

FOURTH SUNDAY OF LENT (Laetare Sunday)

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Ever since the time of St. Helena, a large portion of the true cross has been preserved in her basilica in a theater, and for this reason the station is held there today. Its earliest designation was *Basilica Heleniana*, or more commonly *Sancta Hierusalem*, whence we have the frequent allusions to Jerusalem in today's Mass.

The Introit sounds the note of joy in the triumph of the Holy Cross; today is the feast of Holy Jerusalem. The Church invites us, as it were, to take a little rest in order to recruit our strength before proceeding with renewed fervor on the road of penance.

The Liturgy, therefore, reminds us of how Our Lord multiplied the loaves and the fishes in the desert, and fed five thousand persons (John 6: 1-15). That food represents the Word of God, which is the food of the soul; it also represents the material blessings with which divine Providence unfaithfully sustains our human nature. (This is one of two Masses when rose vestments may be worn.)

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[Optional Sprinkling Rite before High Mass](#)

AT THE FOOT OF THE ALTAR (Kneel)

P: †In nómine Patris, et Fílii, et Spíritus Sancti. Amen.

P: Introíbo ad altáre Dei.

S: Ad Deum qui lætíficat juventútem meam.

(Psalm 42)

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

S: Quia tu es, Deus, fortitúdo mea: quare me repulísti, et quare tristis incédo, dum afflígit me inimícus?

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

S: Et introíbo ad altáre Dei: ad Deum qui lætíficat juventútem meam.

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

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

P: Glória Patri, et Fílio, et Spíritui Sancto.

S: Sicut erat in princípío, et nunc, et semper: et in sæcula sæculórum. Amen.

P: Introíbo ad altáre Dei.

S: Ad Deum qui lætíficat juventútem 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 Baptístæ, 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 Baptístam, 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, perdúcat te ad vitam ætérnam.

P: Amen.

S: Confíteor Deo omnipoténti, beátæ Mariæ semper Vírgini, beáto Michaéli Archángelo, beáto Joánni Baptístæ, 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 Baptístam, 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, perdúcat vos ad vitam ætérnam.

S: Amen.

P: †Indulgéntiam, absolutiónem, et remissionem peccatórum nostrórum, tríbuat nobis omnípotens et miséricors Dóminus.

S: Amen.

P: Deus, tu convérsus vivificábis nos.

S: Et plebs tua lætábitur 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 vobíscum.

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 Sanctórum tuórum, quorum reliquiæ hic sunt et ómnium Sanctorum: ut indulgére dignéris ómnia peccáta mea. Amen.

(Only at High Mass when incense is used)

P: *Ab illo benedicáris, in cujus honóre cremáberis.*

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

Rejoice, O Jerusalem, and come together all you that love her; rejoice with joy, you that have been in sorrow: that you may exult, and be filled from the breasts of your consolation. I rejoiced at the things that were said to me: We shall go into the house of the Lord. 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. Rejoice, O Jerusalem, and come together all you that love her; rejoice with joy, you that have been in sorrow: that you may exult, and be filled from the breasts of your consolation.

AT THE CENTER OF THE ALTAR

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.

(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.

Grant, we beseech Thee, O almighty God, that we, who for our evil deeds justly deserve to be punished, by the comfort of Thy grace may mercifully be relieved. 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)

Brethren: it is written that Abraham had two sons; the one by a bond-woman. And the other by a free-woman. But he who was of the bond-woman was born according to the flesh; but he of the free-woman was by promise. Which things are said by an allegory. For these are the two testaments: the one from Mount Sina, engendering unto bondage, which is Agar: for Sina is a mountain in Arabia, which hath affinity to that Jerusalem which now is, and is in bondage with her children: but that Jerusalem which is above is free, which is our mother. For it is written, Rejoice, thou barren that bearest not; break forth and cry, thou that travailest not; for many are the children of the desolate, more than of her that hath a husband. Now we, brethren, as Isaac was, are the children of promise. But as then he that was born according to the flesh persecuted him that was after the spirit, so also it is now. But what saith the Scriptures? Cast out the bond-woman and her son; for the son of the bond-woman shall not be heir with the son of the free-woman. So then, brethren, we are not the children of the bond-woman, but of the free; by the freedom wherewith Christ hath made us free.

S: Thanks be to God.

I rejoiced at the things that were said to me: We shall go into the house of the Lord. Let peace be in Thy strength, and abundance in Thy towers.

They that trust in the Lord shall be as Mount Sion: he shall not be moved forever that dwelleth in Jerusalem. Mountains are round about it: so the Lord is round about his people, from henceforth now and for ever.

AT THE CENTER OF THE ALTAR

P: Kýrie, eléison.

S: Kýrie, eléison.

P: Kýrie, eléison.

S: **Christe, eléison.**

P: Christe, eléison.

S: **Christe, eléison.**

P: Kýrie, eléison.

S: Kýrie, eléison.

P: Kýrie, eléison.

(Stand at High Mass)

P: Dóminus vobíscum.

S: **Et cum spíritu tuo.**

AT THE RIGHT SIDE OF THE ALTAR

P: Orémus.

COLLECT

Concéde, quæsumus, omnípotens Deus: ut qui ex mérito nostræ actiõnis affligimur, tuæ grátie consolatióne respirémus. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

S: **Amen.**

(Sit)

EPISTLE Galatians 4: 22-31

Fratres: Scriptum est: Quóniam Ábraham duos filios hábit: unum de ancilla, et unum de líbera. Sed qui de ancilla, secúndum carnem natus est: qui autem de líbera, per repromissionem: quæ sunt per allegóriam dicta. Hæc enim sunt duo testaménta. Unum quidem in monte Sina, in servitútem génerans: quæ est Agar: Sina enim mons est in Arábia, qui conjúctus est ei, quæ nunc est Jérusalem, et servit cum filiis suis. Illa autem, quæ sursum est Jérusalem, líbera est, quæ est mater nostra. Scriptum est enim: Lætáre, stérilis, quæ non parís: erúmpe, et clama, quæ non párturis: quia multi filii desértæ, magis quam ejus, quæ habet virum. Nos autem, fratres, secúndum Isaac promissionis filii sumus. Sed quómodo tunc is, qui secúndum carnem natus fúerat, persequebátur eum, qui secúndum spíritum: ita et nunc. Sed quid dicit Scriptúra? Éjice ancillam et filium ejus: non enim heres erit filius ancillæ cum filio líberæ. Ítaque, fratres: non sumus ancillæ líbæ, sed líberæ: qua libertáte Christus nos liberávit.

S: Deo gratias.

GRADUAL Psalms 121: 1, 7

Lætátus sum in his, quæ dicta sunt mihi: in domum Dómini íbimus. Fiat pax in virtúte tua: et abundántia in túrribus tuis.

TRACT Psalms 124: 1-2

Qui confidunt in Dómino, sicut mons Sion: non commovébitur in ætérnum, qui hábitat in Jérusalem. Montes in circúitu ejus: et Dóminus in circúitu pópuli sui, ex hoc nunc et usque in sæculum.

AT THE CENTER OF THE ALTAR

(Only at High Mass when incense is used)

P: *Ab illo benedicáris, in cujus honóre cremáberis.*

P: Munda cor meum ac lábia mea, omnípotens Deus, qui lábia Isaíæ Prophætæ cálculo mundásti igníto: ita me tua grata miseratióne dignáre mundáre, ut sanctum Evangélium tuum digne váleam nuntiáre. Per Christum Dóminum nostrum. Amen.

P: Jube, Dómine, benedicere. Dóminus sít in corde meo, et in lábiis meis: ut digne et competéner annúntiem Evangélium suum. Amen.

AT THE LEFT SIDE OF THE ALTAR (Stand)

P: Dóminus vobíscum.

S: **Et cum spíritu tuo.**

P: Seqúentia sancti Evangélii secúndum Joánnem.

S: **Glória tibi, Dómine.**

AT THE CENTER OF THE ALTAR

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.

(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.

Grant, we beseech Thee, O almighty God, that we, who for our evil deeds justly deserve to be punished, by the comfort of Thy grace may mercifully be relieved. 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)

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AT THE CENTER OF THE ALTAR

(Only at High Mass when incense is used)

P: *Ab illo benedicáris, in cujus honóre cremáberis.*

P: Cleanse my heart and my lips, O almighty God, Who cleansed the lips of the Prophet Isaiah with a burning coal. In Thy gracious mercy, deign so to purify me, that I may worthily proclaim Thy holy Gospel. Through Christ our Lord. Amen.

P: Pray, Lord, a blessing. The Lord be in my heart and on my lips that I may worthily and fittingly proclaim His Gospel. Amen.

AT THE LEFT SIDE OF THE ALTAR (Stand)

P: The Lord be with you.

S: And with your spirit.

P: The continuation of the holy Gospel according to John.

S: Glory to Thee, O Lord.

GOSPEL John 6: 1-15

In illo tempore: Abiit Jesus trans mare Galilææ, quod est Tiberiadis: et sequebatur eum multitudo magna, quia videbant signa, quæ faciēbat super his, qui infirmabantur. Sūbiit ergo in montem Jesus: et ibi sedēbat cum discipulis suis. Erat autem proximum Pascha, dies festus Judæorum. Cum sublevasset ergo oculus Jesus, et vidisset quia multitudo maxima venit ad eum, dixit ad Philippum: Unde ememus panes, ut manducent hi? Hoc autem dicebat tentans eum: ipse enim sciēbat quid esset facturus. Respondit ei Philippus: Ducentorum denariorum panes non sufficiunt eis, ut unusquisque modicum quid accipiat. Dicit ei unus ex discipulis ejus, Andræas frater Simonis Petri: Est puer unus hic, qui habet quinque panes hordeaceos, et duos pisces: sed hæc quid sunt inter tantos? Dixit ergo Jesus: Facite homines discumbere. Erat autem fœnum multum in loco. Discubuerunt ergo viri, numero quasi quinque millia. Accēpit ergo Jesus panes: et cum grātiās egisset, distribuit discumbentibus: similiter et ex piscibus quantum volebant. Ut autem implēti sunt, dixit discipulis suis: Colligite quæ superaverunt fragmenta, ne pereant. Collegerunt ergo, et impleverunt duodecim cophinos fragmentorum ex quinque panibus hordeaceis, quæ superfuērunt his, qui manducaverant. Illi ergo homines cum vidissent quod Jesus fecerat signum, dicebant: Quia hic est vere Prophēta, qui venturus est in mundum. Jesus ergo cum cognovisset, quia venturi essent ut raperent eum, et facerent eum regem, fugit iterum in montem ipse solus.

At that time, Jesus went over the Sea of Galilee which is that of Tiberias; and a great multitude followed Him, because they saw the miracles which He did on them that were diseased. Jesus therefore went up into a mountain, and there He sat with His disciples. Now the pasch, the festival day of the Jews, was near at hand. When Jesus therefore had lifted up His eyes, and seen that a very great multitude cometh to Him, He said to Philip, Whence shall we buy bread that these may eat? And this He said to try him; for He Himself knew what He would do. Philip answered Him, Two hundred penny-worth of bread is not sufficient for them, that every one may take a little. One of His disciples, Andrew, the brother of Simon Peter, saith to Him, There is a boy here that hath five barley loaves and two fishes; but what are these among so many? Then Jesus said: Make the men sit down. Now there was much grass in the place. The men therefore sat down, in number about five thousand. And Jesus took the loaves; and when He had given thanks, He distributed to them that were set down. In like manner also of the fishes, as much as they would. And when they were filled, He said to His disciples, Gather up the fragments that remain, lest they be lost. They gathered up therefore, and filled twelve baskets with the fragments of the five barley loaves, which remained over and above to them that had eaten. Now those men, when they had seen what a miracle Jesus had done, said, This is of a truth the prophet that is to come into the world. Jesus therefore, when He knew that they would come to take Him by force and make Him king, fled again into the mountain Himself alone.

S: Laus tibi, Christe.

P: Per evangēlica dicta deleantur nostra delicta.

S: Praise to Thee, O Christ.

P: May our offenses be erased by the words of the Gospel.

AT THE CENTER OF THE ALTAR

P: Credo in unum Deum. Patrem omnipotentem, factorem cæli et terræ, visibillum omnium et invisibillum. Et in unum Dōminum Jesum Christum, Filium Dei unigenitum. Et ex Patre natum ante omnia sæcula. Deum de Deo, lumen de lumine, Deum verum de Deo vero. Gēnitum, non factum, consubstantialē Patri: per quem omnia facta sunt. Qui propter nos homines, et propter nostram salutem descendit de cælis. **(Genuflect)** ET INCARNATUS EST DE SPIRITU SANCTO EX MARIA VIRGINE: ET HOMO FACTUS EST. Crucifixus etiam pro nobis: sub Pōntio Pilato passus, et sepultus est. Et resurrexit tertia die, secūndum Scripturas. Et ascendit in cælum: sedet ad dexteram Patris. Et iterum venturus est cum glōria judicare vivos, et mortuos: cujus regni non erit finis. Et in Spiritum Sanctum, Dōminum et vivificantem: qui ex Patre, Filioque procedit. Qui cum Patre, et Filio simul adoratur et conglorificatur: qui locutus est per Prophētas. Et unam, sanctam, catholicam et apostolicam Ecclēsiām. Confiteor unum baptisma in remissionem peccatorum. Et expecto resurrectionem mortuorum. †Et vitam venturi sæculi. Amen.

P: Dōminus vobiscum.

S: **Et cum spiritu tuo.**

P: Orémus.

(Sit)

AT THE CENTER OF THE ALTAR

P: I believe in one God, the Father almighty, maker of heaven and earth, and of all things visible and invisible. And in one Lord, Jesus Christ, the only-begotten Son of God. Born of the Father before all ages. God of God, light of light, true God of true God. Begotten, not made, consubstantial with the Father, by Whom all things were made. Who for us men, and for our salvation, came down from heaven. **(Genuflect)** AND WAS INCARNATE BY THE HOLY SPIRIT, OF THE VIRGIN MARY: AND WAS MADE MAN. He was also crucified for us, suffered under Pontius Pilate, and was buried. And on the third day He rose again, according to the Scriptures, and He ascended into heaven; He sits at the right hand of the Father. And He shall come again with glory to judge the living and the dead. Of Whose kingdom there shall be no end. And in the Holy Spirit, the Lord and giver of life, Who proceeds from the Father and the Son; Who with the Father and the Son is adored and glorified, Who spoke through the Prophets. And in one, holy, Catholic and apostolic Church. I confess one baptism for the remission of sins. And I expect the resurrection of the dead †and the life of the world to come. Amen.

P: The Lord be with you.

S: And with your spirit.

P: Let us pray.

(Sit)

OFFERTORY Psalms 134: 3, 6

Laudate Dōminum, quia benignus est: psallite Dōmini ejus, quōniam suavis est: omnia quæcumque voluit, fecit in cælo, et in terra.

P: Sūscipe, sancte Pater, omnipotens ætérne Deus, hanc immaculatam hōstiam, quam ego indignus famulus tuus offero tibi, Deo meo vivo et vero, pro innumerabilibus peccatis, et offensivibus, et negligētiis meis, et pro omnibus circumstantibus, sed et pro omnibus fidelibus christiānis vivis atque defunctis: ut mihi, et illis proficiat ad salutem in vitam ætérnam. Amen.

AT THE RIGHT SIDE OF THE ALTAR

P: Deus, qui humanæ substātiæ dignitatem mirabiliter condidisti, et mirabilius reformasti: da nobis per hujus aquæ et vini mysterium, ejus divinitatis esse consortes, qui humanitatis nostræ fieri dignatus est particeps, Jesus Christus Filius tuus Dōminus noster: Qui tecum vivit et regnat in unitate Spiritus Sancti, Deus: per omnia sæcula sæculorum. Amen.

AT THE CENTER OF THE ALTAR

P: Offerimus tibi, Dōmine, calicem salutaris tuam deprecātes clemētiām: ut in conspectu divinæ majestatis tuæ, pro nostra, et totius mundi salutē cum odore suavitatis ascendat. Amen. In spiritu humilitatis, et in animo contrito suscipiamur a te, Dōmine, et sic fiat sacrificium nostrum in conspectu tuo hōdie, ut placeat tibi, Dōmine Deus. Veni, sanctificator omnipotens ætérne Deus: et benedic hoc sacrificium, tuo sancto nōmini præparatum.

(Only at High Mass when incense is used)

P: Per intercessionem beati Michælis Archangeli, stantis a dextris altaris incensum, et omnium electorum suorum, incensum istud dignetur Dōminus benedicere, et in odorem suavitatis accipere. Per Christum Dōminum nostrum. Amen.

P: Incensum istud a te benedictum, ascendat ad te, Dōmine, et descendat super nos misericordia tua.

P: Dirigatur, Dōmine, oratio mea, sicut incensum, in conspectu tuo: elevatio manuum mearum sacrificium vespertinum. Pone, Dōmine, custodiam ori meo, et ostium circumstantiæ labiis meis: ut non declinet cor meum in verba malitiæ, ad excusationem iniquitatis.

P: Accendat in nobis Dōminus ignem sui amoris, et flamma ætérnæ caritatis. Amen.

AT THE RIGHT SIDE OF THE ALTAR

P: Lavabo inter innocētes manus meas: et circumdabo altare tuum, Dōmine: Ut audiā vocem laudis, et enārrem univērsa mirabilia tua. Dōmine, dilēxi decorem domus tuæ, et locum habitatiōnis glōriæ tuæ. Ne perdas cum impiis, Deus, animam meam, et cum viris sanguinum vitam meam: In quorum manibus iniquitates sunt: dextera eorum replēta est munēribus. Ego autem in innocētia mea ingressus sum: redime me, et miserere mei. Pes meus stetit in dirēcto: in eclēsiā benedixi, et Dōmino. Glōriam Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper: et in sæcula sæculorum. Amen.

AT THE CENTER OF THE ALTAR

P: Sūscipe, sancta Trinitas, hanc oblationem, quam tibi offerimus ob memoriām passiōnis, resurrectionis, et ascensionis Jesu Christi Dōmini nostri: et in honorem beatæ Mariæ semper Virginis, et beati Joānnis Baptistæ, et sanctorum Apostolorum Petri et Pauli, et istorum, et omnium Sanctorum: ut illis proficiat ad honorem, nobis autem ad salutem: et illi pro nobis intercedere dignentur in cælis, quorum memoriām āgimus in terris. Per eūdem Christum Dōminum nostrum. Amen.

P: Orate fratres: ut meum ac vestrum sacrificium acceptabile fiat apud Deum Patrem omnipotentem.

S: Suscipiat sacrificium de manibus tuis ad laudem, et glōriam nōminis sui, ad utilitatem quoque nostram, totiusque Ecclēsiæ suæ sanctæ.

P: Amen.

SECRET (silently)

Sacrificii præsentibus, Dōmine, quæsumus, intēde placātus: ut et devotiōni nostræ proficiant et salutī. Per Dōminum nostrum Jesum Christum, Filium tuum, qui tecum vivit et regnat in unitate Spiritus Sancti, Deus,

(aloud, to conclude the Secret Prayer)

P: ...per omnia sæcula sæculorum.

(Stand at High Mass)

S: Amen.

P: Dōminus vobiscum.

S: **Et cum spiritu tuo.**

P: Sursum corda.

S: **Habémus ad Dōminum.**

P: Gratias agāmus Dōmino Deo nostro.

S: **Dignum et justum est.**

PREFACE OF LENT

Vere dignum et justum est, æquum et salutāre, nos tibi semper et ubique grātiās agere: Dōmine sancte, Pater omnipotens, ætérne Deus: Qui corporali jejūnio vitia cōprimis, mentem elevas, virtutem largiris et præmia: per Christum Dōminum nostrum. Per quem majestatem tuam laudant Angeli, tremunt Dominatiōnes, adstant Potestates. Cæli cælorumque Virtutes ac beata Sēraphim sócia exultatiōne concēlebrant. Cum quibus et nostras voces ut admitti jubeas, deprecāmur, sūpplici confessiōne dicētes:

(Kneel)

P: Sanctus ☩, Sanctus ☩, Sanctus ☩, Dōminus Deus Sábaoth. Pleni sunt cæli et terra glōria tua. Hosanna in excelsis. †Benedictus qui venit in nōmine Dōmini. Hosanna in excelsis.

THE ROMAN CANON (silently)

P: Te igitur, clementissime Pater, per Jesum Christum Filium tuum, Dōminum nostrum, sūpplices rogāmus, ac pētimus uti accēpta hābeas, et benedicas, hæc dona, hæc mūnera, hæc sacrificia, hanc libatā, in qua, quæ tibi offerimus pro Ecclēsia tua sancta catholica: quam pacificare, custodire, adunāre, et regere digneris toto orbe terrarum: una cum famulo tuo Papa nostro **N.**, et Antistite nostro **N.**, et omnibus orthodoxis, atque catholicis et apostolicæ fidei cultōribus.

Praise ye the Lord, for He is good: sing ye to His name, for He is sweet: whatsoever He pleased He hath done in heaven and in earth.

P: Receive, O Holy Father, almighty and eternal God, this spotless host, which I, Thine unworthy servant, offer unto Thee, my living and true God, for my innumerable sins, offenses, and negligences, and for all here present; and also for all faithful Christians both living and dead, that it may profit me and them for salvation unto life everlasting. Amen.

P: O God, Who wonderfully formed the dignity of human nature, and more wonderfully restored it, grant us through the mystery of this water and wine, to be made participants of His divinity, Who condescended to become a partaker of our humanity, Jesus Christ, Thy Son, our Lord, Who with Thee, lives and reigns in the unity of the Holy Spirit, God, forever and ever. Amen.

P: We offer Thee, O Lord, the chalice of salvation, pleading Thy clemency, that it may ascend in the sight of Thy divine majesty, with a sweet fragrance, for our salvation and for that of the whole world. Amen. In a humble spirit and a contrite heart may we be received by Thee, O Lord, and let our sacrifice be so made in Thy sight this day that it may please Thee, O Lord God. Come, O sanctifier, almighty and eternal God, and bless this sacrifice prepared for Thy holy name.

P: By the intercession of blessed Michael the Archangel, who stands at the right hand of the altar of incense, and of all His elect, may the Lord deign to bless this incense, and to receive it as a sweet fragrance, through Christ our Lord.

P: May this incense, blessed by Thee, ascend to Thee, O Lord, and may Thy mercy descend upon us.

P: Let my prayer be directed, O Lord, as incense in Thy sight, the lifting up of my hands as an evening sacrifice. Set a watch, O Lord, before my mouth: and a door round about my lips: that my heart may not incline to evil words: to make excuses in sins.

P: May the Lord enkindle in us the fire of His love and the flame of everlasting charity. Amen.

P: I will wash my hands among the innocent, and I will compass Thine altar, O Lord, that I may hear the voice of praise: and tell of all Thy wondrous deeds. I have loved, O Lord, the beauty of Thy house and the place where Thy glory dwelleth. Destroy not my soul, O God, with the wicked, nor my life with men of blood. In whose hands are iniquities, their right hand is full with gifts. But I have walked in my innocence: redeem me, and have mercy on me. My foot has stood on the right path; in the churchery I will bless Thee, O Lord. 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.

P: Receive, O holy Trinity, this oblation which we offer to Thee in remembrance of the Passion, Resurrection, and Ascension of Our Lord Jesus Christ, and in honor of blessed Mary, ever Virgin, blessed John the Baptist, the holy Apostles Peter and Paul, and of these and of all the Saints; that it may avail unto their honor and our salvation, and may they deign to intercede in heaven for us who honor their memory here on earth. Through the same Christ, our Lord. Amen.

P: Pray brethren, that my sacrifice and yours may be acceptable to God the Father almighty.

S: May the Lord receive the sacrifice from your hands, to the praise and glory of His name, to our benefit, and that of all His holy Church.

P: Amen.

Look down mercifully upon these sacrifices, we beseech Thee, O Lord, that they may increase our devotion and effect our salvation. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God,

P: ...forever and ever.

(Stand at High Mass)

S: Amen.

P: The Lord be with you.

S: And with your spirit.

P: Lift up your hearts.

S: We have lifted them up to the Lord.

P: Let us give thanks to the Lord our God.

S: It is fitting and just.

It is truly fitting and just, proper and beneficial, that we should always and everywhere, give thanks unto Thee, everywhere, Thy 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:

(Kneel)

P: Holy, holy, holy, Lord God of Hosts! Heaven and earth are filled with Thy glory. Hosanna in the highest! †Blessed is He Who comes in the name of the Lord. Hosanna in the highest!

THE ROMAN CANON (silently)

P: Therefore, most merciful Father, we humbly pray and entreat Thee, through Jesus Christ, Thy Son, Our Lord, that Thou would accept and bless these gifts, these offerings, these holy and spotless sacrifices, which, in the first place, we offer Thee for Thy holy Catholic Church: deign to pacify, to guard, to unite, and to govern her throughout the world, together with Thy servant **N.**, our Pope, and **N.**, our Bishop; and all orthodox believers of the Catholic and apostolic faith.

P: Meménto, Dómine, famulórum, famularúmque tuárum **N.**, et **N.**, et ómnium circumstántium, quorum tibi fides cógnota est, et nota devótio, pro quibus tibi offerimus: vel qui tibi offerunt hoc sacrificium laudis, pro se, suisque ómnibus: pro redemptióne animárum suárum, pro spe salutis et incolumitátis suæ: tibique reddunt vota sua ætérno Deo, vivo et vero.

P: Communicántes, et memóriam venerántes, in primis glorióse semper Vírginis Mariæ, Genitricis Dei et Dómini nostri Jesu Christi: sed et beáti Joseph, ejúsdem Vírginis Sponsi, et beatórum Apostolórum ac Mátyrum tuórum, Petri et Pauli, Andréæ, Jacóbi, Joánnis, Thomæ, Jacóbi, Philíppi, Bartholomæi, Matthæi, Simónis, et Thaddæi: Lini, Cleti, Cleméntis, Xysti, Cornélii, Cypriáni, Lauréntii, Chrysógoni, Joánnis et Pauli, Cosmæ et Damiáni, et ómnium Sanctórum tuórum; quorum méritis precibúsq; concedás, ut in ómnibus protectiónis tuæ muniámur auxilió. Per eúndem Christum Dóminum nostrum. Amen.

P: ☩ Hanc ígitur oblatiónem servitútis nostræ, sed et cunctæe familiæ tuæ, quæsumus, Dómine, ut placátus accípias: diésque nostros in tua pace dispónas, atque ab ætérna damnatióne nos éripi, et in electórum tuórum júbeas grege numerári. Per Christum Dóminum nostrum. Amen.

P: Quam oblatiónem tu, Deus, in ómnibus, quæsumus, benedictam, adscriptam, ratam, ratióne dignam, acceptabílemque 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, benedixit, fregit, dedítque discipulis suis, dicens:

Accípite, et manducáte ex hoc omnes, HIC EST ENIM CORPUS MEUM.

☩ ☩ ☩

P: Símili modo postquam cænátum est, accípiens et hunc præclarum Cálícem in sanctas ac venerábiles manus suas: item tibi grátias agens, benedixit, dedítque discipulis suis, dicens:

Accípite, et bíbite ex eo omnes, HIC EST ENIM CALIX SÁNGUINIS MEI, NOVI ET AETÉRI

TESTAMENTI: MYSTÉRIUM FÍDEI: QUI PRO VOBIS ET PRO MULTIS EFFUNDÉTUR IN REMISSIÓNEM PECCATÓRUM.

Hæc quotiescúmque fecéritis, in mei memóriam faciétis.

☩ ☩ ☩

P: Unde et memores, Dómine, nos servi tui, sed et plebs tua sancta, ejúsdem Christi Filii tui Dómini nostri tam beátæ passiónis, nec non et ab ínferis resurrectiónis, sed et in cælos glorióse ascensiónis: offerimus præclaræ majestáti tuæ de tuis donis, ac datis, hóstiam puram, hóstiam sanctam, hóstiam immaculatam, Panem sanctum vitæ ætérnæ, et Cálícem salutis perpétuæ.

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

P: Súpplīces te rogámus, omnipotens Deus: jube hæc perférri per manus sancti Ángeli tui in sublīme altáre tuum, in conspéctu divínæ majestátis tuæ: ut quotquot, ex hac altáris participatióne sacrosántum Filii tui, Corpus, et Sánguinem sumpsérimus, omni benedictióne cælésti et grátia repleámur. Per eúndem Christum Dóminum nostrum. Amen.

P: Meménto étiam, Dómine, famulórum, famularúmque tuarum **N.** et **N.** qui nos præserúnt cum signo fídei, et dórmunt in somno pacis. Ipsis, Dómine, et ómnibus in Christo quiescéntibus, locum refrigerii, lucis et pacis, ut indúlgeas, 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 Mátyribus: cum Joáñne, Stéphano, Matthía, Bárnaba, Ignátio, Alexándro, Marcellino, Petro, Felicitáte, Perpétua, Ágatha, Lúcia, Agnéte, Cæcília, Anastásia, et ómnibus Sanctis tuis: intra quorum nos consórtium, non æstimátor mériti, sed véniæ, quæsumus, largitor admítte. Per Christum Dóminum nostrum.

P: Per quem hæc ómnia, Dómine, semper bona creas, sanctíficas, vivíficas, benedícis, et præstas nobis. Per ípsam, et cum ipso, et in ipso, est tibi Deo Patri omnipoténti, 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 mónit, et divína institutióne formáti, audémus dícere:

Pater noster, qui es in cælis: Sanctificétur tuum: Advéniat regnum tuum: Fiat volúntas tua, sicut in cælo, et in terra. Panem nostrum quotidíanum da nobis hódie: Et dímittle nobis debíta nostrá, sicut et nos dímittimus debítoria nostris. Et ne nos indúcas in tentatiónem:

S: Sed libera nos a malo.

P: Amen

P: Líbera nos, quæsumus, Dómine, ab ómnibus malis, prætéritis, præséntibus, et futúris: et intercedénte beáta et gloriósa semper Vírgine Dei Genitricé 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 Perturbatióne Jesum Christum Fílium 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 commíxtio, et consecrátió Córporis et Sánguinis Dómini nostri Jesu Christi fiat accipiéntibus nobis in vitam ætérnam. 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 tuis: Pacem relinquo vobis, pacem meam do vobis: ne respicias peccáta mea, sed fidem Ecclésiæ tuæ: eámque secúndum volúntatem tuam pacificáre et coadunáre dignéris: Qui vivis et regnas Deus per ómnia sæcula sæculórum. Amen.

P: Dómine Jesu Christe, Fili Dei vivi, qui ex volúntate Patris, cooperánte Spírītu Sancto, per mortem tuam mundum vivificásti: líbera me per hoc sacrosántum Corpus et Sánguinem tuum ab ómnibus iniquitátibus meis, et univérsis malis: et fac me tuis semper inhærére mandátis, et a te numquam separáti permíttas: Qui cum eódem Deo Patre in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum. Amen.

P: Percéptio Córporis tui, Dómine Jesu Christe, quod ego indignus súmere præsumo, non mihi provéniat in júdicium et condemnatiónem: sed pro tua pietáte prosit mihi ad tutaméntum 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. Dómine, non sum dignus ☩, ut intres sub tectum meum: sed tantum dic verbo, et sanábitur ánima mea. Dómine, non sum 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 ætérnam. Amen.

AT THE CENTER OF THE ALTAR

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

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

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

AT THE RIGHT SIDE OF THE ALTAR**COMMUNION Psalms 121: 3-4**

Jerúsalem, quæ ædificátur ut civitas, cujus participátio ejus in idípsum; illuc enim ascendérunt tribus, tribus Dómini, ad confiténdum nómini tuo, Dómine.

AT THE RIGHT SIDE OF THE ALTAR

Jerusalem, which is built as a city, which is compact together: for thither did the tribes go up, the tribes of the Lord, to praise Thy name, O Lord.

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

P: Dóminus vobíscum.

S: **Et cum spírítu tuo.**

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: Orémus.

AT THE RIGHT SIDE OF THE ALTAR

P: Let us pray.

POSTCOMMUNION

Da nobis, quæsumus, miséricors Deus: ut sancta tua, quibus incessánter explémur, sincéris tractémus obséquijs, et fidéli semper mente sumámus. 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 RIGHT SIDE OF THE ALTAR

Grant us, we beseech Thee, O merciful God, ever to celebrate with sincere worship and receive with faithful hearts Thy holy mysteries, of which we continually partake. 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: Dóminus vobíscum.

S: **Et cum spírítu tuo.**

P: Ite, Missa est.

S: **Deo grátias.**

(Kneel at High Mass)

P: Pláceat tibi, sancta Trínitas, obséquium servitútis meæ: et præsta; ut sacrificium, quod óculis tuæ majestátis indígnus obtuli, tibi sit acceptábile, mihiqúe et ómnibus pro quibus illud obtuli, sit, te miseránte, propitiábile. Per Christum Dóminum nostrum. Amen.

P: Benedícat vos omnípotens Deus,

†Pater, et Fílius, et Spíritus Sanctus.

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: 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 ípsam facta sunt: et sine ipso factum est nihil, quod factum est: in ipso vita erat, et víta erat lux hóminum: et lux in ténebris lucet, et ténebræ eam non comprehendérunt. Fuit homo 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 ípsam factus est, et mundus eum non cognóvit. In própria venit, et sui eum non recepérunt. Quotquot autem recepérunt eum, dedit eis potestátem filios Dei fieri, his qui credunt in nómine ejus: qui non ex sanguínibus, neque ex voluntáte carnis, neque ex voluntáte viri, sed ex Deo nati 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)

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.