

The
Communion Antiphons

from the

Third Edition of the
Roman Missal

Set to music by

Fr. Columba Kelly, OSB

Published with the approval of the
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United States Conference of Catholic Bishops

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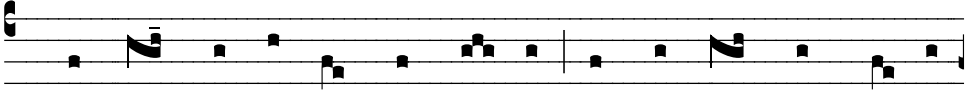
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ADVENT

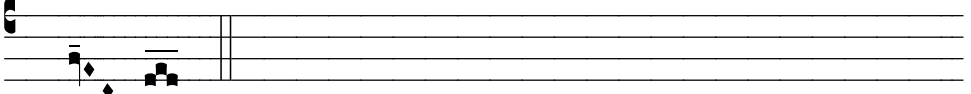
FIRST SUNDAY OF ADVENT

Communion Antiphon

Cf. Ps 85(84):13



1. The Lord will be- stow his boun- ty, and our earth shall yield its



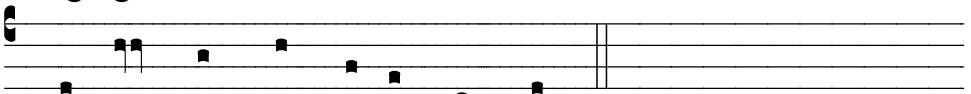
in- crease.

Psalm 85 (84)

¹*For the Choirmaster. Of the sons of Korah. A Psalm.*

- ² O LÓRD, you have fávored your lánd, [6]
and brought báck the cáptives of Jácob.
- ³ You forgáve the guílt of your péople,
and cóvered áll their síns.
- ⁴ You avérted áll your ráge;
you turned báck the héat of your ánger.
- ⁵ Bring us báck, O Gód, our sáviór!
Put an énd to your gríevance agáinst us.
- ⁶ Will you be ángry with ús foréver?
Will your ánger last from áge to áge?
- ⁷ Will you nót restóre again our lífe,
that your péople may rejóice in yóu?
- ⁸ Let us sée, O LÓRD, your mércy,
and gránt us yóur salvátion.
- ¹¹ Merciful lóve and fáithfulness have mét;
jústice and péace have kíssed.
- ¹² Fáithfulness shall spríng from the éarth,
and jústice look dówn from héaven.

Congregational Refrain:

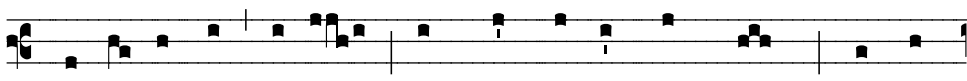


1. O Lord, you have favored your land.

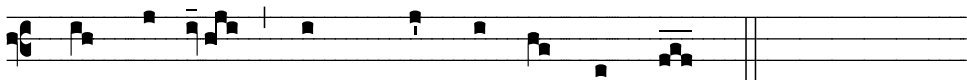
SECOND SUNDAY OF ADVENT

Communion Antiphon

Cf. Bar 5: 5,4,36



2. Je- ru- sa- lem, a- rise and stand u- pon the heights, and be-



hold the joy which comes to you from God.

Psalm 147B (147)

¹² O Jerúsalem, glórfy the LÓRD! [6]

O Síon, práise your Gód!

¹³ He has stréngthened the bárs of your gátes;
he has bléssed your chíldren wíthín you.

¹⁴ He estáblished péace on your bórders;
he gíves you your fill of finest whéat.

¹⁵ He sénds out his wórd to the éarth,
and swíftly rúns his commánd.

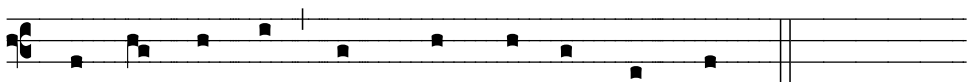
¹⁷ He húrls down háilstones like crúmbs;
befóre such cóld, who can stánd?

¹⁸ He sénds forth his wórd and it mélts them;
at the blówing of his bréath the waters flów.

¹⁹ He revéals his wórd to Jácob;
to Ísrael, his DECREES and júdgments.

²⁰ He has nóT dealt thús with other náTions;
he hás not táught them his júdgments.

Congregational Refrain:



2. Be- hold the joy which comes to you from God.

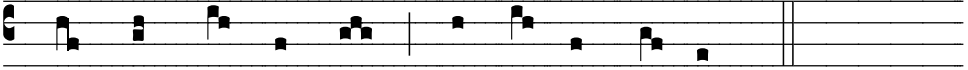
THIRD SUNDAY OF ADVENT

Communion Antiphon

Cf. Is 35: 4



7. Say to the faint of heart: Be strong and do not fear. Be-



hold, our God will come, and he will save us.

Isaiah 35

Israel's Deliverance

- ¹ The wilderness and the parched land will exult;
the Arabah will rejoice and bloom;
- ² Like the crocus it shall bloom abundantly,
and rejoice with joyful song.

The glory of Lebanon will be given to it,
the splendor of Carmel and Sharon;
They will see the glory of the LORD,
the splendor of our God.

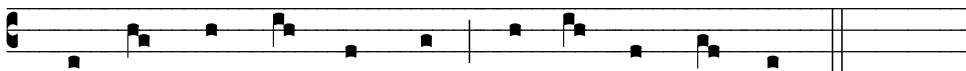
- ³ Strengthen hands that are feeble,
make firm knees that are weak,
- ⁶ Then the lame shall leap like a stag,
and the mute tongue sing for joy.

For waters will burst forth in the wilderness,
and streams in the Arabah.

- ⁷ The burning sands will become pools,
and the thirsty ground, springs of water;
The abode where jackals crouch
will be a marsh for the reed and papyrus.

⁸ A highway will be there,
called the holy way;
No one unclean may pass over it,
but it will be for his people;
no traveler, not even fools, shall go astray on it.

Congregational Refrain:

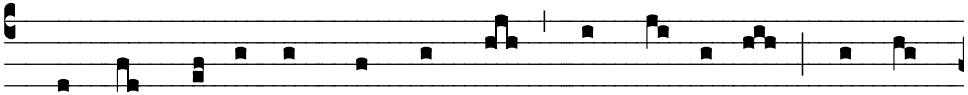


7. Be- hold, our God will come, and he will save us.

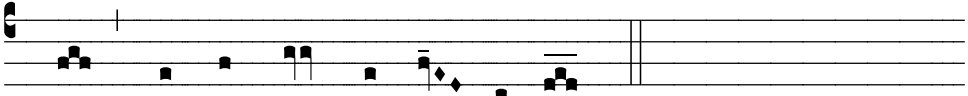
FOURTH SUNDAY OF ADVENT

Communion Antiphon

Is 7: 14



1. Be- hold, a Vir- gin shall con- ceive and bear a son; and his



name will be called Em- man- u- el.

Psalm 19 (18)

¹*For the Choirmaster. A Psalm of David.*

- ² The héavens declére the glóry of Gód,
and the firmament procláims the wórk of his hánds.
- ³ Dáy unto dáy convéys the méssage,
and níght unto níght impárts the knówledge.
- ⁴ No spéech, no wórd, whose vóice goes unhéeded;
- ⁵ their sóund goes fórth through áll the éarth,
their méssage to the útmost bóunds of the wórlð.
- ⁶ Thére he has pláced a tént for the sún;
it comes fórth like a brídegroom cóming from his tént,
rejóices like a chámption to rún his cóurse.
- ⁷ At one énd of the héavens is the rísing of the sún;
to its fúrthést énd it rúns its cóurse.
There is nóthing conceáled from its búrning héat.
- ⁸ The lów of the LÓRD is pérfect;
it revíves the sóul.
The DECREES of the LÓRD are stéadfast;
they give wísdóm to the símple.

- ⁹ The précepts of the LÓRD are ríght;
they gládden the héart.
The commánd of the LÓRD is cléar;
it gives líght to the éyes.
- ¹⁰ The féar of the LÓRD is púre,
abíding foréver.
The júdgments of the LÓRD are trúe;
they are, áll of them, júst.
- ¹¹ They are móre to be desíred than góld,
than quántities of góld.
And swéeter are théy than hóney,
than honey flówing from the cómb.
- ¹² So in thém your sérvant finds instrúction;
great rewárd is in their kéeping.
- ¹³ But whó can detéct their own érrors?
From hídden faults acquít me.
- ¹⁴ From presúmption restráin your sérvant;
máy it not rúle me.
Thén shall Í be blámeless,
cléan from grave sín.
- ¹⁵ May the spóken wórds of my móuth,
the thóughts of my héart,
win fávor in your síght, O LÓRD,
my rók and my redéemer!

Congregational Refrain

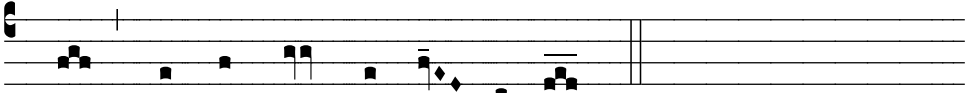


1. Be- hold, the Lord our God is with us!

Or the same antiphon with different verses:



1. Be- hold, a Vir- gin shall con- ceive and bear a son; and his



name will be called Em- man- u- el.

Luke 1

The Canticle of Mary

- ^{46b} My sóul mágnifies the Lórd,
⁴⁷ and my spírit rejóices in God, my sávior.
- ⁴⁸ All péople now will cáll me bléssed,
 for he has lóved the lówliness of his hándmaid.
- ⁴⁹ The Almíghty has shówn me great fávor,
 hóly is his náme.
- ⁵⁰ His mércy exténds through generátions,
 tóward thóse who revére him.
- ⁵¹ He has revéaled his árm in pówer,
 scattering the próud in their ówn concéit.
- ⁵² Hé has dethróned the pówerful,
 and lífted úp the lówly.
- ⁵³ The fárnished have been filled with his bóunty,
 the rích have been sént away émpy.
- ⁵⁴ He has álways helped Ísrael, his sérvant,
 trúe to his lóving kíndness,
- ⁵⁵ júst as he prómised our fáthers,
 to Ábraham and his descéndants for éver.

Congregational Refrain



1. Be- hold, the Lord our God is with us!

CHRISTMAS TIME

December 25
THE NATIVITY OF THE LORD
[CHRISTMAS]

At the Mass during the Night

Communion Antiphon

Jn 1: 14



6. The Word be- came flesh, and we have seen his glo- ry.

Psalm 98 (97)

¹*A Psalm.*

O sÍng a new sÓng to the LÓRD,
 for hé has worked wÓnders.
 His right hÁnd and his hÓly árm
 have brÓught salvÁtion.

² The LÓRD has made knÓwn his salvÁtion,
 has shÓwn his delÍverance to the nÁtions.

³ He has remébered his mérciful lÓve
 and his trúth for the hóuse of Ísrael.

All the énds of the éarth have séen
 the salvÁtion of our GÓd.

[5]

⁴ ShÓut to the LÓRD, all the éarth;
 break fÓrth into jÓyous sÓng,
 and sÍng out your práise.

⁵ Sing psÁlms to the LÓRD with the hárp,
 with the hárp and the sÓund of sÓng.

⁶ With trúmpets and the sÓund of the hÓrn,
 raise a shÓut before the KÍng, the LÓRD.

⁷ Let the séa and all within it thúnder;
the wórld, and thóse who dwell in it.

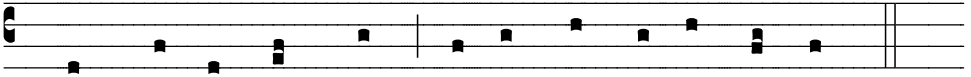
[6]

⁸ Let the rívers cláp their hánds,
and the hílls ring out their jóy

⁹ at the présence of the LÓRD, for he cómes,
he comes to júdge the éarth.

He will júdge the wórld with jústice,
and the péoples with fáirness.

Congregational Refrain:



6. The Word be- came flesh, and is dwell- ing a- mong us.

Or the same antiphon with different verses:



6. The Word be- came flesh, and we have seen his glo- ry.

Psalm 147B (147)

¹² O Jerúsalem, glórfy the LÓRD! [6]

O Sión, práise your Gód!

¹³ He has stréngthened the bárs of your gátes;
he has bléssed your children withín you.

¹⁴ He estáblished péace on your bórders;
he gíves you your fill of finest whéat.

¹⁵ He sénds out his wórd to the éarth,
and swíftly rúns his commánd.

¹⁶ He shówers down snów like wóol;
he scátters hóarfrost like áshes.

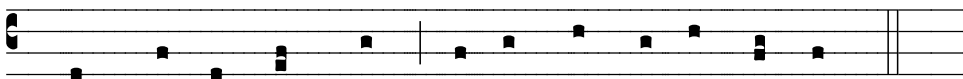
¹⁷ He húrls down háilstones like crúmbs;
befóre such cóld, who can stánd?

¹⁸ He sénds forth his wórd and it mélts them;
at the blówing of his bréath the waters flów.

¹⁹ He revéals his wórd to Jácob;
to Ísrael, his decrées and júdgments.

²⁰ He has nótt dealt thús with other nátions;
he hás not táught them his júdgments.

Congregational Refrain:



6. The Word be- came flesh, and is dwell- ing a- mong us.

December 25
THE NATIVITY OF THE LORD
[CHRISTMAS]

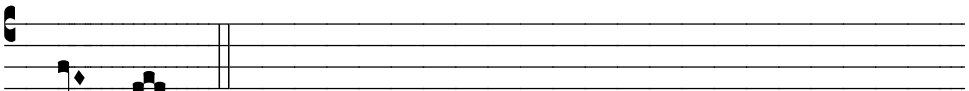
At the Mass during the Day

Communion Antiphon

Cf. Ps 97(98)



1. All the ends of the earth have seen the sal-va-tion of



our God.

Psalm 98 (97)

¹*A Psalm.*

O s'ing a new s'ong to the LÓRD,
 for hé has worked w'onders.
 His right hánd and his h'oly árm
 have br'ought salvátion.

² The LÓRD has made kn'own his salvátion,
 has sh'own his del'iverance to the nátions.

³ He has remébered his mérciful l'ove
 and his trúth for the hóuse of Ísrael.

All the énds of the éarth have s'éen
 the salvátion of our Gód.

[5]

⁴ Sh'out to the LÓRD, all the éarth;
 break f'orth into j'oyous s'ong,
 and s'ing out your práise.

⁵ Sing psálms to the LÓRD with the hárp,
with the hárp and the sóund of sóng.

⁶ With trúmpets and the sóund of the hórñ,
raise a shóut before the Kíng, the LÓRD.

⁷ Let the séa and all withín it thúnder; [6]
the wórld, and thóse who dwéll in it.

⁸ Let the rívers cláp their hánds,
and the hílls ring out their jóy

⁹ at the présence of the LÓRD, for he cómes,
he comes to júdge the éarth.

He will júdge the wórld with jústice,
and the péoples with fáirness.

Congregational Refrain:



1. The ends of the earth have seen the sal-va-tion of our God.

Sunday in the Octave of the Nativity of the Lord

THE HOLY FAMILY

Communion Antiphon

Bar 3: 38



2. Our God has ap- peared on the earth, and lived a- mong us.

Psalm 98 (97)

¹*A Psalm.*

O síng a new sÓng to the LÓRD,
for hé has worked wÓnders.
His right hánd and his hÓly árm
have brÓught salvátion.

² The LÓRD has made knÓwn his salvátion,
has shÓwn his delÍverance to the nátions.

³ He has remébered his mérciful lÓve
and his trúth for the hóuse of Ísrael.

All the énds of the éarth have séen
the salvátion of our GÓd.

[5]

⁴ ShÓut to the LÓRD, all the éarth;
break fÓrth into jÓyous sÓng,
and síng out your práise.

⁵ Sing psálms to the LÓRD with the hárp,
with the hárp and the sÓund of sÓng.

⁶ With trúmpets and the sÓund of the hÓrn,
raise a shÓut before the KÍng, the LÓRD.

⁷ Let the séa and all withín it thúnder;
the wórld, and thóse who dwéll in it.

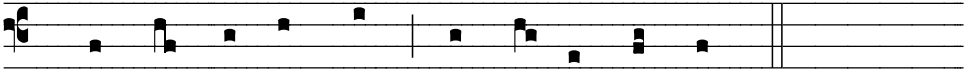
[6]

⁸ Let the rívers cláp their hánds,
and the hílls ring out their jóy

⁹ at the présence of the LÓRD, for he cómes,
he comes to júdge the éarth.

He will júdge the wórld with jústice,
and the péoples with fáirness.

Congregational Refrain:



2. Our God has ap-peared and lives a-mong us.

1 January
SOLEMNITY OF MARY,
THE HOLY MOTHER OF GOD

Communion Antiphon

Heb 13; 8



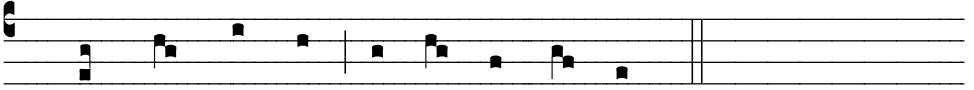
4. Je- sus Christ is the same yes-ter-day, to- day, and for e- ver.

Luke 1

The Canticle of Mary

- ^{46b} My sóul mágnifies the Lórd,
⁴⁷ and my spírit rejóices in God, my sáviour.
- ⁴⁸ All péople now will cáll me bléssed,
 for he has lóved the lówliness of his hándmaid.
- ⁴⁹ The Almíghty has shówn me great fávor,
 hóly is his náme.
- ⁵⁰ His mércy exténds through generátions,
 tóward thóse who revére him.
- ⁵¹ He has revéaled his árm in pówer,
 scattering the próud in their ówn concéit.
- ⁵² Hé has dethróned the pówerful,
 and lífted úp the lówly.
- ⁵³ The fámişed have been filled with his bóunty,
 the rích have been sént away émpy.
- ⁵⁴ He has álways helped Ísrael, his sérvant,
 trúe to his lóving kíndness,
- ⁵⁵ júst as he prómised our fáthers,
 to Ábraham and his descéndants for éver.

Congregational Refrain:



4. Your reign, O Lord, will be with- out end.

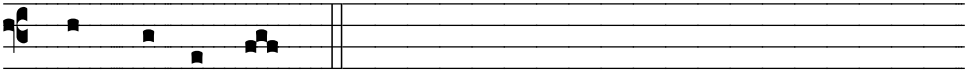
SECOND SUNDAY AFTER THE NATIVITY [CHRISTMAS]

Communion Antiphon

Cf. Jn 1: 12



2. To all who would ac-cept him, he gave the pow-er to be-come



child- ren of God.

Psalm 8

¹*For the Choirmaster. Upon the gittith. A Psalm of David.*

- ² O LÓRD, our Lórd, how majéctic [6]
is your náme through áll the éarth!
Your májesty is sét above the héavens.
- ³ From the móuths of chídren and of bábés
you fáshioned praise to fóil your ényemy,
to sílence the fóe and the rébel.
- ⁴ When I see the héavens, the wórk of your fingers,
the móon and the stárs which you arránged,
- ⁵ what is mán that you should kéeep him in mínd,
the son of mán that you cáre for hím?
- ⁶ Yet you have máde him little lówer than the ángels;
with glóry and hónor you crówned him,
- ⁷ gave him pówer over the wórks of your hánds:
you put áll things únder his féet,

Sunday between January 2 and 8
THE EPIPHANY OF THE LORD

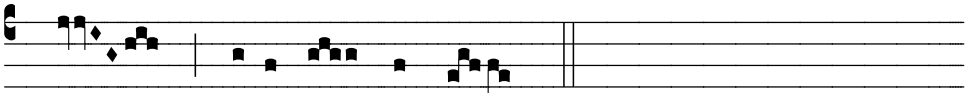
At the Mass during the Day

Communion Antiphon

Mt 2:2



4. We have seen his star in the East, and have come with



gifts to a-dore the Lord.

Psalm 72 (71)

¹Of Solomon.

O Gód, give your júdgment to the kíng,
 to a kíng's són your jústice,

² that he may júdge your péople in jústice,
 and your póor in right júdgment.

³ May the móuntains bring forth péace for the péople,
 and the hills jústice.

⁷ In his dáys shall jústice flóurish,
 and great péace till the móon is no móre.

⁸ He shall rúle from séa to séa,
 from the Ríver to the bóunds of the éarth.

¹⁰ The kíngs of Társhish and the íslands
 shall páy him tribute. [6]

The kíngs of Shéba and Séba
 shall bríng him gífts.

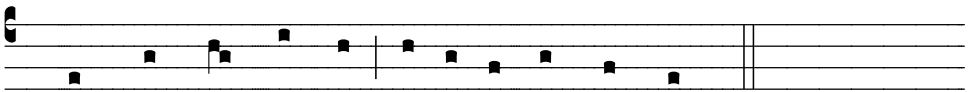
¹¹ Before hím all kíngs shall fall próstrate,
 all nátions shall sérve him.

¹² For he shall sáve the néedy when they cry,
the póor, and thóse who are hélpless.

¹⁷ May his náme endúre foréver,
his name contínue like the sún.
Every tríbe shall be blést in hím,
all nátions shall cáll him bléssed.

¹⁸ Blést be the LÓRD, God of Ísrael,
who alóne works wónders,

Congregational Refrain:



4. We have seen his star, let us a-dore the Lord.

Or the same antiphon with different verses:



4. We have seen his star in the East, and have come with



gifts to a-dore the Lord.

Psalm 97 (96)

- ¹ The LORD is kÍng, let éarth rejóice;
let the mány íslands be glád.
- ² Clóud and dárkness surróund him;
justice and rÍght are the foundátion of his thróne.
- ³ A fÍre prepáres his páth;
it búrn up his fóes on every síde.
- ⁴ His líghtnings líght up the wórld;
the éarth looks ón and trémbles.
- ⁵ The móuntains mélt like wáx [5]
befóre the fáce of the LÓRD,
before the fáce of the Lórd of all the éarth.
- ⁶ The skÍes procláim his jústice;
all péoples sée his glóry.
- ⁷ Let thóse who serve ídols be ashámed, [6]
those who bóast of their wórthless góds.
All you ángels, wórship hÍm.
- ⁸ Síon héars and is glád;
the dáughters of Júdah rejóice
becáuse of your júdgments, O LÓRD.

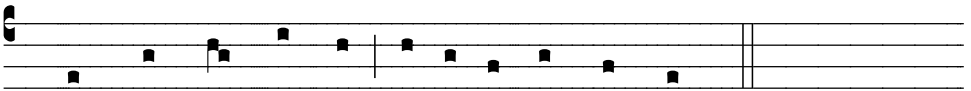
⁹ For yóu indéed are the LÓRD,
most híg above áll the éarth,
exálted fár above all góds.

¹⁰ The LÓRD loves thóse who hate évil;
he guárds the sóuls of his fáithful;
he séts them frée from the wícked.

¹¹ Líght shines fóρθ for the júst one,
and jóy for the úpright of héart.

¹² Rejóice in the LÓRD, you júst;
to the mémory of his hóliness give thánks.

Congregational Refrain:



4. We have seen his star, let us a-dore the Lord.

Sunday after Epiphany
THE BAPTISM OF THE LORD

Communion Antiphon

Jn 1:32, 34



2. Be- hold the One of whom John said: I have seen and tes-



ti- fied that this is the Son of God.

Psalm 29 (28)

¹*A Psalm of David.*

Ascribe to the LÓRD, you héavenly pówers,
 ascribe to the LÓRD glóry and stréngth.

² Ascribe to the LÓRD the glóry of his náme;
 bow dówn before the LÓRD, majéstic in hóliness.

³ The vóice of the LÓRD upon the wáters, [5]
 the Gód of glóry thúnders;

the LÓRD on the imménsity of wáters;

⁴ the vóice of the LÓRD full of pówer;
 the vóice of the LÓRD full of spléndor.

⁵ The vóice of the LÓRD shatters céders,
 the LORD shátters the céders of Lébanon;

⁶ he makes Lébanon léap like a cálf,
 and Síron like a yóung wild-óx.

⁷ The vóice of the LÓRD flashes flámes of fire. [6]

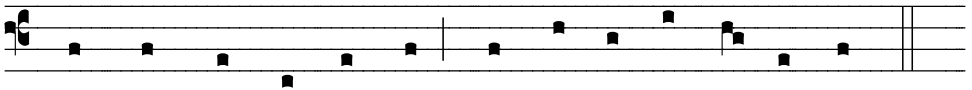
⁸ The vóice of the LÓRD shakes the wílderness,
the LÓRD shákes the wílderness of Kádesh;

⁹ the vóice of the LÓRD rends the óak tree
and stríps the fórest báre.
In his témples they áll cry, “Glóry!”

¹⁰ The LÓRD sat enthronéd above the flóod;
the LÓRD sits as kíng foréver.

¹¹ The LÓRD will give stréngth to his péople,
the LÓRD will bless his péople with péace.

Congregational Refrain:

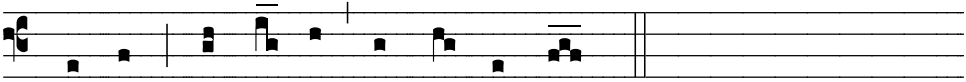


2. We have seen and be-lieve that you are the Son of God!

Or the same antiphon with different verses:



2. Be- hold the One of whom John said: I have seen and tes-



ti- fied that this is the Son of God.

Psalm 104 (103)

- ¹ Bléss the LÓRD, O my sóul!
 O LORD my Gód, how gréat you áre,
 clóthed in májesty and hónor,
² wrápped in líght as with a róbe!

You strétch out the héavens like a tént.

- ³ On the wáters you estáblish your dwélling.
 You máke the clóuds your cháriot;
 you ríde on the wíngs of the wínd.

- ²⁴ How mány are your wórks, O LÓRD!
 In wísdóm you have máde them áll.
 The éarth is fúll of your créatures.

- ³¹ May the glóry of the LÓRD last foréver!
 May the LÓRD rejóice in his wórks!

- ³⁴ May my thóughts be pléasing to him.
 Í will rejóice in the LÓRD.

Congregational Refrain:



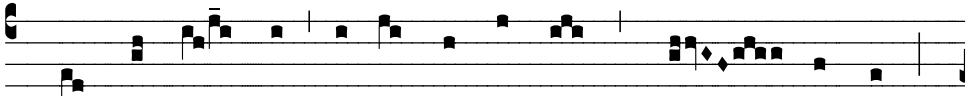
2. We have seen and be- lieve that you are the Son of God!

Lent

ASH WEDNESDAY

Communion Antiphon

Cf. Ps 1,2-3



3. He who pon- ders the law of the Lord day and night



will yield fruit in due sea- son.

Psalm 1

¹ Blésseed indéed is the mán [6]
who fóllows not the cóunsel of the wícked,

nor stánds in the páth with sínners,
nor abídes in the cómpany of scórners,

² but whose delíght is the lÁw of the LÓRD,
and who pónders his lÁw day and níght.

³ Hé is like a trée that is plánted [5]
besíde the flówing wÁters,

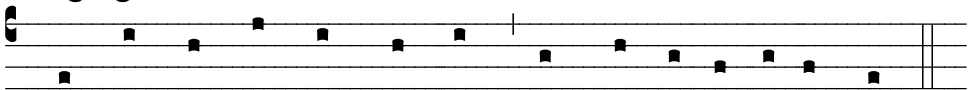
that yíelds its frúit in due séason,
and whose léaves shall néver fáde;
and áll that he dóes shall prósper.

⁴ Not só are the wícked, not só!
For théy, like wínnowed cháff,
shall be dríven áwáy by the wínd.

⁵ When the wícked are júdged they shall not ríse,
nor shall sínners in the cóuncil of the júst;

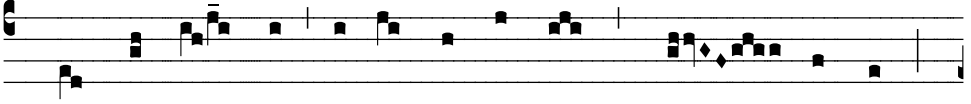
⁶ for the LORD knóws the wáy of the júst,
but the wáy of the wícked will pérish.

Congregational Refrain:



3. We pon- der your law, O Lord and your law is my de- light.

Or:



3. He who pon- ders the law of the Lord day and night



will yield fruit in due sea- son.

Psalm 1

¹ Bléssed indéed is the mán [6]

who fóllows not the cóunsel of the wícked,
nor stánds in the páth with sínners,
nor abídes in the cómpany of scórners,

² but whose delíght is the lÁw of the LÓRD,
and who pón ders his lÁw day and níght.

³ Hé is like a trée that is plánted [5]

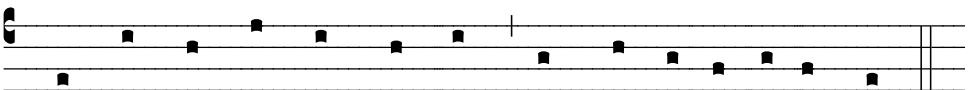
besíde the flówing wÁters,
that yíelds its frúit in due séason,
and whose léaves shall néver fáde;
and áll that he dóes shall próspér.

⁴ Not só are the wícked, not só!
For théy, like wínnowed cháff,
shall be dríven awáy by the wínd.

⁵ When the wícked are júdged they shall not rise,
nor shall sínners in the cóuncil of the júst;

⁶ for the LORD knóws the wáy of the júst,
but the wáy of the wícked will pérish.

Congregational Refrain:

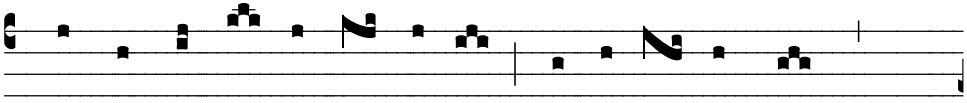


3. We pon- der your law, O Lord and your law is my de- light.

FIRST SUNDAY OF LENT

Communion Antiphon

Cf. Mt 4: 4



3. One does not live by bread a-lone, but on e-very word



that comes forth from the mouth of God.

Psalm 19 (18)

¹*For the Choirmaster. A Psalm of David.*

- ⁸ The láw of the LÓRD is pérfect;
it revíves the sóul.
The decrées of the LÓRD are stéadfast;
they give wísdóm to the símple.
- ⁹ The précepts of the LÓRD are ríght;
they gládden the héart.
The commánd of the LÓRD is cléar;
it gives líght to the éyes.
- ¹⁰ The féar of the LÓRD is púre,
abíding foréver.
The júdgments of the LÓRD are trúe;
they are, áll of them, júst.
- ¹¹ They are móre to be desíred than góld,
than quántities of góld.
And swéeter are théy than hóney,
than honey flówing from the cómb.

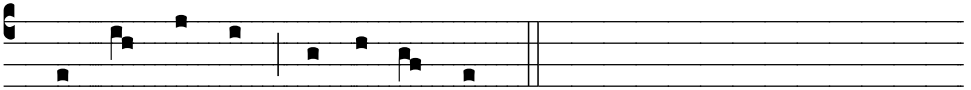
¹² So in thém your sérvant finds instrúction;
great rewárd is in their kéeping.

¹³ But whó can detéct their own érrors?
From hídden faults acquít me.

¹⁴ From presúmption restráin your sérvant;
máy it not rúle me.
Thén shall Í be blámeless,
cléan from grave sín.

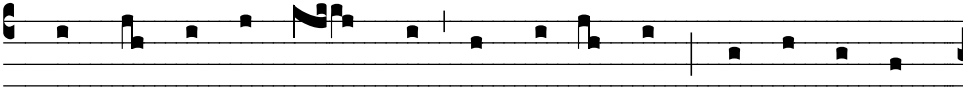
¹⁵ May the spóken wórds of my móuth,
the thóughts of my héart,
win fávor in your síght, O LÓRD,
my róck and my redéemer!

Congregational Refrain:

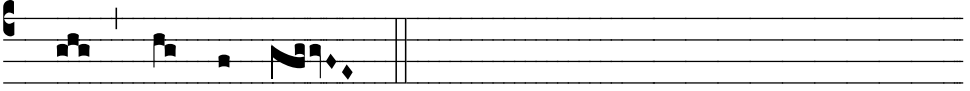


3. For you, O Lord, are my re- fuge.

Or:

Cf. Ps. 91 (90): 4

3. The Lord will con- ceal you with his pi- nions, and un- der his



wings you will trust.

Psalm 91 (90)

¹ He who dwélls in the shéltér of the Most Hígh,
and abídes in the sháde of the Almíghty,

² sáys to the LÓRD, “My réfuge,
my stróngthold, my Gód in whom I trúst!”

³ He will frée you from the snáre of the fówler,
from the destrúctive plágue;

¹¹ For yóu has he commáded his ángels
to kéeep you in áll your wáys.

¹² They shall béar you upón their hánds,
lest you stríke your fóot against a stóne.

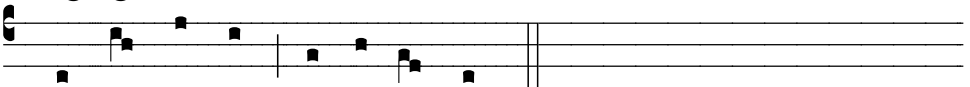
¹³ On the líon and the víper you will tread,
and trámples the young líon and the sérpent.

¹⁴ Since he clíngs to me in lóve, I will frée him, [5]
protéct him, for he knóws my náme.

¹⁵ When he cálls on mé, I will ánsWER him;
I will bé with hím in distréss;
I will delíver him, and gíve him glóry.

¹⁶ With léngth of dáys I will contént him;
I will shów him my sáving pówer.

Congregational Refrain:

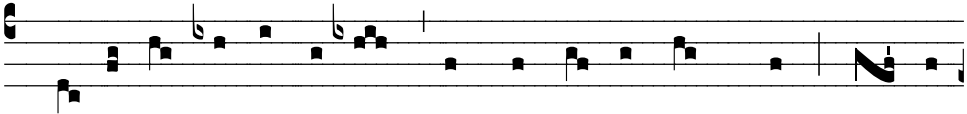


3. For you, O Lord, are my re- fuge.

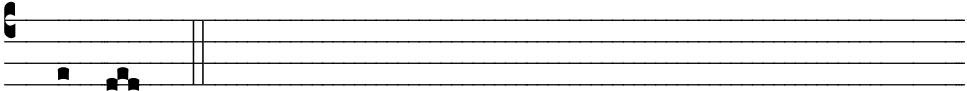
SECOND SUNDAY OF LENT

Communion Antiphon

Cf. Mt 17, 5



1. This is my be-lov-ed Son, in whom I am well pleased; list- en



to him.

Psalm 45 (44)

¹*For the Choirmaster. Intoned like "The Lilies." Of the sons of Korah. A Maskil. A Love Song.*

- ² My héart overflóws with nóble wórds.
To the kóng I adress the sóng I have máde,
my tóngue as nímble as the pén of a scribe.
- ³ Yóu are the most hándsome of the sóns of mén,
and gráciousness is póured out upón your líps,
for Gód has bléssed you forévermóre.
- ⁴ Gírd your swórd upon your thíg, O míghty one, [5]
with your spléndor and your májesty.
- ⁵ In your májesty ríde on triúmphant
in the cáuse of trúth, méekness and jústice.
May your ríght hand shów your wóndrous déeds.
- ⁶ Your árrows are sharp—péoples fall benéath you—
in the héart of the fóes of the kóng.
- ⁷ Your thróne, O Gód, shall endúre foréver.
A scépter of jústice is the scépter of your kíngdom.
- ⁸ Your lóve is for jústice; your háted for évil.

Thérefore Gód, your Gód, has anóinted you
with the óil of gládness abóve other kíngs:

⁹ your róbes are frágrant with áloes, myrrh, and cássia.
From the ívory pálace you are gláddened with músic.

¹⁰ The dáughters of kíngs are thóse whom you fávor.
On your ríght stands the quéen in góld of Óphir.

¹¹ Lísten, O dáughter; pay héed and give éar:
forgét your own péople and your fáther's hóuse.

¹² Só will the kíng desíre your béauty.
Hé is your lórd, pay hómage to hím.

¹³ And the dáughter of Týre shall cóme with gífts;
the ríchest of the péople shall séek your fávor.

¹⁴ The dáughter of the kíng is clóthed with spléndor;
her róbes are threáded with góld.

¹⁵ In fine clóthing shé is léd to the kíng;
behínd her are her máiden compánions, brought to yóu.

¹⁶ Théy are escórted amid gládness and jóy;
they páss withín the pálace of the kíng.

¹⁷ Sóns will be yóurs to succéed your fáthers;
you will máke them rúlers over áll the éarth.

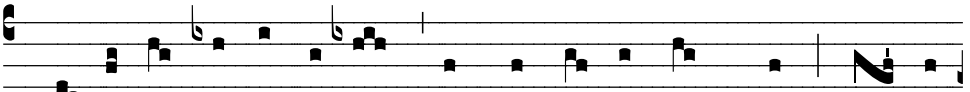
¹⁸ I will máke your náme foréver remémbered.
Thus the péoples will práise you from áge to áge.

Congregational Refrain:

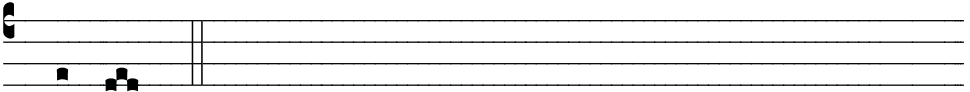


1. This is my be- lov- ed Son, lis- ten to him.

Or the same antiphon with different verses:



1. This is my be-lov-ed Son, in whom I am well pleased; list- en



to him.

Psalm 29 (28)

¹*A Psalm of David.*

Ascribe to the LÓRD, you héavenly pówers,
ascribe to the LÓRD glóry and stréngth.

² Ascribe to the LÓRD the glóry of his náme;
bow dówn before the LÓRD, majéstic in hóliness.

³ The vóice of the LÓRD upon the wáters, [5]
the Gód of glóry thúnders;
the LÓRD on the imménsity of wáters;
⁴ the vóice of the LÓRD full of pówer;
the vóice of the LÓRD full of spléndor.

¹⁰ The LÓRD sat enthronéd above the flóod;
the LÓRD sits as kíng foréver.

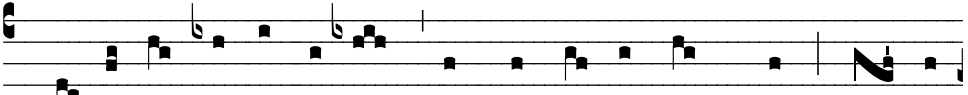
¹¹ The LÓRD will give stréngth to his péople,
the LÓRD will bless his péople with péace.

Congregational Refrain:

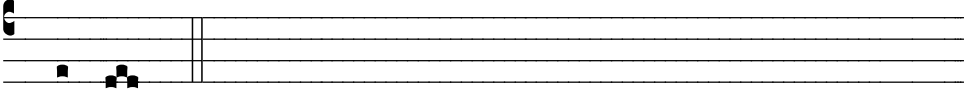


1. This is my be- lov- ed Son, lis- ten to him.

Or the same antiphon with different verses:



1. This is my be-lov-ed Son, in whom I am well pleased; list- en



to him.

Psalm 89 (88)

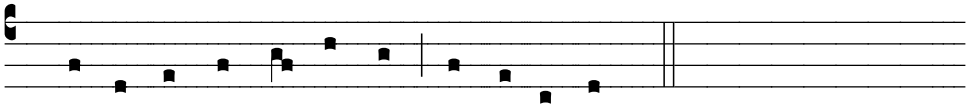
¹A Maskil. *For Ethan the Ezrahite.*

- ⁶ The héavens práise your wónders, O LÓRD, [6]
 your fidélity ín the assémbly of your hóly ones.
- ⁷ For whó in the skíes can compáre with the LÓRD,
 or whó is like the LÓRD among the héavenly pówers?
- ⁸ A Gód to be féared in the cóuncil of the hóly ones,
 gréat and áwesome to áll aróund him.
- ⁹ O LÓRD God of hósts, whó is your équal? [6]
 You are míghty, O LÓRD, and fidélity surróunds you.
- ¹⁰ It is yóu who rúle the ráging of the séa;
 it is yóu who stíll the súrging of its wáves.
- ¹¹ It is yóu who crush Ráhab underfóot like a córpse;
 you scátter your fóes with your míghty árm.
- ¹² The héavens are yóurs, the éarth is yóurs;
 yóu have fóunded the wórld and its fúllness;
- ¹³ it is yóu who created the Nórth and the Sóuth.
 Tábor and Hérmon shout for jóy at your náme.
- ¹⁴ Yóurs is a míghty árm.
 Your hánd is stróng; your right hánd is exálted.
- ¹⁵ Jústice and right júdgment are the píllars of your thróne;
 merciful lóve and fidélity wálk in your présence.

¹⁶ How blésed the péople who knów your práise,
 who wálk, O LÓRD, in the líght of your fáce,
¹⁷ who fínd their jóy every dáy in your náme,
 who máke your jústice their jóyful accláim.

¹⁸ For yóu are the glóry of their stréngth;
 by your fávor it is that our míght is exálted.
¹⁹ Behóld, the LÓRD is our shíeld;
 he is the Hóly One of Ísrael, our kíng.

Congregational Refrain:



1. This is my be- lov- ed Son, lis- ten to him.

THIRD SUNDAY OF LENT

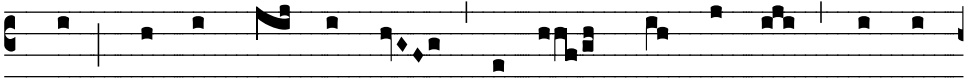
When the Gospel of the Samaritan Woman is read

Communion Antiphon

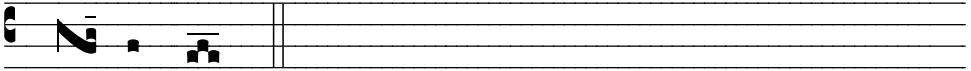
Jn 4: 13-14



7. For a-ny- one who drinks it, says the Lord, the wa- ter I shall



give will be- come in him a spring well- ing up to e-



ter- nal life.

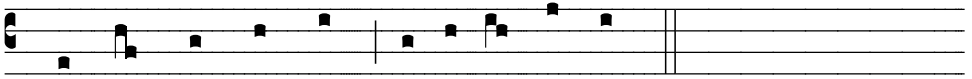
Isaiah 12

Joy of God's ransomed people

- ¹ On that day, you will say:
I give you thanks, O LORD;
though you have been angry with me,
your anger has abated, and you have consoled me.
- ² God indeed is my salvation;
I am confident and unafraid.
For the LORD is my strength and my might,
and he has been my salvation.
- ⁴ And you will say on that day:
give thanks to the LORD, acclaim his name;
Among the nations make known his deeds,
proclaim how exalted is his name.

- ⁵ Sing praise to the LORD for he has done glorious things;
let this be known throughout all the earth.
- ⁶ Shout with exultation, City of Zion,
for great in your midst
is the Holy One of Israel!

Congregational Refrain:



7. We drink from the spring of e- ter- nal life.

THIRD SUNDAY OF LENT

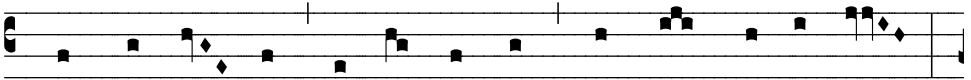
When another Gospel is read

Communion Antiphon

Cf Ps 83(84): 4-5



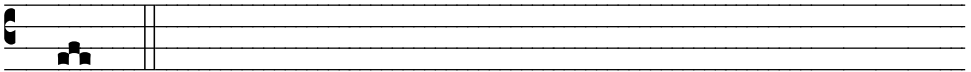
8. The spar- row finds a home, and the swal- low a nest for her young:



by your al- tars, O Lord of hosts, my King and my God.



Bless- ed are they who dwell in your house, for e- ver sing- ing your



praise.

Psalm 84 (83)

¹*For the Choirmaster. Upon the gittith. Of the sons of Korah. A Psalm.*

² How lóvely is your dwélling pláce, [6]

O LÓRD of hósts.

³ My sóul is lónging and yéarning
for the cóurts of the LÓRD.

My héart and my flésh cry óut
to the líving Gód.

⁹ O LÓRD God of hósts, hear my práyer;
give éar, O Gód of Jácob.

¹⁰ Turn your éyes, O Gód, our shíeld;
lók on the fáce of your anóinted.

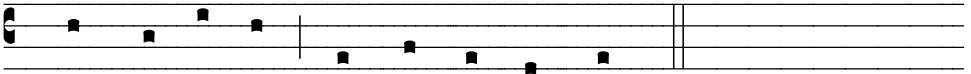
¹¹ One dáy withín your cóurts
 is bétter than a thóusand élsewhere.
 The thréshold of the hóuse of Gód
 I préfér to the dwéllings of the wícked.

¹² For the LORD Gód is a sún, a shíeld;
 the LORD will gíve us his fávor and glóry.
 He will nótt withhóld any góod
 to thóse who wálk without bláme.

[6]

¹³ O LÓRD of hósts, how bléssed
 is the mán who trústs in yóu!

Congregational Refrain:



8. Bless- ed are they who dwell in your house.

FOURTH SUNDAY OF LENT

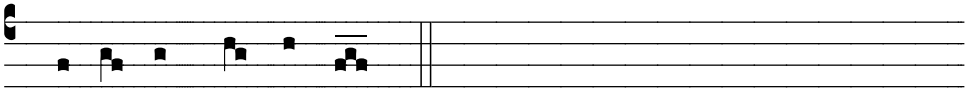
When the Gospel of the Man Born Blind is read

Communion Antiphon

Cf. Jn 9: 11, 38



6. The Lord a- noin- ted my eyes: I went I washed, I saw



and I be- lieved in God.

Psalm 145(146): 1-2, 5-8 for verses

Psalm 146 (145)

My sóul, give práise to the LÓRD;

² I will práise the LÓRD all my lífe,
sing práise to my Gód while I líve.

⁵ Blessed is hé who is hélped by Jacob's Gód, [6]
whose hópe is in the LÓRD his Gód,

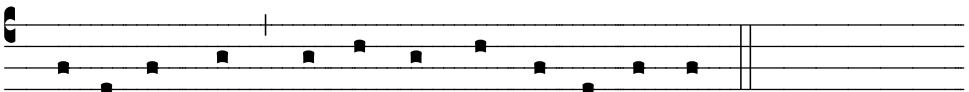
⁶ who máde the héavens and the éarth,
the séas and áll they contáin,
who presérves fidé lity foréver,

⁷ who does jústice to thóse who are opprésed.

It is hé who gives bréad to the húngrý,
the LÓRD who sets prísoners frée,

⁸ the LORD who ópens the éyes of the blínd,
the LORD who ráises up thóse who are bowed dówn.

Congregational Refrain:



6. It is the Lord who o- pens the eyes of the blind.

FOURTH SUNDAY OF LENT

When the Gospel of the Prodigal Son is read

Communion Antiphon

Lk 15: 32



8. You must re- joice, my son, for your bro- ther was dead



and has come to life; he was lost and is found.

Psalm 32 (31)

Blessed is hé whose transgréssion is forgiven,
whose sín is remitted.

² Blessed the mán to whom the LÓRD imputes no guílt,
in whose spírit is no guíle.

³ I kept it sécret and my fráme was wásted. [6]
I gróaned all day lóng,

⁵ To yóu I have acknówledged my sín;
my guílt I did not híde.

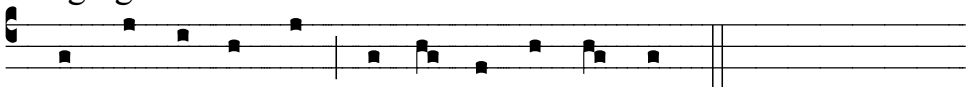
I síad, "I will conféss my transgréssion to the LÓRD."
And yóu have forgiven the guílt of my sín.

⁸ Í will instrúct you and téach you [6]
the wáy you should gó;
I will fíx my éyes upón you.

¹⁰ Mány sórrrows has the wícked,
but lóving mércy surróunds
óne who trústs in the LÓRD.

¹¹ Rejóice in the LÓRD; exult, you júst!
Ring out your jóy, all you úpright of héart!

Congregational Refrain:



8. Re- joice in the Lord; ex- ult, all you peo- ple.

FOURTH SUNDAY OF LENT

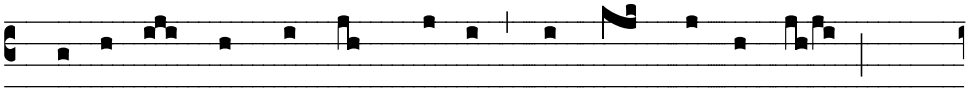
When another Gospel is read

Communion Antiphon

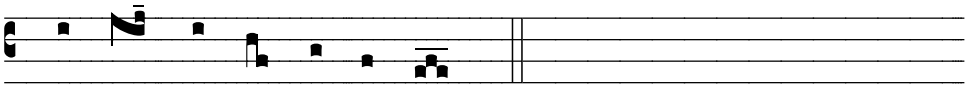
Cf. Ps 121: 3-4



7. Je- ru- sa- lem is built as a ci- ty bond-ed as one to- geth-er.



It is there that the tribes go up, the tribes of the Lord,



to praise the name of the Lord.

Psalm 32 (31)

¹*Of David. A Maskil.*

Blessed is hé whose transgréssion is forgiven,
whose sín is remitted.

² Blessed the mán to whom the LÓRD imputes no guílt,
in whose spírit is no guíle.

³ I kept it sécret and my fráme was wásted.
I gróaned all day lóng,

⁵ To yóu I have acknówledged my sín;
my guílt I did not híde.
I sáid, “I will conféss my transgréssion to the LÓRD.”
And yóu have forgiven the guílt of my sín.

⁸ Í will instrúct you and téach you
the wáy you should gó;
I will fíx my éyes upón you.

¹⁰ Mány sórróws has the wícked,
but lóving mércy surróunds
óne who trústs in the LÓRD.

¹¹ Rejóice in the LÓRD; exult, you júst!
Ring out your jóy, all you úpright of héart!

Congregational Refrain:



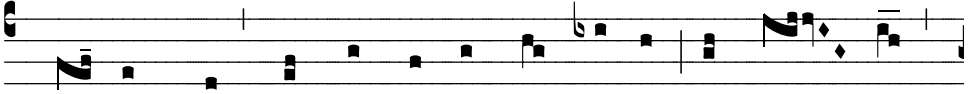
7. O Je- ru- sa- lem, re- joice in the Lord, our God!

FIFTH SUNDAY OF LENT

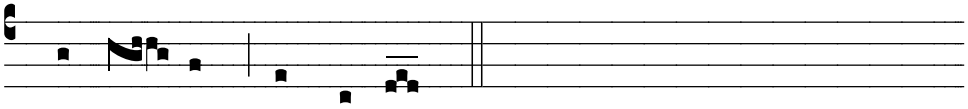
When the Gospel of Lazarus is read

Communion Antiphon

Jn 11: 26



1. E- very- one who lives and be- lieves in me will not die



for e - ver, says the Lord.

Psalm 130 (129)

¹*A Song of Ascents.*

Out of the dépths I cry to you, O LÓRD;

² LÓrd, hear my vóice!

O lét your éars be attentíve
to the sóund of my pléadings.

³ If you, O LÓRD, should márk iníquities,
LÓrd, who could stánd?

⁴ But with yóu is fóund forgíveness,
that yóu may be revéred.

⁵ I lóng for yóu, O LÓRD,
my soul lóns for his wórd.

⁶ My sóul hópes in the LÓrd
more than wáitchmen for dáybreak.

Móre than wáitchmen for dáybreak,

[6]

⁷ let Ísrael hópe for the LÓRD.

For with the LÓRD there is lóving mércy,
in hím is pléntiful redémption.

⁸ It is hé who will redéem Ísrael
from áll its iníquities.

Congregational Refrain:



1. Out of the depths I cry to you, O Lord.

FIFTH SUNDAY OF LENT

When the Gospel of the Adulterous Woman is read

Communion Antiphon

Jn 8:10-11



8. Has no one con-demned you, wo-man? No one, Lord.



Neith-er shall I con- demn you. From now on, sin no more.

Psalm 32 (31)

¹*Of David. A Maskil.*

Blessed is hé whose transgréssion is forgíven,
whose sín is remítted.

² Blessed the mán to whom the LÓRD imputes no guílt,
in whose spírit is no guíle.

³ I kept it sécret and my fráme was wásted.
I gróaned all day lóng,

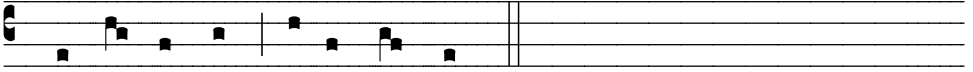
⁵ To yóu I have acknówledged my sín;
my guílt I did not híde.
I sáid, “I will conféss my transgréssion to the LÓRD.”
And yóu have forgíven the guílt of my sín.

⁸ Í will instrúct you and téach you
the wáy you should gó;
I will fíx my éyes upón you.

¹⁰ Mány sórrows has the wícked,
but lóving mércy surróunds
óne who trúst in the LÓRD.

¹¹ Rejóice in the LÓRD; exult, you júst!
 Ring out your jóy, all you úpright of héart!

Congregational Refrain:



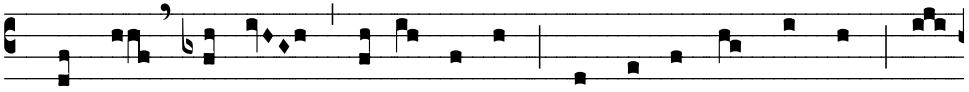
8. In you, O Lord, I take re- fuge.

FIFTH SUNDAY OF LENT

When another Gospel is read

Communion Antiphon

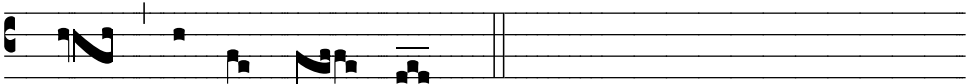
Jn 12: 24



5. A- men, A- men, I say to you: Un-less a grain of wheat falls



to the ground and dies, it re-mains a sin-gle grain. But if it



dies, it bears much fruit.

Psalm 17 (16)

¹*A Prayer of David.*

O LÓRD, hear a cáuse that is júst;
pay héed to my crÿ.

[6]

Túrn your éar to my práyer:
no decéit is on my líps.

² From yóu may my jústice come fórh.
Your eyes discérn what is úpright.

³ Search my héart and vísit me by níght.
Test me by fire, and you will fínd no wrong in mé.

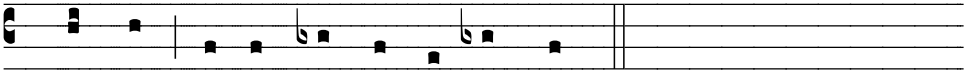
⁵ I képt my steps firmly in your páths.
My féet have néver fálted.

⁶ To you I cáll; for you will súrely héed me, O Gód.[5]
Túrn your éar to me; héar my wórds.

⁷ Displáy your mérciful lóve.
By your right hánd you delíver from their fóes
those who pút their trúst in yóu.

⁸ Guárd me as the ápple of your éye.
Híde me in the shádw of your wíngs
⁹ from the víolent attáck of the wícked.

Congregational Refrain:



5. Hide me in the sha-dow of your wings.

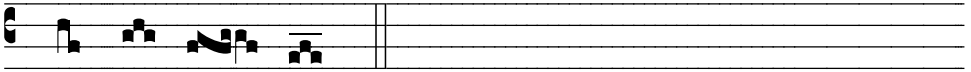
PALM SUNDAY OF THE PASSION OF THE LORD

Communion Antiphon

Mt 26: 42



8. Fa- ther, if this cha- lice can- not pass with-out my drink-ing it,



your will be done.

Psalm 22 (21)

¹*For the Choirmaster. In the manner of "The Doe at Daybreak." A Psalm of David.*

- ² My God, my Gód, whÿ have you forsáken me? [5]
Why are you fár from sáving mé,
so fár from my wórds of ánguish?
- ³ O my Gód, I call by dáy and you dó not ánsver;
I cáll by níght and I find no repriéve.
- ⁵ In you our fórebears pút their trúst;
they trústed and you sét them frée.
- ⁷ But Í am a wórm and no mán,
scorned by éveryone, despísed by the péople.
- ^{15c} My héart has becóme like wáx,
it is mélted withín my bréast.
- ¹⁷ For dógs have surróunded mé;
a bánd of the wícked beséts me.
They tear hóles in my hánds and my féet;

¹⁸ I can c ount every  one of my b ones.
They st are at m e and gl oat.

²³ I will t ell of your n ame to my k in, [5]
and pr aise you in the m idst of the ass embly;

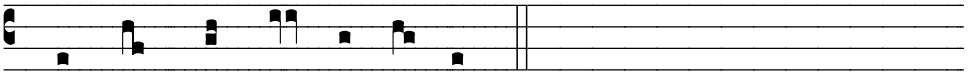
²⁴ “Y ou who fear the L ORD, give him pr aise;
all desc endants of J acob, give him gl ory;
rev ere him, all you desc endants of Israel.

²⁸ All the  earth shall rem ember and ret urn to the L ORD,
all f amilies of the n ations w orship bef ore him,

³⁰ They shall w orship him,  all the m ighty of the  earth;
bef ore him shall b ow all who go d own to the d ust.

³¹ And my s oul shall l ive for him, my desc endants s erve him.
They shall t ell of the L ORD to gener ations yet to c ome,
³² decl are his saving j ustice to p eoples yet unb orn:
“Th ese are the th ings the L ORD has d one.”

Congregational Refrain:

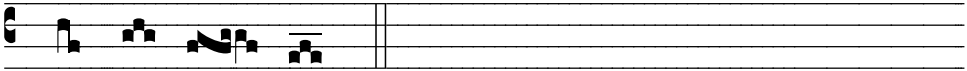


8. O Lord, make haste to help me.

Or the same antiphon with different verses:



8. Fa- ther, if this cha- lice can- not pass with-out my drink-ing it,

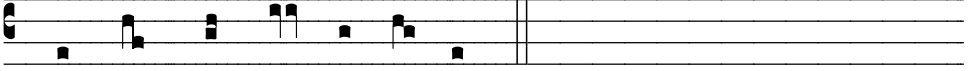


your will be done.

Psalm 116B (115)

- ¹⁰ I trústed, éven when I sáid,
 “I am sórely afflicted,”
¹¹ and whén I sáid in my álarm,
 “These péople are all líars.”
- ¹² Hów can I repáy the LÓRD
 for áll his góodness to mé?
¹³ The cúp of salvátion I will ráise;
 I will cáll on the náme of the LÓRD.
- ¹⁴ My vóws to the LÓRD I will fulfill
 before áll his péople.
¹⁵ How précious in the éyes of the LÓRD
 is the déath of his fáithful.
- ¹⁶ Your sérvant, LORD, your sérvant am Í, [5]
 the són of your hándmaid;
 you have lóosened my bónds.
¹⁷ A thánkgiving sácricé I máke;
 I will cáll on the náme of the LÓRD.
- ¹⁸ My vóws to the LÓRD I will fulfill
 before áll his péople,
¹⁹ in the cóurts of the hóuse of the LÓRD,
 in your mídst, O Jerúsalem.

Congregational Refrain:



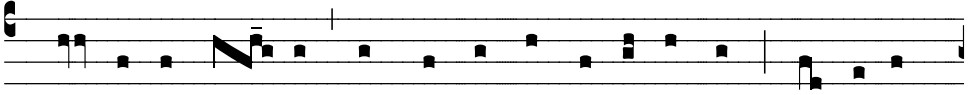
8. O Lord, make haste to help me.

THURSDAY OF THE LORD'S SUPPER

At the Evening Mass

Communion Antiphon

Cf. 1 Cor 11, 24-25



8. This is the Bod- y that will be giv- en up for you; this is the



Cha- lice of the new co- ve- nant in my Blood, says the Lord;



do this, when- e- ver you re- ceive it, in mem- o- ry of me.

Psalm 23 (22)

¹*A Psalm of David.*

The LÓRD is my shépherd; [6]
there is nóthing I shall wánt.

- ² Frésh and gréen are the pástures
where he gíves me repóse.
Near réstful wáters he léads me;
³ he revíves my sóul.

He guídes me alóng the right páth, [5]
for the sáke of his náme.

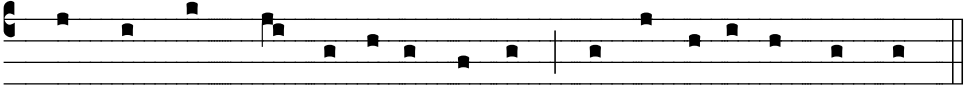
- ⁴ Though I should wálk in the válley of the shádw of déath,
no évil would I féar, for you are wíth me.
Your cróok and your stáff will give me cómfort.

- ⁵ You have prepáred a táble befóre me
in the síght of my fóes.
My héad you have anóinted with óil;
my cúp is overflówing.

⁶ Surely góodness and mércy shall fólloiw me
 all the dáys of my lífe.
 In the LÓRD'S own hóuse shall I dwéll
 for léngth of days unénding.

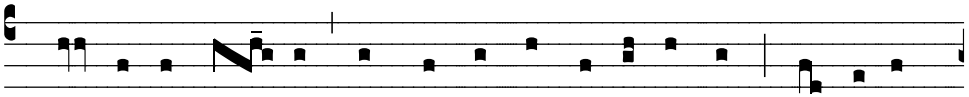
Congregational Refrain:

Ps 22(23):5

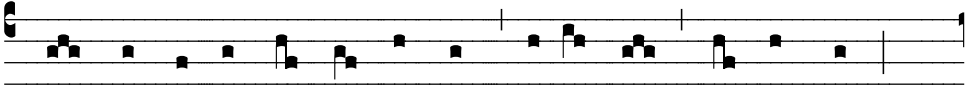


8. You have pre- pared a ta-ble for me, my cup is o- ver-flow-ing.

Or the same antiphon with different verses:



8. This is the Bod- y that will be giv- en up for you; this is the



cha- lice of the New Co- ve- nant in my Blood, says the Lord;



do this, when- e- ver you take it, in mem-o- ry of me.

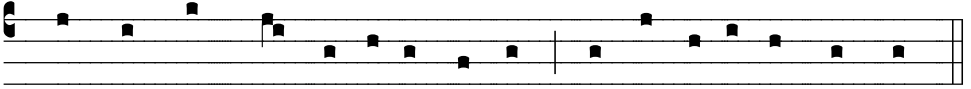
Psalm 116B (115)

- ¹⁰ I trústed, éven when I said,
 “I am sórely afflicted,”
- ¹¹ and whén I said in my álarm,
 “These péople are all líars.”
- ¹² Hów can I repáy the LÓRD
 for áll his góodness to mé?
- ¹³ The cúp of salvátion I will ráise;
 I will cáll on the náme of the LÓRD.
- ¹⁴ My vóws to the LÓRD I will fulfill
 before áll his péople.
- ¹⁵ How précious in the éyes of the LÓRD
 is the déath of his fáithful.
- ¹⁶ Your sérvant, LORD, your sérvant am Í, [5]
 the són of your hándmaid;
 you have lóosened my bónds.
- ¹⁷ A thánkgiving sácrafice I máke;
 I will cáll on the náme of the LÓRD.

¹⁸ My vóws to the LÓRD I will fulfill
 before áll his péople,
¹⁹ in the cóurts of the hóuse of the LÓRD,
 in your mídst, O Jerúsalem.

Congregational Refrain:

Ps 22(23):5



8. You have pre- pared a ta-ble for me, my cup is o- ver-flow-ing.

EASTER TIME

EASTER SUNDAY

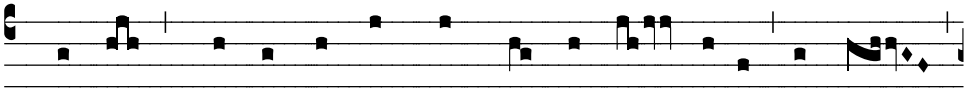
Vigil Mass and Mass during the Day

Communion Antiphon

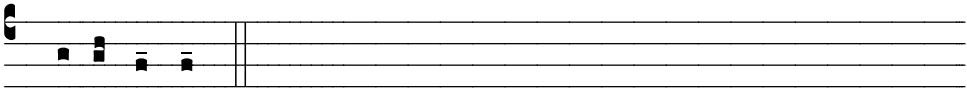
Cf. 1 Cor 5, 7-8



6. Christ our Pass- o- ver has been sa- cri- ficed; there- fore let us keep



the feast with the un-leav-ened bread of pu- ri- ty and truth,



al- le- lu- ia.

Psalm 118 (117)

¹ Give práise to the LÓRD, for he is góod;
his mércy endúres foréver.

² Let the hóuse of Ísrael sáy,
“His mércy endúres foréver.”

⁵ I cálled to the LÓRD in my distréss;
he has ánswered and fréed me.

⁸ It is bétter to take réfuge in the LÓRD
than to trúst in mán;

¹⁰ The nátions all encírcled mé;
in the náme of the LÓRD I cut them óff.

¹¹ They encírcled me áll aróund;
in the náme of the LÓRD I cut them óff.

¹³ I was thrust dówn, thrust dówn and fálling,
but the LÓRD was my hélder.

¹⁴ The LÓRD is my stréngth and my sóng;
hé was my sáviór.

¹⁵ There are shóuts of jóy and salvátion [5]
in the ténts of the júst.

“The LÓRD’s right hánd has done míghty déeds;

¹⁶ his ríght hand is exálted.

The LÓRD’s right hánd has done míghty déeds.”

¹⁷ I shall not díe, Í shall líve
and recóunt the déeds of the LÓRD.

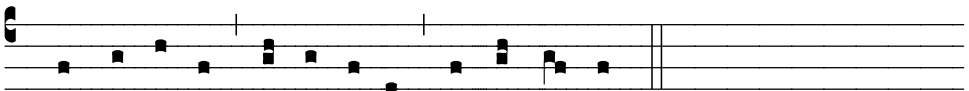
²¹ I will thánk you, for yóu have ánswered,
and yóu are my sáviór.

²² The stóne that the buílders rejécted [6]
has becóme the córnerstone.

²³ By the LÓRD has thís been dóne,
a márvel in our éyes.

²⁴ This is the dáy the LÓRD has máde;
let us rejóice in ít and be glád.

Congregational Refrain:

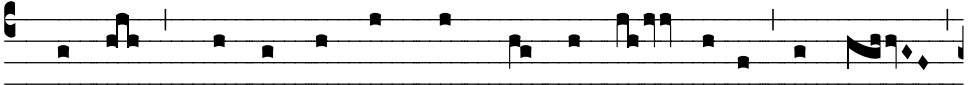


6. Al- le- lu- ia, al- le- lu- ia, al- le- lu- ia.

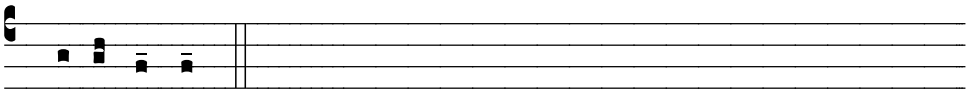
Or the same antiphon with different verses:



6. Christ our Pass- o- ver has been sa- cri- ficed; there- fore let us keep



the Feast with the un-leav-ened bread of pu- ri- ty and truth



al- le- lu- ia.

Psalm 66 (65)

¹*For the Choirmaster. A Song. A Psalm.*

Cry out with j6y to G6d, all the 6arth;

² O sing to the gl6ry of his n6ame.

O r6ender him gl6rious pr6aise.

³ Say to G6d, "How 6awesome your d6eeds!

Be6cause of the gr6eatness of your str6ength,
your 6enemies f6awn up6on you.

⁴ Before y6ou all the 6arth shall bow d6own,
shall sing to you, sing to your n6ame!"

⁵ Come and s6ee the w6orks of G6d:
awesome his d6eeds among the child6ren of m66n.

⁶ He t6urned the s6ea into dry l6and;
they p6assed through the r6iver on f66ot.

Let our j6y, then, b6e in h6im,

⁷ he r6ules for6ever by his m6ight.

His 6eyes keep w6atch on the n6ations:
let r6ebels not ex6alt thems6elves.

⁸ O péoples, bléss our Gód;
 let the vóice of his práise resóund,
⁹ of the Gód who gave lífe to our sóuls
 and képt our féet from stúmbling.

¹⁰ For yóu, O Gód, have tésted us,
 you have tríed us as sílver is tríed;
¹¹ you léd us, Gód, into the snare;
 you láid a heavy búrden on our bácks.

¹² You lét men ríde over our héads;
 we wént through fíre and through wáter,
 but then you bróught us to a pláce of plénthy.

Congregational Refrain:



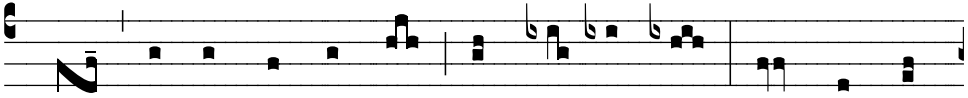
6. Al- le- lu- ia, al- le- lu- ia, al- le- lu- ia.

MONDAY

within the Octave of Easter

Communion Antiphon

Rom 6: 9



6. Christ ris- ing from the dead now dies no more; death will have



no more do- min- ion o- ver him, al-le- lu- ia.

Psalm 98 (97)

¹*A Psalm.*

O síng a new sÓng to the LÓRD,
for hé has worked wÓnders.
His right hánd and his hÓly árm
have brÓught salvátion.

² The LÓRD has made knÓwn his salvátion,
has shÓwn his delÍverance to the nátions.

³ He has remébered his mérciful lÓve
and his trúth for the hóuse of Ísrael.

All the énds of the éarth have séen
the salvátion of our GÓd.

[5]

⁴ Shóut to the LÓRD, all the éarth;
break fÓrth into jÓyous sÓng,
and síng out your práise.

⁷ Let the séa and all within it thúnder;
the wórld, and thóse who dwéll in it.

[6]

⁸ Let the rívers cláp their hánds,
and the hílls ring out their jóy

⁹ at the présence of the LÓRD, for he cómes,
he comes to júdge the éarth.

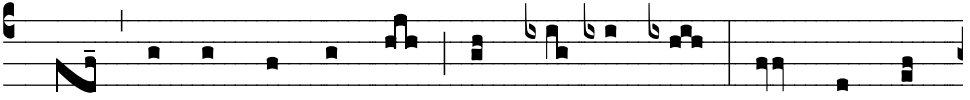
He will júdge the wórld with jústice,
and the péoples with fáirness.

Congregational Refrain:



6. Al- le- lu- ia, al- le- lu- ia, al- le- lu- ia.

Or the same antiphon with different verses:



6. Christ ris- ing from the dead now dies no more; death will have



no more do- min- ion o- ver him, al-le- lu- ia.

Psalm 118 (117)

- ¹ Give práise to the LÓRD, for he is góod;
his mércy endúres foréver.
- ² Let the hóuse of Ísrael sáy,
“His mércy endúres foréver.”
- ⁵ I cálled to the LÓRD in my distréss;
he has ánswered and fréed me.
- ⁸ It is bétter to take réfuge in the LÓRD
than to trúst in mán;
- ¹⁰ The nátions all encírcled mé;
in the náme of the LÓRD I cut them óff.
- ¹¹ They encírcled me áll aróund;
in the náme of the LÓRD I cut them óff.
- ¹³ I was thrust dówn, thrust dówn and fálling,
but the LÓRD was my hélper.
- ¹⁴ The LÓRD is my stréngth and my sóng;
hé was my sáviór.
- ¹⁵ There are shóuts of jóy and salvátion [5]
in the ténts of the júst.
“The LORD’s right hánd has done míghty déeds;
his ríght hand is exálted.
- ¹⁶ The LORD’s right hánd has done míghty déeds.”

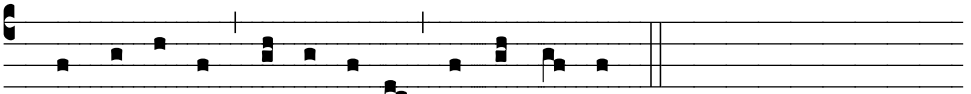
- ¹⁷ I shall not díe, Í shall líve
and recóunt the déeds of the LÓRD.
²¹ I will thánk you, for yóu have ánswered,
and yóu are my sáviór.

- ²² The stóne that the buílders rejécted [6]
has becóme the córnerstone.
²³ By the LÓRD has this been dóne,
a márvel in our éyes.
²⁴ This is the dáy the LÓRD has máde;
let us rejóice in ít and be glád.

- ²⁵ O LÓRD, gránt salvátion; [5]
O LÓRD, gránt succéss.
²⁶ Blést is hé who cómes
in the náme of the LÓRD.
We bléss you from the hóuse of the LÓRD;

- ²⁸ Yóu are my Gód, I práise you.
My Gód, I exált you.
²⁹ Give práise to the LÓRD, for he is góod;
his mércy endúres foréver.

Congregational Refrain:



6. Al- le- lu- ia, al- le- lu- ia, al- le- lu- ia.

TUESDAY

within the Octave of Easter

Communion Antiphon

Col 3: 1-2



1. If you have ri- sen with Christ, seek the things that are a- bove



where Christ is seat-ed at the right hand of God; mind the things

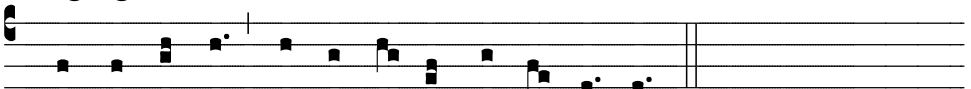


that are a- bove, al- le- lu- ia.

Psalm 105 (104)

- ¹ Give thánks to the LÓRD; proclaim his náme.
Make knówn his déeds among the péoples.
- ² O síng to him, síng his práise;
téll all his wónderful wórks!
- ³ Glóry in his hóly náme;
let the héarts that seek the LÓRD rejóice.
- ⁴ Túrn to the LÓRD and his stréngth;
cónstantly séek his fáce.
- ⁵ Reméber the wónders he has dóne,
his márvels and his wóords of júdgment.
- ⁴³ So he bróught out his péople with jóy,
his chósen ones with shóuts of rejóicing.

Congregational Refrain:



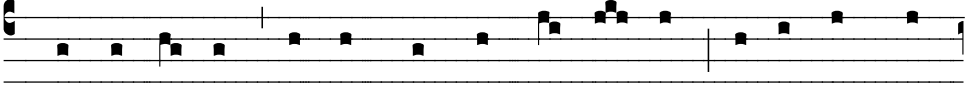
1. Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

WEDNESDAY

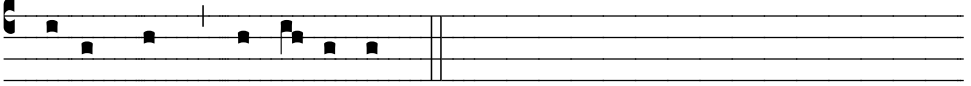
within the Octave of Easter

Communion Antiphon

Cf. Lk 24: 35



8. The dis- ci- ples re- cog- nized the Lord Je- sus in the break- ing



of the bread, al- le- lu- ia.

Psalm 16 (15)

¹A Miktam. *Of David.*

Presérve me, O Gód, for in yóu I take réfuge.

² I sáy to the LÓRD, “Yóu are my LÓRD.
My háppiness lies in yóu álone.”

³ As for the hóly ones who dwéll in the lánd, [5]
they are nóble, and in thém is all my delíght.

⁴ Those who chóose other góds incréase their sórrows.
I will nóttake párt in their ófferings of blóod.
Nór will I táke their námes upon my líps.

⁷ I will bléss the LÓRD who gíves me cóunsel,
who éven at níght dirécts my héart.

⁸ I kéepthe LÓRD befóre me álways;
with hím at my ríght hand, I shall nóttbe móved.

⁹ And so, my héart rejóices, my sóul is glád;
éven my flésh shall rést in hópe.

Congregational Refrain:



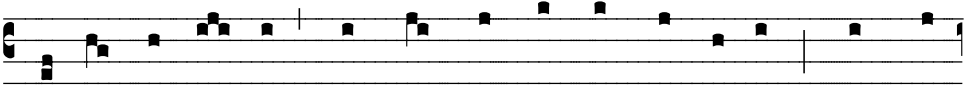
8. Al- le- lu- ia, al- le- lu- ia, al- le- lu- ia.

THURSDAY

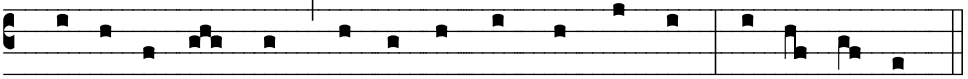
within the Octave of Easter

Communion Antiphon

Cf. 1 Pt 2: 9



7. O Cho-sen peo- ple, pro- claim the might-y works of him who called



you out of dark-ness in- to his won- der- ful light, Al- le- lu- ia.

Psalm 105 (104)

¹ Give thánks to the LÓRD; proclaim his náme.
Make knówn his déeds among the péoples.

² O síng to him, síng his práise;
téll all his wónderful wórks!

³ Glóry in his hóly náme;
let the héarts that seek the LÓRD rejóice.

⁴ Túrn to the LÓRD and his stréngth;
cónstantly séek his fáce.

⁵ Reméber the wónders he has dóne,
his márvels and his wóords of júdgment.

⁴³ So he bróught out his péople with jóy,
his chósen ones with shóuts of rejóicing.



7. Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

FRIDAY

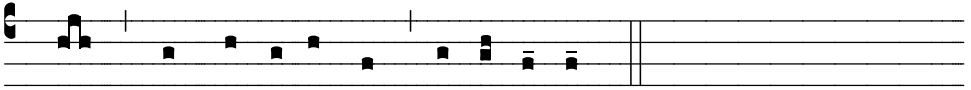
within the Octave of Easter

Communion Antiphon

Cf. Jn 21: 12-13



6. Je- sus said to his dis- ci- ples: Come and eat. And he took



bread and gave it to them, al- le- lu- ia.

Psalm 78 (77)

¹A Maskil of Asaph.

Give éar, my péople, to my téaching;
incline your éar to the wórds of my móuth.

² I will ópen my móuth in a párale
and útter hidden léssons of the pást.

³ The things we have héard and understóod,
the things our fáthers have tóld us,

[6]

⁴ thése we will not hide from their chíldren
but will téll them to the néxt generátion:
the glóries of the LÓRD and his míght,
and the márvelous déeds he has dóne.

²³ Yet he commáded the clóuds abóve,
and ópened the gátes of héaven.

²⁴ He ráined down máнна to éat,
and gáve them bréad from héaven.

²⁵ Mán ate the bréad of ángels.

He sént them abúndance of fóod;

²⁶ the east wínd he stirred úp in the héavens,
the south wínd he dirécted by his míght.

SATURDAY

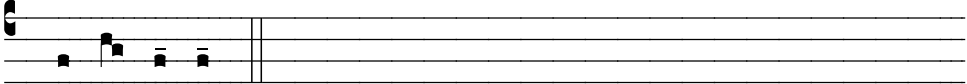
within the Octave of Easter

Communion Antiphon

Gal 3: 27



2. All of you who have been bap-tized in Christ have put on Christ,



al- le- lu- ia.

Psalm 105 (104)

¹ Give thánks to the LÓRD; proclaim his náme.
Make knówn his déeds among the péoples.

² O síng to him, síng his práise;
téll all his wónderful wórks!

³ Glóry in his hóly náme;
let the héarts that seek the LÓRD rejóice.

⁴ Túrn to the LÓRD and his stréngth;
cónstantly séek his fáce.

⁵ Remémber the wónders he has dóne,
his márvels and his wóords of júdgmént.

⁴³ So he bróught out his péople with jóy,
his chósen ones with shóuts of rejóicing.

⁴⁴ And he gáve them the lánds of the nátions.
Of other péoples they posséssed the tóil,

⁴⁵ that thús they might kéepp his précepts,
that thús they might obsérve his láws.

Congregational Refrain:



2. Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

THE SECOND SUNDAY OF EASTER

Communion Antiphon

Cf. Jn 20: 27



6. Bring your hand and feel the place of the nails, and do not be



un- be- liev- ing but be- liev- ing, al- le- lu- ia.

(Psalm 117[118]: 1-2, 5, 8, 10-11, 13-16, 21-29: GR, p. 218;

Psalm 118 (117)

- ¹ Give práise to the LÓRD, for he is góod;
his mércy endúres foréver.
- ² Let the hóuse of Ísrael sáy,
“His mércy endúres foréver.”
- ⁵ I cálled to the LÓRD in my distréss;
he has ánswered and fréed me.
- ⁸ It is bétter to take réfuge in the LÓRD
than to trúst in mán;
- ¹⁰ The nátions all encírcled mé;
in the náme of the LÓRD I cut them óff.
- ¹¹ They encírcled me áll aróund;
in the náme of the LÓRD I cut them óff.
- ¹³ I was thrust dówn, thrust dówn and fálling,
but the LÓRD was my hélper.
- ¹⁴ The LÓRD is my stréngth and my sóng;
hé was my sáviór.

¹⁵ There are shóuts of jóy and salvátion [5]
in the ténts of the júst.

“The LÓRD’s right hánd has done míghty déeds;
¹⁶ his ríght hand is exálted.
The LÓRD’s right hánd has done míghty déeds.”

²¹ I will thánk you, for yóu have ánswered,
and yóu are my sáviór.

²² The stóne that the buílders rejécted [6]
has becóme the córnerstone.

²³ By the LÓRD has this been dóne,
a márvel in our éyes.

²⁴ This is the dáy the LÓRD has máde;
let us rejóice in ít and be glád.

²⁵ O LÓRD, gránt salvátion; [6]
O LÓRD, gránt succéss.

²⁶ Blést is hé who cómes
in the náme of the LÓRD.

We bléss you from the hóuse of the LÓRD;
²⁷ the LORD is Gód, and has gíven us líght.

Go fóward in procéssion with bránches, [6]
as fár as the hórn of the áltar.

²⁸ Yóu are my Gód, I práise you.
My Gód, I exált you.

²⁹ Give práise to the LÓRD, for he is góod;
his mércy endúres foréver.

Congregational Refrain:



6. Al- le- lu- ia, al- le- lu- ia, al- le- lu- ia.

THE THIRD SUNDAY OF EASTER

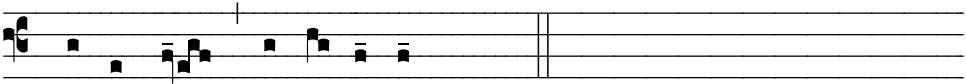
Year A

Communion Antiphon

Lk 24: 35



2. The dis- ci- ples re- cog- nized the Lord Je- sus in the break- ing



of the bread, al- le- lu- ia.

Psalm 27 (26)

¹*Of David.*

The LÓRD is my líght and my salvátion;
whóm shall I féar?

The LÓRD is the stróngthold of my lífe;
whóm should I dréad?

² When thóse who do évil draw néar
to devóur my flésh,
it is théy, my énemies and fóes,
who stúmbles and fáll.

³ Though an ármý encámp agáinst me,
my héart would not féar.
Though wár break óut agáinst me,
even thén would I trúst.

⁴ There is óne thing I ásk of the LÓRD,
only this do I séek:
to líve in the hóuse of the LÓRD
all the dáys of my lífe,
to gáze on the béauty of the LÓRD,
to inquére at his témples.

[6]

⁵ For thére he keeps me sáfe in his shélder
in the dáy of évil.
He hídes me under cóver of his tént;
he sets me hígh upon a róck.

⁶ And nów my héad shall be ráised [5]
above my fóes who surróund me,
and I shall óffer withín his tént
a sácrifice of jóy.
I will síng and make músic for the LÓRD.

⁷ O LÓRD, hear my vóice when I cáll;
have mércy and ánsver me.

⁸ Of yóu my héart has spóken,
“Séek his fáce.”

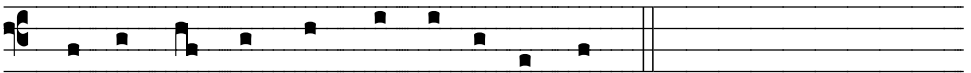
It is your fáce, O LÓRD, that I séek;
⁹ hide not your fáce from mé.
Dismiss not your sérvant in ánger;
yóu have been my hélp.

Dó not abándon or forsáke me,
O Gód, my Sávior!
¹⁰ Though fáther and móther forsáke me,
the LÓRD will recéive me.

¹³ I believe I shall sée the LORD’S góodness
in the lánd of the líving.

¹⁴ Wáit for the LÓRD; be stróng;
be stouthéarted, and wáit for the LÓRD!

Congregational Refrain:



2. I will sing and make mu- sic for the Lord.

THE THIRD SUNDAY OF EASTER

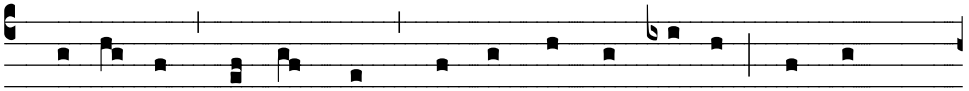
Year B

Communion Antiphon

Lk 24: 46-47



1. The Christ had to suf-fer and on the third day rise from the dead;



in his name re-pen-tance and re-miss-ion of sins must be



preached to all the na-tions, al-le-lu-ia.

Psalm 96 (95)

¹ O síng a new sówg to the LÓRD; [6]
síng to the LÓRD, all the éarth.

² O síng to the LÓRD; bless his náme.
Procláim his salvátion day by dáy.

³ Téll among the nátions his glóry,
and his wónders amóng all the péoples.

⁴ For the LÓRD is great and híghly to be práised, [6]
to be féared abóve all góds.

⁵ For the góds of the nátions are náught.
It was the LÓRD who máde the héavens.

⁶ In his présence are májesty and spléndor,
stréngth and hónor in his hólý place.

⁷ Give the LÓRD, you fáilies of péoples,
gíve the LORD glóry and pówer;

⁸ give the LÓRD the glóry of his náme.

THE THIRD SUNDAY OF EASTER

Year C

Communion Antiphon

Cf. Jn 21: 12-13



8. Je- sus said to his dis- ci- ples: Come and eat. And he



took bread and gave it to them, al- le- lu- ia.

Psalm 78 (77)

¹*A Maskil of Asaph.*

Give éar, my péople, to my téaching;
incline your éar to the wórds of my móuth.

² I will ópen my móuth in a párale
and útter hidden léssons of the pást.

³ The thíngs we have héard and understóod, [6]
the thíngs our fáthers have tóld us,

⁴ thése we will not híde from their chíldren
but will téll them to the néxt generácion:
the glóries of the LÓRD and his míght,
and the márvelous déeds he has dóne.

²³ Yet he commáded the clóuds abóve,
and ópened the gátes of héaven.

²⁴ He ráined down máнна to éat,
and gáve them bréad from héaven.

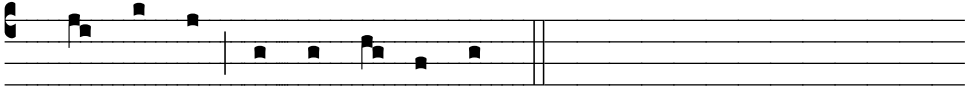
²⁵ Mán ate the bréad of ángels.

He sént them abúndance of fóod;

²⁶ the east wínd he stirred úp in the héavens,
the south wínd he dirécted by his míght.

²⁷ He rained flésh upón them like dúst,
winged fówl like the sánds of the séa.

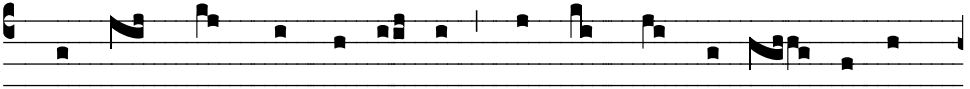
Congregational Refrain:



8. Taste and see that the Lord is good.

THE FOURTH SUNDAY OF EASTER

Communion Antiphon



8. The Good Shep-herd has ri-sen, who laid down his life for his



sheep and will-ing-ly died for his flock, al-le-lu-ia.

Psalm 78 (77)

¹A Maskil of Asaph.

⁵² Then he bróught forth his péople like shéep;
like a flóck he léd them in the désert.

⁵³ He led them sáfely with nóthing to féar,
while the séa engúlfed their fôes.

⁵⁴ So he bróught them to his hólý lánd, [5]
to the móuntain his right hánd had wón.

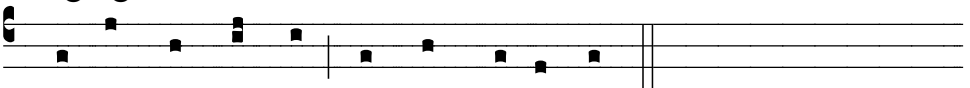
⁵⁵ He dróve out the nátions befóre them,
and appórtioned to éach their héritage.
The tribes of Ísrael he séttled in their ténts.

⁷⁰ And he chóse his sérvant Dávid, [5]
and tóok him awáy from the shéepfolds.

⁷¹ From the cáre of the éwes he bróught him
to be shépherd of Jácob his péople,
of Ísrael his ówn posséssion.

⁷² He ténded them with blámeless héart;
with his skíllful hánds he léd them.

Congregational Refrain:



8. He led them safe-ly with noth-ing to fear.

THE FIFTH SUNDAY OF EASTER

Communion Antiphon

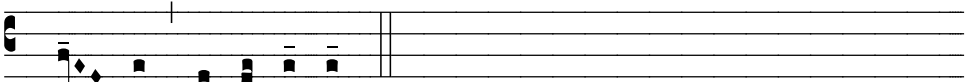
Cf. Jn 15: 1, 5



8. I am the true vine and you are the branches, says the Lord.



Whoever remains in me, and I in him, bears fruit in



plenty, alleluia.

Psalm 80 (79)

¹*For the Choirmaster. Intoned like "Lilies of Testimony." Of Asaph.
A Psalm.*

- ² O shepherd of Ísrael, héar us,
yóu who lead Jóseph like a flóck:
⁹ You bróught a víne out of Égypt;
you dróve out the nátions and plánted it.
¹⁰ Befóre it you cléared the gróund;
it took róot and filled the lánd.
- ¹¹ The móuntains were cóvered with its shádw,
the cédars of Gód with its bóughs.
¹² It strétched out its bránches to the séa;
to the Ríver it strétched out its shóots.
- ^{15c} Vísit this víne and protéct it,
¹⁶ the víne your right hánd has plánted,
the son of mán you have cléimed for yoursélf.

¹⁸ May your hánd be on the mán at your right hánd,
the son of mán you have confirmed as your ówn.

¹⁹ And we shall néver forsáke you agáin;
give us lífe that we may cáll upon your náme.

Congregational Refrain:

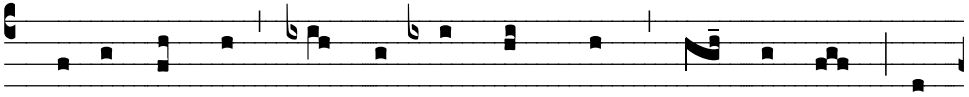


8. God of hosts, vis- it this vine and pro- tect it.

THE SIXTH SUNDAY OF EASTER

Communion Antiphon

Cf. Jn 14: 15-16



1. If you love me, keep my com-mand-ments, says the Lord, and



I will ask the Fa-ther and he will send you a- noth-er Pa- ra-clete,



to a- bide with you for e- ver, al- le- lu- ia.

Psalm 80 (79)

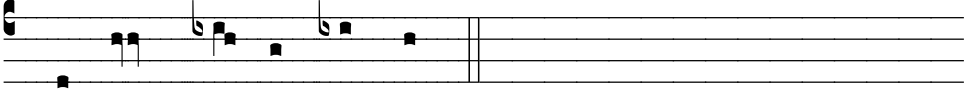
¹*For the Choirmaster. Intoned like "Lilies of Testimony." Of Asaph.
A Psalm.*

- ² O shépherd of Ísrael, héar us,
yóu who lead Jóseph like a flóck:
⁹ You bróught a víne out of Égypt;
you dróve out the nátions and plánted it.
¹⁰ Befóre it you cléared the gróund;
it took róot and filled the lánd.
- ¹¹ The móuntains were cóvered with its shádw,
the cédars of Gód with its bóughs.
¹² It strétched out its bránches to the séa;
to the Ríver it strétched out its shóots.
- ^{15c} Vísit this víne and protéct it,
¹⁶ the víne your right hánd has plánted,
the son of mán you have cléimed for yoursélf.

¹⁸ May your hánd be on the mán at your right hánd,
the son of mán you have confirmed as your ówn.

¹⁹ And we shall néver forsáke you agáin;
give us lífe that we may cáll upon your náme.

Congregational Refrain:



1. O Lord, teach me your paths.

THE ASCENSION OF THE LORD

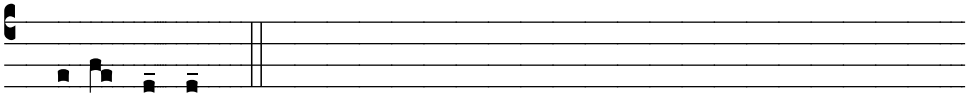
At the Mass during the Day

Communion Antiphon

Mt 28: 20



1. Be- hold, I am with you al- ways, e- ven to the end of the age,



al- le- lu- ia.

Psalm 80 (79)

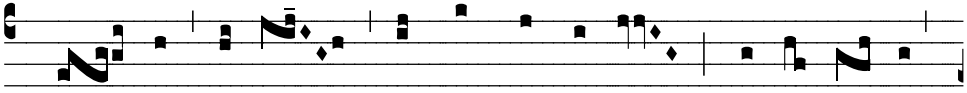
¹*For the Choirmaster. Intoned like "Lilies of Testimony." Of Asaph.
A Psalm.*

- ² O shépherd of Ísrael, héar us,
yóu who lead Jóseph like a flóck:
- ⁹ You bróught a víne out of Égypt;
you dróve out the nátions and plánted it.
- ¹⁰ Befóre it you cléared the gróund;
it took róot and filled the lánd.
- ¹¹ The móuntains were cóvered with its shádown,
the cédars of Gód with its bóughs.
- ¹² It strétched out its bránches to the séa;
to the Ríver it strétched out its shóots.
- ^{15c} Vísit this víne and protéct it,
¹⁶ the víne your right hánd has plánted,
the son of mán you have cléimed for yoursélf.
- ¹⁸ May your hánd be on the mán at your right hánd,
the son of mán you have confirmed as your ówn.
- ¹⁹ And we shall néver forsáke you agáin;
give us lífe that we may cáll upon your náme.

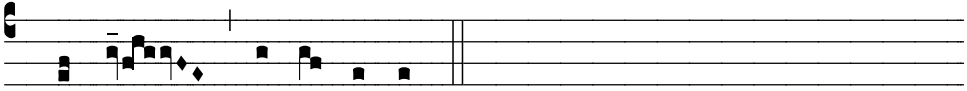
THE SEVENTH SUNDAY OF EASTER

Communion Antiphon

Cf. Jn 17: 22



4. Fa- ther, I pray that they may be one as we al- so



are one, al- le- lu- ia.

Psalm 122 (121)

¹*A Song of Ascents. Of David.*

I rejoiced when they said to me,
“Let us go to the house of the LÓRD.”

² And now our feet are standing
within your gates, O Jerúsalem.

³ Jerúsalem is built as a city
bonded as one together.

⁴ It is there that the tribes go up,
the tribes of the LÓRD.

For Ísrael’s witness it is
to praise the name of the LÓRD.

⁵ There were set the thrones for judgment,
the thrones of the house of Dávid.

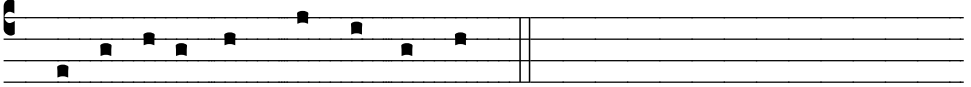
⁶ For the peace of Jerúsalem pray,
“May they prosper, those who love you.”

⁷ May peace abide in your walls,
and security be in your towers.

⁸ For the sáke of my fámily and friends,
let me sáy, “Péace upon yóu.”

⁹ For the sáke of the hóuse of the LÓRD, our Gód,
Í will séek good thínks for yóu.

Congregational Refrain:



4. Let us go to the house of the Lord.

PENTECOST SUNDAY

At the Mass during the Day

Communion Antiphon

Acts 2: 4, 11



7. They were all filled with the Ho- ly Spir- it and spoke



of the mar- vels of God, al- le- lu- ia.

Psalm 68 (67)

¹For the Choirmaster. Of David. A Psalm. A Song.

- ² Let Gód aríse; let his fóes be scáattered.
Let thóse who háte him flée from his présence.
- ⁴ But the júst shall rejóice at the présence of Gód; [5]
théy shall exúlt with glád rejóicing.
- ⁵ O síng to Gód; make músic to his náme.
Extól the Óne who rídes on the clóuds.
The LÓRD is his náme; exúlt at his présence.
- ⁶ Father of órphans, defénder of wídows:
such is Gód in his hóly pláce.
- ⁸ O Gód, when you went fóρθ before your péople, [5]
when you márched acróss the désert,
- ⁹ the earth trémbled, heavens póured down ráin
at the présence of Gód, the God of Sínai,
at the présence of Gód, the God of Ísrael.

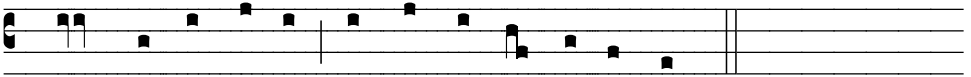
²⁰ Dáy after dáy, may the Lórd be blést.
He béars our búrdens; Gód is our sáviour.

²¹ This Gód of óurs is a Gód who sáves.
The LORD our Lórd provídes an escápe from déath.

²⁹ Súmmon fóρθ your míght, O Gód; [6]
your míght, O Gód, which you have shówn for ús.

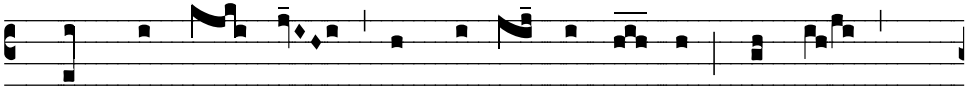
³⁶ Áwesome is Gód in his hóly pláce.
Hé is Gód, the Gód of Ísrael.
He himsélf gives stréngth and pówer to his péople.
Blést bé Gód!

Congregational Refrain:



7. Come Ho- ly Spir- it, re- new the face of the earth!

Or the same antiphon with different verses:



7. They were all filled with the Ho- ly Spir- it and spoke



of the mar- vels of God, al- le- lu- ia.

Psalm 111 (110)

I will praise the LÓRD with all my héart,
in the méeting of the júst and the assémbly.

² Gréat are the wórks of the LÓRD,
to be póndered by áll who delíght in thém.

³ Majéstic and glórious his wórk;
his jústice stands firm foréver.

⁴ He has gíven us a memórial of his wónders.
The LÓRD is grácious and mérciful.

⁵ He gives fóod to thóse who féar him;
keeps his cóvenant éver in mínd.

⁶ His mighty wórks he has shówn to his péople
by gíving them the héritage of nátions.

⁷ His hándiwork is jústice and trúth;
his précepts are áll of them súde,

⁸ standing firm foréver and éver,
wróught in úprightness and trúth.

⁹ He has sént redémption to his péople,
and estáblished his cóvenant foréver.
Hóly his náme, to be féared.

¹⁰ The fear of the LÓRD is the beginning of wísdóm;
 understanding marks áll who attain it.
 His práise endúres foréver!

Congregational Refrain:



7. Come Ho- ly Spir- it, re- new the face of the earth!

ORDINARY TIME

THE SECOND SUNDAY

in Ordinary Time

Communion Antiphon

Cf. Ps 23 (22): 5



6. You have pre-pared a ta-ble be-fore me, and how pre- cious



is the cha lice that quen-ches my thirst.

Psalm 23 (22)

¹*A Psalm of David.*

The LÓRD is my shépherd; [6]
there is nóthing I shall wánt.

- ² Frésh and gréen are the pástures
where he gíves me repóse.
Near réstful wáters he léads me;
³ he revíves my sóul.

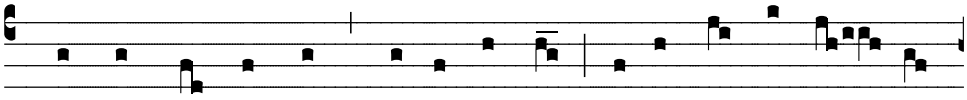
He guídes me alóng the right páth, [5]
for the sáke of his náme.

- ⁴ Though I should wálk in the válley of the shádown of déath,
no évil would I féar, for you are wíth me.
Your cróok and your stáff will give me cómfort.

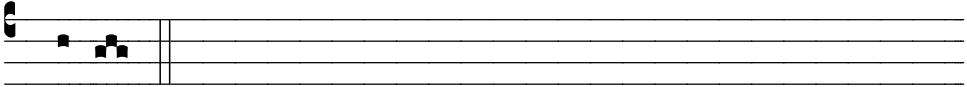
- ⁵ You have prépared a táble befóre me
in the síght of my fóes.
My héad you have anóinted with óil;
my cúp is overflówing.

Or

1 Jn 4: 16



8. We have come to know and to be-lieve in the love that God has



for us.

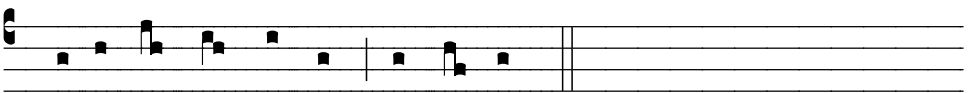
Psalm 34 (33)

¹Of David, when he feigned madness before Abimelech, so that he drove him out, and he went away.

- ² I will bléss the LÓRD at all tímes,
práise of him is álwáys in my móuth.
- ³ In the LÓRD my sóul shall make its bóast;
the húmble shall héar and be glád.
- ⁴ Glórifý the LÓRD with mé;
tóghéther let us práise his náme.
- ⁵ I sóught the LÓRD, and he ánswered me;
from all my térrors he sét me frée.
- ⁶ Lóok toward hím and be rádiant;
let your fáces nót be abáshed.
- ⁷ This lówly one cálléd; the LORD héaréd,
and réscued him from áll his distréss.
- ⁸ The ángel of the LÓRD is encámped
around thóse who féar him, to réscue them.
- ⁹ Taste and sée that the LÓRD is góod.
Blessed the mán who seeks réfuge in hím.
- ¹⁰ Féar the LÓRD, you his hóly ones.
They lack nóthing, thóse who féar him.
- ¹¹ The rích suffer wánt and go húngry,
but thóse who seek the LÓRD lack no bléssing.

- ¹² Côme, children, and héar me,
that I may téach you the féar of the LÓRD.
- ¹³ Who ís it that desíres lífe
and lóngs to see próspereous dáys?
- ¹⁴ Guárd your tóngue from évil,
and your líps from spéaking decéit.
- ¹⁵ Turn asíde from évil and do góod.
Séek after péace, and pursúe it.
- ¹⁶ The LÓRD turns his éyes to the júst,
and his éars are ópen to their cry.
- ¹⁷ The LÓRD turns his fáce against the wícked
to destróy their remémbrance from the éarth.
- ¹⁸ When the júst cry óut, the LORD héars,
and réscues them in áll their distréss.
- ¹⁹ The LORD is clóse to the bróken-héarted;
those whose spírit is crúshed he will sáve.
- ²⁰ Mány are the tríals of the júst man,
but from them áll the LÓRD will réscue him.
- ²¹ He will keep guárd over áll his bónes;
not óne of his bónes shall be bróken.
- ²² Évil brings déath to the wícked;
those who háte the júst man are dóomed.
- ²³ The LORD ránsoms the sóuls of his sérvants.
All who trúst in him shall nótt be condémned.

Congregational Refrain:



8. It is your love, O Lord, that I seek.

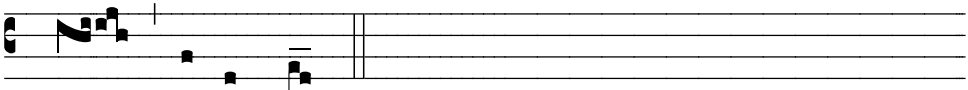
THE THIRD SUNDAY

in Ordinary Time

Communion Antiphon

Cf. Ps.34(33):6

5. Look toward the Lord and be ra- di- ant; let your fa- ces



not be a- bashed.

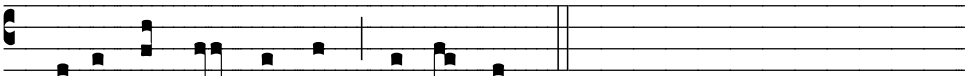
Psalm 34 (33)

¹*Of David, when he feigned madness before Abimelech, so that he drove him out, and he went away.*

- ² I will bléss the LÓRD at all tímes,
práise of him is álwáys in my móuth.
- ³ In the LÓRD my sóul shall make its bóast;
the húmble shall héar and be glád.
- ⁴ Glórfify the LÓRD with mé;
to géther let us práise his náme.
- ⁵ I sóught the LÓRD, and he ánsWERed me;
from all my térrors he sét me frée.
- ⁶ Lóok toward hím and be rádiant;
let your fáces nóT be abáshed.
- ⁷ This lówly one cÁlled; the LORD héarD,
and réscued him from áll his distréss.
- ⁸ The ángel of the LÓRD is encÁmped
around thóse who féar him, to réscue them.
- ⁹ Taste and sée that the LÓRD is góod.
Blessed the mÁN who seeks réfuge in hím.

- ¹⁰ Féar the LÓRD, you his hólý ones.
They lack nóthing, thóse who féar him.
- ¹¹ The rích suffer wánt and go húngry,
but thóse who seek the LÓRD lack no bléssing.
- ¹² Cóme, chıldren, and héar me,
that I may téach you the féar of the LÓRD.
- ¹³ Who ís it that desíres lífe
and lóngs to see prósperous dáys?
- ¹⁴ Guárd your tóngue from évil,
and your líps from spéaking decéit.
- ¹⁵ Turn asíde from évil and do góod.
Séek after péace, and pursúe it.
- ¹⁶ The LÓRD turns his éyes to the júst,
and his éars are ópen to their cry.
- ¹⁷ The LÓRD turns his fáce against the wícked
to destróy their remémbrance from the éarth.
- ¹⁸ When the júst cry óut, the LORD héars,
and réscues them in áll their distréss.
- ¹⁹ The LORD is clóse to the bróken-héarted;
those whose spírít is crúshed he will sáve.
- ²⁰ Mány are the tríals of the júst man,
but from them áll the LÓRD will réscue him.
- ²¹ He will keep guárd over áll his bónes;
not óne of his bónes shall be bróken.
- ²² Évil brings déath to the wícked;
those who háte the júst man are dóomed.
- ²³ The LORD ránsoms the sóuls of his sérvants.
All who trúst in him shall nótt be condénned.

Congregational Refrain:



5. It is your face, O Lord, that I seek.

Or:

Jn 8:12

7. I am the light of the world, says the Lord; who- e- ver fol-lows



me will not walk in dark-ness, but will have the light of life.

Psalm 36 (35)

¹*For the Choirmaster. Of David, the servant of the LORD.*

⁶ Your mércy, LORD, réaches to héaven, [5]
your trúth to the clóuds.

⁷ Your jústice is líke God's móuntains;
like the great déep, your jústice.
Both man and béast you sáve, O LÓRD.

⁸ How précious is your mércy, O Gód!
The chídren of mén seek shéltér
in the shádw óf your wíngs.

⁹ They féast on the ríches of your hóuse;
you give them drínk from the stréam of your delíght.

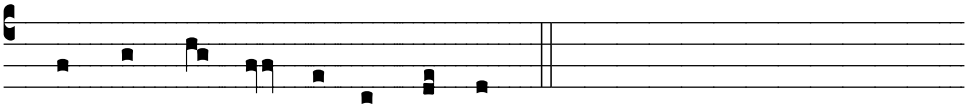
¹⁰ For with yóu is the fóuntain of life,
and in your líght we see líght.

Congregational Refrain:



7. In you, O Lord, we have the light of life.

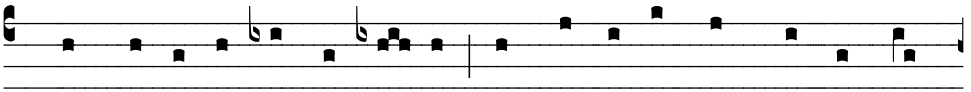
Congregational Refrain:



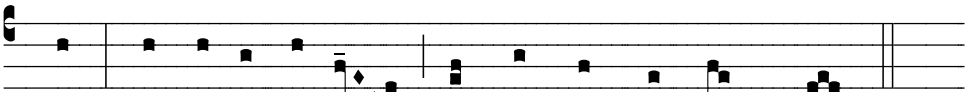
1. Let your face shine on your ser-vant.

Or:

Mt 5: 3-4



1. Bless-ed are the poor in spir-it, for theirs is the King- dom of Heav-



en. Bless-ed are the meek, for they shall poss- ess the land.

Psalm 37 (36)

¹*Of David.*

Do not frét because of the wicked;
do not énvý thóse who do évil,
³ Trúst in the LÓRD and do góod;
then you will dwéll in the lánd and safely pásture.

¹⁶ Better the féw posséssions of the júst,
than the abúndant wéalth of the wícked;

¹⁸ The LORD takes nóte of the dáys of the blámeless;
their héritage will lást foréver.

²³ By the LÓRD are the stéps made firm
of óne in whose páth He delíghts.

²⁷ Then túrn away from évil and do góod,
and yóu may abíde foréver;

Congregational Refrain as above.

THE FIFTH SUNDAY

IN ORDINARY TIME

Communion Antiphon

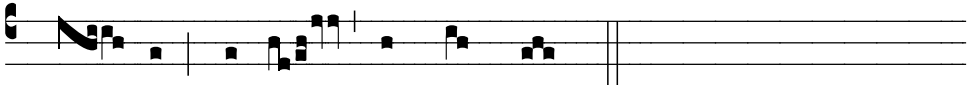
Cf. Ps 106 (107): 8-9



8. Let them thank the Lord for his mer- cy, his won- ders for the



child- ren of men, for he sa- tis- fies the thirs- ty soul, and the

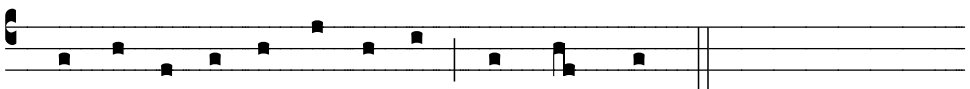


hun- gry he fills with good things.

Psalm 107 (106)

- ¹ “O give thanks to the LÓRD for he is good; [6]
for his mércy endúres foréver.”
- ² Let the redéemed of the LÓRD say thís,
those he redéemed from the hánd of the fôe,
- ³ and gáthered from fár-off lánds,
from éast and wést, north and sóuth.
- ⁴ They wándered in a bárren désert,
fínding no wáy to a cíty they could dwéll in.
- ⁵ Húngry they wére and thírsty;
their sóul was fáinting withín them.
- ⁶ Then they críed to the LÓRD in their néed,
and he réscued thém from their distréss,
- ⁷ and he guíded them alóng a straight páth,
to réach a cíty they could dwéll in.

Congregational Refrain:



8. You sa- tis- fy the thirs-ty soul with good things.

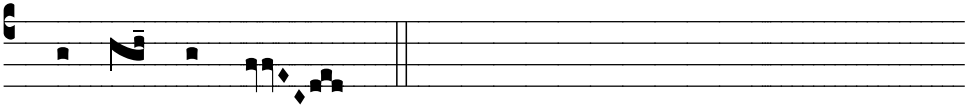
Or:



1. Bless-ed are those who mourn, for they shall be con-soled.



Bless-ed are those who hun-ger and thirst for right-eous-ness, for they



shall have their fill.

Psalm 37 (36)

Do not frét because of the wicked;

do not énvý thóse who do évil,

² for they wíther quíckly like gráss

and fáde like the gréen of the fíelds.

¹⁶ Better the féw posséssions of the júst,
than the abúndant wéalth of the wícked;

¹⁸ The LÓRD takes nóte of the dáys of the blámeless;
their héritage will lást foréver.

¹⁹ They shall nót be put to sháme in evil dáys;
in time of fámine they shall háve their fill.

²³ By the LÓRD are the stéps made firm
of óne in whose páth He delíghts.

²⁷ Then túrn away from évil and do góod,
and yóu may abíde foréver;

Congregational Refrain:



1. You sa-tis-fy the thirs-ty soul with good things.

THE SIXTH SUNDAY

in Ordinary Time

Communion Antiphon

Cf. Ps 78(77):29-30

1. They ate and had their fill, and what they craved the Lord
gave them; they were not dis- ap- point- ed in what they craved.

Psalm 78 (77)

¹A Maskil of Asaph.

Give éar, my péople, to my téaching;
incline your éar to the wórds of my móuth.

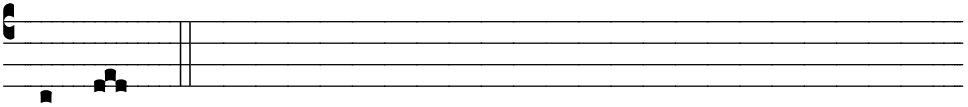
- ³ The things we have héard and understóod, [6]
the things our fáthers have tóld us,
⁴ thése we will not híde from their children
but will téll them to the néxt generácion:
the glóries of the LÓRD and his míght,
and the márvelous déeds he has dóne.
- ²² For they hád no fáith in Gód,
and did not trúst his sáving pówer.
- ²³ Yet he commáded the clóuds abóve,
and ópened the gátes of héaven.
- ²⁴ He ráined down máнна to éat,
and gáve them bréad from héaven.



1. God so loved the world that he gave his On-ly Be-got-ten Son,



so that all who be-lieve in him may not per-ish, but may have e-ter-



nal life.

Psalm 103 (102)

¹*Of David.*

Bléss the LÓRD, O my sóul,
and all withín me, his hóly náme.

² Bléss the LÓRD, O my sóul,
and néver forgét all his bénéfices.

³ It is the Lórd who forgíves all your síns, [6]
who héals every óne of your ílls,

⁴ who redéems your lífe from the gráve,
who crówns you with mércy and compásson,

⁵ who fills your lífe with good things,
renéwing your yóuth like an éagle's.

⁶ The LÓRD does júst déeds,
gives full jústice to áll who are opprésed.

⁷ He made knówn his wáys to Móses,
and his déeds to the chíldren of Ísrael.

⁸ The LÓRD is compássionate and grácious, [6]
slow to ánger and rích in mércy.

⁹ Hé will not álways find fáult;
nor persíst in his ánger foréver.

¹⁰ He does not tréat us accórding to our síns,
nor repáy us accórding to our fáults.

¹¹ For as the héavens are hígh above the éarth,
so strong his mércy for thóse who féar him.

¹² As fár as the éast is from the wést,
so far from ús does he remóve our transgréssions.

¹³ As a fáther has compássion on his chíldren,
the LORD'S compássion is on thóse who féar him.

¹⁴ For he knóws of whát we are máde;
he remémbers that wé are dúst.

¹⁵ Mán, his dáys are like gráss;
he flówers like the flówer of the field.

¹⁶ The wind blóws, and it ís no móre,
and its pláce never sées it agáin.

¹⁷ But the mércy of the LÓRD is everlásting [5]
upon thóse who hólđ him in féar,
upon chíldren's chíldren his jústice,

¹⁸ for thóse who kéeep his cóvenant,
and remémber to fulfill his commánds.

Congregational Refrain:



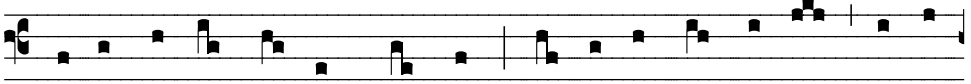
1. You sa- tis- fy the thirs-ty soul with good things.

THE SEVENTH SUNDAY

in Ordinary Time

Communion Antiphon

Ps 9: 2-3



2. I will re-count all your won- ders, I will re- joice in you and be



glad, and sing psalms to your name, O Most High.

Psalm 9 (9A)

¹For the Choirmaster. In the manner of a Chant Mut Labben. A Psalm of David.

⁸ But the LÓRD sits enthroned foréver;
he has sét up his thróne for júdgment.

⁹ He will júdge the wórlđ with jústice;
he will góvern the péoples with équity.

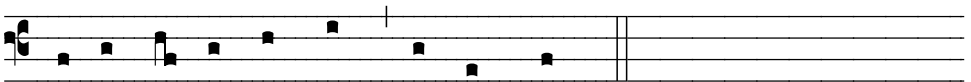
¹⁰ For the opprésed, the LÓRD will be a stróngthold,
a stróngthold in tímes of distréss.

¹¹ Those who knów your náme will trúst you;
you will not forsáke those who séek you, O LÓRD.

¹² Sing psálms to the LÓRD who dwells in Sión.
Téll his mighty wórks among the péoples,

¹³ for the Avénger of Blóod has remébered them,
has not forgóttén the crý of the póor.

Congregational Refrain:



2. I will sing to your name, O Most High!

Or:



2. Lord, I have come to be-lieve that you are the Christ, the Son of



the liv- ing God, who is com- ing in- to this world.

Psalm 23 (22)¹*A Psalm of David.*

The LÓRD is my shépherd; [6]
there is nóthing I shall wánt.

- ² Frésh and gréen are the pástures
where he gíves me repóse.
Near réstful wáters he léads me;
³ he revíves my sóul.

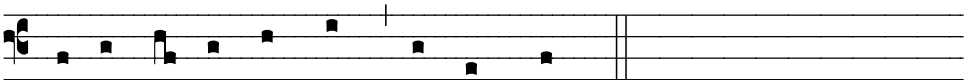
He guídes me alóng the right páth, [5]
for the sáke of his náme.

- ⁴ Though I should wálk in the válley of the shádw of déath,
no évil would I féar, for you are with me.
Your cróok and your stáff will give me cómfort.

- ⁵ You have prépared a táble befóre me
in the síght of my fôes.
My héad you have anóinted with óil;
my cúp is overflówing.

- ⁶ Surely góodness and mércy shall fóllo me
all the dáys of my lífe.
In the LÓRD'S own hóuse shall I dwéll
for léngth of days unénding.

Congregational Refrain:



2. I will sing to your name, O Most High!

THE EIGHTH SUNDAY

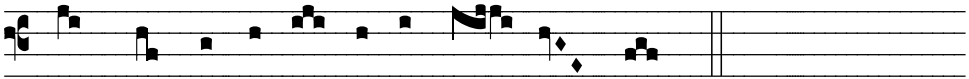
in Ordinary Time

Communion Antiphon

Cf. Ps 12(13):6



2. I will sing to the Lord who has been boun- ti- ful with me,



sing psalms to the name of the Lord Most High.

Psalm 13 (12)

¹*For the Choirmaster. A Psalm of David.*

² How lóng, O LÓRD? Will you forgét me foréver? [5]

How lóng will you híde your fáce from mé?

³ How lóng must I bear gríef in my sóul,

have sórrow in my héart all day lóng?

How lóng shall my ényemy preváil over mé?

⁴ Lóok, ánswer me, LÓRD my Gód!

Give líght to my éyes lest I fáll asleep in déath;

⁵ lest my ényemy sáy, “Í have overcóme him”;

lest my fôes rejóice when they sée me fáll.

⁶ As for mé, I trúst in your mérciful lóve.

Let my héart rejóice in yóur salvátion.

⁷ I will síng to the LÓRD who has been bóuntiful with mé.

I will sing psálms to the náme of the LÓRD Most Hígh.

Congregational Refrain:



2. I will sing to your name, O Most High!

Or:

Mt 28:20

2. Be- hold, I am with you al- ways, e- ven to the end of the

age, says the Lord.

Psalm 68 (67)

¹*For the Choirmaster. Of David. A Psalm. A Song.*

- ² Let Gód arise; let his fões be scátted.
Let thóse who háte him flée from his présence.
- ⁵ O síng to Gód; make músic to his náme.
Extól the Óne who rídes on the clóuds.
The LÓRD is his náme; exúlt at his présence.
- ⁶ Father of órphans, defénder of wídows:
such is Gód in his hóly pláce.
- ¹⁹ You have ascéded on hígh, leading captívity cáptive
as tríbute recéiving prísoners, O Gód,
so that éven rébels may dwéll near the LÓRD God.
- ²⁰ Dáy after dáy, may the Lórd be blést.
He béars our búrdens; Gód is our sávior.
- ²¹ This Gód of óurs is a Gód who sáves.
The LORD our Lórd provídes an escápe from déath.
- ²⁵ They sée your sólemn procéssion, O Gód,
the procéssion of my Gód, of my kíng, to the hóly place:

²⁹ Súmmon fóρθ your míght, O Gód;
your míght, O Gód, which you have shówn for ús.

³⁰ From your témple hígh in Jerúsalem,
kings will cóme to you brínging their tríbute.

³¹ Rebúke the wild béast that dwélls in the réeds, [5]
the bánds of the míghty and rúlers of the peoples.
Scátter the péoples who delíght in wár.

³² Rich mérchants will máke their wáy from Égypt;
Ethiópia will strétch out her hánds to Gód.

³³ You kíngdoms of the éarth, sing to Gód, praise the Lórd
³⁴ who rídes on the héavens, the áncient héavens.
Behold, he thúnders his vóice, his míghty vóice.

³⁵ Cóme, acknówledge the pówer of Gód.

His glóry is on Ísrael; his míght is in the skíes. [5]

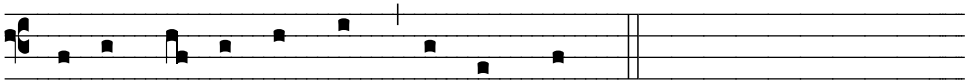
³⁶ Áwesome is Gód in his hóly pláce.

Hé is Gód, the Gód of Ísrael.

He himsélf gives stréngth and pówer to his péople.

Blést bé Gód!

Congregational Refrain:

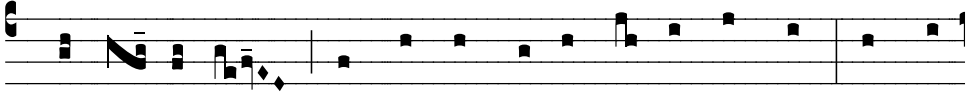


2. I will sing to your name, O Most High!

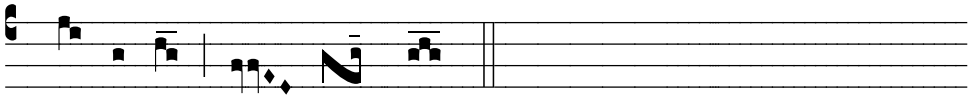
THE NINTH SUNDAY

in Ordinary Time

Communion Antiphon

Cf. Ps 16(17):6

8. To you I call, for you will surely heed me, O God; turn your



ear to me; hear my words.

Psalm 17 (16)

¹*A Prayer of David.*

² From you may my justice come forth.
Your eyes discern what is upright.

⁵ I kept my steps firmly in your paths.
My feet have never faltered.

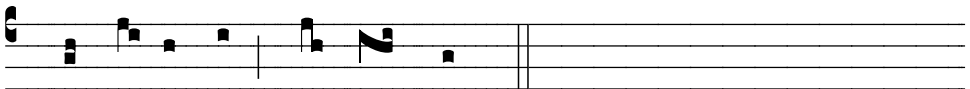
⁷ Display your merciful love.
By your right hand you deliver from their foes
those who put their trust in you.

⁸ Guard me as the apple of your eye.
Hide me in the shadow of your wings

⁹ from the violent attack of the wicked.

¹⁵ As for me, in justice I shall behold your face;
when I awake I shall be filled with the vision of your
presence.

Congregational Refrain:

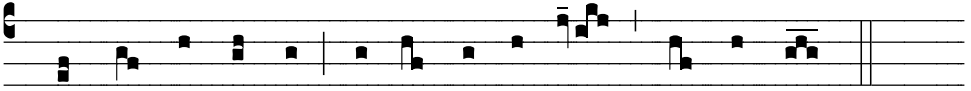


8. To you I call, hear my words.

Or:

Mk 11:23,24

8. A- men, I say to you: What- e- ver you ask for in prayer, be- lieve



you will re-ceive it, and it will be yours, says the Lord.

Psalm 61 (60)*¹For the Choirmaster. With stringed instruments. Of David.*² Listen, O Gód, to my cry!

Atténd to my práyer!

³ From the énd of the éarth I cáll you;
my héart is fáint.Sét me hích upon the rók
too hích for me to réach,⁴ you, my réfuge and míghty tówer
agáinst the fôe.⁵ Then will I dwéll in your tént foréver,
and híde in the shéltér of your wíngs.

[5]

⁶ For yóu, O God, have héárd my vóws;
you have gíven me the héritage of thóse
who féar your náme.⁷ Day upon dáy you will ádd to the kíng;
his yéars as áge upon áge.

[6]

⁸ May he éver sit enthronéd before Gód:
bid mércy and trúth be his protéction.⁹ So I will síng to your náme foréver,
and dáy after dáy fulfill my vóws.

Congregational Refrain as on facing page

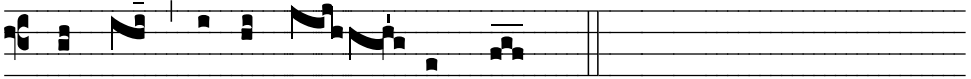
THE TENTH SUNDAY

in Ordinary Time

Communion Antiphon

Cf. Ps 17(18):3

2. The Lord is my rock, my for- tress, and my de- li- ver- er;



my God is my sav- ing strength.

Psalm 18 (17)

⁴ I cry óut, “Práised be the LÓRD!”
and sée, I am sáved from my fóes.

⁷ In my ánguish I cálléd to the LÓRD;
I cried to my Gód for hélp.
From his témples he héard my vóice;
my cry to him réached his éars.

²⁸ for you sáve a lówly péople,
but bring lów the éyes that are próud.

²⁹ It is yóu who give líght to my lámp;
the LÓRD my God líghtens my dárkness.

³² For whó is Gód but the LÓRD?
Whó is a róck but our Gód?

³³ It is Gód who gírds me with stréngth,
and kéeps my páth free of bláme.

Congregational Refrain:

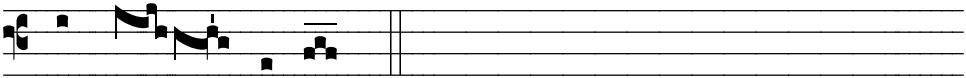


2. The Lord is my rock, and my sav- ing strength.

Or:

1 Jn 4: 16

2. God is love, and who- e- ver a-bides in love a- bides in God,



and God in him.

Psalm 103 (102)

¹*Of David.*

Bléss the LÓRD, O my sóul,
and all withín me, his hóly náme.

² Bléss the LÓRD, O my sóul,
and néver forgét all his bénéfices.

³ It is the Lórd who forgíves all your síns, [6]
who héals every óne of your ílls,

⁴ who redéems your lífe from the gráve,
who crówns you with mércy and compásson,

⁵ who fills your lífe with good thínghs,
renéwing your yóuth like an éagle's.

⁶ The LÓRD does júst déeds,
gives full jústice to áll who are opprésed.

⁷ He made knówn his wáys to Móses,
and his déeds to the chíldren of Ísrael.

⁸ The LÓRD is compássonate and grácious, [6]
slow to ánger and rích in mércy.

⁹ Hé will not álways find fáult;
nor persíst in his ánger foréver.

¹⁰ He does not tréat us accórding to our síns,
nor repáy us accórding to our fáults.

- ¹¹ For as the héavens are hígh above the éarth,
so strong his mércy for thóse who féar him.
- ¹² As fár as the éast is from the wést,
so far from ús does he remóve our transgréssions.
- ¹³ As a fáther has compásson on his children,
the LÓRD'S compásson is on thóse who féar him.
- ¹⁴ For he knóws of whát we are máde;
he remémbers that wé are dúst.
- ¹⁵ Mán, his dáys are like gráss;
he flówers like the flówer of the fíeld.
- ¹⁶ The wind blóws, and it ís no móre,
and its pláce never sées it agáin.
- ¹⁷ But the mércy of the LÓRD is everlásting [5]
upon thóse who hólđ him in féar,
upon children's children his jústice,
¹⁸ for thóse who kéepe his cóvenant,
and remémber to fulfill his commánds.
- ¹⁹ The LÓRD has fíxed his thróne in héaven, [5]
and his kíngdom is rúling over áll.
- ²⁰ Bless the LÓRD, all yóu his ángels,
mighty in pówer, fulfilling his wórd,
who héed the vóice of his wórd.
- ²¹ Bléss the LÓRD, all his hósts, [5]
his sérvants, who dó his wíll.
- ²² Bléss the LÓRD, all his wórks,
in évery pláce where he rúles.
Bléss the LÓRD, O my sóul!

Congregational Refrain:



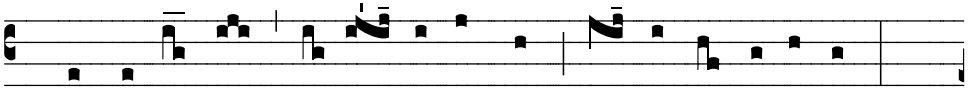
2. The Lord is my rock, and my sav- ing strength.

THE ELEVENTH SUNDAY

in Ordinary Time

Communion Antiphon

Ps 26(27): 4



7. There is one thing I ask of the Lord, on-ly this do I seek:



to live in the house of the Lord all the days of my life.

Psalm 27 (26)

¹*Of David.*

The LÓRD is my líght and my salvátion;
whóm shall I féar?
The LÓRD is the strónghold of my lífe;
whóm should I dréad?

- ² When thóse who do évil draw néar
to devóur my flésh,
it is théy, my énemies and fóes,
who stúmble and fáll.
- ³ Though an ármý encámp agáinst me,
my héart would not féar.
Though wár break óut agáinst me,
even thén would I trúst.

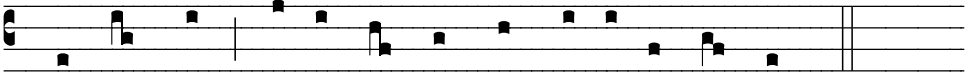
It is your fáce, O LÓRD, that I séek;
⁹ hide not your fáce from mé.
 Dismíss not your sérvant in ánger;
 yóu have been my hélp.
 Dó not abándon or forsáke me,
 O Gód, my Sáviór!

¹¹ Instrúct me, LÓRD, in your wáy;
 on an éven path léad me
 becáuse of my énemíes.

¹³ I belíeve I shall sée the LÓRD'S góodness
 in the lánd of the líving.

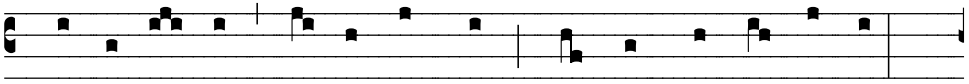
¹⁴ Wáit for the LÓRD; be stróng;
 be stouthéarted, and wáit for the LÓRD!

Congregational Refrain:

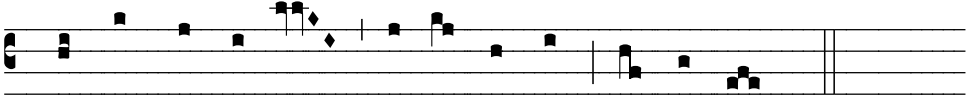


7. In your house, I will sing and make mus-ic to your name.

Or:

Jn 17: 11

7. Ho-ly Fa- ther, keep in your name those you have gi- ven me,



that they may be one as we are one, says the Lord.

Psalm 133 (132)¹*A Song of Ascents. Of David.*

How góod and how pléasant it ís,
when bróthers líve in únity!

² It is like précious óil upon the héad,
running dówn upon the béard,
running dówn upon Áaron's béard,
upon the cóllar of his róbes;

³ like the déw of Hérmon, which runs dówn
on the móuntains of Síon.
For thére the LÓRD bestows his bléssing:
lífe foréver.

Congregational Refrain:



7. In your house, I will sing and make mus-ic to your name.

THE TWELFTH SUNDAY

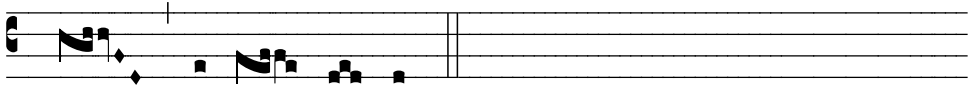
in Ordinary Time

Communion Antiphon

Ps 144(145): 15



5. The eyes of all look to you, Lord, and you give them their



food in due sea-son.

Psalm 145 (144)

¹Praise. Of David.

I will extól you, my Gód and kíng,
and bless your náme foréver and éver.

- ² I will bléss you dáy after dáy,
and praise your náme foréver and éver.
- ³ The LORD is gréat and highlly to be práised;
his gréatness cánot be méasured.
- ⁴ Age to áge shall procláim your wórks,
shall decláre your míghty déeds.
- ⁵ They will téll of your great glóry and spléndor,
and recóunt your wónderful wórks.
- ⁶ They will spéak of your áwesome déeds,
recóunt your gréatness and míght.
- ⁷ They will recáll your abúndant góodness,
and síng of your just déeds with jóy.
- ⁸ The LORD is kínd and fúll of compásson,
slow to ánger, abóunding in mércy.
- ⁹ How góod is the LÓRD to áll,
compássonate to áll his créatures.

- ¹⁰ All your wórks shall thánk you, O LÓRD,
and áll your fáithful ones bléss you.
- ¹¹ They shall spéak of the glóry of your réign,
and decláre your míghty déeds,
- ¹² To make knówn your míght to the children of mén,
and the glórious spléndor of your réign.
- ¹³ Your kíngdom is an éverlasting kíngdom;
your rule endúres for áll generátions.

The LORD is fáithful in áll his wórds,
and hóly in áll his déeds.

- ¹⁴ The LÓRD suppórts all who fáll,
and ráises up áll who are bowed dówn.
- ¹⁵ The éyes of áll look to yóu,
and you gíve them their fóod in due séason.
- ¹⁶ You ópen your hánd and sátisfy
the desíre of every líving thíng.
- ¹⁷ The LORD is júst in áll his wáys,
and hóly in áll his déeds.
- ¹⁸ The LORD is clóse to áll who cáll him,
who cáll on hím in trúth.
- ¹⁹ He fulfills the desíres of those who féar him;
he héars their crÿ and he sáves them.
- ²⁰ The LORD keeps wátch over áll who lóve him;
the wícked he will útterly destróy.
- ²¹ Let my móuth speak the práise of the LÓRD;
let all flésh bless his hóly náme
foréver, for áges unénding.

Congregational Refrain:



5. Taste and see, that the Lord is good.

Or:

Jn 17: 11

5. I am the Good Shep-herd, and I lay down my life



for my sheep, says the Lord.

Psalm 23 (22)

¹*A Psalm of David.*

The LÓRD is my shépherd; [6]
there is nóthing I shall wánt.

- ² Frésh and gréen are the pástures
where he gíves me repóse.
Near réstful wáters he léads me;
³ he revíves my sóul.

He guídes me alóng the right páth, [5]
for the sáke of his náme.

- ⁴ Though I should wálk in the válley of the shádo of déath,
no évil would I féar, for you are wíth me.
Your cróok and your stáff will give me cómfort.

- ⁵ You have prépared a táble befóre me
in the síght of my fóes.
My héad you have anóinted with óil;
my cúp is overflówing.

- ⁶ Surely góodness and mércy shall fóllow me
all the dáys of my life.
In the LÓRD'S own hóuse shall I dwéll
for léngth of days unénding.

THE THIRTEENTH SUNDAY

in Ordinary Time

Communion Antiphon

Ps 102(103): 1

4. Bless the Lord, O my soul, and all within me, his holy name.

Psalm 103 (102)

¹*Of David.*

Bléss the LÓRD, O my sóul,
and all withín me, his hóly náme.

² Bléss the LÓRD, O my sóul,
and néver forgét all his bénéfices.

³ It is the Lórd who forgíves all your síns, [6]
who héals every óne of your ílls,

⁴ who redéems your life from the gráve,
who crówns you with mércy and compásson,

⁵ who fills your life with good things,
renéwing your yóuth like an éagle's.

⁶ The LÓRD does júst déeds,
gives full jústice to áll who are opprésed.

⁷ He made knówn his wáys to Móses,
and his déeds to the children of Ísrael.

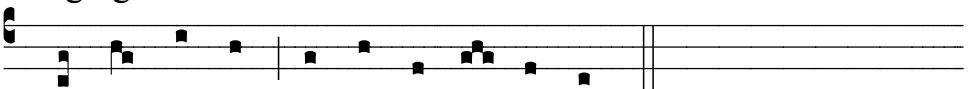
⁸ The LÓRD is compássonate and grácious, [6]
slow to ánger and rích in mércy.

⁹ Hé will not álways fínd fáult;
nor persíst in his ánger foréver.

¹⁰ He does not tréat us accórding to our síns,
nor repáy us accórding to our fáults.

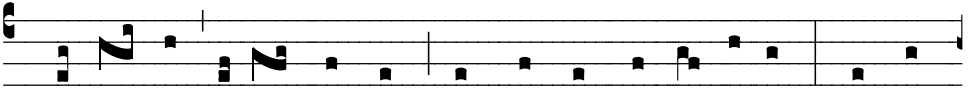
- ¹¹ For as the héavens are híg above the éarth,
so strong his mércy for thóse who féar him.
- ¹² As fár as the éast is from the wést,
so far from ús does he remóve our transgréssions.
- ¹³ As a fáther has compásson on his children,
the LÓRD'S compásson is on thóse who féar him.
- ¹⁴ For he knóws of whát we are máde;
he remémbers that wé are dúst.
- ¹⁵ Mán, his dáys are like gráss;
he flówers like the flówer of the field.
- ¹⁶ The wind blóws, and it is no móre,
and its pláce never sées it agáin.
- ¹⁷ But the mércy of the LÓRD is everlásting [5]
upon thóse who hóld him in féar,
upon children's children his jústice,
¹⁸ for thóse who kéeep his cóvenant,
and remémbér to fulfill his commánds.
- ¹⁹ The LÓRD has fíxed his thróne in héaven, [5]
and his kíngdom is rúling over áll.
- ²⁰ Bless the LÓRD, all yóu his ángels,
mighty in pówer, fulfilling his wórd,
who héed the vóice of his wórd.
- ²¹ Bléss the LÓRD, all his hósts, [5]
his sérvants, who dó his wíll.
- ²² Bléss the LÓRD, all his wórks,
in évery pláce where he rúles.
Bléss the LÓRD, O my sóul!

Congregational Refrain:



4. O Bless the Lord, O bless his ho- ly name.

Or:

Jn 17: 20-21

4. O Fa- ther, I pray for them, that they may be one in us, that the



world may be-lieve that you have sent me, says the Lord.

Psalm 133 (132)

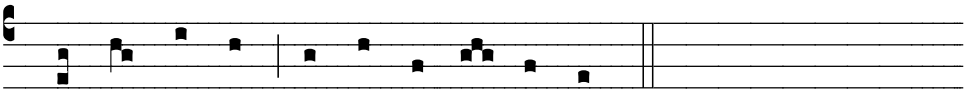
¹*A Song of Ascents. Of David.*

How góod and how pléasant it ís,
when bróthers líve in únity!

² It is like précious óil upon the héad,
running dówn upon the béard,
running dówn upon Áaron's béard,
upon the cóllar of his róbes;

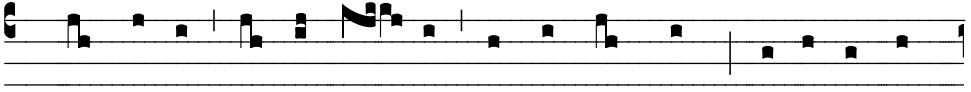
³ like the déw of Hérmon, which runs dówn
on the móuntains of Síon.
For thére the LÓRD bestows his bléssing:
life foréver.

Congregational Refrain:

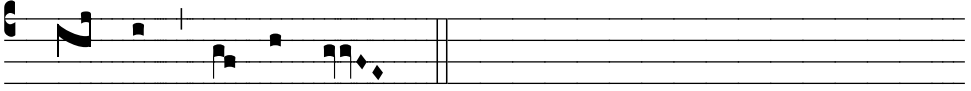


4. O Bless the Lord, O bless his ho- ly name.

Or:

Mt 11: 28

3. Come to me, all who la- bor and are bur- dened, and I will re-



fresh you, says the Lord.

Psalm 25 (24)

¹*Of David.*

- To you, O LÓRD, I lift up my sóul. [6]
- ² In yóu, O my Gód, I have trústed;
let me nó't be pút to sháme;
let not my énemies exúlt over mé.
- ³ Let none who hópe in yóu be put to sháme;
but shámed are those who wántonly break fáith.
- ⁴ O LÓRD, make me knów your wáys. [5]
Téach me your páths.
- ⁵ Guíde me in your trúth, and téach me;
for yóu are the Gód of my salvátion.
I have hóped in yóu all day lóng.
- ⁶ Remémber your compásson, O LÓRD,
and your mérciful lóve,
for théy are from of óld.
- ⁷ Do not remémber the síns of my yóuth,
nor mÿ transgréssions.
In your mérciful lóve remémber me,
becáuse of your góodness, O LÓRD.
- ⁸ Góod and úpright is the LÓRD;
he shóws the wáy to sínners.
- ⁹ He guídes the húmble in right júdgment;
to the húmble he téaches his wáy.

¹⁰ All the LORD'S páths are mércy and fáithfulness,
for those who kéeep his cóvenant and commánds.

¹¹ O LÓRD, for the sáke of your náme,
forgíve my guílt, for it is gréat.

¹² Who is thís that féars the LÓRD? [6]
He will shów him the páth to chóose.

¹³ His sóul shall líve in háppiness,
and his descéndants shall posséss the lánd.

¹⁴ The LORD'S sécret is for thóse who féar him;
to thém he revéals his cóvenant.

¹⁵ My éyes are álways on the LÓRD,
for he réscues my féeset from the snáre.

¹⁶ Turn to mé and have mércy on mé,
for Í am alóne and póor.

¹⁷ Relíeve the ánguish of my héart,
and sét me frée from my distréss.

¹⁸ Sée my lówliness and súffering,
and táke away áll my síns.

¹⁹ Sée how mány are my fóes: [5]
with a víolent hátréd they háte me.

²⁰ Presérve my lífe and réscue me.
Let me nótt be pút to sháme,
for in yóu I trúst.

²¹ May intégrity and vírtue protéct me,
for I have hóped in yóu, O LÓRD.

²² Redéem Ísraél, O Gód,
from áll its distréss.

Congregational Refrain:



3. Taste and see that the Lord is good.

THE FIFTEENTH SUNDAY

in Ordinary Time

Communion Antiphon

Cf. Ps 83(84): 4-5



3. The spar- row finds a home, and the swal- low a nest for her young:



by your al- tars, O Lord of hosts, my King and my God. Bless- ed



are they who dwell in your house, for e- ver sing- ing your praise.

Psalm 84 (83)

¹*For the Choirmaster. Upon the gittith. Of the sons of Korah. A Psalm.*

- ² How lóvely is your dwélling pláce, [6]
O LÓRD of hósts.
- ³ My sóul is lónging and yéarning
for the cóurts of the LÓRD.
My héart and my flésh cry óut
to the living Gód.
- ⁹ O LÓRD God of hósts, hear my práyer;
give éar, O Gód of Jácob.
- ¹⁰ Turn your éyes, O Gód, our shield;
lók on the fáce of your anóinted.
- ¹¹ One dáy withín your cóurts
is bétter than a thóusand élsewhere.
The thréshold of the hóuse of Gód
I préfér to the dwéllings of the wícked.

- ¹² For the LORD Gód is a sún, a shíeld; [6]
 the LORD will gíve us his fávor and glóry.
 He will nótt withhóld any góod
 to thóse who wálk without bláme.
- ¹³ O LÓRD of hósts, how bléssed
 is the mán who trústs in yóu!

Congregational Refrain:



3. Bless-ed are they who dwell in your house, sing- ing your praise.

Or:

Jn 6: 57

3. Who- e- ver eats my flesh and drinks my blood re-mains in me



and I in him, says the Lord.

Psalm 119(118)

¹ Blessed are those whose way is blameless,
who walk in the law of the LORD!

² Blessed are those who keep his decrees!
With all their hearts they seek him.

¹¹ I treasure your word in my heart,
lest I sin against you.

⁴⁹ Remember your word to your servant,
by which you made me hope.

⁵⁰ This is my comfort in sorrow:
that your promise gives me life.

⁷² The law from your mouth means more to me
than large quantities of silver and gold.

¹⁰³ How sweet is your promise to my tongue,
more than honey in the mouth.

¹⁰⁵ Your word is a lamp for my feet,
and a light for my path.

¹⁶² I rejoice at your promise,
like one who finds a great treasure.

Congregational Refrain:

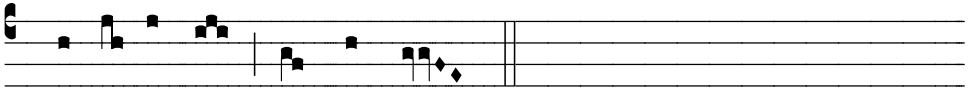


3. Bless-ed are they who dwell in your house, sing-ing your praise.

Or the same antiphon with different verses:



3. Who- e- ver eats my flesh and drinks my blood re-mains in me



and I in him, says the Lord.

Psalm 23 (22)

The LÓRD is my shépherd; [6]
there is nóthing I shall wánt.

- ² Frésh and gréen are the pástures
where he gíves me repóse.
Near réstful wáters he léads me;
³ he revíves my sóul.

He guídes me alóng the right páth, [5]
for the sáke of his náme.

- ⁴ Though I should wálk in the válley of the sháadow of déath,
no évil would I féar, for you are with me.
Your cróok and your stáff will give me cómfort.

- ⁵ You have prépared a táble befóre me
in the síght of my fôes.
My héad you have anóinted with óil;
my cúp is overflówing.

- ⁶ Surely góodness and mércy shall fóllo w me
all the dáys of my lífe.
In the LÓRD'S own hóuse shall I dwéll
for léngth of days unénding.

Congregational Refrain:



3. Bless-ed are they who dwell in your house, sing- ing your praise.

THE SIXTEENTH SUNDAY

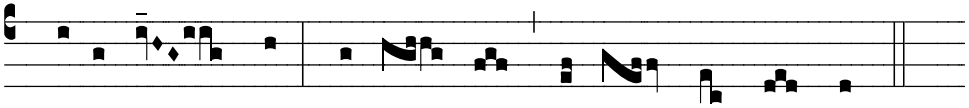
in Ordinary Time

Communion Antiphon

Ps 110(111): 4-5



1. The Lord, the gra-cious, the mer-ci-ful, has made a me-mo-ri-al



of his won- ders; he gives food to those who fear him.

Psalm 111 (110)

I will práise the LÓRD with all my héart,
in the méeting of the júst and the assémbly.

² Gréat are the wórks of the LÓRD,
to be póndered by áll who delight in thém.

³ Majéstic and glórious his wórk;
his jústice stands firm foréver.

⁴ He has gíven us a memórial of his wónders.
The LÓRD is grácious and mérciful.

⁵ He gives fóod to thóse who féar him;
keeps his cóvenant éver in mínd.

⁶ His mighty wórks he has shówn to his péople
by gíving them the héritage of nátions.

⁷ His hándiwork is jústice and trúth;
his précepts are áll of them súde,

⁸ standing firm foréver and éver,
wrought in úprightness and trúth.

⁹ He has sént redémption to his péople,
and establihed his cóvenant foréver.
Hóly his náme, to be féared.

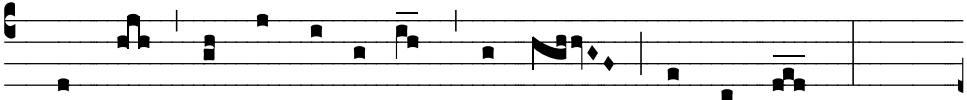
¹⁰ The fear of the LÓRD is the beginning of wísdóm;
understánding marks áll who attain it.
His práise endúres foréver!

Congregational Refrain:



1. The Lord gives food to those who fear him

Or:

Rv 3: 20

1. Be- hold, I stand at the door and knock, says the Lord.



If an- y-one hears my voice and o- pens the door to me,



I will en- ter his house and dine with him, and he with me.

Psalm 23 (22)

¹*A Psalm of David.*

The LÓRD is my shépherd; [6]
there is nóthing I shall wánt.

² Frésh and gréen are the pástures
where he gíves me repóse.

Near réstful wáters he léads me;

³ he revíves my sóul.

He guídes me alóng the right páth, [5]
for the sáke of his náme.

⁴ Though I should wálk in the válley of the shádo of déath,
no évil would I féar, for you are wíth me.

Your cróok and your stáff will give me cómfort.

⁵ You have prépared a táble befóre me
in the síght of my fóes.

My héad you have anóinted with óil;
my cúp is overflówing.

⁶ Surely góodness and mércy shall fóllow me
 all the dáys of my lífe.
 In the LÓRD'S own hóuse shall I dwéll
 for léngth of days unénding.

Congregational Refrain:



1. The Lord gives food to those who fear him

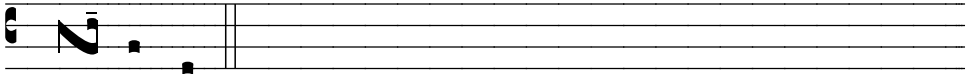
THE SEVENTEENTH SUNDAY

in Ordinary Time

Communion Antiphon

Ps 102(103): 2

5. Bless the Lord, O my soul, and ne-ver for- get all his



be- ne- fits.

Psalm 103 (102)

¹*Of David.*

Bléss the LÓRD, O my sóul,
and all withín me, his hólý náme.

² Bléss the LÓRD, O my sóul,
and néver forgét all his bénéfits.

³ It is the Lórd who forgíves all your síns, [6]
who héals every óne of your ílls,

⁴ who redéems your lífe from the gráve,
who crówns you with mércy and compásson,

⁵ who fills your lífe with good thínghs,
renéwing your yóuth like an éagle's.

⁶ The LÓRD does júst déeds,
gives full jústice to áll who are opprésed.

⁷ He made knówn his wáys to Móses,
and his déeds to the chíldren of Ísrael.

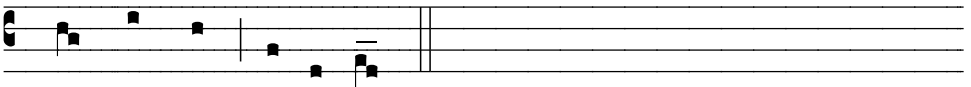
⁸ The LÓRD is compássonate and grácious, [6]
slow to ánger and rích in mércy.

⁹ Hé will not álways find fáult;
nor persíst in his ánger foréver.

¹⁰ He does not tréat us accórding to our síns,
nor repáy us accórding to our fáults.

- ¹¹ For as the héavens are hígh above the éarth,
so strong his mércy for thóse who féar him.
- ¹² As fár as the éast is from the wést,
so far from ús does he remóve our transgréssions.
- ¹³ As a fáther has compásson on his children,
the LÓRD'S compásson is on thóse who féar him.
- ¹⁴ For he knóws of whát we are máde;
he remémbers that wé are dúst.
- ¹⁵ Mán, his dáys are like gráss;
he flówers like the flówer of the fíeld.
- ¹⁶ The wind blóws, and it ís no móre,
and its pláce never sées it agáin.
- ¹⁷ But the mércy of the LÓRD is everlásting [5]
upon thóse who hólđ him in féar,
upon children's children his jústice,
¹⁸ for thóse who kéepe his cóvenant,
and remémber to fulfill his commánds.
- ¹⁹ The LÓRD has fíxed his thróne in héaven, [5]
and his kíngdom is rúling over áll.
- ²⁰ Bless the LÓRD, all yóu his ángels,
mighty in pówer, fulfilling his wórd,
who héed the vóice of his wórd.
- ²¹ Bléss the LÓRD, all his hósts, [5]
his sérvants, who dó his wíll.
- ²² Bléss the LÓRD, all his wórks,
in évery pláce where he rúles.
Bléss the LÓRD, O my sóul!

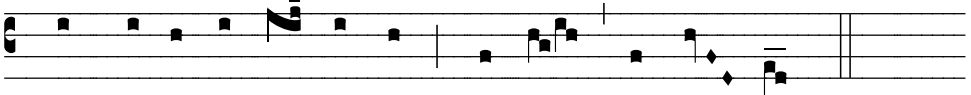
Congregational Refrain:



Or:

Mt 5: 7-8

5. Bless-ed are the mer- ci- ful, for they shall re- cieve mer- cy.



Bless- ed are the clean of heart, for they shall see God.

Psalm 37 (36)

¹*Of David.*

Do not frét because of the wicked;

do not énvý thóse who do évil,

³ Trúst in the LÓRD and do góod;

then you will dwéll in the lánd and safely pásture.

¹⁶ Better the féw posséssions of the júst,
than the abúndant wéalth of the wícked;

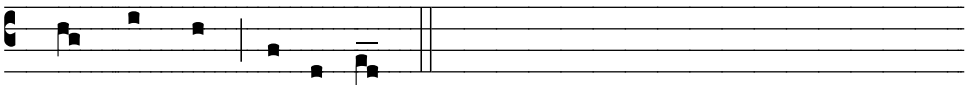
¹⁸ The LORD takes nóte of the dáys of the blámeless;
their héritage will lást foréver.

¹⁹ They shall nót be put to sháme in evil dáys;
in time of fámine they shall háve their fill.

²³ By the LÓRD are the stéps made firm
of óne in whose páth He delíghts.

²⁷ Then túrn away from évil and do góod,
and yóu may abíde foréver;

Congregational Refrain:



5. Bless the Lord, O my soul!

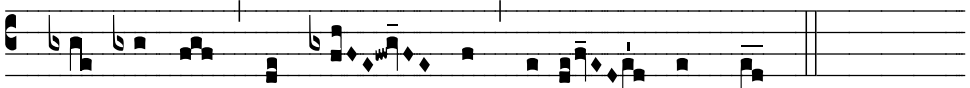
THE EIGHTEENTH SUNDAY

in Ordinary Time

Communion Antiphon

Wis 16: 20

5. You have giv- en us, O Lord, bread from heav- en, en- dowed with



all de- lights and sweet- ness in e- very taste.

Psalm 103 (102)

¹*Of David.*

Bléss the LÓRD, O my sóul,
and all withín me, his hóly náme.

² Bléss the LÓRD, O my sóul,
and néver forgét all his bénéfits.

³ It is the Lórd who forgíves all your síns, [6]
who héals every óne of your ílls,

⁴ who redéems your life from the gráve,
who crówns you with mércy and compásson,

⁵ who fills your life with good things,
renéwing your yóuth like an éagle's.

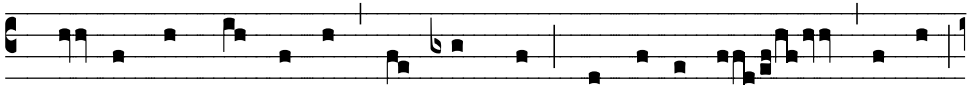
⁶ The LÓRD does júst déeds,
gives full jústice to áll who are opprésed.

⁷ He made knówn his wáys to Móses,
and his déeds to the children of Ísrael.

⁸ The LÓRD is compássonate and grácious, [6]
slow to ánger and rích in mércy.

⁹ Hé will not álways find fáult;
nor persíst in his ánger foréver.

¹⁰ He does not tréat us accórding to our síns,
nor repáy us accórding to our fáults.



5. I am the bread of life, says the Lord; who-e-ver comes to me



will not hun- ger and who-e-ver be-lieves in me will not thirst.

Psalm 37 (36)

¹Of David.

Do not frét becaúse of the wicked;
do not ényv thóse who do évil,

³ Trúst in the LÓRD and do góod;
then you will dwéll in the lánd and safely pásture.

¹⁶ Better the féw posséssions of the júst,
than the abúndant wéalth of the wícked;

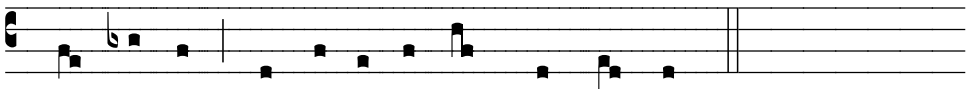
¹⁸ The LORD takes nóte of the dáys of the blámeless;
their héritage will lást foréver.

¹⁹ They shall nót be put to sháme in evil dáys;
in time of fámine they shall háve their fill.

²³ By the LÓRD are the stéps made firm
of óne in whose páth He delíghts.

²⁷ Then túrn away from évil and do góod,
and yóu may abíde foréver;

Congregational Refrain:



5. You, O Lord, have giv-en us bread from heav- en.

THE NINETEETHH SUNDAY

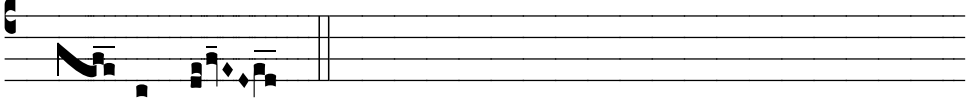
in Ordinary Time

Communion Antiphon

Ps 147(148): 12, 14



1. O Je- ru- sa-lem, glo- ri- fy the Lord, who gives you your fill of



fi- nest wheat.

Psalm 147B (147)

¹² O Jerúsalem, glórfify the LÓRD! [6]

O Síon, práise your Gód!

¹³ He has stréngthened the bárs of your gátes;
he has bléssed your chíldren wíthin you.

¹⁴ He estáblished péace on your bórders;
he gíves you your fill of finest whéat.

¹⁵ He sénds out his wórd to the éarth,
and swíftly rúns his commánd.

¹⁶ He shówers down snów like wóol;
he scátters hóarfrost like áshes.

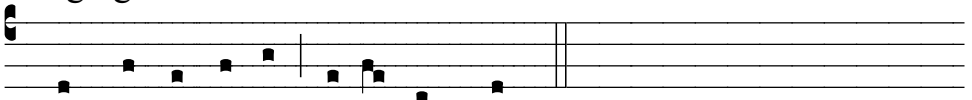
¹⁷ He húrls down háilstones like crúmb;,
befóre such cóld, who can stánd?

¹⁸ He sénds forth his wórd and it mélts them;
at the blówing of his bréath the waters flów.

¹⁹ He revéals his wórd to Jácob;
to Ísrael, his decrées and júdgments.

²⁰ He has nótt dealt thús with other nátions;
he hást not táught them his júdgments.

Congregational Refrain:

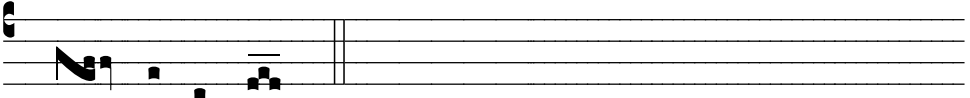


1. You give us our fill of fi- nest wheat.

Or:

Jn 6: 51

1. The bread that I will give, says the Lord, is my flesh for the



life of the world.

Psalm 111 (110)

¹ Alleluia!

I will praise the LÓRD with all my héart,
in the méeting of the júst and the assémbly.

² Gréat are the wórks of the LÓRD,
to be póndered by áll who delíght in thém.

³ Majéstic and glórious his wórk;
his jústice stands firm foréver.

⁴ He has gíven us a memórial of his wónders.
The LÓRD is grácious and mérciful.

⁵ He gives fóod to thóse who féar him;
keeps his cóvenant éver in mínd.

⁶ His mighty wórks he has shówn to his péople
by gíving them the héritage of nátions.

⁷ His hándiwork is jústice and trúth;
his précepts are áll of them súde,

⁸ standing firm foréver and éver,
wrought in úprightness and trúth.

⁹ He has sént redémption to his péople,
and estálished his cóvenant foréver.
Hóly his náme, to be féared.

THE TWENTIETH SUNDAY

in Ordinary Time

Communion Antiphon

Ps 129(130): 7

6. With the Lord there is mer- cy; in him is plen- ti-ful re-demp-tion.

Psalm 130 (129)¹*A Song of Ascents.*

Out of the dépths I cry to you, O LÓRD;

² LÓrd, hear my vóice!O lét your éars be attentíve
to the sóund of my pléadings.³ If you, O LÓRD, should márk iníquities,
LÓrd, who could stánd?⁴ But with yóu is fóund forgíveness,
that yóu may be revéred.⁵ I lóng for yóu, O LÓRD,
my soul lóns for his wórd.⁶ My sóul hópes in the LÓrd
more than wáitchmen for dáybreak.

Móre than wáitchmen for dáybreak,

[6]

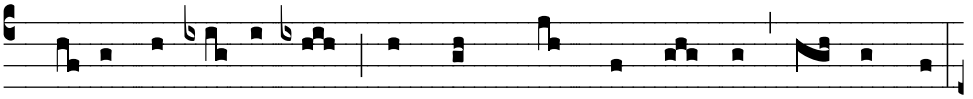
⁷ let Ísrael hópe for the LÓRD.For with the LÓRD there is lóving mércy,
in him is pléntiful redémption.⁸ It is hé who will redéem Ísrael
from áll its iníquities.

Congregational Refrain:



6. Who-e- ver eats this bread will live for e- ver.

Or:

Jn 6: 51-52

6. I am the liv-ing bread that came down from heav-en, says the Lord.



Who-e- ver eats of this bread will live for e- ver.

Psalm 119(118)

¹ Blessed are thóse whose wáy is blámeless,
who wálk in the lów of the LÓRD!

² Blessed are thóse who kéeep his decrées!
With áll their héarts they séeek him.

¹¹ I tréasure your wórd in my héart,
lest I sín agáinst you.

⁴⁹ Remémber your wórd to your sérvant,
by which you máde me hópe.

⁵⁰ Thís is my cómfort in sórrow:
that your prómise gives me lífe.

⁷² The lów from your móuth means móre to me
than large quántities of sílver and góld.

¹⁰³ How swéet is your prómise to my tóngue,
more than hóney in the móuth.

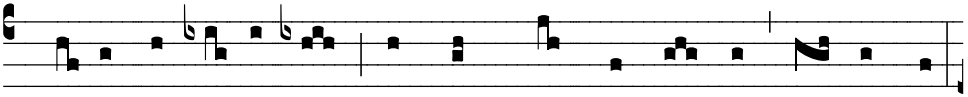
¹⁰⁵ Your wórd is a lámp for my féet,
and a líght for my páth.

Congregational Refrain:



6. Who-e- ver eats this bread will live for e- ver.

Or the same antiphon with different verses:



6. I am the liv-ing bread that came down from heav-en, says the Lord.



Who-e- ver eats of this bread will live for e- ver.

Psalm 23 (22)

¹A Psalm of David.

The LÓRD is my shépherd; [6]
there is nóthing I shall wánt.

² Frésh and gréen are the pástures
where he gíves me repóse.
Near réstful wáters he léads me;
³ he revíves my sóul.

He guídes me alóng the right páth, [5]
for the sáke of his náme.

⁴ Though I should wálk in the válley of the sháadow of déath,
no évil would I féar, for you are wíth me.
Your cróok and your stáff will give me cómfort.

⁵ You have prépared a táble befóre me
in the síght of my fóes.
My héad you have anóinted with óil;
my cúp is overflówing.

⁶ Surely góodness and mércy shall fóllow me
all the dáys of my lífe.
In the LÓRD'S own hóuse shall I dwéll
for léngth of days unénding.

Congregational Refrain:



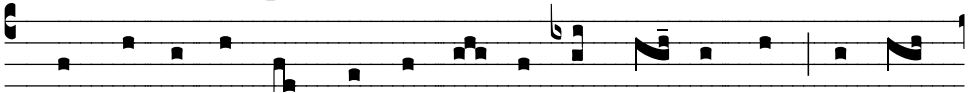
6. Who-e- ver eats this bread will live for e- ver.

THE TWENTY-FIRST SUNDAY

in Ordinary Time

Communion Antiphon

Ps 103(104): 13-15



6. The earth is re-plete with the fruits of your work, O Lord; you bring



forth bread from the earth and wine to cheer the heart.

Psalm 130 (129)

Out of the dépths I cry to you, O LÓRD;

² Lórd, hear my vóice!

O lét your éars be attentíve
to the sóund of my pléadings.

³ If you, O LÓRD, should márk iníquities,
Lórd, who could stánd?

⁴ But with yóu is fóund forgíveness,
that yóu may be revéred.

⁵ I lóng for yóu, O LÓRD,
my soul lóngs for his wórd.

⁶ My sóul hópes in the Lórd
more than wáatchmen for dáybreak.

Móre than wáatchmen for dáybreak,

[6]

⁷ let Ísrael hópe for the LÓRD.

For with the LÓRD there is lóving mércy,
in hím is pléntiful redémption.

⁸ It is hé who will redéem Ísrael
from áll its iníquities.

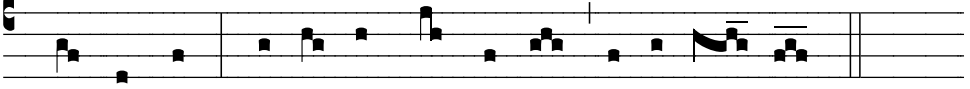
Congregational Refrain:



6. Who-e- ver eats this bread will live for e- ver.



6. Who-e-ver eats my flesh and drinks my blood has e-ter-nal life,



says the Lord, and I will raise him up on the last day.

Psalm 119(118)

¹ Blessed are those whose way is blameless,
who walk in the law of the LÓRD!

² Blessed are those who keep his decrees!
With all their hearts they seek him.

¹¹ I treasure your word in my heart,
lest I sin against you.

⁴⁹ Remember your word to your servant,
by which you made me hope.

⁵⁰ This is my comfort in sorrow:
that your promise gives me life.

⁷² The law from your mouth means more to me
than large quantities of silver and gold.

¹⁰³ How sweet is your promise to my tongue,
more than honey in the mouth.

¹⁰⁵ Your word is a lamp for my feet,
and a light for my path.

Congregational Refrain:



6. Who-e-ver eats this bread will live for e-ver.

Or the same antiphon with different verses:



6. Who-e-ver eats my flesh and drinks my blood has e-ter-nal life,



says the Lord, and I will raise him up on the last day.

Psalm 23 (22)

The LÓRD is my shépherd; [6]
there is nóthing I shall wánt.

² Frésh and gréen are the pástures
where he gíves me repóse.
Near réstful wáters he léads me;
³ he revíves my sóul.

He guídes me alóng the right páth, [5]
for the sáke of his náme.

⁴ Though I should wálk in the válley of the shádw of déath,
no évil would I féar, for you are wíth me.
Your cróok and your stáff will give me cómfort.

⁵ You have prépared a táble befóre me
in the síght of my fóes.
My héad you have anóinted wíth óil;
my cúp is overflówing.

⁶ Surely góodness and mércy shall fóllo me
all the dáys of my lífe.
In the LÓRD'S own hóuse shall I dwéll
for léngth of days unénding.

Congregational Refrain:



6. Who-e- ver eats this bread will live for e- ver.

THE TWENTY-SECOND SUNDAY

in Ordinary Time

Communion Antiphon

Ps 30(31): 20

1. How great is the good-ness, Lord, that you keep for those who fear you.

Psalm 31 (30)

¹*For the Choirmaster. A Psalm of David.*

- ² In yóu, O LÓRD, I take réfuge.
 Let me néver be pút to sháme.
 In your jústice, sét me frée;
³ incline your éar to me, and spéedily réscue me.

Be a rók of réfuge for mé,
 a míghty stróngthold to sáve me.

- ⁴ For yóu are my rók, my stróngthold!
 Lead me, guíde me, for the sáke of your náme.

- ⁵ Reléase me from the snáre they have hídden, [6]
 for yóu indéed are my réfuge.

- ⁶ Into your hánds I comménd my spírit.
 You will redéem me, O LÓRD, O faithful Gód.

- ⁷ You detést those who sérve empty ídols.
 As for mé, I trúst in the LÓRD.

- ⁸ Let me be glád and rejóice in your mércy, [5]
 for yóu who have séen my afflíction
 and taken héed of my sóul's distréss,

- ⁹ have not léft me in the hánds of the énemy,
 but sét my féet at lárge.

Or:

Mt 5: 9-10

1. Bless-ed are the peace- ma- kers, for they shall be called child- ren of



God. Bless-ed are they who are per- se- cu- ted for the sake of



right- eous- ness, for theirs is the King- dom of Heav- en.

Psalm 37 (36)

¹*Of David.*

Do not frét because of the wicked;
do not énvý thóse who do évil,

³ Trúst in the LÓRD and do góod;
then you will dwéll in the lánd and safely pásture.

¹⁶ Better the féw posséssions of the júst,
than the abúndant wéalth of the wícked;

¹⁸ The LORD takes nóte of the dáys of the blámeless;
their héritage will lást foréver.

¹⁹ They shall nót be put to sháme in evil dáys;
in time of fámine they shall háve their fill.

²³ By the LÓRD are the stéps made firm
of óne in whose páth He delíghts.

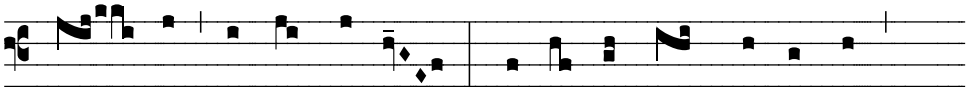
THE TWENTY-THIRD SUNDAY

in Ordinary Time

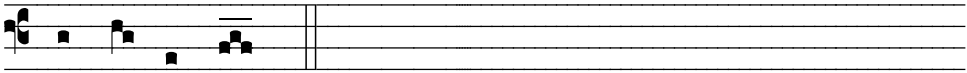
Communion Antiphon

Cf. Ps 41:2-3

2. Like the deer that yearns for run- ing streams, so my soul is



yearn- ing for you, my God; my soul is thirst- ing for God,



the liv- ing God.

Psalm 42 (41)

¹*For the Choirmaster. A Maskil. Of the sons of Korah.*

^{3c} when can I enter and appear [6]
before the face of God?

⁴ My tears have become my bread,
by day, by night,
as they say to me all the day long,
“Where is your God?”

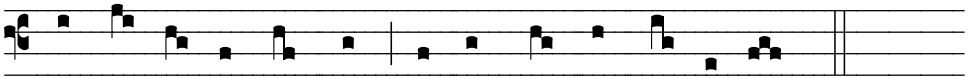
For I would go to the place [5]
of your wondrous tent,
all the way to the house of God,
amid cries of gladness and thanksgiving,
the throng keeping joyful festival.

⁶ Why are you cast down, my soul;
why groan within me?
Hope in God; I will praise him yet again,
my saving presence and my God.

Or:

Jn 8: 12

2. I am the light of the world, says the Lord; who- e- ver fol-lows me



will not walk in dark-ness, but will have the light of life.

Psalm 36 (35)

¹*For the Choirmaster. Of David, the servant of the LORD.*

⁶ Your mércy, LORD, réaches to héaven, [5]
your trúth to the clóuds.

⁷ Your jústice is líke God's móuntains;
like the great déep, your jústice.
Both man and béast you sáve, O LÓRD.

⁸ How précious is your mércy, O Gód!
The chíldren of mén seek shéltér
in the shádw óf your wíngs.

⁹ They féast on the ríches of your hóuse;
you give them drínk from the stréam of your delíght.

¹⁰ For with yóu is the fóuntain of lífe,
and in your líght we see líght.

Congregational Refrain:



2. My soul is thirst-ing for the liv-ing God.

THE TWENTY-FOURTH SUNDAY

in Ordinary Time

Communion Antiphon

Cf. Ps 35:8



4. How pre-cious is your mer-cy, O God! The child-ren of men seek



shel- ter in the shad-ow of your wings.

Psalm 36 (35)

¹*For the Choirmaster. Of David, the servant of the LORD.*

⁶ Your mércy, LORD, réaches to héaven, [5]
your trúth to the clóuds.

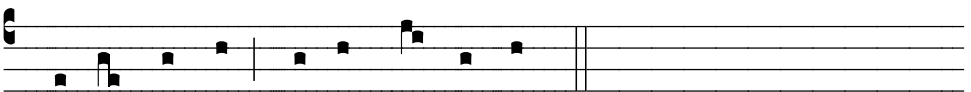
⁷ Your jústice is líke God's móuntains;
like the great déep, your jústice.
Both man and béast you sáve, O LÓRD.

⁸ How précious is your mércy, O Gód!
The children of mén seek shélder
in the shádw óf your wíngs.

⁹ They féast on the ríches of your hóuse;
you give them drínk from the stréam of your delight.

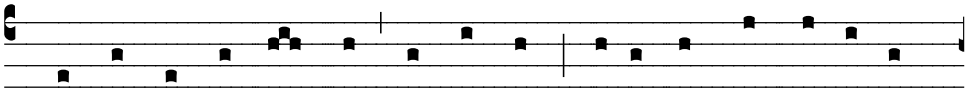
¹⁰ For with yóu is the fóuntain of lífe,
and ín your líght we see líght.

Congregational Refrain:

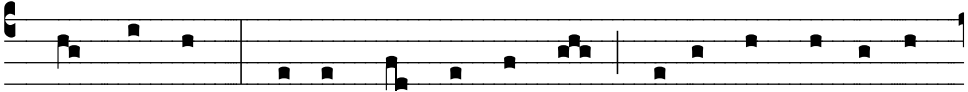


4. O taste and see that the Lord is good!

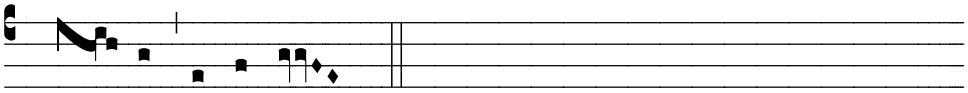
Or:

Cf. 1 Cor 10: 16

4. The cha-lice of bless-ing that we bless is a com-mun-ion in the



Blood of Christ; and the bread that we break is a shar-ing in the



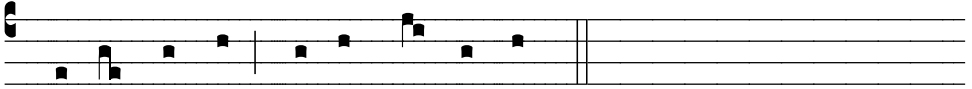
Bo- dy of the Lord.

Psalm 116B (115)

- ¹⁰ I trústed, éven when I sáid,
 “I am sórely afflicted,”
¹¹ and whén I sáid in my álárm,
 “These péople are all líars.”
- ¹² Hów can I repáy the LÓRD
 for áll his góodness to mé?
¹³ The cúp of salvátion I will ráise;
 I will cáll on the náme of the LÓRD.
- ¹⁴ My vóws to the LÓRD I will fulfill
 before áll his péople.
¹⁵ How précious in the éyes of the LÓRD
 is the déath of his fáithful.
- ¹⁶ Your sérvant, LORD, your sérvant am Í, [5]
 the són of your hándmaid;
 you have lóosened my bónds.
¹⁷ A thánkgiving sácrifice I máke;
 I will cáll on the náme of the LÓRD.

- ¹⁸ My vóws to the LÓRD I will fulfill
before áll his péople,
¹⁹ in the cóurts of the hóuse of the LÓRD,
in your mídst, O Jerúsalem.

Congregational Refrain:

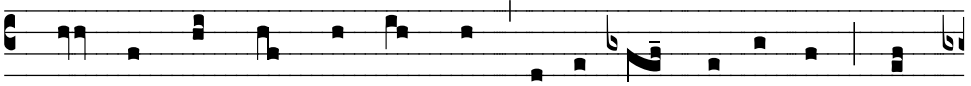


4. O taste and see that the Lord is good!

THE TWENTY-FIFTH SUNDAY

in Ordinary Time

Communion Antiphon

Ps 118(119): 4-5

5. You have laid down your pre-cepts to be care-ful-ly kept; may



my ways be firm in keep-ing your sta-tutes.

Psalm 119(118)

¹ Blessed are those whose way is blameless, [6]
who walk in the law of the LORD!

² Blessed are those who keep his decrees!
With all their hearts they seek him.

³ They never do anything evil,
but walk in his ways.

⁷ I will thank you with an upright heart, [6]
as I learn your just judgments.

⁸ I will keep your statutes;
do not ever forsake me.

⁹ How shall a youth remain pure on his way?
By obeying your word.

²⁶ I declared my ways and you answered me;
teach me your statutes.

⁵⁹ I have pondered my ways,
and turned my steps to your decrees.

⁶⁰ I made haste; I did not delay
to obey your commands.

¹³⁴ Redém me from mán's oppréssion,
and I will kéepe your précepts.

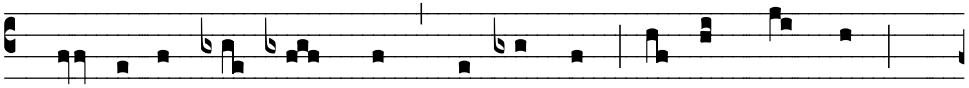
¹⁶⁸ I obéy your précepts and décréés;
all my wáys are befóre you.

Congregational Refrain:

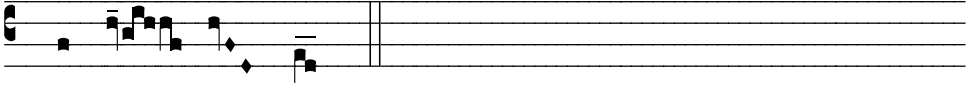


5. O taste and see that the Lord is good!

Or:

Jn 10: 14

5. I am the Good Shep- herd, says the Lord; I know my sheep,



and mine know me.

Psalm 23 (22)

¹*A Psalm of David.*

The LÓRD is my shépherd; [6]
there is nóthing I shall wánt.

² Frésh and gréen are the pástures
where he gíves me repóse.

Near réstful wáters he léads me;

³ he revíves my sóul.

He guídes me alóng the right páth, [5]
for the sáke of his náme.

⁴ Though I should wálk in the válley of the shádo of déath,
no évil would I féar, for you are wíth me.

Your cróok and your stáff will give me cómfort.

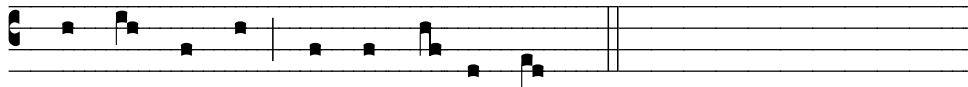
⁵ You have prépared a táble befóre me
in the síght of my fóes.

My héad you have anóinted with óil;
my cúp is overflówing.

⁶ Surely góodness and mércy shall fóllow me
all the dáys of my lífe.

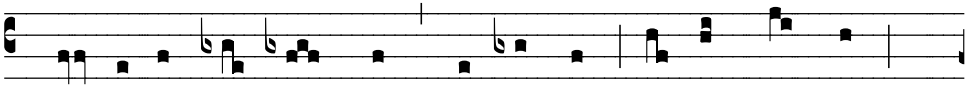
In the LÓRD'S own hóuse shall I dwéll
for léngth of days unénding.

Congregational Refrain:

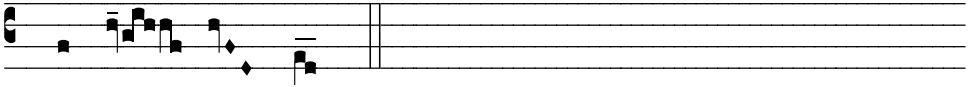


5. O taste and see that the Lord is good!

Or the same antiphon with different verses:



5. I am the Good Shep- herd, says the Lord, I know my sheep,



and mine know me.

Psalm 33 (32)

¹ Ring out your j^óy to the L^ÓR^D, O you j^úst;
for pr^áise is f^ítt^íng for the úpright.

¹² Blessed the n^át^íon whose G^Ód is the L^ÓR^D,
the p^éo^le he has ch^ósen as his h^éritage.

¹³ From the h^éavens the L^Órd looks f^órth;
he s^ées all the ch^íldren of m^én.

¹⁸ Yes, the L^ÓR^D's éyes are on th^óse who féar him,
who h^ópe in his mérciful l^óve,

¹⁹ to réscue their s^óuls from déath,
to k^éep them ál^íve in fámine.

²⁰ Our s^óul is w^áít^íng for the L^ÓR^D.
Hé is our h^élp and our sh^íld.

[6]

²¹ In hím do our h^éarts find j^óy.
We tr^úst in his h^óly n^áme.

²² May your mérciful l^óve be up^ón us,
as we h^ópe in y^óu, O L^ÓR^D.

Congregational Refrain:



5. O taste and see that the Lord is good!

THE TWENTY-SIXTH SUNDAY

in Ordinary Time

Communion Antiphon

Cf. Ps 118(119): 49-50

4. Re-mem-ber your word to your ser- vant, O Lord, by which you



have giv- en me hope. This is my com- fort when I am brought low.

Psalm 119(118)

¹ Blessed are those whose way is blameless,
who walk in the law of the LORD!

² Blessed are those who keep his decrees!
With all their hearts they seek him.

²⁵ My soul holds fast to the dust;
revive me by your word.

²⁸ My soul pines away with grief;
by your word raise me up.

⁴¹ LORD, let your mercy come upon me,
the salvation you have promised.

[6]

⁷⁴ Those who revere you see me and rejoice,
for I trust in your word.

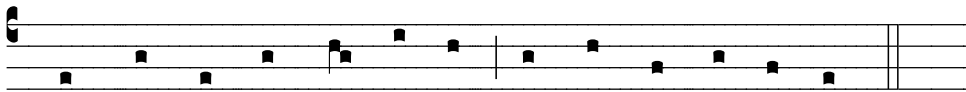
⁷⁶ Let your merciful love console me
by your promise to your servant.

⁸¹ My soul yearns for your salvation;
I hope in your word.

⁸² My eyes yearn to see your promise.
I ask, "When will you comfort me?"

¹¹⁴ Yóu are my híding place, my shíeld;
I hópe in your wórd.

Congregational Refrain:

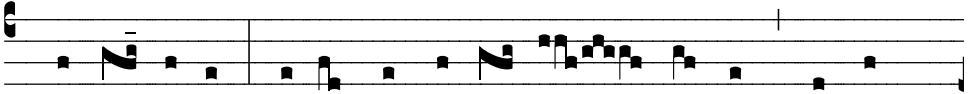


4. Re- mem- ber your word, O Lord, by which you give me hope.

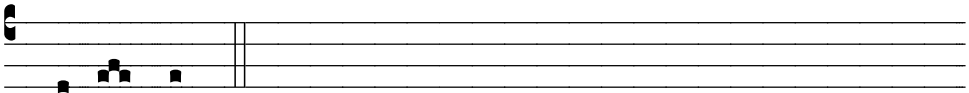
Or:

1 Jn 3: 16

4. By this we came to know the love of God: that Christ laid down



his life for us; so we ought to lay down our lives for one



a- noth- er.

Psalm 119(118)

¹ Blessed are those whose way is blameless,
who walk in the law of the LÓRD!

² Blessed are those who keep his decrees!
With all their hearts they seek him.

²⁵ My soul holds fast to the dust;
revive me by your word.

²⁸ My soul pines away with grief;
by your word raise me up.

⁴¹ LÓRD, let your mercy come upon me,
the salvation you have promised.

[6]

⁷⁴ Those who revere you see me and rejoice,
for I trust in your word.

⁷⁶ Let your merciful love console me
by your promise to your servant.

⁸¹ My soul yearns for your salvation;
I hope in your word.

⁸² My eyes yearn to see your promise.
I ask, "When will you comfort me?"

¹¹⁴ Yóu are my híding place, my shíeld;
I hópe in your wórd.

Congregational Refrain:



4. Re- mem- ber your word, O Lord, by which you give me hope.

THE TWENTY-SEVENTH SUNDAY

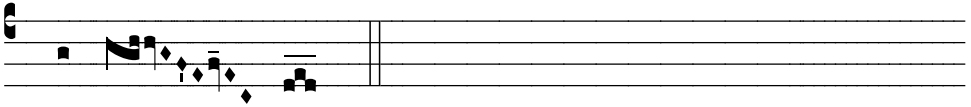
in Ordinary Time

Communion Antiphon

Lam 3: 25



1. The Lord is good to those who hope in him, to the soul



that seeks him.

Psalm 103 (102)

¹*Of David.*

Bléss the LÓRD, O my sóul,
and all withín me, his hólý náme.

² Bléss the LÓRD, O my sóul,
and néver forgét all his bénéfits.

³ It is the Lórd who forgíves all your síns, [6]
who héals every óne of your ílls,

⁴ who redéems your life from the gráve,
who crówns you with mércy and compásson,

⁵ who fills your life with good thínghs,
renéwing your yóuth like an éagle's.

⁶ The LÓRD does júst déeds,
gives full jústice to áll who are opprésed.

⁷ He made knówn his wáys to Móses,
and his déeds to the chíldren of Ísrael.

⁸ The LÓRD is compássonate and grácious, [6]
slow to ánger and rích in mércy.

⁹ Hé will not álways find fáult;
nor persíst in his ánger foréver.

¹⁰ He does not tréat us accórding to our síns,
nor repáy us accórding to our fáults.

Or:

Cf 1 Cor 10: 17

1. Though man- y, we are one bread, one bo- dy, for we all par-



take of the one Bread and one Chal- ice.

Psalm 122 (121)

¹*A Song of Ascents. Of David.*

I rejóiced when they sáid to mé,
 “Let us gó to the hóuse of the LÓRD.”

² And nów our féet are stánding
 withín your gátes, O Jerúsalem.

³ Jerúsalem is buílt as a cíty
 bonded as óne togéther.

⁴ It is thére that the tríbes go úp,
 the tríbes of the LÓRD.

For Ísrael’s wítness it is
 to práise the náme of the LÓRD.

⁵ Thére were set the thrónes for júdgment,
 the thrónes of the hóuse of Dávid.

⁶ For the péace of Jerúsalem práy,
 “May they próspér, thóse who lóve you.”

⁷ May péace abíde in your wálls,
 and secúríty bé in your tówers.

⁸ For the sáke of my fáily and fríends,
 let me sáy, “Péace upón yóu.”

⁹ For the sáke of the hóuse of the LÓRD, our Gód,
 Í will séek good thíngs for yóu.

Congregational Refrain:

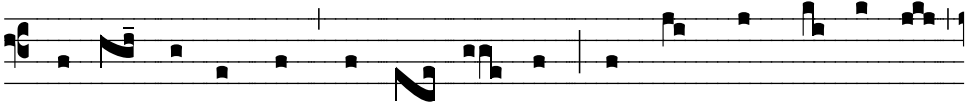


1. It is you a-lone, O Lord, that I seek.

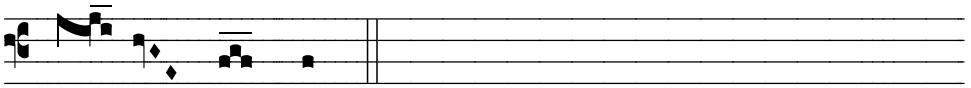
THE TWENTY-EIGHTH SUNDAY

in Ordinary Time

Communion Antiphon

Cf Ps 33(34): 11

2. The rich suf-fer want and go hun- gry, but those who seek the Lord



lack no bless- ing.

Psalm 34 (33)

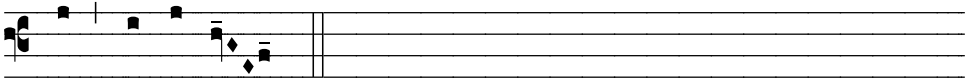
¹Of David, when he feigned madness before Abimelech, so that he drove him out, and he went away.

- ² I will bléss the LÓRD at all tímes,
práise of him is álways in my móuth.
- ³ In the LÓRD my sóul shall make its bóast;
the húmble shall héar and be glád.
- ⁴ Glórfify the LÓRD with mé;
to géther let us práise his náme.
- ⁵ I sóught the LÓRD, and he ánspered me;
from all my térrors he sét me frée.
- ⁶ Lóok toward hím and be rádiant;
let your fáces nó't be abáshed.
- ⁷ This lówly one cálléd; the LORD héárd,
and réscued him from áll his distréss.
- ⁸ The ángel of the LÓRD is encámped
around thóse who féar him, to réscue them.
- ⁹ Taste and sée that the LÓRD is góod.
Blessed the mán who seeks réfuge in hím.

Or:

1 Jn 3: 2

2. When the Lord ap-pears, we shall be like him, for we shall see



him as he is.

Psalm 63 (62)

¹*A Psalm of David when he was in the desert of Judah.*

² O Gód, you are my Gód; at dawn I séek you; [6]
for yóu my sóul is thírsting.

For yóu my flésh is píning,
like a dry, weary lánd without wáter.

³ I have cóme before yóu in the sánctuary,
to behóld your stréngth and your glóry.

⁴ Your loving mércy is bétter than life; [6]
my líps will spéak your práise.

⁵ I will bléss you áll my lífe;
in your náme I will líft up my hánds.

⁶ My sóul shall be filled as with a bánquet;
with joyful líps, my móuth shall práise you.

Congregational Refrain:



2. It is you a-lone, O Lord, that I seek.

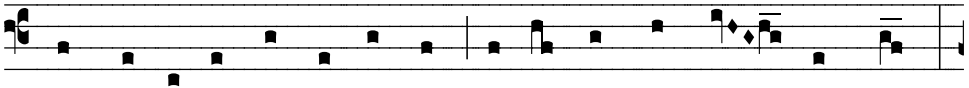
THE TWENTY-NINTH SUNDAY

in Ordinary Time

Communion Antiphon

Cf Ps 32(33): 18-19

2. Be- hold, the eyes of the Lord are on those who fear him,



who hope in his mer- ci- ful love, to re- scue their souls from death,



to keep them a- live in fa- mine.

Psalm 33 (32)

¹³ From the héavens the LÓRD looks fórth; [6]
he sées all the children of mén.

¹⁴ From the pláce where he dwélls he gázes
on áll the dwéllers on the éarth,

¹⁵ he who shápes the héarts of them áll,
and consíders áll their déeds.

²⁰ Our sóul is wáiting for the LÓRD. [6]
Hé is our hélp and our shíeld.

²¹ In hím do our héarts find jóy.
We trúst in his hólý náme.

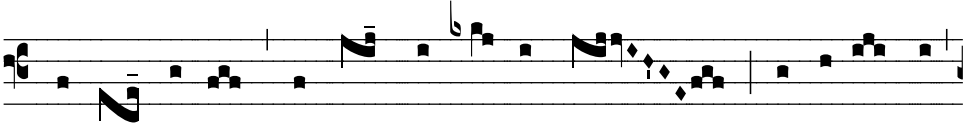
²² May your mérciful lóve be upón us,
as we hópe in yóu, O LÓRD.

Congregational Refrain:

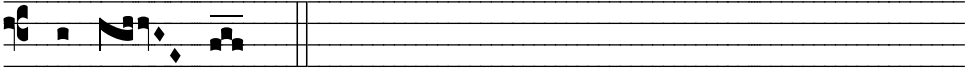


2. The eyes of the Lord are on those who fear him.

Or:

Mk 10: 45

2. The Son of Man has come to give his life as a ran-som



for man- y.

Revelation 4-5

Redemption hymn

¹¹ Worthy are you, Lord our God,
to receive glory and honor and power,
for you created all things;
because of your will they came to be and were created.

^{5:9b} Worthy are you to receive the scroll
and to break open its seals,
for you were slain
and with your blood you purchased for God
those from every tribe and tongue, people and nation.

¹⁰ You made them a kingdom
and priests for our God,
and they will reign on earth.

^{12b} Worthy is the Lamb that was slain
to receive power and riches, wisdom and strength,
honor and glory and blessing.”

Congregational Refrain:



2. The eyes of the Lord are on those who fear him.

THE THIRTIETH SUNDAY

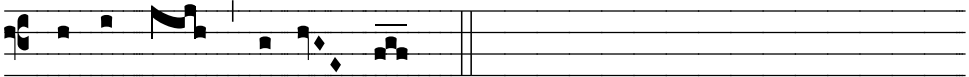
in Ordinary Time

Communion Antiphon

Cf Ps 19: 6



2. We will ring out our joy at your sav- ing help and ex- ult



in the name of our God.

Psalm 20 (19)

² May the LORD ánswer you in tíme of tríal;
may the náme of Jacob's Gód protéct you.

³ May he sénd you hélp from the hóly place,
and gíve you suppórt from Sión.

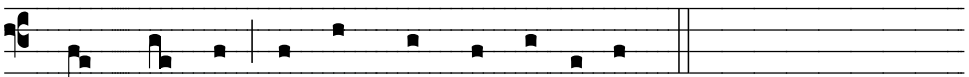
⁴ May he reméber áll your ófferings,
and recéive your sácrafice with fávor.

⁵ May he gíve you your héart's desíre,
and fulfill every óne of your pláns.

⁶ May we ríng out our jóy at your víctory,
and raise bánners in the náme of our Gód.
May the LÓRD grant áll your práyers.

⁷ Now I knów the LORD sáves his anóinted,
and ánsvers from his hóly héaven
with the míghty víctory of his hánd.

Congregational Refrain:

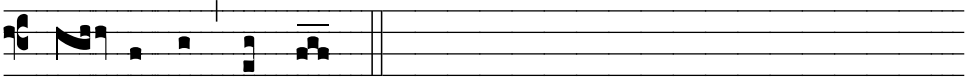


2. Christ loved us and gave him- self up for us.

Or:



2. Christ loved us and gave him-self for us, as a fra-grant



of-fer-ing to God.

Revelation 4-5*Redemption hymn*

¹¹ Worthy are you, Lord our God,
to receive glory and honor and power,

for you created all things;
because of your will they came to be and were created.

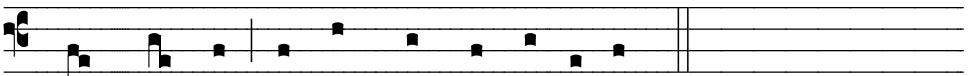
^{5:9b} Worthy are you to receive the scroll
and to break open its seals,

for you were slain
and with your blood you purchased for God
those from every tribe and tongue, people and nation.

¹⁰ You made them a kingdom
and priests for our God,
and they will reign on earth.

^{12b} Worthy is the Lamb that was slain
to receive power and riches, wisdom and strength,
honor and glory and blessing.”

Congregational Refrain:



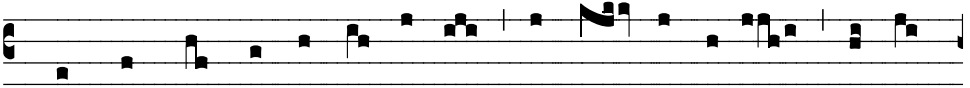
2. Christ loved us and gave him-self up for us.

THE THIRTY-FIRST SUNDAY

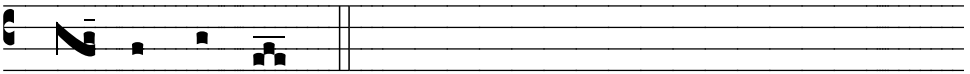
in Ordinary Time

Communion Antiphon

Cf Ps 15: 11



7. You will show me the path of life, the full-ness of joy in your



pre-sence, O Lord.

Psalm 16 (15)

¹A Miktam. *Of David.*

Preserve me, O Gód, for in yóu I take réfuge.

² I sáy to the LÓRD, “Yóu are my LÓRD.
My háppiness líes in yóu alóne.”

³ As for the hóly ones who dwéll in the lánd,
they are nóble, and in thém is all my delight.

⁵ O LÓRD, it is yóu who are my pór- tion and cúp;
yóu yoursélf who secúre my lót.

⁶ Pléasant pláces are márked out for mé:
a pleasing héritage indéed is míne!

⁷ I will bléss the LÓRD who gíves me cóunsel,
who éven at níght dirécts my héart.

⁸ I kéept the LÓRD befóre me álways;
with hím at my ríght hand, I shall nótt be móved.

Or:

Jn 10: 14

7. Just as the liv-ing Fa-ther sent me and I have life be-cause



of the Fa-ther, so who-e-ver feeds on me shall have life



be-cause of me, says the Lord.

Psalm 23 (22)¹*A Psalm of David.*

The LÓRD is my shépherd; [6]
there is nóthing I shall wánt.

² Frésh and gréen are the pástures
where he gíves me repóse.

Near réstful wáters he léads me;

³ he revíves my sóul.

He guídes me alóng the right páth, [5]
for the sáke of his náme.

⁴ Though I should wálk in the válley of the shádo of déath,
no évil would I féar, for you are wíth me.

Your cróok and your stáff will give me cómfort.

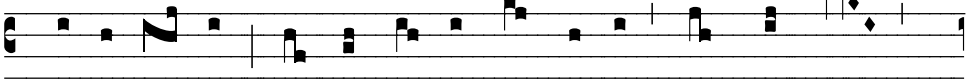
⁵ You have prépared a táble befóre me
in the síght of my fóes.

My héad you have anóinted with óil;
my cúp is overflówing.

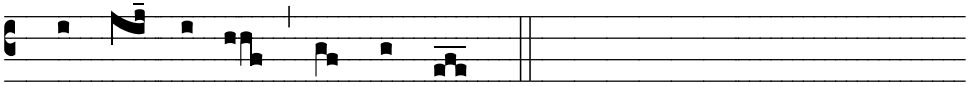
Or the same antiphon with different verses:



7. Just as the liv-ing Fa-ther sent me and I have life be-cause



of the Fa-ther, so who- e- ver feeds on me shall have life



be- cause of me, says the Lord.

Psalm 32(33): 1, 12-13, 18-22 for verses

Psalm 33 (32)

- ¹ Ring out your jóy to the LÓRD, O you júst;
for práise is fíting for the úpright.
- ¹² Blessed the nátion whose Gód is the LÓRD,
the péople he has chósen as his héritage.
- ¹³ From the héavens the Lórd looks fórth;
he sées all the children of mén.
- ¹⁸ Yes, the LORD's éyes are on thóse who féar him,
who hópe in his mérciful lóve,
- ¹⁹ to réscue their sóuls from déath,
to kéeep them álíve in fámine.
- ²⁰ Our sóul is wáiting for the LÓRD. [6]
Hé is our hélp and our shíeld.
- ²¹ In hím do our héarts find jóy.
We trúst in his hóly náme.
- ²² May your mérciful lóve be upón us,
as we hópe in yóu, O LÓRD.

Congregational Refrain:



7. Who-e- ver feeds on me shall have life be-cause of me, says the Lord.

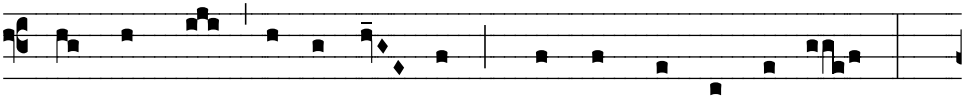
THE THIRTY-SECOND SUNDAY

in Ordinary Time

Communion Antiphon

Cf. Ps 22(23): 1-2

2. The Lord is my shep- herd; there is noth- ing I shall want.



Fresh and green are the pas- tures where he gives me re- pose,



near rest- ful wa- ters he leads me.

Psalm 23 (22)

¹*A Psalm of David.*

The LÓRD is my shépherd; [6]
there is nóthing I shall wánt.

- ² Frésh and gréen are the pástures
where he gíves me repóse.
Near réstful wáters he léads me;
³ he revíves my sóul.

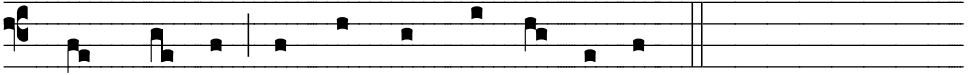
He guídes me alóng the right páth, [5]
for the sáke of his náme.

- ⁴ Though I should wálk in the válley of the shádown of déath,
no évil would I féar, for you are wíth me.
Your cróok and your stáff will give me cómfort.

- ⁵ You have prépared a táble befóre me
in the síght of my fóes.
My héad you have anóinted with óil;
my cúp is overflówing.

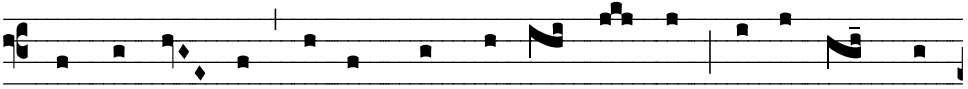
⁶ Surely góodness and mércy shall fóllow me
 all the dáys of my lífe.
 In the LÓRD'S own hóuse shall I dwéll
 for léngth of days unénding.

Congregational Refrain:

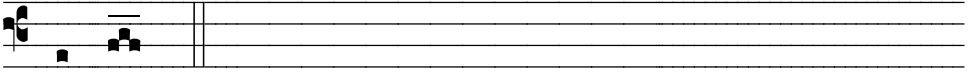


2. Christ loved us and gave him- self up for us.

Or:

Cf. Lk 24: 35

2. The dis- ci- ples re-cog-nized the Lord Je- sus in the break- ing



of bread.

Revelation 4-5

Redemption hymn

¹¹ Worthy are you, Lord our God,
to receive glory and honor and power,

for you created all things;
because of your will they came to be and were created.

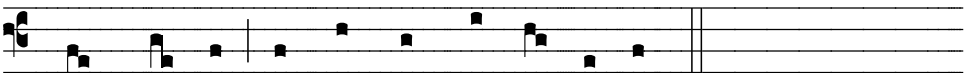
^{5:9b} Worthy are you to receive the scroll
and to break open its seals,

for you were slain
and with your blood you purchased for God
those from every tribe and tongue, people and nation.

¹⁰ You made them a kingdom
and priests for our God,
and they will reign on earth.

^{12b} Worthy is the Lamb that was slain
to receive power and riches, wisdom and strength,
honor and glory and blessing.”

Congregational Refrain:

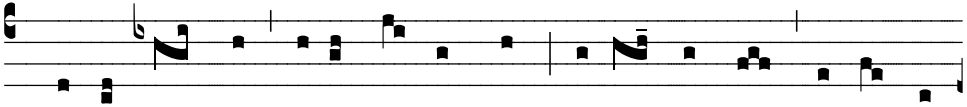


2. Christ loved us and gave him- self up for us.

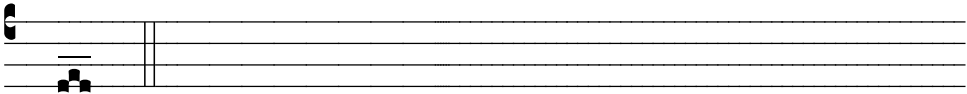
THE THIRTY-THIRD SUNDAY

in Ordinary Time

Communion Antiphon

Ps 72: 28

1. To be near God is my hap- pi- ness, to place my hope in God the



Lord.

Psalm 73 (72)

¹*A Psalm of Asaph.*

How góod is Gód to Ísrael,
to thóse who are púre of héart!

² As for mé, I came clóse to stúmbling;
my féet had álmóst slípped,

²¹ And só when my héart grew embítered,
and I was píerced to the dépths of my béing,

²² I was stúpíd and did nót understánd;
I was líke a béast in your síght.

²³ As for mé, I was álmóys in your présence;
you were hólding mé by my right hánd.

²⁴ By your cóunsel yóu will guíde me,
and thén you will léad me to glóry.

²⁵ What élse have I in héaven but yóu?
Apart from yóu, I want nóthing on éarth.

[5]

²⁶ My bódý and my héart waste awáy;
Gód is the stréngth of my héart;
Gód is my pórtion foréver.

²⁷ Surely, those who are far from you perish;
you destroy all those who are unfaithful.

[6]

²⁸ To be near God is my happiness;
I have my hope in the Lord God.
I will proclaim your works
at the gates of daughter Zion.

Congregational Refrain:



1. To be near God is my hap- pi-ness.

Or:

Mk 11: 23-24

1. A- men, I say to you: What- e- ver you ask in prayer, be- lieve



that you will re- ceive, and it shall be giv- en to you, says the Lord.

Psalm 61 (60)

¹For the Choirmaster. With stringed instruments. Of David.

² Lísten, O Gód, to my crÿ!
Atténd to my práyer!

³ From the énd of the éarth I cáll you;
my héart is fáint.

Sét me hích upon the róck
too hích for me to réach,
⁴ you, my réfuge and míghty tówer
agáinst the fôe.

⁵ Then will I dwéll in your tént foréver, [5]
and híde in the shéltér of your wíngs.

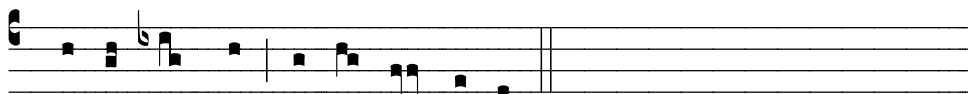
⁶ For yóu, O God, have héárd my vóws;
you have gíven me the héritage of thóse
who féar your náme.

⁷ Day upon dáy you will ádd to the kíng; [6]
his yéars as áge upon áge.

⁸ May he éver sit enthronéd before Gód:
bid mércy and trúth be his protéction.

⁹ So I will síng to your náme foréver,
and dáy after dáy fulfill my vóws.

Congregational Refrain:



1. To be near God is my hap- pi-ness.

**THE SOLEMNITIES OF
THE LORD**

during Ordinary Time

First Sunday after Pentecost
THE MOST HOLY TRINITY
 Solemnity

Communion Antiphon

Gal 4: 6



8. Since you are children of God, God has sent in-to your hearts the Spi-



rit of his Son, the Spirit who cries out: Ab- ba, Fa- ther.

Psalm 103 (102)

¹*Of David.*

Bléss the LÓRD, O my sóul,
 and all withín me, his hóly náme.

² Bléss the LÓRD, O my sóul,
 and néver forgét all his bénéfices.

³ It is the Lórd who forgíves all your síns, [6]
 who héals every óne of your ílls,

⁴ who redéems your life from the gráve,
 who crówns you with mércy and compásson,

⁵ who fílls your life with good things,
 renéwing your yóuth like an éagle's.

¹¹ For as the héavens are hígh above the éarth,
 so strong his mércy for thóse who féar him.

¹² As fár as the éast is from the wést,
 so far from ús does he remóve our transgréssions.

¹³ As a fáther has compásson on his children,
the LORD'S compásson is on thóse who féar him.

¹⁴ For he knóws of whát we are máde;
he remémbers that wé are dúst.

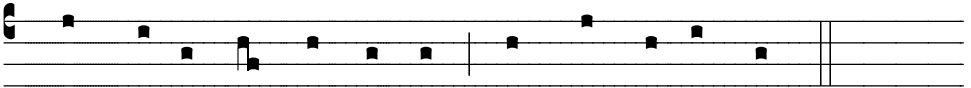
¹⁵ Mán, his dáys are like gráss;
he flówers like the flówer of the field.

¹⁶ The wind blóws, and it ís no móre,
and its pláce never sées it agáin.

¹⁷ But the mércy of the LÓRD is everlásting [5]
upon thóse who hÓld him in féar,
upon children's children his jústice,

¹⁸ for thóse who kéeP his cóvenant,
and remémber to fulfill his commánds.

Congregational Refrain:

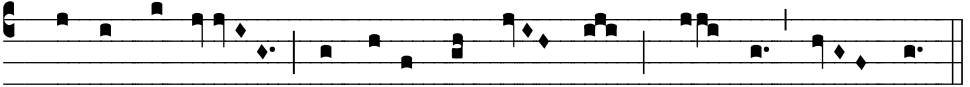


8. Bless- ed be God our Fa- ther, who chose us in Christ.

Or the same antiphon with different verses:



8. Since you are children of God, God has sent in-to your hearts the Spi-



rit of his Son, the Spirit who cries out: Ab- ba, Fa- ther.

Ephesians 1

³ Blessed be the God and Father
of our Lord Jesus Christ,
who has blessed us in Christ
with every spiritual blessing in the heavens,

⁴ as he chose us in him,
before the foundation of the world,
to be holy and without blemish before him.

In love ⁵ he destined us for adoption
to himself through Jesus Christ,
in accord with the favor of his will,

⁶ for the praise of the glory of his grace
that he granted us in the beloved.

⁷ In him we have redemption by his blood,
the forgiveness of transgressions,
in accord with the riches of his grace

⁸ that he lavished upon us.

In all wisdom and insight,
⁹ he has made known to us the mystery of his will
 in accord with his favor that he set forth in him
¹⁰ as a plan for the fullness of times,
 to sum up all things in Christ,
 in heaven and on earth.

Congregational Refrain:



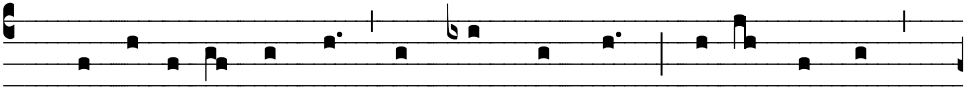
8. Bless- ed be God our Fa- ther, who chose us in Christ.

Thursday after the Most Holy Trinity
**THE MOST HOLY BODY
 AND BLOOD OF CHRIST**
(CORPUS CHRISTI)

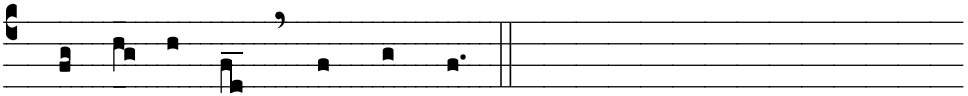
Solemnity

Communion Antiphon

Jn 6: 57



6. Who-ev-er eats my flesh and drinks my blood remains in me



and I in him, says the Lord.

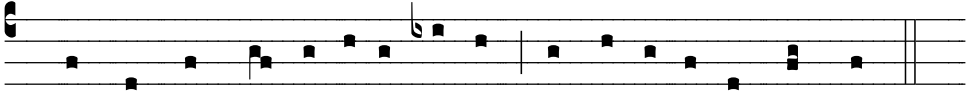
Psalm 119(118)

- ¹ Blessed are those whose way is blameless,
 who walk in the law of the LORD!
- ² Blessed are those who keep his decrees!
 With all their hearts they seek him.
- ¹¹ I treasure your word in my heart,
 lest I sin against you.
- ⁴⁹ Remember your word to your servant,
 by which you made me hope.
- ⁵⁰ This is my comfort in sorrow:
 that your promise gives me life.
- ⁷² The law from your mouth means more to me
 than large quantities of silver and gold.
- ¹⁰³ How sweet is your promise to my tongue,
 more than honey in the mouth.

¹⁰⁵ Your wórd is a lámp for my féet,
and a líght for my páth.

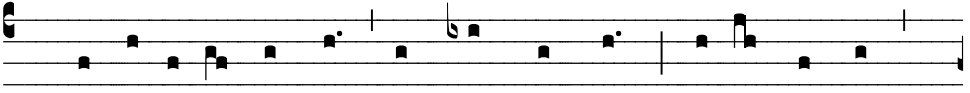
¹⁶² Í rejóice at your prómise,
like one who finds a great tréasure.

Congregational Refrain:



6. You have pre-pared a ta-ble for me, my cup is o-ver-flow-ing.

Or the same antiphon with different verses:



6. Who-ev-er eats my flesh and drinks my blood remains in me



and I in him, says the Lord.

Psalm 23 (22)

¹A Psalm of David.

The LÓRD is my shépherd; [6]
there is nóthing I shall wánt.

- ² Frésh and gréen are the pástures
where he gíves me repóse.
Near réstful wáters he léads me;
³ he revíves my sóul.

He guídes me alóng the right páth, [5]
for the sáke of his náme.

- ⁴ Though I should wálk in the válléy of the shádw of déath,
no évil would I féar, for you are wíth me.
Your cróok and your stáff will give me cómfort.

- ⁵ You have prepáred a táble befóre me
in the síght of my fóes.
My héad you have anóinted with óil;
my cúp is overflówing.

- ⁶ Surely góodness and mércy shall fóllow me
all the dáys of my lífe.
In the LÓRD'S own hóuse shall I dwéll
for léngth of days unénding.

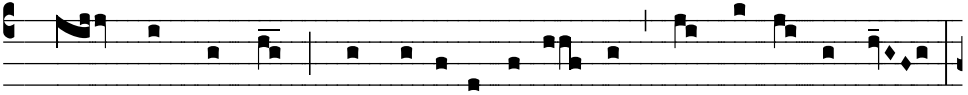
Friday after the Second Sunday after Pentecost

THE MOST SACRED HEART OF JESUS

Solemnity

Communion Antiphon

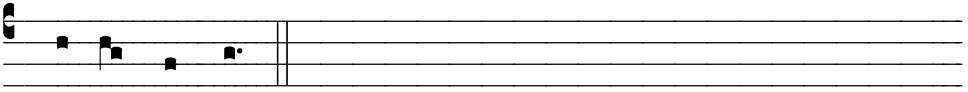
Cf. Jn 7: 37-38



8. Thus says the Lord: Let whoever is thirst-y come to me and drink.



Streams of liv-ing water will flow from with-in the one who



believes in me.

Psalm 89 (88)

¹A Maskil. *For Ethan the Ezrahite.*

- ² I will síng foréver of your mércies, O LÓRD;
through all áges my móuth will procláim your fidéltiy.
- ³ I have decláred your mércy is estáblished foréver;
your fidéltiy stands firm as the héavens.
- ⁶ The héavens práise your wónders, O LÓRD,
your fidéltiy in the assémbly of your hóly ones.
- ¹⁵ Jústice and right júdgment are the píllars of your thróne;
merciful lóve and fidéltiy wálk in your présence.
- ¹⁸ For yóu are the glóry of their stréngth;
by your fávor it ís that our míght is exálted.

²⁵ My mércy and my fáithfulness shall bé with hím;
by my náme his míght shall bé exálted.

²⁹ I will kéep my faithful lóve for him álways;
with hím my cóvenant shall lást.

³⁴ But I will néver take bák my mércy;
my fidélity will néver fáil.

³⁵ I will néver víolate my cóvenant,
nor go bák on the prómise of my líps.

Congregational Refrain:



8. I will sing for- e- ver of your love, O Lord.

Or:

Jn 19: 34

1. One of the soldiers opened his side with a lance, and at once



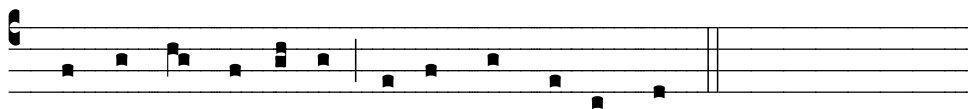
there came forth blood and wa- ter.

Psalm 89 (88)

¹*A Maskil. For Ethan the Ezrahite.*

- ² I will síng foréver of your mércies, O LÓRD;
through all áges my móuth will procláim your fidéltiy.
- ³ I have decláred your mércy is estáblished foréver;
your fidéltiy stands firm as the héavens.
- ⁶ The héavens práise your wónders, O LÓRD,
your fidéltiy in the assémbly of your hóly ones.
- ¹⁵ Jústice and right júdgment are the píllars of your thróne;
merciful lóve and fidéltiy wálk in your présence.
- ¹⁸ For yóu are the glóry of their stréngth;
by your fávor it is that our míght is exálted.
- ²⁵ My mércy and my fáithfulness shall bé with hím;
by my náme his míght shall bé exálted.
- ²⁹ I will kéept my faithful lóve for him álways;
with hím my cóvenant shall lást.
- ³⁴ But I will néver take báck my mércy;
my fidéltiy will néver fáil.
- ³⁵ I will néver víolate my cóvenant,
nor go báck on the prómise of my líps.

Congregational Refrain:

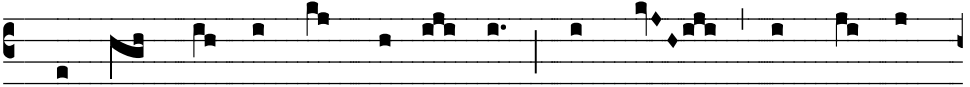


1. Let me sing for- e- ver of your mer- ci- ful love.

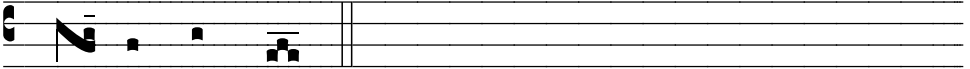
Last Sunday in Ordinary Time
OUR LORD JESUS CHRIST,
KING OF THE UNIVERSE
 Solemnity

Communion Antiphon

Ps 28: 10-11



7. The Lord sits as King for e- ver. The Lord will bless his



peo- ple with peace.

Psalm 29 (28)

¹*A Psalm of David.*

Ascribe to the LÓRD, you héavenly pówers,
 ascribe to the LÓRD glóry and strength.

² Ascribe to the LÓRD the glóry of his náme;
 bow dówn before the LÓRD, majéstic in hóliness.

³ The vóice of the LÓRD upon the wáters, [5]
 the Gód of glóry thúnders;
 the LÓRD on the imménsity of wáters;

⁴ the vóice of the LÓRD full of pówer;
 the vóice of the LÓRD full of spléndor.

⁵ The vóice of the LÓRD shatters cédars,
 the LORD shátters the cédars of Lébanon;

⁶ he makes Lébanon léap like a cálf,
 and Síron like a yóung wild-óx.

⁷ The vóice of the LÓRD flashes flámes of fire. [6]

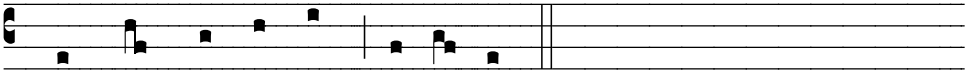
⁸ The vóice of the LÓRD shakes the wílderness,
the LÓRD shákes the wílderness of Kádesh;

⁹ the vóice of the LÓRD rends the óak tree
and stríps the fórest báre.
In his témples they áll cry, “Glóry!”

¹⁰ The LÓRD sat enthronéd above the flóod;
the LÓRD sits as kíng foréver.

¹¹ The LÓRD will gíve stréngth to his péople,
the LÓRD will bless his péople with péace.

Congregational Refrain:



7. The Lord sits as King for e- ver!

PROPER OF SAINTS

25 January

THE CONVERSION OF SAINT PAUL

THE APOSTLE

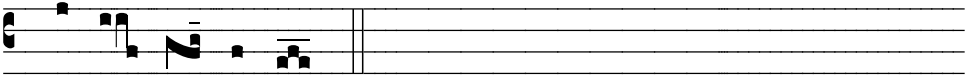
Feast

Communion Antiphon

Cf. Gal 2: 20



7. I live by faith in the Son of God, who has loved me and given



him-self up for me.

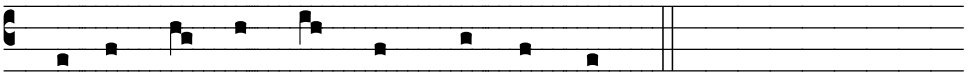
Psalm 34 (33)

¹*Of David, when he feigned madness before Abimelech, so that he drove him out, and he went away.*

- ² I will bléss the LÓRD at all tímes,
práise of him is álwáys in my móuth.
- ³ In the LÓRD my sóul shall make its bóast;
the húmble shall héar and be glád.
- ⁴ Glórfify the LÓRD with mé;
togéther let us práise his náme.
- ⁵ I sóught the LÓRD, and he ánswered me;
from all my térrors he sét me frée.
- ⁶ Lóok toward hím and be rádiant;
let your fáces nót be abáshed.
- ⁷ This lówly one cálléd; the LORD héaréd,
and réscued him from áll his distréss.
- ⁸ The ángel of the LÓRD is encámped
around thóse who féar him, to réscue them.
- ⁹ Taste and sée that the LÓRD is góod.
Blessed the mán who seeks réfuge in hím.

- ¹⁰ Féar the LÓRD, you his hólý ones.
They lack nóthing, thóse who féar him.
- ¹¹ The rích suffer wánt and go húngry,
but thóse who seek the LÓRD lack no bléssing.
- ¹² Cóme, chıldren, and héar me,
that I may téach you the féar of the LÓRD.
- ¹³ Who ís it that desíres lífe
and lóns to see próspérous dáys?
- ¹⁴ Guárd your tóngue from évil,
and your líps from spéaking decéit.
- ¹⁵ Turn asíde from évil and do góod.
Séek after péace, and pursúe it.
- ¹⁶ The LÓRD turns his éyes to the júst,
and his éars are ópen to their cry.
- ¹⁷ The LÓRD turns his fáce against the wícked
to destróy their remémbrance from the éarth.
- ¹⁸ When the júst cry óut, the LORD héars,
and réscues them in áll their distréss.
- ¹⁹ The LORD is clóse to the bróken-héarted;
those whose spírít is crúshed he will sáve.
- ²⁰ Mány are the tríals of the júst man,
but from them áll the LÓRD will réscue him.
- ²¹ He will keep guárd over áll his bónes;
not óne of his bónes shall be bróken.

Congregational Refrain:



7. In the Lord my soul shall make its boast.

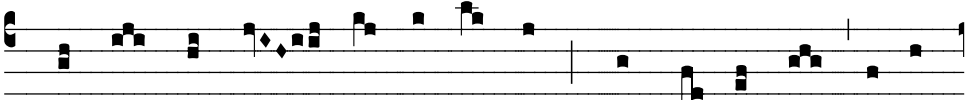
2 February

THE PRESENTATION OF THE LORD

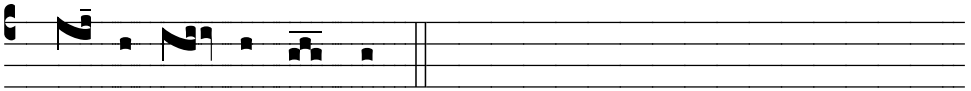
Feast

Communion Antiphon

Lk 2: 30-31



8. My eyes have seen your sal- va- tion, which you pre- pared in the



sight of all the peo- ples.

Psalm 48 (47)¹*A Song. A Psalm. Of the sons of Korah.*

² Great is the LÓRD and híghly to be práised
in the cíty of our Gód.

³ His holy móuntain ríses in béauty,
the jóy of all the éarth.

Mount Síon, in the héart of the Nórh,
the cíty of the Míghty Kíng!

⁴ Gód, in the mídst of its cítadels,
has shówn hímsélf its stróngthold.

⁵ Behóld! the kíngs assémbled;
togéther they advánced.

⁶ They sáw; at ónce they márveled;
dismáyed, they fled in féar.

⁷ A trémbling séized them thére,
anguish, like pángs in gíving bírth,

⁸ as whén the éast wind shátters
the shíps of Társhish.

⁹ As we have héard, só we have séen
in the cíty of our Gód,
in the cíty of the LÓRD of hósts,
which God estáblishes foréver.

¹⁰ Your mérciful lóve, O Gód,
we pónder in your témples.

¹¹ Your práise, O Gód, like your náme,
reaches the énds of the éarth.

Your right hánd is filled with saving jústice.

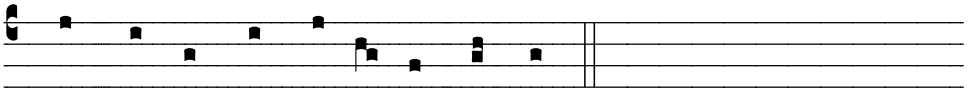
¹² Mount Sión rejóices.
The dáughters of Júdah rejóice
at the síght of your júdgments.

¹³ Walk through Sión, wálk all aróund her;
count the númer of her tówers.

¹⁴ Consíder áll her rámparts;
exámine her cástles,

That you may téll the néxt generátion
¹⁵ that súch is our Gód,
our Gód foréver and álways.
He will guíde us foréver.

Congregational Refrain:



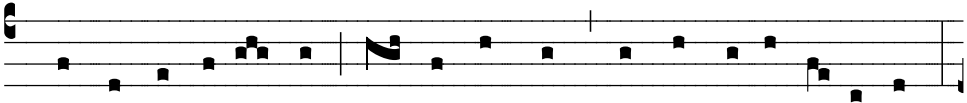
8. You are the light of all the peo- ple.

22 February
**THE CHAIR OF SAINT PETER THE
 APOSTLE**

Feast

Communion Antiphon

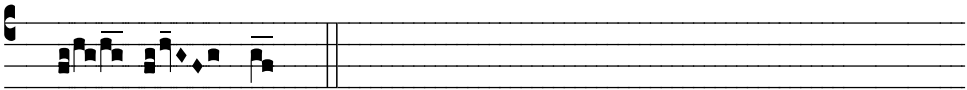
Cf. Mt 16: 16, 18



6. Pe- ter said to Je--sus: You are the Christ, the Son of the living God.



And Jesus replied: You are Pe- ter, and u- pon this rock I will



build my Church.

Psalm 80 (79)

¹*For the Choirmaster. Intoned like "Lilies of Testimony." Of Asaph.
 A Psalm.*

² O shépherd of Ísrael, héar us,
 yóu who lead Jóseph like a flóck:

⁹ You bróught a víne out of Égypt;
 you dróve out the nátions and plánted it.

¹⁰ Befóre it you cléared the gróund;
 it took róot and filled the lánd.

¹¹ The móuntains were cóvered with its shádw,
 the céders of Gód with its bóughs.

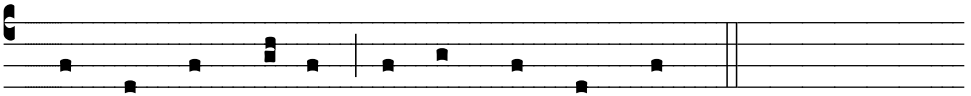
¹² It strétched out its bránches to the séa;
 to the Ríver it strétched out its shóots.

¹⁵ God of hósts, turn agáin, we implóre;
 look dówn from héaven and sée.
 Vísit this víne and protéct it,
¹⁶ the víne your right hánd has plánted,
 the son of mán you have cláimed for yoursélf.

¹⁸ May your hánd be on the mán at your right hánd,
 the son of mán you have confirmed as your ówn.

¹⁹ And we shall néver forsáke you agáin;
 give us lífe that we may cáll upon your náme.

Congregational Refrain:



6. We are your peo- ple, the sheep of your flock.

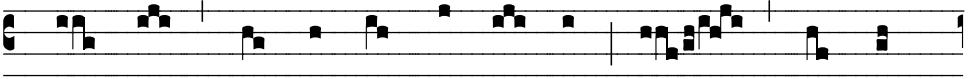
19 March

SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY

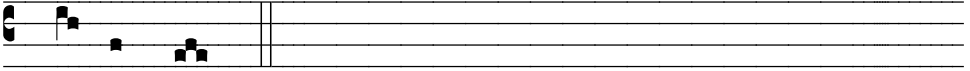
Solemnity

Communion Antiphon

Mt 25: 21



7. Well done, good and faith- ful ser- vant. Come, share your



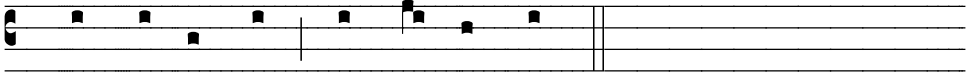
mast-er's joy.

Psalm 112 (111)

- ¹ Bléssed the mán who fears the LÓRD,
who tákes great delíght in his commándments.
- ² His descéndants shall be pówerful on éarth;
the generátion of the úpright will be blést.
- ³ Ríches and wéalth are in his hóuse;
his jústice stands firm foréver.
- ⁴ A light ríses in the dárkness for the úpright;
he is génerous, mérciful and júst.
- ⁵ It goes wéll for the mán who deals génerously and lénds,
who condúcts his affáirs with jústice.
- ⁶ Hé will néver be móved;
foréver shall the júst be remémbered.
- ⁷ He hás no féar of evil néws;
with a firm héart, he trústs in the LÓRD.
- ⁸ With a stéadfast héart he will not féar;
he will sée the dównfall of his fóes.

⁹ Openhanded, he gives to the poor;
his justice stands firm forever.
His might shall be exalted in glory.

Congregational Refrain:



7. Bless-ed are they, who fear the Lord.

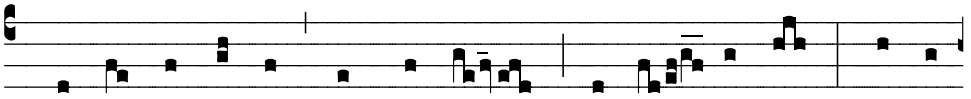
25 March

THE ANNUNCIATION OF THE LORD

Solemnity

Communion Antiphon

Is 7: 14



1. Be-hold, a Vir-gin shall con-ceive and bear a son; and his



name will be called Em- ma- nu- el.

Psalm 19 (18)¹*For the Choirmaster. A Psalm of David.*

- ² The héavens déclare the glóry of Gód,
and the firmament procláims the wórk of his hánds.
- ³ Dáy unto dáy convéys the méssage,
and níght unto níght impárts the knówledge.
- ⁴ No spéech, no wórd, whose vóice goes unhéeded;
⁵ their sóund goes fórh through áll the éarth,
their méssage to the útmost bóunds of the wórl.
- ⁶ Thére he has pláced a tént for the sún;
it comes fórh like a brídegroom cóming from his tént,
rejóices like a chámption to rún his cóurse.
- ⁷ At one énd of the héavens is the rísing of the sún;
to its fúrthést énd it rúns its cóurse.
There is nóthing concéaled from its búrning héat.

Congregational Refrain:



1. The heav- ens de-clare the glo-ry of God.

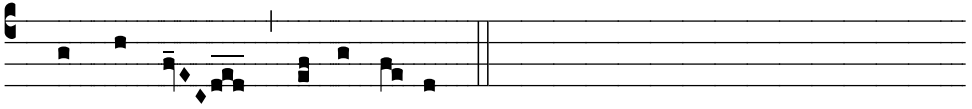
25 April
SAINT MARK, EVANGELIST
 Feast

Communion Antiphon

Mt 28: 20



1. Be-hold, I am with you al- ways, e- ven to the end of the age,



says the Lord, al- le- lu- ia.

Psalm 78 (77)

¹A Maskil of Asaph.

Give éar, my péople, to my téaching;
 incline your éar to the wórds of my móuth.

[5]

³ The things we have héard and understóod,
 the things our fáthers have tóld us,
⁴ thése we will not híde from their children

²³ Yet he commáded the clóuds abóve,
 and ópened the gátes of héaven.

²⁴ He ráined down máнна to éat,
 and gáve them bréad from héaven.

²⁵ Mán ate the bréad of ángels.
 He sént them abúndance of fóod;
²⁷ He rained flésh upón them like dúst,
 winged fówl like the sánds of the séa.

Congregational Refrain:



1. Go in- to all the world, and preach the gos- pel, al- le- lu- ia.

3 May
SAINTS PHILIP AND JAMES,
APOSTLES

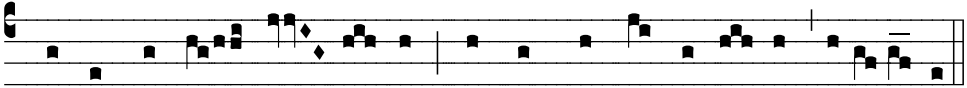
Feast

Communion Antiphon

Cf. Jn 14: 8-9



4. Lord, show us the Fa-ther, and that will be e- nough for us. Who-



e- ver has seen me, Phi- lip, has seen the Fa-ther al- so, al- le-lu-ia.

Psalm 33 (32)

¹ Ring out your jóy to the LÓRD, O you júst; [6]
 for práise is fíting for the úpright.

² Give thánks to the LÓRD upon the hárp;
 with a tén-stringed lúte sing him sóns.

³ O síng him a sóns that is nów;
 play skillfully, with shóuts of jóy.

⁶ By the wórd of the LÓRD the héavens were máde,
 by the bréath of his móuth all their hóst.

¹² Blessed the nátion whose GÓD is the LÓRD,
 the péople he has chósen as his héritage.

¹³ From the héavens the Lórd looks fórth;
 he sées all the children of mén.

¹⁸ Yes, the LORD'S éyes are on thóse who féar him,
 who hópe in his mérciful lóve,

Congregational Refrain:



4. It is your face, O Lord, that we seek, al- le- lu- ia

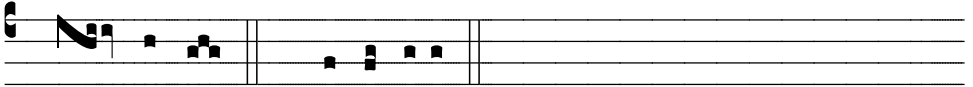
14 May
SAINT MATTHIAS, APOSTLE
 Feast

Communion Antiphon

Jn 15: 12



8. This is my com-mand-ment: Love one a-noth-er as I love you,



says the Lord (E.T. al- le-lu-ia).

Psalm 126 (125)

When the LÓRD brought back the éxiles of Síon,
 we thóught we were dréaming.

² Thén was our móuth filled with láughter;
 on our tóngues, songs of jóy.

Then the nátions themselves sáid, “What great déeds
 the LÓRD worked for thém!”

³ What great déeds the LÓRD worked for ús!
 Indéed, we were glád.

⁴ Bring bák our éxiles, O LÓRD,
 as stréams in the sóuth.

⁵ Thóse who are sówing in téars
 will síng when they réap.

⁶ They go óut, they go óut, full of téars,
 bearing séed for the sówing;
 they come bák, they come bák with a sóng,
 béaring their shéaves.

Congregational Refrain:



8. I will sing of your love, O Lord.

31 May

THE VISITATION OF THE BLESSED VIRGIN MARY

Feast

Communion Antiphon

Lk 1: 48-49



8. All ge-ne- ra- tions will call me bless-ed, for he who is might-y has



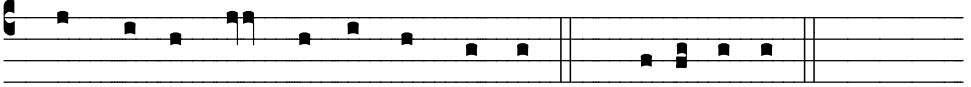
done great things for me, and ho- ly is his name (E.T. al-le-lu-ia).

Luke 1

- ^{46b} My sóul mágnifies the Lórd,
⁴⁷ and my spírit rejóices in God, my sávi-
 or.
- ⁴⁸ All péople now will cáll me bléssed,
 for he has lóved the lówliness of his hándmaid.
- ⁴⁹ The Almíghty has shówn me great fávor,
 hóly is his náme.
- ⁵⁰ His mércy exténds through generátions,
 tóward thóse who revére him.
- ⁵¹ He has revéaled his árm in pówer,
 scattering the próud in their ówn concéit.
- ⁵² Hé has dethróned the pówerful,
 and lífted úp the lówly.
- ⁵³ The fámişed have been filled with his bóunty,
 the rích have been sént away émpy.

⁵⁴ He has álwáys helped Ísrael, his sérvant,
 trúe to his lóving kíndness,
⁵⁵ júst as he prómised our fáthers,
 to Ábraham and his descéndants for éver.

Congregational Refrain:



8. Bless-ed are you, O vir- gin Ma- ry. (E.T. al- le- lu- ia)

24 June

THE NATIVITY OF SAINT JOHN THE BAPTIST

Solemnity

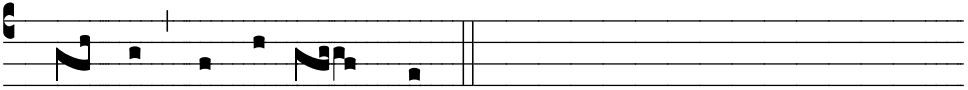
At the Vigil Mass

Communion Antiphon

Lk 1: 68



4. Bless-ed be the Lord, the God of Is- ra- el! He has vi-si-ted his



peo- ple and re-deemed them.

Luke 1

⁶⁹ [He] has ráised for us a hórnn of salvátion
in the hóuse of Dávid, his sérvant

⁷⁰ As he prómised throughóut past áges,
in the wórds of his hóly próphets:

⁷¹ delíverance fróm our énemies,
and from the contról of óur opprésors.

⁷² He has shówn his kíndness to our fáthers,
remembering álways his hóly cóvenant.

⁷³ The óath sworn to Ábraham, our fáther,
hé has renéwed for ús,

⁷⁴ so that fréed from the clúches of our fóes,
we may sérve him wíthout féar,

⁷⁵ becoming hóly and júst in his síght
the rést of our dáys.

⁷⁶ And you, chÍld called ‘próphét of the Most HÍgh,’
will gó before the Lórd to prepare his wáys,
⁷⁷ bringing his péople knówledge of salvátion,
through remÍssion of their síns.

⁷⁸ For the lóve of our compássionate Gód,
as the Órient on hÍgh has shone upón us
⁷⁹ to illumine the dárkness and dispél the shadow of déath,
to direct our stéps along péaceful wáys.

Congregational Refrain:



4. Blest be the Lord God of Is-ra-el.

29 June

SAINTS PETER AND PAUL, APOSTLES

Solemnity

At the Vigil Mass

Communion Antiphon

Cf. Jn 21: 15, 17



6. Si- mon, Son of John, do you love me more than these? Lord,

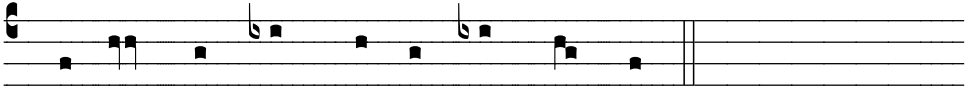


you know e-very- thing; you know that I love you.

Psalm 19 (18)¹*For the Choirmaster. A Psalm of David.*

- ² The héavens decláre the glóry of Gód,
and the firmament procláims the wórk of his hánds.
- ³ Dáy unto dáy convéys the méssage,
and níght unto níght impárts the knówledge.
- ⁴ No spéech, no wórd, whose vóice goes unhéeded;
⁵ their sóund goes fórh through áll the éarth,
their méssage to the útmost bóunds of the wórl.
- ⁶ Thére he has pláced a tént for the sún;
it comes fórh like a brídegroom cóming from his tént,
rejóices like a chámption to rún his cóurse.
- ⁷ At one énd of the héavens is the rísing of the sún;
to its fúrhést énd it rúns its cóurse.
There is nóthing conceáled from its búrning héat.

Congregational Refrain:



6. O Lord, you search me and you know me.

Or the same antiphon with different verses:



6. Si- mon, Son of John, do you love me more than these? Lord,



you know e-very- thing; you know that I love you.

Psalm 139 (138)

¹*For the Choirmaster. Of David. A Psalm.*

O LÓRD, you séarch me and you knów me. [5]

² You yoursélf know my résting and my rísing;
you discérn my thóughts from afár.

³ You márk when I wálk or lie dówn;
you knów all my wáys through and thróugh.

⁴ Before éver a wórd is on my tóngue, [6]
you knów it, O LÓRD, through and thróugh.

⁵ Behínd and befóre, you besiege me,
your hánd ever láid upón me.

⁶ Too wónderful for mé, this knówledge;
too hígh, beyónd my réach.

¹⁶ Your éyes saw me yét unfórmed;
and all dáys are recórded in your bóok,
formed before óne of them cáme into béing.

¹⁷ To me how précious your thóughts, O Gód;
how gréat is the súm of thém!

¹⁸ If I cóunt them, they are móre than the sánd;
at the énd I am stíll at your síde.

²⁰ With decéit they rebél agáinst you, [6]
and sét your desígns at náught.

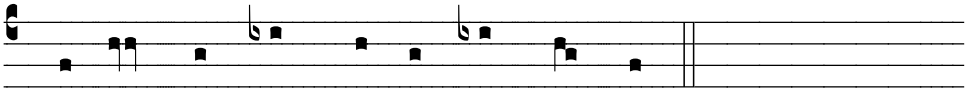
²¹ Do Í not hate thóse who hate yóu,
 abhor thóse who ríse against yóu?

²² I háte them with a péréct háte,
 and théy are fôes to mé.

²³ O séarch me, Gód, and know my héart.
 O tést me, and knów my thóughts.

²⁴ Sée that my páth is not wícked,
 and léad me in the wáy everlásting.

Congregational Refrain:



6. O Lord, you search me and you know me.

29 June

SAINTS PETER AND PAUL, APOSTLES

Solemnity

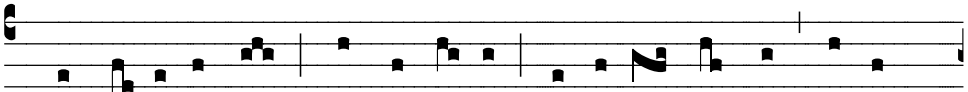
At the Mass during the Day

Communion Antiphon

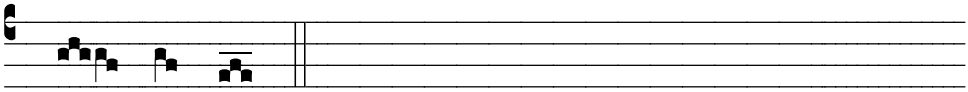
Cf. Mt 16: 16, 18



3. Pe-ter said to Je-sus: You are the Christ, the Son of the liv-ing God.



And Je-sus re-plied: You are Pe-ter, and u-pon this rock I will



build my Church.

Psalm 80 (79)

¹*For the Choirmaster. Intoned like "Lilies of Testimony." Of Asaph.
A Psalm.*

- ⁸ O Gód of hósts, bríng us bák;
let your fáce shine fórh, and wé shall be sáved.
- ⁹ You bróught a víne out of Égypt;
you dróve out the nátions and plánted it.
- ¹⁰ Befóre it you cléared the gróund;
it took róot and filled the lánd.
- ¹¹ The móuntains were cóvered with its shádw,
the céders of Gód with its bóughs.
- ¹² It strétched out its bránches to the séa;
to the Ríver it strétched out its shóots.

¹⁵ God of hósts, turn agáin, we implóre;
look dówn from héaven and sée.

Vísit this víne and protéct it, [5]
¹⁶ the víne your right hánd has plánted,
the son of mán you have cláimed for yoursélf.
¹⁷ They have búrnt it with fíre and cut it dówn.
May they pérish at the frówn of your fáce.

¹⁸ May your hánd be on the mán at your right hánd,
the son of mán you have confirmed as your ówn.

¹⁹ And we shall néver forsáke you agáin;
give us lífe that we may cáll upon your náme.

²⁰ O LÓRD God of hósts, bríng us bák;
let your fáce shine fóρθ, and wé shall be sáved.

Congregational Refrain:

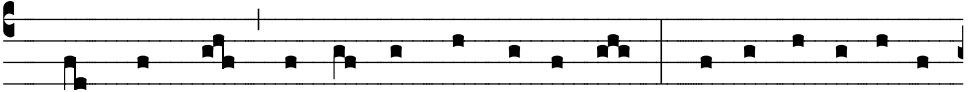


3. U- pon this rock, I will build my church, says the Lord.

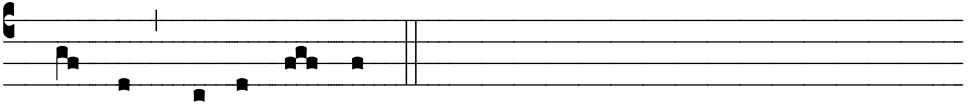
July 3
SAINT THOMAS, APOSTLE
 Feast

Communion Antiphon

Cf. Jn 20: 27



6. Bring your hand and feel the place of the nails, and do not be un-be-



liev- ing but be-liev- ing.

Psalm 118 (117)

¹ Give práise to the LÓRD, for he is góod;
 his mércy endúres foréver.

⁸ It is bétter to take réfuge in the LÓRD
 than to trúst in mán;

⁹ it is bétter to take réfuge in the LÓRD
 than to trúst in prínces.

¹⁴ The LÓRD is my stréngth and my sóng;
 hé was my sáviour.

¹⁵ There are shóuts of jóy and salvátion [5]
 in the ténts of the júst.

“The LORD’s right hánd has done míghty déeds;

¹⁶ his ríght hand is exálted.

The LORD’s right hánd has done míghty déeds.”

¹⁷ I shall not díe, Í shall líve
 and recóunt the déeds of the LÓRD.

¹⁸ The LORD púnished me, púnished me sévérely,
 but did not hánd me óver to déath.

²⁷ I will thánk you, for yóu have ánswered,
and yóu are my sáviór.

²⁸ Yóu are my Gód, I práise you.
My Gód, I exált you.

Congregational Refrain:

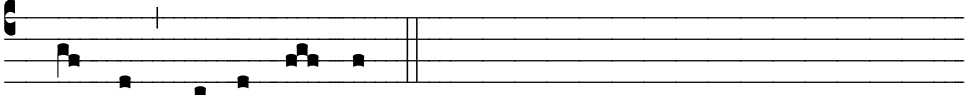


6. You are my Lord and my God.

Or the same antiphon with different verses:



6. Bring your hand and feel the place of the nails, and do not be un-be-

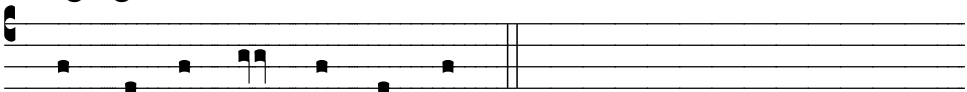


liev- ing but be-liev- ing.

Psalm 116B (115)

- ¹⁰ I trústed, éven when I sáid,
 “I am sórely afflicted,”
- ¹² Hów can I repáy the LÓRD
 for áll his góodness to mé?
- ¹³ The cúp of salvátion I will ráise;
 I will cáll on the náme of the LÓRD.
- ¹⁴ My vóws to the LÓRD I will fulfill
 before áll his péople.
- ¹⁵ How précious in the éyes of the LÓRD
 is the déath of his fáithful.
- ¹⁶ Your sérvant, LORD, your sérvant am Í, [5]
 the són of your hándmaid;
 you have lóosened my bónds.
- ¹⁷ A thánkgiving sácrifice I máke;
 I will cáll on the náme of the LÓRD.
- ¹⁸ My vóws to the LÓRD I will fulfill
 before áll his péople,
- ¹⁹ in the cóurts of the hóuse of the LÓRD,
 in your mídst, O Jerúsalem.

Congregational Refrain:



6. You are my Lord and my God.

July 25
SAINT JAMES, APOSTLE
 Feast

Communion Antiphon



6. They drank the chalice of the Lord, and became the friends of God.

Psalm 89 (88)

² I will sing foréver of your mércies, O LÓRD;
 through all áges my móuth will procláim your fidéltiy.

⁴ “With my chósen one Í have made a cóvenant;
 I have swórn to Dávid my sérvant:

⁶ The héavens práise your wónders, O LÓRD,
 your fidéltiy ín the assémbly of your hóly ones.

²⁰ Thén you spóke in a vísion.
 To your fáithful ónes you sáid,
 “I have sét the crówn on a wárrior,
 I have exálted one chósen from the péuple.

²¹ I have fóund my sérvant Dávid,
 and with my hóly óil anóinted him.

²² My hánd shall álwáys be with hím,
 and my árm shall máke him stróng.

²⁵ My mércy and my fáithfulness shall bé with hím;
 by my náme his might shall bé exálted.

²⁹ I will kéept my faithful lóve for him álwáys;
 with hím my cóvenant shall lást.

Congregational Refrain:



6. I will drink from the cup of sal-va-tion.

6 August

THE TRANSFIGURATION OF THE LORD

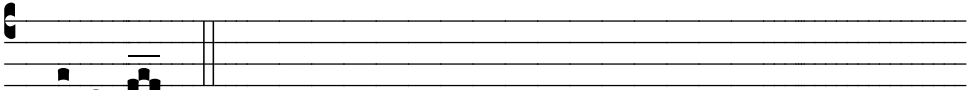
Feast

Communion Antiphon

Cf. 1 Jn 3: 2



1. When Christ ap-pears, we shall be like him, for we shall see him



as he is.

Psalm 97 (96)

- ¹ The LORD is kÍng, let éarth rejóice;
let the mány íslands be glád.
- ² Clóud and dárkness surróund him;
justice and rÍght are the foundátion of his thróne.
- ³ A fÍre prepáres his páth;
it búrns up his fóes on every síde.
- ⁴ His líghtnings líght up the wórld;
the éarth looks ón and trémbles.
- ⁵ The móuntains mélt like wáx
befóre the fáce of the LÓRD,
before the fáce of the Lórd of all the éarth. [5]
- ⁶ The skÍes procláim his jústice;
all péoples sée his glóry.

[6]

⁷ Let those who serve ídols be ashámed,
those who bóast of their wórtless góds.
All you ángels, wórship hím.

⁸ Síon héars and is glád;
the dáughters of Júdah rejóice
because of your júdgments, O LÓRD.

⁹ For yóu indéed are the LÓRD,
most high above áll the éarth,
exálted fár above all góds.

¹⁰ The LÓRD loves those who hate évil;
he guárds the sóuls of his fáithful;
he séts them frée from the wícked.

¹¹ Líght shines fórtH for the júst one,
and jóy for the úpright of héart.

¹² Rejóice in the LÓRD, you júst;
to the mémory of his hóliness give thánks.

Congregational Refrain:



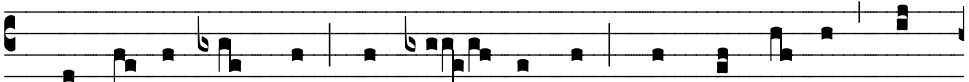
1. It is your face we seek, O Lord.

August 10
**SAINT LAWRENCE, DEACON AND
 MARTYR**

Feast

Communion Antiphon

Cf. Jn 12: 26



5. Who-e- ver serves me must fol- low me and where I am there



al- so will my serv-ant be, says the Lord.

Psalm 17 (16)

¹*A Prayer of David.*

O LÓRD, hear a cáuse that is júst; [6]
 pay héed to my cry.

Túrn your éar to my práyer:
 no decéit is on my líps.

² From yóu may my jústice come fórh.
 Your eyes discern what is úpright.

³ Search my héart and vísit me by níght.
 Test me by fire, and you will fínd no wrong in mé.

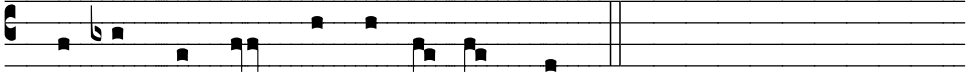
⁵ I képt my steps firmly in your páths.
 My féet have néver fálted.

⁶ To you I cáll; for you will súrely héed me, O Gód.[5]
 Túrn your éar to me; héar my wórds.

⁷ Displáy your mérciful lóve.
 By your right hánd you delíver from their fóes
 those who pút their trúst in yóu.

- ⁸ Guárd me as the ápple of your éye.
Híde me in the shádown of your wíngs
⁹ from the víolent attáck of the wícked.

Congregational Refrain:



5. I kept my steps firm-ly in your paths.

15 August

THE ASSUMPTION OF THE BLESSED VIRGIN MARY

Solemnity

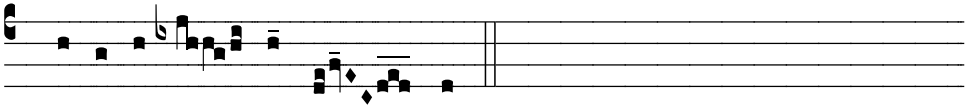
At the Vigil Mass

Communion Antiphon

Cf. Lk 11: 27



1. Bless-ed is the womb of the Vir-gin Ma- ry, which bore the Son



of the e- ter- nal Fa- ther.

Psalm 45 (44)

¹*For the Choirmaster. Intoned like "The Lilies." Of the sons of Korah. A Maskil. A Love Song.*

- ² My héart overflóws with nóble wórds.
To the kóng I addréss the sóng I have máde,
^{10b} On your ríght stands the quéen in góld of Óphir.
- ¹¹ Lísten, O dáughter; pay héed and give éar:
forgét your own péople and your fáther's hóuse.
¹² Só will the kóng desíre your béauty.
Hé is your lórd, pay hómage to hím.
- ¹³ And the dáughter of Týre shall cóme with gífts;
the ríchest of the péople shall séek your fávor.
¹⁴ The dáughter of the kóng is clóthed with spléndor;
her róbes are threáded with góld.

- ¹⁵ In fine clóthing shé is léd to the kíng;
behínd her are her máiden compánions, brought to yóu.
- ¹⁶ Théy are escórted amid gládness and jóy;
they páss withín the pálace of the kíng.

Congregational Refrain:



1. My heart o-ver-flows with no-ble words.

Or the same antiphon with different verses:



1. Bless-ed is the womb of the Vir-gin Ma-ry, which bore the Son



of the e-ter-nal Fa-ther.

Luke 1

- ^{46b} My sóul mágnifies the Lórd,
⁴⁷ and my spírit rejóices in God, my sávi-
 or.
- ⁴⁸ All péople now will cáll me bléssed,
 for he has lóved the lówliness of his hándmaid.
- ⁴⁹ The Almíghty has shówn me great fávor,
 hóly is his náme.
- ⁵⁰ His mércy exténds through generátions,
 tóward thóse who revére him.
- ⁵¹ He has revéaled his árm in pówer,
 scattering the próud in their ówn concéit.
- ⁵² Hé has dethróned the pówerful,
 and lífted úp the lówly.
- ⁵³ The fárnished have been filled with his bóunty,
 the rích have been sént away émpy.
- ⁵⁴ He has álways helped Ísrael, his sérvant,
 trúe to his lóving kíndness,
⁵⁵ júst as he prómised our fáthers,
 to Ábraham and his descéndants for éver.

Congregational Refrain:



1. My heart o-ver-flows with no-ble words.

15 August
**THE ASSUMPTION OF THE BLESSED
 VIRGIN MARY**

Solemnity

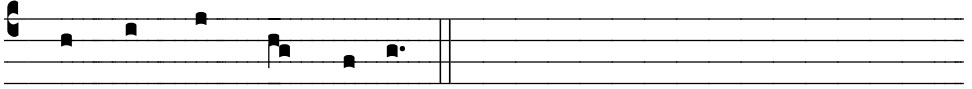
At the Mass during the Day

Communion Antiphon

Lk 1: 48-49



8. All gen-e- ra- tions will call me bless- ed, for he who is might-y



has done great things for me.

Luke 1

- ^{46b} My sóul mágnifies the Lórd,
⁴⁷ and my spírit rejóices in God, my sávi- or.
- ⁵⁰ His mércy exténds through generátions,
 tóward thóse who revére him.
- ⁵¹ He has revéaled his árm in pówer,
 scattering the próud in their ówn concéit.
- ⁵² Hé has dethróned the pówerful,
 and lífted úp the lówly.
- ⁵³ The fámished have been filled with his bóunty,
 the rích have been sént away émpy.
- ⁵⁴ He has álways helped Ísrael, his sérvant,
 trúe to his lóving kíndness,
⁵⁵ júst as he prómised our fáthers,
 to Ábraham and his descéndants for éver.

Congregational Refrain:



8. My spir-it re- joi- ces in God my sa- vior.

24 August

SAINT BARTHOLOMEW, APOSTLE

Feast

Communion Antiphon

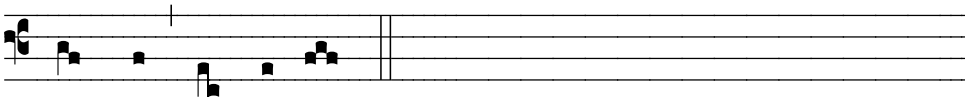
Lk 22: 29-30



2. I con-fer a king-dom on you, just as my Fa-ther has con-ferred



one on me, that you may eat and drink at my ta- ble in my



king-dom, says the Lord.

Psalm 19 (18)

¹*For the Choirmaster. A Psalm of David.*

- ² The héavens decláre the glóry of Gód,
and the firmament procláims the wórk of his hánds.
- ³ Dáy unto dáy convéys the méssage,
and níght unto níght impárts the knówledge.
- ⁴ No spéech, no wórd, whose vóice goes unhéeded;
⁵ their sóund goes fóρθ through áll the éarth,
their méssage to the útmost bóunds of the wórlđ.
- ⁶ Thére he has pláced a tént for the sún;
it comes fóρθ like a brídegroom cóming from his tént,
rejóices like a chámption to rún his cóurse.
- ⁷ At one énd of the héavens is the rísing of the sún;
to its fúρθest énd it rúns its cóurse.
There is nóthing conceáled from its búrning héat.

8 September

THE NATIVITY OF THE BLESSED VIRGIN MARY

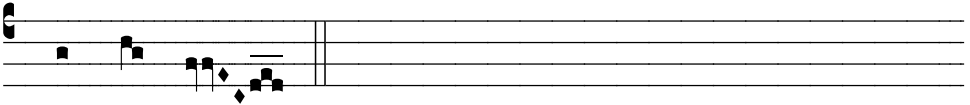
Feast

Communion Antiphon

Is 7: 14; Mt 1: 21



1. Be-hold, the Vir-gin will bear a son, who will save his peo-ple



from their sins.

Luke 1

- ^{46b} My sóul mágnifies the Lórd,
⁴⁷ and my spírit rejóices in God, my sávi-
 or.
- ⁴⁸ All péople now will cáll me bléssed,
 for he has lóved the lówliness of his hándmaid.
- ⁴⁹ The Almíghty has shówn me great fávor,
 hóly is his náme.
- ⁵⁰ His mércy exténds through generátions,
 tóward thóse who revére him.
- ⁵¹ He has revéaled his árm in pówer,
 scattering the próud in their ówn concéit.
- ⁵² Hé has dethróned the pówerful,
 and lífted úp the lówly.
- ⁵³ The fámished have been filled with his bóunty,
 the rích have been sént away émpy.

14 September
**THE EXALTATION OF THE HOLY
 CROSS**

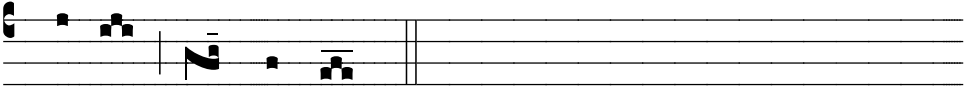
Feast

Communion Antiphon

Jn 12: 32



4. When I am lift- ed up from the earth, I will draw e-very-one to



my-self, says the Lord.

Psalm 18 (17)

¹*For the Choirmaster. Of David, the servant of the LORD, who spoke the words of this canticle to the LORD when he had been freed from the power of all his enemies and from the hand of Saul.*

²*He said:*

I love you, LÓRD, my stréngth; [6]

³ O LORD, my rók, my fórtress, my sáviour;
 my Gód, my rók where I take réfuge;
 my shíeld, my saving stréngth, my stróngthold.

⁴ I cry óut, “Práised be the LÓRD!”
 and sée, I am sáved from my fóes.

¹⁸ He sáved me from my pówerful fóe,
 from my énemies, whose stréngth I could not mách.

³⁸ I pursúed and overtóok my fóes,
 néver turning bák till they were sláin.

³⁹ I strúck them so they cóuld not ríse;
 they féll benéath my féet.

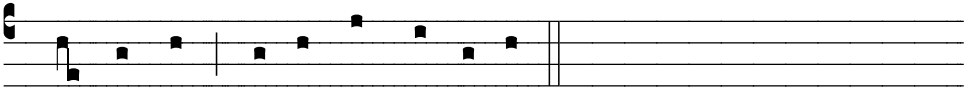
⁴¹ You máde my fóes take flíght;
those who háted mé I destróyed.

⁴⁸ the Gód who gíves me redréss
and subdúes the péoples únder me.

⁴⁹ You sáved me from my fúrious fóes; [5]
you sét me abóve my assáilants;
you sáved me from the víolent mán.

⁵⁰ So I will práise you, LÓRD, among the nátions;
to your náme will I síng a psálm.

Congregational Refrain:

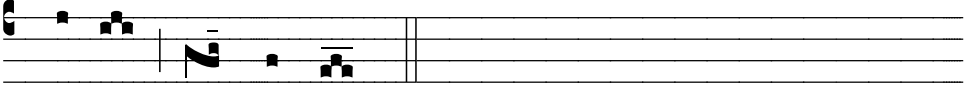


4. You, O Lord, are the foun-tain of life.

Or the same antiphon with different verses:



4. When I am lift- ed up from the earth, I will draw e-very-one to



my-self, says the Lord.

Psalm 36 (35)

¹*For the Choirmaster. Of David, the servant of the LORD.*

⁶ Your mércy, LORD, réaches to héaven, [5]
your trúth to the clóuds.

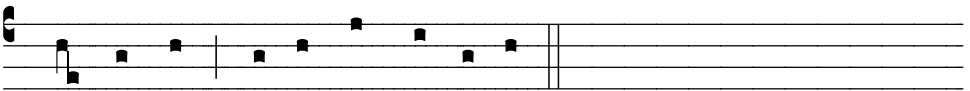
⁷ Your jústice is líke God's móuntains;
like the great déep, your jústice.
Both man and béast you sáve, O LÓRD.

⁸ How précious is your mércy, O Gód!
The chíldren of mén seek shéltér
in the shádw óf your wíngs.

⁹ They féast on the ríches of your hóuse;
you give them drínk from the stréam of your delíght.

¹⁰ For with yóu is the fóuntain of life,
and in your líght we see líght.

Congregational Refrain:



4. You, O Lord, are the foun-tain of life.

21 September
**SAINT MATTHEW, APOSTLE AND
 EVANGELIST**
 Feast

Communion Antiphon

Mt 9: 13



1. I did not come to call the just, but sin- ners, says the Lord.

Psalm 21 (20)

¹*For the Choirmaster. A Psalm of David.*

² In your stréngth, O LÓRD, the kÍng rejóices;
 how gréatly your salvátion mákes him glád!

³ You have gránted him his héart's desíre;
 you have not withhéd the práyer of his líps.

⁴ You cáme to méet him with bléssings of prospérité;
 you have sét on his héad a crówn of pure góld.

⁵ He ásked you for life and thÍs you have gÍven:
 dáys that will lást from áge to áge.

⁷ you have gránted him bléssings foréver,
 made him rejóice with the jÓy of your présence.

¹⁴ O LÓRD, arÍse in your stréngth;
 we shall síng and práise your pÓwer.

Congregational Refrain:



1. We shall sing and praise your pow-er.

29 September

SAINTS MICHAEL, GABRIEL AND RAPHAEL, ARCHANGELS

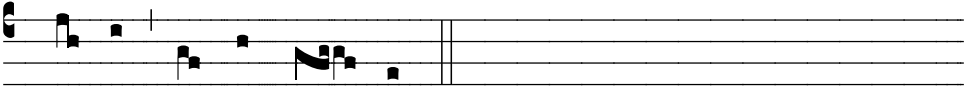
Feast

Communion Antiphon

Ps 137: 1



3. I will thank you, Lord, with all my heart; in the pre-sence of the



An-gels I will praise you.

Daniel 3

⁵⁷ Bless the Lord, all you works of the Lord,
praise and exalt him above all forever.

⁶⁰ All you waters above the heavens, bless the Lord,
praise and exalt him above all forever.

⁶¹ All you powers, bless the Lord;

⁶² Sun and moon, bless the Lord;
praise and exalt him above all forever.

⁶³ Stars of heaven, bless the Lord;

⁶⁴ Every shower and dew, bless the Lord;
praise and exalt him above all forever.

⁶⁵ All you winds, bless the Lord;

⁸³ O Israel, bless the Lord;
praise and exalt him above all forever.

⁸⁴ Priests of the Lord, bless the Lord;

- ⁸⁵ Servants of the Lord, bless the Lord;
⁸⁶ Spirits and souls of the just, bless the Lord;
 praise and exalt him above all forever.
⁸⁷ Holy and humble of heart, bless the Lord;

Congregational Refrain:



3. All you ser- vants of the Lord, bless the Lord.

18 October
SAINT LUKE, EVANGELIST
 Feast

Communion Antiphon

Cf. Lk 10: 1, 9



2. The Lord sent out dis- ci- ples to pro-claim through-out the towns:



The king-dom of God is at hand for you.

Psalm 31 (30)

¹*For the Choirmaster. A Psalm of David.*

- ² In yóu, O LÓRD, I take réfuge.
 Let me néver be pút to sháme.
 In your jústice, sét me frée;
³ incline your éar to me, and spéedily réscue me.

Be a róck of réfuge for mé,
 a míghty strónghold to sáve me.

- ⁴ For yóu are my róck, my strónghold!
 Lead me, guíde me, for the sáke of your náme.

- ¹⁴ I have héard the slándér of the crówd;
 térror all aróund me,
 as they plót togéther agáinst me,
 as they plán to take my lífe.

- ¹⁵ But as for mé, I trúst in you, O LÓRD; [5]
 I say, “Yóu are my Gód.

- ¹⁶ My lótt is in your hánds, delíver me
 from the hánds of my énemies
 and thóse who pursúe me.

¹⁷ Let your fáce shíne on your sérvant. [6]

Sáve me in your mérciful lóve.

¹⁸ Let me nó't be put to sháme, O LÓRD,
for I cáll on yóu;
lét the wícked be shámed!
Let them be sílenced in the gráve!

¹⁹ Let lýing líps be stílléd,
that speak háughtily agáinst the júst man
with príde and contémp't."

²⁰ How gréat is the góodness, LÓRD,
that you kée'p for thóse who féar you,
that you shów to thóse who trúst you
in the síght of the children of mén.

²¹ You híde them in the shé'ltér of your présence,
secúre from human schéming;
you kée'p them sáfe within your tént
from dispúting tóngues.

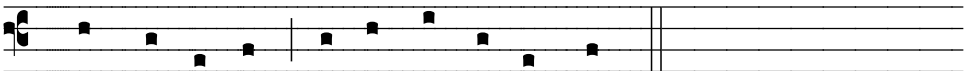
²² Blést be the LÓRD for he has wóndrously shówn me
his mérciful lóve in a fórtified cíty!

²⁴ Lóve the LÓRD, all you his sáints. [6]

The LÓRD guards the fáithful.
But the LÓRD will repáy to the fúll
the one who ácts with príde.

²⁵ Be stróng, let your héart take cóurage,
all who hópe in the LÓRD.

Congregational Refrain:



2. Guide me, O Lord, for the sake of your name.

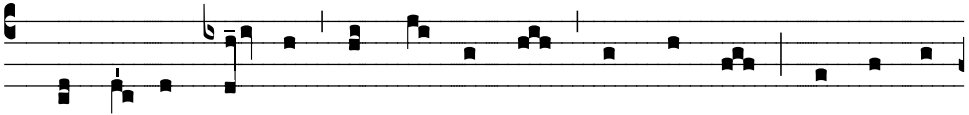
28 October

SAINTS SIMON AND JUDE, APOSTLES

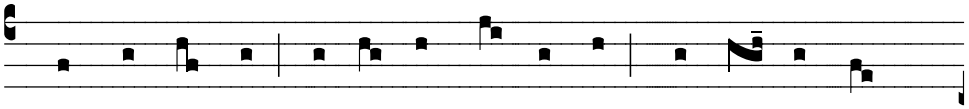
Feast

Communion Antiphon

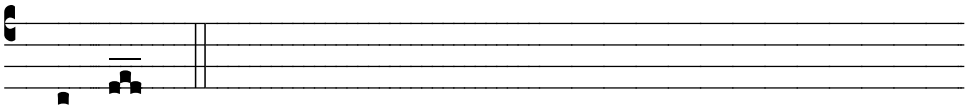
Jn 14: 23



1. Who-e- ver loves me will keep my word, says the Lord; and my Fa-



ther will love him, and we will come to him, and make our home



with him.

Psalm 89 (88)¹A Maskil. For Ethan the Ezrahite.

² I will sing foréver of your mércies, O LÓRD;
through all áges my móuth will procláim your fidélicity.

⁴ “With my chósen one Í have made a cóvenant;
I have swórn to Dávid my sérvant:

⁶ The héavens práise your wónders, O LÓRD,
your fidélicity ín the assémbly of your hóly ones.

²⁰ Thén you spóke in a vísion.
To your fáithful ónes you sáid,
“I have sét the crówn on a wárrior,
I have exálted one chósen from the péople.

²¹ I have fóund my sérvant Dávid,
and with my hólly óil anóinted him.

²² My hánd shall álwáys be with hím,
and my árm shall máke him stróng.

²⁵ My mércy and my fáithfulness shall bé with hím;
by my náme his míght shall bé exálted.

²⁹ I will kéeep my fáithful lóve for him álwáys;
with hím my cóvenant shall lást.

Congregational Refrain:



1. I will sing for-e-ver of your love, O Lord.

1 November
ALL SAINTS
 Solemnity

Communion Antiphon

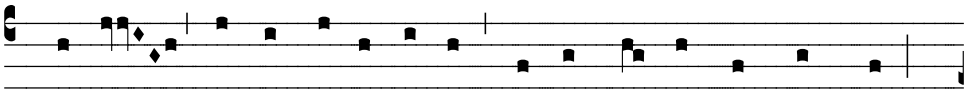
Mt 5: 8-10



1. Blessed are the clean of heart, for they shall see God. Blessed are the



peace-ma-kers, for they shall be called child-ren of God. Blessed



are they who are per-se-cu-ted for the sake of right-eous-ness,



for theirs is the King-dom of Heav-en.

Psalm 37 (36)

¹*Of David.*

Do not frét because of the wicked;

do not énvý thóse who do évil,

³ Trúst in the LÓRD and do góod;

then you will dwéll in the lánd and safely pásture.

¹⁶ Better the féw posséssions of the júst,
 than the abúndant wéalth of the wícked;

¹⁸ The LORD takes nóte of the dáys of the blámeless;
 their héritage will lást foréver.

¹⁹ They shall nó't be put to sháme in evil dáys;
 in time of fámine they shall háve their fill.

²³ By the LÓRD are the stéps made firm
of óne in whose páth He delights.

²⁷ Then túrn away from évil and do góod,
and yóu may abíde foréver;

Congregational Refrain:



1. They lack noth-ing, those who fear the Lord.

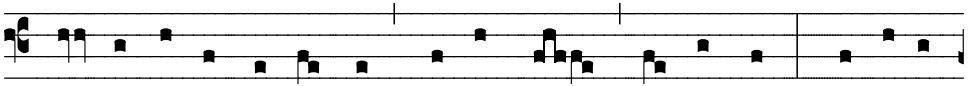
2 November

THE COMMEMORATION OF ALL THE FAITHFUL DEPARTED (ALL SOULS' DAY)

Mass 1

Communion Antiphon

Cf. Jn 11: 25-26



2. I am the Re-sur-rec-tion and the Life, says the Lord. Who-e-ver



be-lieves in me, e-ven though he dies, will live, and e- very-one



who lives and be-lieves in me will not die for e- ver.

Luke 1

⁶⁸ Blést be the Lórd God of Ísrael,
for he has vísited and redéemed his péople,

⁶⁹ and has ráised for us a hórnn of salvátion
in the hóuse of Dávid, his sérvant

⁷⁰ As he prómised throughóut past áges,
in the wórds of his hólý próphets:

⁷¹ delíverance fróm our énemies,
and from the contról of óur oppréssors.

⁷² He has shówn his kíndness to our fáthers,
remembering álways his hólý cóvenant.

⁷³ The óath sworn to Ábraham, our fáther,
hé has renéwed for ús,

⁷⁴ so that fréed from the clútches of our fôes,
 we may sérvé him wíthout féar,
⁷⁵ becomíng hóly and júst in his síght
 the rést of our dáys.

⁷⁶ And you, chíld called ‘próphét of the Most Hígh,’
 will gó before the Lórd to prepare his wáys,
⁷⁷ bringíng his péople knówledge of salvátion,
 through remíssion of their síns.

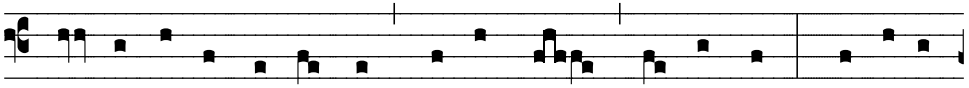
⁷⁸ For the lóve of our compássonate Gód,
 as the Óríent on hígh has shone upón us
⁷⁹ to illumíne the dárkness and dispél the shadow of déath,
 to dírect our stéps along péaceful wáys.

Congregational Refrain:



2. In the Lord's own house shall I dwell for- e- ver.

Or the same antiphon with different verses:



2. I am the Re-sur-rec-tion and the Life, says the Lord. Who-e-ver



be-lieves in me, e-ven though he dies, will live, and e- very-one



who lives and be-lieves in me will not die for e- ver.

Psalm 121 (120)

¹*A Song of Ascents.*

I líft up my éyes to the móuntains;
from whére shall come my hélp?

² My hélp shall cóme from the LÓRD,
who made héaven and éarth.

³ He will kéeep your fóot from stúmbling.
Your guárd will never slúmber.

⁴ Nó, he sléeeps not nor slúmbers,
Ísrael's guárd.

⁵ The LORD your guárd, the LÓRD your sháde
at yóur right hánd.

⁶ By dáy the sún shall not smíte you,
nor the móon in the níght.

⁷ The LÓRD will guárd you from évil;
he will guárd your sóul.

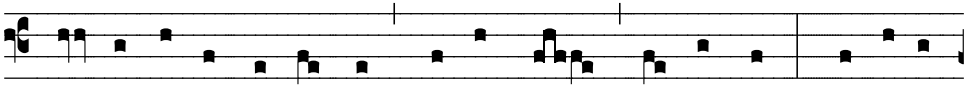
⁸ The LORD will guárd your góing and cóming,
both nów and foréver.

Congregational Refrain:



2. In the Lord's own house shall I dwell for- e- ver.

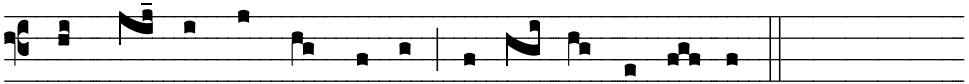
Or the same antiphon with different verses:



2. I am the Re-sur-rec-tion and the Life, says the Lord. Who-e-ver



be-lieves in me, e-ven though he dies, will live, and e- very-one



who lives and be-lieves in me will not die for e- ver.

Psalm 23 (22)

¹A Psalm of David.

The LÓRD is my shépherd; [6]
there is nóthing I shall wánt.

² Frésh and gréen are the pástures
where he gíves me repóse.

Near réstful wáters he léads me;

³ he revíves my sóul.

He guídes me alóng the right páth, [5]
for the sáke of his náme.

⁴ Though I should wálk in the válley of the shádw of déath,
no évil would I féar, for you are wíth me.

Your cróok and your stáff will give me cómfort.

⁵ You have prépared a táble befóre me
in the síght of my fóes.

My héad you have anóinted with óil;
my cúp is overflówing.

⁶ Surely góodness and mércy shall fóllow me
 all the dáys of my lífe.
 In the LÓRD'S own hóuse shall I dwéll
 for léngth of days unénding.

Congregational Refrain:



2. In the Lord's own house shall I dwell for- e- ver.

ALL SOULS' DAY

Mass 2

Communion Antiphon

Cf. 4 Esdr 2: 35, 34



6. Let per-pe-tual light shine u-pon them, O Lord, with your Saints for



e- ver, for you are mer- ci- ful.

Psalm 130 (129)

¹*A Song of Ascents.*

Out of the dépths I cry to you, O LÓRD;

² Lórd, hear my vóice!

O lét your éars be attentíve
to the sóund of my pléadings.

³ If you, O LÓRD, should márk iníquities,
Lórd, who could stánd?

⁴ But with yóu is fóund forgíveness,
that yóu may be revéred.

⁵ I lóng for yóu, O LÓRD,
my soul lóns for his wórd.

⁶ My sóul hópes in the Lórd
more than wáitchmen for dáybreak.

Móre than wáitchmen for dáybreak,

[6]

⁷ let Ísrael hópe for the LÓRD.

For with the LÓRD there is lóving mércy,
in hím is pléntiful redémption.

⁸ It is hé who will redéem Ísrael
from áll its iníquities.

Congregational Refrain:

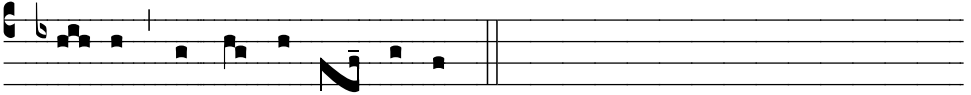


6. With the Lord there is lov-ing mer-cy.

Or the same antiphon with different verses:



6. Let per-pe-tual light shine u-pon them, O Lord, with your Saints for



e- ver, for you are mer- ci- ful.

Psalm 121 (120)

I líft up my éyes to the móuntains;
from whére shall come my hélp?

² My hélp shall cóme from the LÓRD,
who made héaven and éarth.

³ He will kéeep your fóot from stúmbling.
Your guárd will never slúmber.

⁴ Nó, he sléeps not nor slúmbers,
Ísrael's guárd.

⁵ The LORD your guárd, the LÓRD your sháde
at yóur right hánd.

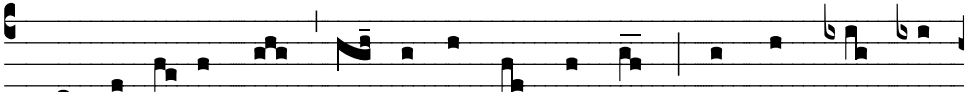
⁶ By dáy the sún shall not smíte you,
nor the móon in the níght.

⁷ The LÓRD will guárd you from évil;
he will guárd your sóul.

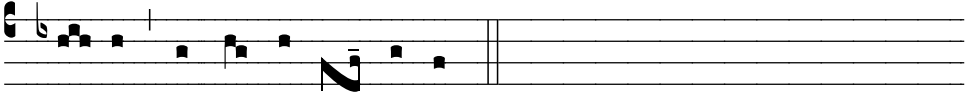
⁸ The LORD will guárd your góing and cóming,
both nów and foréver.

Congregational refrain as above.

Or the same antiphon with different verses:



6. Let per-pe-tual light shine u-pon them, O Lord, with your Saints for



e- ver, for you are mer- ci- ful.

Psalm 23 (22)

¹A Psalm of David.

The LÓRD is my shépherd; [6]
there is nóthing I shall wánt.

² Frésh and gréen are the pástures
where he gíves me repóse.
Near réstful wáters he léads me;

³ he revíves my sóul.

He guídes me alóng the right páth, [5]
for the sáke of his náme.

⁴ Though I should wálk in the válley of the shádown of déath,
no évil would I féar, for you are wíth me.
Your cróok and your stáff will give me cómfort.

⁵ You have prepáred a táble befóre me
in the síght of my fóes.
My héad you have anóinted with óil;
my cúp is overflówing.

⁶ Surely góodness and mércy shall fóllow me
all the dáy's of my life.
In the LÓRD'S own hóuse shall I dwéll
for léngth of days unénding.

Congregational Refrain:



6. With the Lord there is lov-ing mer-cy.

ALL SOULS' DAY

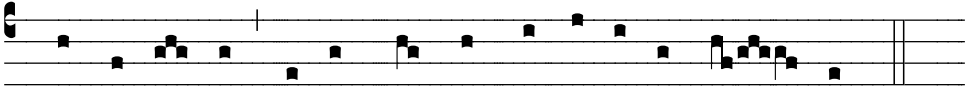
Mass 3

Communion Antiphon

Cf. Phil 3: 20-21



4. We a-wait a sav-ior, the Lord Je-sus Christ, who will change our



mor-tal bod-ies, to con-form with his glo-ri-fied bod- y.

Psalm 130 (129)

¹*A Song of Ascents.*

Out of the dépths I cry to you, O LÓRD;

² Lórd, hear my vóice!

O lét your éars be attentíve
to the sóund of my pléadings.

³ If you, O LÓRD, should márk iníquities,
Lórd, who could stánd?

⁴ But with yóu is fóund forgíveness,
that yóu may be revéred.

⁵ I lóng for yóu, O LÓRD,
my soul lóns for his wórd.

⁶ My sóul hópes in the Lórd
more than wáitchmen for dáybreak.

Móre than wáitchmen for dáybreak,

[6]

⁷ let Ísrael hópe for the LÓRD.

For with the LÓRD there is lóving mércy,
in hím is pléntiful redémption.

⁸ It is hé who will redéem Ísrael
from áll its iníquities.

Congregational Refrain:



4. In the Lord, there is the full-ness of re-demp-tion.

Or the same antiphon with different verses:



4. We a-wait a sav-ior, the Lord Je-sus Christ, who will change our



mor-tal bod-ies, to con-form with his glo-ri-fied bod- y.

Psalm 121 (120)

I líft up my éyes to the móuntains;
from whére shall come my hélp?

² My hélp shall cóme from the LÓRD,
who made héaven and éarth.

³ He will kéeep your fóot from stúmbling.
Your guárd will never slúmber.

⁴ Nó, he sléeps not nor slúmbers,
Ísrael's guárd.

⁵ The LÓRD your guárd, the LÓRD your sháde
at yóur right hánd.

⁶ By dáy the sún shall not smíte you,
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⁷ The LÓRD will guárd you from évil;
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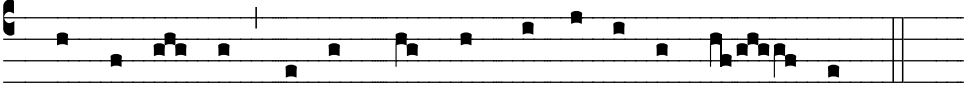
⁸ The LÓRD will guárd your góing and cóming,
both nów and foréver.

Congregational refrain as above.

Or the same antiphon with different verses:



4. We a-wait a sav-ior, the Lord Je-sus Christ, who will change our



mor-tal bod-ies, to con-form with his glo-ri-fied bod- y.

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¹*A Psalm of David.*

The LÓRD is my shépherd; [6]
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² Frésh and gréen are the pástures
where he gíves me repóse.
Near réstful wáters he léads me;
³ he revíves my sóul.

He guídes me alóng the right páth, [5]
for the sáke of his náme.

⁴ Though I should wálk in the válley of the shádw of déath,
no évil would I féar, for you are with me.
Your cróok and your stáff will give me cómfort.

⁵ You have prépared a táble befóre me
in the síght of my fóes.
My héad you have anóinted with óil;
my cúp is overflówing.

⁶ Surely góodness and mércy shall fóllow me
all the dáy's of my lífe.
In the LÓRD'S own hóuse shall I dwéll
for léngth of days unénding.

Congregational Refrain:



4. In the Lord, there is the full-ness of re-demp-tion.

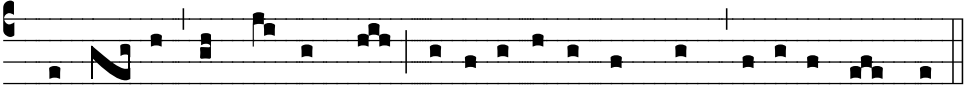
9 November

THE DEDICATION OF THE LATERAN BASILICA

Feast

Communion Antiphon

Cf. 1 Pet 2: 5



4. Be built up like liv-ing stones, in-to a spi-ri-tual house, a holy priesthood.

Psalm 122 (121)

¹*A Song of Ascents. Of David.*

I re-joiced when they said to me,
“Let us go to the house of the LÓRD.”

² And now our feet are standing
within your gates, O Jerúsalem.

³ Jerúsalem is built as a city
bonded as one together.

⁴ It is there that the tribes go up,
the tribes of the LÓRD.

For Ísrael’s witness it is
to praise the name of the LÓRD.

⁵ There were set the thrones for judgment,
the thrones of the house of Dávid.

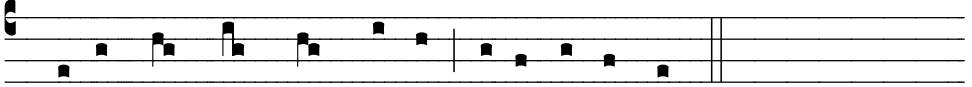
⁶ For the peace of Jerúsalem pray,
“May they prosper, those who love you.”

⁷ May peace abide in your walls,
and security be in your towers.

⁸ For the sáke of my fámily and friends,
let me sáy, “Péace upon yóu.”

⁹ For the sáke of the hóuse of the LÓRD, our Gód,
Í will séek good thínks for yóu.

Congregational Refrain:



4. I will seek good things for you, O Je- ru- sa-lem.

30 November

SAINT ANDREW, APOSTLE

Feast

Communion Antiphon

Cf. Jn 1: 41-42



8. An-drew told his bro-ther Si-mon: We have found the Mes- si- ah,



the Christ, and he brought him to Je- sus.

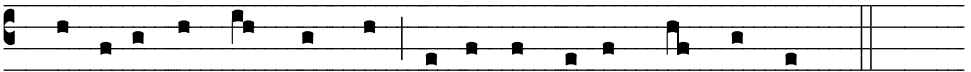
Psalm 34 (33)

¹Of David, when he feigned madness before Abimelech, so that he drove him out, and he went away.

- ² I will bléss the LÓRD at all tímes,
práise of him is álwáys in my móuth.
- ³ In the LÓRD my sóul shall make its bóast;
the húmble shall héar and be glád.
- ⁴ Glórfify the LÓRD with mé;
to géthér let us práise his náme.
- ⁵ I sóught the LÓRD, and he ánswered me;
from all my térrors he sét me frée.
- ⁶ Lóok toward hím and be rádiant;
let your fáces nó't be abáshed.
- ⁷ This lówly one cálléd; the LORD héárd,
and réscued him from áll his distréss.
- ⁸ The ángel of the LÓRD is encámped
around thóse who féar him, to réscue them.
- ⁹ Taste and sée that the LÓRD is góod.
Blessed the mán who seeks réfuge in hím.

- ¹⁰ Féar the LÓRD, you his hólý ones.
They lack nóthing, thóse who féar him.
- ¹¹ The rích suffer wánt and go húngry,
but thóse who seek the LÓRD lack no bléssing.
- ¹² Cóme, chíldren, and héar me,
that I may téach you the féar of the LÓRD.
- ¹³ Who ís it that desíres lífe
and lóns to see próspérous dáys?
- ¹⁴ Guárd your tóngue from évil,
and your líps from spéaking decéit.
- ¹⁵ Turn asíde from évil and do góod.
Séek after péace, and pursúe it.
- ¹⁶ The LÓRD turns his éyes to the júst,
and his éars are ópen to their cry.
- ¹⁷ The LÓRD turns his fáce against the wícked
to destróy their remémbrance from the éarth.
- ¹⁸ When the júst cry óut, the LORD héars,
and réscues them in áll their distréss.
- ¹⁹ The LORD is clóse to the bróken-héarted;
those whose spírit is crúshed he will sáve.
- ²⁰ Mány are the tríals of the júst man,
but from them áll the LÓRD will réscue him.
- ²¹ He will keep guárd over áll his bónes;
not óne of his bónes shall be bróken.

Congregational Refrain:



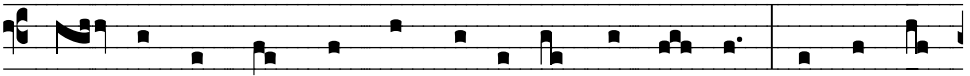
8. Glo-ri-fy the Lord with me, to-ge-ther let us praise his name.

8 December

THE IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY

Solemnity

Communion Antiphon



2. Glo- ri- ous things are spok- en of you, O Mar- y, for from you



a- rose the sun of jus- tice, Christ our God.

Luke 1

- ^{46b} My sóul mágnifies the Lórd,
⁴⁷ and my spírit rejoices in God, my sáviour.
- ⁴⁸ All péople now will cáll me bléssed,
 for he has lóved the lówliness of his hándmaid.
- ⁴⁹ The Almíghty has shówn me great fávor,
 hóly is his náme.
- ⁵⁰ His mércy exténds through generátions,
 tóward thóse who revére him.
- ⁵¹ He has revéaled his árm in pówer,
 scattering the próud in their ówn concéit.
- ⁵² Hé has dethróned the pówerful,
 and lífted úp the lówly.
- ⁵³ The fámişed have been filled with his bóunty,
 the rích have been sént away émpy.

- ⁵⁴ He has álwáys helped Ísraél, his sérvant,
trúe to his lóving kíndness,
⁵⁵ júst as he prómised our fáthers,
to Ábraham and his descéndants for éver.

Congregational Refrain:



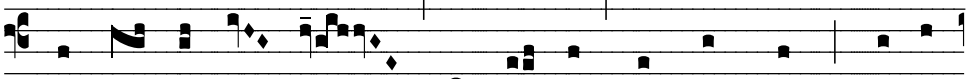
2. My spir-it re-joic-es in God my sav-ior.

12 December
OUR LADY OF GUADALUPE

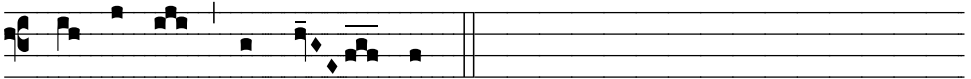
Feast (in the United States)

Communion Antiphon

Lk 1:52



2. The Lord has cast down the might-y from their thrones, and has



lift-ed up the low-ly.

Luke 1

^{46b} My sóul mágnifies the Lórd,
⁴⁷ and my spírít rejóices in God, my sávior.

⁴⁸ All péople now will cáll me bléssed,
 for he has lóved the lówliness of his hándmaid.

⁴⁹ The Almíghty has shówn me great fávor,
 hóly is his náme.

⁵⁰ His mércy exténds through generátions,
 tóward thóse who revére him.

⁵¹ He has revéaled his árm in pówer,
 scattering the próud in their ówn concéit.

⁵³ The fárnished have been filled with his bóunty,
 the rích have been sént away émpy.

⁵⁴ He has álways helped Ísrael, his sérvant,
 trúe to his lóving kíndness,

⁵⁵ júst as he prómised our fáthers,
 to Ábraham and his descéndants for éver.

Congregational Refrain:



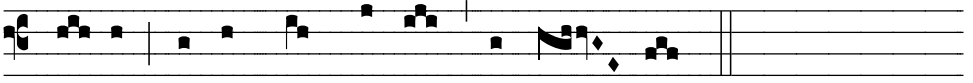
2. My spir-it re-joic-es in God my sav-ior.

Or:

Cf. Ps 147 (146): 20



2. God has not act-ed thus for an- y o- ther na-tion; to no o-ther



peo-ple had he shown his love so clear- ly.

Luke 1

^{46b} My sóul mágnifies the Lórd,

⁴⁷ and my spírit rejóices in God, my sávior.

⁴⁸ All péople now will cáll me bléssed,
for he has lóved the lówliness of his hándmaid.

⁴⁹ The Almíghty has shówn me great fávor,
hóly is his náme.

⁵⁰ His mércy exténds through generátions,
tóward thóse who revére him.

⁵¹ He has revéaled his árm in pówer,
scattering the próud in their ówn concéit.

⁵² Hé has dethróned the pówerful,
and lífted úp the lówly.

⁵³ The fámished have been filled with his bóunty,
the rích have been sént away émpy.

⁵⁴ He has álways helped Ísrael, his sérvant,
trúe to his lóving kíndness,

⁵⁵ júst as he prómised our fáthers,
to Ábraham and his descéndants for éver.

Congregational Refrain:



2. My spir-it re-joic-es in God my sav-ior.

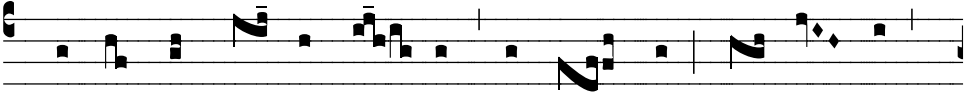
26 December

SAINT STEPHEN, THE FIRST MARTYR

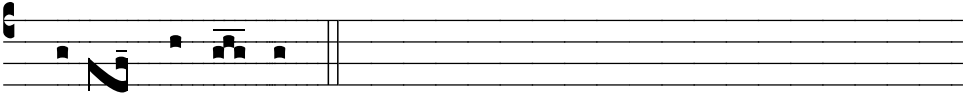
Feast

Communion Antiphon

Acts 7: 58



8. As they were ston-ing Steph-en, he called out: Lord Je-sus,



re-ceive my spir-it.

Psalm 119(118)

- ¹ Blessed are those whose way is blameless,
who walk in the law of the LORD!
- ⁷⁸ Let the arrogant be shamed who deflect me with lies;
as for me, I will ponder your precepts.
- ⁸⁶ Your commands are all true; then help me
when lies oppress me.
- ⁹⁵ Though the wicked lie in wait to destroy me,
yet I ponder your decrees.
- ¹⁵⁰ Those who pursue me with malice draw near;
they are far from your law.
- ¹⁵³ See my affliction and deliver me,
for I do not forget your law.
- ¹⁵⁷ Though my foes and oppressors are countless,
I have not swerved from your decrees.
- ¹⁶¹ Though princes oppress me without cause,
my heart reveres your word.
- ¹⁷³ Let your hand be ready to help me,
for I have chosen your precepts.

Congregational Refrain:



8. Bless-ed are they who walk in the way of the Lord.

27 December
**SAINT JOHN, APOSTLE AND
 EVANGELIST**

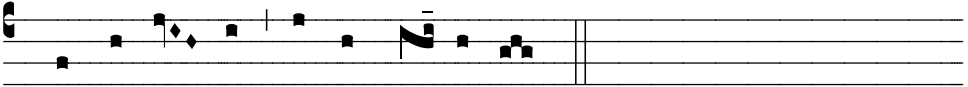
Feast

Communion Antiphon

Jn 1: 14, 16



8. The Word be-came flesh and made his dwell-ing a-mong us, and



from his full-ness we have all re-ceived.

Psalm 89 (88)

¹A Maskil. *For Ethan the Ezrahite.*

² I will síng foréver of your mércies, O LÓRD;
 through all áges my móuth will procláim your fidé-lity.

⁴ “With my chósen one Í have made a cóvenant;
 I have swórn to Dávid my sérvant:

⁵ I will estáblish your descéndants foréver,
 and sét up your thróne through all áges.”

⁶ The héavens práise your wónders, O LÓRD,
 your fidé-lity ín the assémbly of your hóly ones.

⁸ A Gód to be féared in the cóuncil of the hóly ones,
 gréat and áwesome to áll aróund him.

²⁰ Thén you spóke in a ví-sion.
 To your fáithful ónes you sáid,
 “I have sét the crówn on a wárrior,
 I have exálted one chósen from the péople.

- ²¹ I have fóund my sérvant Dávid,
and with my hólý óil anóinted him. [6]
- ²² My hánd shall álwáys be with hím,
and my árm shall máke him stróng.
- ²⁵ My mércy and my fáithfulness shall bé with hím;
by my náme his míght shall bé exálted.

Congregational Refrain:



8. I will sing for- e- ver of your love, O Lord.

28 December

THE HOLY INNOCENTS, MARTYRS

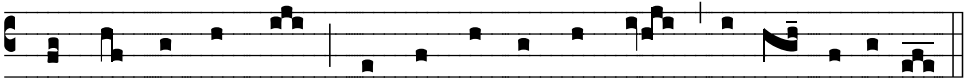
Feast

Communion Antiphon

Cf. Rv 14: 4



7. Be- hold those re-deemed as the first fruits of the hu-man race



for God and the Lamb, and who fol-low the Lamb wher-e- ver he goes.

Psalm 79 (78)¹*A Psalm of Asaph.*

O Gód, the nátions have inváded your héritage; [6]
 théy have profáned your hóly témples.

They have máde Jerúsalem a héap of rúins.

² They have hánded óver the bódies of your sérvants
 as fód to féed the bírds of héaven,
 and the flésh of your fáithful to the béasts of the éarth.

³ They have póured out their blóod like wáter round
 Jerúsalem; [6]
 nó one is léft to búry the déad.

⁴ Wé have becóme the táunt of our néighbors,
 the móckery and scórn of thóse áround us.

⁵ How lóng, O LÓRD? Will you be ángry foréver?
 Will your jéalous ánger búrn like fire?

¹³ Then we, your péople, the flóck of your pásture,
 will give you thánks foréver and éver.
 From age to áge we will recóunt your práise.

Congregational Refrain:



7. We give you thanks for-e-ver and e- ver.

PROPER FEASTS AND SOLEMNITIES

of the Order of Saint Benedict, the Archdiocese of
Indianapolis, and Saint Meinrad Archabbey

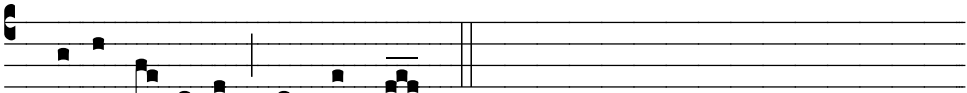
January 21
SAINT MEINRAD
 Solemnity

Communion Antiphon:

Mt 10: 39



1. Who-e- ver los-es his life for my sake, will find it



in e- ter- ni-ty, says the Lord.

Psalm 34 (33)

¹Of David, when he feigned madness before Abimelech, so that he drove him out, and he went away.

- ² I will bléss the LÓRD at all tímes,
 práise of him is álwáys in my móuth.
- ⁶ Lóok toward hím and be rádiánt;
 let your fáces nótt be abáshed.
- ⁷ This lówly one cálléd; the LORD héárd,
 and réscued him from áll his distréss.
- ¹⁵ Turn asíde from évil and do góod.
 Séek after péáce, and pursúe it.
- ¹⁶ The LÓRD turns his éyes to the júst,
 and his éars are ópen to their crÿ.
- ¹⁷ The LÓRD turns his fáce against the wícked
 to destróy their remémbrance from the éarth.

¹⁸ When the júst cry óut, the LORD héars,
and réscues them in áll their distréss.

¹⁹ The LORD is clóse to the bróken-héarted;
those whose spírit is crúshed he will sáve.

²⁰ Mány are the tríals of the júst man,
but from them áll the LÓRD will réscue him.

²¹ He will keep guárd over áll his bónes;
not óne of his bónes shall be bróken.

Congregational Refrain:



1. Seek af- ter peace, and pur-sue it.

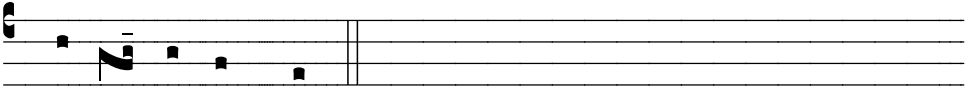
10 February
SAINT SCHOLASTICA, VIRGIN
 Feast

Communion Antiphon

Ps 44: 2



3. My heart o-ver-flows with no-ble words. To the king I ad-dress



the song I have made.

Psalm 45 (44)

¹*For the Choirmaster. Intoned like "The Lilies." Of the sons of Korah. A Maskil. A Love Song.*

- ³ Yóu are the most hándsóme of the sóns of mén,
 and grácíousness is póured out upón your líps,
 for Gód has bléssed you forévermóre.
- ⁴ Gírd your swórd upon your thíg, O míghty one, [5]
 with your spléndor and your májesty.
- ⁵ In your májesty ríde on triúmphant
 in the cáuse of trúth, méekness and jústice.
 May your ríght hand shów your wóndrous déeds.
- ⁶ Your árróws are sharp—péoples fall benéath you—
 in the héart of the fóes of the kíng.
- ⁷ Your thróne, O Gód, shall endúre foréver.
 A scépter of jústice is the scépter of your kíngdom.
- ⁸ Your lóve is for jústice; your háted for évil.

Thérefore Gód, your Gód, has anóinted you
with the óil of gládness abóve other kíngs:

⁹ your róbes are frágrant with áloes, myrrh, and cássia.
From the ívory pálace you are gláddened with músic.

¹⁰ The dáughters of kíngs are thóse whom you fávor.
On your ríght stands the quéen in góld of Óphir.

¹¹ Lísten, O dáughter; pay héed and give éar:
forgét your own péople and your fáther's hóuse.

¹² Só will the kíng desíre your béauty.
Hé is your lórd, pay hómage to hím.

¹³ And the dáughter of Týre shall cóme with gífts;
the ríchest of the péople shall séek your fávor.

¹⁴ The dáughter of the kíng is clóthed with spléndor;
her róbes are threaded with góld.

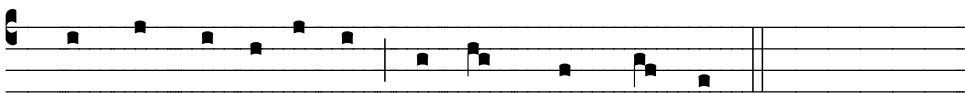
¹⁵ In fine clóthing shé is léd to the kíng;
behínd her are her máiden compánions, brought to yóu.

¹⁶ Théy are escórted amid gládness and jóy;
they páss withín the pálace of the kíng.

¹⁷ Sóns will be yóurs to succéed your fáthers;
you will máke them rúlers over áll the éarth.

¹⁸ I will máke your náme foréver remémbered.
Thus the péoples will práise you from áge to áge.

Congregational Refrain:



3. The daugh-ter of the king is clothed with splen-dor.

March 21

THE PASSING OF OUR HOLY FATHER BENEDICT

Solemnity

Communion Antiphon:

Mt 23: 11

7. The great-est a-mong you must be your ser-vant, says the Lord.

Psalm 21 (20)

¹*For the Choirmaster. A Psalm of David.*

² In your strength, O LÓRD, the kÍNG reJóices;
how gréatly your salvátion mákes him glád!

³ You have gránted him his héart's desÍre;
you have not withhÉld the práyer of his líps.

⁴ You cáme to méet him with blÉssings of prospÉrity;
you have sÉt on his hÉad a crówn of pure góld.

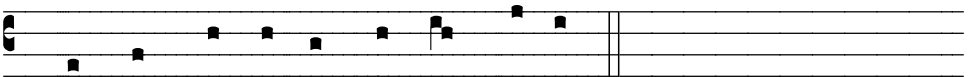
⁵ He ásked you for lífe and thÍs you have gÍven:
dáys that will lást from áge to áge.

⁶ By your sáving help gréat is his glóry;
you have bestówed upon him májesty and spléndor;

⁷ you have gránted him blÉssings foréver,
made him reJóice with the jÓy of your présence.

¹⁴ O LÓRD, arise in your strength;
we shall sÍng and práise your pÓwer.

Congregational Refrain:



7. You have grant-ed him his heart's de-sire.

July 11

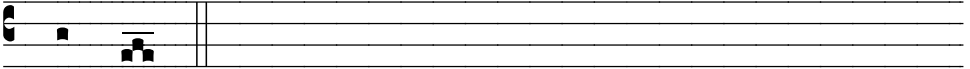
COMMEMORATION OF ALL SAINTS OF THE BENEDICTINE ORDER

Feast

Communion Antiphon:

Cf. Ps 83: 5

7. Bless-ed are they who dwell in your house, For e- ver sing-ing



your praise.

Psalm 84 (83)

¹*For the Choirmaster. Upon the gittith. Of the sons of Korah. A Psalm.*

- ² How lóvely is your dwélling pláce, [6]
O LÓRD of hósts.
- ³ My sóul is lónging and yéarning
for the cóurts of the LÓRD.
My héart and my flésh cry óut
to the líving Gód.
- ⁴ Éven the spárraw finds a hóme,
and the swállow a nést for hersélf
in which she séts her yóung at your áltars,
O LORD of hósts, my kíng and my Gód.
- ⁶ Blessed the péople whose stréngth is in yóu,
whose héart is sét on pilgrim wáys.

⁷ As they gó through the Báca Váley, [5]
 they máke it a pláce of spríngs;
 the áutumn rain cóvers it with póols.
⁸ They wálk with éver-growing stréngth;
 the God of góds will appéar in Síon.

⁹ O LÓRD God of hósts, hear my práyer;
 give éar, O Gód of Jácob.

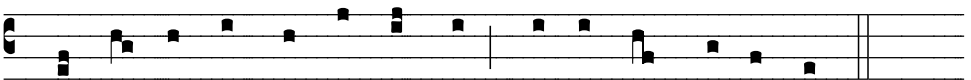
¹⁰ Turn your éyes, O Gód, our shíeld;
 lóok on the fáce of your anóinted.

¹¹ One dáy withín your cóurts
 is bétter than a thóusand élsewhere.
 The thréshold of the hóuse of Gód
 I préfér to the dwéllings of the wícked.

¹² For the LORD Gód is a sún, a shíeld; [6]
 the LORD will gíve us his fávor and glóry.
 He will nót withhóld any góod
 to thóse who wálk without bláme.

¹³ O LÓRD of hósts, how bléssed
 is the mán who trústs in yóu!

Congregational Refrain:



7. My soul is yearn-ing and long-ing for the courts of the Lord.

July 16
OUR LADY OF EINSIEDELN
 Solemnity

Communion Antiphon



2. Praise the Lord our God, for in Mar-y his hand-maid he has

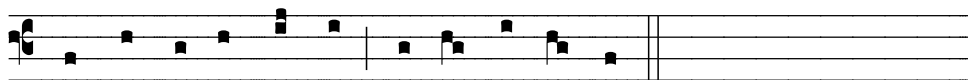


ful-filled his pro-mise of merc-y to the house of Is-ra-el.

Luke 1

- ^{46b} My sóul mágnifies the Lórd,
⁴⁷ and my spírit rejóices in God, my sávi-
 or.
- ⁴⁸ All péople now will cáll me bléssed,
 for he has lóved the lówliness of his hándmaid.
- ⁴⁹ The Almíghty has shówn me great fávor,
 hóly is his náme.
- ⁵⁰ His mércy exténds through generátions,
 tóward thóse who revére him.
- ⁵¹ He has revéaled his árm in pówer,
 scattering the próud in their ówn concéit.
- ⁵² Hé has dethróned the pówerful,
 and lífted úp the lówly.
- ⁵³ The fárnished have been filled with his bóunty,
 the rích have been sént away émpy.
- ⁵⁴ He has álways helped Ísrael, his sérvant,
 trúe to his lóving kíndness,
- ⁵⁵ júst as he prómised our fáthers,
 to Ábraham and his descéndants for éver.

Congregational Refrain:



2. My spir- it re- joic- es in God my sa- vior.

3 September

SAINT GREGORY THE GREAT, POPE AND DOCTOR OF THE CHURCH

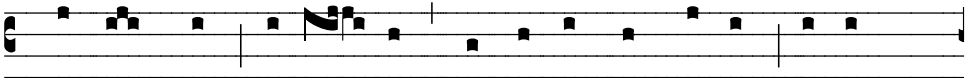
Feast

Communion Antiphon

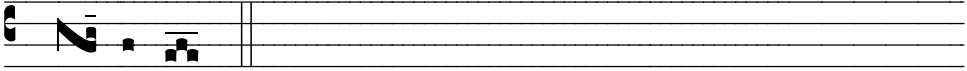
Lk 12: 42



7. This is the ste- ward, faith-ful and pru- dent, whom the Lord set o-ver



his house- hold to give them their al- low- ance of food at the



pro- per time.

Psalm 119(118)

Aleph

- ¹ Blessed are those whose way is blameless,
who walk in the law of the LORD!
- ² Blessed are those who keep his decrees!
With all their hearts they seek him.
- ³ They never do anything evil,
but walk in his ways.
- ⁴ You have laid down your precepts
to be carefully kept.
- ⁵ May my ways be firm
in keeping your statutes.
- ⁶ Then I shall not be put to shame
as I observe all your commands.

- ⁷ I will thánk you with an úpright héart,
 as I léarn your just júdgments.
⁸ Í will kéep your státutes;
 do not éver forsáke me.

Congregational Refrain:

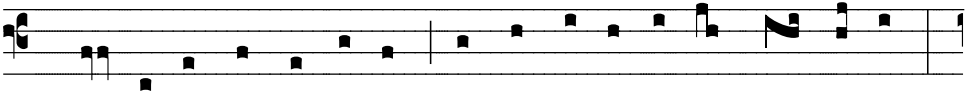


7. Bless-ed are they who walk in the law of the Lord.

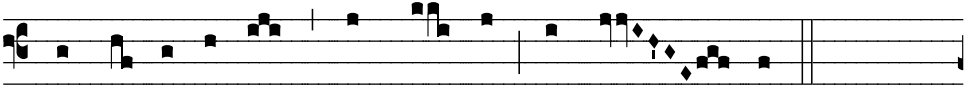
September 30
**THE ANNIVERSARY OF THE
 DEDICATION OF THE
 ARCHABBEY CHURCH**
 Solemnity

Communion Antiphon

Cf. 1 Cor 3: 16-17



2. You are the tem-ple of God, and the Spir-it of God dwells in you.



The tem-ple of God, which you are, is ho- ly

Psalm 84 (83)

¹*For the Choirmaster. Upon the gittith. Of the sons of Korah. A Psalm.*

- ² How lóvely is your dwélling pláce, [6]
 O LÓRD of hósts.
- ³ My sóul is lónging and yéarning
 for the cóurts of the LÓRD.
 My héart and my flésh cry óut
 to the living Gód.
- ⁴ Éven the spárrrow finds a hóme,
 and the swállow a nést for hersélf
 in which she séts her yóung at your áltars,
 O LORD of hósts, my kíng and my Gód.
- ⁵ Blessed are théy who dwéll in your hóuse,
 foréver sínging your práise.

October 3

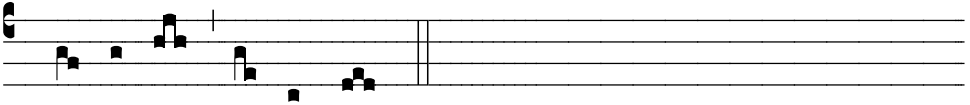
SAINT THEODORA GUERIN

Feast

Communion Antiphon:

Jn 8: 12

1. Who-e-ver fol-lows me will not walk in dark-ness, but will have the



light of life, says the Lord.

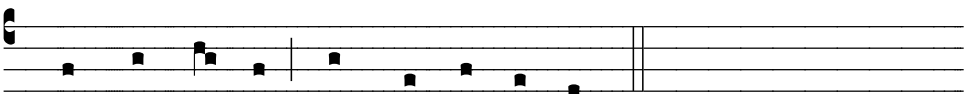
Psalm 34 (33)

¹Of David, when he feigned madness before Abimelech, so that he drove him out, and he went away.

- ² I will bléss the LÓRD at all tímes,
práise of him is álwáys in my móuth.
- ³ In the LÓRD my sóul shall make its bóast;
the húmble shall héar and be glád.
- ⁴ Glórifý the LÓRD with mé;
together let us práise his náme.
- ⁵ I sóught the LÓRD, and he ánswered me;
from all my térrors he sét me frée.
- ⁶ Lóok toward hím and be rádiant;
let your fáces nó't be abáshed.
- ⁷ This lówly one cálléd; the LORD héárd,
and réscued him from áll his distréss.
- ⁸ The ángel of the LÓRD is encámped
around thóse who féar him, to réscue them.
- ⁹ Taste and sée that the LÓRD is góod.
Blessed the mán who seeks réfuge in hím.

- ¹⁰ Féar the LÓRD, you his hólý ones.
They lack nóthing, thóse who féar him.
- ¹¹ The rích suffer wánt and go húngrý,
but thóse who seek the LÓRD lack no bléssing.
- ¹² Cóme, chíldren, and héar me,
that I may téach you the féar of the LÓRD.
- ¹³ Who ís it that desíres lífe
and lóngrs to see próspérous dáys?
- ¹⁴ Guárd your tóngue from évil,
and your líps from spéaking decéit.
- ¹⁵ Turn asíde from évil and do góod.
Séek after péace, and pursúe it.
- ¹⁶ The LÓRD turns his éyes to the júst,
and his éars are ópen to their cry.
- ¹⁷ The LÓRD turns his fáce against the wícked
to destróy their remémbrance from the éarth.
- ¹⁸ When the júst cry óut, the LORD héars,
and réscues them in áll their distréss.
- ¹⁹ The LORD is clóse to the bróken-héarted;
those whose spírít is crúshed he will sáve.
- ²⁰ Mány are the tríals of the júst man,
but from them áll the LÓRD will réscue him.
- ²¹ He will keep guárd over áll his bónes;
not óne of his bónes shall be bróken.

Congregational Refrain:



1. They lack noth-ing those who fear the Lord.

11 November

SAINT MARTIN OF TOURS, BISHOP

Feast

Communion Antiphon

Cf. Mt 25: 40



1. A-men, I say to you: What-e-ver you did for one of the least of



my breth-ren, you did it for me, says the Lord.

Psalm 20 (19)

¹*For the Choirmaster. A Psalm of David.*

- ² May the LORD ánswer you in tíme of tríal;
may the náme of Jacob's Gód protéct you.
- ³ May he sénd you hélp from the hóly place,
and gíve you suppórt from Síon.
- ⁴ May he reméber áll your ófferings,
and recéive your sácrifice with fávor.
- ⁵ May he gíve you your héart's desíre,
and fulfill every óne of your pláns.
- ⁶ May we ríng out our jóy at your víctory,
and raise bánners in the náme of our Gód.
May the LÓRD grant áll your práyers.
- ⁷ Now I knów the LORD sáves his anóinted,
and ánsvers from his hóly héaven
with the míghty víctory of his hánd.

- ⁸ Sóme put their trúst in cháriots or hórses,
but wé in the náme of the LÓRD, our Gód.
- ⁹ Théy will cóllapse and fáll,
but wé shall rise úp and hold firm.

Congregational Refrain:

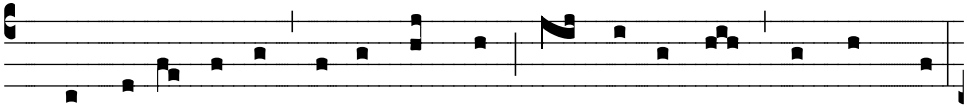


1. The Lord will send us help from His ho- ly place.

3 December
SAINT FRANCIS XAVIER, PRIEST
 Feast

Communion Antiphon

Mt 10: 27



6. What I say to you in the dark-ness speak in the light, says the Lord,



what you hear whis-pered, pro-claim on the house-tops.

Psalm 96 (95)

¹ O síng a new sǒng to the LÓRD; [6]
 síng to the LÓRD, all the éarth.

² O síng to the LÓRD; bless his náme.
 Procláim his salvátion day by dáy.

³ Téll among the nátions his glóry,
 and his wónders amóng all the péoples.

⁴ For the LÓRD is great and híghly to be práised,
 to be féared abóve all góds.

⁵ For the góds of the nátions are náught.
 It was the LÓRD who máde the héavens.

⁷ Give the LÓRD, you fáilíes of péoples, [5]
 gíve the LORD glóry and pówer;

⁸ give the LÓRD the glóry of his náme.
 Bring an óffering and énter his cóurts;

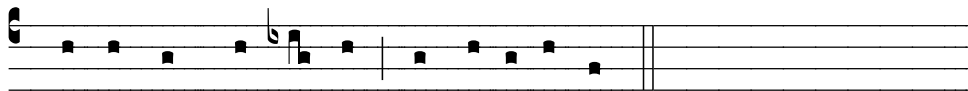
⁹ wórship the LÓRD in holy spléndor.

¹¹ Let the héavens rejóice and earth be glád;
 let the séa and all withín it thunder práise.

¹² Let the lánd and all it béars rejóice.

^{13c} He will júdge the wórld with jústice;
he will góvern the péoples with his trúth.

Congregational Refrain:



6. Tell a- mong the na-tions the glo-ry of God.

Appendix 1
PSALM 34 (33)

Psalm 33 (34) may be used with any antiphon, especially those whose text does not come from the Psalms (c.f. Graduale Romanum, p. 12, no. 23).

Psalm 34 (33)

¹Of David, when he feigned madness before Abimelech, so that he drove him out, and he went away.


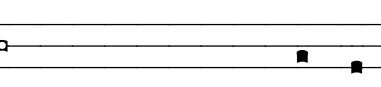
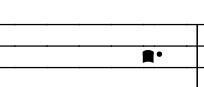
- ² I will bléss the LÓRD at all tímes,
práise of him is álwáys in my móuth.
- ³ In the LÓRD my sóul shall make its bóast;
the húmble shall héar and be glád.
- ⁴ Glórfify the LÓRD with mé;
togéther let us práise his náme.
- ⁵ I sóught the LÓRD, and he ánswered me;
from all my térrors he sét me frée.
- ⁶ Lóok toward hím and be rádiant;
let your fáces nó't be abáshed.
- ⁷ This lówly one cálléd; the LORD héárd,
and réscued him from áll his distréss.
- ⁸ The ángel of the LÓRD is encámped
around thóse who féar him, to réscue them.
- ⁹ Taste and sée that the LÓRD is góod.
Blessed the mán who seeks réfuge in hím.
- ¹⁰ Féar the LÓRD, you his hóly ones.
They lack nóthing, thóse who féar him.
- ¹¹ The rích suffer wánt and go húngry,
but thóse who seek the LÓRD lack no bléssing.

- ¹² Cóme, chíldren, and héar me,
that I may téach you the féar of the LÓRD.
- ¹³ Who ís it that desíres lífe
and lóngs to see próspérous dáys?
- ¹⁴ Guárd your tóngue from évil,
and your líps from spéaking decéit.
- ¹⁵ Turn asíde from évil and do góod.
Séek after péace, and pursúe it.
- ¹⁶ The LÓRD turns his éyes to the júst,
and his éars are ópen to their cry.
- ¹⁷ The LÓRD turns his fáce against the wícked
to destróy their remémbrance from the éarth.
- ¹⁸ When the júst cry óut, the LORD héars,
and réscues them in áll their distréss.
- ¹⁹ The LORD is clóse to the bróken-héarted;
those whose spírit is crúshed he will sáve.
- ²⁰ Mány are the tríals of the júst man,
but from them áll the LÓRD will réscue him.
- ²¹ He will keep guárd over áll his bónes;
not óne of his bónes shall be bróken.
- ²² Évil brings déath to the wícked;
those who háte the júst man are dóomed.
- ²³ The LORD ránsoms the sóuls of his sérvants.
All who trúst in him shall nótt be condémned.

Appendix 2

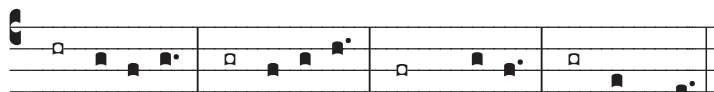
THE SAINT MEINRAD TONES

The music for each verse of the psalm consists of the reciting tone, one or two preparatory notes, and the dotted note that corresponds to the final accent of the verse.

<u>Reciting Tone</u>	<u>Preparatory notes</u>	<u>Final Accent</u>
		
Sing a new song	to the	Lord

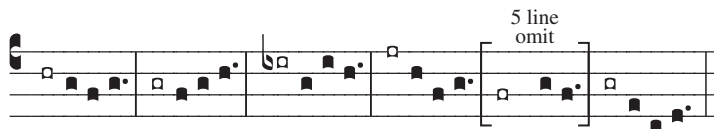
When singing these psalm tones, it is important to **avoid treating every syllable as if they were of equal importance**. Rather, it is essential to maintain the flow and rhythm of natural speech.

The first line of each pair of melodies is for 2 to 4 line stanzas. For 2-line stanzas, use the first and last sections of the 4-line tone. 3-line stanzas use the first, second and last sections of the 4-line tone. The second line is for 5 or 6 line stanzas. For 5-line stanzas drop the section marked “5 line omit”.



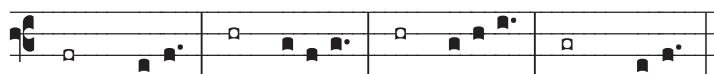
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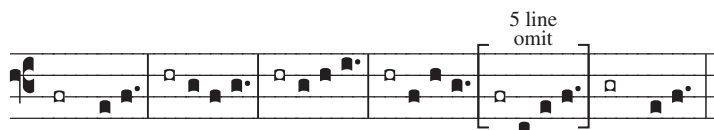
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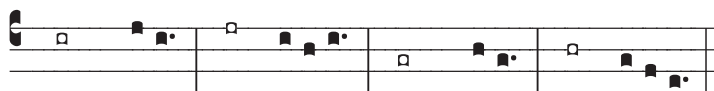
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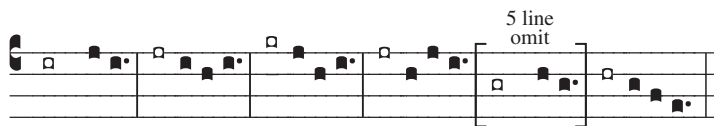
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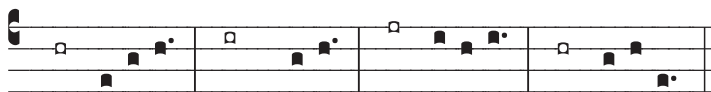
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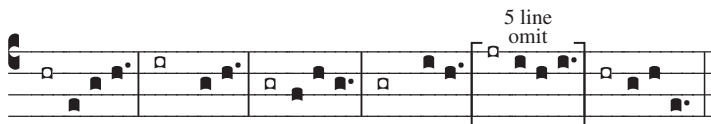
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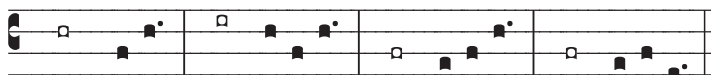
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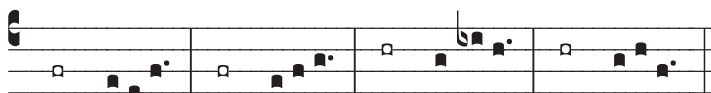
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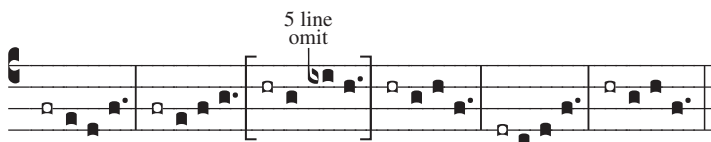
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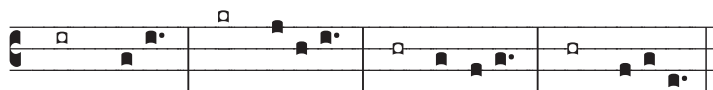
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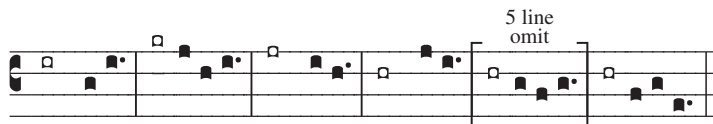
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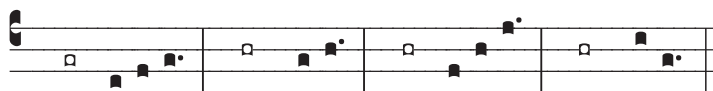
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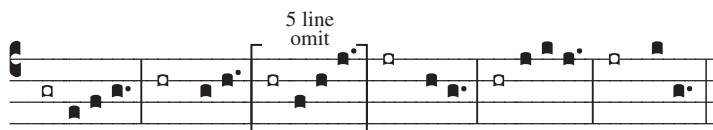
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