

Sundays

Canons Regular of the New Jerusalem 3rd Order

Daily requirements:

- 1. 15 minutes meditation**
- 2. Prayer for members of the canonry, Pope, diocesan bishop, & local clergy.**
- 3. Lauds or Vespers.**

Monthly:

- 1. High Mass and meeting on 2nd Sunday of the month**
- 2. 45 minutes reading in relation to the topic of the monthly meeting**
- 3. Sacramental Confession**

Lauds

Ps 92 (93 in contemporary Bibles)

The Lord hath reigned, he is clothed with beauty:
the Lord is clothed with strength, and hath girded himself.
For he hath established the world which shall not be moved.
Thy throne is prepared from of old: thou art from everlasting.
The floods have lifted up, O Lord: the floods have lifted up their voice.
The floods have lifted up their waves, with the noise of many waters.
Wonderful are the surges of the sea: wonderful is the Lord on high.
Thy testimonies are become exceedingly credible:
holiness becometh thy house, O Lord, unto length of days.

Psalm 99 (100 in contemporary Bibles)

Sing joyfully to God, all the earth: serve ye the Lord with gladness.
Come in before his presence with exceeding great joy.
Know ye that the Lord he is God: he made us, and not we ourselves.
We are his people and the sheep of his pasture.
Go ye into his gates with praise, into his courts with hymns: and give glory to him.
Praise ye his name: for the Lord is sweet, his mercy endureth for ever,
and his truth to generation and generation.

Psalm 62 (63 in contemporary Bibles)

O God, my God, to thee do I watch at break of day.
For thee my soul hath thirsted; for thee my flesh, O how many ways!
In a desert land, and where there is no way, and no water:
so in the sanctuary have I come before thee, to see thy power and thy glory.

For thy mercy is better than lives: thee my lips shall praise.
Thus will I bless thee all my life long: and in thy name I will lift up my hands.
Let my soul be filled as with marrow and fatness:
and my mouth shall praise thee with joyful lips.
If I have remembered thee upon my bed, I will meditate on thee in the morning:
because thou hast been my helper.
And I will rejoice under the covert of thy wings:
my soul hath stuck close to thee: thy right hand hath received me.
But they have sought my soul in vain,
they shall go into the lower parts of the earth:
they shall be delivered into the hands of the sword,
they shall be the portions of foxes.
But the king shall rejoice in God, all they shall be praised that swear by him:
because the mouth is stopped of them that speak wicked things.

Benedictus (Luke 1:68-79) (Verse 67: “And Zachary his father was filled with the Holy Ghost; and he prophesied, saying:”)

Blessed be the Lord God of Israel;
because he hath visited and wrought the redemption of his people:
and hath raised up an horn of salvation to us, in the house of David his servant:
as he spoke by the mouth of his holy prophets, who are from the beginning:
salvation from our enemies, and from the hand of all that hate us:
to perform mercy to our fathers, and to remember his holy testament,
the oath, which he swore to Abraham our father, that he would grant to us,
that being delivered from the hand of our enemies,
we may serve him without fear,
in holiness and justice before him, all our days.
And thou, child, shalt be called the prophet of the Highest:
for thou shalt go before the face of the Lord to prepare his ways:
to give knowledge of salvation to his people, unto the remission of their sins:
through the bowels of the mercy of our God,
in which the Orient from on high hath visited us:
to enlighten them that sit in darkness, and in the shadow of death:
to direct our feet into the way of peace.

Vespers

Psalm 109 (110 in contemporary Bibles)

The Lord said to my Lord: sit thou at my right hand:
until I make thy enemies thy footstool.
The Lord will send forth the sceptre of thy power out of Sion:
rule thou in the midst of thy enemies.
With thee is the principality in the day of thy strength:
in the brightness of the saints:
from the womb before the day star I begot thee.
The Lord hath sworn, and he will not repent:
Thou art a priest for ever according to the order of Melchisedech.
The Lord at thy right hand hath broken kings in the day of his wrath.
He shall judge among nations, he shall fill ruins:
he shall crush the heads in the land of the many.
He shall drink of the torrent in the way: therefore shall he lift up the head.

Psalm 110 (111 in contemporary Bibles)

I will praise thee, O Lord, with my whole heart;
in the council of the just: and in the congregation.
Great are the works of the Lord:
sought out according to all his wills.
His work is praise and magnificence:
and his justice continueth for ever and ever.
He hath made a remembrance of his wonderful works,
being a merciful and gracious Lord:
he hath given food to them that fear him.
He will be mindful for ever of his covenant:
He will shew forth to his people the power of his works.
That he may give them the inheritance of the Gentiles:
the works of his hands are truth and judgment.
All his commandments are faithful:
confirmed for ever and ever, made in truth and equity.
He hath sent redemption to his people:
he hath commanded his covenant for ever.
Holy and terrible is his name:
the fear of the Lord is the beginning of wisdom.
A good understanding to all that do it:
his praise continueth for ever and ever.

Psalm 111 (112 in contemporary Bibles)

Blessed is the man that feareth the Lord:

he shall delight exceedingly in his commandments.

His seed shall be mighty upon earth:

the generation of the righteous shall be blessed.

Glory and wealth shall be in his house:

and his justice remaineth for ever and ever.

To the righteous a light is risen up in darkness:

he is merciful, and compassionate and just.

Acceptable is the man that sheweth mercy and lendeth:

he shall order his words with judgment:

because he shall not be moved for ever.

The just shall be in everlasting remembrance:

he shall not hear the evil hearing.

His heart is ready to hope in the Lord:

his heart is strengthened, he shall not be moved until he look over his enemies.

He hath distributed, he hath given to the poor:

his justice remaineth for ever and ever: his horn shall be exalted in glory.

The wicked shall see, and shall be angry,

he shall gnash with his teeth and pine away: the desire of the wicked shall perish.

The Magnificat (Luke 1:46-55)

My soul doth magnify the Lord.

And my spirit hath rejoiced in God my Saviour.

Because he hath regarded the humility of his handmaid;

for behold from henceforth all generations shall call me blessed.

Because he that is mighty, hath done great things to me; and holy is his name.

And his mercy is from generation unto generations, to them that fear him.

He hath shewed might in his arm:

he hath scattered the proud in the conceit of their heart.

He hath put down the mighty from their seat, and hath exalted the humble.

He hath filled the hungry with good things; and the rich he hath sent empty away.

He hath received Israel his servant, being mindful of his mercy:

As he spoke to our fathers, to Abraham and to his seed for ever.

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