

VERE dignum et justum est, æquum et salutäre, nos tibi semper, et ubique grätias ägere: Dómine sancte, Pater omnípotens, ætérne Deus: Qui corporáli jejúnio vítia cómprimis, mentem élevas, virtútem largiris, et práemia: per Christum Dóminum nostrum. Per quem majestátem tuam laudant Angeli, adórant Dominationes, tremunt Potestátes. Cæli, cælorumque Virtútes, ac beáta Séraphim, sócia exsultatióne concélebrant. Cum quibus et nostras voces, ut admítte júbeas, deprecámur, súplici confessióne dicétes:

*Psalm 15: 11*

NOTAS mihi fecísti vias vitæ: adimplébis me lætítia cum vultu tuo, Dómine.

SANCTÍFICET nos, Dómine, qua pastisumus, mensa coeléstis: et a cunctis erróribus expiátos, supérnis promissionibus reddat accéptos. Per Dominum.

CONCÉDE, quaesumus, omnípotens Deus: ut, qui protectionis tuæ grátiam quaerimus, liberáti a malis ómnibus, secúra tibi mente serviámus. Per Dominum.

#### PREFACE FOR LENT

It is truly meet and just, right and availing unto salvation, that we should at all times and in all places give thanks unto Thee, O holy Lord, Father almighty and everlasting God. Who by the fasting of the body dost curb our vices, elevate our minds and bestow virtue and reward; through Christ our Lord. Through whom the angels praise Thy majesty, the dominions worship it, and the powers stand in awe. The heavens and the heavenly hosts, with the blessed seraphim join together in celebrating their joy. With these we pray Thee join our voices also, while we say with lowly praise:

#### COMMUNION

You will show me the path to life, You will fill me with fullness of joys in Your presence, O Lord.

#### POSTCOMMUNION

May the heavenly banquet with which we have been nourished, make us holy, O Lord; may it be an atonement for all our sins, and make us worthy of the heavenly promises. Through our Lord.

#### PRAYER OVER THE PEOPLE

Grant, almighty God, we beseech You, that we who seek the grace of Your protection, delivered from all evils, may serve You with untroubled minds. Through our Lord.

## PROPER of the MASS

### WEDNESDAY OF THE THIRD WEEK OF LENT

*Psalm 30: 7, 8, 2*

EGO autem in Dómino sperábo: exsultábo et lætábor in tua misericórdia: quia respexisti humilitátem meam. Ps 39: 2. In te, Dómine, sperávi, non confúndar in ætérnum: in iustítia tua líbera me et éripe me. Glória Patri.

PRÆSTA nobis, quaesumus, Dómine: ut salutáribus ieiúniis crudíti, a nóxiis quoque vítiis abstinétes, propitiatiónem tuam facilius impetrémus. Per Dominum.

*Exodus 20: 12-24*

HÆC dicit Dóminus Deus: Hónora patrem tuum et matrem tuam, ut sis longævus super terram, quam Dóminus, Deus tuus, dabit tibi. Non occides. Non moecháberis. Non furtum fácies. Non loquéris contra próximum tuum falsum testimónium. Non concupísces domum próximi tui: nec desiderábis uxórem eius, non servum, non ancillam, non bovem, non ásinum nec ómnia, quæ illius sunt. Cunctus autem pópulus vidébat voces, et lámpades, et sónitum búccinæ, montémque tumántem: et, pertérriti ac pavóre concússi, steterunt procul, dicétes Móysi: Lóquere tu nobis, et audiámus: non loquátur nobis Dóminus, ne forte moriámur. Et ait Móyses ad pópulum: Nolite timére: ut enim probáret vos, venit Deus, et ut terror illius esset in vobis, et non peccarétis. Stetítque pópulus de longe. Móyses autem accéssit ad

#### INTROIT

My trust is in the Lord. I will rejoice and be glad of your kindness, when You have seen my affliction. Ps. In You, O Lord, I take refuge; let me never be put to shame. In your justice rescue me. Glory be to the Father.

#### COLLECT

Grant, we beseech You, O Lord, that, improved by wholesome fasting, and thus abstaining from harmful sin, we may the more readily receive Your mercy. Through our Lord.

#### EPISTLE

Thus says the Lord God: Honour your father and your mother, that you may have a long life in the land which the Lord, your God, is giving you. You shall not kill. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbour. You shall not covet your neighbour's house. You shall not covet your neighbour's wife, nor his male or female slave, not his ox or ass, nor anything else that belongs to him. When the people witnessed the thunder and lightning, the trumpet blast and the mountain smoking, they all feared and trembled. So they took up a position much farther away and said to Moses, You speak to us, and we will listen; but let not the Lord speak to us, or we shall die. Moses answered the people, Do not be afraid, for God has come to you only to test you and put His fear upon you, lest you should sin. Still the people remained at a distance,

caliginem, in qua erat Deus. Dixit prætereá Dóminus ad Móysen: Hæc dices filiis Israël: Vos vidístis, quod de coelo locútus sim vobis. Non faciétis deos argénteos, nec deos áureo s faciétis vobis. Altáre de terra faciétis mihi, et offerétis super eo holocáusta et pacífica vestra, oves vestras et boves in omni loco, in quo memória fúerit nóminis mei.

*Psalm 6: 3, 4*

MISERÉRE mei, Dómine, quóniam infirmus sum: sana me, Dómine, V. Conturbáta sunt ómnia ossa mea: et ánima mea turbáta est valde.

*Psalm 102: 10; 78: 8, 9*

DÓMINE, non secúndum peccáta nostra, quæ fécimus nos: neque secúndum iniquitátes nostras retribuas nobis. Ps 78: 8-9. Dómine, ne memínaris iniquitátum nostrárum antiquárum: cito anticipent nos misericórdiæ tuæ, quia páuperes facti sumus nimis. [*Hic genuflectitur.*] V. Adiuvá nos, Deus, salutáris noster: et propter glóriam nóminis tui, Dómine, libera nos: et propítius esto peccátis nostris, propter nomen tuum.

*Matthæw 15: 1-20*

IN illo témpore: Accessérunt ad Iesum ab Ierosólumis scribæ et pharisæi, dicéntes: Quare discipuli tui transgrediúntur traditionem em seniórum? Non enim lavant manus suas, cum panem mandúcant. Ipse autem respóndens, ait illis: Quare et vos transgredimíni mandátum Dei propter traditióem vestram? Nam Deus dixit: Hónora patrem et matrem. Et: Qui male dixerit patri vel matri, morte moriátur. Vos autem dicitis: Quicúmque dixerit patri vel matri: munus quodcúmque est ex me, tibi próderit: et non honorificábit patrem suum aut matrem suam: et írritum fecístis mandátum Dei propter traditióem vestram.

while Moses approached the cloud where God was. The Lord told Moses, Thus shall you speak to the Israelites: You have seen for yourselves that I have spoken to you from heaven. Do not make anything to rank with Me; neither gods of silver nor gods of gold shall you make for yourselves. An altar of earth you shall make for Me, and upon it you shall sacrifice your holocausts and peace offerings, your sheep and your oxen, in whatever place I choose for the remembrance of My name.

GRADUAL

Have pity on me, O Lord, for I am languishing; heal me, O Lord. V. For my body is in terror; my soul, too, is utterly terrified.

TRACT

O Lord, deal with us not according to our sins, nor requite us according to our crimes. Ps. O Lord, remember not against us the iniquities of the past; may Your compassion quickly come to us, for we are brought very low. [*Kneel.*] V. Help us, O God, our Saviour, because of the glory of Your Name, O Lord; deliver us and pardon our sins for Your Name's sake.

GOSPEL

At that time, the Scribes and Pharisees from Jerusalem came to Jesus, saying, Why do Your disciples transgress the tradition of the ancients? For they do not wash their hands when they take food. But He answered and said to them, And why do you transgress the commandment of God because of your tradition? For God said, 'Honour your father and your mother'; and, 'Let him who curses father or mother be put to death.' But you say, 'Whoever shall say to his father or mother, Any support you might have had from me is dedicated to God, does not have to honour his father or his mother.' So you have made void the commandment of God by your tradition.

Hypócritæ, bene prophetávit de vobis Isaías, dicens: Pópulus hic lábiis me honórat: cor autem eórum longe est a me. Sine causa autem colunt me, docéntes doctrínas et mandáta hóminum. Et convocátis ad se turbis, dixit eis: Audíte, et intelligéte. Non quod intrat in os, coínquinat hóminem: sed quod procédit ex ore, hoc coínquinat hóminem. Tunc accedéntes discipuli eius, dixerunt ei: Scis, quia pharisæi, audito verbo hoc, scandalizáti sunt? At ille respóndens, ait: Omnis plantátio, quam non plantávit Pater meus coeléstis, eradicábitur. Sínite illos: cæci sunt et duces cæcórum. Cæcus autem si cæco ducátum præstet, ambo in fóveam cadunt. Respóndens autem Petrus, dixit ei: Edíssere nobis parábolam istam. At ille dixit: Adhuc et vos sine intellectu estis? Non intelligítis, quia omne, quod in os intrat, in ventrem vadit, et in secéssum emíttitur? Quæ autem procedunt de ore, de corde éxeunt, et ea coínquant hóminem: de corde enim exeunt cogitatiónes malæ, homicídiá, adultéria, fornicatiónes, furta, falsa testimónia, blasphemía. Hæc sunt, quæ coínquant hóminem. Non lotis autem mánibus manducáre, non coínquinat hóminem.

*Psalm 108: 21*

DÓMINE, fac mecum misericórdiam tuam, propter nomen tuum: quia suávis est misericórdia tua.

SUSCIPE, quaesumus, Dómine, preces pópuli tui cum oblatiõibus hostiárum: et tua mystéria celebrátes, ab ómnibus nos defénde perículis. Per Dominum.

Hypocrites, well did Isaiah prophesy of you, saying, 'This people honours me with their lips, but their heart is far from Me; and in vain do they worship Me, teaching as doctrine the precepts of men.' Then He called the crowd to Him, and said to them, Hear, and understand. What goes into the mouth does not defile a man; but it is what comes out of the mouth that defiles a man. Then His disciples came up and said to Him, Do You know that the Pharisees have taken offense at hearing this saying? But He answered and said, Every plant that My heavenly Father has not planted will be rooted up. Let them alone; they are blind guides of blind men. But if a blind man guide a blind man, both fall into a pit. But Peter spoke to Him, saying, Explain to us this parable. And He said, Are you also even yet without understanding? Do you not realize that whatever enters the mouth passes into the belly and is cast out into the drain? But the things that proceed out of the mouth come from the heart, and it is they that defile a man. For out of the heart come evil thoughts, murders, adulteries, immorality, thefts, false witness, blasphemies. These are the things that defile a man; but to eat with unwashed hands does not defile a man.

OFFERTORY

O Lord, deal kindly with me for Your Name's sake; because your kindness is generous.

SECRET

Accept, we beseech You, O Lord, that prayers and gifts Your people offer, and from all dangers protect us who celebrate Your sacramental rites. Through our Lord.