

MARCH 21, ST. BENEDICT, ABBOT

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The son of a member of the Roman nobility, he was born at Nursia, near Spoleto, about the year 480. While still quite young, he left Rome, giving up his studies and career in the world and retired to a place called Subiaco, where he lived as a hermit, receiving the monastic habit from Romanus, monk of a neighboring monastery. After three years of eremitical life, was made abbot of Vicovaro, but the monks, finding his way of life too strict, strove to poison him. He left them and founded, first, twelve monasteries at Subiaco, and later the great Abbey of Monte Cassino, where he wrote the Holy Rule.

He died in 543. In medieval Rome there were more than eighty Benedictine monasteries charged with the singing of the Divine Office in the chief basilicas. St. Gregory the Great was the first to encourage the universal devotion to St. Benedict, when less than fifty years after the death of the Saint, he wrote his life and made known his rule. It was owing to Gregory that this immortal code of perfection, kept for greater security in the papal archives at the Lateran, very soon superseded in Europe all other earlier forms of monastic life and became the Regula Monachorum, that is, the eminently Roman and papal rule of the monastic devout life.

INTROIT Ps 36: 30-31

Os justi meditabitur sapiéntiam, et lingua ejus loquétur judícium: lex Dei ejus in corde ipsíus. (Ps 36: 1) Noli æmulári in malignántibus: neque zeláveris faciéntes iniquitátem. Glória Patri et Filio et Spirítui Sancto, sicut erat in principio, et nunc, et semper, et in sæcula sæculórum. Amen. Os justi meditabitur sapiéntiam, et lingua ejus loquétur judícium: lex Dei ejus in corde ipsíus.

COLLECT

Intercéssio nos, quæsumus, Dómine, beáti Benedícti Abbátis comméndet: ut, quod nostris méritis non valémus, ejus patrocinio assequámur. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spirítus Sancti, Deus, per ómnia sæcula sæculórum.

Lenten Feria: Monday, 3rd week

Córdibus nostris, quæsumus, Dómine, grátiam tuam benignus infúnde: ut, sicut ab escis carnálibus abstinémus; ita sensus quoque nostros a nóxiis retrahámus excéssibus. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spirítus Sancti, Deus, per ómnia sæcula sæculórum.

LESSON Ecclesiasticus 45: 1-6

Diléctus Deo et homínibus, cujus memória in benedictióne est. Símilem illum fecit in glória sanctórum, et magnificávit eum in timóre inimicórum, et in verbis suis monstra placávit. Glorificávit illum in conspéctu regum, et jussit illi coram pópulo suo, et osténdit illi glóriam suam. In fide et lenitáte ipsíus sanctum fecit illum, et elégit eum; ex omni carne. Audívit enim eum et vocem ipsíus, et indúxit illum in nubem. Et dedit illi coram præcépta, et legem vitæ et disciplínæ.

GRADUAL Psalms 20: 4-5

Dómine, prævenísti eum in benedictiónibus dulcédinis: posuísti in cápite ejus corónam de lápide pretiósio. Vitam pétiit a te, et tribuísti ei longitúdinem diérum in sæculum sæculi.

TRACT Psalms 111: 1-3

Beátus vir, qui timet Dóminum: in mandátis ejus cupit nimis. Potens in terra erit semen ejus: generátio rectórum benedicétur. Glória et divítia in domo ejus: et justítia ejus manet in sæculum sæculi.

GOSPEL Matthew 19: 27-29

In illo témpore: Dixit Petrus ad Jesum: Ecce, nos reliquimus ómnia, et secúti sumus te: quid ergo erit nobis? Jesus autem dixit illis: Amen, dico vobis, quod vos, qui secuti estis me, in regeneratióne, cum séderit Fílius hóminis in sede majestátis suæ, sedébitis et vos super sedes duódecim, judicántes duódecim tribus Israël. Et omnis, qui reliquerit domum, vel fratres, aut soróres, aut patrem, aut matrem, aut uxórem, aut filios, aut agros, propter nomen meum, céntuplum accípiet, et vitam ætérrnam possidébit.

OFFERTORY Psalms 20: 3-4

Desidérium ánimæ ejus tribuísti ei, Dómine, et voluntáte labiórum ejus non fraudásti eum: posuísti in cápite ejus corónam de lápide pretiósio.

SECRET

Sacris altáribus, Dómine, hóstias superpósitas sanctus Benedíctus Abbas, quæsumus, in salutem nobis provenire depóscat. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spirítus Sancti, Deus, per ómnia sæcula sæculórum.

Lenten Feria: Monday, 3rd week

Munus, quod tibi, Dómine, nostræ servitútis offerimus, tu salutáre nobis pérfice sacraméntum. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spirítus 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 omnipotens, ætérrne 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 Virtutes ac beáta Séraphim sócia exsultatióne concélebrant. Cum quibus et nostras voces ut admítta júbeas, deprecámur, súpplici confessióne dicéntes:

COMMUNION Luke 12: 42

Fidélis servus et prudens, quem constitúit dóminus super familiam suam: ut det illis in témpore trítici mensúram.

POSTCOMMUNION

Prótegat nos, Dómine, cum tui perceptióne sacraménti beátus Benedíctus Abbas, pro nobis intercedéndo: ut et conversatiónis ejus experiámur insígnia, et intercessiúnis percipiámus suffrágia. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spirítus Sancti, Deus, per ómnia sæcula sæculórum.

Lenten Feria: Monday, 3rd week

Præsta, quæsumus, omnipotens et miséricors Deus: ut, quod ore contíngimus, pura quod capiamus. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spirítus Sancti, Deus, per ómnia sæcula sæculórum.

The mouth of the just shall meditate wisdom and his tongue shall speak judgment: the law of his God is in his heart. (Ps. 36: 1) Be not emulous of evildoers: nor envy them that work iniquity. 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 mouth of the just shall meditate wisdom and his tongue shall speak judgment: the law of his God is in his heart.

May the intercession of blessed Benedict the Abbot commend us unto Thee, we beseech Thee, O Lord: so that what we cannot acquire by any merits of ours, we may obtain by his patronage. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

Lord, we beseech Thee, pour Thy grace into our hearts, that, as we abstain from carnal food, so also we may withdraw our senses from harmful excesses. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

Beloved of God, and men: whose memory is in benediction. He made him like the saints in glory, and magnified him in the fear of his enemies, and with his words he made prodigies to cease. He glorified him in the sight of kings, and gave him commandments in the sight of his people, and shewed him His glory. He sanctified him in his faith, and meekness, and chose him out of all flesh. For he heard Him, and His voice, and brought him into a cloud. And He gave him commandments before His face, and a law of life and instruction.

Lord, Thou hast prevented him with blessings of sweetness: Thou hast set on his head a crown of precious stones. He asked life of Thee, and Thou hast given him length of days for ever and ever.

Blessed is the man that feareth the Lord: he shall delight exceedingly in His commandments. His seed shall be mighty upon earth: the generation of the righteous shall be blessed. Glory and wealth shall be in his house: and his justice remaineth forever and ever.

At that time, Peter said to Jesus: Behold we have left all things, and have followed thee: what therefore shall we have? And Jesus said to them: Amen, I say to you, that you, who have followed me, in the regeneration when the Son of man shall sit on the seat of his majesty, you also shall sit on twelve seats, judging the twelve tribes of Israel. And every one that hath left house, or brethren, or sisters, or father, or mother, or wife, or children, or lands, for My Name's sake, shall receive an hundredfold, and shall possess life everlasting.

Thou hast given him his heart's desire, O Lord, and hast not withholden from him the will of his lips: Thou hast set on his head a crown of precious stones.

May the holy Abbot Benedict, we beseech Thee, O Lord, obtain by his prayers, that the Sacrifice laid on Thy holy altar, may profit us unto salvation. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

The gift of our homage we offer Thee, O Lord, do Thou make it unto us the sacrament of salvation. 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:

The faithful and wise servant, whom his lord setteth over his family, to give them their measure of wheat in due season.

May the pleading of blessed Benedict the Abbot for us, as well as the reception of Thy Sacraments, protect us, O Lord, that we may both share in the glory of his works, and receive the help of his intercession. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

Grant, we beseech Thee, almighty and merciful God: that what we have touched with our mouth we may receive with mind undefiled. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.