02/12, FRIDAY AFTER ASH WEDNESDAY

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The Mass sets forth the emptiness of external ceremonies where these are not accompanied by an internal spirit of true repentance. The Gospel sets forth the Christian law of love and good-will toward our neighbor. To return the courtesy of others with equal grace is a rule of good manners that even pagans may practice, but, in order to be able to pardon injuries, to do good without hope of return, we need the example, the command, and the grace of Jesus Christ.

INTROIT Psalms 29:11

Audívit Dóminus, et misértus est mihi: Dóminus factus est adjútor meus. (Ps. 29: 2) Exaltábo te, Dómine, quóniam suscepísti me: nec delectásti inimícos meos super me. Glória Patri et Fílio et Spirítui Sancto, sicut erat in princípio, et nunc, et semper, et in sæcula sæculórum. Amen. Audívit Dóminus, et misértus est mihi: Dóminus factus est adjútor meus.

The Lord has heard, and has had pity on me; the Lord became my helper. (Ps. 29:) I will exalt Thee, O Lord, for Thou drew me clear and did not let my enemies rejoice over me. 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 Lord has heard, and has had pity on me; the Lord became my helper.

COLLECT

Ieiúnia ista, quǽsumus, Dómine, benígno favóre prosequére: ut observántiam, quam corporáliter exhibémus, méntibus étiam nóstris exercére valeámus. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum.

May Thy kindly favor, we beseech Thee, O Lord, accompany the fast we have begun, that we may be able to practice with a pure mind what we perform bodily. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

For Seven Holy Founders

Dómine Jesu Christe, qui, ad recoléndam memóriam dolórum sanctíssimæ Genetrícis tuæ, per septem beátos Patres nova Servorum ejus familia Ecclésiam tuam fœcundásti: concéde propítius; ita nos eórum consociári fletíbus, ut perfruámur et gáudiis: Qui vivis et regnas, cum Deo Patre in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum.

O Lord Jesus Christ Who, in order to renew the memory of the sorrows of Thy most holy Mother, hast through the seven blessed fathers enriched Thy Church with the new Order of Servites; mercifully grant that we may be so united in their sorrows as to share in their joys. Who lives and reigns with God the Father in the unity of the Holy Spirit, God, forever and ever.

LESSON Isaiah 58:1-9

Hæc dicit Dóminus Deus: Clama, ne cesses: quasi tuba exálta vocem tuam: et annúntia pópulo meo scélera eórum, et dómui Jacob peccáta eórum. Me étenim de die in diem quærunt, et scire vias meas volunt: quasi gens, quæ justítiam fécerit, et judícium Dei sui non derelíquerit: rogant me justícia justítiæ: appropínquare Deo volunt. Quare jejunávimus, et non aspexísti: humiliávimus ánimas nostras, et nescísti? Ecce, in die jejúnii vestri invénitur voluntas vestra, et omnes debítores vestros repétitis. Ecce, ad lites et contentiónes jejunátis, et antebíllt fácium tuum justítia tua, et glória Dómini cólliget te. Tunc invocábis, et Dóminus exáudiet: clamábis, et dicet: Ecce, adsum. Quia misericors sum, Dóminus, Deus tuus.

Thus says the Lord God: Cry out full-throated and unsparingly, lift up your voice like a trumpet blast; tell My people their wickedness, and the house of Jacob their sins. They seek Me day after day, and desire to know My ways, like a nation that has done what is just and not abandoned the law of their God; they ask Me to declare what is due them, pleased to gain access to God. Why do we fast, they cry, but not see it? afflict ourselves, and Thou takest no note of it? Lo, on your fast day you carry out your own pursuits, and drive all your workers. Yes, your fast ends in quarreling and fighting, striking with wicked fist. Would that today you might fast so as to make your voice heard on high! Is this the manner of fasting I wish, of keeping a day of penance: that a man bow his head like a reed, and lie in sackcloth and ashes? Do you call this a fast, a day acceptable to the Lord? This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the downtrodden, breaking every yoke; sharing your bread with the hungry, sheltering the oppressed and the homeless; clothing the naked when you see them, and not turning your back on your own. Then your light shall break forth like the dawn, and your wound shall quickly be healed; your vindication shall go before you, and the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer, you shall cry for help, and He will say: Here I am! For I, the Lord your God, am merciful.

GRADUAL Psalms 26: 4

Unam pétii a Dómino, hanc requíram, ut inhábitem in domo Dómini. Ut vídeam voluptátem Dómini, et prótegar a templo sancto ejus.

One thing I ask the Lord; this I seek: to dwell in the house of the Lord. That I may gaze on the loveliness of the Lord and be protected by His holy temple.

TRACT Psalms 102: 10

Dómine, non secúndum peccáta nostra, quæ fécimus nos: neque secúndum iniquitátes nostras retríbuas nobis. (Ps. 78: 8, 9) Dómine, ne memíneris iniquitátum nostrárum antiquárum: cito anticipent nos misericórdiæ tuæ, quia páuperes facti sumus nimis. *(Hic genuflectitur.)* Ádjuva nos, Deus, salutáris noster: et propter glóriam nóminis tui, Dómine, líbera nos: et propítius esto peccátis nostris, propter nomen tuum.

O Lord, repay us not according to the sins we have committed, nor according to our iniquities. (Ps. 78: 8, 9) O Lord, remember not our former iniquities, let Thy mercies speedily prevent us; for we are become exceeding poor. *(Here kneel.)* Help us, O God, our Savior, and for the glory of Thy name, O Lord, deliver us: and forgive us our sins for Thy name's sake.

GOSPEL Matthew 5: 43-48; 6: 1-4

In illo témpore: Dixit Jesus discípulis suis: Audístis, quia dictum est: Díliges próximum tuum, et ódio habébis inimícum tuum. Ego autem dico vobis: Díligite inimícos vestros, benefácite his, qui odérunt vos, et órate pro persequéntibus et calumniántibus vos, ut sitis fílii Patris vestri, qui in cælis est: qui solem suum oríri facit super bonos et malos, et pluit super justos et injústos. Si enim dilligitis eos, qui vos dílligunt, quam mercédem habébitis? nonne et publicáni hoc fáciunt? Et si salutavéritis fratres vestros tantum, quid ámplius fácitis? nonne et éthnici hoc fáciunt? Estóte ergo vos perfécti, sicut et Pater vester cæléstis perfectus est. Atténdite, ne justítiam vestram fáciatis coram homínibus, ut videámini ab eis: alióquin mercédem non habébitis apud Patrem vestrum, qui in cælis est. Cum ergo facis eleemósynam, noli tuba cánere ante te, sicut hypócritæ fáciunt in synagógis et in vícis, ut honorificéntur ab homínibus. Amen, dico vobis, recepérunt mercédem suam. Te autem faciénte eleemósynam, néscat sinistra tua, quid fáciat déxtera tua, ut sit eleemósyna tua in abscóndito, et Pater tuus, qui videt in abscóndito, reddet tibi.

At that time, Jesus said to His disciples, You have heard that it was said: You shall love your neighbour, and shall hate your enemy. But I say to you: love your enemies, do good to those who hate you, and pray for those who persecute and calumniate you, that you may be children of your Father in heaven, Who makes His sun to rise on the good and the evil, and sends rain on the just and the unjust. For if you love those that love you, what reward shall you have? Do not even the publicans do that? And if you salute your brethren only, what are you doing more than others? Do not even the Gentiles do that? You therefore are to be perfect, even as you heavenly Father is perfect. Take heed not to do your good before men, in order to be seen by them; otherwise you shall have no reward with your Father in heaven. Therefore when you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and streets, in order that they may be honoured by men. Amen: I say to you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be given in secret; and your Father, Who sees in secret, will reward you.

OFFERTORY Psalms 118: 154, 125

Dómine, vivífica me secúndum elóquium tuum: ut sciam testimónia tua.

O Lord, for the sake of Thy promise give me life, that I may know Thy decrees.

SECRET

Sacrifícium, Dómine, observántiæ quadragesimáliis, quod offérimus, præsta, quǽsumus: ut tibi et méntes nostras reddat acceptas, et continéntiæ promptióris nobis tríbuat facultátem. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum.

Grant, O Lord, we beseech Thee, that as we offer the sacrifice of Lent, our hearts may be made acceptable to Thee; and the sacrifice may give us greater willingness for self-denial. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

For Seven Holy Founders

Accípe, quǽsumus, Dómine, hóstias quas tibi offérimus: et præsta; ut, intercedéntibus Sanctis tuis, líbera tibi mente sérviamus, et perdoléntis Vírginis Genetrícis Fílii tui amóre inflammémur. Per eúndem Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum.

Graciously receive, we beseech Thee, O Lord, the sacrifice we offer up to Thee, and do Thou grant that, through the prayers of Thy Saints, being inflamed with love for the sorrowing Virgin, Mother of Thy Son, we may serve Thee with a free mind. 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.

PREFACE OF LENT

Vere dignum et justum est, æquum et salutáre, nos tibi semper et ubique grátias ágere: Dómine sancte, Pater omnípotens, atérne Deus: Qui corporáli jejúnio vítia cómprimis, mentem élevas, virtútem largíris et præmia: per Christum Dóminum nostrum. Per quem majestátem tuam laudant Angeli, adórant Dominatiónes, tremunt Potestátes. Cæli cælorúmque Virtútes ac beáta Séraphim sócia exsultatióne concélebrant. Cum quibus et nostras voces ut admitti júbeas, deprecámur, súpplici confessióne dicéntes:

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, and 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:

COMMUNION Psalms 2:11-12

Servíte Dómino in timóre, et exsultáte ei cum trémore: apprehéndite disciplínam, ne peréatis de via justa.

Serve the Lord with fear, and rejoice before Him with trembling; embrace discipline, lest you perish from the just way.

POSTCOMMUNION

Spíritum nobis, Dómine, tuæ cantátis infúnde: ut, quos uno pane cælésti satiásti, tua fácias pietáte concórdes. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum.

Fill us, O Lord, with the spirit of Thy love, to unite in charity those whom Thou hast filled with one and the same heavenly Bread. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

For Seven Holy Founders

Cæléstibus réfici mystériis te, Dómine, deprecámur: ut, quorum festa percólimus imitántes exémpla; juxta Crucem Jesu cum María Matre ejus fidéliter astémus, et ejúsdem redemptiónis fructum percípere mereámur. Per eúndem Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum.

Quickened anew by the heavenly mysteries, we beseech Thee O Lord, that following the example of the saints whose feast we are keeping, we may steadfastly abide at the foot of the cross of Jesus with Mary His mother, and merit to partake in the fruits of His redemption. 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.

PRAYER OVER THE PEOPLE

Humiliáte cápita vestra Deo. Tuére, Dómine, pópulum tuum et ab ómnibus peccátis cleménter emúnda: quia nulla ei nocébit advérsitas, si nulla ei dominétur iníquitas. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sǽcula sæculórum.

Bow down your heads before God. Watch over Thy people, O Lord, and mercifully cleanse them from all their sins; for no harm can come to them if no evil has power over 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.