

The triduum of penitential litanies before the feast of the Ascension was first instituted at Vienne by St. Mamertus, about the year 470, and was accompanied by fasting and abstinence from servile work. When Rome adopted this custom the fast was abolished, and the three days' prayer retained. (*rogare* means to ask, beg, or request – hence also, to petition in prayer)

[New User Guide](#)

I - THE PROCESSION & LITANIES

(The officiating Priest wears a violet stole and cope. The Cantors stand as they sing the following:)

Psalms 43: 26, 2

Exsúrge, Dómine, ádjua nos: et libera nos propter nomen tuum. Allelúja.
Deus, áuribus nostris audívimus: patres nostri annuntiavérunt nobis.
Glória Patri et Fílio et Spirítui Sancto, sicut erat in princípío, et nunc, et semper, et in sæcula sæculórum.
Amen. Exsúrge, Dómine, ádjua nos: et libera nos propter nomen tuum. Allelúja.

(Then all kneel and two Cantors begin the Litany of the Saints. Each invocation is repeated by the Choir. At the invocation Sancta Maria all stand and the procession begins. After the Litany of the Saints the psalm Deus, in adjutorium is sung.)

LITANY OF THE SAINTS

Kýrie, eléison.

Kýrie, eléison.

Christe, eléison.

Christe, eléison.

Kýrie, eléison.

Kýrie, eléison.

Christe, audi nos.

Christe, audi nos.

Christe, exáudi nos.

Christe, exáudi nos.

Pater de cælis, Deus, miserére nobis.
Fili, Redémptor mundi, Deus, miserére nobis.
Spirítus Sancte, Deus, miserére nobis.

Sancta Trínitas, unus Deus, miserére nobis.

Sancta Maria, ora pro nobis.
Sancta Dei Génatrix, ora pro nobis.
Sancta Virgo vírginum, ora pro nobis.
Sancte Míchaël, ora pro nobis.
Sancte Gábriel, ora pro nobis.
Sancte Ráphaël, ora pro nobis.

Omnes sancti Angeli et Archángeli, oráte pro nobis.
Omnes sancti beatórum Spirítuum órdenes, oráte pro nobis.

Sancte Joánnes Baptista, ora pro nobis.
Sancte Joseph, ora pro nobis.

Omnes sancti Patriárchæ et Prophétæ, oráte pro nobis.

Sancte Petre, ora pro nobis.
Sancte Paule, ora pro nobis.
Sancte Andréa, ora pro nobis.
Sancte Jacóbe, ora pro nobis.
Sancte Joánnes, ora pro nobis.
Sancte Thoma, ora pro nobis.
Sancte Jacóbe, ora pro nobis.
Sancte Philíppe, ora pro nobis.
Sancte Bartolomaée, ora pro nobis.
Sancte Matthæe, ora pro nobis.
Sancte Simon, ora pro nobis.
Sancte Thaddæe, ora pro nobis.
Sancte Matthia, ora pro nobis.
Sancte Bárnaba, ora pro nobis.
Sancte Luca, ora pro nobis.
Sancte Marce, ora pro nobis.

Omnes sancti Apóstoli et Evangelístæ, oráte pro nobis.

Omnes sancti Discípuli Dómini, oráte pro nobis.

Omnes sancti Innocéntes, oráte pro nobis.

Sancte Stéphane, ora pro nobis.
Sancte Laurénti, ora pro nobis.
Sancte Vincénti, ora pro nobis.

Sancti Fabiáne et Sebastiáne, oráte pro nobis.

Sancti Johánnes et Paule, oráte pro nobis.

Sancti Cosma et Damiáne, oráte pro nobis.

Sancti Gervási et Protási, oráte pro nobis.

Omnes sancti Mártyres, oráte pro nobis.

Sancte Silvéster, ora pro nobis.
Sancte Gregóri, ora pro nobis.
Sancte Ambrósi, ora pro nobis.
Sancte Augustíne, ora pro nobis.
Sancte Hierónyme, ora pro nobis.
Sancte Martíne, ora pro nobis.
Sancte Nicolaë, ora pro nobis.

Omnes sancti Pontífices et Confessóres, oráte pro nobis.

Omnes sancti Doctóres, oráte pro nobis.

Sancte Antóni, ora pro nobis.
Sancte Bernádicte, ora pro nobis.
Sancte Bernárde, ora pro nobis.
Sancte Domínice, ora pro nobis.
Sancte Francisce, ora pro nobis.

Omnes sancti Sacerdótes et Levítæ, oráte pro nobis.

Omnes sancti Mónachi et Eremitæ, oráte pro nobis.

Sancta Maria Magdaléna, ora pro nobis.
Sancta Agatha, ora pro nobis.
Sancta Lúcia, ora pro nobis.
Sancta Agnes, ora pro nobis.
Sancta Cæcília, ora pro nobis.
Sancta Catharína, ora pro nobis.
Sancta Anastásia, ora pro nobis.

Omnes sancti Vírgines et Víduæ, oráte pro nobis.

Omnes Sancti et Sanctæ Dei, intercédite pro nobis.

Propítius esto, parce nos, Dómine.

Propítius esto, exáudi nos, Dómine.

Ab omni malo, líbera nos, Dómine
Ab omni peccáto, líbera nos, Dómine
Ab ira tua, líbera nos, Dómine.
A subitáne et improvisa morte, líbera nos, Dómine.
Ab insidiis diaboli, líbera nos, Dómine.
Ab ira et ódio et omni mala voluntáte, líbera nos, Dómine.

A spírítu fornicatiónis, líbera nos, Dómine
A fúlgure et tempestáte, líbera nos, Dómine
A flagéllis terræmótus, líbera nos, Dómine
A peste, fame et bello, líbera nos, Dómine
A morte perpétua, líbera nos, Dómine
Per mystérium sanctæ Incarnatiónis tuæ, líbera nos, Dómine
Per advéntum tuum, líbera nos, Dómine
Per nativitétem tuam, líbera nos, Dómine
Per baptismum et sanctum jejúnium tuum, líbera nos, Dómine
Per crucem et passiónem tuam, líbera nos, Dómine
Per mortem et sepultúram tuam, líbera nos, Dómine
Per sanctam resurrecciónem tuam, líbera nos, Dómine
Per admirábilem ascensiónem tuam, líbera nos, Dómine.
Per advéntum Spirítus Sancti Parácliti, líbera nos, Dómine.

In die júdicii, líbera nos, Dómine.

Peccatóres, Te rogámus audi nos.
Ut nobis parcas, Te rogámus audi nos.
Ut nobis indúlgeas, Te rogámus audi nos.
Ut ad veram pæniténtiam nos perdúcere dignéris, Te rogámus audi nos.
Ut Ecclésiám tuam sanctam régere et conserváre dignéris, Te rogámus audi nos.
Ut domnum apostólicum et omnes ecclesiásticos órdenes in sancta religióne conserváre dignéris, Te rogámus audi nos.
Ut inimícos sanctæ Ecclésiæ humiliáre dignéris, Te rogámus audi nos.
Ut regibus et príncipibus cristiánis pacem et veram concórdiam donáre dignéris, Te rogámus audi nos.
Ut cuncto pópulo cristiáno pacem et unitátem largíri dignéris, Te rogámus audi nos.

Ut omnes errántes ad unitátem Ecclésiæ revocáre, et infidèles univérsos ad Evangélii lumen perdúcere dignéris, Te rogámus audi nos.
Ut nosmetipsos in tuo sancto servítio confortáre et conserváre dignéris, Te rogámus audi nos.

Ut mentes nostras ad cæléstia desidéria érigas, Te rogámus audi nos.
Ut ómnibus benefactóribus nostris sempitérna bona retribuas, Te rogámus audi nos.
Ut ánimas nostras, fratrum, propinquórum et benefactórum nostrorum ab æténa damnatióne erípias, Te rogámus audi nos.
Ut fructus terræ dare et conserváre dignéris, Te rogámus audi nos.
Ut ómnibus fidélibus defúncitis réquiem ætérrnam donáre dignéris, Te rogámus audi nos.
Ut nos exaudíre dignéris, Te rogámus audi nos.

Arise, O Lord, help us and deliver us for Thy name's sake. Alleluia. We have heard, O God, with our ears; our fathers have told us. 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. Arise, O Lord, help us and deliver us for Thy name's sake. Alleluia.

Lord, have mercy.
Lord, have mercy.

Christ, have mercy.
Christ, have mercy.

Lord, have mercy.
Lord, have mercy.

Christ, hear us.
Christ, hear us.

Christ, graciously hear us.
Christ, graciously hear us.

God the Father of heaven, have mercy on us.
God the Son, Redeemer of the world, have mercy on us.
God the Holy Ghost, have mercy on us.
Holy Trinity, one God, have mercy on us.

Holy Mary, pray for us.
Holy Mother of God, pray for us.
Holy Virgin of virgins, pray for us.
St. Michael, pray for us.
St. Gabriel, pray for us.
St. Raphael, pray for us.

All ye holy Angels and Archangels, pray for us.
All ye holy orders of blessed Spirits, pray for us.

St. John the Baptist, pray for us.
St. Joseph, pray for us.

All ye holy Patriarchs and Prophets, pray for us.

St. Peter, pray for us.
St. Paul, pray for us.
St. Andrew, pray for us.
St. James, pray for us.
St. John, pray for us.
St. Thomas, pray for us.
St. James, pray for us.
St. Philip, pray for us.
St. Bartholomew, pray for us.
St. Matthew, pray for us.
St. Simon, pray for us.
St. Thaddeus, pray for us.
St. Matthias, pray for us.
St. Barnabas, pray for us.
St. Luke, pray for us.
St. Mark, pray for us

All ye holy Apostles and Evangelists, pray for us.
All ye holy Disciples of the Lord, pray for us.
All ye holy Innocents, pray for us.

St. Stephen, pray for us.
St. Lawrence, pray for us.
St. Vincent, pray for us.

SS. Fabian and Sebastian, pray for us.
SS. John and Paul, pray for us.
SS. Cosmas and Damian, pray for us.
SS. Gervase and Protase, pray for us.
All ye holy Martyrs, pray for us.

St. Sylvester, pray for us.
St. Gregory, pray for us.
St. Ambrose, pray for us.
St. Augustine, pray for us.
St. Jerome, pray for us.
St. Martin, pray for us.
St. Nicholas, pray for us.

All ye holy Bishops and Confessors, pray for us.
All ye holy Doctors, pray for us.

St. Anthony, pray for us.
St. Benedict, pray for us.
St. Bernard, pray for us.
St. Dominic, pray for us.
St. Francis, pray for us.

All ye holy Priests and Levites, pray for us.
All ye holy Monks and Hermits, pray for us.

St. Mary Magdalen, pray for us.
St. Agatha, pray for us.
St. Lucy, pray for us.
St. Agnes, pray for us.
St. Cecilia, pray for us.
St. Catherine, pray for us.
St. Anastasia, pray for us.

All ye holy Virgins and Widows, pray for us.

All ye holy Saints of God, intercede for us.

Be merciful, spare us, O Lord

Be merciful, graciously hear us, O Lord.

From all evil, deliver us, O Lord.
From all sin, deliver us, O Lord.
From Thy wrath, deliver us, O Lord.
From sudden and unprovided death, deliver us, O Lord.
From the snares of the devil, deliver us, O Lord.
From anger, and hatred, and every evil will, deliver us, O Lord.
From the spirit of fornication, deliver us, O Lord.
From lightning and tempest, deliver us, O Lord.
From the scourge of earthquakes, deliver us, O Lord.
From plague, famine and war, deliver us, O Lord.
From everlasting death, deliver us, O Lord.
Through the mystery of Thy holy Incarnation, deliver us, O Lord.
Through Thy Coming, deliver us, O Lord.
Through Thy Birth, deliver us, O Lord.
Through Thy Baptism and holy Fasting, deliver us, O Lord.
Through Thy Cross and Passion, deliver us, O Lord.
Through Thy Death and Burial, deliver us, O Lord.
Through Thy holy Resurrection, deliver us, O Lord.
Through Thine admirable Ascension, deliver us, O Lord.
Through the coming of the Holy Ghost, the Paraclete, deliver us, O Lord.
In the day of judgment, deliver us, O Lord.

We sinners, we pray Thee, hear us.
That Thou wouldst spare us, we pray Thee, hear us.
That Thou wouldst pardon us, we pray Thee, hear us.
That Thou wouldst bring us to true penance, we pray Thee, hear us.
That Thou wouldst vouchsafe to govern and preserve Thy holy Church, we pray Thee, hear us.
That Thou wouldst vouchsafe to preserve our Apostolic Prelate, and all orders in holy religion, we pray Thee, hear us.
That Thou wouldst vouchsafe to humble the enemies of holy Church, we pray Thee, hear us.
That Thou wouldst vouchsafe to give peace and true concord to Christian kings and princes, we pray Thee, hear us.
That Thou wouldst vouchsafe to grant peace and unity to the whole Christian world, we pray Thee, hear us.
That Thou wouldst call back to the unity of the Church all who have strayed from her fold, and to guide all unbelievers into the light of the Gospel, we pray Thee, hear us.
That Thou wouldst vouchsafe to confirm and preserve us in Thy holy service, we pray Thee, hear us.
That Thou wouldst lift up our minds to heavenly desires, we pray Thee, hear us.
That Thou wouldst render eternal blessings to all our benefactors, we pray Thee, hear us.
That Thou wouldst deliver our souls, and the souls of our brethren, relations, and benefactors, from eternal damnation, we pray Thee, hear us.
That Thou wouldst vouchsafe to give and preserve the fruits of the earth, we pray Thee, hear us.
That Thou wouldst vouchsafe to grant eternal rest to all the faithful departed, we pray Thee, hear us.
That Thou wouldst deign to hear us, we pray Thee, hear us.

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 sumpsi, et Sanguis, quem potávi, adhæreat viscéribus meis: et præta; ut in me non remáneat scélerum mácula, quem pura et sancta refecérunt sacraménta: Qui vivis et regnas in sæcula sæculórum, Amen.

AT THE RIGHT SIDE OF THE ALTAR

COMMUNION Luke 11: 9, 10
Pétite, et accipiétas: quaérite, et inveniétis: pulsáte, et aperiétur vobis: omnis enim qui petit, áccipit: et qui quaerit, invénit: et pulsánti aperiátur, allelúja.

AT THE CENTER OF THE ALTAR

(Stand at High Mass)

P: Dóminus vobíscum.

S: **Et cum spírítu tuo.**

AT THE RIGHT SIDE OF THE ALTAR

P: Orémus.

POSTCOMMUNION

Vota nostra, quaésumus, Dómine, pio favóre proséquere: ut dum dona tua in tribulatióne percípimus, de consolatióne nostra in tuo amóre crescámus. 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 spírítu tuo.**

P: Ite, Missa est.

S: **Deo grátias.**

(Kneel at High Mass)

P: Pláceat tibi, sancta Trínitas, obséquium servitútis meæ: et præsta; ut sacrificium, quod óculis tuæ majestátis indignus óbtuli, tibi sit acceptábile, mihique et ómnibus pro quibus illud óbtuli, sit, te miseránte, propitiábile. Per Christum Dóminum nostrum. Amen.

P: Benedícat vos omnípotens Deus, †Pater, et Fílius, et Spíritus Sanctus.

S: **Amen.**

AT THE LEFT SIDE OF THE ALTAR (Stand)

P: Dóminus vobíscum.

S: **Et cum spírítu tuo.**

P: Inítium sancti Evangéllii secúndum Joánnem.

S: **Glória tibi, Dómine.**

P: In princípío erat Verbum, et Verbum erat apud Deum, et Deus erat Verbum. Hoc erat in princípío apud Deum. Ómnia per ipsum facta sunt: et sine ipso factum est nihil, quod factum est: in ipso víta erat, et víta 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 perhiberet de lúmine, ut omnes créderent per illum. Non erat ille lux, sed ut testimónium perhiberet de lúmine. Erat lux vera, quæ illúminat omnem hóminem veniéntem in hunc mundum. In mundo erat, 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 grátiae et veritátis.

S: Deo grátias.

[Leonine Prayers](#)

(optional after Low Mass)

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

Ask, and it shall be given you; seek, and you shall find; knock, and it shall be opened to you. For every one that asketh, receiveth; and he that seeketh, findeth; and to him that knocketh, it shall be opened, alleluia.

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.

Favorably receive our prayers, O Lord, we beseech Thee: may we in our distress be consoled by Thy gifts and grow in love accordingly.

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 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 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 dwell 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.