

Wednesdays

Augustinian 3rd Order (Canons Regular of the New Jerusalem)

Daily requirements:

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

Seasonal: Abstinence from meat on Wednesdays (and Fridays) during Advent and Lent

Monthly:

1. 45 minutes reading in relation to the topic of the monthly meeting
2. Sacramental Confession

Lauds

Ps 96 (97 in Protestant Bible) (For the same David, when his land was restored again to him:)

The Lord hath reigned, let the earth rejoice: let many islands be glad.

Clouds and darkness are round about him:

justice and judgment are the establishment of his throne.

A fire shall go before him, and shall burn his enemies round about.

His lightnings have shone forth to the world: the earth saw and trembled.

The mountains melted like wax, at the presence of the Lord:

at the presence of the Lord of all the earth.

The heavens declared his justice: and all people saw his glory.

Let them be all confounded that adore graven things, and that glory in their idols.

Adore him, all you his angels: Sion heard, and was glad.

And the daughters of Juda rejoiced, because of thy judgments, O Lord.

For thou art the most high Lord over all the earth:

thou art exalted exceedingly above all gods.

You that love the Lord, hate evil:

the Lord preserveth the souls of his saints,

he will deliver them out of the hand of the sinner.

Light is risen to the just, and joy to the right of heart.

Rejoice, ye just, in the Lord: and give praise to the remembrance of his holiness.

Psalm 64 (65 in Protestant Bible) (To the end, a psalm of David. The canticle of Jeremias and Ezechiel to the people of the captivity, when they began to go out.)

A Hymn, O God, becometh thee in Sion:
and a vow shall be paid to thee in Jerusalem.
O hear my prayer: all flesh shall come to thee.
The words of the wicked have prevailed over us:
and thou wilt pardon our transgressions.
Blessed is he whom thou hast chosen and taken to thee:
he shall dwell in thy courts.
We shall be filled with the good things of thy house;
holy is thy temple, wonderful in justice.
Hear us, O God our saviour, who art the hope of all the ends of the earth,
and in the sea afar off.
Thou who preparest the mountains by thy strength, being girded with power:
who troublest the depth of the sea, the noise of its waves.
The Gentiles shall be troubled,
and they that dwell in the uttermost borders shall be afraid at thy signs:
thou shalt make the outgoings of the morning and of the evening to be joyful.
Thou hast visited the earth, and hast plentifully watered it;
thou hast many ways enriched it.
The river of God is filled with water, thou hast prepared their food:
for so is its preparation.
Fill up plentifully the streams thereof, multiply its fruits;
it shall spring up and rejoice in its showers.
Thou shalt bless the crown of the year of thy goodness:
and thy fields shall be filled with plenty.
The beautiful places of the wilderness shall grow fat:
and the hills shall be girded about with joy,
the rams of the flock are clothed, and the vales shall abound with corn:
they shall shout, yea they shall sing a hymn.

Psalm 100 (101 in Protestant Bible) (A psalm for David himself)

Mercy and judgment I will sing to thee, O Lord:
I will sing, and I will understand in the unspotted way,
when thou shalt come to me.
I walked in the innocence of my heart, in the midst of my house.
I did not set before my eyes any unjust thing:
I hated the workers of iniquities.
The perverse heart did not cleave to me:

and the malignant, that turned aside from me, I would not know.
The man that in private detracted his neighbour, him did I persecute.
With him that had a proud eye, and an unsatiable heart, I would not eat.
My eyes were upon the faithful of the earth, to sit with me:
the man that walked in the perfect way, he served me.
He that worketh pride shall not dwell in the midst of my house:
he that speaketh unjust things did not prosper before my eyes.
In the morning I put to death all the wicked of the land:
that I might cut off all the workers of iniquity from the city of the Lord.

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 127 (128 in Protestant Bible)

Blessed are all they that fear the Lord: that walk in his ways.
For thou shalt eat the labours of thy hands:
blessed art thou, and it shall be well with thee.
Thy wife as a fruitful vine, on the sides of thy house.
Behold, thus shall the man be blessed that feareth the Lord.
May the Lord bless thee out of Sion:

and mayest thou see the good things of Jerusalem all the days of thy life.
And mayest thou see thy children's children, peace upon Israel.

Psalm 128 (129 in Protestant Bible)

Often have they fought against me from my youth, let Israel now say:
Often have they fought against me from my youth:
but they could not prevail over me.
The wicked have wrought upon my back:
they have lengthened their iniquity.
The Lord who is just will cut the necks of sinners:
Let them all be confounded and turned back that hate Sion.
Let them be as grass on the tops of houses:
which withered before it be plucked up:
wherewith the mower filleth not his hand:
nor he that gathereth sheaves his bosom.
And they that have passed by have not said:
the blessing of the Lord be upon you:
we have blessed you in the name of the Lord.
If it had not been that the Lord was with us,
when men rose up against us,
perhaps they had swallowed us up alive.
When their fury was enkindled against us,
perhaps the waters had swallowed us up.
Our soul hath passed through a torrent:
perhaps our soul had passed through a water insupportable.
Blessed be the Lord, who hath not given us to be a prey to their teeth.
Our soul hath been delivered as a sparrow out of the snare of the fowlers.
The snare is broken, and we are delivered.
Our help is in the name of the Lord, who made heaven and earth.

Psalm 129 (130 in Protestant Bible)

Out of the depths I have cried to thee, O Lord:

Lord, hear my voice.

Let thy ears be attentive to the voice of my supplication.

If thou, O Lord, wilt mark iniquities:

Lord, who shall stand it.

For with thee there is merciful forgiveness:

and by reason of thy law, I have waited for thee, O Lord.

My soul hath relied on his word:

My soul hath hoped in the Lord.

From the morning watch even until night,

let Israel hope in the Lord.

Because with the Lord there is mercy:

and with him plentiful redemption.

And he shall redeem Israel from all his iniquities.

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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