Secret

O Lord, we beseech Thee to grant that the sacrifice of our Lenten observance which we offer up to Thee may both render our minds acceptable to Thee, and give us the power of readier self-control. Through our Lord Jesus Christ, Thy Son …

Sacrifícium, Dómine, observántiæ quadragesimális, quod offérimus, præsta, quæsumus: ut tibi et mentes nostras reddat accéptas, et continéntiæ promptióris nobis tríbuat facultátem. Per Dóminum nostrum …

Preface for Lent

It is truly meet and just, right and for our salvation, that we should at all times and in all places give thanks to Thee, holy Lord, Father almighty, eternal God: Who by this bodily fast dost curb our vices, lift our minds, strength and rewards bestow; through Christ our Lord. Through Whom Angels praise Thy Majesty, Dominations worship, Powers stand in awe. The Heavens and the hosts of heaven with blessed Seraphim unite, exult, and celebrate. And we entreat that Thou wouldst bid our voices too be heard with theirs, singing with lowly praise: — *Sanctus*.

Vere dignum et justum est, æquum et salutáre, nos tibi semper, et ubíque grátias ágere: Dómine sancte, Pater omnípotens, ætérne Deus: Qui corporáli jejúnio vítia cómprimis, mentem élevas, virtútem largíris, et prǽmia: per Christum Dóminum nostrum. Per quem majestátem tuam laudant Ángeli, adórant Dominatiónes, tremunt Potestátes. Cœli, cœlorúmque Virtútes, ac beáta Séraphim, sócia exsultatióne concélebrant. Cum quibus et nostras voces, ut admítti júbeas, deprecámur, súpplici confessióne dicéntes: — *Sanctus*.

Communion (Psalm 2 : 11 , 12)

Serve ye the Lord with fear, and rejoice unto Him with trembling; embrace discipline, lest you perish from the just way.

Sérvite Dómino in timóre, et exsultáte ei cum tremóre: apprehéndite disciplínam, ne pereátis de via justa.

Postcommunion

Pour forth upon us, O Lord, the spirit of Thy love: that those whom Thou hast fed with one Bread from heaven, Thou mayest, in Thy mercy, make to be of one mind. Through our Lord Jesus Christ …

Spíritum nobis, Dómine, tuæ cantátis infúnde: ut, quos uno pane cœlésti satiásti, tua fácias pietáte concórdes. Per Dóminum …

Prayer over the People

O Lord, preserve Thy people and in Thy mercy cleanse them from all their sins: for no adversity shall harm them if no wickedness holds sway over them. Through our Lord …

Tuére, Dómine, pópulum tuum et ab ómnibus peccátis cleménter emúnda: quia nulla ei nocébit advérsitas, si nulla ei dominétur iníquitas. Per Dóminum nostrum …

When you give alms, do not sound a trumpet before you.

Proper Prayers of the Mass in the Extraordinary Form

Friday after Ash Wednesday

Click Here to Insert the Name of Your Parish

Introit (Psalm 29 : 11)

Audívit Dóminus, et misértus est mihi: Dóminus factus est adjútor meus. *Ps. 29:2.* Exaltábo te, Dómine, quóniam suscepísti me: nec delectásti inimícos meos super me. ℣. Glória Patri, et Fílio, et Spirítui Sancto. Sicut erat in princípio, et nunc, et semper, et in sǽcula sæculórum. Amen. — Audívit …

The Lord hath heard, and hath had mercy on me; the Lord became my helper. *Psalm.* I will extol Thee, O Lord, for Thou hast upheld me: and hast not made mine enemies to rejoice over me. ℣. Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now, and ever shall be, world without end. Amen. — The Lord …

Collect

Inchoáta jejúnia, quæsumus, Dómine, benígno favóre proséquere: ut observántiam, quam corporáliter exhibémus, méntibus etiam sincéris exercére valeámus. Per Dominum nostrum …

Further with Thy gracious favor, we beseech Thee, O Lord, the fasts which we have begun: that the bodily observance which we keep, we may be able to practice with sincere intention. Through our Lord Jesus Christ, Thy Son, Who liveth and reigneth …

Lesson (Isaias 58 : 1 – 9)

Hæc dicit Dóminus Deus: Clama, ne cesses: quasi tuba exálta vocem tuam: et annúntia pópulo meo scélera eórum, et dómui Jacob peccáta eórum. Me étenim de die in diem quærunt, et scire vias meas volunt: quasi gens, quæ justítiam fécerit, et judícium Dei sui non derelíquerit: rogant me judícia justítiæ: appropinquáre Deo volunt. Quare jejunávimus, et non aspexísti: humiliávimus ánimas nostras, et nescís-

Thus saith the Lord God: Cry, cease not, lift up thy voice like a trumpet, and show my people their wicked doings, and the house of Jacob their sins. For they seek Me from day to day and desire to know My ways, as a nation that hath done justice and hath not forsaken the judgment of their God: they ask of Me the judgments of justice: they are willing to approach to God. Why have we fasted, and Thou has not regarded: have we humbled our souls, and Thou hast not taken

notice? Behold in the day of your fast your own will is found and you exact of all your debtors. Behold you fast for debates and strife, and strike with the fist wickedly. Do not fast as you have done until this day, to make your cry to be heard on high. Is this such a fast as I have chosen, for a man to afflict his soul for a day? Is this it, to wind his head about like a circle, and to spread sackcloth and ashes? Wilt thou call this a fast and a day acceptable to the Lord? Is not this rather the fast that I have chosen? Loose the bands of wickedness, undo the bundles that oppress, let them that are broken go free, and break asunder every burden. Deal thy bread to the hungry, and bring the needy and the harborless into thy house: when thou shalt see one naked, cover him, and despise not thine own flesh. Then shall thy light break forth as the morning, and thy health shall speedily arise, and thy justice shall go before thy face, and the glory of the Lord shall gather thee up. Then shalt thou call, and the Lord shall hear; thou shalt cry, and He shall say: Her I am. For I the Lord thy God am merciful.

ti? Ecce, in die jejúnii vestri invénitur volúntas vestra, et omnes debitóres vestros repétitis. Ecce, ad lites et contentiónes jejunátis, et percútitis pugno ímpie. Nolíte jejunáre sicut usque ad hanc diem, ut audiátur in excélso clamor vester. Numquid tale est jejúnium, quod elégi, per diem afflígere hóminem ánimam suam? numquid contorquére quasi círculum caput suum, et saccum et cínerem stérnere? numquid istud vocábis jejúnium, et diem acceptábilem Dómino? Nonne hoc est magis jejúnium quod elégi? dissólve colligatiónes impietátis, solve fascículos depriméntes: dimítte eos, qui confrácti sunt, líberos, et omne onus dirúmpe. Frange esuriénti panem tuum, et egénos vagósque induc in domum tuam: cum víderis nudum, operi eum, et carnem tuam ne despéxeris. Tunc erúmpet quasi mane lumen tuum, et sánitas tua cítius oriétur, et anteíbit fáciem tuam justítia tua, et glória Dómini cólligete. Tunc invocábis, et Dóminus exáudiet: clamábis, et dicet: Ecce, adsum. Quia misériccors sum, Dóminus, Deus tuus.

Gradual (Psalm 26:4)

One thing I have asked of the Lord; this will I seek after: that I may dwell in the house of the Lord. That I may see the delight of the Lord, and be protected by His holy temple.

Unam pétii a Dómino, hanc requíram, ut inhábitem in domo Dómini. Ut vídeam voluptátem Dómini, et prótegar a templo sancto ejus.

Tract (Psalm 102:10)

O Lord, repay us not according to the sins we have committed, nor according to our iniquities. ℣. O Lord, remember not our former iniquities, let Thy mercies speedily prevent us: for we are become exceeding poor. *(Here kneel.)* Help us, O God, our Savior, and for the glory of Thy Name, O Lord, deliver us: and forgive us our sins for Thy Name's sake.

Dómine, non secúndum peccáta nostra, quæ fécimus nos: neque secúndum iniquitátes nostras retríbuas nobis. *Ps. 78:8-9*. Dómine, ne memíneris iniquitátum nostrárum antiquárum: cito antícipent nos misericórdiæ tuæ, quia páuperes facti sumus nimis. *(Hic genuflectitur.)* ℣. Adjuva nos, Deus, salutáris noster: et propter glóriam nóminis tui, Dómine, líbera nos: et propítius esto peccátis nostris, propter nomen tuum.

Gospel (Matthew 5:43–48; 6:1–4)

In illo témpore: Dixit Jesus discípulis suis: Audístis, quia dictum est: Diliges próximum tuum, et odio habébis inimícum tuum. Ego autem dico vobis: Dilígite inimícos vestros, benefácite his, qui odérunt vos, et orate pro persequéntibus et calumniántibus vos, ut sitis fílii Patris vestri, qui in cœlis est: qui solem suum oriri facit super bonos et malos, et pluit super justos et injústos. Si enim dilígitis eos, qui vos díligunt, quam mercédem habébitis? nonne et publicáni hoc fáciunt? Et si salutavéritis fratres vestros tantum, quid ámplius fácitis? nonne et éthnici hoc fáciunt? Estóte ergo vos perfécti, sicut et Pater vester cœléstis perféctus est. Atténdite, ne justítiam vestram faciátis coram homínibus, ut videámini ab eis: alióquin mercédem non habétis apud Patrem vestrum, qui in cœlis est. Cum ergo facis eleemósynam, noli tuba cánere ante te, sicut hypócritæ fáciunt in synagógis et in vicis, ut honorificéntur ab homínibus. Amen, dico vobis, recepérunt mercédem suam. Te autem faciénte eleemósynam, nésciat sinístra tua, quid fáciat déxtera tua, ut sit eleemósyna tua in abscóndito, et Pater tuus, qui videt in abscóndito, reddet tibi.

At that time, Jesus said to His disciples: You have heard that it hath been said: Thou shalt love thy neighbor, and hate thine enemy. But I say to you: Love your enemies; do good to them that hate you; and pray for them that persecute and calumniate you; that you may be the children of your Father who is in heaven, who maketh His sun to rise upon the good and bad, and raineth upon the just and the unjust. For if you love them that love you, what reward shall you have? Do not even the publicans this? And if you salute your brethren only, what do you more? Do not also the heathens this? Be you therefore perfect, as also your heavenly Father is perfect. Take heed that you do not your justice before men, to be seen by them: otherwise you shall not have a reward of your Father who is in heaven. Therefore when thou dost an alms-deed, sound not a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may be honored by men. Amen I say to you, they have received their reward. But when thou dost alms, let not thy left hand know what thy right hand doth: that thine alms may be in secret, and thy Father, who seeth in secret, will repay thee.

Offertory (Psalm 118:154, 125)

Dómine, vivífica me secúndum elóquium tuum: ut sciam testimónia tua.

O Lord, quicken Thou me for Thy word's sake, that I may know Thy testimonies.