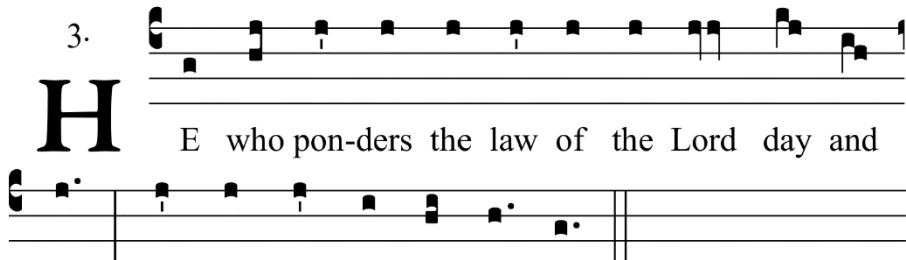


Ash Wednesday

COMMUNION ANTIPOHON

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

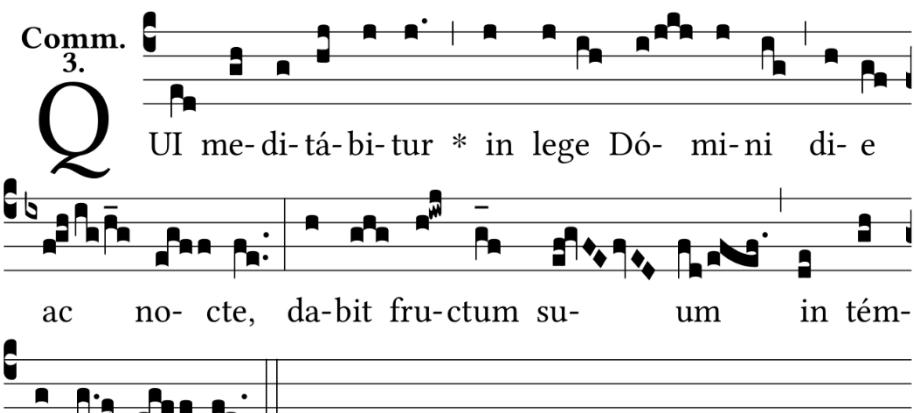
3.



HE who ponders 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 té-
po-re su- o.

From *The Graduale Romanum*

III



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

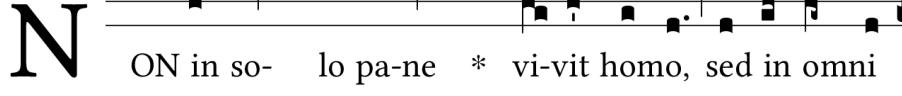


ev'- ry word that comes forth from the mouth of God.

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

Ant.

5.



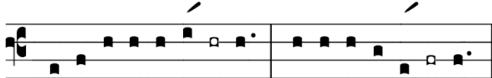
N ON in so- lo pa-ne * vi-vit homo, sed in omni



verbo, quod pro-cé-dit de o-re De- i.

From *The Liber Antiphonarius*

II



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

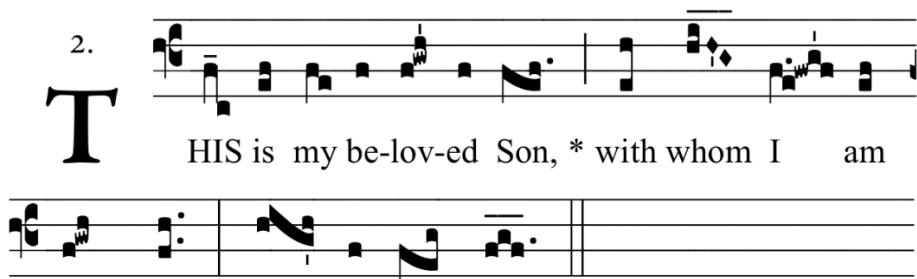
COMMUNION ANTIphon

Hic est Filius meus dilectus.
Mt 17:5

- i -

2.

THIS 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



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** 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** 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 ANTIHON

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- té- nam.

From *The Graduale Romanum*

III

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 ANTIPOH

Dominus linivit oculos meos.
Jn 9:11. 38

When the Gospel of the man born blind is read :

- i -

6.

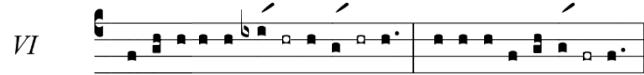
T HE Lord a- noint- ed my eyes: * I went, I
washed, I saw and I be- lieved in God.

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*

VIII

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*