Advent – Matins (First Nocturn – Sun/Mon/Thu)

*This second Office is said from Vespers of the Saturday before the First Sunday of Advent until None of December 24th (Christmas Eve); as well as on the Feast of the Annunciation (March 25th).*

**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.*

*Matins*

*V.* Ave María, grátia plena \* Dóminus tecum.

*V. Hail, Mary, full of grace. \* the Lord is with thee.*

*R.* Benedícta tu \* in muliéribus, et benedíctus fructus ventris tui.

*R. Blessed art thou among women, \* and blessed is the fruit of thy womb.*

*V.* Dómine, lábia ✠ (Sign of cross over lips)mea apéries.

*R. O Lord, ✠ open thou my lips.*

*R.* Et os meum annuntiábit laudem tuam.

*R. And my mouth shall declare thy praise*

*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.*

The Invitatory

*Psalm 94*

*Ant.* Ave María, grátia plena \* Dóminus tecum.

*Ant. Hail, Mary, full of grace. \* the Lord is with thee.*

*Ant.* Ave María, grátia plena \* Dóminus tecum.

*Ant. Hail, Mary, full of grace. \* the Lord is with thee.*

*V*eníte, exsultémus Dómino, jubilémus Deo, salutári nostro: præoccupémus fáciem ejus in confessióne, et in psalmis jubilémus ei.

*Come let us praise the Lord with joy: let us joyfully sing to God our saviour. Let us come before his presence with thanksgiving; and make a joyful noise to him with psalms.*

*Ant.* Ave María, grátia plena \* Dóminus tecum.

*Ant. Hail, Mary, full of grace. \* the Lord is with thee.*

Quóniam Deus magnus Dóminus, et Rex magnus super omnes deos, quóniam non repéllet Dóminus plebem suam: quia in manu ejus sunt omnes fines terræ, et altitúdines móntium ipse cónspicit.

*For the Lord is a great God, and a great King above all gods. For the Lord will not cast off his people: for in his hand are all the ends of the earth, and the heights of the mountains are his.*

*Ant.* Dóminus tecum.

*Ant. The Lord is with thee.*

Quóniam ipsíus est mare, et ipse fecit illud, et áridam fundavérunt manus ejus (Genuflect) Veníte, adorémus, et procidámus ante Deum: plorémus coram Dómino, qui fecit nos, quia ipse est Dóminus, Deus noster; nos autem pópulus ejus, et oves páscuæ ejus.

*For the sea is his, and he made it: and his hands formed the dry land. (Genuflect) Come let us adore and fall down: and weep before the Lord that made us: For he is the Lord our God: and we are the people of his pasture and the sheep of his hand.*

*Ant.* Ave María, grátia plena \* Dóminus tecum.

*Ant. Hail, Mary, full of grace. \* the Lord is with thee.*

*H*ódie, si vocem ejus audiéritis, nolíte obduráre corda vestra, sicut in exacerbatióne secúndum diem tentatiónis in desérto: ubi tentavérunt me patres vestri, probavérunt et vidérunt ópera mea.

*Today if you shall hear his voice, harden not your hearts: As in the provocation, according to the day of temptation in the wilderness: where your fathers tempted me, they proved me, and saw my works.*

*Ant.* Dóminus tecum.

*Ant. The Lord is with thee.*

Quadragínta annis próximus fui generatióni huic, et dixi; Semper hi errant corde, ipsi vero non cognovérunt vias meas: quibus jurávi in ira mea; Si introíbunt in réquiem meam.

*Forty years long was I offended with that generation, and I said: These always err in heart. And these men have not known my ways: so I swore in my wrath that they shall not enter into my rest.*

*Ant.* Ave María, grátia plena \* Dóminus tecum.

*Ant. Hail, Mary, full of grace. \* the Lord is with thee.*

*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.* Dóminus tecum.

*Ant. The Lord is with thee.*

*Ant.* Ave María, grátia plena \* Dóminus tecum.

*Ant. Hail, Mary, full of grace. \* the Lord is with thee.*

Hymn

Quem terra, pontus, sídera
Colunt, adórant, prædicant,
Trinam regéntem máchinam,
Claustrum Maríæ bájulat.

*The God whom earth, and sea, and sky
Adore, and laud, and magnify,
Who o’er their threefold fabric reigns,
The Virgin’s spotless womb contains.*

Cui luna, sol, et ómnia
Desérviunt per témpora,
Perfúsa cæli grátia,
Gestant puéllæ víscera.

*The God, whose will by moon and sun
And all things in due course is done,
Is borne upon a maiden’s breast,
By fullest heavenly grace possest.*

Beáta Mater múnere,
Cujus supérnus ártifex
Mundum pugíllo cóntinens,
Ventris sub arca clausus est.

*How blest that mother, in whose shrine
The great artificer divine,
Whose hand contains the earth and sky,
Vouchsafed, as in his ark, to lie.*

Beáta cæli núntio,
Fœcúnda sancto Spíritu,
Desiderátus géntibus,
Cujus per alvum fusus est.

*Blest, in the message Gabriel brought;
Blest, by the work the Spirit wrought;
From whom the great desire of earth
Took human flesh and human birth.*

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

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

First Nocturn

*(For Sundays, Mondays and Thursdays)*

*Ant.* Benedícta tu.

*Ant. Blessed art thou.*

*Psalm 8*

Dómine, Dóminus noster, \* quam admirábile est nomen tuum in univérsa terra

*O Lord our Lord, \* how admirable is thy name in the whole earth!*

Quóniam eleváta est magnificéntia tua, \* super cælos.

*For thy magnificence is elevated \* above the heavens.*

Ex ore infántium et lacténtium perfecísti laudem propter inimícos tuos, \* ut déstruas inimícum et ultórem.

*Out of the mouth of infants and of sucklings thou hast perfected praise, because of thy enemies, \* that thou mayst destroy the enemy and the avenger.*

Quóniam vidébo cælos tuos, ópera digitórum tuórum: \* lunam et stellas, quæ tu fundásti.

*For I will behold thy heavens, the works of thy fingers: \* the moon and the stars which thou hast founded.*

Quid est homo quod memor es ejus? \* aut fílius hóminis, quóniam vísitas eum?

*What is man that thou art mindful of him? \* or the son of man that thou visitest him?*

Minuísti eum paulo minus ab Ángelis, glória et honóre coronásti eum: \* et constituísti eum super ópera mánuum tuárum.

*Thou hast made him a little less than the angels, thou hast crowned him with glory and honour: \* and hast set him over the works of thy hands.*

Omnia subjecísti sub pédibus ejus, \* oves et boves univérsas: ínsuper et pécora campi.

*Thou hast subjected all things under his feet, \* all sheep and oxen: moreover the beasts also of the fields.*

Vólucres cæli, et pisces maris, \* qui perámbulant sémitas maris.

*The birds of the air, and the fishes of the sea, \* that pass through the paths of the sea.*

Dómine, Dóminus noster, \* quam admirábile est nomen tuum in univérsa terra!

*O Lord our Lord, \* how admirable is thy name in all the earth!*

*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 18*

Cæli enárrant glóriam Dei: \* et ópera mánuum ejus annúntiat firmaméntum.

*The heavens shew forth the glory of God, \* and the firmament declareth the work of his hands.*

Dies diéi erúctat verbum, \* et nox nocti índicat sciéntiam.

*Day to day uttereth speech, \* and night to night sheweth knowledge.*

Non sunt loquélæ, neque sermónes, \* quorum non audiántur voces eórum.

*There are no speeches nor languages, \* where their voices are not heard.*

In omnem terram exívit sonus eórum: \* et in fines orbis terræ verba eórum.

*Their sound hath gone forth into all the earth: \* and their words unto the ends of the world.*

In sole pósuit tabernáculum suum: \* et ipse tamquam sponsus procédens de thálamo suo:

*He hath set his tabernacle in the sun: \* and he, as a bridegroom coming out of his bride chamber,*

Exsultávit ut gigas ad curréndam viam, \* a summo cælo egréssio ejus:

*Hath rejoiced as a giant to run the way: \* his going out is from the end of heaven,*

Et occúrsus ejus usque ad summum ejus: \* nec est qui se abscóndat a calóre ejus.

*And his circuit even to the end thereof: \* and there is no one that can hide himself from his heat.*

Lex Dómini immaculáta, convértens ánimas: \* testimónium Dómini fidéle, sapiéntiam præstans párvulis.

*The law of the Lord is unspotted, converting souls: \* the testimony of the Lord is faithful, giving wisdom to little ones.*

Justítiæ Dómini rectæ, lætificántes corda: \* præcéptum Dómini lúcidum, illúminans óculos.

*The justices of the Lord are right, rejoicing hearts: \* the commandment of the Lord is lightsome, enlightening the eyes.*

Timor Dómini sanctus, pérmanens in sæculum sæculi: \* judícia Dómini vera, justificáta in semetípsa.

*The fear of the Lord is holy, enduring for ever and ever: \* the judgments of the Lord are true, justified in themselves.*

Desiderabília super aurum et lápidem pretiósum multum: \* et dulcióra super mel et favum.

*More to be desired than gold and many precious stones: \* and sweeter than honey and the honeycomb.*

Étenim servus tuus custódit ea, \* in custodiéndis illis retribútio multa.

*For thy servant keepeth them, \* and in keeping them there is a great reward.*

Delícta quis intélligit? ab occúltis meis munda me: \* et ab aliénis parce servo tuo.

*Who can understand sins? from my secret ones cleanse me, O Lord: \* and from those of others spare thy servant.*

Si mei non fúerint domináti, tunc immaculátus ero: \* et emundábor a delícto máximo.

*If they shall have no dominion over me, then shall I be without spot: \* and I shall be cleansed from the greatest sin.*

Et erunt ut compláceant elóquia oris mei: \* et meditátio cordis mei in conspéctu tuo semper.

*And the words of my mouth shall be such as may please: \* and the meditation of my heart always in thy sight.*

Dómine, adiútor meus, \* et redémptor meus.

*O Lord, my helper, \* and my redeemer.*

*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 23*

Dómini est terra, et plenitúdo ejus: \* orbis terrárum, et univérsi qui hábitant in eo.

*The earth is the Lord’s and the fulness thereof: \* the world, and all they that dwell therein.*

Quia ipse super mária fundávit eum: \* et super flúmina præparávit eum.

*For he hath founded it upon the seas; \* and hath prepared it upon the rivers.*

Quis ascéndet in montem Dómini? \* aut quis stabit in loco sancto ejus?

*Who shall ascend into the mountain of the Lord: \* or who shall stand in his holy place?*

Ínnocens mánibus et mundo corde, \* qui non accépit in vano ánimam suam, nec jurávit in dolo próximo suo.

*The innocent in hands, and clean of heart, \* who hath not taken his soul in vain, nor sworn deceitfully to his neighbour.*

Hic accípiet benedictiónem a Dómino: \* et misericórdiam a Deo, salutári suo.

*He shall receive a blessing from the Lord, \* and mercy from God his Saviour.*

Hæc est generátio quæréntium eum, \* quæréntium fáciem Dei Jacob.

*This is the generation of them that seek him, \* of them that seek the face of the God of Jacob.*

Attóllite portas, príncipes, vestras, et elevámini, portæ æternáles: \* et introíbit Rex glóriæ.

*Lift up your gates, O ye princes, and be ye lifted up, O eternal gates: \* and the King of Glory shall enter in.*

Quis est iste Rex glóriæ? \* Dóminus fortis et potens: Dóminus potens in prælio.

*Who is this King of Glory? \* the Lord who is strong and mighty: the Lord mighty in battle.*

Attóllite portas, príncipes, vestras, et elevámini, portæ æternáles: \* et introíbit Rex glóriæ.

*Lift up your gates, O ye princes, and be ye lifted up, O eternal gates: \* and the King of Glory shall enter in.*

Quis est iste Rex glóriæ? \* Dóminus virtútum ipse est Rex glóriæ.

*Who is this King of Glory? \* the Lord of hosts, he is the King of Glory.*

*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.* Benédicta tu \* in muliéribus, et benedíctus fructus ventris tui.

*Ant. Blessed art thou among women, \* and blessed is the fruit of thy womb.*

*V.* Sancta Dei Génetrix, Virgo Semper María.

*V. Holy Mother of God, ever Virgin Mary.*

*R.* Intercéde pro nobis ad Dóminum, Deum nostrum.

*R. Intercede for us with the Lord our God.*

*“Our Father”, silently until* Et Ne

*[Pater noster, qui es in cælis, sanctificétur nomen tuum: advéniat regnum tuum: fiat volúntas tua, sicut in cælo et in terra. Panem nostrum quotidiánum da nobis hódie: et dimítte nobis débita nostra, sicut et nos dimíttimus debitóribus nostris.]*

*[Our Father, who art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us.]*

*V.* Et ne nos indúcas in tentatiónem.

*And lead us not into temptation,*

*R.* Sed líbera nos a malo.

*But deliver us from evil.*

The Lessons (*for Advent*)

*V.* Jube, Domine, benedícere.

*V. Pray, Lord, a blessing.*

*Benediction.* Alma Virgo vírginum intercédat pro nobis ad Dóminum.

*Benediction. May the pure Virgin of virgins intercede for us with the Lord.*

*R.* Amen.

*R. Amen.*

*First Lesson – Luke 1: 26-29*

Missus est angelus Gábriel a Deo in civitatem Galilaéae, cui nomen Názareth,

*And in the sixth month, the angel Gabriel was sent from God into a city of Galilee, called Nazareth,*

Ad vírginem desponsátam viro, cui nomen erat Joseph, de domo David: et nomen virginis María.

*To a virgin espoused to a man whose name was Joseph, of the house of David; and the virgin’s name was Mary.*

Et ingréssus Angelus ad eam dixit: Ave grátia plena: Dóminus tecum: benedícta tu in muliéribus.

*And the angel being come in, said unto her: Hail, full of grace, the Lord is with thee: blessed art thou among women.*

*V.* Tu autem, Dómine, miserére nobis.

*V. But thou, O Lord, have mercy upon us.*

*R.* Deo grátias.

*R.Thanks be to God.*

*R.* Missus est Gábriel Angelus ad Maríam vírginem desponsátam Joseph, núntians ei verbum: et expavéscit Virgo de lúmine. Ne tímeas María: invenísti grátiam apud Deum:

*R. The angel Gabriel was sent to Mary, a Virgin espoused to Joseph, to bring unto her the word of the Lord and when the Virgin saw the light she was afraid. Fear not, Mary, for thou hast found grace from the Lord.*

\* Ecce concípies et páries, et Fílius Altíssimi vocábuitur.

*\* Behold, thou shalt conceive and bring forth a son, and He shall be called the Son of the Highest.*

*V.* Dabit ei Dóminus Deus sedem David patris ejus, et regnábit in domo Jacob in ætérnum.

*V. The Lord God shall give unto Him the throne of His father David, and He shall reign over the house of Jacob for ever.*

*R.* Ecce concípies et páries, et Fílius Altíssimi vocábuitur.

*R. Behold, thou shalt conceive and bring forth a son, and He shall be called the Son of the Highest.*

*V.* Jube, Domine, benedícere.

*V. Pray, Lord, a blessing.*

*Benediction.* Nos cum prole pia benedícat Virgo Maria.

*Benediction. May the Virgin Mary with her Loving Offspring bless us.*

*R.* Amen.

*R. Amen.*

*Second Lesson – Luke 1:29-33*

Quæ cum audísset, turbáta est in sermóne ejus, et cogitábat qualis esset ista salutátio.

*Who having heard, was troubled at his saying, and thought with herself what manner of salutation this should be.*

Et ait Angelus ei: Ne tímeas, María: invenísti enim grátiam apud Deum:

*And the angel said to her: Fear not, Mary, for thou hast found grace with God.*

Ecce concípies in útero, et páries fílium, et vocábis nomen ejus Jesum.

*Behold thou shalt conceive in thy womb, and shalt bring forth a son; and thou shalt call his name Jesus.*

Hic erit magnus, et Fílius Altíssimi vocábitur, et dabit illi Dóminus Deus sedem David patris ejus: et regnábit in domo Jacob in ætérnum,

*He shall be great, and shall be called the Son of the most High; and the Lord God shall give unto him the throne of David his father; and he shall reign in the house of Jacob for ever,*

Et regni eius non erit finis.

*And of his kingdom there shall be no end*

*V.* Tu autem, Dómine, miserére nobis.

*V. But thou, O Lord, have mercy upon us.*

*R.* Deo grátias.

*R. Thanks be to God.*

*R.* Ave María, gratia plena: Dóminus tecum: \* Spíritus Sanctus supervéniet in te, et virtus Altíssimi obumbrábit tibi. Ideóque et quod nascétur ex te Sanctum, vocábitur Fílius Dei.

*R. Hail Mary, full of grace, the Lord is with thee. \* The Holy Ghost shall come upon thee, and the power of the highest shall overshadow thee, therefore also the Holy Thing which shall be born of thee shall be called the Son of God.*

*V.* Quómodo fiet istud, quóniam virum non cognósco? Et respóndens Angelus dixit ei.

*V. How shall this be, seeing I know not men? And the Angel answered and said unto her:*

*R.* Spíritus Sanctus supervéniet in te, et virtus Altíssimi obumbrábit tibi. Ideóque et quod nascétur ex te Sanctum, vocábitur Fílius Dei.

*R. The Holy Ghost shall come upon thee, and the power of the highest shall overshadow thee, therefore also the Holy Thing which shall be born of thee shall be called the Son of God.*

*V.* Jube, Domine, benedícere.

*V. Pray, Lord, a blessing.*

*Benediction.* Sancta Dei Génitrix sit nobis auxiliátrix.

*Benediction. May the holy Mother of God aid and assist us.*

*R.* Amen.

*R. Amen.*

*Third Lesson – Luke 1: 34-38*

Dixit autem María ad Angelum: Quómodo fiet istud, quóniam virum non cognósco?

*And Mary said to the angel: How shall this be done, because I know not man?*

Et respóndens Angelus dixit ei: Spirítus Sanctus supervéniet in te, et virtus Altíssimi obumbrábit tibi. Ideóque et quod nascétur ex te Sanctum, vocábitur Fílius Dei.

*And the angel answering, said to her: The Holy Ghost shall come upon thee, and the power of the most High shall overshadow thee. And therefore also the Holy which shall be born of thee shall be called the Son of God.*

Et ecce Elísabeth cognáta tua, et ipsa concépit fílium in senectúte sua: et hic mensis sextus est illi, quae vocátur sterilis:

*And behold thy cousin Elizabeth, she also hath conceived a son in her old age; and this is the sixth month with her that is called barren:*

Quia non erit impossibíle apud Deum omne verbum.

*Because no word shall be impossible with God.*

Dixit autem María: Ecce ancílla Dómini: fiat mihi secúndum verbum tuum.

*And Mary said: Behold the handmaid of the Lord; be it done to me according to thy word.*

*V.* Tu autem, Dómine, miserére nobis.

*V. But thou, O Lord, have mercy upon us.*

*R.* Deo grátias.

*R. Thanks be to God.*

*R.* Súscipe verbum, Virgo María, quod tibi a Dómino per Angelum transmissum est: concípies et páries Deum páriter et hóminem: \* Ut benedícta dicáris inter omnes mulíeres.

*R. Receive, O Virgin Mary, receive the word of the Lord, which is sent thee by His Angel thou shalt conceive, and shalt bring forth God and Man together. \* And thou shalt be called blessed among all women.*

*V.* Páries quidem fílium, et virginitátis non patiéris detriméntum: efficiéris grávida, et eris mater semper intácta.

*V. Thou shalt bring forth a son, and remain a maiden undefiled thou shalt conceive and be a Mother, still Virgin unspotted.*

*R.* Ut benedicta dicaris inter omnes mulíeres.

*R. And thou shalt be called blessed among all women.*

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

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

*R.* Ut benedicta dicaris inter omnes mulíeres.

*R. And thou shalt be called blessed among all women.*

*Only on feasts of Our Lady or the patron saint of the place is the*Te Deum*said during this season; hence the following is usually added.*

*V.* Ora pro nobis, sancta Dei Génitrix.

*V. Pray for us, O holy Mother of God.*

*R.* Ut digni efficiámur promissiónibus Christi.

*R. That we may be made worthy of the promises of Christ.*

[NEXT HOUR » LAUDS (FOR ADVENT)](http://traditionalcarmelite.com/littleoffice/advent/advent-lauds/)

The Antiphon of Our Lady

*The Antiphon of the Blessed Virgin should be recited at the end of Matins if Matins is separated from Lauds.*

*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 Mariae, quaésumus, Dómine, intercéssio gloriósa not prótegat: et ad vitam perdúat ætérnum. Per Christum, Dominum Nostrum.

*We beesech 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.*

*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’.*