

Saturday, March 13
Morning Prayer – 3rd Week of Lent
Begin with Liturgy of the Hours

Lord, open my lips.

— And my mouth will proclaim your praise.

Ant. Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

Psalm 95

Come, let us sing to the Lord
and shout with joy to the Rock who saves us.
Let us approach him with praise and thanksgiving
and sing joyful songs to the Lord.

Ant. Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

The Lord is God, the mighty God,
the great king over all the gods.
He holds in his hands the depths of the earth
and the highest mountains as well
He made the sea; it belongs to him,
the dry land, too, for it was formed by his hands.

Ant. Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

Come, then, let us bow down and worship,
bending the knee before the Lord, our maker,
For he is our God and we are his people,
the flock he shepherds.

Ant. Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

Today, listen to the voice of the Lord:
Do not grow stubborn, as your fathers did in the wilderness,
when at Meriba and Massah they challenged me and provoked me,
Although they had seen all of my works.

Ant. Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

Forty years I endured that generation.
I said, "They are a people whose hearts go astray
and they do not know my ways.
So I swore in my anger,
"They shall not enter into my rest."

Ant. Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever, Amen

Ant. Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

HYMN – Take Up Your Cross

Take up your cross, the Savior said,
If you would my disciple be;
Deny yourself, the world forsake,
And humbly follow after me

Take up your cross, let not its weight
Fill your weak spirit with alarm;
His strength shall bear your spirit up,
Shall brace your heart and nerve your arm

To you, great Lord, the One in three,
All praise for evermore ascend;
O grant us here below to see
The heav'nly life that knows no end

PSALMODY

Ant. 1 Lord, you are near to us, and all your ways are true.

Psalm 119:145-152 XIX (Koph)

I call with all my heart; Lord, hear me,
I will keep your statutes.
I call upon you, save me
and I will do your will.

I rise before dawn and cry for help,
I hope in your word.
My eyes watch through the night
to ponder your promise.

In your love hear my voice, O Lord;
give me life by your decrees.
Those who harm me unjustly draw near;
they are far from your law.

But you, O Lord, are close,
your commands are truth.
Long have I known that your will
is established for ever.

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be for ever. Amen.

Ant. Lord, you are near to us, and all your ways are true.

Psalm-prayer (Prayed Silently)

Save us by the power of your hand, Father, for our enemies have ignored your words. May the fire of your word consume our sins and its brightness illumine our hearts.

Ant. 2 Wisdom of God, be with me, always at work in me.

Canticle – Wisdom 9:1-6, 9-11 Lord, give me wisdom

God of my fathers, Lord of mercy,
you who have made all things by your word
and in your wisdom have established man
to rule the creatures produced by you,
to govern the world in holiness and justice,
and to render judgment in integrity of heart:

Give me Wisdom, the attendant at your throne,
and reject me not from among your children:
for I am your servant, the son of your handmaid,
a man weak and short-lived
and lacking in comprehension of judgment and of laws.

Indeed, though one be perfect among the sons of men,
if Wisdom, who comes from you, be not with him,
he shall be held in no esteem.

Now with you is Wisdom who knows your works
and was present when you made the world;
who understands what is pleasing in your eyes
and what is conformable with your commands.

Send her forth from your holy heavens
and from your glorious throne dispatch her
that she may be with me and work with me,
that I may know what is your pleasure.

For she knows and understands all things,
and will guide me discreetly in my affairs
and safeguard me by her glory.

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be for ever. Amen.

Ant. Wisdom of God, be with me, always at work in me.

Ant. 3 The Lord remains faithful to his promise for ever.

Psalm 117: Praise for God's loving compassion

O praise the Lord, all you nations,
acclaim him all you peoples!

Strong is his love for us;
he is faithful for ever.

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be for ever. Amen.

Ant. The Lord remains faithful to his promise for ever.

Psalm-prayer (Prayed Silently)

God, our Father, may all nations and peoples praise you. May Jesus, who is called faithful and true and who lives with you eternally, possess our hearts forever.

READING Isaiah 1:16-18

Wash yourselves clean!
Put away your misdeeds from before my eyes;
cease doing evil; learn to do good.
Make justice your aim; redress the wronged,
hear the orphan's plea, defend the widow.
Come now, let us set things right,
says the Lord:
Though your sins be like scarlet,
they may become white as snow;
Though they be crimson red,
they may become white as wool.

RESPONSORY

God himself will set me free, from the hunter's snare.
— God himself will set me free, from the hunter's snare.
From those who would trap me with lying words
— and from the hunter's snare.
Glory to the Father, and to the Son, and to the Holy Spirit,
— God himself will set me free, from the hunter's snare.

CANTICLE OF ZECHARIAH (Luke 1:68 – 79)

Ant. The tax collector stood far away and would not even raise his eyes to heaven. He struck his breast and prayed: God, have mercy on me, a sinner.

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

He has raised up for us a mighty savior,
born of the house of his servant David.

Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

Ant. The tax collector stood far away and would not even raise his eyes to heaven. He struck his breast and prayed: God, have mercy on me, a sinner.

INTERCESSIONS

To make us his new creation, Christ the Lord gave us the waters of rebirth and spread the table of his body and his word. Let us call upon him and say:
Lord, renew us in your grace.

Jesus, meek and humble of heart, clothe us with compassion, kindness and humility,
— make us want to be patient with everyone.

Teach us to be true neighbors to all in trouble and distress,
— and so imitate you, the Good Samaritan.

May the Blessed Virgin, your Mother, pray for all those vowed to a life of virginity,
— that they may deepen their dedication to you and to the Church.

Grant us the gift of your mercy,
— forgive our sins and remit their punishment.

Jesus, our benefactors support and encourage us in our daily efforts to follow your will
— renew and deepen their awareness of your desire to be united to them.

Jesus, God of mercy and compassion, you long to give yourself in love to every human heart
— may your longing resound in the hearts of those you are calling to Consecrated Life, that
their yes may make your love visible to others.

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,
and lead us not into temptation,
but deliver us from evil.

Concluding Prayer

Rejoicing in this annual celebration
of our Lenten observance,
we pray, O Lord, that,
with our hearts set on the paschal mysteries,
we may be gladdened by their full effects.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.
— Amen.

DISMISSAL

May the Lord bless us, protect us from all evil and bring us to everlasting life.
— Amen.

Vocal Prayers after the Liturgy of the Hours, before Holy Mass:

THE ANGELUS

V. The angel of the Lord declared unto Mary,
R. And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee, blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

V. Behold the handmaid of the Lord.
R. Be it done unto me according to your word. Hail Mary...

V. And the Word was made flesh (medium inclination when standing)
R. And dwelt among us. Hail Mary...

V. Pray for us, O Holy Mother of God,
R. That we may be made worthy of the promises of Christ.

V. Let us pray:

(All) Pour forth, we beseech You, O Lord, Your grace into our hearts, that we to whom the Incarnation of Christ, Your Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ our Lord. Amen.

Glory to the Father and to the Son and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen. (Three times)

After the Angelus

ACT OF ADORATION TO THE BLESSED TRINITY

Most holy and adorable Trinity, one God in three Divine Persons, I adore You with the most profound humility. I praise You and give You thanks with all my heart for the favors You have bestowed on me. Your goodness has brought me safely to the beginning of this day. I implore Your grace to enable me to perform all my duties in the spirit of Carmel and to observe faithfully my vows which I now renew... (pause). Bless our dear Mother General in the government of our holy Institute and direct her in the way of salvation. Teach us to do Your will, O God, and strengthen us to fulfill it perfectly.

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of Your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month: Let us pray that we may experience the sacrament of reconciliation with renewed depth, to taste the infinite mercy of God.

ACT OF CONSECRATION TO MARY

My Queen, my Mother! I give myself entirely to you and to show my devotion to you, I consecrate to you this day, my eyes, my ears, my mouth, my heart, my whole being without reserve. Wherefore, most loving Mother, as I am your own, keep me, defend me, as your property and possession.

V. Saint Joseph, R. Pray for us.

V. My holy patron saint, and all the saints of Carmel, R. Pray for us.

PRAYER FOR THE BEATIFICATION OF OUR MOTHER FOUNDRESS

(Composed in 1981 by Mother Margarita Maria, co-foundress of our Institute. Approved by Timothy Cardinal Manning.)

O Jesus in the Holy Eucharist, King and center of all hearts! Look with merciful love on the petitions we present to You through the intercession of Your servant Mother Maria Luisa Josefa of the Most Blessed Sacrament...(here pause to make your petition). We humbly beseech You to glorify her, who was always such a fervent lover of Your Sacred Heart, by granting us these favors if they are for Your greater honor and glory. Amen.

Holy Sacrifice of the Mass

Prayed after Mass

THANKSGIVING AFTER HOLY COMMUNION (Magnificat)

V. My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior for He has looked with favor on His lowly servant.

R. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is His name.

V. He has mercy on those who fear Him in every generation.

R. He has shown the strength of His arm; He has scattered the proud in their conceit.

V. He has cast down the mighty from their thrones and has lifted up the lowly.

R. He has filled the hungry with good things, and the rich He has sent away empty.

V. He has come to the help of His servant Israel for He has remembered His promise of mercy, the promise He made to our Fathers, to Abraham and His children forever.

PSALM 117

V. O praise the Lord, all you nations; acclaim Him all you peoples!

R. Strong is His love for us; He is faithful forever.

V. Glory to the Father and to the Son and to the Holy Spirit;

R. as it was in the beginning, is now, and will be forever. Amen.

V. O Virgin of Guadalupe, most loving Mother of mine,

R. Let me always sing your praises and love you with all my heart. (or another appropriate Marian aspiration)

PRAYER TO ST. MICHAEL THE ARCHANGEL

Saint Michael, the Archangel, defend us in battle! Be our protection against the malice and snares of the devil. We humbly beseech God to rebuke him, and do you, O prince of the heavenly host, by the divine power, thrust into hell Satan and the other evil spirits who roam through the world seeking the ruin of souls. Amen.

NOVENA TO SAINT JOSEPH (March 10–18)

Heavenly Father, You entrusted Your Son to the care of St. Joseph. By these days of preparation for his feast, may we learn to imitate his complete trust in You and his fidelity in carrying out Your most holy will. We ask this through Your Son, our Lord Jesus Christ. Amen.

V. The Lord has put His faithful servant in charge of His household.

R. Teach us, St. Joseph, to be good and faithful servants of the Lord.

(Here make your petition)

V. Let us pray: (All) Almighty, Eternal God, with unselfish love, St. Joseph cared for Your Son, born of the Virgin Mary. May we also serve You with pure hearts and willing hands. We ask this in the name of Christ our Lord. Amen.

ENTRUSTMENT TO THE MOTHER OF DIVINE LOVE

You, salvation of your people, know what we need. We are certain that you will provide, so that as you did at Cana of Galilee, joy and feasting may return after this moment of trial.

ALL PRAYER TIMES IN THE CHAPEL END WITH THE FOLLOWING ASPIRATION

V. Most Sacred Heart of Jesus, I implore,

R. That I may ever love Thee more and more.