

**MASS
AND
LITURGY OF THE HOURS**

**Proper of the
Society of the Divine Word**



SVD

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For internal use only

Rome 2009

Text of the Psalms and Canticles is taken from the Divine Office approved by the Episcopal Conference of Australia, England and Wales, Scotland and Ireland. Also approved for use in Gambia, Ghana, India, Kenya, Liberia, Malaysia and Singapore, New Zealand, Nigeria, Sierra Leone, Tanzania, Uganda, Zimbabwe.

The texts of the Prayers and Readings for the Mass are those approved by the Congregation for Divine Worship and the Discipline of the Sacraments, or taken from the Roman Missal.

The texts of the Liturgy of the Hours proper of the SVD are those approved by the Congregation for Divine Worship and the Discipline of the Sacraments.

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FOREWORD

It is my privilege, at the conclusion of the “Centennial Year of Arnold and Joseph” marking the first 100th anniversary of their death, to present this booklet *Mass and Liturgy of the Hours: Proper of the Society of the Divine Word*. As the title indicates, the booklet contains the texts of the mass and the liturgy of the hours for the feasts and memorials of Sts. Arnold Janssen and Joseph Freinademetz, Blessed Maria Helena Stollenwerk and Josepha Hendrina Stenmanns, and the Blessed SVD Martyrs from Poland. All texts, except those for Blessed Josepha, have been officially approved by the Congregation for Divine Worship and the Discipline of the Sacraments.

The aim of this publication is both to gather into one booklet what have heretofore been loose leaflets and to be a self-sufficient prayer book for the entire day of the feast or memorial of the holy men and women of our religious missionary family. For this to be possible, it was decided to make a prior choice (usually of Sunday Week 1) for those parts where the liturgical guidelines would normally direct us, for certain hours or parts of an hour, to the occurring weekday or parts of the common. For this reason, a section on “Frequently recurring texts” has been included, while the choice of the first reading for the Office of Readings has been integrated into each feast or memorial. Obviously, those who have access to the regular Liturgy of the Hours in addition to this booklet and would rather follow the liturgical guidelines more precisely may do so.

The event of canonization or beatification is the recognition of the significance for the Church of the life and work of a particular person. It is usually referred to as “raising a person to the glory of the altars”. The privilege of having one’s own “liturgy” is a concrete expression of this reality. One now has a place in the calendar of liturgical prayer and celebration in the Church. Thus, it can be said that the publication of his booklet completes the process of canonization or beatification of our saints and blessed.

I would like to thank the confreres involved in the preparation of this booklet. In particular my special thanks go to Frs. Sebastian Mattappallil, Herbert Scholz, and Giancarlo Girardi. May they be rewarded for this service to our Society. And may our saints and blessed continue to accompany us in our life and mission as companions of the Divine Word.

Antonio M. Pernia, SVD
Superior General

15 January 2009
Feast of the Founder
Centennial Anniversary of his death



St. Arnold Janssen

January 15

SAINT ARNOLD JANSSEN

Priest and Founder

Solemnity

Arnold Janssen was born in 1837 in Goch, Germany, and ordained a priest for the diocese of Muenster, where he served in the Apostleship of Prayer. Moved by a desire for the union of all Christians, the preaching of the Gospel and the establishment of the Church among non-Christians, he founded the Society of the Divine Word in 1875 at Steyl, Netherlands. Realizing the need for women missionaries, he established two congregations of Sisters: the Missionary Sisters Servants of the Holy Spirit in 1889 and the Sisters Servants of the Holy Spirit of Perpetual Adoration in 1896. Arnold Janssen died on January 15, 1909.

MASS

INTRODUCTORY RITES

You will receive power when the Holy Spirit comes down on you; then you are to be my witnesses even to the ends of the earth. (*Acts 1:8*)

The Gloria is sung or said.

COLLECT

O God,
you continue to reconcile humanity
through your incarnate Word,

by the intercession of Saint Arnold, your priest,
graciously grant that,
freed from the darkness of sin
by the light of the Word and the Spirit of grace,
all peoples may walk in the way of salvation.
We ask this through our Lord Jesus Christ,
your Son, who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.

FIRST READING

All the ends of the earth will behold the salvation of our God.

A reading from the prophet Isaiah **52:7-10**

How beautiful upon the mountains
are the feet of him who brings glad tidings,
Announcing peace, bearing good news,
announcing salvation, and saying to Zion,
“Your God is King!”

Hark! Your watchmen raise a cry,
together they shout for joy,
For they see directly, before their eyes,
the Lord restoring Zion.

Break out together in song,
O ruins of Jerusalem!

For the Lord comforts his people,
he redeems Jerusalem.

The Lord has bared his holy arm
in the sight of all the nations;
All the ends of the earth will behold
the salvation of our God.

The word of the Lord.

RESPONSORIAL PSALM

Ps 96:1-2a. 2b-3. 7-8a. 9-10a: Matt 28:19

R: (3) Proclaim the marvels of God
among all peoples.

or

R: (19) Go and make disciples of all the nations.

Sing to the Lord a new song;
sing to the Lord, all you lands.
Sing to the Lord; bless his name. R.

Announce his salvation, day after day.
Tell his glory among the nations;
Among all people, his wondrous deeds. R.

Give to the Lord, you families of nations,
give to the Lord glory and praise;
give to the Lord the glory due his name! R.

Worship the Lord in holy attire.
Tremble before him, all the earth;
Say among the nations: The Lord is king.
He governs the peoples with equity. R.

SECOND READING

God has given me the privilege of proclaiming the riches of Christ to all the nations.

A reading from the letter of Paul to the Ephesians

3:8-12. 14-19

To me, the very least of all the holy ones, this grace was given, to preach to the Gentiles the inscrutable riches of Christ, and to bring to light [for all] what is the plan of the mystery hidden from ages past in God who created all things, so that the manifold wisdom of God might now be made known through the church to the principalities and authorities in the heavens. This was according to the eternal purpose that he accomplished in Christ Jesus our Lord, in whom we have boldness of speech and confidence of access through faith in him.

For this reason I kneel before the Father, from whom every family in heaven and on earth is named, that he may grant you in accord with the riches of his glory to be strengthened with power through his Spirit in the inner self, and that Christ may dwell in your hearts through faith; that you, rooted and grounded in love, may have strength to comprehend with all the holy ones what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

The word of the Lord.

ALLELUIA (See 1 Tim 3:16)

R: Alleluia.

Glory to you Christ, the Divine Word;
glory to you Christ,
preached among the nations.

R: Alleluia.

GOSPEL

He gave power to become children of God to all who believe in his name.

+ A reading from the holy Gospel

according to John

1:1-5, 9-14, 16-18

In the beginning was the Word,
and the Word was with God,
and the Word was God.

He was in the beginning with God.

All things came to be through him,
and without him nothing came to be.

What came to be through him was life,
and this life was the light of the human race;
the light shines in the darkness,
and the darkness has not overcome it.

The true light, which enlightens everyone,
was coming into the world.

He was in the world,

and the world came to be through him,
but the world did not know him.

He came to what was his own,
but his own people did not accept him.

But to those who did accept him he gave power
to become children of God,
to those who believe in his name,
who were born not by natural generation
nor by human choice
nor by a man's decision but of God.

And the Word became flesh
and made his dwelling among us,
and we saw his glory,
the glory as of the Father's only Son,
full of grace and truth.

From his fullness we have all received,
grace in place of grace,
because while the law was given through Moses,
grace and truth came through Jesus Christ.

No one has ever seen God.
The only Son, God,
who is at the Father's side,
has revealed him.

The Gospel of the Lord.

Profession of faith.

PRAYER OVER THE GIFTS

Lord,
may the Holy Spirit,
to whose service Saint Arnold
consecrated himself,
receive the gifts placed upon your altar.
We ask this through Christ our Lord.

PREFACE

Witness of God's Word and of the mission of the Church

Father, all-powerful and ever-living God,
we do well always and everywhere
to give you thanks.

You give us the joy of celebrating
the feast of St. Arnold,
Priest according to your heart
and Servant of your Word.
In his unshakeable faith
you offer us sure light for our steps.

In his unfailing love
you show us the path of the Gospel
which unites races, cultures and nations.
Inspired by you
he sent missionaries to the entire world
to carry out the mission of the Church
and proclaim also to unbelievers
the inscrutable riches of Christ
and their share in the eternal inheritance.

Through him the choirs of angels
and all the powers of heaven
praise and worship your glory.
May our voices blend with theirs
as we join in their unending hymn:

Holy, holy, holy Lord...

COMMUNION RITE

I glorified you on earth
by accomplishing the work that
you gave me to do.
I revealed your name to those whom
you gave me out of the world. (*John 17:4, 6a*)

Or:

And the Word became flesh
and made his dwelling among us,
and we saw his glory,
the glory as of the Father's only Son,
full of grace and truth. (*John 1:14*)

PRAYER AFTER COMMUNION

Lord,
may the holy food we have received
be effective in us,
so that, by the example
and teaching of Saint Arnold,
we may burn with love for your incarnate Word,
who is Lord for ever and ever.

EVENING PRAYER I

HYMN

For all the saints who from their labours rest,
Who thee by faith before the world confess,
Thy name, O Jesu, be for ever blest.
Alleluia! Alleluia!

Thou wast their rock, their fortress and their might;
Thou, Lord, their captain in the well-fought fight;
Thou in the darkness drear their one true Light;
Alleluia! Alleluia!

O may thy soldiers, faithful, true and bold,
Fight as the saints who nobly fought of old,
And win, with them, the victor's crown of gold.
Alleluia! Alleluia!

O blest communion! fellowship divine!
We fight as they did, 'neath the holy sign;
And all are one in thee, for all are thine.
Alleluia! Alleluia!

PSALMODY

Ant. 1: To cooperate with God for the salvation of humanity is truly a divine work.

Psalm 112(113)

Praise, O servants of the Lord,*
praise the name of the Lord! --

May the name of the Lord be blessed*
both now and for evermore!
From the rising of the sun to its setting*
praised be the name of the Lord!

High above all nations is the Lord,*
above the heavens his glory.
Who is like the Lord, our God,*
who has risen on high to his throne
yet stoops from the heights to look down,*
to look down upon heaven and earth?

From the dust he lifts up the lowly,*
from his misery he raises the poor
to set him in the company of princes,*
yes, with the princes of his people.
To the childless wife he gives a home*
and gladdens her heart with children.

Ant. 1: To cooperate with God for the salvation of
humanity is truly a divine work.

Ant. 2: May the word of God advance and be glorified,
and may the reign of God be announced and
established throughout the whole world.

Psalm 145(146)

My soul, give praise to the Lord;†

I will praise the Lord all my days,*
make music to my God while I live.

Put no trust in princes,*
in mortal men in whom there is no help. --

Take their breath, they return to clay*
and their plans that day come to nothing.

He is happy who is helped by Jacob's God,*
whose hope is in the Lord his God,
who alone made heaven and earth,*
the seas and all they contain.

It is he who keeps faith for ever,*
who is just to those who are oppressed.
It is he who gives bread to the hungry,*
the Lord, who sets prisoners free,

the Lord who gives sight to the blind,*
who raises up those who are bowed down,
the Lord, who protects the stranger*
and upholds the widow and orphan.

It is the Lord who loves the just*
but thwarts the path of the wicked.
The Lord will reign for ever,*
Sion's God, from age to age.

Ant. 2: May the word of God advance and be glorified,
and may the reign of God be announced and
established throughout the whole world (*cf. 2 Thess*
3, 1).

Ant. 3: May the incarnate Word of God give us life by
his Spirit.

Canticle: Eph 1:3-10

Blessed be the God and Father*
of our Lord Jesus Christ,
who has blessed us in Christ*
with every spiritual blessing in the heavenly places.

He chose us in him*
before the foundation of the world,
that we should be holy*
and blameless before him.

He destined us in love*
to be his sons through Jesus Christ,
according to the purpose of his will,†
to the praise of his glorious grace*
which he freely bestowed on us in the Beloved.

In him we have redemption through his blood,*
the forgiveness of our trespasses,
according to the riches of his grace*
which he lavished upon us.

He has made known to us†
in all wisdom and insight*
the mystery of his will,
according to his purpose*
which he set forth in Christ.

His purpose he set forth in Christ,*
as a plan for the fulness of time,
to unite all things in him,*
things in heaven and things on earth.

Ant. 3: May the incarnate Word of God give us life by his Spirit.

SCRIPTURE READING

1 Tim 2:4-6

God wills everyone to be saved
and to come to knowledge of the truth.
For there is one God.
There is also one mediator
between God and the human race,
Christ Jesus, himself human,
who gave himself as ransom for all.

RESPONSORY

1 Pet 1:25; Luke 1:2

- V. May the word of the Lord remain forever: the word which was announced to you.
- R/. May the word of the Lord remain forever: the word which was announced to you.
- V. Just as those who were eyewitnesses from the beginning and ministers of the word have handed it down to us.
- R/. the word which was announced to you.
- V. Glory be.
- R/. May the word of the Lord remain forever: the word which was announced to you.

Magnificat Ant.: To you every hymn, to you the glory - God Father, Son and Holy Spirit - forever and ever.

(For Magnificat see page 159)

INTERCESSIONS

Eternal Word, who for our sake became flesh, through the intercession of Saint Arnold we call upon you, saying:

R/. May your kingdom come.

Lord Jesus, extend your Church to the ends of the earth, - that it may welcome people of every language and every nation. *R/.*

Desire of all nations, may your Gospel spread to those regions which have not yet received the word of life, - and draw all people to yourself. *R/.*

Savior of the world, from the beginning you have called workers to your harvest, - increase vocations to the Society of the Divine Word, the Holy Spirit Missionary Sisters, and the Holy Spirit Adoration Sisters. *R/.*

Lord Jesus, you came that all may be one, - grant that all the baptized be filled with mutual esteem and love. *R/.*

King of all nations, you desire that all be united with you in your glory, - gather all the faithful departed so that they might be with you forever. *R/.*

Our Father (*see page 159*)

PRAYER

O God,
you continue to reconcile humanity
through your incarnate Word,
by the intercession of Saint Arnold, your priest,
graciously grant that,
freed from the darkness of sin
by the light of the Word and the Spirit of grace,
all peoples may walk in the way of salvation.
We ask this through our Lord Jesus Christ,
your Son, who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.

INVITATORY

Invitatory Antiphon: Today we are celebrating a feast in honour of Saint Arnold Janssen, let us adore the Lord our God.

Psalm: see page 142

OFFICE OF READINGS

HYMN

This is the day whereon the Lord's true witness,
Whom all the nations lovingly do honour,
Worthy at last was found to wear for ever
Glory transcendent.

Oft hath it been thro' his sublime deserving
Poor human bodies, howsoever stricken,
Broke and cast off the bondage of their sickness
Healed divinely.

Healing and power, grace and beauteous honour
Always be his, who shining in the highest,
Ruleth and keepeth all the world's vast order,
One God, three Persons.

PSALMODY

Ant. 1: He asked you for life and this you have given,
Lord; you have laid upon him majesty and splendour.

Psalm 20(21): 2-8, 14

O Lord, your strength gives joy to the king;*
how your saving help makes him glad!
You have granted him his heart's desire;*
you have not refused the prayer of his lips.

You came to meet him
with the blessings of success,*
you have set on his head a crown of pure gold.
He asked you for life and this you have given,*
days that will last from age to age.

Your saving help has given him glory.*
You have laid upon him majesty and splendour,
you have granted your blessings to him for ever.*
You have made him rejoice with the joy of your
presence.

The king has put his trust in the Lord:*
through the mercy of the Most High
he shall stand firm.
O Lord, arise in your strength;*
we shall sing and praise your power.

Ant. 1: He asked you for life and this you have given,
Lord; you have laid upon him majesty and splendour.

Ant. 2: The path of the virtuous is like the light of
dawn; its brightness grows to the fulness of day.

Psalm 91(92)

I

It is good to give thanks to the Lord*
to make music to your name, O Most High,
to proclaim your love in the morning*
and your truth in the watches of the night,
on the ten-stringed lyre and the lute,*
with the murmuring sound of the harp.

Your deeds, O Lord, have made me glad;*
for the work of your hands I shout with joy.
O Lord, how great are your works!*
How deep are your designs!
The foolish man cannot know this*
and the fool cannot understand.

Though the wicked spring up like grass*
and all who do evil thrive:
they are doomed to be eternally destroyed.*
But you, Lord, are eternally on high.

Ant. 2: The path of the virtuous is like the light of dawn; its brightness grows to the fulness of day.

Ant. 3: The just will flourish like the palm-tree and grow like a Lebanon cedar.

II

See how your enemies perish;*
all doers of evil are scattered.

To me you give the wild-ox's strength;*
you anoint me with the purest oil. --

My eyes looked in triumph on my foes;*
my ears heard gladly of their fall.
The just will flourish like the palm-tree*
and grow like a Lebanon cedar.

Planted in the house of the Lord*
they will flourish in the courts of our God,
still bearing fruit when they are old,*
still full of sap, still green,
to proclaim that the Lord is just.*
In him, my rock, there is no wrong.

Ant. 3: The just will flourish like the palm-tree and
grow like a Lebanon cedar.

V. The Lord led the virtuous man along straight
paths.

R/. He showed him the kingdom of God.

FIRST READING

Rom 10:9-18

From the letter of the apostle Paul to the Romans

*Everyone who calls on the name of the Lord
will be saved.*

If you confess with your mouth that Jesus is Lord
and believe in your heart that God raised him from
the dead, you will be saved. For one believes with
the heart and so is justified, and one confesses with
the mouth and so is saved. For the scripture says,
“No one who believes in him will be put to shame.”
For there is no distinction between Jew and Greek;
the same Lord is Lord of all, enriching all who call
upon him. For “everyone who calls on the name of
the Lord will be saved.”

But how can they call on him in whom they have not believed? And how can they believe in him of whom they have not heard? And how can they hear without someone to preach? And how can people preach unless they are sent? As it is written, "How beautiful are the feet of those who bring (the) good news!" But not everyone has heeded the good news; for Isaiah says, "Lord, who has believed what was heard from us?" Thus faith comes from what is heard, and what is heard comes through the word of Christ. But I ask, did they not hear? Certainly they did; for "Their voice has gone forth to all the earth, and their words to the ends of the world."

RESPONSORY

See Isa 52:7; Rom 10:8

- V. How beautiful upon the mountains are the feet of those who bring glad tidings,
- R/. Announcing peace, bearing good news, announcing salvation.
- V. The Word is near you, in your mouth and in your heart,
- R/. Announcing peace, bearing good news, announcing salvation.

SECOND READING

From the writings of Saint Arnold Janssen

*(De fine et institutione Societatis Verbi Divini,
Verbum SVD 8. 1966, 405-409)*

*The Origin of Missionary Activity is Found in the
Mission of the Son and the Holy Spirit*

The name "Divine Word," as expressed in the name of our Society, first of all refers to the Word of the Father, the divine Son, secondly to the word of the Son, the good news of Christ.

Because of this we are called to a special devotion to the eternal Son. The confreres should, therefore, often consider the fact that Jesus Christ, the Son of the Father, has become our brother and food. In this manner he taught us both love and humility.

In him we see the first and greatest apostle, priest and pastor. He is a lamb, a lion, a servant and still the Son of the Father. As a pilgrim on earth he teaches, admonishes and heals. By his very teaching and the cross he opens the way to salvation for all. In the contemplation of his holy life the confreres should try to enter into the sanctuary of his heart, admire and adore the virtues exhibited in his earthly, eucharistic and mystic life and imitate them as far as they possibly can.

Among the wonderful works which Jesus performed, three excel: the salvation of the world, the founding of the Church, and the sending of the Spirit. It is the Spirit, however, who completes the work of Christ. It is the Spirit who enlivens the Church as teacher of truth and as the giver of life, especially in the sacraments which are the sources of salvation. He frees the people from their sins and makes them holy. Here we find the great Father of love in whom God loves himself and the world and through whom the love of God fills our hearts. It is the Spirit whom the Father and the Son decreed to send as the witness of their love.

Let us also love the Spirit in and with Jesus and the Father. We can best show our love for him by placing ourselves at the free disposal of his strong hand and by letting ourselves be guided by the inspiration of his grace, not only in our zealous apostolic work, but in a way of life that is simple, just and holy.

Even though we venerate the second and third Persons of the Trinity in a particular way, we should not neglect the first Person or the mystery of the most Holy Trinity itself. God the Father is the most holy and loving origin of the two other Persons. He is the Father of all that is best and most lovable. We must adore, love and venerate him whose kingdom of love we are to extend and for whom we strive to increase the number of his loving children throughout the world.

It is above all the most Blessed Trinity that we wish to honor with our heart, our words and deeds: with our heart by our love and surrender; with our words by our heartfelt prayers and preaching; by our deeds through all our activities. Among these activities the spiritual and corporal works of mercy above all will be specially emphasized by us since the Lord has especially recommended them. For people are images of God, brothers and sisters of Christ, and temples of the Holy Spirit. Just as God cares for them out of the fullness of his love, puts up with their defects while helping them to improve, so we too will try to do the same. This will be our golden rule both in spreading the faith and in promoting brotherly and sisterly love.

In the proclamation of the Word of God we must direct our work toward the increase of the Catholic

faith and the Christian virtues and at the same time, the decrease of the power of sin. Insofar as it is possible, we ought to select those countries in which we can expect the greatest results from our work or where divine providence seems to be calling us. First of all our work should be directed toward the conversion of the pagans, the non-Catholics and unbelievers. This should be and remain the primary purpose of our Society insofar as God's providence permits it. In all of these labors, however, our greatest love should be for the conversion of the people who live in those places where the Gospel has not been preached. Therefore we must labor with untiring zeal so that they be converted and come to know the Father and those whom he sent: Jesus Christ and the Holy Spirit.

RESPONSORY **See Jn 14:16; Acts 1:8; Jn 16:13**

- V. I will ask the Father who will give you another Paraclete to be with you always.
- R/. You are to be my witnesses even to the ends of the earth.
- V. When the Spirit of truth comes, he will guide you to all truth.
- R/. You are to be my witnesses even to the ends of the earth.

TE DEUM (*see page 156*)

PRAYER

O God,
you continue to reconcile humanity
through your incarnate Word,
by the intercession of Saint Arnold, your priest,
graciously grant that,
freed from the darkness of sin
by the light of the Word and the Spirit of grace,
all peoples may walk in the way of salvation.
We ask this through our Lord Jesus Christ,
your Son, who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.

MORNING PRAYER

HYMN

This is the day whereon the Lord's true witness,
Whom all the nations lovingly do honour,
Worthy at last was found to wear for ever
Glory transcendent.

Oft hath it been thro' his sublime deserving
Poor human bodies, howsoever stricken,
Broke and cast off the bondage of their sickness
Healed divinely.

Healing and power, grace and beauteous honour
Always be his, who shining in the highest,
Ruleth and keepeth all the world's vast order,
One God, three Persons.

PSALMODY *(see page 144)*

Ant. 1: The true light, which enlightens everyone, was coming into the world.

Ant. 2: To proclaim the Good News is the foremost and utmost act of love for neighbor.

Ant. 3: The Word became flesh and dwelt among us.

SCRIPTURE READING

1 John 1:1-3

What was from the beginning, what we have heard, what we have seen with our eyes, what we looked upon and touched with our hands concerns the Word of life - for the life was made visible; we have seen it

and testify to it and proclaim to you the eternal life that was with the Father and was made visible to us - what we have seen and heard we proclaim now to you, so that you too may have fellowship with us; for our fellowship is with the Father and with his Son, Jesus Christ.

RESPONSORY

John 1:14

V. The Word became flesh and lived among us.

R/. The Word became flesh and lived among us.

V. We have seen his glory, for he came into the world,

R/. And lived among us.

V. Glory be.

R/. The Word became flesh and lived among us.

Benedictus Ant.: May the darkness of sin and the night of unbelief vanish before the light of the Word and the Spirit of grace, and may the heart of Jesus live in the hearts of all people.

(For Benedictus see page 158)

INTERCESSIONS

God so loved the world that he gave his only Son to save it. With confidence in God's love, we pray:

R/. *Save your people, Lord.*

Word of the Father, you became flesh and lived among us, - may recognize you in people of every language and culture. R/.

Savior of the world, you came into the world not to condemn it but to save it, - may all the peoples of the world come to recognize God's love for them. R/.

Jesus, you spoke to the Samaritan woman at the well, - may we always be willing to dialogue with those who are different from us. R/.

You sent your disciples out to announce the Good News to the entire world, - may there always be missionaries willing to proclaim the Gospel. R/.

You came to gather all the dispersed children of God, - may all people experience life in its fullness. R/.

Our Father (*see page 159*)

PRAYER

O God,
You continue to reconcile humanity
through your incarnate Word,
by the intercession of Saint Arnold, your priest,
graciously grant that,
freed from the darkness of sin
by the light of the Word and the Spirit of grace,
all peoples may walk in the way of salvation.
We ask this through our Lord Jesus Christ,
your Son, who lives and reigns
with you and the Holy Spirit,
one God, for ever and ever.

PRAYER DURING THE DAY

HYMN

O blessed Lord, Creator God,
In you all things are rendered pure,
By you are strengthened to endure.

O blessed, holy hand of God,
All things are sanctified by you;
Adorned, enriched, you make them new.

O blessed Majesty of God,
Containing all that you have filled;
All things are done as you have willed.

O blessed, holy Trinity,
Serene and certain in your ways;
You are the light of endless days.

PSALMODY

Midmorning

Ant.: The Spirit of truth will testify to me, as you also testify.

Midday

Ant.: Love is perfect in the one who keeps the word of Christ.

Midafternoon

Ant.: We are God's co-workers; you are God's field, God's building.

Psalm 117(118)

I

Give thanks to the Lord for he is good,*
for his love endures for ever.

Let the sons of Israel say:*
'His love endures for ever.'*

Let the sons of Aaron say:*
'His love endures for ever.'

Let those who fear the Lord say:*
'His love endures for ever.'

I called to the Lord in my distress;*
he answered and freed me.
The Lord is at my side; I do not fear.*
What can man do against me?
The Lord is at my side as my helper.*
I shall look down on my foes.

It is better to take refuge in the Lord*
than to trust in men:
it is better to take refuge in the Lord*
than to trust in princes.

II

The nations all encompassed me;*
in the Lord's name I crushed them.

They compassed me, compassed me about;*
in the Lord's name I crushed them.
They compassed me about like bees;† --

they blazed like a fire among thorns.*
In the Lord's name I crushed them.

I was hard-pressed and was falling*
but the Lord came to help me.
The Lord is my strength and my song;*
he is my saviour.
There are shouts of joy and victory*
in the tents of the just.

The Lord's right hand has triumphed;*
his right hand raised me.
The Lord's right hand has triumphed;†
I shall not die, I shall live*
and recount his deeds.
I was punished, I was punished by the Lord,*
but not doomed to die.

III

Open to me the gates of holiness:*
I will enter and give thanks.
This is the Lord's own gate*
where the just may enter.
I will thank you for you have answered*
and you are my saviour.

The stone which the builders rejected*
has become the corner stone.
This is the work of the Lord,*
a marvel in our eyes.
This day was made by the Lord;*
we rejoice and are glad.

O Lord, grant us salvation;*
O Lord, grant success.
Blessed in the name of the Lord*
is he who comes.
We bless you from the house of the Lord;*
the Lord God is our light.

Go forward in procession with branches*
even to the altar.
You are my God, I thank you.*
My God, I praise you,
Give thanks to the Lord for he is good;*
for his love endures for ever.

Midmorning

Ant.: The Spirit of truth will testify to me, as you also testify.

Midday

Ant.: Love is perfect in the one who keeps the word of Christ.

Midafternoon

Ant.: We are God's co-workers; you are God's field, God's building.

Midmorning

SCRIPTURE READING

Ezek 36:26-27

I will give you a new heart and place a new spirit within you, taking from your bodies your stony hearts

and giving you natural hearts. I will put my spirit within you and make you live by my statutes, careful to observe my decrees.

V. There is one body and one Spirit,

R/. just as you were all called into one and the same hope

Midday

SCRIPTURE READING

Eph 3:3, 5b-7

The mystery of Christ was made known to me by revelation..., as it has now been revealed to his holy apostles and prophets by the Spirit, that the Gentiles are coheirs, members of the same body, and copartners in the promise in Christ Jesus through the gospel. Of this I became a minister by the gift of God's grace that was granted me in accord with the exercise of his power.

V. Go out into the whole world

R/. And preach the Good News.

Midafternoon

SCRIPTURE READING

1 Tim 3:13

Those who serve well... gain good standing and much confidence in their faith in Christ Jesus.

V. Unless the Lord build the house,

R/. They labor in vain who build it.

PRAYER

O God,
You continue to reconcile humanity
through your incarnate Word,
by the intercession of Saint Arnold, your priest,
graciously grant that,
freed from the darkness of sin
by the light of the Word and the Spirit of grace,
all peoples may walk in the way of salvation.
We ask this through our Lord Jesus Christ,
your Son, who lives and reigns
with you and the Holy Spirit,
one God, for ever and ever.

EVENING PRAYER II

HYMN

For all the saints who from their labours rest,
Who thee by faith before the world confess,
Thy name, O Jesu, be for ever blest.
Alleluia! Alleluia!

Thou wast their rock, their fortress and their might;
Thou, Lord, their captain in the well-fought fight;
Thou in the darkness drear their one true Light;
Alleluia! Alleluia!

O may thy soldiers, faithful, true and bold,
Fight as the saints who nobly fought of old,
And win, with them, the victor's crown of gold.
Alleluia! Alleluia!

O blest communion! fellowship divine!
We fight as they did, 'neath the holy sign;
And all are one in thee, for all are thine.
Alleluia! Alleluia!

PSALMODY

Ant. 1: If we trust in the Lord and do what is in our power, he will not abandon us.

Psalm 14(15)

Lord, who shall be admitted to your tent*
and dwell on your holy mountain?

He who walks without fault;*
he who acts with justice
and speaks the truth from his heart;*
he who does not slander with his tongue;

he who does no wrong to his brother,*
who casts no slur on his neighbour,
who holds the godless in disdain,*
but honours those who fear the Lord;

he who keeps his pledge, come what may;†
who takes no Interest on a loan*
and accepts no bribes against the innocent.
Such a man will stand firm for ever.

Ant. 1: If we trust in the Lord and do what is in our power, he will not abandon us.

Ant. 2: This servant proved himself faithful and wise; the Lord entrusted the care of his household to him.

Psalm 111(112)

Happy the man who fears the Lord,*
who takes delight in all his commands.
His sons will be powerful on earth;*
the children of the upright are blessed.

Riches and wealth are in his house;*
his justice stands firm for ever.
He is a light in the darkness for the upright.*
he is generous, merciful and just.

The good man takes pity and lends,*
he conducts his affairs with honour. --

The just man will never waver;*
he will be remembered for ever.

He has no fear of evil news;*
with a firm heart he trusts in the Lord.
With a steadfast heart he will not fear;*
he will see the downfall of his foes.

Open-handed, he gives to the poor;†
his justice stands firm for ever.*
His head will be raised in glory.

The wicked man sees and is angry,†
grinds his teeth and fades away;*
the desire of the wicked leads to doom.

Ant. 2: This servant proved himself faithful and wise;
the Lord entrusted the care of his household to him.

Ant. 3: Those who love me will keep my word, and
my Father will love them, and we shall come to them
and make our home in them.

Canticle: Rev 15:3-4

Great and wonderful are your deeds,*
O Lord God the Almighty!
Just and true are your ways,*
O King of the ages!

Who shall not fear and glorify your name, O Lord?*

For you alone are holy.
All nations shall come and worship you,*
for your judgments have been revealed.

Ant. 3: Those who love me will keep my word, and my Father will love them, and we shall come to them and make our home in them.

SCRIPTURE READING

Rom 5:3-5

But that is not all we can boast about; we can boast about our sufferings. These sufferings bring patience, as we know, and patience brings perseverance, and perseverance brings hope, and this hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us.

RESPONSORY

V. You will receive power when the Holy Spirit comes upon you.

R/. You will receive power when the Holy Spirit comes upon you.

V. You will be my witnesses even to the ends of the earth,

R/. when the Holy Spirit comes upon you.

V. Glory be.

R/. You will receive power when the Holy Spirit comes upon you.

Magnificat Ant.: May the Holy Triune God - the power of the Father, the wisdom of the Son and the love of the Holy Spirit - be known, loved and glorified by everyone.

(For Magnificat see page 159)

INTERCESSIONS

Through the intercession of St. Arnold, let us direct our petitions to the Triune God, saying:

R/. Glory to the Father, and to the Son, and to the Holy Spirit.

Merciful and loving Father, you care for all your creatures, - may the unloved, the unwanted, and the estranged experience your love. R/.

Jesus, Son of God and Word made flesh, you died on the cross to save us, - may all be touched by your grace. R/.

Holy Spirit, Comforter and Giver of life, - may the blind see, the oppressed go free, and the poor hear the Good News. R/.

O Holy Trinity, you are one in love, - may the Church and the world live in unity and peace. R/.

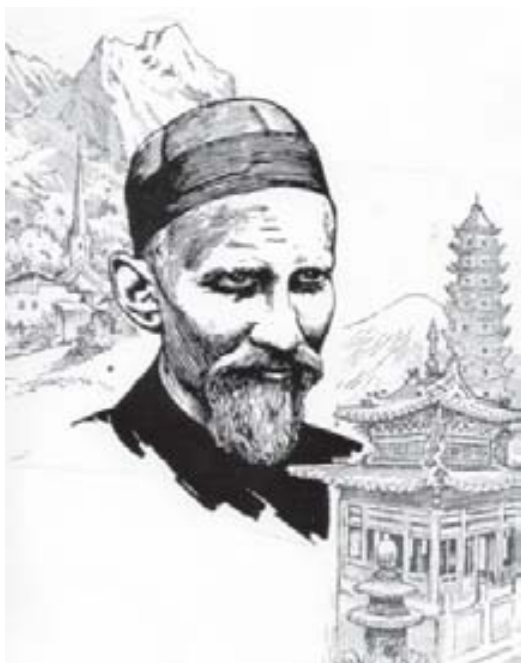
Jesus, you feed us with the Word and with the Bread of Life, - may we always be aware of your presence and your power in our lives. R/.

Jesus, may our deceased brothers and sisters enter into your heavenly kingdom, - grant them the light of your presence. R/.

Our Father (*see page 159*)

PRAYER

O God,
you continue to reconcile humanity
through your incarnate Word,
by the intercession of Saint Arnold, your priest,
graciously grant that,
freed from the darkness of sin
by the light of the Word and the Spirit of grace,
all peoples may walk in the way of salvation.
We ask this through our Lord Jesus Christ,
your Son, who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.



St. Joseph Freinademetz

January 29

SAINT JOSEPH FREINADEMETZ

Priest

Memorial

Joseph Freinademetz was born in Oies/Abtei in the diocese of Bressanone/Brixen in 1852, and was ordained a priest in 1875. He joined the Society of the Divine Word at Steyl, Netherlands, and was sent as a missionary to China in 1879. There he tirelessly proclaimed the Gospel until his death in Taikia on January 28, 1908.

MASS

INTRODUCTORY RITES

I have become all things to all,
to save at least some.

All this I do

for the sake of the Gospel. (1 Cor 9:22-23)

COLLECT

Almighty and merciful God,
your Spirit impelled your priest Saint Joseph
to bring the good news of salvation
to the people of China.

Aided by his prayers,

may all come to know Jesus

and the power of his cross and resurrection.

May they profess belief in him as their Redeemer,

who lives and reigns with you

and the Holy Spirit,

one God, for ever and ever.

FIRST READING

He has appointed me as a minister of Jesus Christ to make the gentiles acceptable as an offering

A reading from the letter of Paul

to the Romans

15:13 -19a, 20-21

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

I myself am convinced about you, my brothers and sisters, that you yourselves are full of goodness, filled with all knowledge, and able to admonish one another. But I have written to you rather boldly in some respects to remind you, because of the grace given me by God to be a minister of Christ Jesus to the Gentiles in performing the priestly service of the gospel of God, so that the offering up of the Gentiles may be acceptable, sanctified by the Holy Spirit.

In Christ Jesus, then, I have reason to boast in what pertains to God. For I will not dare to speak of anything except what Christ has accomplished through me to lead the Gentiles to obedience by word and deed, by the power of signs and wonders, by the power of the Spirit (of God).

Thus I aspire to proclaim the gospel not where Christ has already been named, so that I do not build on another's foundation, but as it is written: "Those who have never been told of him shall see, and those who have never heard of him shall understand."

The word of the Lord.

RESPONSORIAL PSALM Ps 98:1,2-3. 3-4. 5-6

R: All the ends of the earth have seen the saving power of God.

Sing to the Lord a new song,
for he has done wondrous deeds;
His right hand has won victory for him,
his holy arm. R.

The Lord has made his salvation known:
in the sight of the nations
he has revealed his justice.
He has remembered his kindness
and his faithfulness
toward the house of Israel. R.

All the ends of the earth have seen
the salvation by our God.
Sing joyfully to the Lord, all you lands;
break into song; sing praise. R.

Sing praise to the Lord with the harp,
with the harp and melodious song.
With trumpets and the sound of the horn
sing joyfully before the King, the Lord. R.

ALLELUIA

See Luke 4:18-19

R: Alleluia.

The Lord has sent me to bring glad tidings to
the poor, to proclaim liberty to captives.

R: Alleluia.

GOSPEL

The harvest is plentiful but the laborers are few.

**+ A reading from the holy Gospel
according to Luke**

10:1-9

After this the Lord appointed seventy-two others whom he sent ahead of him in pairs to every town and place he intended to visit. He said to them, "The harvest is abundant but the laborers are few; so ask the master of the harvest to send out laborers for his harvest. Go on your way; behold, I am sending you like lambs among wolves. Carry no money bag, no sack, no sandals; and greet no one along the way.

"Into whatever house you enter, first say, 'Peace to this household.' If a peaceful person lives there, your peace will rest on him; but if not, it will return to you. Stay in the same house and eat and drink what is offered to you, for the laborer deserves his payment. Do not move about from one house to another. Whatever town you enter and they welcome you, eat what is set before you, cure the sick in it and say to them, 'The kingdom of God is at hand for you.'"

The Gospel of the Lord.

PRAYER OVER THE GIFTS

Most loving God,
give to us who offer these gifts at your altar
the same spirit of love
that filled Saint Joseph.

By celebrating this sacred Eucharist
may we offer a sacrifice pleasing to you.
Grant this through Christ our Lord.

PREFACE

Witness of God's love and of the mission of the Church

Father, all-powerful and ever-living God,
we do well always and everywhere
to give you thanks.

You give us the joy of celebrating the feast
(memorial) of St. Joseph,
Priest according to your heart and
zealous missionary of the Chinese people.

In his unshakeable faith
you offer us sure light for our steps.

In his unfailing love
you show us the path of the Gospel
which unites races, cultures and nations.

With serene strength he embraced the cross,
trusting in the pierced heart of your Son
from which you gave birth to the Church,
mother of new nations
and guardian of the lowly and marginalized.

With steadfast love we sing your unending praise;
we join with the angels and saints in heaven
in their triumphant song:

Holy, holy, holy Lord...

COMMUNION RITE

I will gladly spend myself and be spent for your sakes.
(2 Cor 12:15)

PRAYER AFTER COMMUNION

Lord,
by the sacrament of the Eucharist
which we have received,
and by the example and missionary zeal
of Saint Joseph Freinademetz,
make us strong in the Spirit
so that we may offer faithful witness
to the truth of your Gospel.
We ask this in the name of Jesus the Lord.

INVITATORY

Invitatory Antiphon: How wonderful is God among his saints; come, let us adore him.

Psalm: see page 142

OFFICE OF READINGS

HYMN

The saints who toiled from place to place,
Spreading the Gospel of God's grace,
Now in their heavenly homeland dwell
With Christ, whom here they served so well.

Alert at thy command to go,
And everywhere thy word to sow,
They went, O Master, far and wide,
Eager, but yet unsatisfied.

Thine was the task they took in hand,
Thine their good news for every land,
Thine was their power, and thine again
Their passion for the souls of men.

PSALMODY

Ant. 1: If anyone wishes to be first, he must make himself last of all and servant of all.

Psalm 20(21): 2-8, 14

O Lord, your strength gives joy to the king;*
how your saving help makes him glad!
You have granted him his heart's desire;*
you have not refused the prayer of his lips.

You came to meet him
with the blessings of success,*
you have set on his head a crown of pure gold.
He asked you for life and this you have given,*
days that will last from age to age.

Your saving help has given him glory.*
You have laid upon him majesty and splendour,
you have granted your blessings to him for ever.*
You have made him rejoice with the joy of your
presence.

The king has put his trust in the Lord:*
through the mercy of the Most High*
he shall stand firm.

O Lord, arise in your strength;*
we shall sing and praise your power.

Ant. 1: If anyone wishes to be first, he must make
himself last of all and servant of all.

Ant. 2: When the chief shepherd appears, you will be
given the crown of unfading glory.

Psalm 91(92)

I

It is good to give thanks to the Lord*
to make music to your name, O Most High,
to proclaim your love in the morning*
and your truth in the watches of the night,
on the ten-stringed lyre and the lute,*
with the murmuring sound of the harp.

Your deeds, O Lord, have made me glad;*
for the work of your hands I shout with joy.
O Lord, how great are your works!*
How deep are your designs!
The foolish man cannot know this*
and the fool cannot understand.

Though the wicked spring up like grass*
and all who do evil thrive:
they are doomed to be eternally destroyed.*
But you, Lord, are eternally on high.

Ant. 2: When the chief shepherd appears, you will be
given the crown of unfading glory.

Ant. 3: Well done, good and faithful servant; come
and join in your Master's joy!

II

See how your enemies perish;*
all doers of evil are scattered.

Tome you give the wild-ox's strength;*
you anoint me with the purest oil. --

My eyes looked in triumph on ,my foes;*
my ears heard gladly of their fall.
The just will flourish like the palm-tree*
and grow like a Lebanon cedar.

Planted in the house of the Lord*
they will flourish-in the courts of our God,
still bearing fruit when they are old,*
still full of sap still green,
to proclaim that the Lord is just.*
In him, my rock, there is no wrong.

Ant. 3: Well done, good and faithful servant; come
and join in your Master's joy.

V. You will hear the word from my mouth.

R/. You will speak to them in my name.

FIRST READING

Phil 3:7-14

From the letter of Paul to the Philippians

*May I know Christ and the power of his resurrection and
the sharing of his sufferings.*

Whatever gains I had, these I have come to consider a loss because of Christ. More than that, I even consider everything as a loss because of the supreme good of knowing Christ Jesus my Lord. For his sake I have accepted the loss of all things and I consider them so much rubbish, that I may gain Christ and be found in him, not having any righteousness of my own based on the law but that which comes through faith in Christ, the righteousness from God, depending on faith to know him and the power of

his resurrection and (the) sharing of his sufferings by being conformed to his death, if somehow I may attain the resurrection from the dead. It is not that I have already taken hold of it or have already attained perfect maturity, but I continue my pursuit in hope that I may possess it, since I have indeed been taken possession of by Christ (Jesus). Brothers and sisters, I for my part do not consider myself to have taken possession. Just one thing: forgetting what lies behind but straining forward to what lies ahead, I continue my pursuit toward the goal, the prize of God's upward calling, in Christ Jesus.

The Word of the Lord.

RESPONSORY

See 2 Cor 12:9-10

- V. My grace is enough for you, my power is at its best in weakness.
- R/. When I am weak, then I am strong.
- V. I am content with weaknesses, insults, hardships and persecutions for the sake of Christ.
- R/. When I am weak, then I am strong.

SECOND READING

From the Rules for Catechists of Saint Joseph Freinademetz

(Manual used by missionaries in the Apostolic Vicariate of South Shandong, third edition, 1895, Puoli).

The Dignity of the Missionary

In the beginning of his redemptive work, Jesus sent Peter and the other apostles to proclaim the Gospel. You who today continue to preach the good news are likewise apostles. People, weighed down by error, are like sheep without a shepherd. It is your task to help them and to lead them to green pastures, for the sheep are going astray for want of a shepherd. You are to be helmsmen for people on the sea of life, tossed about by storms of various kinds. If there is no pilot the ship will surely flounder. You are to be generals of troops at war against the enemy. An army has no morale if there are no leaders. When the sun does not shine the world is wrapped in gloom. When flowers are deprived of dew and rain they soon wither. Likewise, if there is no one to proclaim the Gospel, people do not draw near to the Lord.

Above all else be devoted to the Holy Spirit, if you would persevere to the end and would spread the faith effectively. In Jesus' time those who were taught by him remained uncertain and lacked courage. However, when the Holy Spirit came down from heaven and filled the hearts of the apostles and the faithful they were no longer afraid of anything. Relentlessly they carried out their task.

When the great emperors and wise teachers no longer flourished in China, the earlier virtues of the people began to disappear. People of good will, however, eagerly awaited messengers who would lead them along the true way, preaching Jesus as the apostles did. You fill the desires of these people as you faithfully proclaim the Gospel among them today.

RESPONSORY

See Isaiah 66:19, 23

- V. I will send them to the distant coastlands that have never heard of my fame or seen my glory.
- R/. They shall proclaim my glory among the nations.
- V. All peoples will come to bow down in my presence.
- R/. They shall proclaim my glory among the nations.

PRAYER

Almighty and merciful God,
your Spirit impelled your priest Saint Joseph
to proclaim the good news of salvation
to the people of China.
Aided by his prayers,
may all come to know Jesus
and the power of his cross and resurrection.
May they profess belief in him as their Redeemer,
who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.

MORNING PRAYER

HYMN

The saints who toiled from place to place,
Spreading the Gospel of God's grace,
Now in their heavenly homeland dwell
With Christ, whom here they served so well.

Alert at thy command to go,
And everywhere thy word to sow,
They went, O Master, far and wide,
Eager, but yet unsatisfied.

Thine was the task they took in hand,
Thine their good news for every land,
Thine was their power, and thine again
Their passion for the souls of men.

PSALMODY (*see page 144*)

Ant. 1: May the glory of God, which shines on the face of Jesus Christ, enlighten all through the Holy Spirit.

Ant. 2: How beautiful upon the mountains are the feet of those who bring Good News.

Ant. 3: Of all the places in the world, the very best for us is the one where God wants us to be.

SCRIPTURE READING

Rom 8:35, 37-39

What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? No, in all these things we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.

RESPONSORY

See 2 Cor 1:3-4

V. Blessed be the God and Father of our Lord Jesus Christ, who comforts us in all our sorrows.

R/. Blessed be the God and Father of our Lord Jesus Christ, who comforts us in all our sorrows.

V. Our strength comes from the Lord Jesus Christ,

R/. who comforts us in all our sorrows.

V. Glory be.

R/. Blessed be the God and Father of our Lord Jesus Christ, who comforts us in all our sorrows.

Benedictus Ant.: People will not draw near to God if there is no one to preach the Gospel of Christ crucified, who is the power and the wisdom of God.

(For Benedictus see page 158)

INTERCESSIONS

Christ is the Good Shepherd who laid down his life for his sheep. May the petitions we present to Him, through the intercession of Saint Joseph, be granted by God the Father Almighty:

R/. Listen to your people, Lord.

You have continually provided your Church with shepherds to lead your flock, - may there always be dedicated missionaries and pastors to gather your people. *R/.*

You have called men and women to lead holy lives, - may there always be disciples willing to lead lives of evangelical poverty, consecrated chastity, and apostolic obedience. *R/.*

Send the Holy Spirit to be the Church's comforter and advocate, - may the love and power of your Spirit strengthen us in our mission. *R/.*

You healed the sick and cast out demons, - may we learn to comfort those who suffer. *R/.*

You can be found in the least of our brothers and sisters, - may we learn to welcome the stranger, feed the hungry, and share with those in need. *R/.*

Our Father (*see page 159*)

PRAYER

Almighty and merciful God,
your Spirit impelled your priest Saint Joseph
to proclaim the good news of salvation
to the people of China.
Aided by his prayers,
may all come to know Jesus
and the power of his cross and resurrection.
May they profess belief in him as their Redeemer,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever.

EVENING PRAYER

HYMN

Who are these, like stars appearing,
These before God's throne who stand?
Each a golden crown is wearing;
Who are all this glorious band?
Alleluia, hark! they sing,
Praising loud their heav'nly King.

These are they who have contended;
For their Saviour's honour long,
Wrestling on till life was ended,
Following not the sinful throng;
These, who well the fight sustained,
Triumph through the Lamb have gained.

These your priests have watched and waited,
Offering up to Christ their will,
Soul and body consecrated,
Day and night to serve him still:
Now, in God's most holy place
Blest they stand before his face.

PSALMODY

Ant. 1: There is no greater love than to lay down your life for your friends.

Psalm 14(15)

Lord, who shall be admitted to your tent*
and dwell on your holy mountain?

He who walks without fault;*
he who acts with justice
and speaks the truth from his heart;*
he who does not slander with his tongue;

he who does no wrong to his brother,*
who casts no slur on his neighbour,
who holds the godless in disdain,*
but honours those who fear the Lord;

he who keeps his pledge, come what may;†
who takes no Interest on a loan*
and accepts no bribes against the innocent.
Such a man will stand firm for ever.

Ant. 1: There is no greater love than to lay down your
life for your friends.

Ant. 2: I do all this for the sake of the Gospel that I
may share its blessings with others.

Psalm 111(112)

Happy the man who fears the Lord,*
who takes delight in all his commands.
His sons will be powerful on earth;*
the children of the upright are blessed.

Riches and wealth are in his house;*
his justice stands firm for ever.
He is a light in the darkness for the upright.*
he is generous, merciful and just.

The good man takes pity and lends,*
he conducts his affairs with honour.
The just man will never waver:*
he will be remembered for ever.

He has no fear of evil news,*
with a firm heart he trusts in the Lord.
With a steadfast heart he will not fear;*
he will see the downfall of his foes.

Open-handed, he gives to the poor;†
his justice stands firm for ever.*
His head will be raised in glory.

The wicked man sees and is angry,†
grinds his teeth and fades away;*
the desire of the wicked leads to doom.

Ant. 2: I do all this for the sake of the Gospel that I
may share its blessings with others.

Ant. 3: The language that all people understand is
the language of love.

Canticle: Rev 15:3-4

Great and wonderful are your deeds,*
O Lord God the Almighty!
Just and true are your ways,*
O King of the ages!

Who shall not fear and glorify your name, O Lord?*

For you alone are holy.
All nations shall come and worship you,*
for your judgments have been revealed.

Ant. 3: The language that all people understand is the language of love.

SCRIPTURE READING

I Cor 1:17-18

For Christ did not send me to baptize but to preach the Gospel, and not with the wisdom of human eloquence, so that the cross of Christ might not be emptied of its meaning. The message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

RESPONSORY

See 1 Cor 1:23-24; 2:2

V. We proclaim Christ crucified, the power of God and the wisdom of God.

R/. We proclaim Christ crucified, the power of God and the wisdom of God.

V. I resolved to know nothing except Jesus Christ, and him crucified,

R/. the power of God and the wisdom of God.

V. Glory be.

R/. We proclaim Christ crucified, the power of God and the wisdom of God.

Magnificat Ant.: The Good Shepherd lays down his life for the sheep.

(For Magnificat see page 159)

INTERCESSIONS

Christ is the Good Shepherd who knows his sheep and calls them by name. Through the intercession of Saint Joseph, let us ask him:

R/. Lord, open our hearts to your call.

Look with mercy on the flock you have gathered together in your name, - may there be unity and peace among all your disciples. *R/.*

Nourish the Church at the table of the Word and of the Eucharist, - may we be strengthened in our mission of sharing the Gospel. *R/.*

You have other sheep which do not belong to our fold, - may people from every nation, culture, and religion recognize your voice and follow you. *R/.*

Gather together all those who suffer or feel rejected, - grant your help to those who are in need of your love. *R/.*

You were willing to live as a stranger in our world, - may we learn to accept all people as our brothers and sisters. *R/.*

Remember all the dead who dedicated their lives to the propagation of the faith, - may they live in the eternal glory of your kingdom. *R/.*

Our Father (*see page 159*)

PRAYER

Almighty and merciful God,
your Spirit impelled your priest Saint Joseph
to proclaim the good news of salvation
to the people of China.
Aided by his prayers,
may all come to know Jesus
and the power of his cross and resurrection.
May they profess belief in him as their Redeemer,
who lives and reigns with you
and the Holy Spirit, one God, for ever and ever.



Bl. Josepha H. Stenmanns

May 20

BLESSED JOSEPHA HENDRINA STENMANNS

Religious and Co-foundress

Optional Memorial

Mother Josepha (Hendrina) Stenmanns was born on May 28, 1852 in Issum, Muenster Diocese, Germany. Already in early childhood she gave help to the poor and the sick. On February 12, 1884, she went to Steyl. There, on December 8, 1889, Arnold Janssen founded the Mission Congregation of the Servants of the Holy Spirit of which she became a co-foundress. An outstanding characteristic of Mother Josepha was her great love for the Blessed Trinity, especially the Holy Spirit, as well as for the Blessed Virgin Mary and St. Joseph. From December 1898 until her death on May 20, 1903, she led the Congregation as superior.

(From the Common of Women Saints)

MASS

COLLECT*

O God,
who through the inspiration of the Holy Spirit,
led Blessed Josepha, Virgin,
to dedicate her life to the spread of the faith,
grant us through her intercession
that, always growing in love,
we may bear witness in the world
to your goodness.

We ask this through your Son,
our Lord Jesus Christ,
who lives and reigns with you
in the unity of the Holy Spirit,
one God for ever and ever . Amen.

PRAYER OVER THE GIFTS*

Accept our offering,
Lord, as we celebrate
the memory of Blessed Josepha Stenmanns;
through her intercession
fill us with a spirit of kindness and humility,
so that we may always serve you
in fidelity and perseverance.
Through Christ our Lord.

PRAYER AFTER COMMUNION*

God our Father,
through the sacrament we have received
help us to follow the example
of Blessed Josepha Stenmanns
and serve you in our brothers and sisters
in a spirit of kindness and love.
Through Christ our Lord.

**This English translation of the prayers is only provisional.
It has not yet been approved by the Congregation for the
Sacraments and Divine Worship.*

INVITATORY

Invitatory Antiphon: The Lord is the king of virgins; come, let us adore him.

Psalm: see page 142

OFFICE OF READINGS

HYMN

Praise we the woman who, endued
With high heroic fortitude,
Has won renown that shall not die,
A place among the saints on high.

Such holy love inflamed her breast,
She would not seek on earth her rest,
But, strong in faith and patience, trod
The narrow path that leads to God.

Restraining every froward sense
By gentle bonds of abstinence,
With prayer her hungry soul she fed,
And thus to heavenly joys hath sped.

O Christ, the strength of all the strong,
To whom alone high deeds belong,
Through her prevailing prayer on high
In mercy hear thy people's cry.

All praise to God the Father be,
All praise, eternal Son, to thee,
Whom with the Spirit we adore
For ever and for evermore. Amen.

PSALMODY

Ant. 1: Her mouth spoke wisdom; the law of compassion was on her tongue.

Psalm 18(19) A 2-7

The heavens proclaim the glory of God*
and the firmament shows forth
the work of his hands.

Day unto day takes up the story*
and night unto night makes known the message.

No speech, no word, no voice is heard†
yet their span extends through all the earth,*
their words to the utmost bounds of the world.

There he has placed a tent for the sun;†
it comes forth like a bridegroom
coming from his tent,*
rejoices like a champion to run its course.

At the end of the sky is the rising of the sun;†
to the furthest end of the sky is its course.*
There is nothing concealed from its burning heat.

Ant. 1: Her mouth spoke wisdom; the law of compassion was on her tongue.

Ant. 2: The holy women who trusted in the Lord sang
a hymn of praise in their hearts.

Psalm 44(45)

I

My heart overflows with noble words.†
To the king I must speak the song I have made,*
my tongue as nimble as the pen of a scribe.

You are the fairest of the children of men†
and graciousness is poured upon your lips:*
because God has blessed you for evermore.

O mighty one, gird your sword upon your thigh;†
in splendour and state, ride on in triumph*
for the cause of truth and goodness and right.

Take aim with your bow
in your dread right hand,†
Your arrows are sharp: peoples fall beneath you.*
The foes of the king fall down and lose heart.

Your throne, O God, shall endure for ever,†
A sceptre of justice is the sceptre of your kingdom.*
Your love is for justice; your hatred for evil.

Therefore God, your God, has anointed you†
with the oil of gladness above other kings:*
your robes are fragrant with aloes and myrrh.

From the ivory palace you are greeted with music.†
The daughters of kings
are among your loved ones.*
On your right stands the queen in gold of Ophir.

Ant. 2: The holy women who trusted in the Lord sang a hymn of praise in their hearts.'

Ant. 3: They are led to the Lord amid gladness and joy.

II

Listen, O daughter, give ear to my words:*
forget your own people and your father's house.
So will the king desire your beauty:*
He is your lord, pay homage to him.

And the people of Tyre shall come with gifts,*
the richest of the people shall seek your favour.
The daughter of the king
is clothed with splendour,*
her robes embroidered with pearls set in gold.

She is led to the king
with her maiden companions,†
They are escorted amid gladness and joy;*
they pass within the palace of the king.

Sons shall be yours in place of your fathers:*
you will make them princes over all the earth.
May this song make your name
for ever remembered.*
May the peoples praise you from age to age.

Ant. 3: They are led to the Lord amid gladness and joy.

V. The thoughts of my heart are always before you.

R/. Lord, you are my rescuer, my redeemer.

FIRST READING

Rom 12:1-21

A reading from the letter of St Paul to the Romans

The Christian life, a spiritual worship

I appeal to you, brethren, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect.

For by the grace given to me I bid every one among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith which God has assigned him. For as in one body we have many members, and all the members do not have the same function, so we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness.

Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly

affection; outdo one another in showing honour. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practise hospitality.

Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; never be conceited. Repay no one evil for evil, but take thought for what is noble in the sight of all. If possible, so far as it depends upon you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God; for it is written, 'Vengeance is mine, I will repay, says the Lord.' No, 'if your enemy is hungry, feed him; if he is thirsty, give him drink; for by so doing you will heap burning coals upon his head'. Do not be overcome by evil, but overcome evil with good.

RESPONSORY

Rom 12:12; Eph 4:23-24

- V. Be transformed by the renewal of your mind, * that you may prove what is the will of God, what is good and acceptable and perfect.
- R/. You must be made new in mind and spirit and put on the new nature, * that you may prove what is the will of God, what is good and acceptable and perfect.

SECOND READING

From letters of Mother Josepha to individual Sisters

(14 May 1901, 11 December 1899, September 1900, 26 August 1902)

The Spirit of a Missionary Sister

Your kind letter gave me much joy. Thank you for sharing everything with me simply and candidly; the good Lord will reward you.

Take great pains in the exercise of your task. Impress on the Sisters that they are to become and remain faithful members of the Congregation. Instill in them great respect for Reverend Father Superior and the other superiors. Pray much to the Holy Spirit, whose servants we are and who has gathered us together in love, that he will preserve us in love.

You have many worries right now. The larger the house, the more you need to be everywhere at once. But do not become discouraged, the good Lord will help you; if you mean well, all will go well. Accustom yourself to guiding the sisters gently and patiently. But when you regard something as good, you must keep to it firmly. Otherwise only with love.

Just be truly sincere and insignificant in your own eyes; then all will go well. Earn the children's trust through love, for love wins hearts. If it becomes rather difficult at times, recall how you promised Jesus Christ fidelity until death; therefore do not draw back from the plow. Cheerfulness and good humor are part of sanctity, and they keep the soul peaceful. Often pray ejaculations; they relieve the heart.

Be quite open with the confessor and cultivate great respect for Sister Superior. Let us pray fervently that God's holy will may be done, for the will of God is the highest. Sacrifices have to be made in the missions. They are a sign that it is God's work. How short this earthly life is. Maintain courage and peace of heart.

How foolish it is when we have all kinds of wishes. Let us live from hour to hour, from day to day and leave the future to God. He will care for us like a loving Father.

Dear Sisters, begin again with new courage and trust; the Holy Spirit will give you strength and stamina. Be peace-loving and willing to make sacrifices and help lighten the heavy burden of the superiors through mutual sisterly love. God's work has to be purified through suffering like gold in the furnace.

RESPONSORY

Acts 1,8; Lk 10,2

- V. The harvest is rich but the workers are few;* therefore ask the harvest-master to send workers to his harvest.
- R. Therefore ask the harvest-master to send workers to his harvest.
- V. You will receive power when the Holy Spirit comes down on You; then You are my witnesses even to the ends of the earth.
- R. Therefore ask the harvest-master to send workers to his harvest.

PRAYER

O God,
who through the inspiration of the Holy Spirit,
led Blessed Josepha, Virgin,
to dedicate her life to the spread of the faith,
grant us through her intercession
that, always growing in love,
we may bear witness in the world
to your goodness.

We ask this through our Lord Jesus Christ,
your Son, who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.

MORNING PRAYER

HYMN

Praise we the woman who, endued
With high heroic fortitude,
Has won renown that shall not die,
A place among the saints on high.

Such holy love inflamed her breast,
She would not seek on earth her rest,
But, strong in faith and patience, trod
The narrow path that leads to God.

Restraining every froward sense
By gentle bonds of abstinence,
With prayer her hungry soul she fed,
And thus to heavenly joys hath sped.

O Christ, the strength of all the strong,
To whom alone high deeds belong,
Through her prevailing prayer on high
In mercy hear thy people's cry.

All praise to God the Father be,
All praise, eternal Son, to thee,
Whom with the Spirit we adore
For ever and for evermore. Amen.

PSALMODY (*see page 144*)

Ant. 1: My soul clings to you; your right hand holds me fast.

Ant. 2: God's own right hand has given you strength; may you be blessed for ever.

Ant. 3: I will exult, Lord, and rejoice in your love.

SCRIPTURE READING

Rom 12:1-2

My brothers, I implore you by God's mercy to offer your very selves to him: a living sacrifice, dedicated and fit for his acceptance, the worship offered by mind and heart. Adapt yourselves no longer to the pattern of this present world, but let your minds be remade and your whole nature thus transformed. Then you will be able to discern the will of God, and to know what is good, acceptable, and perfect.

RESPONSORY

V. God is her help; she will not be moved.

R/. God is her help; she will not be moved.

V. The Lord is with her.

R/. God is her help; she will not be moved.

V. Glory be.

R/. God is her help; she will not be moved.

Benedictus Ant.: Whoever does the will of my Father, says the Lord, is my brother, and sister, and mother.

(For Benedictus see page 158)

INTERCESSIONS

With all the holy women let us praise our Saviour and call on him in prayer.

R/. Come, Lord Jesus.

Lord Jesus, you said of the woman who was a sinner, 'Her many sins are forgiven, because she has loved much'; - grant us your forgiveness for our many sins.

R/.

Lord Jesus, women ministered to your needs on your saving journeys; - open our eyes to see you in those who need our help. *R/.*

Lord and master, Mary listened to your teaching and Martha did the serving; - may our faith grow ever deeper and our love go out to others. *R/.*

Lord Jesus, you called those who do God's will your brother and sister and mother; - teach us to live as members of your family. *R/.*

Our Father (*see page 159*)

PRAYER

O God,
who through the inspiration of the Holy Spirit,
led Blessed Josepha, Virgin,
to dedicate her life to the spread of the faith,
grant us through her intercession
that, always growing in love,
we may bear witness in the world
to your goodness.

We ask this through our Lord Jesus Christ,
your Son, who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.

EVENING PRAYER

HYMN

Lord God, we give you thanks for all your saints
Who sought the trackless footprints of your feet,
Who took into their own a hand unseen
And heard a voice whose silence was complete.

In every word and deed they spoke of Christ,
And in their life gave glory to his name;
Their love was unconsumed, a burning bush
Of which the Holy Spirit was the flame.

Blest Trinity, may yours be endless praise
For all who lived so humbly in your sight;
Your holy ones who walked dark ways in faith
Now share the joy of your unfailing light.

PSALMODY

Ant. 1: Lord, your servant rejoices, because you have saved her.

Psalm 121(121)

I rejoiced when I heard them say: *
'Let us go to God's house.'
And now our feet are standing *
within your gates, O Jerusalem.

Jerusalem is built as a city *
strongly compact. --

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

For Israel's law it is,*
there to praise the Lord's name.
There were set the thrones of judgment*
of the house of David.

For the peace of Jerusalem pray:*
'Peace be to your homes!
May peace reign in your walls,*
in your palaces, peace!'

For love of my brethren and friends*
I say: 'Peace upon you!'
For love of the house of the Lord*
I will ask for your good.

Ant. 1: Lord, your servant rejoices, because you have
saved her.

Ant. 2: Like everlasting foundations on a rock are the
commandments of God in the heart of a good woman.

Psalm 126(127)

If the Lord does not build the house,*
in vain do its builders labour;
if the Lord does not watch over the city,*
in vain does the watchman keep vigil.

In vain is your Earlier rising,*
your going later to rest,
you who toil for the bread you eat:* --

when he pours gifts on his beloved
while they slumber.

Truly sons are a gift from the Lord,*
a blessing, the fruit of the womb.
Indeed the sons of youth*
are like arrows in the hand of a warrior;

O the happiness of the man,*
who has filled his quiver with these arrows!
He will have no cause for shame
when he disputes with his foes in the gateways.

Ant. 2: Like everlasting foundations on a rock are the
commandments of God in the heart of a good woman.

Ant. 3: God's own hand has given her strength; she
will be blessed for ever.

Canticle: Eph 1:3-16

Blessed be the God and Father*
of our Lord Jesus Christ,
who has blessed us in Christ*
with every spiritual blessing in the heavenly places.

He chose us in him*
before the foundation of the world,
that we should be holy*
and blameless before him.

He destined us in love*
to be his sons through Jesus Christ,
according to the purpose of his will. † --

to the praise of his glorious, grace.*
which he freely bestowed on us in the Beloved.

In him we have redemption through his blood,*
the forgiveness of our trespasses,
according to the riches of his grace*
which he lavished upon us.

He has made known to us†
in all wisdom and insight*
the mystery of his will,
according to his purpose*
which he set forth in Christ,

His purpose he set forth in Christ,*
as a plan for the fulness of time,
to unite all things in him,*
things in heaven and things on earth.

Ant. 3: God's own hand has given her strength; she
will be blessed for ever.

SCRIPTURE READING

Rom 8:28-30

We are well assured that everything helps to secure the good of those who love God, those whom has called in fulfilment of his design. All those who from the first were known to him, he has destined from the first to be moulded into the image of his Son, who is thus to become the eldest-born among many brethren. So predestined, he called them; so called, he justified them; so justified, he glorified them.

RESPONSORY

V. God has chosen her. He chose her before she was born.

R/. God has chosen her. He chose her before she was born.

V. He brought her to live in his own dwelling place.

R/. God has chosen her. He chose her before she was born.

V. Glory be.

R/. God has chosen her. He chose her before she was born.

Magnificat Ant.: You have left all things and have followed me; you will be repaid a hundred times over, and gain eternal life.

(For Magnificat see page 159)

INTERCESSIONS

Through the holy women let us pray to the Lord for all the needs of his Church.

R/. Lord, remember your Church.

Through the women martyrs who overcame death with undying courage - strengthen your Church in time of trial. R/.

Through the married women who graced the lives of the human family - renew the Church in her apostolic mission. R/.

Through all the widows who sanctified loneliness with prayer and hospitality - make your Church a telling sigh of your love for all the world. R/.

Through all the mothers who introduced their children to the kingdom of God and true human life in society - may your Church bring all men to eternal life and salvation. R/.

Through all the holy women who live in the light of your glory - grant to the faithful departed the everlasting vision of happiness. R/.

Our Father (*see page 159*)

PRAYER

O God,
who through the inspiration of the Holy Spirit,
led Blessed Josepha, Virgin,
to dedicate her life to the spread of the faith,
grant us through her intercession
that, always growing in love,
we may bear witness in the world
to your goodness.

We ask this through our Lord Jesus Christ,
your Son, who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.



Bl. Louis Mzyk

Bl. Gregory Frackoowiak

Bl. Aloysius Liguda

Bl. Stanislaus Kubista

June 12

**BLESSED LOUIS MZYK,
STANISLAUS KUBISTA,
ALOYSIUS LIGUDA,
GREGORY FRACKOWIAK**

Religious and Martyrs

Optional Memorial

The four Blessed martyrs, Louis Mzyk (1905-1940), Stanislaus Kubista (1898-1940), Aloysius Liguda (1898-1942), priests, and Gregory Frackowiak (1911-1943), religious, all were members of the Society of the Divine Word. As priests, missionaries, and religious, they were outstanding for their ardent zeal and exemplary devotion in the most diverse activities of ecclesial and religious life. During the Second World War they faithfully bore witness to their vocation and to evangelical values by martyrdom, which took place in concentration camps and special prisons.

(From the Common of Martyrs)

MASS

COLLECT

Almighty and eternal God,
who gave the blessed martyrs
the priest Louis Mzyk, and his companions
the grace to suffer for Christ,
help us in our weakness;
as they did not hesitate to die for you,
grant that we may also live courageously
by confessing your name.
Through our Lord Jesus Christ your Son,
who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.

INVITATORY

Invitatory Antiphon: The Lord is the king of martyrs; come, let us adore him.

Psalm: see page 142

OFFICE OF READINGS

HYMN

The martyrs living now with Christ
In suffering were tried,
Their anguish overcome by love,
When on his cross they died.

Across the centuries they come,
In constancy unmoved.
Their loving hearts make no complaint;
In silence they are proved.

No man has ever measured love,
Or weighed it in his hand,
But God who knows the inmost heart,
Gives them the promised land.

Praise Father, Son and Spirit blest
Who guide us through the night
In ways that reach beyond the stars
To everlasting light.

PSALMODY

Ant 1: The blood of the holy martyrs was shed, for Christ on this earth; therefore have they received their reward in heaven.

Psalm 2

Why this tumult among nations,*
among peoples this useless murmuring?
They arise, the kings of the earth,*
princes plot against the Lord and his Anointed.
'Come, let us break their fetters,*
come, let us cast off their yoke.'

He who sits in the heavens laughs;*
the Lord is laughing them to scorn.
Then he will speak in his anger,*
his rage will strike them with terror.
'It is I who have set up my king*
on Sion, my holy mountain.'

I will announce the decree of the Lord:†
The Lord said to me: 'You are my Son.*
It is I who have begotten you this day.
Ask and I shall bequeath you the nations,*
put the ends of the earth in your possession.
With a rod of iron you will break them;*
shatter them like a potter's jar.'

Now, O kings, understand,*
take warning, rulers of the earth;
serve the Lord with awe*
and trembling, pay him your homage
lest he be angry and you perish;*
for suddenly his anger will blaze.
Blessed are they who put their trust in God.

Ant. 1: The blood of the holy martyrs was shed for Christ on this earth; therefore have they received their reward in heaven.

Ant. 2: These holy men will live for ever; the Lord himself is their reward.

Psalm 32(33)

I

Ring out your joy to the Lord, O you just;*
'for praise is fitting for loyal hearts.

Give thanks to the Lord upon the lyre,*
with a ten-stringed harp sing him songs.
O sing him a song that is new,*
play loudly, with all your skill.

For the word of the Lord is faithful*
and all his works to be trusted.
The Lord loves justice and right*
and fills the earth with his love.

By his word the heavens were made,*
by the breath of his mouth all the stars!
He collects the waves of the ocean;*
he stores up the depths of the sea.

Let all the earth fear the Lord,*
all who live in the world revere him.
He spoke; and it came to be.*
He commanded; it sprang into being.

He frustrates the designs of the nations,*
he defeats the plans of the peoples.
His own designs shall stand for ever,*
the plans of his heart from age to age.

Ant. 2: These holy men will live for ever; the Lord himself is their reward.

Ant. 3: Come, my saints, who fought valiantly in this world; I will give you the reward of your labours.

II

They are happy, whose God is the Lord,*
the people he has chosen as his own.
From the heavens the Lord looks forth,*
He sees all the children of men.

From the place where he dwells he gazes*
on all the dwellers on the earth,
he who shapes the hearts of them all*
and considers all their deeds.

A king is not saved by his army,*
nor a warrior preserved by his strength.
A vain hope for safety is the horse,*
despite its power it cannot save.

The Lord looks on those who revere him,*
on those who hope in his love,
to rescue their souls from death,*
to keep them alive in famine.

Our soul is waiting for the Lord.*
The Lord is our help and our shield.
In him do our hearts find joy.*
We trust in his holy name.

May your love be upon us, O Lord,*
as, we place all our hope in you.

Ant. 3: Come, my saints, who fought valiantly in this world; I will give you the reward of your labours.

V. Our soul is waiting for the Lord.

R/. The Lord is our help and our shield.

FIRST READING

Rom 8:18-39

A reading from the letter of St Paul to the Romans

*Nothing can separate us from the love of God
which comes to us in Christ Jesus*

I do not count these present sufferings as the measure of that glory which is to be revealed in us. If creation is full of expectancy, that is because it is waiting for the sons of God-to be made known. Created nature has been, condemned to frustration; not for some deliberate fault of its own, but for the sake, of him who so condemned it, with a hope to look forward to; namely, that nature in its turn will be set free from the tyranny of corruption, to share in the glorious freedom of God's sons. The whole of nature, as we know, groans in a common travail: all the while. And not only do we see that, but we ourselves do the same; we ourselves, although we have already begun to reap our spiritual harvest, groan in our hearts, waiting for that adoption which is the ransoming of our bodies from their slavery. It must be so, since our salvation is founded upon the hope of something. Hope would not be hope at all if its object were, in view; how could a man still hope for something which he sees? And if we are hoping for something still unseen, then we need endurance to wait for it. Only, as before, the Spirit comes to the aid of our weakness;

when we do not know what prayer to offer, to pray as we ought, the Spirit himself intercedes for us, with groans beyond all utterance: and God, who can read our hearts, knows well what the Spirit's intent is; for indeed, it is according to the mind of God that he makes intercession for the saints.

Meanwhile, we are well assured that everything helps to secure the good of those who love God, those whom he has called in fulfilment of his design. All those who from the first were known to him, he has destined from the first to be moulded into the image of his Son, who is thus to become the eldest-born among many brethren. So predestined, he called them; so called, he justified them; so justified, he glorified them. When that is said, what follows? Who can be our adversary, if God is on our side? He did not even spare his own Son, but gave him up for us all; and must not that gift be accompanied by the gift of all else? Who will come forward to accuse God's elect, when God acquits us? Who will pass sentence against us, when Jesus Christ, who died, nay, has risen again, and sits at the right hand of God, is pleading for us? Who will separate us from the love of Christ? Will affliction, or distress, or persecution, or hunger, or nakedness; or peril, or the sword? For your sake, says the scripture, we face death at every moment, reckoned no better than sheep marked down for slaughter. Yet in all this we are conquerors, through him who has granted us his love. Of this I am fully persuaded; neither death nor life, no angels or principalities or powers; neither what is present nor what is to come, no force whatever, neither the height "above us nor the depth beneath us, nor any other

created thing, will be able to separate us from the love of God, which comes to us in Christ Jesus our Lord.

RESPONSORY

Mt 5: 44-45,48

- V. Love your enemies, do good to those who hate you, pray for those who persecute and insult you; * in this way you will be true sons of your Father in heaven.
- R/. You are to be perfect as your heavenly Father is perfect * in this way you will be true sons of your Father in heaven.

SECOND READING

From the writings of Blessed Aloysius Liguda

(Aloysius Liguda, "Audi Filia!". Gorna Grupa. 1949, pp. 69-70)

Pray the Lord of the harvest

Prayer for the missions is not the fruit of some fanatic human devotion but a lively desire - better still, it is an explicit command of the Savior. Jesus, although recommending that we pray with persistence, was very cautious about proposing particular intentions. He entrusted us with only one intention: that of praying for the extension of the Kingdom of God on earth. This was Jesus' most fervent desire.

Once, while contemplating fields white with grain, Jesus said to the Apostles: "The harvest is plentiful,

but the laborers are few; pray therefore the Lord of the harvest to send out laborers into his harvest” (Lk 10:2). What was Jesus thinking of? Of that barley or wheat that was before them? Certainly not! Before his eyes extended that immense crowd which for centuries was destined for the granaries of heaven but to which no one was paying any attention.

Another time, seeing the crowd which was accompanying him in the desert, he felt compassion for them because they were tired and worn out, like sheep without a shepherd (cf. Mt 9:36). “And I have other sheep, that are not of this fold; I must bring them also, and they will heed my voice. So there shall be one flock, one shepherd” (Jn 10:16). Jesus expressed the same thought in the prayer directed to the Father in the Upper Room: “ut sint unum that they may be one” (Jn 17:11). It is the principal motive which moves the heart of Jesus. It is the important theme of his testament revealed on Holy Thursday. Even on Calvary, from the height of the cross, the same yearning surfaces again: “Sitis -1 thirst” (Jn 19:28). Jesus was thirsting for the salvation of the world.

Jesus recommended prayer for the missions. Certainly he himself had prayed for this. Also the saints showed great concern for the missions, especially for prayer on behalf of the missions. How could they not recall the words of St. Paul: “Woe to me if I do not preach the Gospel” (1 Cor 9:16). We know that St. Francis Xavier, even when overwhelmed by work, dedicated 5-6 hours of prayer every day for the salvation of souls.

Belonging to the Church and solidarity with all its members also encourages a fervent and incessant prayer for the missions. The prayer of Moses on the mountain becomes significant for us. As long as he prayed with his arms raised toward heaven, the Israelites were winning; when he got tired and lowered them, the Amalekites were winning. We too should do as Moses did.

“Ask of me, and I will make the nations your heritage, and the ends of the earth your possession” (Ps 2:8). Even if we did not know the importance of our prayer for the missions, even if missionaries never asked us for it, we should give it preference for at least one reason: it is the most noble prayer, for it is dictated only by love. It leads us to forget our own needs and to make the desires of Christ our own: Our Father who art in heaven, hallowed be thy name; thy kingdom come; thy will be done, on earth as it is in heaven.

We often complain that our prayers are not granted. Why does not God grant them? Because we do not always ask what is pleasing to God. If you want your prayers granted, pray for the missions.

Let no one say: I am too busy, I cannot also concern myself with the missions. But what are your obligations compared with the task of earning the world for Christ the King! This is what I tell you: If you are interested in the affairs of God, then God will also turn his heart and his attention to you. Seek first the kingdom of God and his justice, and all the other things will be given to you as well (cf. Mt 6:3; Lk 12:31).

RESPONSORY

Jer 29:13-14; Mt 7:7

- V. You will seek me and find me, when you seek me with all your heart.
- R/. I will be found by you, says the Lord, and I will restore your fortunes.
- V. Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you.
- R/. I will be found by you, says the Lord, and I will restore your fortunes.

PRAYER

Almighty and eternal God,
who gave the blessed martyrs
the priest Louis Mzyk, and his companions
the grace to suffer for Christ,
help us in our weakness;
as they did not hesitate to die for you,
grant that we may also live courageously
by confessing your name.
We ask this through our Lord Jesus Christ,
your Son, who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.

MORNING PRAYER

HYMN

The martyrs living now with Christ
In suffering were tried,
Their anguish overcome by love,
When on his cross they died.

Across the centuries they come,
In constancy unmoved.
Their loving hearts make no complaint;
In silence they are proved.

No man has ever measured love,
Or weighed it in his hand,
But God who knows the inmost heart,
Gives them the promised land.

Praise Father, Son and Spirit blest
Who guide us through the night
In ways that reach beyond the stars
To everlasting light.

PSALMODY (*see page 144*)

Ant. 1: When the martyrs of Christ were in torment they fixed their minds on heavenly things, and said: Lord, come to our help.

Ant. 2: Let the souls of the saints sing praise to God; alleluia.

Ant. 3: Choirs of martyrs, praise the Lord in the highest.

SCRIPTURE READING

2 Cor 1:3-5

Let us give thanks to the God and Father of our Lord Jesus Christ, the merciful Father, the God from whom all help comes: he helps us in all our troubles, so that we are able to help those who have all kinds of troubles, using the same help that we ourselves have received from God, Just as we have a share in Christ's many sufferings, so also through Christ we share in his great help.

RESPONSORY

V. These were holy men: they will live for ever!

R/. These were holy men: they will live for ever!

V. The Lord himself is their reward.

R/. These were holy men: they will live for ever!

V. Glory be.

R/. These were holy men: they will live for ever!

Benedictus Ant.: Blessed are those who are persecuted in the cause of right; theirs is the kingdom of heaven.

(For Benedictus see page 158)

INTERCESSIONS

Through the martyrs who were slain for God's word, let us give glory to our Saviour, the faithful and true witness.

R/. *You redeemed us by your precious blood.*

Through the martyrs, who bore witness to your love
- set us free to live for you. R/.

Through the martyrs, who proclaimed your saving
death; - give us a deep and constant faith. R/.

Through the martyrs, who took up your cross, - grant
us courage for every trial. R/.

Through the martyrs, washed in the blood of the
Lamb, - give us grace to conquer our weakness. R/.

Our Father (*see page 159*)

PRAYER

Almighty and eternal God,
who gave the blessed martyrs
the priest Louis Mzyk, and his companions
the grace to suffer for Christ,
help us in our weakness;
as they did not hesitate to die for you,
grant that we may also live courageously
by confessing your name.
We ask this through our Lord Jesus Christ,
your Son, who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.

EVENING PRAYER

HYMN

Our Lord the path of suffering trod;
And, since his blood for man has flowed,
'Tis meet that man should yield to God
The life he owes. Alleluia!

No shame to own the crucified!
Nay, 'tis our immortality
That we confess our God who died,
And for him die. Alleluia!

Beholding his predestined crown,
Into death's arms the martyr goes;
Dying, he conquers death; o'erthrown,
O'erthrows his foes. Alleluia!

Lord, make us your own soldiers true;
Grant us brave faith, a spirit pure;
That for your name, your cross in view,
We may endure. Alleluia!

PSALMODY

Ant. 1: The bodies of the saints have been buried in peace, and their name lives on for all generations.

Psalm 114(116)

I love the Lord for he has heard*
the cry of my appeal;
for he turned his ear to me*
in the day when I called him.

They surrounded me, the snares of death, †
with the anguish of the tomb;*
they caught me, sorrow and distress.
I called on the Lord's name,*
O Lord my God, deliver me!

How gracious is the Lord, and just,*
our God has compassion.
The Lord protects the simple hearts;*
I was helpless so he saved me.

Turn back, my soul, to your rest*
for the Lord has been good;
he has kept my soul from death, †
my eyes from tears*
and my feet from stumbling.

I will walk in the presence of the Lord*
in the land of the living.

Ant. 1: The bodies of the saints have been buried in
peace, and their name lives on for all generations.

Ant. 2: I saw the souls of all who had been killed for
having witnessed to Jesus and for having preached
God's word.

Psalm 115(116)

I trusted, even when I said:*
'I am sorely afflicted,'
and when I said in my alarm:*
'No man can be trusted.'

How can I repay the Lord*
for his goodness to me?
The cup of salvation I will raise;*
I will call on the Lord's name.

My vows to the Lord I will fulfil*
before all his people.
O precious in the eyes of the Lord*
is the death of his faithful.

Your servant, Lord, your servant am I;*
you have loosened my bonds.
A thanksgiving sacrifice I make:*
I will call on the Lord's name.

My vows to the Lord I will fulfil*
before all his people,
in the courts of the house of the Lord,*
in your midst, O Jerusalem.

Ant. 2: I saw the souls of all who had been killed for
having witnessed to Jesus and for having preached
God's word.

Ant. 3: These are the saints who bore witness to God
by laying aside earthly life. They have washed their
robes clean in the blood of the Lamb.

Canticle: Rev 4:11; 5:9,10,12

Worthy are you, our Lord and God,*
to receive glory and honour and power,
for you created all things,*
and by your will they existed and were created.

Worthy are you, O Lord,*
to take the scroll and to open its seals,
for you were slain,†
and by your blood you ransomed men for God*
from every tribe and tongue and people and nation.

You have made us a kingdom
and priests to our God,*
and we shall reign on earth.
Worthy is the Lamb who was slain,*
to receive power and wealth,
and wisdom and might,*
and honour and glory and blessing.

Ant. 3: These are the saints who bore witness to God
by laying aside earthly life. They have washed their
robes clean in the blood of the Lamb.

SCRIPTURE READING

I Pet 4:13-14

My dear people, if you can have some share in the sufferings of Christ, be glad, because you will enjoy a much greater gladness when his glory is revealed. It is a blessing for you when they insult you for bearing the name of Christ, because it means that you have the Spirit of glory the Spirit of God resting on you.

RESPONSORY

V. Rejoice in the Lord. Let the just shout for joy.

R/. Rejoice in the Lord. Let the just shout for joy.

V. Let the upright sing praise.

R/. Rejoice in the Lord. Let the just shout for joy.

V. Glory be.

R/. Rejoice in the Lord. Let the just shout for joy.

Magnificat Ant.: The saints, who followed in the footsteps of Christ, rejoice in heaven. They gave their life for love of Christ: therefore, they will reign with him for ever.

(For Magnificat see page 159)

INTERCESSIONS

Let us give thanks to the king of martyrs, for this is the hour when he offered himself in the last supper and laid down his life on the cross.

R/. *We praise you, Christ the Lord.*

We praise you, Christ our Saviour, example and strength of the martyrs, because you have loved us to the end; - we praise you, Christ the Lord. R/.

Because you have promised repentant sinners the reward of eternal life, - we praise you, Christ the Lord. R/.

Because, you have called the Church to offer the blood of the new and eternal covenant, the blood shed for the remission of sins, - we praise you, Christ the Lord. R/.

Because you have brought us to this day with the gift of faith intact, - we praise you, Christ the Lord. R/.

Because of the many brothers who today have come to share in your saving death, - we praise you, Christ the Lord. R/.

Our Father (*see page 159*)

PRAYER

Almighty and eternal God,
who gave the blessed martyrs
the priest Louis Mzyk, and his companions
the grace to suffer for Christ,
help us in our weakness;
as they did not hesitate to die for you,
grant that we may also live courageously
by confessing your name.
We ask this through our Lord Jesus Christ,
your Son, who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.



Bl. Maria Helena Stollenwerk

November 28

BLESSED MARIA HELENA STOLLENWERK

Religious and Co-foundress

Optional Memorial

Blessed Maria (Helena) Stollenwerk was born on November 28, 1852, in Rollesbroich, in the Diocese of Aachen, Germany. From the time of her childhood she was attracted to the missionary ideal. In 1882, she went to serve at the Mission House of Steyl, in Holland. In 1889, when Saint Arnold Janssen founded the Missionary Congregation of the Servants of the Holy Spirit, she became a co-foundress together with Blessed Josepha Hendrina Stenmanns. Her missionary spirituality was nourished by a profound love for the Holy Spirit whom she glorified through prayer, sacrifice, and daily work. From 1898, until her pious death on February 3, 1900, she belonged to the cloistered branch of her community.

(From the Common of Virgins)

MASS

COLLECT

O God, salvation of all peoples,
Your love inspired Blessed Maria Helena
(Stollenwerk)
to offer herself as a victim to You for the
propagation of the faith.
Through her intercession and by her example,
enkindle within Your faithful an ardent charity,
that they may be witnesses of the Gospel
among all by their words and actions.
Through Christ Our Lord.

PRAYER OVER THE GIFTS

Almighty God, in these gifts which we offer You,
accept us also and fill us with Your Holy Spirit
whom Blessed Maria Helena served and glorified,
and for whom she gave her life.
Through Christ Our Lord.

PRAYER AFTER COMMUNION

Lord, Our God,
we have been nourished
by the body and blood of Your Son.
Fortify us with that Spirit of light and strength
which helped Blessed Maria Helena
to overcome darkness and all difficulties
to follow Your call.
Through Christ Our Lord.

INVITATORY

Invitatory Antiphon: Virgins follow the Lamb wherever he goes; come, let us adore him.

Psalm: see page 142

OFFICE OF READINGS

HYMN

God's blessed Spirit moved his virgin saint
To wield strong weapons in a life-long fight,
To make a lonely journey from the flesh,
That she might live unfettered in his sight.

She turned her face towards the cross of Christ,
And he himself prepared her as his bride;
She bore the Holy Spirit's timeless fruits
By which God's pledge of love is ratified.

Her life showed forth the kingdom of the Lord,
When humbly, for his sake, she dwelt apart,
To wait on him in silence with the poor!
The chaste of body and the clean of heart.

O blessed Trinity, the virgins' crown.
They sing your praises with unending song,
Rejoicing in the hope you have fulfilled,
Lord God, unfailing strength of all the strong.

PSALMODY

Ant. 1: Pure virgin, prudent and wise; the Word himself will be the immaculate spouse of your soul.

Psalm 18(19)A 2-7

The heavens proclaim the glory of God *
and the firmament shows forth
the work of his hands.

Day unto day takes up the story *
and night unto night makes known the message.

No speech, no word, no voice is heard †
yet their span extends through all the earth, *
their words to the utmost bounds of the world.

There he has placed a tent for the sun; †
it comes forth like a bridegroom
coming from his tent, *
rejoices like a champion to run its course.

At the end of the sky is the rising of the sun; †
to the furthest end of the sky is its course. *
There is nothing concealed from its burning heat.

Ant. 1: Pure virgin, prudent and wise; the Word
himself will be the immaculate spouse of your soul.

Ant. 2: I counted as nothing the kingdoms of the earth
and all the world, for love of my Lord, Jesus Christ.

Psalm 44(45)

I

My heart overflows with noble words, †
To the king I must speak the song I have made; *
my tongue as nimble as the pen of a scribe.

You are the fairest of the children of men†
and graciousness is poured upon your lips: *
because God has blessed you for evermore.

O mighty one, gird your sword upon your thigh;†
in splendour and state, ride on in triumph *
for the cause of truth and goodness and right.

Take aim with your bow in your dread right hand,†
Your arrows are sharp; peoples fall beneath you.*
The foes of the king fall down and lose heart.

Your throne, O God, shall endure for ever.†
A sceptre of justice is the sceptre of your kingdom.*
Your love is for justice; your hatred for evil.

Therefore God, your God, has anointed you†
with the oil of gladness above other kings: *
your robes are fragrant with aloes and myrrh.

From the ivory palace you are greeted with music,†
The daughters of kings
are among your loved ones.*
On your right stands the queen in gold of Ophir.

Ant. 2: I counted as nothing the kingdoms of the earth
and all the world, for love of my Lord, Jesus Christ.

Ant. 3: The king has desired your beauty; he is the
Lord, your God.

II

Listen, O daughter, give ear to my words: *
forget your own people and your father's house. --

So will the king desire your beauty: *
He is your lord, pay homage to him.

And the people of Tyre shall come with gifts,*
the richest of the people shall seek your favour.
The daughter of the king
is clothed with splendour,*
her robes embroidered with pearls set in gold.

She is led to the king
with her maiden companions,†
They are escorted amid gladness and joy; *
they pass within the palace of the king.

Sons shall be yours in place of your fathers: *
you will make them princes over all the earth.
May this song make your name
for ever remembered.*
May the peoples praise you from age to age.

Ant. 3: The king has desired your beauty; he is the
Lord, your God.

V. You have shown me the path of life.

R/. The fulness of joy in your presence.

FIRST READING

I Cor 7:25-40

A reading from the first letter of St Paul to the
Corinthians

Christian virginity

About remaining celibate, I have no directions from
the Lord but give my own opinion as one who, by

the Lord's mercy, has stayed faithful. Well then, I believe that in these present times of stress this is right: that it is good for a man to stay as he is. If you are tied to a wife, do not look for freedom; if you are free of a wife, then do not look for one. But if you marry, it is no sin, and it is not a sin for a young girl to get married. They will have their troubles, though, in their married life, and I should like to spare you that.

Brothers, this is what I mean: our time is growing short. Those who have wives should live as though they had none, and those who mourn should live as though they had nothing to mourn for; those who are enjoying life should live as though there were nothing to laugh about; those whose life is buying things should live as though they had nothing of their own; and those who have to deal with the world should not become engrossed in it. I say this because the world as we know it is passing away.

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife; he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make Sure that everything is as it should be, and that you give your undivided attention to the Lord.

Still, if there is anyone who feels that it would not be fair to his daughter to let her grow too old for marriage, and that he should do something about it, he is free to do as he likes: he is not sinning if there is a marriage. On the other hand, if someone has firmly made his mind up, without any compulsion and in complete freedom of choice, to keep his daughter as she is, he will be doing a good thing. In other words, the man who sees that his daughter is married has done a good thing but the man who keeps his daughter un-married has done something even better.

A wife is tied as long as her husband is alive. But if the husband dies, she is free to marry anybody she likes, only it must be in the Lord. She would be happier, in my opinion, if she stayed as she is - and I too have the Spirit of God, I think.

RESPONSORY

V. The king has desired that beauty of yours which he himself has made; he is your God, he is your king: * your king is himself your husband.

R/. You are wedded to your king and your God, who has endowed and adorned you, redeemed you and made you holy. * Your king is himself your husband.

SECOND READING

From a letter of Blessed Maria Helena Stollenwerk to her Sisters

(May 3, 1896)

During the last three years of His life, Jesus Christ revealed to us the significance of our missionary vocation. Through His actions, He made us understand how much each human being means to Him. We walk in His footsteps.

We have the privilege of being able to work for the salvation of our brothers. It would be such a joy for the Redeemer if we succeed in bringing closer to Him, children who still did not know Him or who are indifferent to His love.

The missionary vocation requires sacrifices, hard work and preoccupation, and often one can have the impression that it is all useless. That would be the time to look to Jesus Christ: out of love, He took upon Himself sacrifices and hard work and even suffering and death, and yet, He had to experience that to which many remained indifferent.

Courage and faith: God will compensate for that which we lack. Let us frequently, with faithful abandon, throw ourselves into the arms of Divine Providence, and entrust to God the children for whose education we are responsible, that He may guide their hearts as he guides the course of the streams.

We must not let one day go by without thanking God wholeheartedly for our vocation. Being aware of the gift which He has given to us should cause us to exult with joy each time we think of it. Yes, we can do a great deal for the glory of God and for the salvation of the world.

In thanksgiving, we want to use great care to become Servants of the Holy Spirit in the true sense of the word, thinking more of others than of ourselves. Let us entrust ourselves to Mary Most Holy, Spouse of

the Holy Spirit, that She may help us to remain faithful to our vocation and live it wholeheartedly. Let us pray that the Holy Spirit fill all of our being and that He make us real and ardent missionaries, and that the Lord abundantly bless our hard work.

RESPONSORY

Ps. 108: 4-5, 7

- V. I will praise you among the peoples, Lord; I will chant your praise among the nations, For your kindness towers to the heavens, your faithfulness, to the skies.
- R/. Help with your right hand and answer us, that your loved ones may escape.
- V. For your kindness towers to the heavens, and your faithfulness, to the skies.
- R/. Help with your right hand and answer us, that your loved ones may escape.

PRAYER

O God, salvation of all peoples,
Your love inspired Blessed Maria Helena
(Stollenwerk)

to offer herself as a victim to you for the
propagation of the faith.

Through her intercession and by her example,
enkindle within your faithful an ardent charity,
that they may be witnesses of the Gospel
among all by their words and actions.

We ask this through our Lord Jesus Christ,
your Son, who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.

MORNING PRAYER

HYMN

For all thy saints, O Lord,
Who strove in thee to live,
Who followed thee, obeyed, adored,
Our grateful hymn receive.

They all in life and death,
With thee their Lord in view,
Learned from thy Holy Spirit's breath
To suffer and to do.

For this thy name we bless,
And humbly beg that we
May follow them in holiness,
And live and die in thee.

PSALMODY (*see page 144*)

Ant. 1: I will bear witness to Christ; it is Christ that I seek; with Christ I desire to be united.

Ant. 2: Virgins, bless the Lord; he who planted his wisdom in you now crowns the fruit that you have borne.

Ant. 3: The saints will rejoice in glory; their victory shines forth in their bodies.

SCRIPTURE READING

Song 8:7

Love is a fire no waters avail to quench, no floods to drown; for love, a man will give up all that he has in the world, and think nothing of his loss.

RESPONSORY

V. My heart has said of you: I have sought your presence, Lord.

R/. My heart has said of you: I have sought your presence, Lord.

V. It is your face that I will continue to seek.

R/. My heart has said of you: I have sought your presence, Lord.

V. Glory be.

R/. My heart has said of you: I have sought your presence, Lord.

Benedictus Ant.: See, the wise virgin has gone to Christ: she shines among the choirs of virgins like the sun in the heavens.

(For Benedictus see page 158)

INTERCESSIONS

With great joy let us praise Christ, the bridegroom of all virgins.

R/. *Jesus, crown of virgins, hear us.*

Lord Jesus, the holy virgins loved you as their only spouse; - may we never be separated from you. R/.

You crowned your mother Mary as queen of all virgins; - by her prayers grant that we may serve you in purity of life. R/.

The holy virgins followed you with undivided hearts; - do not allow us to be fascinated by this passing world and drawn away from you. R/.

Lord Jesus, you are the bridegroom that the wise virgins were ready to meet; - let us watch for your coming with longing and hope. R/.

May Saint N., who reigns in your kingdom, intercede for us; - through her prayers grant us wisdom and innocence of life. R/.

Our Father (*see page 159*)

PRAYER

O God, salvation of all peoples,
Your love inspired Blessed Maria Helena
(Stollenwerk)

to offer herself as a victim to you for the
propagation of the faith.

Through her intercession and by her example,
enkindle within your faithful an ardent charity,
that they may be witnesses of the Gospel
among all by their words and actions.

We ask this through our Lord Jesus Christ,
your Son, who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.

EVENING PRAYER

HYMN

O Jesu, thou the virgins' crown,
Thy gracious ear to us bow down,
Born of that Virgin whom alone
The Mother and the Maid we own.

In thee, their Bridegroom and their Lord,
The virgins find their bright reward,
And wheresoe'r thy footsteps wend
With hymns and praises thee attend.

O gracious Lord, we thee implore
Thy grace into our minds to pour;
From all defilement keep us free,
And make us pure in heart for thee.

All praise to God the Father be,
All praise, eternal Son, to thee,
Whom with the Spirit we adore,
For ever and for evermore.

PSALMODY

Ant. 1: I will keep myself chaste for you. I will meet you, the bridegroom, carrying a brightly shining lamp.

Psalm 121 (122)

I rejoiced when I heard them say: *
'Let us go to God's house.' --

And now our feet are standing *
within your gates, O Jerusalem.

Jerusalem is built as a city *
strongly compact.
It is there that the tribes go up,*
the tribes of the Lord.

For Israel's law it is,*
there to praise the Lord's name.
There were set the thrones of judgment *
of the house of David.

For the peace of Jerusalem pray: *
'Peace be to your homes!
May peace reign in your walls,*
in your palaces, peace!'

For love of my brethren and friends *
I say: 'Peace upon you!'
For love of the house of the Lord *
I will ask for your good.

Ant. 1: I will keep myself chaste for you. I will meet
you, the bridegroom, carrying a brightly shining
lamp.

Ant. 2: Blessed are the pure in heart: they shall see
God.

Psalm 126(127)

If the Lord does not build the house,*
in vain do its builders labour; --

if the Lord does not watch over the city,*
in vain does the watchman keep vigil.

In vain is your earlier rising,*
your going later to rest,
you who toil for the bread you eat:*
when he pours gifts on his beloved
while they slumber.

Truly sons are a gift from the Lord,*
a blessing, the fruit of the womb.
Indeed the sons of youth *
are like arrows in the hand of a warrior.

O the happiness of the man *
who has filled his quiver with these arrows!
He will have no cause for shame *
when he disputes with his foes in the gateways.

Ant. 2: Blessed are the pure in heart: they shall see
God.

Ant. 3: My firm hope will not be moved; it is based
on Christ like a house on a rock.

Canticle: Eph 1:3-10

Blessed be the God and Father *
of our Lord Jesus Christ,
who has blessed us in Christ *
with every spiritual blessing in the heavenly places.

He chose us in him *
before the foundation of the world, --

that we should be holy *'
and blameless before him.

He destined us in love *
to be his sons through Jesus Christ,
according to the purpose of his will,
to the praise of his glorious grace *
which he freely bestowed on us in the Beloved.

In him we have redemption through his blood,*
the forgiveness of our trespasses,
according to the riches of his grace *
which he lavished upon us.

He has made known to us†
in all wisdom and insight'.*
the mystery of his will,
according to his purpose *
which he set forth in Christ.

His purpose he set forth in Christ,*
as a plan for the fulness of time,
to unite all things in him,*
things in heaven and things on earth.

Ant. 3: My firm hope will not be moved; it is based
on Christ like a house on a rock.

SCRIPTURE READING

1 Cor 7:32-34

He who is unmarried is concerned with God's claim,
asking how he is to please God; a woman who is free
of wed-lock, or a virgin, is concerned with the Lord's
claim, intent on holiness, bodily and spiritual.

RESPONSORY

V. The virgins come before the king. They sing for joy.

R/. The virgins come before the king. They sing for joy.

V. They enter the temple of the king.

R/. The virgins come before the king. They sing for joy.

V. Glory be.

R/. The virgins come before the king. They sing for joy.

Magnificat Ant.: Come, bride of Christ, and receive the crown which the Lord has prepared for you.

(For Magnificat see page 159)

INTERCESSIONS

Christ the Lord praised those who follow the way of virginity for the sake of the kingdom of heaven. Let us proclaim his love and pray:

R/. *Jesus, king of virgins, hear us.*

Christ our Lord, you presented the Church to yourself, as a chaste virgin to her only husband; - make her pure, holy and faultless. R/.

Christ Jesus, the holy virgins went to meet you with lamps burning bright; - keep alive the flame of fidelity in the hearts of religious women. R/

Lord, you have always preserved your Church in purity and soundness of faith; - grant to all Christians a faith that is true and complete. R/.

You bring joy to the lives of your faithful as they celebrate the feast of your holy virgin N.; - may they also rejoice in her constant intercession. R/.

You have welcomed your holy virgins to the wedding feast of heaven; - invite all the dead to the feast of eternal life. R/.

Our Father (*see page 159*)

PRAYER

O God, salvation of all peoples,
Your love inspired Blessed Maria Helena
(Stollenwerk)

to offer herself as a victim to you for the
propagation of the faith.

Through her intercession and by her example,
enkindle within your faithful an ardent charity,
that they may be witnesses of the Gospel
among all by their words and actions.

We ask this through our Lord Jesus Christ,
your Son, who lives and reigns with you
and the Holy Spirit,
one God, for ever and ever.

FREQUENTLY RECURRING TEXTS

INTRODUCTION TO THE DAILY OFFICE

V. Lord, open my lips.

R/. And we shall praise your name.

Invitatory Antiphon from the Proper of the Day

Invitatory Psalm

Psalm 94(95)

Come, ring out our joy to the Lord;
hail the God who saves us.

†Let us come before him, giving thanks,
with songs let us hail the Lord. (*Antiphon*)

A mighty God is the Lord,
a great king above all gods.
In his hand are the depths of the earth;
the heights of the mountains are his.
To him belongs the sea, for he made it,
and the dry land shaped by his hands. (*Antiphon*)

Come in; let us bow and bend low;
let us kneel before the God who made us
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand. (*Antiphon*)

O that today you would listen to his voice !
'Harden not your hearts as at Meribah, --

as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work.
(*Antiphon*)

For forty years I was wearied of these people
and I said: "Their hearts are astray,
these people do not know my ways."
Then I took an oath in my anger:
"Never shall they enter my rest." (*Antiphon*)

Glory be to the Father and to the Son and to the Holy
Spirit.

As it was in the beginning, is now, and ever shall be,
world without end. Amen. (*Antiphon*)

INTRODUCTION TO EACH HOUR

V. O God, come to our aid.

R/. O Lord, make haste to help us.

Glory be to the Father and to the Son and to the Holy
Spirit.

As it was in the beginning, is now, and ever shall be,
world without end. Amen. Alleluia.

PSALMODY (Morning Prayer, SUNDAY I)

Psalm 62(63): 2~9

O God, you are my God, for you I long;*
for you my soul is thirsting.
My body pines for you*
like a dry, weary land without water.
So I gaze on you in the sanctuary*
to see your strength and your glory.

For your love is better than life,*
my lips will speak your praise.
So I will bless you all my life,*
in your name I will lift up my hands.
My soul shall be filled as with a banquet,*
my mouth shall praise you with joy.

On my bed I remember you.*
On you I muse through the night
for you have been my help;*
in the shadow of your wings I rejoice.
My soul clings to you ;*
your right hand holds me fast.

The Canticle of Daniel: Dan 3:57-88,56

O all you works of the Lord, O bless the Lord.*
To him be highest glory and praise for ever.
And you, angels of the Lord, O bless the Lord.*
To him be highest glory and praise for ever.

And you, the heavens of the Lord, O bless the Lord.*
And you, clouds of the sky, O bless the Lord.
And you, all armies of the Lord, O bless the Lord.*
To him be highest glory and praise for ever.

And you, sun and moon, O bless the Lord.*
And you, the stars of the heav'ns, O bless the Lord.
And you, showers and rain, O bless the Lord.*
To him be highest glory and praise for ever.

And you, all you breezes and winds,
O bless the Lord.*
And you, fire and heat, O bless the Lord.
And you, cold and heat, O bless the Lord.*
To him be highest glory and praise for ever.

And you, showers and dew, O bless the Lord.*
And you, frosts and cold, O bless the Lord.
And you, frost and snow, O bless the Lord.*
To him be highest glory and praise for ever.

And you, night-time and day, O bless the Lord.*
And you, darkness and light, O bless the Lord.
And you, lightning and clouds, O bless the Lord.*
To him be highest glory and praise for ever.

O let the earth bless the Lord.*
To him be highest glory and praise for ever.

And you, mountains and hills, O bless the Lord.*
And you, all plants of the earth, O bless the Lord.
And you, fountains and springs, O bless the Lord.*
To him be highest glory and praise for ever.

And you, rivers and seas, O bless the Lord.*
And you, creatures of the sea, O bless the Lord.
And you, every bird in the sky, O bless the Lord.†
And you, wild beasts and tame, O bless the Lord.*
To him be highest glory and praise for ever.

And you, children of men, O bless the Lord.*
To him be highest glory and praise for ever.

O Israel, bless the Lord. O bless the Lord.*
And you, priests of the Lord, O bless the Lord.
And you, servants of the Lord, O bless the Lord.*
To him be highest glory and praise for ever.

And you, spirits and souls of the just,
O bless the Lord.*
And you, holy and humble of heart,
O bless the Lord.
Ananias, Azarias, Mizaël, O bless the Lord.*
To him be highest glory and praise for ever.

Let us praise the Father, the Son, and Holy Spirit;*
To you be highest glory and praise for ever.
May you be blessed, O Lord, in the heavens.*
To you be highest glory and praise for ever.

Psalm 149

Sing a new song to the Lord,*
his praise in the assembly of the faithful.
Let Israel rejoice in its Maker,*
let Sion's sons exult in their king.
Let them praise his name with dancing*
and make music with timbrel and harp.

For the Lord takes delight in his people.*
He crowns the poor with salvation.
Let the faithful rejoice in their glory,*
shout for joy and take their rest.
Let the praise of God be on their lips*
and a two-edged sword in their hand,

to deal out vengeance to the nations*
and punishment on all the peoples;
to bind their kings in chains*
and their nobles in fetters of iron;
to carry out the sentence pre-ordained:*
this honour is for all his faithful.

PRAYER DURING THE DAY

HYMN

O blessed Lord, Creator God,
In you all things are rendered pure,
By you are strengthened to endure.

O blessed, holy hand of God,
All things are sanctified by you;
Adorned, enriched, you make them new.

O blessed Majesty of God,
Containing all that you have filled;
All things are done as you have willed.

O blessed, holy Trinity,
Serene and certain in your ways;
You are the light of endless days.

PSALMODY

Antiphon:

St. Joseph Freinademetz: The man who receives you,
receives me: anyone who receives me, receives the
One who sent me.

Bl. Josepha Stenmanns: To be near God is my happiness.
I have made the Lord God my refuge.

Bl. SVD Martyrs: The Lord gave them the crown of
honour and the holy name of glory.

Bl. Maria Helena Stollenwerk: My heart and my soul
ring out their joy to the living God.

Psalm 117(118)

I

Give thanks to the Lord for he is good,*
for his love endures for ever.

Let the sons of Israel say:.*
'His love endures for ever.'*
Let the sons of Aaron say:.*
'His love endures for ever.'
Let those who fear the Lord say:.*
'His love endures for ever.'

I called to the Lord in my distress;.*
he answered and freed me.
The Lord is at my side; I do not fear.*
What can man do against me?
The Lord is at my side as my helper:.*
I shall look down on my foes.

It is better to take refuge in the Lord*
than to trust in men:
it is better to take refuge in the Lord*
than to trust in princes.

II

The nations all encompassed me;.*
in the Lord's name I crushed them.

They compassed me, compassed me about;.*
in the Lord's name I crushed them.
They compassed me about like bees;†
they blazed like a fire among thorns.*
In the Lord's name I crushed them.

I was hard-pressed and was falling*
but the Lord came to help me.
The Lord is my strength and my song;*
he is my saviour.
There are shouts of joy and victory*
in the tents of the just.

The Lord's right hand has triumphed;*
his right hand raised me.
The Lord's right hand has triumphed;†
I shall not die, I shall live*
and recount his deeds.
I was punished, I was punished by the Lord,*
but not doomed to die.

III

Open to me the gates of holiness.*
I will enter and give thanks.
This is the Lord's own gate*
where the just may enter.
I will thank you for you have answered*
and you are my saviour.

The stone which the builders rejected*
has become the corner stone.
This is the work of the Lord,*
a marvel in our eyes.
This day was made by the Lord,*
we rejoice and are glad.

O Lord, grant us salvation;*
O Lord, grant success.
Blessed in the name of the Lord*
is he who comes.
We bless you from the house of the Lord;*
the Lord God is our light.

Go forward in procession with branches*
even to the altar.

You are my God, I thank you.*

My God, I praise you,

Give thanks to the Lord for he is good,*
for his love endures for ever.

Antiphon:

St. Joseph Freinademetz: The man who receives you,
receives me: anyone who receives me, receives the
One who sent me.

Bl. Josepha Stenmanns: To be near God is my happiness.
I have made the Lord God my refuge.

Bl. SVD Martyrs: The Lord gave them the crown of
honour and the holy name of glory.

Bl. Maria Helena Stollenwerk: My heart and my soul
ring out their joy to the living God.

SCRIPTURE READING

Phil 4:8,9

My brothers, fill your minds with those things that
are good and deserve praise: things that are true,
noble, right, pure, lovely, and honourable. And the
God who gives us peace will be with you.

V. I will sing to you, Lord.

R/. I will sing and I will follow the blameless way
of wisdom.

PRAYER

Grant, almighty God, that with our thoughts always
on the things of the Spirit, we may please you in all
that we say and do. Through Christ our Lord.

NIGHT PRAYER

HYMN

Christ, the true light of us, true morn,
Dispersing far the shades of night,
Light whereof every light is born,
Pledge of the beatific light,

Thou all the night our guardian be
Whose watch no sleep or slumber knows;
Thou be our peace, that stayed on thee
Through darkness we may find repose.

Sleep then our eyes, but never sleep
The watchful heaven-directed heart,
And may thy hand in safety keep
The servants whose desire thou art.

Look on us, thou, and at our side
Our foes and thine repulse afar;
Through every ill the faithful guide
Who in thy blood redeemed are.

While soul within the body clings,
Body and soul defend us, Lord,
Sure in the shadow of thy wings,
Kept in thy lasting watch and ward.

PSALMODY

Ant. He will conceal you with his wings; you will not
fear the terror of the night.

Psalm 90(91)

He who dwells in the shelter of the Most High *
and abides in the shade of the Almighty
says to the Lord: 'My refuge, *
my stronghold, my God in whom I trust!'

It is he who will free you from the snare *
of the fowler who seeks to destroy you;
he will conceal you with his pinions *
and under his wings you will find refuge.

You will not fear the terror of the night *
nor the arrow that flies by day,
nor the plague that prowls in the darkness *
nor the scourge that lays waste at noon.

A thousand may fall at your side, *
ten thousand fall at your right,
you, it will never approach; *
his faithfulness is buckler and shield.

Your eyes have only to look *
to see how the wicked are repaid,
you who have said: 'Lord, my refuge!' *
and have made the Most High your dwelling.

Upon you no evil shall fall, *
no plague approach where you dwell.
For you has he commanded his angels, *
to keep you in all your ways.

They shall bear you upon their hands *
lest you strike your foot against a stone. --

On the lion and the viper you will tread *
and trample the young lion and the dragon.

Since he clings to me in love, I will free him; *
protect him for he knows my name.
When he calls I shall answer: 'I am with you.' *
I will save him in distress and give him glory.

With length of life I will content him; *
I shall let him see my saving power.

Ant. He will conceal you with his wings; you will not
fear the terror of the night.

SCRIPTURE READING

Rev 22:4-5

They will see the Lord face to face, and his name will
be written on their foreheads. It will never be night
again and they will not need lamplight or sunlight,
because the Lord God will be shining on them. They
will reign for ever and ever.

RESPONSORY

V. Into your hands, Lord, I commend my spirit. R/.

V. You have redeemed us, Lord God of truth. R/.

V. Glory be. R/.

Ant. Save us, Lord, while we are awake; protect us
while we sleep; that we may keep watch with Christ
and rest with him in peace.

CANTICLE (Nunc dimittis)

Lk 2:19-32

At last, all-powerful Master, †
you give leave to your servant *
to go in peace, according to your promise.

For my eyes have seen your salvation *
Which you have prepared for all nations,
the light to enlighten the Gentiles *
and give glory to Israel, your people.

Ant. Save us, Lord, while we are awake; protect us
while we sleep; that we may keep watch with
Christ and rest with him in peace.

PRAYER

Visit this house, we pray you, Lord:
drive far away from it all the snares of the enemy.
May your holy angels stay here
and guard us in peace,
and let your blessing be always upon us.
Through Christ our Lord.

BLESSING

The Lord grant us a quiet night and a perfect end.

TE DEUM

We praise you, O God:*
we acclaim you as the Lord.
Everlasting Father,*
all the world bows down before you.

All the angels sing your praise,*
the hosts of heaven and all the angelic powers,
all the cherubim and seraphim*
call out to you in unending song:
Holy, Holy, Holy,*
is the Lord God of angel hosts!

The heavens and the earth are filled*
with your majesty and glory.
The glorious band of apostles,*
the noble company of prophets,
the white-robed army
who shed their blood for Christ,*
all sing your praise.

And to the ends of the earth*
your holy Church proclaims her faith in you:
Father, whose majesty is boundless,†
your true and only Son, who is to be adored,*
the Holy Spirit sent to be our Advocate.

You, Christ, are the king of glory,*
Son of the eternal Father.
When you took our nature to save mankind*
you did not shrink from birth in the Virgin's womb.

You overcame the power of death*
opening the Father's kingdom
to all who believe in you.
Enthroned at God's right hand
in the glory of the Father,*
you will come in judgment
according to your promise.

You redeemed your people
by your precious blood.*
Come, we implore you, to our aid.
Grant us with the saints*
a place in eternal glory.

¶ Lord, save your people*
and bless your inheritance.
Rule them and uphold them*
for ever and ever.

Day by day we praise you:*
we acclaim you now and to all eternity.
In your goodness, Lord, keep us free from sin.*
Have mercy on us, Lord, have mercy.

May your mercy always be with us, Lord,*
for we have hoped in you.
In you, Lord, we put our trust:*
we shall not be put to shame.

¶ *The last part of the hymn may be omitted.*

CANTICLE OF ZECHARIAH (Benedictus)

Blessed be the Lord, the God of Israel!*
He has visited his people and redeemed them.

He has raised up for us a mighty saviour*
in the house of David his servant,
as he promised by the lips of holy men,*
those who were his prophets from of old.

A saviour who would free us from our foes,*
from the hands of all who hate us.
So his love for our fathers is fulfilled*
and his holy covenant remembered.

He swore to Abraham our father to grant us,*
that free from fear,
and saved from the hands of our foes,
we might serve him in holiness and justice*
all the days of our life in his presence.

As for you, little child,*
you shall be called a prophet of God,
the Most High.
You shall go ahead of the Lord*
to prepare his ways before him,

To make known to his people their salvation*
through forgiveness of all their sins,
the loving-kindness of the heart of our God*
who visits us like the dawn from on high.

He will give light to those in darkness,
those who dwell in the shadow of death,*
and guide us into the way of peace.

CANTICLE OF MARY (Magnificat)

My soul glorifies the Lord,*
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness;*
henceforth all ages will call me blessed.

The Almighty works marvels for me.*
Holy his name!
His mercy is from age to age,*
on those who fear him.

He puts forth his arm in strength*
and scatters the proud-hearted.
He casts the mighty from their thrones*
and raises the lowly.

He fills the starving with good things,*
sends the rich away empty.

He protects Israel, his servant,*
remembering his mercy,
the mercy promised to our fathers,*
to Abraham and his sons for ever.

THE LORD'S PRAYER (Our Father)

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us
and lead us not into temptation,
but deliver us from evil.

