

## Monastery Conventual Mass Antiphons 1st to 7th March

Conventual mass antiphons for Second Sunday of Lent 1st to Saturday 7th March.  
All from the Graduale Romanum. Abbey Saint-Pierre de Solesmes 1979 (GR).

### Sunday II of Lent

**Introit** psalm 26.8,9 & 1 GR 88

Tibi dixit cor meum, quaesivi vultum tuum, vultuum Domine requiram: ne avertas faciem tuam a me. V Dominus illuminatio mea, et salus mea: quem timebo?

*My heart hath said to Thee: I have sought Thy face. Thy face, O Lord, will I still seek: turn not away Thy face from me. V The Lord is my light and my salvation: whom shall I fear?*

or

**Introit** psalm 24. 6,3,22 GR 81

Reminscere miserationum tuarum, Domine, et misericordiae tuae, quae a saeculo sunt: ne unquam dominantur nobis inimici nostri: libera nos Deus Israel ex omnibus angustiis nostris.

*Remember, O Lord, Thy bowels of compassion, and Thy mercies, that are from the beginning of the world: lest at any time our enemies rule over us: deliver us O God of Israel, from all our necessities.*

**Gradual** psalm 82. 19 V 14 GR 88

Sciant gentes quoniam nomen tibi Deus: tu solus Altissimus super onem terram V Deus meus, pone illos ut rotam, et sicut stipulam ante faciem venti.

*Let the nations know that God is your name; you alone are the Most High over all the earth. V O my God, sweep them away like whirling dust, like chaff before the wind.*

**Tract** psalm 59. 4,6 GR 89

Commovisti, Domine, terram, et conturbasti eam.

V Sana contritiones ejus, quia mota est.

V Ut fugiant a facie arcus: ut liberentur electi tui.

Thou hast moved the earth, O Lord, and thou hast troubled it.

*Heal Thou the breaches thereof, for it has been moved.*

*V That they may flee from before the bow: that Thine elect may be delivered.*

**Offertory** psalm 118.47,48 GR 356

Meditabor in mandatis tuis, quae dilexi valde: et levabo manus meas ad mandata tua, quae dilexi.

*I will meditate on Thy commandments, which I have loved exceedingly: and I will lift up my hands to Thy commandments, which I have loved.*

**Communion** Matthew 17. 9 GR 90

Visionem quam vidistis, nemini dixeritis, donec a mortuis resurgat Filius hominis.

*Tell no one about the vision you have seen until the Son of Man has risen from the dead.*

## **Monday**

### **Introit**

psalm 25: 11,12 et 1

GR 91

Redime me Domine, et miserere Mei: pes enim meus stetit in via recta: in ecclesiis benedicam Dominum.

V Iudica me Domine. Quoniam ego in innocentia mea ingressus sum: et in Domino sperans, non infermabor.

*Deliver me Lord, in Thy mercy: my feet are set on the stright path: Lord I will join in blessing Thy name.*

*V Lord be Thou my judge, have I not guided my steps clear of wrong? Have I trusted in God only to stumble in my path?*

### **Gradual**

psalm 69: 6, 3

GR 288

Propitius esto Domine peccatis nostris: ne quando dicant gentes: Ubi est Deus eorum? V Adiuva nos, Deus salutaris noster: et propter honorem nominis tui Domine, libera nos.

*Lord, forgive us our sins, lest they should say among the Gentiles: "Where is their God?" V Help us, O God, our Saviour, and for the sake of Your name deliver us, O Lord.*

### **Offertory**

psalm 15: 7,8

GR 293

Benedicam Dominum, qui tribuit mihi intellectum: providebam Dominum in conspectu meo semper: quoniam a dextris est mihi, ne commovear.

*Blessed be the Lord, who schools me: always I can keep the Lord within sight, always he is at my right hand, to make me stand firm.*

### **Communion**

psalm 8: 2

GR 357

Domine Dominus noster, quam admirabile est nomen tuum in universa terra!  
*O Lord our governor, how admirable is your name in all the earth!*

## **Tuesday**

psalm 43. 24,26

GR 91

Exsurge quare obdormis Domine? exsurge, et ne repellas in finem: quare faciem tuam avertis, oblivisceris tribulationem nostram? Ad haesit in terra venter noster: exsurge, Domine, adiuva nos, et libera nos.

*Arise, why sleepest Thou, O Lord? arise, and cast us not off to the end. Why turnest Thou Thy face away, and forgettest our trouble? our belly hath cleaved to the earth: arise Lord, help and deliver us.*

### **Gradual**

psalm 54. 23. V 17a 18b 19a.

GR 285

lacta cogitatum tuum in Domino, et ipse te enutriet. V Dum clamarem ad Dominum, exaudivit vocem emam ab his qui appropinquant mihi.

*Cast Thy care upon the Lord, and He shall sustain thee. V When I cried to the Lord, He heard my voice from them that draw near to me.*

**Offertory** psalm 50. 3 GR 92

Miserere mihi Domine, scundum magnam misericordiam tuam; dele Domine iniquitatem meam.

*Have mercy on me, O Lord, according to Thy great mercy: O Lord, blot out my iniquity*

**Communion** psalm 9. 2,3 GR 281

Narrabo omnia mirabilia tua: laetabor, et exultabo in te: psalam nomini tuo, Altissime.

*I will relate all Thy wonders: I will be glad and rejoice in Thee : I will sing praise to Thy name, O Thou Most High.*

### **Wednesday**

**Introit** psalm 37. 22,23 GR 360

Ne derelinquas me, Domine Deus meus, ne discedas a me: intende in adiutorium meum, Domine virtus salutis meae.

*Forsake me not, O Lord, my God, do not Thou depart from me: attend unto my help, O Lord, the power of my salvation.*

**Gradual** psalm 27. 9 V 1 GR 354

Salvum fac populum tuum, Domine: et benedic hereditati tuae. V Ad te Domine clamavi: et ero similis descendentibus in lacum.

*Save thy people, O Lord, and bless Thy inheritance. V Unto Thee have I cried, O Lord, my God: be Thou not silent to me, lest I become like to them that go down into the pit.*

**Offertory** psalm 24. 1-3 GR 17

Ad te levavi animam meam: Deus meus in te confido, non erubescam: neque irrideant me inimici mei: etenim universi si qui te expectant, non confundentur. V. Vias tuas, Domine, demonstra mihi: et semitas edoce me.

*To you, I lift up my soul, O my God. In you, I have trusted; let me not be put to shame. Nor let my enemies exult over me; and let none who hope in you be put to shame. V Make you ways known unto me, O Lord, and teach me your paths.*

**Communion** psalm 10. 7 GR 93

Iustus Dominus, et iustias dilexit: aequitatem vidit vultus eius.

*The Lord is just, and hath loved justice: His countenance hath beheld righteousness.*

### **Thursday**

**Introit** psalm 69. 2,3,4 GR 315

Deus, in adiutorium meum intende: Domine ad adiuvandum me festina:  
confundantur et revereantur inimici mei, qui quaerunt animam meam.  
*O God, come to my assistance. O Lord, make haste to help me: let my enemies be  
confounded and ashamed that seek my soul.*

**Gradual** psalm 111. 1. V 2 GR 475  
Beatus vir, qui timet Dominum: in mandatis ejus cupit nimis. V Potens in terra erit  
semen ejus: generatio rectorum benedicetur.  
*Blessed is the man that feareth the Lord: he delighteth exceedingly in His  
commandments. V His seed shall be mighty upon the earth: the generation of the  
righteous shall be blessed.*

**Offertory** psalm 39. 14,15. GR 94  
Domine, ad adiuvandum me festina: confundantur omnes adversum me, qui  
cogitant servis tuis mala.  
*Be pleased, O lord to rescue me; let my enemies be confounded, who contemplate  
evil to your servant.*

**Communion** John 6. 57 GR 383  
Qui manducat carnem meam, et bibit sanguinem meum, in me manet, et ego in eo,  
dicit Dominus.  
*Whoever eateth My flesh, and drinketh My blood, abideth in Me, and I in him, saith  
the Lord.*

**Friday**  
**Introit** psalm 16. 15. GR 94  
Ego autem cum iustitia apparebo in conspectu tuo: satiabor dum manifestabitur  
gloria tua  
*As for me I will appear before Thy sight in justice: I shall be satisfied when thy glory  
shall appear.*

**Gradual** 119. 1-2 GR 248  
Ad Dominum cum tribularer clamavi, et exaudivit me. Domine, libera animam  
meam a labiis iniquis, et a lingua dolosa.  
*In my trouble I cried to the Lord, and He heard me, V O Lord, deliver my soul from  
wicked lips, and a deceitful tongue.*

**Offertory** psalm 39. 14,15 GR 331  
Domine, in auxilium meum respice: confundantur et reveantur, qui quaerunt  
animam meam, ut auferant eam: Domine, in auxilium meum respice.  
*Look down, O Lord, to help me: let them be confounded and ashamed together that  
seek after my soul to take it way: look down, O Lord, to help me.*

**Communion** psalm 11. 8 GR 95

Tu Domine servabis nos, et custodies nos a generatione hac in aeternum.  
*Thou, O Lord, wilt preserve us, and keep us from this generation forever*

**Saturday** Mass XVII GR 765

**Introit** psalm 87: 3 et 2 GR 363

Intret oratio mea in conspectu tuo: inclina aurem tuam ad precem meam Domine.  
V Domine Deus salutis mae: in die clamavi, et nocte coram te.

*Let my prayer come into your presence: incline your ear to my prayer, O Lord.*

*V O Lord, the God of my salvation: I have cried by day, and by night before you.*

**Gradual** psalm 91.2 V3 GR 327

Bonum est confiteri Domino: et psallere nomini tuo, Altissime. Ad annuntiandum  
mane misericordiam tuam, et veritatem tuam per noctem.

*It is good to give thanks unto the Lord, and to sing in honour of Your name, O Most  
High. V To show forth Your mercy in the morning, and Your fidelity in the night.*

**Offertory** psalm 12: 4,5 GR 290

Illumina oculos meos, nequando obdormiam in morte: nequando dicat inimicus  
meus: Praevalui adversus eum.

*Enlighten my eyes lest I fall into the sleep of death: lest my enemy say: "I have  
prevailed against him".*

**Communion** Luke 15: 32 GR 95

Oportet te fili gaudere, quia frater tuus mortuus fuerat, et revixit: perierat et inventus  
est.

*You ought to rejoice my son, because your brother was dead and is alive again: he  
was lost and is found.*