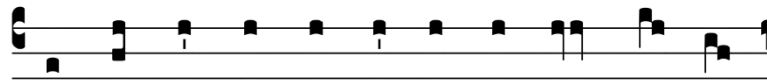
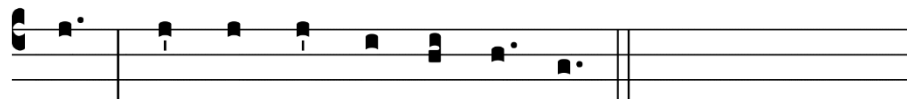


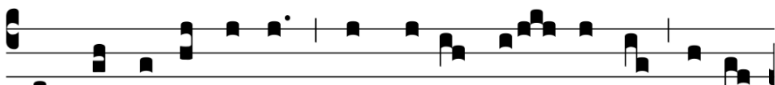
Ash Wednesday


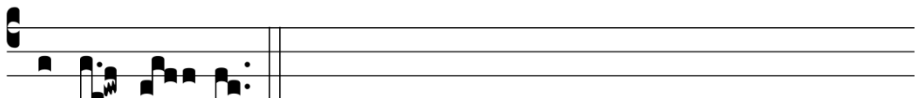
COMMUNION ANTIPHON *Qui meditabitur in lege Domini.*
Ps 1: 2-3

3. 

HE who pon-ders the law of the Lord day and

night * will yield fruit in due sea- son.

From *The Proper of the Mass* by Fr. Samuel Weber, OSB

Comm. 3. 

QUI me-di-tá-bi-tur * in lege Dó-mi-ni di-e

ac no-cte, da-bit fru-ctum su-um in tém-

po-re su-o.

From *The Graduale Romanum*



Psalm 1

1 Blessed indeed is the **man** who follows not
the counsel **of** the wicked,

nor stands in the **path** with sinners,
nor abides in the company of scorners,

2 but whose delight is the **law** of the LORD,
and who ponders his **law** day and night.

3 He is like a tree that is planted beside the **flowing** waters,
that yields its fruit **in** due season,

and whose leaves **shall** never fade;
and all that he **does** shall prosper.

4 Not so are the **wicked**, not so!
For they, like winnowed chaff, shall be driven **away** by the wind.

5 When the wicked are **judged** they shall not rise,
nor shall sinners in the council of the just;

6 for the LORD knows the **way** of the just,
but the way of the **wicked** will perish.

Psalm 15

1 LORD, who may **abide** in your tent,
and dwell on your **holy** mountain?

2 Whoever walks without fault; who **does** what is just,
and speaks the **truth** from his heart.

3 Whoever does not **slander** with his tongue,
who does no wrong to a neighbor, who casts no **slur** on a friend,

4 who looks with **scorn** on the wicked,
but honors those **who** fear the LORD.

From *The Revised Grail Psalms/The Abbey Psalms and Canticles*


First Sunday of Lent

COMMUNION ANTIPHON


Non in pane solo. Mt 4:4

- i -

2.



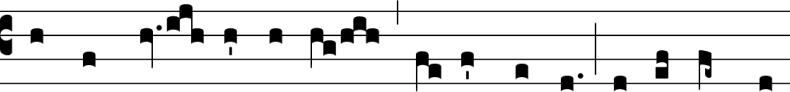
O NE does not live * by bread a-lone, but by




ev'-ry word that comes forth from the mouth of God.

From *The Proper of the Mass* by Fr. Samuel Weber, OSB

Ant.
5.

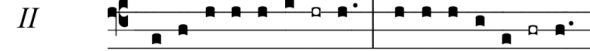


N ON in so- lo pa-ne * vi-vit homo, sed in omni



verbo, quod pro-cé-dit de o-re De- i.

From *The Liber Antiphonarius*



Psalm 91

2 He shall say to **the** LORD,
“My refuge, my stronghold, my God **in** whom I trust!”

3 He will free you from the snare of the **fowler**,
from the **destructive** plague;

4 he will conceal you with his **pinions**,
and under his wings you **will** find refuge.

5 You will not fear the terror of **the** night,
nor the arrow that **flies** by day,

6 nor the plague that prowls in the **darkness**,
nor the scourge that lays **waste** at noon.

7 A thousand may fall at your side, ten thousand fall at **your** right:
you it will never approach.

10 Upon you no evil **shall** fall,
no plague **approach** your tent.

14 Since he clings to me in love, I will **free** him,
protect him, for he **knows** my name.

15 When he calls on me, I will **answer** him;
I will be with him in distress; I will deliver him, and **give** him glory.

16 With length of days I will **content** him;
I will show him my **saving** power.

From *The Revised Grail Psalms/The Abbey Psalms and Canticles*

Second Sunday of Lent

COMMUNION ANTIPHON

Hic est Filius meus dilectus.
Mt 17:5

- i -

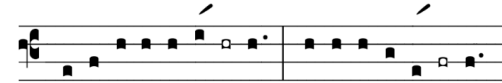
2.

T HIS is my be-lov-ed Son, * with whom I am

well pleased; lis- ten to him.

From *The Proper of the Mass* by Fr. Samuel Weber, OSB

II



Psalm 29

1 Ascribe to the LORD, you heavenly **powers**,
ascribe to the LORD **glory** and strength.

2 Ascribe to the LORD the glory of **his** name;
bow down before the LORD, **majestic** in holiness.

3 The voice of the LORD upon the **waters**,
the God of glory thunders; the LORD on the immensity **ty** of waters;

4 the voice of the LORD full of **power**;
the voice of the LORD **full** of splendor.

8 The voice of the LORD shakes the **wilderness**,
the LORD shakes the wilderness **ness** of Kadesh;

9 the voice of the LORD rends the oak tree and strips the **forest** bare.
In his temple they **all** cry, "Glory!"

10 The LORD sat enthroned above **the** flood;
the LORD sits as **king** forever.

11 The LORD will give strength to his **people**,
the LORD will bless his **people** with peace.

From *The Revised Grail Psalms/The Abbey Psalms and Canticles*

Third Sunday of Lent

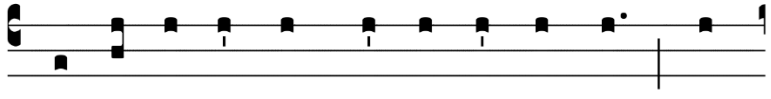

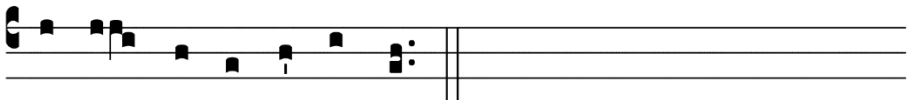
COMMUNION ANTIPHON

Qui biberit aquam.

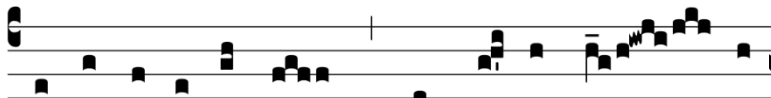
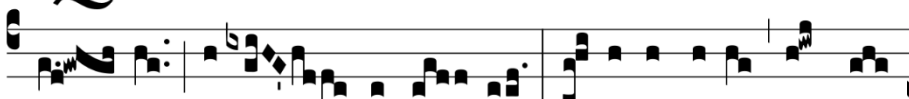

Jn 4: 13-14

When the Gospel of the Samaritan Woman is read:

- iii -

3.  **F** OR an- y- one who drinks it, says the Lord, * the

wa- ter I shall give will become in him a spring well-

ing up to e- ter-nal life.

From The Proper of the Mass by Fr. Samuel Weber, OSB

Comm. 3.  **Q** UI bí-be-rit aquam, * quam e-go da- bo

e- i, di-cit Dómi- nus, fi- et in e-o fons a-

quae sa-li-én- tis in vi- tam ae- tér- nam.

From The Graduale Romanum



Psalm 63

2 O God, you are my God; at **dawn** I seek you;
for you my **soul** is thirsting.

2b For you my **flesh** is pining,
like a dry, weary land **without** water.

3 I have come before you in the **sanctuary**,
to behold your strength **and** your glory.

4 Your loving mercy is **better** than life;
my lips **will** speak your praise.

5 I will **bless** you all my life;
in your name I will **lift** up my hands.

6 My soul shall be filled as **with** a banquet;
with joyful lips, my **mouth** shall praise you.

7 When I remember **you** upon my bed,
I muse on you through the watches of the night.

8 For you **have** been my strength;
in the shadow of your **wings** I rejoice.

9 My soul **clings** fast to you;
your right **hand** upholds me.

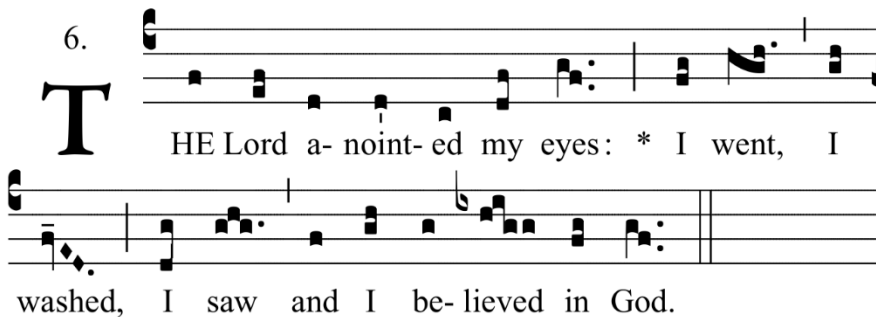
From The Revised Grail Psalms/The Abbey Psalms and Canticles

Fourth Sunday of Lent


COMMUNION ANTIPHON *Dominus linivit oculos meos.*
Jn 9:11. 38

When the Gospel of the man born blind is read :

- i -


6. 

T HE Lord a- noint- ed my eyes: * I went, I




washed, I saw and I be- lieved in God.

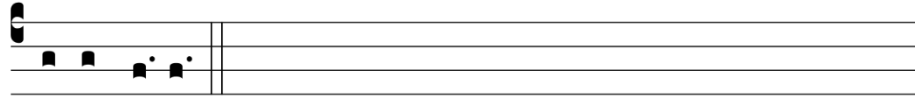
From The Proper of the Mass by Fr. Samuel Weber, OSB

Comm. 6. 

L U-tum fe-cit * ex spu-to Dómi-nus, et li-ní-vit



ócu-los me- os : et áb-i- i, et la- vi, et vi- di, et cré-



di-di De- o.

From The Graduale Romanum



Psalm 34

2 I will bless the **LORD** at all times;
praise of him is **always** in my mouth.

3 In the LORD my **soul** shall make its boast;
the humble **shall** hear and be glad.

5 I sought the LORD, **and** he answered me;
from all my terrors **he** set me free.

6 Look towards him **and** be radiant;
let your faces **not** be abashed.

7 This lowly one **called**; the LORD heard,
and rescued him **from** all his distress.

9 Taste and see **that** the LORD is good.
Blessed the man who **seeks** refuge in him.

10 Fear the LORD, **you** his holy ones.
They lack nothing, those who fear him.

18 When the just cry **out**, the LORD hears,
and rescues them **in** all their distress.

19 The LORD is close to the **brokenhearted**;
those whose spirit **is** crushed he will save.

20 Many are the trials **of** the just man,
but from them all the LORD **will** rescue him.

From The Revised Grail Psalms/The Abbey Psalms and Canticles

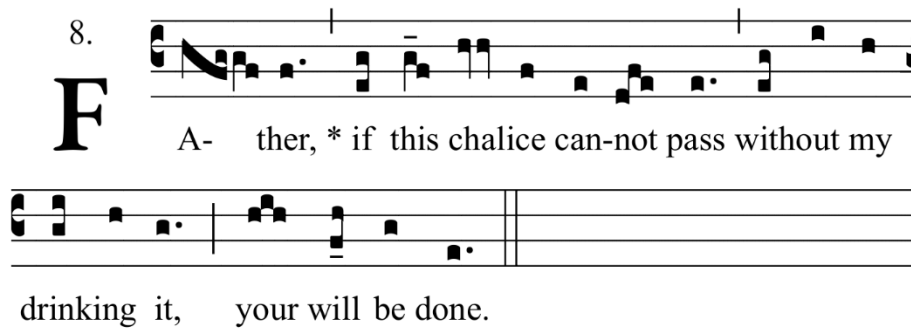
Palm Sunday of the Passion of the Lord

COMMUNION

Mt 26:42
Pater, si non potest.

- i -

8.
F



A-ther, * if this chalice can-not pass without my
drinking it, your will be done.

From *The Proper of the Mass* by Fr. Samuel Weber, OSB

Comm.
8.
P



A-ter, * si non pot-est hic ca-lix transí-re,
ni-si bi-bam il-lum : fi-at vo-lúntas tu-a.

From *The Graduale Romanum*



Psalm 116

10 I trusted, even when I said,
“I am sorely afflicted,”

11 and when I said in my alarm,
“These people **are** all liars.”

12 How can I repay **the** LORD
for all his **goodness** to me?

13 The cup of salvation I **will** raise;
I will call on the **name** of the LORD.

14 My vows to the LORD I will **fulfill**
before **all** his people.

15 How precious in the eyes of **the** LORD
is the death **of** his faithful.

16 Your servant, LORD, your servant **am** I,
the son of your handmaid; you have **loosened** my bonds.

17 A thanksgiving sacrifice I make;
I will call on the **name** of the LORD.

18 My vows to the LORD I will **fulfill**
before **all** his people,

19 in the courts of the house of **the** LORD,
in your midst, **O** Jerusalem.

From *The Revised Grail Psalms/The Abbey Psalms and Canticles*