

## **Mondays**

### **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. 45 minutes reading in relation to the topic of the monthly meeting**
- 2. Sacramental Confession**

### **Lauds**

#### **Ps 46 (47 in Protestant Bible)**

O clap your hands, all ye nations: shout unto God with the voice of Joy,  
for the Lord is high, terrible: a great king over all the earth.  
He hath subdued the people under us; and the nations under our feet.  
He hath chosen for us his inheritance the beauty of Jacob which he hath loved.  
God is ascended with jubilee, and the Lord with the sound of trumpet.  
Sing praises to our God, sing ye: sing praises to our king, sing ye.  
For God is the king of all the earth: sing ye wisely.  
God shall reign over the nations: God sitteth on his holy throne.  
The princes of the people are gathered together, with the God of Abraham:  
for the strong gods of the earth are exceedingly exalted.

#### **Psalm 5 (5 in Protestant Bible)**

Give ear, O Lord, to my words, understand my cry.  
Hearken to the voice of my prayer, O my King and my God.  
For to thee will I pray: O Lord, in the morning thou shalt hear my voice.  
In the morning I will stand before thee, and will see:  
because thou art not a God that willest iniquity.  
Neither shall the wicked dwell near thee:  
nor shall the unjust abide before thy eyes.  
Thou hatest all the workers of iniquity:  
Thou wilt destroy all that speak a lie.  
The bloody and the deceitful man the Lord will abhor.  
But as for me in the multitude of thy mercy, I will come into thy house;  
I will worship towards thy holy temple, in thy fear.  
Conduct me, O Lord, in thy justice:

because of my enemies, direct my way in thy sight.  
For there is no truth in their mouth; their heart is vain.  
Their throat is an open sepulchre:  
they dealt deceitfully with their tongues: judge them, O God.  
Let them fall from their devices:  
according to the multitude of their wickedness cast them out:  
for they have provoked thee, O Lord.  
But let all them be glad that hope in thee:  
they shall rejoice for ever, and thou shalt dwell in them.  
And all they that love thy name shall glory in thee:  
for thou wilt bless the just.  
O Lord, thou hast crowned us, as with a shield of thy good will.

### **Psalm 28 (29 in Protestant Bible)**

Bring to the Lord, O ye children of God:  
bring to the Lord the offspring of rams.  
Bring to the Lord glory and honour:  
bring to the Lord glory to his name:  
adore ye the Lord in his holy court.  
The voice of the Lord is upon the waters;  
the God of majesty hath thundered,  
the Lord is upon many waters.  
The voice of the Lord is in power;  
the voice of the Lord in magnificence.  
The voice of the Lord breaketh the cedars:  
yea, the Lord shall break the cedars of Libanus.  
And shall reduce them to pieces, as a calf of Libanus,  
and as the beloved son of unicorns.  
The voice of the Lord divideth the flame of fire:  
the voice of the Lord shaketh the desert:  
and the Lord shall shake the desert of Cades.  
The voice of the Lord prepareth the stags:  
and he will discover the thick woods:  
and in his temple all shall speak his glory.  
The Lord maketh the flood to dwell:  
and the Lord shall sit king for ever.  
The Lord will give strength to his people:  
the Lord will bless his people with peace.

**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 114 (115 in Protestant Bible)**

I have loved, because the Lord will hear the voice of my prayer.  
Because he hath inclined his ear unto me: and in my days I will call upon him.  
The sorrows of death have encompassed me: and the perils of hell have found me.  
I met with trouble and sorrow: and I called upon the name of the Lord.  
O Lord, deliver my soul.  
The Lord is merciful and just, and our God sheweth mercy.  
The Lord is the keeper of little ones: I was little and he delivered me.  
Turn, O my soul, into thy rest: for the Lord hath been bountiful to thee.  
For he hath delivered my soul from death: my eyes from tears, my feet from falling.  
I will please the Lord in the land of the living.

### **Psalm 115 (116 in Protestant Bible)**

I have believed, therefore have I spoken; but I have been humbled exceedingly.  
I said in my excess: Every man is a liar.  
What shall I render to the Lord, for all the things he hath rendered unto me?  
I will take the chalice of salvation; and I will call upon the name of the Lord.  
I will pay my vows to the Lord before all his people:  
Precious in the sight of the Lord is the death of his saints.  
O Lord, for I am thy servant: I am thy servant, and the son of thy handmaid.  
Thou hast broken my bonds: I will sacrifice to thee the sacrifice of praise,  
and I will call upon the name of the Lord.  
I will pay my vows to the Lord in the sight of all his people:  
in the courts of the house of the Lord, in the midst of thee, O Jerusalem.

### **Psalm 119 (120 in Protestant Bible)**

In my trouble I cried to the Lord: and he heard me.  
O Lord, deliver my soul from wicked lips, and a deceitful tongue.  
What shall be given to thee, or what shall be added to thee, to a deceitful tongue?  
The sharp arrows of the mighty, with coals that lay waste.  
Woe is me, that my sojourning is prolonged!  
I have dwelt with the inhabitants of cedar: my soul hath been long a sojourner.  
With them that hated peace I was peaceable:  
when I spoke to them they fought against me without cause.

### **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.

**Douay-Rheims 1899 American Edition**