

EMBER WEDNESDAY AFTER THE FIRST SUNDAY OF LENT

Errors? help@extraordinaryform.org

The ancient Roman sources speak of only three ember fasts, without one in spring. Perhaps the actual fixing of these three spring ember days (W,F,S) in this sixth week before Easter dates from a time when the paschal fast began only three weeks before the great festival of Easter.

The first Collect and Lesson, in this time of fast and on this ancient catechetical day, evoked the remembrance of Mount Horeb where Moses dwelt for forty days, fasting and conversing with God in order to receive from Him the Tablets of the Law.

The second Lesson tells of the wonder-working bread which fortified the prophet Elias; a type of the Eucharist, the true unleavened bread of mortification which, as the Scripture says, purifies the soul and leads it to the height of Calvary.

New User Guide

AT THE FOOT OF THE ALTAR (Kneel)

P: †In nómine Patris, et Fílii, et Spíritus Sancti. Amen.
P: Introibo ad altáre Dei.
S: Ad Deum qui lætificat iuventútem meam.

(Psalm 42)

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

S: Quia tu es, Deus, fortitúdo mea: quare me repulistí, et quare tristis incédo, dum affligit me inimicus?

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

S: Et introibo ad altáre Dei: ad Deum qui lætificat iuventútem meam.

P: Confitébor tibi in cíthara, Deus, Deus meus: quare tristis es, ánima mea, et quare contúrnas me?

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

P: Glória Patri, et Fílio, et Spíritui Sancto.
S: Sicut erat in princípio, et nunc, et semper: et in sæcula sæculórum. Amen.

P: Introibo ad altáre Dei.
S: Ad Deum qui lætificat iuventútem 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 Baptistæ, sanctis Apóstolis Petro et Paulo, ómnibus Sanctis, et vobis fratres: quia peccávi nimis cogitátione, verbo, et ópere: mea culpa, mea culpa, mea máxima culpa. Ideo precor beátam Mariám semper Vírginem, beátum Michaélem Archángelum, beátum Joánnem Baptistam, sanctos Apóstolos Petrum et Paulum, omnes Sanctos, et vos fratres, oráre pro me ad Dóminum Deum nostrum.

S: Misereátur tui omnípotens Deus, et, dimíssis peccátis tuis, perducat te ad vitam ætérnam.
P: Amen.

S: Confíteor Deo omnipoténti, beátæ Mariæ semper Vírgini, beáto Michaéli Archángelo, beáto Joánni Baptistæ, sanctis Apóstolis Petro et Paulo, ómnibus Sanctis, et tibi pater: quia peccávi nimis cogitátione, verbo, et ópere: (**strike breast 3 times**) mea culpa, mea culpa, mea máxima culpa. Ideo precor beátam Mariám semper Vírginem, beátum Michaélem Archángelum, beátum Joánnem Baptistam, sanctos Apóstolos Petrum et Paulum, omnes Sanctos, et te Pater, oráre pro me ad Dóminum Deum nostrum.
P: Misereátur vestri omnípotens Deus, et, dimíssis peccátis vestris, perducat vos ad vitam ætérnam.
S: Amen.
P: †Indulgéntiam, absolutiónem, et remissionem peccatórum nostrórum, tríbut nobis omnípotens et miséricors Dóminus.
S: Amen.

P: Deus, tu convérsus vivificábis nos.
S: Et plebs tua lætábatur 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 vobiscum.
S: Et cum spíritu 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 Sanctorum tuórum, quorum reliquię hic sunt et ómnium Sanctorum: ut indulgẽ dignéris ómnia peccáta mea. Amen.

(Only at High Mass when incense is used)

P: Ab illo benedicáris, in cujus honóre cremáberis.

AT THE RIGHT SIDE OF THE ALTAR

INTROIT Psalms 24: 6, 3, 22

Reminiscere miseratiónem tuárum, Dómine, et misericórdiã tuã quã a sæculo sunt: ne umquam dominéntur nobis inimíci nostri: líbera nos, Deus Israël ex ómnibus angústias nostris. (Ps. 24: 1-2) Ad te, Dómine, levávi ánimam meam: Deus meus, in te confido, non erubéscam. Glória Patri et Fílio et Spíritui Sancto, sicut erat in princípio, et nunc, et semper, et in sæcula sæculórum. Amen.
Reminiscere miseratiónem tuárum, Dómine, et misericórdiã tuã quã a sæculo sunt: ne umquam dominéntur nobis inimíci nostri: líbera nos, Deus Israël ex ómnibus angústias nostris.

AT THE CENTER OF THE ALTAR

P: Kýrie, eléíson.
S: Kýrie, eléíson.
P: Kýrie, eléíson.
S: **Christe, eléíson.**
P: Christe, eléíson.
S: **Christe, eléíson.**
P: Kýrie, eléíson.
S: Kýrie, eléíson.
P: Kýrie, eléíson.

AT THE RIGHT SIDE OF THE ALTAR

P: Orémus. Flectámus génua.
P: Leváte.

COLLECT

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

S: Amen.

GRADUAL Psalms 24: 12-18

In diébus illis: Dixit Dóminus ad Móysen: Ascénde ad me in montem, et esto ibi: dabóque tibi tábulas lapideas, et legem ac mandáta quæ scripsi: ut dóceas filios Israël. Surrexérunt Móyses et Jósue mínister ejus: ascendénsque Móyses in montem Dei, senioribus ait: Expectátẽ hic donec revertámur ad vos. Habétis Aaron et Hur vobiscum: si quid natum fuerit quæstiónis, référetis ad eos. Cum quæsiónis, Móyses, opéruit nubes montem, et habitávit glória Dómini super Sinai, tegens illum nube sex diébus: séptimũ autem die vocávit eum de médio caliginis. 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 quadraginta diébus, et quadraginta nóctibus.

S: Deo gratias.

AT THE CENTER OF THE ALTAR (Stand at High Mass)

P: Dóminus vobiscum.
S: **Et cum spíritu tuo.**

AT THE RIGHT SIDE OF THE ALTAR

P: Orémus.

COLLECT

Devotiónem pópuli tui, quæsumus, Dómine, benignus 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 unitátẽ Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

S: Amen.
P: Orémus.

COLLECT

Deus, qui ánimæ fámuli tui Gregórii ætérnæ beatitudinis prǽmia contulísti: concéde propítius; ut, qui peccatórum nostrórum póndere prémimur, ejus apud te préribus sublevémur. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitátẽ Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

S: Amen.
(Sit)

LESSON 3 Kings 19: 3-8

In diébus illis: Venit Eliás in Bersabée Juda, et dimísit ibi púerum suum, et perrexit in désertum, viam uníus diéi. Cumque venisset, et sedéret subter unam juníperum, petívit ánimæ suæ ut morerétur, et ait: Sufficit mihi, Dómine, tolle ánimam meam, neque enim mélior sum, quam patres mei. Projecitque se, et obdormívit in umbra juniperi: et ecce Ángelus Dómini tégit eum, et dixit illi: Surge, et cõmede. Respéxit, et ecce ad caput suum subcinerícus panis, et vas aquæ: comédit ergo, et bibit, et rursus obdormívit. Reversúsque est Ángelus Dómini secundo, et tégit eum, dixitque illi: Surge, cõmede: grandis enim tibi restat via. Qui cum surrexisset, comédit et bibit, et ambulávit in fortítudine cibi illius quadraginta diébus, et quadraginta nóctibus, usque ad montem Dei Horeb.

S: Deo gratias.

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 confido, non erubéscam: neque irrideant me inimíci mei. Étenim univérsi qui te expéctant, non confundéntur: confundántur omnes faciéntes vana.

AT THE FOOT OF THE ALTAR (Kneel)

P: †In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.
P: I will go unto the altar of God.
S: To God, Who gives joy to my youth.

(Psalm 42)

P: Judge me, O God, and distinguish my cause from the unholy nation, deliver me from the unjust and deceitful man.

S: For Thou, O God, art my strength, why hast Thou cast me off? And why do I go about in sadness, while the enemy afflicts me?

P: Send forth Thy light and Thy truth: they have conducted me and brought me unto Thy holy mount, and into Thy tabernacles.

S: And I will go unto the altar of God: to God, Who gives joy to my youth.

P: I shall praise Thee upon the harp, O God, my God. Why are you sad, O my soul, and why do you disquiet me?

S: Hope in God, for I will still praise Him, the salvation of my countenance, and my God.

P: Glory be to the Father, and to the Son, and to the Holy Spirit.
S: As it was in the beginning, is now, and ever shall be, world without end. Amen.

P: I will go unto the altar of God.
S: To God, Who gives joy to my youth.

P: †Our help is in the name of the Lord.
S: Who made heaven and earth.

P: I confess to almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, to all the Saints, and to you, brethren, that I have sinned exceedingly in thought, word, and deed: through my fault, through my fault, through my most grievous fault. Therefore I pray blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, all the Saints, and you, brethren, to pray for me to the Lord our God.
S: May almighty God have mercy on you, forgive you your sins, and bring you to life everlasting.
P: Amen.

S: I confess to almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, to all the Saints, and to you father: that I have sinned exceedingly in thought, word, and deed: (**strike breast 3 times**) through my fault, through my fault, through my most grievous fault. Therefore I pray blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, all the Saints, and you, Father, to pray for me to the Lord our God.
P: May almighty God have mercy on you, forgive you your sins, and bring you to life everlasting.
S: Amen.
P: †May the almighty and merciful Lord grant us pardon, absolution, and remission of our sins.

S: Amen.

P: Thou wilt turn again, O God, and quicken us.
S: And Thy people will rejoice in Thee.
P: Show us, O Lord, Thy mercy.

S: And grant us Thy salvation.
P: O Lord, hear my prayer.
S: And let my cry come unto Thee.

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

P: Take away from us our iniquities, we beseech Thee, O Lord; that with pure minds we may be made worthy to enter into the Holy of Holies. Through Christ our Lord. Amen.

AT THE CENTER OF THE ALTAR

P: We pray Thee, O Lord, by the merits of Thy Saints whose relics are here, and of all the Saints: that Thou would deign to pardon me all my sins. Amen.

(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

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.

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.

AT THE RIGHT SIDE OF THE ALTAR

P: Let us pray. Let us kneel.
P: 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.

S: Amen.

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 I will give thee the 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; 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.

S: Thanks be to God.

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.

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.

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.

S: Amen.
P: Let us pray.

For St. Gregory the Great

O God, Who hast conferred the rewards of everlasting happiness upon the soul of Thy servant Gregory, mercifully grant that we, who are oppressed by the burden of our sins, may be relieved by his prayers to Thee. 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.
(Sit)

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.

S: Thanks be to God.

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.

P: 🕯️ Hanc igitur oblationem servitūtis nostrae, sed et cunctae familiae tuae, quæsumus, Dómine, ut placátus accipias: diésque nostros in tua pace dispónas, atque ab aeterna damnatione nos éripi, et in electórum tuórum júbeas grege numerári. Per Christum Dóminum nostrum. Amen.

P: Quam oblationem tu, Deus, in ómnibus, quæsumus, benedíctam, adscriptam, ratam, rationábilem, acceptabilémque fácere dignéris: ut nobis Corpus, et Sanguis fiat dilectíssimi 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, **HOEC EST ENIM CORPUS MEUM.**

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P: Símili modo postquam cænátum est, accipiens et hunc præclárum Cálicem in sanctas ac venerábiles manus suas: ítem tibi grátias agens, benedíxit, dedítque discípulis suis, dicens:
Accipite, et bibeite ex eo omnes, **HIC EST ENIM CALIX SÁNGUINIS MEI, NOVI ET AETÉRNI TESTAMENTI: MYSTÉRIUM FÍDEI: QUI PRO VOBIS ET PRO MULTIS EFFUNDÉTUR IN REMISSIÓNEM PECCATÓRUM.**
Hæc quotiesúmque fecérítis, in mei memóriam faciétis.

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P: Unde et mémore, Dómine, nos servi tui, sed et plebs tua sancta, ejúdem Christi Filii tui Dómini nostri tam beátæ passiónis, nec non et ab íferis resurrectiónis, sed et in cælos gloriósa ascensiónis: offérimus præcláram majestáti tuæ de tuis donis, ac datis, hóstiam puram, hóstiam sanctam, hóstiam immaculátam, Panem sanctum vitæ aetérnae, et Cálicem salútis perpétuæ.

P: Supra quæ propítio ac seréno vultu respicere dignéris; et accépta habére, sicuti accépta habére dignátus es múnera púeri tui justí Abel, et sacrificium Patriárchæ nostri Ábrahæ: et quod tibi óbtulit summus sacérdos tuus Melchisedech, sanctum sacrificium, immaculátam hóstiam.

P: Súpplīces te rogámus, omnípotens Deus: jube hæc perférrí per manus sancti Ángeli tui in sublīme altáre tuum, in conspéctu divínæ majestátis tuæ: ut quotquot, ex hac altáris participatióne sacrosánctum Filii tui, Corpus, et Sánguinem sumpsérimus, omni benedictiōne cælesti et grátia repléamur. Per eúndem Christum Dóminum nostrum. Amen.

P: Meménto étiam, Dómine, famulórū, famularumque tuarum **N.** et **N.** qui nos præcessérunt cum signo fidei, et dórmunt in somno pacis. Ipsis, Dómine, et ómnibus in Christo quiescéntibus, locum refrigérii, 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 dignéris, cum tuis sanctis Apóstolis et Martýribus: cum Joánnē, Stépħano, Matthía, Bárnaba, Ignátio, Alexándero, Marcellíno, Petro, Felicitáte, Perpétua, Ágatha, Lúcia, Agnéte, Cæcília, Anastásia, et ómnibus Sanctis tuis: intra quorum nos consórtium, non aestimátor mériti, sed véniā, quæsumus, largítor admítte. Per Christum Dóminum nostrum.

P: Per quem hæc ómnia, Dómine, semper bona creas, sanctíficas, vivíficas, benedícis, et præstas nobis. Per ípsū, et cum ípso, et in ípso, est tibi Deo Patri omnípoténti, 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 móniti, et divína institutióne formáti, audémus dicere:
Pater noster, qui es in cælis: Sanctificétur nomen tuum: Advéniat regnum tuum: Fiat volúntas tua, sicut in cælo, et in terra. Panem nostrum quotidíanium da nobis hódie: Et dímítte nobis débíta nostra, sicut et nos dímítimus debítóribus nostris. Et ne nos indúcas in tentatiónem:
S: Sed líbera nos a malo.
P: Amen

P: Líbera nos, quæsumus, Dómine, ab ómnibus malis, præséritis, præséntibus, et futúris: et intercedénte beáta et gloriósa semper Virgīne Dei Genitrice 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 securi. Per eúndem Dominum nostrum Jesum Christum Filium 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 spírītu tuo.

(Kneel at High Mass)

P: Hæc commúnio, et consecrátió Córporis et Sánguini Dómini nostri Jesu Christi fiat accipiéntibus nobis in vitam aetérnam. Amen.

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

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

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

P: Dómine Jesu Christe, qui dixísti Apóstolis meis: Pacem relínquo vobis, pacem meam do vobis: ne respiciās peccáta mea, sed fidem Ecclesiæ tuæ: eámque secúndum voluntátem tuam pacifícare et coadunáre dignéris: Qui vivis et regnas Deus per ómnia sæcula sæculórum. Amen.

P: Dómine Jesu Christe, Fili Dei vivi, qui ex voluntáte Patris, cooperánte Spírītu Sancto, per mortem tuam mundum vivificásti: líbera me per hoc sacrosánctum Corpus et Sánguinem tuum ab ómnibus iniquitatibus meis, et univérsis malis: et fac me tuis semper inhærére mandátis, et a te numquam separári permítta: Qui cum eódem Deo Patre et Spírītu Sancto vivis et regnas Deus in sæcula sæculórum. Amen.

P: Percéptio Córporis tui, Dómine Jesu Christe, quod ego indignus súmere præsumo, non indignus súmere potúim, 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: sed tantum dic verbo, et sanábitur ánima mea.
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P: Corpus Dómini nostri Jesu Christi custódiat ánimam meam in vitam aetérnam. 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 aetérnam. 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.

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AT THE COMMUNION RAIL

P: Corpus Dómini nostri Jesu Christi custódiat ánimam tuam in vitam aetérnam. Amen.

AT THE CENTER OF THE ALTAR

P: Quod ore súmpsimus, Dómine, pura mente capiámus: et de múnere temporáli fiat nobis remédium sempitérnū.

P: Corpus tuum, Dómine, quod sumpsi, et Sanguis, quem potávi, adhæreat viscéribus meis: et præsta; ut in me non remáneat scélerum mácula, quem púra et sancta refecerunt sacraménta: Qui vivis et regnas in sæcula sæculórum, Amen.

AT THE RIGHT SIDE OF THE ALTAR

COMMUNION Psalms 5: 2, 4

Intéllige clamórem meum: inténde voci oratiónis meæ, Rex meus, et Deus meus: quóniam ad te orábo, Dómine.

AT THE CENTER OF THE ALTAR

(Stand at High Mass)

P: Dóminus vobíscum.

S: Et cum spírītu tuo.

AT THE RIGHT SIDE OF THE ALTAR

P: Orémus.

POSTCOMMUNION

Tui, Dómine, perceptiōne sacraménti, et a nostris mundémur occúltis, et ab hóstium liberémur insídiis. Per Dóminum nostrum Jesum Christum, Filium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

S: Amen.

P: Orémus.

POSTCOMMUNION

Deus, qui beátum Gregórium Pontíficem Sanctórum tuórum méritis coæquásti: concède propítius; ut, qui commemoratiónis ejus festa percólimus, vitæ quoque imitémur exémpla. Per Dóminum nostrum Jesum Christum, Filium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

S: 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, broke 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: 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 of 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,

(aloud, to conclude the Canon)

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 the pure and holy mysteries have refreshed. Who lives and reigns, forever and ever. Amen.

AT THE RIGHT SIDE OF THE ALTAR

Understand my cry; hark to the voice of my prayer, my King, and my God: for to Thee will I pray, O Lord.

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.

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.

S: Amen.

P: Let us pray.

For St. Gregory the Great
O God, Who didst make Thy bishop Gregory equal with the saints in merit, favorably grant that we, who faithfully keep the feast of his commemoration, may also imitate the examples set by his life. 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: Orémus.

P: Let us pray.

PRAYER OVER THE PEOPLE

Humiliáte cápita vestra Deo.

Mentes nostras, quæsumus, Dómine, lúmine tuæ claritátis illústra: ut vidére possímus, 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.

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, obséqium servitútis meæ: et præsta; ut sacrificium, quod óculis tuæ majestátis indígnus obtuli, tibi sit acceptábile, míhique et ómnibus pro quibus illud obtuli, sit, te miseránte, propitiábile. Per Christum Dóminum nostrum. Amen.

P: Benedicat 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 Evangélii 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 hóm 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 fíeri, his qui credunt in nómine ejus: qui non ex sanguínibus, neque ex voluntáte carnis, neque ex voluntáte viri, sed ex Deo natí 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)

Bow your heads to God.

O Lord, we beseech Thee, shed light upon our minds by the brightness of Thy 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.

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 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.