleavened bread of mortification which, as the Scripture says, purifies the soul and leads it to the height of Calvary.

INTROIT Psalms 24: 6, 3, 22 Reminíscere miseratiónum tuárum, Dómine, et misericórdiæ tuæ quæ a sæculo sunt: ne umquam dominéntur nobis inimíci nostri: líbera nos, Deus Israël ex ómnibus angústiis nostris. (Ps. 24: 1-2) Ad te, Dómine, levávi ánimam meam: Deus meus, in te confído, non erubéscam. Glória Patri et Fílio et Spirítui Sancto, sicut erat in princípio, et nunc, et semper, et in sæcula sæculórum. Amen. Reminíscere miseratiónum tuárum, Dómine, et misericórdiæ tuæ quæ a sæculo sunt: ne umquam dominéntur nobis inimíci nostri: líbera nos, Deus Israël ex ómnibus angústiis nostris.	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 tribulations. (Ps. 24: 1-2) 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 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. 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 tribulations.
(After the Kyrie, eleison is said:) Orémus. Flectámus génua. Leváte.	Let us pray. Let us kneel. Arise.
COLLECT Preces nostras, quǽsumus, Dómine, cleménter exáudi: et contra cuncta nobis adversántia, déxteram tuæ majestátis exténde. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum. *(The preceding Collect is used when Ember Wednesday is commemorated.)*	Of Thy mercy hear our prayers, O Lord, and stretch forth the right hand of Thy majesty against all things that work against us. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.
LESSON Exodus 24: 12-18 In diébus illis: Dixit Dóminus ad Móysen: Ascénde ad me in montem, et esto ibi: dabóque tibi tábulas lapídeas, et legem ac mandáta quæ scripsi: ut dóceas fílios Israël. Surrexérunt Móyses et Jósue minístеr ejus: ascendénsque Móyses in montem Dei, senióribus ait: Exspectáte hic donec revertámur ad vos. Habétis Aaron et Hur vobíscum: si quid natum fúerit quæstiónis, referétis ad eos. Cumque ascendísset Móyses, opéruit nubes montem, et habitávit glória Dómini super Sinai, tegens illum nube sex diébus: séptimo autem die vocávit eum de médio calíginis. Erat autem spécies glóriæ Dómini, quasi ignis ardens super vérticem montis, in conspéctu filiórum Israël. Ingressúsque Móyses médium nébulæ, ascéndit in montem: et fuit ibi quadragínta diébus, et quadragínta nóctibus.	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 mayest teach the children of Israel. 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 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 Psalms 24: 17, 18 Tribulatiónes cordis mei dilatátæ sunt: de necessitátibus meis éripe me, Dómine. Vide humilitátem meam, et labórem meum: et dimítte ómnia peccáta mea.	The troubles of my heart are multiplied: deliver me from my necessities, O Lord. See my abjection and my labor, and forgive me all my sins.
(Here is said Dominus vobiscum without Flectámus genua.) **COLLECT** Devotiónem pópuli tui, quǽsumus, Dómine, benígnus inténde: ut, qui per abstinéntiam macerántur in córpore, per fructum boni óperis reficiántur in mente. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum. *(And other collects may be said by chance occurring.)*	Behold with kindness, we beseech Thee, O Lord, the devotion of Thy people, that they, who now are mortified in body by abstinence, may be refreshed in soul by the fruit of their good work. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.
For St. Frances of Rome Deus, qui beátam Francíscam fámulam tuam, inter cétera grátiæ tuæ dona, familiári Angeli consuetúdine decorásti: concéde, quǽsumus; ut, intercessiónis ejus auxílio, Angelórum consórtium cónsequi mereámur. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum.	O God, Who, among other gifts of Thy grace didst honor blessed Frances, Thine handmaid, with the familiar companionship of an angel, grant, we beseech Thee, that by the help of her intercession we may deserve to attain the company of angels. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.
LESSON 3 Kings 19: 3-8 In diébus illis: Venit Elías in Bersabée Juda, et dimísit ibi púerum suum, et perréxit in desértum, viam unius diéi. Cumque venísset, et sedéret subter unam juníperum, petívit ánimæ suæ ut morerétur, et ait: Súfficit mihi, Dómine, tolle ánimam meam, neque enim mélior sum, quam patres mei. Projecítque se, et obdormívit in umbra juníperi: et ecce Ángelus Dómini tétigit eum, et dixit illi: Surge, et cómede. Respéxit, et ecce ad caput suum subcinerícius panis, et vas aquæ: comédit ergo, et bibit, et rursum obdormívit. Reversúsque est Ángelus Dómini secúndo, et tétigit eum, dixitque illi: Surge, cómede: grandis enim tibi restat via. Qui cum surrexísset, comédit et bibit, et ambulávit in fortitúdine cibi illius quadragínta diébus, et quadragínta nóctibus, usque ad montem Dei Horeb.	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 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 Psalms 24: 17; 18: 1-4 De necessitátibus meis éripe me, Dómine: vide humilitátem meam, et labórem meum: et dimítte ómnia peccáta mea. Ad te, Dómine, levávi ánimam meam: Deus meus, in te confído, non erubéscam: neque irrídeant me inimíci mei. Étenim univérsi qui te exspéctant, non confundéntur: confundántur omnes faciéntes vana.	Deliver me from my necessities, O Lord: see my abjection and my labor, 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 my enemies laugh at me. For none of them that wait on Thee shall be confounded: let all them be confounded that do vain things.
GOSPEL Matthew 12: 38-50 In illo témpore: Respondérunt Jesu quidam de scribis et pharisǽis, dicéntes: Magíster, vólumus a te signum vidére. Qui respóndens, ait illis: Generátio mala et adúltera signum quærit: et signum non dábitur ei, nisi signum Jonæ Prophétæ. Sicut enim fuit Jonas in ventre ceti tribus diébus et tribus nóctibus: sic erit Fílius hóminis in corde terræ tribus diébus et tribus nóctibus. Viri Ninivítæ surgent in judício cum generatióne ista, et condemnábunt eam: quia pœniténtiam egérunt in prædicatióne Jonæ. Et ecce plus quam Jonas hic. Regína Austri surget in judício cum generatióne ista, et condemnábit eam: quia venit a fínibus terræ audíre sapiéntiam Salomónis. Et ecce plus quam Sálomon hic. Cum autem immúndus spíritus exíerit ab hómine, ámbulat per loca árida, quærens réquiem, et non invénit. Tunc dicit: Revértar in domum meam, unde exívi. Et véniens invénit eam vacántem, scopis mundátam, et ornátam. Tunc vadit, et assúmit septem álios spíritus secum nequióres se, et intrántes hábitant ibi: et fiunt novíssima hóminis illíus pejóra prióribus. Sic erit et generatióni huic péssimæ. Adhuc eo loquénte ad turbas, ecce, Mater ejus et fratres stabant foris, quæréntes loqui ei. Dixit autem ei quidam: Ecce, mater tua et fratres tui foris stant, quæréntes te. At ipse respóndens dicénti sibi, ait: Quæ est mater mea, et qui sunt fratres mei? Et exténdens manum in discípulos suos, dixit: Ecce mater mea et fratres mei. Quicúmque enim fécerit voluntátem Patris mei, qui in cælis est: ipse meus frater et soror et mater est.	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 Nineveh 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 hands 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.
OFFERTORY Psalms 118: 47-48 Meditábor in mandátis tuis, quæ diléxi valde: et levábo manus meas ad mandáta tua, qua diléxi.	I will meditate on Thy commandments, which I have loved exceedingly: and I will lift up my hands to Thy commandments, which I have loved.
SECRET Hóstias tibi, Dómine, placatiónis offérimus: ut et delícta nostra miserátus absólvas, et nutántia corda tu dírigas. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum.	We offer Thee, O Lord, the sacrifice of reconciliation, both that Thou mayest take pity and pardon our sins, and that Thou mayest direct our wavering hearts. Through our Lord Jesus Christ Thy Son. Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.
For St. Frances of Rome Accépta tibi sit, Dómine, sacrátæ plebis oblátio pro tuórum se méritis, de tribulatióne percepísse cognóscit auxílium. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum.	May the offerings of thy holy people be accepted by Thee, O Lord, in honor of Thy saints, through whose merits they know that they have received aid in time of trouble. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.
PREFACE OF LENT Vere dignum et justum est, æquum 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 Ángeli, 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 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:
COMMUNION Psalms 5: 2, 4 Intéllige clamórem meum: inténde voci oratiónis meæ, Rex meus, et Deus meus: quóniam ad te orábo, Dómine.	Understand my cry: hark to the voice of my prayer, my King, and my God: for to Thee will I pray, O Lord.
POSTCOMMUNION Tui, Dómine, perceptióne sacraménti, et a nostris mundémur occúltis, et ab hóstium liberémur insídiis. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum.	By the reception of Thy sacrament, O Lord, may we both be cleansed of our secret sins and delivered from the snares of the enemy. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.
For St. Frances of Rome Satiásti, Dómine, famíliam tuam munéribus sacris: ejus, quæsumus, semper interventióne nos refóve, cujus solémnia celebrámus. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum.	Thou hast filled Thy household, O Lord, with sacred gifts; ever comfort us, we beseech Thee, by the intercession of the saint whose festival we celebrate. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.
PRAYER OVER THE PEOPLE Humiliáte cápita vestra Deo.	Bow your heads to God.
Mentes nostras, quǽsumus, Dómine, lúmine tuæ claritátis illústra: ut vidére possímus, quæ agénda sunt; et, quæ recta sunt, ágere valeámus. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum.	O Lord, we beseech You, shed light upon our minds by the brightness of Your glory, so that we may see what we must do and have strength to do what is right. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.