

## THURSDAY AFTER THE FIRST SUNDAY OF LENT

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The Mass dwells on fasting and prayer. The Gospel recalls the woman of Chanaan who, by humility and perseverance in prayer, obtained the cure of her daughter. Our Lord at first appeared to refuse to perform a miracle in favor of a Gentile woman. The cure of her daughter showed the mercy of God calling to penance the Chanaanite and the publican.

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#### AT THE FOOT OF THE ALTAR (Kneel)

**P:** † In nómine Patris, et Filii, et Spiritus Sancti. Amen.

**P:** Introíbo ad altáre Dei.

**S:** Ad Deum qui lætíficat juventútem meam.

(Psalm 42)

**P:** Júdica me, Deus, et discérne causam meam de gente non sancta: ab hómine iníquo et dolóso érué me.

**S:** Quia tu es, Deus, fortitúdo mea: quare me repulísti, et quare tristis incédo, dum afflígit me inimícus?

**P:** Emitte lucem tuam, et veritátem tuam: ipsa me deduxérunt, et adduxérunt in montem sanctum tuum, et in tabernácula tua.

**S:** Et introíbo ad altáre Dei: ad Deum qui lætíficat juventútem meam.

**P:** Confítëbor tibi in cíthara, Deus, Deus meus: quare tristis es, ánima mea, et quare contúrbas me?

**S:** Spera in Deo, quóniam adhuc confítëbor illi: salutáre vultus mei, et Deus meus.

**P:** Glória Patri, et Filio, et Spíritui Sancto.

**S:** Sicut erat in princípío, et nunc, et semper: et in sæcula sæculórum. Amen.

**P:** Introíbo ad altáre Dei.

**S:** Ad Deum qui lætíficat juventútem meam.

**P:** † Adjutórium nostrum in nómine Dómini.

**S:** Qui fecit cælum et terram.

**P:** Confíteor Deo omnipoténti, beátæ Mariæ semper Vírgini, beáto Michaéli Archángelo, beáto Joánni Baptístæ, sanctis Apóstolis Petro et Paulo, ómnibus Sanctis, et vobis fratres: quia peccávi nimis cogitatióne, verbo, et ópere: mea culpa, mea culpa, mea máxima culpa. Ídeo precor beátam Mariám semper Vírginem, beátum Michaélem Archángelum, beátum Joánnem Baptístam, sanctos Apóstolos Petrum et Paulum, omnes Sanctos, et vos fratres, oráre pro me ad Dóminum Deum nostrum.

**S:** Misereátur tui omnipotens Deus, et, dimíssis peccátis tuis, perdúcat te ad vitam ætérnam.

**P:** Amen.

**S:** Confíteor Deo omnipoténti, beátæ Mariæ semper Vírgini, beáto Michaéli Archángelo, beáto Joánni Baptístæ, sanctis Apóstolis Petro et Paulo, ómnibus Sanctis, et tibi pater: quia peccávi nimis cogitatióne, verbo, et ópere: **(strike breast 3 times)** mea culpa, mea culpa, mea máxima culpa. Ídeo precor beátam Mariám semper Vírginem, beátum Michaélem Archángelum, beátum Joánnem Baptístam, sanctos Apóstolos Petrum et Paulum, omnes Sanctos, et te Pater, oráre pro me ad Dóminum Deum nostrum.

**P:** Misereátur vestri omnipotens Deus, et, dimíssis peccátis vestris, perdúcat vos ad vitam ætérnam.

**S:** Amen.

**P:** † Indulgéntiam, absolutiónem, et remissionem peccatórum nostrórum, tríbuat nobis omnípotens et miséricors Dóminus.

**S:** Amen.

**P:** Deus, tu convérsus vivificábis nos.

**S:** Et plebs tua lætábitur in te.

**P:** Osténde nobis, Dómine, misericórdiam tuam.

**S:** Et salutáre tuum da nobis.

**P:** Dómine, exáudi oratiónem meam.

**S:** Et clamor meus ad te véniat.

**P:** Dóminus vobíscum.

**S:** Et cum spírítu tuo.

**P:** Orémus.

**P:** Aufer a nobis, quæsumus, Dómine, iniquitátes nostras: ut ad Sancta sanctorum puris mereámur méntibus introíre. Per Christum Dóminum nostrum. Amen.

#### AT THE CENTER OF THE ALTAR

**P:** Orámus te, Dómine, per mérita Sanctórum tuórum, quorum reliquię hic sunt et ómnium Sanctórum: ut indulgére dignéris ómnia peccáta mea. Amen.

*(Only at High Mass  
when incense is used)*

**P:** Ab illo benedicáris, in cujus 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 Psalms 95: 6

Conféssio et pulchritúdo in conspéctu eius: sánctitas et magnificéntia in sanctificatióne ejus. (Ps. 95: 1) Cantáte Dómino cánticum novum: cantáte Dómino, omnis terra. Glória Patri et Filio et Spíritui Sancto, sicut erat in princípío, et nunc, et semper, et in sæcula sæculórum. Amen.

Conféssio et pulchritúdo in conspéctu eius: sánctitas et magnificéntia in sanctificatióne ejus.

#### AT THE RIGHT SIDE OF THE ALTAR

Praise and beauty are before Him: holiness and majesty in His sanctuary. (Ps. 95: 1) Sing ye to the Lord a new canticle: sing to the Lord, all the earth. 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. Praise and beauty are before Him: holiness and majesty in His sanctuary.

#### 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.**

**(Stand at High Mass)**

**P:** Dóminus vobíscum.

**S:** **Et cum spírítu tuo.**

#### 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:** The Lord be with you.

**S:** And with your Spirit.

#### AT THE RIGHT SIDE OF THE ALTAR

##### COLLECT

Devotiónem pópuli tui, quæsumus, Dómine, benígnus inténde: ut, qui per abstínentiam macerántur in córpore, per fructum boni óperis reficiántur in mente. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritui Sancti, Deus, per ómnia sæcula sæculórum.

**S:** **Amen.**

**(Sit)**

##### LESSON Ezekiel 18: 1-9

In diébus illis: Factus est sermo Dómini ad me, dicens: Quid est, quod inter vos parabolam vértitis in provérbium istud in terra Israél, dicéntes: Patres comedérunt uvam acérbam, et dentes filiórum obstupéscunt? Vívo ego, dicit Dóminus Deus, si erit ultra vobis parábola hæc in provérbium in Israél. Ecce, omnes animæ meæ sunt: ut ánima patris, ita et ánima filii mea est: ánima, quæ peccáverit, ipsa moriétur. Et vir si fuerit justus, in móntibus non coméderit, et óculos suos non leváverit ad idóla domus Israél: et uxórem próximi sui non violáverit, et ad mulierem menstruatam non accésserit: et hóminem non contristáverit: pignus debítóri reddiderit, per vim nihil rapuerit: panem suum esuriénti déderit, et nudum operúerit vestiménta: ad usúram non commodáverit, et ámplius non accéperit: ab iniquitáte avérterit manum suam, et júdicium verum fécerit inter virum et virum: in præcéptis meis ambuláverit, et júdicia mea custodíerit, ut fáciat veritátem: hic justus est, vita vivet, ait Dóminus omnipotens.

**S:** Deo gratias.

##### GRADUAL Psalms 16: 8, 2

Custódi me, Dómine, ut pupíllam óculi: sub umbra alárum tuárum prótege me. De vultu tuo júdicium meum pródeat: óculi tui vídeant æquitátem.

#### AT THE CENTER OF THE ALTAR

*(Only at High Mass  
when incense is used)*

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

**P:** Munda cor meum ac lábia mea, omnípotens Deus, qui lábia Isaíæ Prophète cálculo macerásti igníte: ita me tua grata miseratióne dignáre mundáre, ut sanctum Evangélium tuum digne váleam nuntiáre. Per Christum Dóminum nostrum. Amen.

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

#### AT THE LEFT SIDE OF THE ALTAR

**(Stand)**

**P:** Dóminus vobíscum.

**S:** **Et cum spírítu tuo.**

**P:** Seqúentia Matthei Evangélii secúndum sanctum.

**S:** **Glória tibi, Dómine.**

##### GOSPEL Matthew 15: 21-28

In illo témpore: Egréssus Jesus secéssit in partes Tyri et Sidónis. Et ecce, múlier Chananæa a finibus illis egréssa clamávit, dicens ei: Misere me, Dómine, fili David: filia mea male a dæmónio vexátur. Qui non respóndit ei verbum. Et accedéntes discipulí ejus rogábant eum, dicéntes: Dimitte eam; quia clamat post nos. Ipse autem respóndens, ait: Non sum missus nisi ad oves, quæ periérunt domus Israél. At illa venit, et adorávit eum, dicens: Dómine, ádjuva me. Qui respóndens, ait: Non est bonum sumere panem filiórum, et mittere cánibus. At illa dixit: Etiam, Dómine: nam et catélli edunt de micis, quæ cadunt de mensa dominórum. Tunc respóndens Jesus, ait illi: O múlier, magna est fides tua: fiat tibi, sicut vis. Et sanáta est filia ejus ex illa hora.

#### 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.

At that time Jesus went from thence, and retired into the coasts of Tyre and Sidon. And behold a woman of Canaan who came out of those coasts, crying out, said to him: Have mercy on me, O Lord, thou son of David: my daughter is grievously troubled by the devil. Who answered her not a word. And his disciples came and besought him, saying: Send her away, for she crieth after us: And he answering, said: I was not sent but to the sheep that are lost of the house of Israel. But she came and adored him, saying: Lord, help me. Who answering, said: It is not good to take the bread of the children, and to cast it to the dogs. But she said: Yea, Lord; for the whelps also eat of the crumbs that fall from the table of their masters. Then Jesus answering, said to her: O woman, great is thy faith: be it done to thee as thou wilt: and her daughter was cured from that hour.



**S:** Laus tibi, Christe.  
**P:** Per evangélica dicta deleántur nostra delicta.

**AT THE CENTER OF THE ALTAR**

**P:** Dóminus vobíscum.  
**S:** **Et cum spírítu tuo.**  
**P:** Orémus.

**(Sit)**

**OFFERTORY Psalms 33: 8-9**

Immíttet Ángelus Dómini in circúitu timíttent eum, et erípiet eos: gustáte, et vidéte, quóniam suávis est Dóminus.

**P:** Súscipe, sancte Pater, omnípotens ætérne Deus, hanc immaculátam hóstiam, quam ego indignus fámulus tuus offéro tibi, Deo meo vivo et vero, pro innumerábilibus peccátis, et offensiónibus, et negligéntiis meis, et pro ómnibus circumstántibus, sed et pro ómnibus fidélibus christiánis vivis atque defúntis: ut mihi, et illis proficiat ad salutem in vitam ætérnám. Amen.

**AT THE RIGHT SIDE OF THE ALTAR**

**P:** Deus, qui humanæ substantiæ dignitatem mirabiliter condidísti, et mirabilius reformásti: da nobis per hujus aquæ et vini mystérium, ejus divinitatis esse consórtes, qui humanitatis nostræ fieri dignátus est párticipés, Jesus Christus Fílius tuus Dóminus noster: Qui tecum vivit et regnat in unitáte Spírítus Sancti Deus: per ómnia sæcula sæculórum. Amen.

**AT THE CENTER OF THE ALTAR**

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

**(Only at High Mass when incense is used)**

**P:** *Per intercessiónem beáti Michælis Archángeli, stantís a dextris altáris incénsi, et ómnium electórum suórum, incénsus istud dignétur Dóminus benedicere, et in odórem suavitátis accíperere. Per Christum Dóminum nostrum. Amen.*

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

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

**P:** *Accéndat in nobis Dóminus ignem sui amóris, et flamma ætérnæ caritátis. 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 univérsa mirabília tua. Dómine, diléxi decórem domus tuæ, et locum habitatiónis glóriæ tuæ. Ne perdas cum ímpiis, Deus, ánimam meam, et cum viris mánguinum vitam meam: In quorum sánibus iniquitates sunt: déxtera eórum repléta est munéribus. Ego autem in innocéntia mea ingræssus sum: rédime me, et miserére mei. Pes meus stetit in dirécto: in ecclésiis benedícam te, Dómine. Glória Patri, et Filio, et Spírítui Sancto. Sicut erat in princípío, et nunc, et semper: et in sæcula sæculórum. Amen.

**AT THE CENTER OF THE ALTAR**

**P:** Súscipe, sancta Trínitas, hanc oblatiónem, quam tibi offérimus ob memóriam passiónis, resurrectiόνis, et ascensiónis Jesu Christi Dómini nostri: et in honórem beátæ Mariæ semper Vírginis, et beáti Joánnis Baptistæ, et sanctorum Apostolórum Petri et Pauli, et istórum, et ómnium Sanctorum: 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 acceptábile fiat apud Deum Patrem omnipoténtem.

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

**P:** Amen.

**SECRET (silently)**

Sacrificia, Dómine, quæsumus, propénsius ista nos salvent, quæ medicínalibus sunt institúta jejúniis. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spírítus Sancti, Deus,

**(aloud, to conclude the Secret Prayer)**

**P:** ...per ómnia sæcula sæculórum.

**(Stand at High Mass)**

**S:** **Amen.**

**P:** Dóminus vobíscum.

**S:** **Et cum spírítu tuo.**

**P:** Sursum corda.

**S:** **Habémus ad Dóminum.**

**P:** Grátias agámus Dómino Deo nostro.

**S:** **Dignum et justum est.**

**PREFACE OF LENT**

Verè dignum et justum est, æquum et salutáre, nos tibi semper et ubique grátias ágere: Dómine sancte, Pater omnípotens, ætérne Deus: Qui corporáli jejúnio vítia còmprimis, mentem élevas, virtútem largíris et præmia: per Christum Dóminum nostrum. Per quem majestátem tuam laudant Ángeli, adórant Dominatiónes, tremunt Potestátes.

Cæli cælorumque Virtútes ac beáta Séraphim ómnino exultatióne concélebrant. Cum quibus et nostras voces ut admítta júbeas, deprecámur, súpplicii confessióne 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, cleméntíssime Pater, per Jesum Christum Fílium tuum, Dóminum nostrum, súpplices rogámus, ac pétimus uti accépta hábeas, et benedicis, hæc dona, hæc múnera, et 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 orthodoxís, 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 devótio, pro quibus tibi offerimus: vel qui tibi offerunt hoc sacrificium laudis, pro se, suisque ómnibus: pro remissióne animárum suárum, pro spe salutis et incolumitátis suæ: tibique reddunt vota sua æténo Deo, vivo et vero.

**P:** Communicántes, et memóriam venerántes, in primis glorióssæ semper Vírginis Mariæ, Genitricis Dei et Dómini nostri, Jesu Christi: sed et beáti Joséphi, ejúsdem Vírginis Sponsi, et beatórum Apostolórum ac Mátyrum tuórum, Petri et Pauli, Andréæ, Jacóbi, Joánnis, Thomæ, Jacóbi, Philóppi, Bartholomæi, Matthæi, Simónis, et Thaddæi: Liní, Cletti, Cleméntis, Xysti, Cornélii, Cypriáni, Lauréntii, Chrysógoni, Joánnis et Pauli, Cosmæ et Damiáni, et ómnium Sanctorumque tuórum: quorum méritis precibúsque concédas, ut in ómnibus protectiόνis 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 nostros in tua pace dispónas, atque ab ætérna damnatióne nos éripi, et in electórum tuórum júbeas grege numerári. Per Christum Dóminum nostrum. Amen.

**P:** Quam oblatiónem tu, Deus, in ómnibus, quæsumus, benedíctam, adscripciónem, ratam, ratióabilem, acceptabilémque fácere dignéris: ut nobiscum Filii tui Dómini nostri Jesu Christi.

**P:** Qui pridie quam paterétur, accépit panem in sanctas, ac venerábiles manus suas, et elevátis óculis in cælum ad te Deum Patrem suum omnipoténtem, tibi grátias agens, benedíxit, fregit, dedítque discípulis suis, dicens:

Accipite, et manducáte ex hoc omnes, HOC EST ENIM CORPUS MEUM.

☩ ☩ ☩

**P:** Símilli modo postquam cærenátum est, accípiens et hunc præclarum Cálicem in sanctas ac venerábiles manus suas: ítem tibi grátias agens, benedíxit, dedítque discípulis suis, dicens:

HIC EST ENIM CALIX SÁNGUINIS MEI, NOVI ET ÆTÉRNI TESTAMÉNTI: MYSTÉRIUM FÍDEI: QUI PRO VOBIS ET PRO MULTIS EFFUNDÉTUR 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 resurrectiόνis, offérimus præclaræ majestáti tuæ de tuis donis, ac datis, hóstiam puram, hóstiam sanctam, hóstiam immaculátam, Panem sanctum vitæ ætérnæ, et Cálicem salutis perpétuæ.

**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:** The Lord be with you.  
**S:** And with your spirit.  
**P:** Let us pray.

**(Sit)**

The Angel of the Lord shall encamp round about them that fear Him, and shall deliver them: O taste, and see that the Lord is sweet.

**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:** 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:** 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:** *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:** 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.

May these sacrificial rites, we beseech Thee, O Lord, the more readily save us in that they are introduced by healing fasts. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

**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**

**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, Matthew, Philip, Bartholomew, and Matthias, Simon and Thaddeus; of Linus, Cletus, Clement, Sixtus, Cornelius, Cyprian, Lawrence, Chrysogonus, John and Paul, Cosmas and Damian, and all Thy Saints, 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, 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:** Supra quæ propitio ac sereno vultu respicere digneris; et accepta habere, sicuti accepta habere dignatus es munera pueri tui iusti Abel, et sacrificium Patriarchæ nostri Abraham: et quod tibi obtulit noster sacerdos tuus Melchisedech, sanctum sacrificium, immaculatam hostiam.

**P:** Súpplīces te rogámus, omnípotens Deus: jube hæc perférri per manus sancti Ángeli tui in sublīme altáre tuum, in conspéctu divínæ majestátis tuæ: ut quotquot, ex hac altáris participatióne sacrosánctum Fílii tui, Corpus, et Sánguinem sumpsérimus, omni benedictióne cælésti 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 dormiunt in somno pacis. Ipsis, Dómine, et ómnibus in Christo quiescéntibus, locum refrigerii, lucis et pacis, ut indulgeas, deprecámur. Per eúndem Christum Dóminum nostrum. Amen.

**P:** Nobis quoque peccatóribus fámulis tuis, de multítudine miseratiónum tuárum sperántibus, partem áliquam, et societátem donáre digneris, cum tuis sanctis Apóstolis et Martíribus: cum Joáñne, Stéphano, Matthía, Bárnaba, Ignátio, Alexándro, Marcellíno, Petro, Felicitáte, Perpétua, Ágatha, Lúcia, Agnéte, Cæcília, Anastásia, et ómnibus Sanctis tuis: intra quorum 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 móñiti, et divína institutióne formáti, audémus dicere: Pater noster, qui es in cælis: Sanctificetur nomen tuum: Advéniat regnum tuum: Fiat vóluntas tua, sicut in cælo, et in terra. Panem nostrum quotidiánum da nobis hódie: Et dímítte nobis débíta nostra, sicut et nos dimittimus debítóribus nostris. Et ne nos indúcas in tentatiónem:

**S:** Sed libera nos a malo.

**P:** Amen

**P:** Líbera nos, quæsumus, Dómine, ab ómnibus malis, prætéritis, præséñtibus, et futúris: et intercedénte beáta et gloriósa semper Vírgine Dei Genitricé María, cum beátis Apóstolis tuis Petro et Paulo, atque Andréa, et ómnibus Sanctis, da propítius pacem in diébus nostris: ut ope misericórdiæ tuæ adjúti, et a peccáto simus semper líberi et ab omni perturbatióne secúri. Per eúndem Dóminum 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 consecrátió Córporis et Sánguinis Dómini nostri Jesu Christi fiat accipiéntibus nobis in vitam ætérnam. Amen.

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

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

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

**P:** Dómine Jesu Christe, qui dixisti Apóstolis tuis: Pacem relínquo vobis, pacem meam do vobis: ne respicias peccáta mea, sed fidem Ecclésiæ tuæ: eámque secúndum Voluntátem tuam pacificáre et coadunáre digneris: 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: libera me per hoc sacrosánctum Corpus et Sánguinem tuum ab ómnibus iniquitátibus meis, et univérsis malis: et fac me tuis semper inhærére mandátis, et a te numquam separári permittas: Qui cum eódem Deo Patre et Spíritu Sancto vivis et regnas Deus in sæcula sæculórum. Amen.

**P:** Percéptio Córporis tui, Dómine Jesu Christe, quod ego indignus súmere præsumo, non mihi provéniat in júdicium et condemnatiónem: sed pro tua pietáte prosit mihi ad tutaméntum mentis et córporis, 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: dignus 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 retribuam Dómino pro ómnibus quæ retribuit 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 sumpsimus, Dómine, pura mente capiámus: et de múnere temporáli fiat nobis remédium sempitérnum.

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

**AT THE RIGHT SIDE OF THE ALTAR**

**COMMUNION John 6: 52**  
Panis, quem ego dédero, caro mea est pro saeculi vita.

**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**  
Tuórum nos, Dómine, largitáte donórum, et temporálibus attólle præsídiis, et rénova sempitérnis. 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. Da, quæsumus, Dómine, pópulis cristiánis: et, quæ profiténtur, agnóscere, et cæléste múnus díligere, quod fréquentant. 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:** Inítium sancti Evangélii secúndum Joáñnem.  
**S:** Glória tibi, Dómine.

**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 to 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,

**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:** 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**

The bread that I will give is My Flesh for the life of the world.

**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.

Out of the abundance of Thy gifts, O Lord, sustain us with temporal safeguards, and renew us by the those that are eternal. 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.

**P:** Let us pray.

Bow down your heads before God. Grant, we beseech Thee, O Lord, to all Christian people, that they may understand what they profess, and love the heavenly Gift which they frequent. 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 principio erat Verbum, et Verbum erat apud Deum, et Deus erat Verbum. Hoc erat in principio 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 comprehendérunt. Fuit homo missus a Deo, cui nomen erat Joánnes. Hic venit in testimónium, ut testimónium perhibéret de lúmine, ut omnes créderent per illum. Non erat ille lux, sed ut testimónium perhibéret 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 própria 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 grátiaë et veritátis.

**S:** Deo grátias.

**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.