

Sunday, March 14 (Laetare Sunday)
Morning Prayer – 4th Week of Lent

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 100

Cry out with joy to the Lord, all the earth.

Serve the Lord with gladness.

Come before him, singing for joy.

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

Know that he, the Lord, is God.

He made us, we belong to him,

we are his people, the sheep of his flock.

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

Go within his gates, giving thanks.

Enter his courts with songs of praise.

Give thanks to him and bless his name.

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

Indeed, how good is the Lord,

eternal his merciful love.

He is faithful from age to age.

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 – Praise to the Holiest in the Height

Praise to the holiest in the height,

And in the depth be praise,

In all his words most wonderful,

Most sure in all his ways

O loving wisdom of our God!
When all was sin and shame,
A second Adam to the fight
And to the rescue came.

And in the garden secretly,
And on the cross on high,
Should teach his brethren, and inspire
To suffer and to die.

PSALMODY

Ant. 1 O God, my God, I give you thanks; you are my God, I shall proclaim your glory.

Psalm 118 Song of joy for salvation

Give thanks to the Lord for he is good,
for his love endures forever.

Let the sons of Israel say:
“His love endures for ever.”

Let the sons of Aaron say:
“His love endures for ever.”

Let those who fear the Lord say:
“His love endures for ever.”

I called to the Lord in my distress;
he answered and freed me.
The Lord is at my side; I do not fear.
what can man do against me?
The Lord is at my side as my helper;
I shall look down on my foes.

It is better to take refuge in the Lord
than to trust in men;
it is better to take refuge in the Lord
than to trust in princes.

The nations all encompassed me;
in the Lord's name I crushed them.
They compassed me, compassed me about;
in the Lord's name I crushed them.
They compassed me about like bees;
they blazed like a fire among thorns.
In the Lord's name I crushed them.

I was hard-pressed and was falling
but the Lord came to help me.
The Lord is my strength and my song;
he is my savior.
There are shouts of joy and victory
in the tents of the just.

The Lord's right hand has triumphed;
his right hand raised me.
The Lord's right hand has triumphed;
I shall not die, I shall live
and recount his deeds.
I was punished, I was punished by the Lord,
but not doomed to die.

Open to me the gates of holiness:
I will enter and give thanks.
This is the Lord's own gate
where the just may enter.
I will thank you for you have answered
and you are my savior.

The stone which the builders rejected
has become the corner stone.
This is the work of the Lord,
a marvel in our eyes.
This day was made by the Lord;
we rejoice and are glad.

O Lord, grant us salvation;
O Lord, grant success.
Blessed in the name of the Lord
is he who comes.
We bless you from the house of the Lord;
the Lord God is our light.

Go forward in procession with branches
even to the altar.
You are my God, I thank you.
My God, I praise you.
Give thanks to the Lord for he is good;
for his love endures 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. O God, my God, I give you thanks; you are my God, I shall proclaim your glory.

Psalm-prayer (Prayed Silently)

Lord God, you have given us the great day of rejoicing: Jesus Christ, the stone rejected by the builders, has become the cornerstone of the Church, our spiritual home. Shed upon your Church the rays of your glory, that it may be seen as the gate of salvation open to all nations. Let cries of joy and exultation ring out from its tents, to celebrate the wonder of Christ's resurrection.

Ant. 2 God of might, deliver us; free us from the power of the enemy.

Canticle – Daniel 3:52 57 Let all creatures praise the Lord

Blessed are you, O Lord, the God of our fathers,
praiseworthy and exalted above all forever;

And blessed is your holy and glorious name,
praiseworthy and exalted above all for all ages.

Blessed are you in the temple of your holy glory,
praiseworthy and glorious above all forever.

Blessed are you on the throne of your kingdom,
praiseworthy and exalted above all forever.

Blessed are you who look into the depths
from your throne upon the cherubim,
praiseworthy and exalted above all forever.

Blessed are you in the firmament of heaven,
praiseworthy and glorious forever.

Bless the Lord, all you works of the Lord,
praise and exalt him above all forever.

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. God of might, deliver us; free us from the power of the enemy.

Ant. 3 Praise God for his mighty deeds.

Psalm 150 Praise the Lord

Praise God in his holy place,
praise him in his mighty heavens.
Praise him for his powerful deeds,
praise his surpassing greatness.

O praise him with sound of trumpet,
praise him with lute and harp.
Praise him with timbrel and dance,
praise him with strings and pipes.

O praise him with resounding cymbals,
praise him with clashing of cymbals.
Let everything that lives and that breathes
give praise to the Lord.

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. Praise God for his mighty deeds.

Psalm-prayer (Prayed Silently)

Lord God, maker of heaven and earth and of all created things, you make your just ones holy and you justify sinners who confess your name. Hear us as we humbly pray to you: give us eternal joy with your saints.

READING See Nehemiah 8:9, 10

Today is holy to the Lord your God. Do not be sad, and do not weep; for today is holy to our Lord. Do not be saddened this day, for rejoicing in the Lord must be your strength!

RESPONSORY

Christ, Son of the living God, have mercy on us.
— Christ, Son of the living God, have mercy on us.
You were wounded for our offenses,
— have mercy on us.
Glory to the Father, and to the Son, and to the Holy Spirit,
— Christ, Son of the living God, have mercy on us.

CANTICLE OF ZECHARIAH (Luke 1:68-79)

Ant. It was unheard of for anyone to open the eyes of a man born blind until the coming of Christ, the Son of God.

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. It was unheard of for anyone to open the eyes of a man born blind until the coming of Christ, the Son of God.

INTERCESSIONS

Let us give glory to God, whose kindness knows no limit. Through Jesus Christ, who lives for ever to intercede for us, let us pray:

Kindle in our hearts the fire of your love.

God of mercy, let today be a day rich in good works,
— a day of generosity to all we meet.

From the waters of the flood you saved Noah through the ark,
— from the waters of baptism raise up to new life those under instruction.

May we live not by bread only,
— but by every word falling from your lips.

Help us to do away with all dissension,
— so that we may rejoice in your gifts of peace and love.

Lord, you rekindle the fire of our zeal through the faithfulness of our benefactors
— inflame their hearts with your love and refresh them with your presence.

Lord, your love was expressed in word and action
— may our love for you expressed in penance and sacrifice, strengthen the hearts of those young women you are calling to our community, granting them the grace they need to respond with their whole heart.

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

O God,
who through your Word reconcile the human race
to yourself in a wonderful way,
grant, we pray,
that with prompt devotion and eager faith
the Christian people may hasten
toward the solemn celebrations to come.
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.