

**MASS PROPER: WEDNESDAY AFTER THE FIRST SUNDAY IN LENT  
(EMBER WEDNESDAY)**

MASS *Reminiscere* (violet)

**INTROIT Psalms 24: 6, 3, 22**

Reminiscere miseratiónum tuárum,  
Dómine, et misericórdiæ tuæ quæ a  
sæculo sunt: ne umquam dominéntur  
nobis inimíci nostri: líbera nos, Deus  
Israël ex ómnibus angústiiis nostris.  
(Ps. 24: 1-2) Ad te, Dómine, levávi  
ánimam meam: Deus meus, in te  
confído, non erubéscam. Glória Patri  
et Fílio et Spíritui Sancto, sicut erat in  
principio, et nunc, et semper, et in  
sæcula sæculórum. Amen.  
Reminiscere miseratiónum tuárum,  
Dómine, et misericórdiæ tuæ quæ a  
sæculo sunt: ne umquam dominéntur  
nobis inimíci nostri: líbera nos, Deus  
Israël ex ómnibus angústiiis nostris.

*(After the Kyrie, eleison is said:)*

Orémus.  
Flectámus génua.  
Leváte.

**COLLECT**

Preces nostras, quæsumus, Dómine,  
cleménter exáudi: et contra cuncta  
nobis adversántia, dexteram tuæ  
majestátis exténde. Per Dóminum  
nostrum Jesum Christum, Fílium  
tuum, qui tecum vivit et regnat in  
unitáte Spíritus Sancti, Deus, per  
omnia sæcula sæculórum.

*(The preceding Collect is used when  
Ember Wednesday is  
commemorated.)*

**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

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.

Let us pray.  
Let us kneel.  
Arise.

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.

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

scripsi: ut dóceas filios Israël.  
Surrexérunt Móyses et Jósue mínister  
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  
calígínis. 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.

**GRADUAL Psalms 24: 17, 18**

Tribulatiónes cordis mei dilatátæ sunt:  
de necessitatibus meis éripe me,  
Dómine. Vide humilitátem meam, et  
labórem meum: et dimítte ómnia  
peccáta mea.

*(Here is said Dominus vobiscum  
without Flectámus genua.)*

**COLLECT**

Devotiónem pópuli tui, quæsumus,  
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 sæcula sæculórum.

*(And other collects may be said by  
chance occurring.)*

**For St. Frances of Rome**

Deus, qui beátam Francíscam  
fámulam tuam, inter cétera grátiae tuæ  
dona, familiári Angeli consuetúdine

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.

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.

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.

O God, Who, among other gifts of Thy  
grace didst honor blessed Frances,  
Thine handmaid, with the familiar

meus: quóniam ad te orábo, Dómine.

### 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 sæcula sæculórum.

#### *For St. Frances of Rome*

Satiásti, Dómine, familiam 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 sæcula sæculórum.

### PRAYER OVER THE PEOPLE

Humiliáte cápita vestra Deo.

Mentes nostras, quæsumus, Dómine, lúmine tuæ claritátis illústra: ut vidére possimus, 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 sæcula sæculórum.

for to Thee will I pray, O Lord.

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.

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.

Bow your heads to God.

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.

decorásti: concéde, quæsumus; ut, intercessióne 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 sæcula sæculórum.

### LESSON 3 Kings 19: 3-8

In diébus illis: Venit Elías in Bersabée Juda, et dimísit ibi púerum suum, et perréxit in désertum, 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 subcinerícus panis, et vas aquæ: comédit ergo, et bibit, et rursus 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.

### 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 expéctant, non confundéntur: confundántur omnes faciéntes vana.

### GOSPEL Matthew 12: 38-50

In illo témpore: Respondérunt Jesu

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.

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.

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.

At that time some of the scribes and

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

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,

#### **OFFERTORY Psalms 118: 47-48**

Meditabor in mandatis tuis, quæ diléxi valde: et levábo manus meas ad mandáta tua, qua diléxi.

#### **SECRET**

Hóstias tibi, Dómine, placatiónis offerimus: ut et delicta nostra miserátus absólvas, et nutántia corda tu dirigas. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

#### *For St. Frances of Rome*

Accépta tibi sit, Dómine, sacrátæ plebis oblátio pro tuórum se méritis, de tribulatióne percepisse cognóscit auxiliúm. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

#### **PREFACE OF LENT**

Vere dignum et justum est, æquum et salutáre, nos tibi semper et ubique grátias ágere: Dómine sancte, Pater omnípotens, 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 exsultatióne concélebrant. Cum quibus et nostras voces ut admítte júbeas, deprecámur, súpplíci confessiône dicentes:

#### **COMMUNION Psalms 5: 2, 4**

Intéllige clamórem meum: inténde voci oratiónis meæ, Rex meus, et Deus

and mother.

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.

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.

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.

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:

Understand my cry: hark to the voice of my prayer, my King, and my God: