

# Little Office of the Blessed Virgin Mary

FRIDAY

Evening Prayer

God, come to my assistance.  
- Lord, make haste to help me

Glory to the Father and to the Son and to the Holy Spirit  
as it was in the beginning, is now, and will be forever. Amen.

HYMN

Ye who own the faith of Jesus,  
sing the wonders that were done  
when the love of God the Father  
over sin the victory won,  
when he made the Virgin Mary  
mother of his only Son.  
Hail Mary, full of grace.

Blessed were the chosen people  
out of whom the Lord did come;  
blessed was the land of promise  
fashioned for his earthly home;  
but more blessed far the mother,  
she who bare him in her womb.  
Hail Mary, full of grace.

Wherefore let all faithful people  
tell the honor of her name;  
let the Church, in her foreshadowed,  
part in her thanksgiving claim;  
what Christ's mother sang in gladness  
let Christ's people sing the same.  
Hail Mary, full of grace.

Praise, O Mary, praise the Father,  
praise thy Savior and thy Son,  
praise the everlasting Spirit,  
who hath made thee ark and throne  
o'er all creatures high exalted,  
lowly praise the Three in One.  
Hail Mary, full of grace.

Melody: Den das Vaters Sinn geboren 87.87.876  
Music: J.A. Freilinghausen, 1670-1739  
Text: V.S.S. Coles, 1845-1929

**Or:**

The Spirit spread his wings over the Virgin's womb.  
She conceived and gave birth.  
And she became a virginal mother by great mercy.  
She conceived and gave birth to a son without pain,  
and there was a purpose for this.  
She did not ask for a midwife to aid her,  
because God saw to her delivery.  
Like a human being, she gave birth according to the will of God.  
Manifestly she gave birth.  
With great power she acquired him.  
With thanksgiving she loved him.  
With kindness she guarded him.  
With grandeur she manifested him.  
Alleluia!

(Odes of Solomon, 2nd Century, 19, 6-11)

**PSALMODY**

**Ant 1:** Through his cross, Christ our peace has reconciled us to God.

**Or:** The Angel Gabriel brought tidings to Mary, and she conceived by the Holy Spirit.

Psalm 145  
Praise of God's majesty

*Lord, you are the just one, who was and who is (Revelation 16:5)*

I

I will give you glory, O God my king,  
I will bless your name for ever.

I will bless you day after day  
and praise your name for ever.  
The Lord is great, highly to be praised,  
his greatness cannot be measured.

Age to age shall proclaim your works,  
shall declare your mighty deeds,  
shall speak of your splendor and glory,  
tell the tale of your wonderful works.  
They will speak of your terrible deeds,  
recount your greatness and might.  
They will recall your abundant goodness;  
age to age shall ring out your justice.

The Lord is kind and full of compassion,  
slow to anger, abounding in love.  
How good is the Lord to all,  
compassionate to all his creatures.

All your creatures shall thank you, O Lord,  
and your friends shall repeat their blessing.  
They shall speak of the glory of your reign  
and declare your might, O God,

to make known to all your mighty deeds  
and the glorious splendor of your reign.  
Yours is an everlasting kingdom;  
your rule lasts from age to age.

Glory be to the Father, ...

**Ant 1:** Through his cross, Christ our peace has reconciled us to God.

**Or:** The Angel Gabriel brought tidings to Mary, and she conceived by the Holy Spirit.

**Ant. 2** We have come to the city of the living God, and to Jesus, mediator of the new Covenant.

**Or:** His mother stood beside the cross.

## II

The Lord is faithful in all his words  
and loving in all his deeds.  
The Lord supports all who fall  
and raise up all who are bowed down.

The eyes of all creatures look to you  
and you give them their food in due time.  
You open wide your hand,  
grant the desires of all who live.

The Lord is just in all his ways  
and loving in all his deeds.  
He is close to all who call him,  
who call on him from their hearts.

He grants the desires of those who fear him,  
he hears their cry and he saves them.  
The Lord protects all who love him ;  
the wicked he will utterly destroy.

Let me speak the praise of the Lord,  
let all peoples bless his holy name  
for ever, for ages unending.

Glory be to the Father, ...

**Ant. 2** We have come to the city of the living God, and to Jesus, mediator of the new Covenant.

**Or:** His mother stood beside the cross.

**Ant 3:** In Christ we have redemption through his blood.

**Or:** Rejoice, O Virgin Mother; Christ has risen from the dead.

Canticle

Revelation 15:3-4

Hymn of adoration

Mighty and wonderful are your works,  
Lord God Almighty!  
Righteous and true are your ways,  
O King of the nations!

Who would dare refuse you honor,  
or the glory due your name, O Lord?

Since you alone are holy,  
all nations shall come  
and worship in your presence.  
Your mighty deeds are clearly seen.

Glory be to the Father, ...

**Ant 3:** In Christ we have redemption through his blood.

**Or:** Rejoice, O Virgin Mother; Christ has risen from the dead.

FIRST READING

2 Tim 2:10-12a

I bear with everything for the sake of those who are chosen, so that they too may obtain the salvation that is in Christ Jesus, together with eternal glory. This saying is trustworthy:

If we have died with him  
we shall also live with him;  
if we persevere  
we shall also reign with him.

OR

2 John 4-13

I rejoiced greatly to find some of your children walking in the truth just as we were commanded by the Father. But now, Lady, I ask you, not as though I were writing a new commandment but the one we have had from the beginning: let us love one another. For this is love, that we walk according to his commandments; this is the commandment, as you heard from the beginning, in which you should walk.

Many deceivers have gone out into the world, those who do not acknowledge Jesus Christ as coming in the flesh; such is the deceitful one and the antichrist. Look to yourselves that you do not lose what we worked for but may receive a full recompense. Anyone who is so "progressive" as not to remain in the teaching of the Christ does not have God; whoever remains in the teaching has the Father and the Son. If anyone comes to you and does not bring this doctrine, do not receive him in your house or even greet him; for whoever greets him shares in his evil works.

Although I have much to write to you, I do not intend to use paper and ink. Instead, I hope to visit you and to speak face to face so that our joy may be complete. The children of your chosen sister send you greetings.

SECOND READING

From a sermon by St. Bernard, Abbott

(Sermo in dom. infra oct. Assumptionis, 14-15: Opera omnia, Edit. Cisterc. 5 [1968], 273-274)

*His mother stood by the cross*

The martyrdom of the Virgin is set forth both in the prophecy of Simeon and in the actual story of our Lord's passion. The holy man said of the infant Jesus: *He has been established as a sign which will be contradicted.* He went on to say to Mary: *And your own heart will be pierced by a sword.*"

Truly, O blessed Mother, a sword has pierced your heart. For only by passing through your heart could the sword enter the flesh of your Son. Indeed, after your Jesus--who belongs to everyone, but is especially yours--gave up his life, the cruel spear, which was not withheld from his lifeless body, tore upon his side. Clearly it did not touch his soul and could not harm him, but it did pierce your heart. For surely his soul was no longer there, but yours could not be torn away. Thus the violence of sorrow has cut through your heart, and we rightly call you more than martyr, since the effect of compassion in you has gone beyond the endurance of physical suffering.

Or were those words: "*Woman, behold your son*, not more than a sword to you, truly piercing your heart, cutting through to the division between soul and spirit? What an exchange! John is given to you in place of Jesus, the servant in place of the Lord, the Son of Zebedee replaces the Son of God, a mere man replaces God himself. How could these words not pierce your most loving heart, when the mere remembrance of them breaks ours, hearts of stone and iron though they are!

Or:

From a sermon by St. Bernard, Abbott

(Sermo in dom. infra oct. Assumptionis, 14-15: Opera omnia, Edit. Cisterc. 5 [1968], 273-274)

### *A martyr in spirit*

Do not be surprised, brothers, that Mary is said to be a martyr in spirit. Let him be surprised who does not remember the words of Paul, that one of the greatest crimes of the Gentiles was that they were without love. That was far from the heart of Mary; let it be far from her servants.

Perhaps someone will say: "Had she not known before that he would not die?" Undoubtedly. "Did she not expect him to rise again at once?" Surely. "And still she grieved over her crucified Son?" Intensely. Who are you and what is the source of your wisdom that you are more surprised at the compassion of Mary than at the passion of Mary's Son? For if he could die in body, could she not die with him in spirit? He died in body through a love greater than anyone had known. She died in spirit through a love unlike any other since his.

Who are you and what is the source of your wisdom that you are more surprised at the compassion of Mary than at the passion of Mary's Son? For if he could die in body, could she not die with him in spirit? He dies in body through a love greater than anyone had known. She died in spirit through a love unlike any other since his.

**RESPONSORY**

Holy Mary, heaven's Queen and our Lady you stood by the cross of the Lord.

- Holy Mary, heaven's Queen and our Lady you stood by the cross of the Lord.

Happy is she, who without dying has won the martyr's crown.

- you stood by the cross of the Lord.

Glory to the Father, and to the Son and to the Holy Spirit

- Holy Mary, heaven's Queen and our Lady you stood by the cross of the Lord.

**Or:**

The Lord has chosen her,  
his loved one from the beginning

- The Lord has chosen her,  
his loved one from the beginning

He has taken her to live with him,  
- his loved one from the beginning.

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

- The Lord has chosen her, his loved one from the beginning.

**CANTICLE OF MARY**

**Luke 1:46-55**

**Ant:** When Jesus saw his mother standing beside the cross with the disciple whom he loved, he said to her: Woman, behold your son. Then he said to the disciple: Behold your mother.

*My soul rejoices in the Lord.*

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior;  
for he has looked with favor on his lowly servant.

From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his Name.

He has mercy on those who fear him  
in every generation.

He has shown the strength of his arm,  
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,  
and has lifted up the lowly.

He has filled the hungry with good things,  
and the rich he has sent away empty.

He has come to the help of his servant Israel,  
for he has remembered his promise of mercy,  
The promise he made to our fathers,  
to Abraham and his children for ever.

Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.

**Ant:** When Jesus saw his mother standing beside the cross with the disciple whom he loved, he said to her: Woman, behold your son. Then he said to the disciple: Behold your mother.

#### INTERCESSIONS

Let us praise God, our almighty Father, who wished that Mary, his Son's mother, be celebrated by each generation. Now in need we ask:

*Mary, full of grace, intercede for us.*

O God, worker of miracles, you made the immaculate Virgin Mary share, body and soul, in your Son's glory in heaven,  
- direct the hearts of your children to that same glory.

You made Mary our mother. Through her intercession grant strength to the weak, comfort to the sorrowing, pardon to sinners,  
- Salvation and peace to all.

You made Mary full of grace,  
- grant all men the joyful abundance of your grace.

Make your Church of one mind and one heart in love,  
- and help all those who believe to be one in prayer with Mary, the mother of Jesus.

You crowned Mary queen of heaven,  
- may all the dead rejoice in your kingdom with the saints for ever.

Our Father...

#### CONCLUDING PRAYER

Father,  
as your Son was raised on the cross,  
his mother Mary stood by him, sharing his sufferings.  
May your Church be united with Christ  
in his suffering and death  
and so come to share in his rising to new life,  
where he lives and reigns with you and the Holy Spirit,  
one God, for ever and ever.

May the Lord bless us,  
protect us from evil  
and bring us to everlasting life.  
- Amen.