

**SATURDAY AFTER THE FIRST SUNDAY OF LENT (EMBER SATURDAY)****(Longer Form)**[Errors? help@extraordinaryform.org](mailto:Errors?help@extraordinaryform.org)

*(This longer form of the Mass is applied to conventional Masses and to the Mass where Holy Orders are conferred. In other Masses it is possible to use the shorter form.)*

**INTROIT Psalms 87: 3**

Intret oratio mea in conspectu tuo: inclina aurem tuam ad precem meam, Domine. (Ps. 87: 2) Domine, Deus salutis meae: in die clamavi, et nocte coram te. Gloria Patri et Filio et Spiritui Sancto, sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen. Intret oratio mea in conspectu tuo: inclina aurem tuam ad precem meam, Domine.

*(After the Kyrie, elision, the following is said.)*

Oramus.  
Flectamus genua.  
Levate.

**COLLECT**

Populum tuum, quaesumus, Domine, propitius respice: atque ab eo flagella tuae iracundiae clementer averte. Per Dominum nostrum Jesum Christum, Filium tuum, qui tecum vivit et regnat in unitate Spiritus Sancti, Deus, per omnia saecula saeculorum.

*(The preceding Collect is used for the commemoration of Ember Saturday.)*

**LESSON1 Deuteronomy 26: 12-19**

Lectio libri Deuteronomii -

In diebus illis: Locutus est Moyses ad populum, dicens: Quando compleveris decimam cunctarum frugum tuarum, loqueris in conspectu Domini, Dei tui: Abstuli, quod sanctificatum est de domo mea, et dedi illud levitae et advenae et pupillo ac viduae, sicut iussisti mihi: non praeterivi mandata tua, nec sum oblitus imperii tui. Obedivi voci Domini, Dei mei, et feci omnia, sicut praecipisti mihi. Respice de sanctuario tuo et de excelsis caelorum habitaculo, et benedic populo tuo Israel, et terrae, quam dedisti nobis, sicut iurasti patribus nostris, terrae lacte et melle mananti. Hodie Dominus, Deus tuus, praecipit tibi, ut facias mandata haec atque iudicia: et custodias et impleas ex toto corde tuo et ex tota anima tua. Dominum elegisti hodie, ut sit tibi Deus, et ambules in viis ejus, et custodias caeremonias illius et mandata atque iudicia, et obedias ejus imperio. Et Dominus elegit te hodie, ut sis ei populus peculiaris, sicut locutus est tibi, et custodias omnia praecpta illius: et faciat te excelsiorem cunctis gentibus, quas creavit in laudem et nomen et gloriam suam: ut sis populus sanctus Domini, Dei tui, sicut locutus est.

**GRADUAL Psalms 78: 9-10**

Propitius esto, Domine, peccatis nostris: ne quando dicant gentes: Ubi est Deus eorum? Adjuva nos, Deus, salutaris noster: et propter honorem nominis tui, Domine, libera nos.

Oramus.  
Flectamus genua.  
Levate.

**COLLECT**

Protector noster, aspice, Deus: ut, qui malorum nostrorum pondere premimur, percipita misericordia, libera tibi mente famulemur. Per Dominum nostrum Jesum Christum, Filium tuum, qui tecum vivit et regnat in unitate Spiritus Sancti, Deus, per omnia saecula saeculorum.

**LESSON2 Deuteronomy 11: 22-25**

Lectio libri Deuteronomii -

In diebus illis: Dixit Moyses filiis Israel: Si custodieritis mandata, quae ego praecipio vobis, et feceritis ea, ut diligatis Dominum, Deum vestrum, et ambulatis in omnibus viis ejus, adherentes ei, disperdet Dominus omnes gentes istas ante faciem vestram, et possidebitis eas, quae majores et fortiores vobis sunt. Omnis locus quem calcaverit pes vester, vester erit. A deserto et a Libano, a flumine magno Euphrate usque ad mare Occidentale, erunt termini vestri. Nullus stabit contra vos: terrorem vestrum et formidinem dabit Dominus, Deus vester, super omnem terram, quam calcaturi estis, sicut locutus est vobis Dominus, Deus vester.

**GRADUAL Psalms 83: 10, 9**

Protector noster, aspice, Deus, et respice super servos tuos. Domine, Deus virtutum, exaudi preces servorum tuorum.

Oramus.  
Flectamus genua.  
Levate.

**COLLECT**

Adesto, quaesumus, Domine, supplicationibus nostris: ut esse, te largiente, mereamur et inter prospera humiles, et inter adversa securi. Per Dominum nostrum Jesum Christum, Filium tuum, qui tecum vivit et regnat in unitate Spiritus Sancti, Deus, per omnia saecula saeculorum.

**LESSON3 2 Machabees 1: 23-27**

Lectio libri Machabaeorum -

In diebus illis: Orationem faciebant omnes sacerdotes, dum consummaretur sacrificium, Jontha inchoante, ceteris autem respondentibus. Et Nehemiae erat oratio hunc habens modum: Domine Deus, omnium Creator, terribilis et fortis, justus et misericors, qui solus es bonus rex, solus praestans, solus justus et omnipotens et aeternus, qui liberas Israel de omni malo, qui fecisti patres electos et sanctificasti eos: accipe sacrificium pro universo populo tuo Israel, et custodi partem tuam et sanctifica: ut sciant gentes, quia tu es Deus noster.

**GRADUAL Psalms 89: 13, 1**

Convèrtere, Domine, aliquantulum, et deprecare super servos tuos. Domine, refugium factus es nobis, a generatione et progènie.

Oramus.  
Flectamus genua.  
Levate.

**COLLECT**

Preces populi tui, quaesumus, Domine, clementer exaudi: ut, qui juste pro peccatis nostris affligimur, pro tui peccatis gloria misericorditer liberemur. Per Dominum nostrum Jesum Christum, Filium tuum, qui tecum vivit et regnat in unitate Spiritus Sancti, Deus, per omnia saecula saeculorum.

**LESSON4 Ecclesiasticus 36: 1-10**

Lectio libri Sapièntiae -

Miserere nostri, Deus omnium, et respice nos, et ostende nobis lucem miseratiõnum tuarum: et immitte timorem tuum super gentes, quae non exquisierunt te, ut cognoscant, quia non est Deus nisi tu, et enarrent

Let my prayers come in before Thee: incline Thine ear to my petition, O Lord. (Ps. 87: 2) O Lord, the God of my salvation: I have cried in the day and in the night before Thee. 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. Let my prayers come in before Thee: incline Thine ear to my petition, O Lord.

Let us pray.  
Let us kneel.  
Arise.

Look down graciously upon Thy people, we beseech Thee, O Lord; and mercifully turn away from them the scourge of Thy wrath. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

In those days Moses spoke to the people, saying: When thou hast made an end of tithing all thy fruits, in the third year of tithes thou shalt give it to the Levite, and to the stranger, and to the fatherless, and to the widow, that they may eat within thy gates, and be filled: And thou shalt speak thus in the sight of the Lord thy God: I have taken that which was sanctified out of my house, and I have given it to the Levite, and to the stranger, and to the fatherless, and to the widow, as Thou hast commanded me: I have not transgressed thy commandments nor forgotten thy precepts. I have obeyed the voice of the Lord my God, and have done all things as Thou hast commanded me. Look from Thy sanctuary, and Thy high habitation of heaven, and bless Thy people Israel, and the land which Thou hast given us, as Thou didst swear to our fathers, a land flowing with milk and honey. This day the Lord thy God hath commanded Thee to do these commandments and judgments: and to keep and fulfil them with all thy heart, and with all thy soul. Thou hast chosen the Lord this day to be thy God, and to walk in His ways and keep his ceremonies, and precepts, and judgments, and obey His command. And the Lord hath chosen Thee this day, to be His particular people, as he hath spoken to Thee, and to keep all his commandments: and to make Thee higher than all nations which He hath created, to His own praise, and name, and glory: that thou mayst be a holy people of the Lord thy God, as He hath spoken.

Forgive us our sins, O Lord lest the Gentiles should say: Where is their God? Help us, O God, our Saviour: and for the honour of Thy name: O Lord, deliver us.

Let us pray.  
Let us kneel.  
Arise.

O God, our Protector, look down upon us: that we who are oppressed by the weight of our evils, may, through Thy mercy, serve Thee with a free mind. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

In those days Moses said to the children of Israel: If you keep the commandments which I command you, and do them, to love the Lord your God, and walk in all His ways, cleaving unto Him, the Lord will destroy all these nations before your face, and shall possess them, which are greater and stronger than you. Every place that your foot shall tread upon be yours. From the desert, and from Libanus, from the great river Euphrates unto the western sea shall be your borders. None shall stand against you: the Lord your God shall lay the dread and fear of you upon all the land that you shall tread upon, as He hath spoken to you, the Lord your God.

Behold, O God, our Protector, and look down upon Thy servants. O Lord God of hosts, graciously hear the prayers of Thy servants.

Let us pray.  
Let us kneel.  
Arise.

Hear our supplications, we beseech Thee, O Lord, that by Thy goodness we may both deserve to be humble in prosperity and secure in adversity. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

In those days all the priests made prayer, while the sacrifice was consuming, Jonathan beginning, and the rest answering. And the prayer of Nehemias was after this manner: O Lord God, Creator of all things, dreadful and strong, just and merciful, Who alone art the good king, Who alone art gracious, Who alone art just, and almighty, and eternal, who deliverest Israel from all evil, Who didst choose the fathers and didst sanctify them: receive the sacrifice for all Thy people Israel, and preserve Thine own portion, and sanctify it; that the Gentiles may know that thou art our God.

Be turned somewhat, O Lord, and be entreated in favor of Thy servants. Lord, Thou hast been our refuge from generation to generation.

Let us pray.  
Let us kneel.  
Arise.

Graciously hear the prayers of Thy people, we beseech Thee, O Lord: that we, who are justly afflicted for our sins, may for the glory of Thy name be mercifully delivered. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

Have mercy upon us, O God of all, and behold us, and shew us the light of Thy mercies: And send Thy fear upon the nations, that have not sought after thee: that they may know that there is no God beside thee, and that they may

magnalia tua. Áleuva manum tuam super gentes aliénas, ut vídeant poténtiam tuam. Sicut enim in conspéctu eórum sanctificátus es in nobis, sic in conspéctu nostro magnificáberis in eis, ut cognóscant te, sicut et nos cognóvimus, quóniam non est Deus præter te, Dómine. Ínnova signa et immúta mirabilia. Glorifica manum et bráchium dextrum. Éxcita furórem et effúnde iram. Tolle adversárium et afflíge inimicum. Festína tempus et meménto finis, ut enárrent mirabilia tua, Dómine, Deus noster.

#### **GRADUAL Psalms 140: 2**

Dirigátur orátio mea sicut incénsium in conspéctu tuo, Dómine. Elevátio mánuum meárum sacrificium vespertínium.

Orémus.  
Flectámus génuu.

Leváte.

#### **COLLECT**

Actiónes nostras, quæsumus, Dómine, aspirándo præveni, et adjuvándo proséquere: ut cuncta nostra orátio et operátio a te semper incípiat, et per te cœpta finiátur. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

#### **LESSON5 Daniel 3: 47-51**

Lectio Daniélis Prophétæ -  
In diebus illis: Ángelus Dómini descendit cum Azaría et sóciis ejus in fornácem: et excússit flammam ignis de fornáce, et fecit médium fornácis quasi ventum roris flantem. Flamma autem effundebátur super fornácem cúbitis quadraginta novem: et erúpit, et incéndit, quos répperit juxta fornácem de Chaldæis, minístros regis, qui eam incendébant. Et non tétigit eos omníno ignis, neque contristávit, nec quidquam moléstia íntulit. Tunc hi tres quasi ex uno ore laudábant, et glorificábant, et benedicébant Deum in fornáce, dicéntes:

*(Deo gratias is not said here.)*

#### **CANTICLE Daniel 3: 52-56**

Benedíctus es, Dómine, Deus patrum nostrórum. Et laudábilis et gloriósus in sæcula.

Et benedíctum nomen glóriæ tuæ, quod est sanctum. Et laudábile et gloriósum in sæcula.

Benedíctus es in templo sancto glóriæ tuæ. Et laudábilis et gloriósus in sæcula.

Benedíctus es super thronum sanctum regni tui. Et laudábilis et gloriósus in sæcula.

Benedíctus es super sceptrum divinitátis tuæ. Et laudábilis et gloriósus in sæcula.

Benedíctus es, qui sedes super Chérubim, íntuens abýssos. Et laudábilis et gloriósus in sæcula.

Benedíctus es, qui ámbulas super pennas ventórum et super undas maris. Et laudábilis et gloriósus in sæcula.

Benedícant te omnes Ángeli et Sancti tui. Et laudent te et gloríficent in sæcula.

Benedícant te cæli, terra, mare, et ómnia quæ in eis sunt. Et laudent te et gloríficent in sæcula.

Glória Patri, et Fílio, et Spirítui Sancto. Et laudábili et glorióso in sæcula.

Sicut erat in princípío, et nunc, et semper: et in saecula sæculórum. Amen. Et laudábili et glorióso in sæcula.

Benedíctus es, Dómine, Deus patrum nostrórum. Et laudábilis et gloriósus in sæcula.

*(After Dóminus vobíscum is said, the following is said.)*

Orémus.

#### **COLLECT**

Deus, qui tribus púeris mitigásti flammas ígnium: concéde propítius; ut nos fámulos tuos non exúrat flamma vitiórum. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

*(Other Collects that may occur are said here:)*

*For St. Casimir*

Deus, qui inter regáles delicias et mundi illécebras sanctum Casimírimum virtúte constántiæ roborásti: quæsumus; ut ejus intercessióne fidéles tui terréna despícient, et ad cæléstia semper aspírent. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

#### **EPISTLE 1 Thessalonians 5: 14-23**

Léctio Epístolæ beáti Pauli Apóstoli ad Thessalonicénses -

Fratres: Rogámus vos, corripite inquietos, consolámini pusillánimes, suscipite infirmos, patiéntes estóte ad omnes. Vidéte, ne quis malum pro malo alicui reddat: sed semper quod bonum est sectámini in ínvicem, et in omnes. Semper gaudéte. Sine intermissióne oráte. In ómnibus grátias ágite: hæc est enim volúntas Dei in Christo Jesu in ómnibus vobis. Spíritum nolíte exstínguere. Prophetías nolíte spérnere. Omnia autem probáte: quod bonum est tenéte. Ab omni specie mala abstinéte vos. Ipse autem Deus pacis sanctíficet vos per ómnia: ut integer spíritus vester, et ánima, et corpus sine queréla, in advéntu Dómini nostri Jesu Christi servétur.

#### **TRACT Psalms 116: 1-2**

Laudáte Dóminum, omnes gentes: et collaudáte eum, omnes pópuli.

Quóniam confirmáta est super nos misericórdia ejus: et véritas Dómini manet in ætérnum.

#### **GOSPEL Matthew 17: 1-9**

Sequéntia sancti Evangéllii secúndum Matthæum -

In illo témpore: Assúmpsit Jesus Petrum, et Jacóbum, et Joánnem fratrem ejus, et duxit illos in montem excélsium seórsum: et transfigurátus est ante eos. Et resplénduit fácies ejus sicut sol: vestiménta autem ejus facta sunt alba sicut nix. Et ecce, apparuérunt illis Móyses et Elías cum eo loquéntes. Respóndens autem Petrus, dixit ad Jesum: Dómine, bonum est nos hic esse: si vis, faciámus hic tria tabernácula, tibi unum, Móysi unum et Elíæ unum. Adhuc eo loquénte, ecce, nubes lúcida obumbrávit eos. Et ecce vox de nube, dicens: Hic est Filius meus diléctus, in quo mihi bene complácuti: ipsum audíte. Et audiéntes discípuli, cecidérunt in fáciem suam, et timuérunt valde. Et accéssit Jesus, et tétigit eos, dixítque eis: Súrgite, et nolíte timére. Levántes autem oculos suos, néminem vidérunt nisi solum Jesum. Et descendéntibus illis de monte, præcépit eis Jesus, dicens: Némini dixéritis visiónem, donec Filius hóminis a mórtuis resúrgat.

shew forth Thy wonders. Lift up Thy hand over the strange nations, that they may see Thy power. For as Thou hast been sanctified in us in their sight, so Thou shalt be magnified among them in our presence, That they may know thee, as we also have known thee, that there is no God beside thee, O Lord. Renew Thy signs, and work new miracles. Glorify Thy hand, and Thy right arm. Raise up indignation, and pour out wrath. Take away the adversary, and crush the enemy. Hasten the time, and remember the end, that they may declare Thy wonderful works, O Lord, our God.

Let my prayer be directed as incense in Thy sight; the lifting up of my hands, as evening sacrifice.

Let us pray.

Let us kneel.

Arise.

Go before our actions, we beseech Thee, O Lord, with Thine inspirations and further them by Thine assistance; that every word and work of ours may begin always from Thee and by Thee be likewise ended. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

In those days, the angel of the Lord went down with Azarias and his companions into the furnace, and he drove the flame of the fire out of the furnace, and made the midst of the furnace like the blowing of a wind bringing dew. But the flame mounted up above the furnace nine and forty cubits: and it broke forth, and burnt such of the Chaldeans the king's servants as it found heating it. And the fire touched them not at all, nor troubled them, nor did them any harm. Then these three, as with one mouth, praised, and glorified, and blessed God in the furnace, saying:

1. Blessed art Thou, O Lord, the God of our fathers, praiseworthy and exalted above all forever.

2. And blessed is Thy holy and glorious name, praiseworthy and exalted above all for all ages.

3. Blessed art Thou in the temple of Thy holy glory, praiseworthy and glorious above all forever.

4. Blessed art Thou on the holy throne of Thy kingdom, praiseworthy and exalted above all forever.

5. Blessed art Thou upon the sceptre of Thine divinity, praiseworthy and exalted above all forever.

6. Blessed are Thou Who look into the depths from Thy throne upon the Cherubim, praiseworthy and exalted above all forever.

7. Blessed art Thou Who walk upon the wings of the wind, and on the waves of the sea, praiseworthy and exalted above all forever.

8. Let all Thine Angels and Saints bless Thee, and praise Thee and exalt Thee above all forever.

9. Let the heavens, the earth, the sea and all the things that are in them bless Thee, and praise Thee and exalt Thee above all forever.

10. Glory be to the Father, and to the Son, and to the Holy Spirit, praiseworthy and exalted above all forever.

11. As it was in the beginning, is now, and ever shall be, forever and ever. Amen. Praiseworthy and exalted above all forever.

12. Blessed art Thou, O Lord the God of our fathers. And worthy to be praised and glorified forever.

O God, Who didst allay the flames of fire for the three young men: grant in Thy mercy that the flame of vice may not consume us Thy servants.

Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

O God, Who didst fortify holy Casimir with the virtue of constancy in the midst of kingly delights and the world's allurements, through his intercession we beseech Thee that Thy faithful may scorn earthly things and ever aspire to those of heaven. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

Brethren: we beseech you, rebuke the unquiet, comfort the feeble-minded, support the weak, be patient towards all men. See that none render evil for evil to any man; but ever follow that which is good towards each other, and towards all men. Always rejoice. Pray without ceasing. In all things give thanks; for this is the will of God in Christ Jesus concerning you all.

Extinguish not the spirit. Despise not prophecies. But prove all things; hold fast that which is good. From all appearance of evil refrain yourselves.

And may the God of peace himself sanctify you in all things; that your whole spirit, and soul, and body, may be preserved blameless in the coming of our Lord Jesus Christ.

O Praise the Lord, all ye nations: and praise Him together, all ye peoples. For His Mercy is confirmed upon us: and the truth of the Lord remaineth forever.

At that time Jesus took Peter and James, and John his brother, and bringeth them up into a high mountain apart: and He was transfigured before them. And his face did shine as the sun: and His garments became white as snow. And behold there appeared to them Moses and Elias talking with Him. And Peter answering, said to Jesus: Lord, it is good for us to be here: if Thou wilt, let us make here three tabernacles, one for Thee, and one for Moses, and one for Elias. And as he was yet speaking, behold a bright cloud overshadowed them. And lo, a voice out of the cloud, saying: This is My beloved Son, in whom I am well pleased: hear ye Him. And the disciples hearing, fell upon their face and were very much afraid. And Jesus came and touched them, and said to them: Arise, and fear not. And they lifting up their eyes saw no one, but only Jesus. And as they came down from the mountain, Jesus charged them, saying: Tell the vision to no man till the Son of Man be risen from the dead.

**OFFERTORY Psalms 87: 2-3**

Dómine, Deus salútis meæ, in die clamávi et nocte coram te: intret orátio mea in conspéctu tuo, Dómine.

**SECRET**

Præséntibus sacrificiis, quæsumus, Dómine, jejúnia nostra sanctífica: ut, quod observántia nostra profitétur extrínsecus, intérius operétur. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

*For St. Casimir*

Laudis tibi, Dómine, hóstias immolámus in tuórum commemoratióne sanctórum: quibus nos et præséntibus éxui malis confídimus, et futúris. 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 ubíque grátias ágere: Dómine sancte, Pater omnípotens, ætérne Deus: Qui corporáli jejúnio vítia cóprimis, mentem élevas, virtútem largírís et præmia: per Christum Dóminum nostrum. Per quem majestátem tuam laudant Ángeli, adórant Dominatiónes, tremunt Potestátes. Cæli cælorúmque Virtútes ac beáta Séraphim sócia exsultatióne concélebrant. Cum quibus et nostras voces ut admítte júbeas, deprecámur, súpplíci confessiόne dicétes:

**COMMUNION Psalms 7: 2**

Dómine, Deus meus, in te sperávi: líbera me ab ómnibus persecúntibus me, et éripe me.

**POSTCOMMUNION**

Sanctificatióibus tuis, omnípotens Deus, et vítia nostra curéntur, et remédia nobis ætérna provéniant. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

*For St. Casimir*

Refécti cibo, pótuque cælésti, Deus noster, te súpplíces exorámus: ut, in cuius hæc commemoratióne percépimus, ejus muniámur et précibus. 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.

Fidéles tuos, Deus, benedíctio desideráta confirmet: quæ eos et a tua voluntáte numquam fáciat discrepáre, et tuis semper indúlgeat beneficiis gratulári. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

O Lord, the God of my salvation, I have cried in the day and in the night before Thee: let my prayer come in before Thee, O Lord.

We beseech Thee, O Lord, sanctify our fast by these present rites: that what our observance shows forth outwardly, it may effect inwardly. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

We offer Thee, O Lord, sacrifices of praise in commemoration of Thy saints, by whom we trust to be delivered from evils both present and future. 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:

O Lord my God, in Thee have I put my trust; save me from all them that persecute me, and deliver me.

By Thy sanctifying powers, O almighty God, may our vices be cured, and may the eternal remedies profit 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.

We Thy suppliants, who are refreshed with heavenly food and drink, beseech Thee, O our God, that we may be fortified by the prayers of him in whose commemoration we have partaken of these gifts. 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 the blessing they desire comfort Thy faithful people, O God: may it cause them never to depart from Thy will and ever to rejoice in Thy benefits. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.