Ordinary Time – Lauds

**Symbols:**

☩ – Large sign of the cross (Sign of the cross from the forehead to the breast and from the left shoulder to the right)

✠ – Sign of the cross over the lips

☨ – Sign of the cross over the heart

*Prayers before the Office*

✠ (Sign of cross over lips) APERI, Dómine, os meum ad benedicéndum nomen sanctum tuum:☨ (Sign of cross over heart)munda quoque cor meum ab ómnibus vanis, pervérsis et aliénis cogitatiónibus; intelléctum illúmina, afféctum inflámma, ut digne, atténte ac devóte hoc Offícium recitáre váleam, et exaudíri mérear ante conspéctum divínæ Majestátis tuæ. Per Christum Dóminum nostrum.

*O LORD, open Thou my mouth, that I may bless Thy holy name; cleanse my heart too from all vain, evil, or wandering thoughts. Enlighten mine understanding, kindle mine affections, that I may be able to say this Office meetly with attention and devotion, and may deserve to be heard before the presence of Thy divine Majesty. Through Christ our Lord.*

Amen.

*Amen.*

Dómine, in unióne illíus divínæ intentiónis, qua ipse in terris laudes Deo persolvísti, has tibi Horas (*vel*hanc tibi Horam) persólvo.

*O Lord, in union with that divine intention wherewith Thou Thyself, while on earth, didst offer praises unto God, I offer these hours (or this hour) unto Thee.*

*Lauds*

*V.* Deus ☩ (Large sign of the cross) in adjutórium meum inténde.

*V. O God, ☩ come to my assistance;*

*R.* Dómine, ad adjuvándum me festína.

*R. O Lord, make haste to help me.*

*V.* Glória Patri, et Fílio, \* et Spirítui Sancto.

*V. Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

*R.* Sicut erat in princípio, et nunc, et semper, \* et in sæcula sæculórum. Amen.

*R. As it was in the beginning, is now, \* and ever shall be, world without end. Amen.*

*A*llelúia.

*Alleluia.*

Psalms

*Ant. (for the year)* Assúmpta est María.

*Ant. Mary is taken up.*

*Psalm 92*

Dóminus regnávit, decórem indútus est: \* indútus est Dóminus fortitúdinem, et præcínxit se.

*The Lord hath reigned, he is clothed with beauty: \* the Lord is clothed with strength, and hath girded himself.*

Étenim firmávit orbem terræ, \* qui non commovébitur.

*For he hath established the world \* which shall not be moved.*

Paráta sedes tua ex tunc: \* a sæculo tu es.

*Thy throne is prepared from of old: \* thou art from everlasting.*

Elevavérunt flúmina, Dómine: \* elevavérunt flúmina vocem suam.

*The floods have lifted up, O Lord: \* the floods have lifted up their voice.*

Elevavérunt flúmina fluctus suos, \* a vócibus aquárum multárum.

*The floods have lifted up their waves, \* with the noise of many waters.*

Mirábiles elatiónes maris: \* mirábilis in altis Dóminus.

*Wonderful are the surges of the sea: \* wonderful is the Lord on high.*

Testimónia tua credibília facta sunt nimis: \* domum tuam decet sanctitúdo, Dómine, in longitúdinem diérum.

*Thy testimonies are become exceedingly credible: \* holiness becometh thy house, O Lord, unto length of days.*

*V.* Glória Patri, et Fílio, \* et Spirítui Sancto.

*V. Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

*R.* Sicut erat in princípio, et nunc, et semper, \* et in sæcula sæculórum. Amen.

*R. As it was in the beginning, is now, \* and ever shall be, world without end. Amen.*

*Psalm 99*

Jubilate Deo, omnis terra: \* servíte Dómino in lætítia.

*Sing joyfully to God, all the earth: \* serve ye the Lord with gladness.*

Introíte in conspéctu ejus, \* in exsultatióne.

*Come in before his presence \* with exceeding great joy.*

Scitóte quóniam Dóminus ipse est Deus: \* ipse fecit nos, et non ipsi nos.

*Know ye that the Lord he is God: \* he made us, and not we ourselves.*

Pópulus ejus, et oves páscuæ ejus: \* introíte portas ejus in confessióne, átria ejus in hymnis: confitémini illi.

*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.*

Laudáte nomen ejus: quóniam suávis est Dóminus, in ætérnum misericórdia ejus, \* et usque in generatiónem et generatiónem véritas ejus.

*Praise ye his name: for the Lord is sweet, his mercy endureth for ever, \* and his truth to generation and generation.*

*V.* Glória Patri, et Fílio, \* et Spirítui Sancto.

*V. Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

*R.* Sicut erat in princípio, et nunc, et semper, \* et in sæcula sæculórum. Amen.

*R. As it was in the beginning, is now, \* and ever shall be, world without end. Amen.*

*Psalm 62*

Deus, Deus meus, \* ad te de luce vígilo.

*O God, my God, \* to thee do I watch at break of day.*

Sitívit in te ánima mea, \* quam multiplíciter tibi caro mea.

*For thee my soul hath thirsted; \* for thee my flesh, O how many ways!*

In terra desérta, et ínvia, et inaquósa: \* sic in sancto appárui tibi, ut vidérem virtútem tuam, et glóriam tuam.

*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.*

Quóniam mélior est misericórdia tua super vitas: \* lábia mea laudábunt te.

*For thy mercy is better than lives: \* thee my lips shall praise.*

Sic benedícam te in vita mea: \* et in nómine tuo levábo manus meas.

*Thus will I bless thee all my life long: \* and in thy name I will lift up my hands.*

Sicut ádipe et pinguédine repleátur ánima mea: \* et lábiis exsultatiónis laudábit os meum.

*Let my soul be filled as with marrow and fatness: \* and my mouth shall praise thee with joyful lips.*

Si memor fui tui super stratum meum, in matutínis meditábor in te: \* quia fuísti adiútor meus.

*If I have remembered thee upon my bed, I will meditate on thee in the morning: \* because thou hast been my helper.*

Et in velaménto alárum tuárum exsultábo, adhæsit ánima mea post te: \* me suscépit déxtera tua.

*And I will rejoice under the covert of thy wings: my soul hath stuck close to thee: \* thy right hand hath received me.*

Ipsi vero in vanum quæsiérunt ánimam meam, introíbunt in inferióra terræ: \* tradéntur in manus gládii, partes vúlpium erunt.

*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.*

Rex vero lætábitur in Deo, laudabúntur omnes qui jurant in eo: \* quia obstrúctum est os loquéntium iníqua.

*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.*

*V.* Glória Patri, et Fílio, \* et Spirítui Sancto.

*V. Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

*R.* Sicut erat in princípio, et nunc, et semper, \* et in sæcula sæculórum. Amen.

*R. As it was in the beginning, is now, \* and ever shall be, world without end. Amen.*

*Canticle of the Three Youths – Daniel 3:57-88, 56*

Benedícite, ómnia ópera Dómini, Dómino: \* laudáte et superexaltáte eum in sæcula.

*All ye works of the Lord, bless the Lord: \* praise and exalt him above all for ever.*

Benedícite, Ángeli Dómini, Dómino: \* benedícite, cæli, Dómino.

*O ye angels of the Lord, bless the Lord: \* O ye heavens, bless the Lord:*

Benedícite, aquæ omnes, quæ super cælos sunt, Dómino: \* benedícite, omnes virtútes Dómini, Dómino.

*O all ye waters that are above the heavens, bless the Lord: \* O all ye powers of the Lord, bless the Lord.*

Benedícite, sol et luna, Dómino: \* benedícite, stellæ cæli, Dómino.

*O ye sun and moon, bless the Lord: \* O ye stars of heaven, bless the Lord.*

Benedícite, omnis imber et ros, Dómino: \* benedícite, omnes spíritus Dei, Dómino.

*O every shower and dew, bless ye the Lord: \* O all ye spirits of God, bless the Lord.*

Benedícite, ignis et æstus, Dómino: \* benedícite, frigus et æstus, Dómino.

*O ye fire and heat, bless the Lord: \* O ye cold and heat, bless the Lord.*

Benedícite, rores et pruína, Dómino: \* benedícite, gelu et frigus, Dómino.

*O ye dews and hoar frosts, bless the Lord: \* O ye frost and cold, bless the Lord.*

Benedícite, glácies et nives, Dómino: \* benedícite, noctes et dies, Dómino.

*O ye ice and snow, bless the Lord: \* O ye nights and days, bless the Lord.*

Benedícite, lux et ténebræ, Dómino: \* benedícite, fúlgura et nubes, Dómino.

*O ye light and darkness, bless the Lord: \* O ye lightnings and clouds, bless the Lord.*

Benedícat terra Dóminum: \* laudet et superexáltet eum in sæcula.

*O let the earth bless the Lord: \* let it praise and exalt him above all for ever.*

Benedícite, montes et colles, Dómino: \* benedícite, univérsa germinántia in terra, Dómino.

*O ye mountains and hills, bless the Lord: \* O all ye things that spring up in the earth, bless the Lord.*

Benedícite, fontes, Dómino: \* benedícite, mária et flúmina, Dómino.

*O ye fountains, bless the Lord: \* O ye seas and rivers, bless the Lord.*

Benedícite, cete, et ómnia, quæ movéntur in aquis, Dómino: \* benedícite, omnes vólucres cæli, Dómino.

*O ye whales, and all that move in the waters, bless the Lord: \* O all ye fowls of the air, bless the Lord.*

Benedícite, omnes béstiæ et pécora, Dómino: \* benedícite, fílii hóminum, Dómino.

*O all ye beasts and cattle, bless the Lord: \* O ye sons of men, bless the Lord.*

Benedícat Israël Dóminum: \* laudet et superexáltet eum in sæcula.

*O let Israel bless the Lord: \* let them praise and exalt him above all for ever.*

Benedícite, sacerdótes Dómini, Dómino: \* benedícite, servi Dómini, Dómino.

*O ye priests of the Lord, bless the Lord: \* O ye servants of the Lord, bless the Lord.*

Benedícite, spíritus, et ánimæ justórum, Dómino: \* benedícite, sancti, et húmiles corde, Dómino.

*O ye spirits and souls of the just, bless the Lord: \* O ye holy and humble of heart, bless the Lord.*

Benedícite, Ananía, Azaría, Mísaël, Dómino: \* laudáte et superexaltáte eum in sæcula.

*O Ananias, Azarias, and Misael, bless ye the Lord: \* praise and exalt him above all for ever.*

(Bow head) Benedicámus Patrem et Fílium cum Sancto Spíritu: \* laudémus et superexaltémus eum in sæcula.

*(Bow head) Let us bless the Father and the Son, with the Holy Ghost; \* let us praise and exalt him above all for ever.*

Benedíctus es, Dómine, in firmaménto cæli: \* et laudábilis, et gloriósus, et superexaltátus in sæcula.

*Blessed art thou, O Lord, in the firmament of heaven: \* and worthy of praise, and glorious for ever.*

*Psalm 148*

Laudáte Dóminum de cælis: \* laudáte eum in excélsis.

*Praise ye the Lord from the heavens \* praise ye him in the high places.*

Laudáte eum, omnes Ángeli ejus: \* laudáte eum, omnes virtútes ejus.

*Praise ye him, all his angels: \* praise ye him, all his hosts.*

Laudáte eum, sol et luna: \* laudáte eum, omnes stellæ et lumen.

*Praise ye him, O sun and moon: \* praise him, all ye stars and light.*

Laudáte eum, cæli cælórum: \* et aquæ omnes, quæ super cælos sunt, laudent nomen Dómini.

*Praise him, ye heavens of heavens: \* and let all the waters that are above the heavens, praise the name of the Lord.*

Quia ipse dixit, et facta sunt: \* ipse mandávit, et creáta sunt.

*For he spoke, and they were made: \* he commanded, and they were created.*

Státuit ea in ætérnum, et in sæculum sæculi: \* præcéptum pósuit, et non præteríbit.

*He hath established them for ever, and for ages of ages: \* he hath made a decree, and it shall not pass away.*

Laudáte Dóminum de terra, \* dracónes, et omnes abyssi.

*Praise the Lord from the earth, \* ye dragons, and all ye deeps:*

Ignis, grando, nix, glácies, spíritus procellárum: \* quæ fáciunt verbum ejus:

*Fire, hail, snow, ice, stormy winds \* which fulfill his word:*

Montes, et omnes colles: \* ligna fructífera, et omnes cedri.

*Mountains and all hills, \* fruitful trees and all cedars:*

Béstiæ, et univérsa pécora: \* serpéntes, et vólucres pennátæ:

*Beasts and all cattle: \* serpents and feathered fowls:*

Reges terræ, et omnes pópuli: \* príncipes, et omnes júdices terræ.

*Kings of the earth and all people: \* princes and all judges of the earth:*

Júvenes, et vírgines: senes cum Junióribus laudent nomen Dómini: \* quia exaltátum est nomen ejus solíus.

*Young men and maidens: \* let the old with the younger, praise the name of the Lord: For his name alone is exalted.*

Conféssio ejus super cælum et terram: \* et exaltávit cornu pópuli sui.

*The praise of him is above heaven and earth: \* and he hath exalted the horn of his people.*

Hymnus ómnibus sanctis ejus: \* fíliis Israël, pópulo appropinquánti sibi.

*A hymn to all his saints: to the children of Israel, a people approaching him.*

*V.* Glória Patri, et Fílio, \* et Spirítui Sancto.

*V. Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

*R.* Sicut erat in princípio, et nunc, et semper, \* et in sæcula sæculórum. Amen.

*R. As it was in the beginning, is now, \* and ever shall be, world without end. Amen.*

*Ant. (for the year)* Assúmpta est María in cælum; gaudent Angeli, laudantes benedícunt Dominum.

*Ant. Mary is taken up into heaven; the angels rejoice, and with praises bless the Lord.*

Chapter (for the year)

*Canticle Of Canticles 6:8*

Vidérunt eam fíliæ Sion, et beatíssimam prædicavérunt; et regínæ laudavérunt eam.

*The daughters of Sion beheld her, and declared her most blessed, and queens have praised her.*

*R.* Deo gracias.

*R. Thanks be to God.*

Hymn

*O* gloriósa Dómina,
Excélsa super sídera,
Qui te creávit, parvulum
Lactásti sacro úbere.

*O glorious lady! throned on high
Above the star-illumined sky;
Thereto ordained, thy bosom lent
To thy creator nourishment.*

Quod Heva tristis ábstulit,
Tu reddis almo gérmine:
Intrent ut astra flébiles,
Cæli fenéstra facta es.

*Through thy sweet offspring we receive
The bliss once lost through hapless Eve;
And heaven to mortals open lies
Now thou art portal of the skies.*

Tu regis alti jánua,
Et porta lucis fúlgida:
Vitam datam per Vírginem
Gentes redémptæ pláudite.

*Thou art the door of heaven’s high King,
Light’s gateway fair and glistering;
Life through a virgin is restored;
Ye ransomed nations, praise the Lord!*

Glória tibi, Dómine,
Qui natus es de Vírgine,
Cum Patre, et Sancto Spíritu
In sempitérna sæcula.

*All honour, laud, and glory be,
O Jesu, Virgin-born, to thee;
All glory, as is ever meet,
To Father and to Paraclete.*

Amen.

*Amen.*

*V.* Elégit eam Deus, et præelégit eam.

*V. God has chosen and pre-elected her.*

*R.* Et habitáre eam facit in tabernáculo suo.

*R. And has made her dwell in His tabernacle.*

Canticle of Zacharias (*Luke 1:68-79*)

*Ant. (for the year)* O gloriósa Dei Génitrix.

*O Glorious Mother of God.*

Benedíctus ☩ (Large sign of the cross)Dóminus, Deus Israël: \* quia visitávit, et fecit redemptiónem plebis suæ:

*Blessed be the Lord ☩ God of Israel; \* because he hath visited and wrought the redemption of his people:*

Et eréxit cornu salútis nobis: \* in domo David, púeri sui.

*And hath raised up an horn of salvation to us, \* in the house of David his servant:*

Sicut locútus est per os sanctórum, \* qui a sæculo sunt, prophetárum ejus:

*As he spoke by the mouth of his holy Prophets, \* who are from the beginning:*

Salútem ex inimícis nostris, \* et de manu ómnium, qui odérunt nos.

*Salvation from our enemies, \* and from the hand of all that hate us:*

Ad faciéndam misericórdiam cum pátribus nostris: \* et memorári testaménti sui sancti.

*To perform mercy to our fathers, \* and to remember his holy testament,*

Jusjurándum, quod jurávit ad Ábraham patrem nostrum, \* datúrum se nobis:

*The oath, which he swore to Abraham our father, \* that he would grant to us,*

Ut sine timóre, de manu inimicórum nostrórum liberáti, \* serviámus illi.

*That being delivered from the hand of our enemies, \* we may serve him without fear,*

In sanctitáte, et justítia coram ipso, \* ómnibus diébus nostris.

*In holiness and justice before him, \* all our days.*

Et tu, puer, Prophéta Altíssimi vocáberis: \* præíbis enim ante fáciem Dómini, paráre vias ejus:

*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:*

Ad dandam sciéntiam salútis plebi ejus: \* in remissiónem peccatórum eórum:

*To give knowledge of salvation to his people, \* unto the remission of their sins:*

Per víscera misericórdiæ Dei nostri: \* in quibus visitávit nos, óriens ex alto:

*Through the bowels of the mercy of our God, \* in which the Orient from on high hath visited us:*

Illumináre his, qui in ténebris, et in umbra mortis sedent: \* ad dirigéndos pedes nostros in vi

*To enlighten them that sit in darkness, and in the shadow of death: \* to direct our feet into the way of peace.*

*V.* Glória Patri, et Fílio, \* et Spirítui Sancto.

*V. Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

*R.* Sicut erat in princípio, et nunc, et semper, \* et in sæcula sæculórum. Amen.

*R. As it was in the beginning, is now, \* and ever shall be, world without end. Amen.*

*Ant. (for the year)* O gloriósa Dei Génitrix, Virgo semper Maria, quæ Dóminum ómnium meruísti portáre, et Regem Angelórum sola Virgo lactáre: nostri, quaésumus, pia memoráre et pro nobis semper Christum deprecáre; ut tuis fulti patrocíniis, ad cælesta regna mereámur perveníre.

*Ant. Well done, thou good and faithful servant; \* thou hast been faithful over a few things, I will make thee ruler over many things; enter thou into the joy of thy Lord.*

*V.* Dómine, exáudi oratiónem meam.

*R. O Lord, hear my prayer.*

*R.* Et clamor meus ad te véniat

*R. And let my cry come out to Thee.*

Oration (*for the year*)

Orémus.

*Let us pray.*

Deus, qui de Beatae Mariae Virginis útero Verbum tuum Angelo nuntiánte carnem suscípere voluísti: præsta supplícibus tuis; ut, qui vere eam Genitrícem Dei crédimus, ejus apud te intercessiónibus adjuvémur.

*O God, who didst will that, at the announcement of an Angel, thy Word should take flesh in the womb of the blessed Virgin Mary, grant to us thy suppliants, that we who believe her to be truly the mother of God may be helped by her intercession with thee.*

Per eúmdem Dóminum nostrum Jesum Christum, Fílium tuum: Qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

*Through the same Jesus Christ, thy Son, Our Lord, Who liveth and reigneth with thee in the unity of the Holy Ghost, God, world without end.*

*R.* Amen.

*R. Amen.*

*V.* Dómine, exáudi oratiónem meam.

*V. O Lord, hear my prayer.*

*R.* Et clamor meus ad te véniat.

*R. And let my cry come unto thee.*

*V.* Benedicámus Dómino.

*V. Let us bless the Lord.*

*R.* Deo grátias.

*R. Thanks be to God.*

The Antiphon of Our Lady

Virgo María, non est tibi símilis orta in mundo inter mulíeres: florens ut rosa; frangrans sicut lilium: ora pro nobis, sancta Dei Génitrix.

*O Virgin Mary, there has not risen in the world, among women, one similar to thee: blooming as the rose, fragrant as the lily; pray for us, O Holy Mother of God.*

*V.* Dignáre me laudáre te, Virgo sacráta.

*V. Vouchsafe, O sacred Virgin, to accept my praise.*

*R.* Da mihi virtútem contra hostes tuos.

*R. Give me strength against my enemies.*

Orémus.

*Let us pray.*

Beátæ et gloriósæ sempérque Virginis Maríæ, quaésumus, Dómine, intercéssio gloriósa nos prótegat: et ad vitam perdúcat ætérnum. Per Christum, Dóminum Nostrum.

*We beseech Thee, O Lord, that the heavenly intercession of the ever-glorious and blessed Virgin Mary may protect us, and conduct us to eternal life, through Christ our Lord.*

*R.* Amen.

*R. Amen.*

*V.* Fidélium ánimæ per misericórdium Dei, requiéscant in pace.

*V. May the souls of the faithful departed, through the mercy of God, rest in peace.*

*R.* Amen.

*R. Amen.*

[NEXT HOUR » PRIME](http://traditionalcarmelite.com/littleoffice/ordinary/ordinary-prime/)

*Prayer After the Office*

*To those who, after the Divine Office, shall on their knees recite with devotion the following prayer, Pope Leo X granted indulgence in respect of those shortcomings and faults which they may have committed through human frailty while saying Office.*

SACROSÁNCTÆ, et indivíduæ Trinitáti, crucifíxi Dómini nostri Jesu Christi humanitáti, beatíssimæ et gloriosíssimæ sempérque Vírginis Maríæ fœcúndæ integritáti, et ómnium Sanctórum universitáti sit sempitérna laus, honor, virtus et glória ab omni creatúra, nobísque remíssio ómnium peccatórum, per infiníta sæcula sæculórum.

*TO the most holy and undivided Trinity, to the manhood of our crucified Lord Jesus Christ, to the fruitful virginity of the most blessed and glorious Mary, ever a Virgin, to the entire assembly of the saints, be ascribed everlasting praise, honor, power, and glory, by every creature; and to us be granted the remission of all our sins, world without end.*

*R.* Amen.

*R. Amen*

*V.* Beáta víscera Maríæ Vírginis, quæ portavérunt ætérni Patris Fílium.

*V. Blessed is the Virgin Mary’s womb, which bore the Son of the Everlasting Father.*

*R.* Et beáta úbera quæ lactavérunt Christum Dóminum.

*R. And blessed are the paps that gave suck to Christ our Lord.*

*Then is said secretly an ‘Our Father’ and a ‘Hail Mary’.*