

INTROIT Psalms 54: 2-3

Exáudi, Deus, oratióem meam, et ne despéxeris deprecationem meam: inténde in me et exáudi me. (Ps. 54: 3-4) Constrictus sum in exercitatioe mea: et conturbatus sum avoce inimici et a tribulatioe peccatoris. Glória Patri et Filio et Spiritui Sancto, sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen. Exáudi, Deus, oratióem meam, et ne despéxeris deprecationem meam: inténde in me et exáudi me.

COLLECT

Sacræ nobis, quæsumus, Dómine, observatióis jejúnia: et piæ conversationis augmētum, et tuæ propitiatióis continuū præstent auxiliū. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitate Spíritus Sancti, Deus, per ómnia saecula saeculorum.

For St. Benedict

Intercéssio nos, quæsumus, Dómine, beáti Benedícti Abbátis commēdet: ut, quod nostris méritis non valémus, ejus patrocínio assequámur. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitate Spíritus Sancti, Deus, per ómnia saecula saeculorum.

LESSON Exodus 32: 7-14

In diébus illis: Locútus est Dóminus ad Móysen, dicens: Descēde de monte: peccávit pópulus tuus, quem eduxísti de terra Ægypti. Recesserunt cito de via, quam ostendísti eis: fecerúntque sibi vitulum conflátilem, et adoravérunt, atque immolántes ei hóstias, dixerunt: Isti sunt dii tui, Israēl, qui te e duxérunt de terra Ægypti. Rursúmque ait Dóminus ad Móysen: Cerno, quod pópulus iste duræ cervicis sit: dimitte me, ut irascátur furor meus contra eos, et déleam eos, faciámque te in gentem magnam. Móyses autem orábat Dóminum, Deum suum, dicens: Cur, Dómine, iráscitur furor tuus contra pópulum tuum, quem eduxísti de terra Ægypti in fortitúdine magna et in manu robústa? Ne quæro dicant Ægyptii: Cállide eduxit eos, ut interficeret in móntibus et deléret e terra: quiéscat ira tua, et esto placábilis super nequítia pópuli tui. Recordáre Abraham, Isaac et Israēl, servórum tuorum, quibus jurásti per temetípsum, dicens: Multiplicábo semen vestrum sicut stellas cæli: et univérsam terram hanc, de qua locútus sum, dabo sémini vestro, et possidébitis eam semper. Placátusque est Dóminus, ne fáceret malum, quod locútus fúerat advérsus pópulum suum.

GRADUAL Psalms 43: 26, 2

Exsúrge, Dómine, fer opem nobis: et líbera nos propter nomen tuum. Deus, áuribus nostris audívimus: et patres nostri annuntiavérunt nobis opus, quod operátus es in diébus eórum et in diébus antiquis.

GOSPEL John 7: 14-31

In illo témpore: lam die festo mediánte, ascendit Jesus in templum, et docébat. Et mirabántur Judæi, dicétes: Quómodo hic lítteras scit, cum non didícerit? Respóndit eis Jesus et dixit: Mea doctrína non est mea, sed ejus, qui misit me. Si quis volúerit voluntátem ejus fácere, cognóscet de doctrína, utrum ex Deo sit, an ego a meípso loquar. Qui a semetipso loquítur, glóriam própriam quærit. Qui autem quærit glóriam ejus, qui misit eum, hic verax est, et injustítia in illo non est. Nonne Móyses dedit vobis legem: et nemo ex vobis facit legem? quid me quæritis interficere? Respóndit turba, et dixit: Dæmónium habes: quis te quærit interficere? Respóndit Jesus et dixit eis: Unum opus feci, et omnes mirámini. Propterea Móyses dedit vobis circumcisióem - non quia ex Móyse est, sed ex patribus: - et in sabbato circumciditis hóminem. Si circumcisióem accipit homo in sabbato, ut non solvátur lex Móysi: mihi indignámini, quia totum hóminem sanum feci in sabbato? Nolíte judicáre secúndum fáciem, sed justum júdicium judicáte. Dicébat ergo quidam ex Jerosólymis: Nonne hic est, quem quærunt interficere? Et ecce, palam loquítur, et nihil ei dicunt. Numquid vere cognovérunt principes, quia hic est Christus? Sed hunc scimus, unde sit: Christus autem vénerit, nemo scit, unde sit. Clamábat ergo Jesus in templo docens, et dicens: Et me scitis et, unde sim, scitis, et a meípso non veni, sed est verus, qui misit me, quem vos nescitis. Ego scio eum, quia ab ipso sum, et ipse me misit. Quærébant ergo eum apprehendere: et nemo misit in illum manus, quia nondum vénerat hora ejus. De turba autem multi crediderunt in eum.

OFFERTORY Psalms 39: 2-4

Exspéctans expectávi Dóminum, et respéxit me: et exaudivit deprecationem meam: et immisit in os meum cánticum novum, hymnum Deo nostro.

SECRET

Hæc hóstia, Dómine, quæsumus, emúndet nostra delícta: et, ad sacrificium celebrándum, subditórum tibi córpora mentésque sanctificet. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitate Spíritus Sancti, Deus, per ómnia saecula saeculorum.

For St. Benedict

Sacris altáribus, Dómine, hóstias superpósitas sanctus Benedíctus Abbas, quæsumus, in salutem nobis proveníre depóscat. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitate Spíritus Sancti, Deus, per ómnia saecula saeculorum.

PREFACE OF LENT

Vere dignum et justum est, æquum et salutáre, nos tibi semper et ubique grátias ágere: Dómine sancte, Pater omnipotens, ætérne Deus: Qui corporáli jejúnio vítia cōprimis, et præmia: per Christum Dóminum nostrum. Per quem majestátem tuam laudant Ángeli, adórant Dominatiónes, tremunt Potestátes. Cæli cælórumque Virtútes ac beáta Séraphim sócia exultatíone concélebrant. Cum quibus et nostras voces ut admítti júbeas, deprecámur, súpplici confessióne dicétes:

COMMUNION Psalms 19: 6

Lætábimur in salutári tuo: et in nómine Dómini, Dei nostri, magnificábimur.

POSTCOMMUNION

Hujus nos, Dómine, percéptio sacraménti mundet a crimine: et ad cælestia regna perdúcat. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitate Spíritus Sancti, Deus, per ómnia saecula saeculorum.

For St. Benedict

Prótegat nos, Dómine, cum tui percéptioe sacraménti beátus Benedíctus Abbas, pro nobis intercedéndo: ut et conversatióis ejus experiámur insígnia, et intercessióis percipiámus suffrágia. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitate Spíritus Sancti, Deus, per ómnia saecula saeculorum.

PRAYER OVER THE PEOPLE

Humiliáte cápita vestra Deo. Miserére, Dómine, pópulo tuo: et continuis tribulatióibus laborántem, propítius respiráre concéde. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitate Spíritus Sancti, Deus, per ómnia saecula saeculorum.

Hearken, O God, to my prayer; turn not away from my pleading; give heed to me, and answer me. (Ps. 54: 3-4) I rock with grief, and am troubled at the voice of the enemy and the clamor of the wicked. 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. Hearken, O God, to my prayer; turn not away from my pleading; give heed to me, and answer me.

May the sacred practice of fasting, we beseech You, O Lord, win for us increased holiness of life and the continuing help of Your mercy. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

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.

In those days, the Lord said to Moses, Go down from the mountain to your people, whom you brought out of the land of Egypt, for they have become depraved. They have soon turned aside from the way I pointed out to them, making for themselves a molten calf and worshiping it, sacrificing to it and crying out, 'This is your God, O Israel, Who brought you out of the land of Egypt!' I see how stiff-necked this people is, continued the Lord to Moses. Let Me alone, then, that My wrath may blaze up against them to consume them. Then I will make of you a great nation. But Moses implored the Lord, his God, saying, Why, O Lord, should Thy wrath blaze up against Thine own people, whom Thou brought out of the land of Egypt with such great power and with so strong a hand? Why should the Egyptians say, 'With evil intent He

brought them out, that He might kill them in the mountains and exterminate them from the face of the earth'? Let Thy blazing wrath die down; relent in punishing Your people. Remember Thy servants Abraham, Isaac and Israel, and how Thou swore to them by Thine own self, saying, 'I will make your descendants as numerous as the stars in the sky; and all this land that I promised, I will give your descendants as their perpetual heritage.' So the Lord relented in the punishment He had threatened to inflict on His people.

Arise, O Lord, help us! Redeem us for Your Name's sake. O God, our ears have heard, our fathers have declared to us the deeds Thou did in their days, in days of old.

At that time, when the feast was already half over, Jesus went up into the temple and began to teach. And the Jews marveled, saying, How does this man come by learning, since He has not studied? Jesus answered them and said, My teaching is not My own, but His Who sent Me. If anyone desires to do His will, he will know of the teaching whether it is from God, or whether I speak on My own authority. He who speaks on his own authority seeks his own glory. But he who seeks the glory of the one who sent him is truthful, and there is no injustice in him. Did not Moses give you the Law, and none of you observes the Law? Why do you seek to put Me to death? The crowd answered and said, You have a devil. Who seeks to put You to death? Jesus answered and said to them, One work I did and you all wonder. For this reason Moses gave you the circumcision - not that it is from Moses, but from the fathers - and on a Sabbath you circumcise a man. If a man receives circumcision on a Sabbath, that the Law of Moses may not be broken, are you indignant with me because I made a whole man well on a Sabbath? Judge not by appearances but give just judgment. Some therefore of the people of Jerusalem were saying, Is not this the man they seek to kill? And behold, He speaks openly and they say nothing to Him. Can it be that the rulers have really come to know that this is the Christ? Yet we know where this man is from; but when the Christ comes, no one will know where He is from. Jesus therefore, while teaching in the temple, cried out and said, You both know Me, and know where I am from. Yet I have not come of Myself, but He is true Who has sent Me, whom you do not know. I know Him because I am from Him, and He sent Me. They wanted therefore to seize Him, but no

one laid hands on Him because His hour had not yet come. Many of the people, however, believed in Him.

I have waited, waited for the Lord, and He stooped toward me and heard my cry. And He put a new song into my mouth, a hymn to our God.

May this offering, O Lord, we beseech Thee, wipe away our sins, and make holy the minds and bodies of Your servants for celebrating this Sacrifice. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

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.

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 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:

May we shout for joy at Thy victory and raise the standards in the Name of the Lord our God.

May the reception of this sacrament, O Lord, cleanse us from guilt and bring us to the kingdom 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.

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.

Bow your heads to God. Have mercy on Thy people, O Lord, and graciously grant them relief from the unceasing tribulations which oppress them. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.