

The Lesson of the Mass teaches that in order to receive the divine graces, we must break the bond of sin, perform outward works of mercy, and render God inward and spiritual worship. The choice of the Gospel has reference to the numerous miracles obtained by the faithful at the tomb of St. Lawrence, whose church in Rome was the gathering point for the procession before today's Mass.

**INTROIT Psalms 29: 11**

Audívit Dóminus, et misértus est mihi: Dóminus factus est adiútor meus. (Ps 29: 2) Exaltábo te, Dómine, quóniam suscepísti me: nec delectásti inimícos meos super me. Glória Patri et Fílio et Spíritui Sancto, sicut erat in princípío, et nunc, et semper, et in sæcula sæculórum. Amen. Audívit Dóminus, et misértus est mihi: Dóminus factus est adiútor meus.

**COLLECT**

Adésto, Dómine, supplicatióibus nostris: et concéde; ut hoc sollémne jejúnium, quod animábus corporibúsq; curándis salúbriter institútum est, devóto servítio celebrémus. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

**LESSON Isaiah 58: 9-14**

Hæc dicit Dóminus Deus: Si abstúleris de médio tui caténam, et desieris exténdere dígitum, et loqui quod non prodest. Cum effúderis esuriéti ánimam tuam, et ánimam afflíctam repléveris, oriétur in ténebris lux tua, et ténebræ tuæ erunt sicut merídiés. Et réquiem tibi dabit Dóminus semper, et implébit splendóribus ánimam tuam, et ossa tua liberábit, et eris quasi hortus irriguus, et sicut fons aquárum, cuius non deficiént aquæ. Et ædificabúntur in te desérta sæculórum: fundaménta generatiónis et generatiónis suscitábis: et vocáberis ædificátor sépium, avértens sémitas in quietem. Si avérteris a sábbato pedem tuum, fácere voluntátem tuam in die sancto meo, et vocáveris sábbatum delicátum, et sanctum Dómini gloriósum, et glorificáveris eum, dum non facis vias tuas, et non invénitur volúntas tua, ut loquáris sermónem: tunc delectáberis super Dómino: et sustóllam te super altitúdines terræ, et cibábo te hereditáte Iacob, patris tui. Os enim Dómini locútum est.

**GRADUAL Psalms 26: 4**

Unam petíi a Dómino, hanc requíram, ut inhábitem in domo Dómini, Ut vídeam voluptátem Dómini, et prótegar a templo sancto ejus.

**GOSPEL Mark 6: 47-56**

In illo témpore: Cum sero esset, erat navis in médio mari, et Jesus solus in terra. Et videns discípulos suos laborántes in remigándo (erat enim ventus contráriuus eis,) et circa quartam vigíliam noctis venit ad eos ámbulans supra mare: et volébat præteríre eos. At illi, ut vidérunt eum ambulántem supra mare, putavérunt phantásma esse, et exclamavérunt. Omnes enim vidérunt eum, et conturbáti sunt. Et statim locútus est cum eis, et dixit eis: Confídite, ego sum, nolíte timére. Et ascendit ad illos in navim, et cessávit ventus. Et plus magis intra se stupébant: non enim intellexérunt de páribus: erat enim cor eórum obcæcátum. Et cum transfretássent, venérunt in terram Genésareth, et applicuérunt. Cumque egréssi essent de navi, contínuo cognovérunt eum: et percurréntes univérsam regiónem illam, cœpérunt in grabátis eos, qui se male habébant, circumfêre ubi audiébant eum esse. Et quocúmque introíbat, in vicis vel in villas aut civitatés, in platéis ponébant infirmos, et deprecabántur eum, ut vel fimbriam vestiménti ejus tángerent: et quotquot tangébant eum, salvi fiébant.

**OFFERTORY Psalms 118: 154, 125**

Dómine, vivífica me secúndum elóquium tuum: ut sciam testimónia tua.

**SECRET**

Súscipe, Dómine, sacrificium, cujus te voluísti dignánter immolatióne placári: præsta, quæsumus; ut, hujus operatióne mundáti, beneplácitum tibi nostræ mentis offerámus afféctum. 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 cóprimis, mentem élevas, virtútem largiris et præmia: per Christum Dóminum nostrum. Per quem majestátem tuam laudant Ángeli, adórant Dominatiónes, tremunt Potestátes. Cæli cælórúmque Virtútes ac beáta Séraphim sócia exsultatióne concélebrant. Cum quibus et nostras voces ut admítti júbeas, deprecámur, súpplici confessióne dicéntes:

**COMMUNION Psalms 2: 11-12**

Servite Dómino in timóre, et exsultáte ei cum tremóre: apprehéndite disciplinam, ne pereátis de via justa.

**POSTCOMMUNION**

Cæléstis vitæ múnere vegetáti, quæsumus, Dómine: ut, quod est nobis in præsénti vita mystérium, fiat æternitátis auxiliium. 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.

Fidèles tui, Deus, per tua dona firméntur: ut éadem et percipiéndó requírant, et quæréndó sine fine percípiant. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

The Lord has heard, and has had pity on me; the Lord became my helper. (Ps 29: 2) I will extol You, O Lord, for You drew me clear and did not let my enemies rejoice over me. 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. The Lord has heard, and has had pity on me; the Lord became my helper.

May Thy kindly favor, we beseech Thee, O Lord, accompany the we have begun, that we may be able to practice with a pure mind what we perform bodily. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

Thus saith the Lord God: If thou wilt take away the chain out of the midst of thee and cease to stretch out the finger and to speak that which profiteth not. When thou shalt pour out thy soul to the hungry and shall satisfy the afflicted soul, then shall thy light rise up in darkness and thy darkness shall be as the noonday. And the Lord will give thee rest continually and fill thy soul with brightness and deliver thy bones; and thou shalt be like a watered garden, and like a fountain of water whose waters shall not fail. And the places that have been desolate for ages shall be built in thee; thou shalt raise up the foundations of generation and generation; and thou shalt be called the repairer of of the fences, turning the paths into rest. If thou turn away thy foot from the sabbath, from doing thy own will in my holy day, and call the sabbath delightful and the holy of the Lord glorious, and glorify him, while thou dost not thy own ways and thy own will is not found to speak a word: then shall thou be delighted in the Lord, and I will lift thee above the high places of the earth and will feed thee with the inheritance of Jacob thy father, For the mouth of the Lord hath spoken it.

One thing I ask the Lord; this I seek: to dwell in the house of the Lord. That I may gaze on the loveliness of the Lord and be protected by His holy temple.

At that time, when it was late, the ship was in the midst of the sea, and Jesus alone on the land. And seeing His disciples straining at the oars, for the wind was against them, about the fourth watch of the night He came to them, walking upon the sea, and He would have passed by them. But they, seeing Him walking upon the sea, thought it was a ghost, and cried out. For they all saw Him, and were troubled. Then He immediately spoke to them, and said to them, Take courage; it is I, do not be afraid. And He got into the boat with them, and the wind fell. And they were utterly beside themselves with astonishment, for they had not understood about the loaves, because their heart was blinded. And crossing over, they came to the land of Genesareth and moored the boat. And when they had gotten out of the boat, the people at once recognized Him; and they hurried through the whole country, and began to bring the sick on their pallets, wherever they heard He was. And wherever He went, into village or hamlet or town, they laid the sick in the market places, and entreated Him to let them touch but the tassel of His cloak; and as many as touched Him were saved.

O Lord, for the sake of Thy promise give me life, that I may know Thy decrees.

Receive, O Lord, this sacrifice by which You have graciously willed to be appeased: grant, we beseech You, that, cleansed by its effects, we may offer You the love of our hearts as an acceptable gift. 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:

Serve the Lord with fear, and rejoice before Him with trembling; embrace discipline, lest you perish from the just way.

Fortified by the Bread of Life, we beseech Thee, O Lord, that what is a sacrament in this life may become a help to life 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.

Bow down your heads before God.

May Thy faithful people, O God, be strengthened by Thy gifts; that by receiving them, they may still desire them, and by desiring them, may evermore receive them. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.