

INTROIT Wisdom 11:24, 25, 27

Miseréris ómnium, Dómine, et nihil odísti eórum quæ fecísti, dissimulans 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. V. Glória Patri et Fílio et Spíritui Sancto, sicut erat in princípío, et nunc, et semper, et in sæcula sæculórum. Amen. Miseréris ómnium, Dómine, et nihil odísti eórum quæ fecísti, dissimulans peccáta hóminum propter pæniténtiam et parcens illis: quia tu es Dóminus, Deus noster.

COLLECT

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

LESSON Joel 2: 12-19

Hæc dicit Dóminus: Convertímíni ad me in toto corde vestro, in jejúnio, et in fletu, et in planctu. Et scíndite corda vestra, et non vestiménta vestra, et convertímíni ad Dóminum, Deum vestrum: quia benígnus et miséricors 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 cubíli suo, et sponsa de thálamó suo. Inter vestibulum et altare plorábunt sacerdótes minístri Dómini, et dicent: Parce, Dómine, parce pópulo tuo: et ne des hereditátem tuam in oppróbrium, ut dominéntur eis nátiónes. Quare dicunt in pópulis: Ubi est Deus eórum? Zelátus est Dóminus terram suam, et pepércit pópulo suo. Et respóndit Dóminus, et dixit populo suo: Ecce, ego mittam vobis fruméntum et vinum et óleum, et replebímíni eis: et non dabo vos ultra oppróbrium in géntibus: dicit Dóminus omnípotens.

GRADUAL Psalm 56: 2,4

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

TRACT Psalm 102: 10

Dómine, non secúndum peccáta nostra, quæ fécimus nos: neque secúndum iniquitátes nostras retribuas nobis. Ps 78:8-9 Dómine, ne memínaris iniquitátum nostrarum antiquarum: cito anticipent nos misericórdiæ tuæ, quia páuperes facti sumus nimis. (Hic genuflectitur) V. Adjuva nos, Deus, salutáris noster: et propter glóriam nóminis tui, Dómine, libera nos: et propítius esto peccátis nostris, propter nomen tuum.

GOSPEL Matthew 6: 16-21

In illo témpore: Dixit Jesus discípulis suis: Cum jejunátis, nolíte fíeri, sicut hypócritæ, tristes. Extérminant enim fácies suas, ut appéarant homínibus jejunántes. Amen, dico vobis, quia recepérunt mercédem suam. Tu autem, cum jejúnas, unge caput tuum, et fáciem tuam lava, ne videáris homínibus 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 tínea demólitur: et ubi fures effódiunt et furántur. Thesaurizáte autem vobis thesáuros in cælo: ubi neque ærúgo neque tínea demólitur; et ubi fures non effódiunt nec furántur. Ubi enim est thesáurus tuus, ibi est et cor tuum.

OFFERTORY Psalm 29: 2-3

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

SECRET

Fac nos, quæsumus, Dómine, his munéribus offeréndis conveniénter aptári: quibus ipsíus venerábilis sacraménti celebrámus exórdium. 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 Virtútis ac beáta Séraphim sócia exsultatióne concélebrant. Cum quibus et nostras voces ut admítta júbeas, deprecámur, súpplici confessiône dicéntes:

COMMUNION Psalm 1: 2,3

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

POSTCOMMUNION

Percépta nobis, Dómine, praebeant sacraménta nobis: ut tibi gratia sint nostra ieiúnia, 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.

PRAYER OVER THE PEOPLE

Humiliáte cápita vestra Deo.

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

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. (Psalm 56: 2). Have mercy on me, O God, have mercy on me for my soul trusteth in Thee. v. 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.

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.

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.

Have mercy on me, O God, have mercy on me for my soul trusteth in Thee. V. 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. V.(Psalm 78: 8, 9). O Lord, remember not our former iniquities, let Thy mercies speedily prevent us; for we are become exceeding poor. (Here kneel.) V. 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 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 they 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.'

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.

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, 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:

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

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.

Bow down your heads before God.

Look down, O Lord, in Thy mercy, 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.