

Little Office of the Blessed Virgin Mary

MONDAY

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

Mary, crowned with living light,
Temple of the Lord,
Place of peace and holiness,
Shelter of the Word.

Mystery of sinless life
In our fallen race,
Free from shadow, you reflect
Plenitude of grace.

Virgin-Mother of our God,
Lift us when we fall,
Who were named upon the
Cross Mother of us all.

Father, Son and Holy Ghost,
Heaven sings your praise;
Mary magnifies your name
Through eternal days.

Melody: Glorification 75.75.D
Music: Gossner's Choralbuch, Leipzig, 1882
Text: Stanbrook Abbey

Or:

Salve, Regina, mater misericordiae;
vita, dulcedo et spes nostra, salve.
Ad te clamamus, exsules filii Evae.
Ad te suspiramus, gementes et flentes
in hac lacrimarum valle.
Eia ergo, advocata nostra,
illos tuos misericordes oculos
ad nos converte.
Et Iesum, benedictum fructum ventris tui,
nobis post hoc exilium ostende.
O clemens, o pia, o dulcis Virgo Maria.

Melody: Salve Regina
Music: Paris, 1634
Text: 11th Century

PSALMODY

Ant 1: You are all beautiful, O Mary; in you there is no trace of original sin.

Or: Mary received a blessing from the Lord and loving kindness from God her savior.

Psalm 136 Easter Hymn

We praise God by recalling his marvelous deeds (Cassiodorus).

I

O give thanks to the Lord for he is good,
for his love endures for ever.
Give thanks to the God of gods,
for his love endures for ever.
Give thanks to the Lord of lords,
for his love endures for ever;

who alone has wrought marvellous works,
for his love endures for ever;
whose wisdom it was made the skies,

for his love endures for ever;
who fixed the earth firmly on the seas,
for his love endures for ever.

It was he who made the great lights,
for his love endures for ever.
the sun to rule the day,
for his love endures for ever.
the moon and stars in the night;
for his love endures for ever.

Glory be to the Father, ...

Ant 1: You are all beautiful, O Mary; in you there is no trace of original sin.

Or: Mary received a blessing from the Lord and loving kindness from God her savior.

Ant. 2 You are the glory of Jerusalem, the joy of Israel; you are the fairest of our race.

Or: The Most High has made his dwelling place a holy temple.

II

The first-born of the Egyptians he smote,
for his love endures for ever.
He brought Israel out from their midst,
for his love endures for ever;
arm outstretched, with power in his hand,
for his love endures for ever.

He divided the Red Sea in two,
for his love endures for ever;
he made Israel pass through the midst,
for his love endures for ever;
he flung Pharaoh and his force in the sea,
for his love endures for ever.

Through the desert his people he led,
for his love endures for ever.
Nations in their greatness he struck,
for his love endures for ever.
Kings in their splendor he slew,
for his love endures for ever.

Sihon, king of the Amorites,
for his love endures for ever;
and Og, the king of Bashan,
for his love endures for ever.

He let Israel inherit their land,
for his love endures for ever.
On his servant their land he bestowed,
for his love endures for ever.
He remembered us in our distress,
for his love endures for ever.

And he snatched us away from our foes,
for his love endures for ever;
He give food to all living things
for his love endures for ever;
To the God of heaven give thanks,
for his love endures for ever.

Glory be to the Father, ...

Ant. 2 You are the glory of Jerusalem, the joy of Israel; you are the fairest of our race.

Or: The Most High has made his dwelling place a holy temple.

Ant 3: The robe you wear is white as spotless snow; your face is radiant like the sun.

Or: Glorious things are said of you. O Virgin Mary.

Canticle

Ephesians 1:3-10

God our Savior

Praised be the God and Father
of our Lord Jesus Christ,
who has bestowed on us in Christ
every spiritual blessing in the heavens.

God chose us in him
before the world began
to be holy
and blameless in his sight,
to be full of love.

He predestined us
to be his adopted sons through Jesus Christ,
such was his will and pleasure,
that all might praise the glorious favor
he has bestowed on us in his beloved.

In him and through his blood, we have been redeemed,
and our sins forgiven,
so immeasurably generous
is God's favor to us.

God has given us the wisdom
to understand fully the mystery,
the plan he was pleased
to decree in Christ.
A plan to be carried out
in Christ, in the fulness of time,
to bring all things into one in him,
in the heavens and on earth.

Glory be to the Father, ...

Ant 3: The robe you wear is white as spotless snow; your face is radiant like the sun.

Or: Glorious things are said of you. O Virgin Mary.

FIRST READING

Romans 5:20-21

Where sin increased, grace overflowed all the more, so that, as sin reigned in death, grace also might reign through justification for eternal life through Jesus Christ our Lord.

OR

Ephesians 5:25-27

Christ loved the church and handed himself over for her to sanctify her, cleansing her by the bath of water with the word, that he might present to himself the church in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish.

OR

James 3:13-18

Who among you is wise and understanding? Let him show his works by a good life in the humility that comes from wisdom. But if you have bitter jealousy and selfish ambition in your hearts, do not boast and be false to the truth. Wisdom of this kind does not come down from above but is earthly, unspiritual, demonic. For where jealousy and selfish ambition exist, there is disorder and every foul practice. But the wisdom from above is first of all pure, then peaceable, gentle, compliant, full of mercy and good fruits, without inconstancy or insincerity. And the fruit of righteousness is sown in peace for those who cultivate peace.

SECOND READING

From a homily delivered at the Council of Ephesus by Saint Cyril of Alexandria, bishop

(Hom. 4: PG 77,991,995-996)

Mary, Mother of God, we salute you. Precious vessel, worthy of the whole world's reverence, you are an ever-shining light, the crown of virginity, the symbol of orthodoxy, an indestructible temple, the place that held him whom no place can contain, mother and virgin. Because of you the holy gospels could say: Blessed is he who comes in the name of the Lord.

We salute you, for in your holy womb was confined him who is beyond all limitation. Because of you the holy Trinity is glorified and adored; the cross is called precious and is venerated throughout the world; the heavens exult; the angels and archangels make merry; demons are put to flight; the devil, that tempter, is thrust down from heaven; the fallen race of man is taken up on high; all creatures possessed by the madness of idolatry have attained knowledge of the truth; believers receive holy baptism; the oil of gladness is poured out; the Church is established throughout the world; pagans are brought to repentance.

What more is there to say? Because of you the light of the only-begotten Son of God has shone upon those who sat in darkness and in the shadow of death; prophets pronounced the word of God; the apostles preached salvation to the Gentiles; the dead are raised to life, and kings rule by the power of the holy Trinity.

RESPONSORY

By this I know you have chosen me.

- By this I know you have chosen me.

You have not let my enemy triumph over me.

- You have chosen me.

Glory to the Father...

- By this I know you have chosen me.

Or:

I shall glorify you, Lord, for you have rescued me.

- I shall glorify you, Lord, for you have rescued me.

You have not let my enemies rejoice over me

- for you have rescued me.

Glory to the Father...

- I shall glorify you, Lord, for you have rescued me.

CANTICLE OF MARY

Luke 1:46-55

Ant: Hail Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, alleluia

Or: All generations will call me blessed: the Almighty has done great things for me.

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: Hail Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, alleluia

Or: All generations will call me blessed: the Almighty has done great things for me.

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 the mother of mercy,
- may all who are faced with trials feel her motherly love.

You wished Mary to be the mother of the family in the home of Jesus and Joseph,
- may all mothers of families foster love and holiness through her intercession.

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

Our Father...

CONCLUDING PRAYER

Father,
you prepared the Virgin Mary
to be the worthy mother of your Son.
You let her share beforehand
in the salvation Christ would bring by his death,
and kept her sinless from the first moment of her conception.
Help us by her prayers
to live in your presence without sin.
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.

Alternative Prayer

Father,
the image of the Virgin is found in the Church.
Mary had a faith that your Spirit prepared
and a love that never knew sin,
for you kept her sinless from the first moment of her conception.
Trace in our actions the lines of her love,
in our hearts her readiness of faith.
Prepare once again a world for your Son
who 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.