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Metanoía  
Homestead

Book of Prayer

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# Hours of Prayer

## Weekdays

7:00am Lauds  
10:00am Terce  
12:30pm Sext  
3:00pm None  
6:00pm Vespers  
8:30pm Compline

## Sundays (Year-Round)

7:00am Lauds  
9:00am Mass @ St Francis of Assisi  
(Leave at 8:15am)  
8:00pm Vespers/Compline

# Lauds

O God, come to our assistance

O Lord, make haste to help us.

Praise to the Father, the Son and Holy Spirit

Both now and forever. Amen.

Alleluia (*except in Lent & Advent*)

## Opening hymn

### First reading

Reader: The Word of the Lord

All: Thanks be to God

**Psalm** (sung or spoken antiphonally)

### Gospel reading

Reader: The Gospel of the Lord

All: Praise to you Lord Jesus Christ

### Prayers of Praise

*All are welcome to offer prayers of praise.*

Response: Alleluia

*Advent: Come, Creator Spirit, Come*

*Lent: Lord God, you love us, Source of Compassion*

### 20 minutes of silence

*(30 min during Advent-Christmas & Lent-Easter)*

### Prayers of Intercession

*All are welcome to offer prayers of intercession.*

Response: Kyrie eleison (*Greek: Lord, have mercy*)

## **The Lord's Prayer**

One of the following is said together:

### *In English*

Our Father who art in heaven,  
Hallowed by your name.  
Your kingdom come,  
Your will be done on earth as it is in heaven.  
Give us this day our daily bread  
And forgive us our trespasses  
As we forgive those who trespass against us  
Lead us not into temptation,  
But deliver us from evil. Amen.

### *In Aramaic*

Abwoon dbwashmaya  
Nethqadesh shmakh  
Teytey malkuthakh  
Nehwey tzvyanach aykanna dbwashmaya aph  
barha  
Hawvlan lachma d'suqunanan yaomana  
Washboqlan khaubayn (wakhtahayn)  
aykana daph khnan shbwoqan l'khayyabayn.  
Wela tahlan l'nesyuna  
Ela patzan min bisha. Ameyn.

**V.** May the divine assistance remain always with us.

**R.** And with our absent sisters and brothers.

## Terce

O God, come to our assistance

O Lord, make haste to help us.

Praise to the Father, the Son and Holy Spirit

Both now and forever. Amen.

*Alleluia (except in Lent & Advent)*

### **The Beatitudes from Matthew** *(During ordinary time)*

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

**Blessed are they who mourn, for they will be comforted.**

Blessed are the meek, for they will inherit the land.

**Blessed are they who hunger and thirst for righteousness, for they will be satisfied.**

Blessed are the merciful, for they will be shown mercy.

**Blessed are the clean of heart, for they will see God.**

Blessed are the peacemakers, for they will be called children of God.

**Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.**

Blessed are you when people insult you, persecute you, and falsely utter every kind of evil against you because of me.

**Rejoice on that day and be glad for great is your reward in heaven. For in the same way they persecuted the prophets who came before you.**

## **The Beatitudes from Luke** (*During Advent & Lent*)

Blessed are you who are poor, for the kingdom of God is yours.

**Blessed are you who are now hungry, for you will be satisfied.**

Blessed are you who are now weeping, for you will laugh.

**Blessed are you when people hate you, and when they exclude and insult you, and denounce your name as evil on account of the Son of Man.**

Rejoice and leap for joy on that day! Behold, your reward will be great in heaven. For their ancestors treated the prophets in the same way.

**But woe to you who are rich, for you have received your consolation.**

But woe to you who are filled now, for you will be hungry.

**Woe to you who laugh now, for you will grieve and weep.**

Woe to you when all speak well of you, for their ancestors treated the false prophets in the way.

### **5 minutes of silence**

*(10 min during Advent-Christmas & Lent-Easter)*

Lord, have mercy. Christ, have mercy. Lord, have mercy.

### **The Lord's Prayer (p. 3)**

V. May the divine assistance remain always with us.

R. And with our absent sisters and brothers.

## Sext

O God, come to our assistance

O Lord, make haste to help us.

Praise to the Father, the Son and Holy Spirit

Both now and forever. Amen.

*Alleluia (except in Lent & Advent)*

### **The Angelus Prayer**

**V.** The angel of the Lord declared unto Mary

**R.** *And she conceived of the Holy Spirit*

Hail Mary, full of grace, the Lord is with you!

Blessed are you among women and blessed is the fruit  
of your womb, Jesus.

Holy Mary, mother of God, pray for us sinners, now  
and at the hour of our death.

**V.** "I am the handmaid of the servant:

**R.** May it be done unto me according to your word."

Hail Mary, full of grace, the Lord is with you!

Blessed are you among women and blessed is the fruit  
of your womb, Jesus.

Holy Mary, mother of God, pray for us sinners, now  
and at the hour of our death.

**V.** And the word became flesh

**R.** And dwelt among us.

Hail Mary, full of grace, the Lord is with you!  
Blessed are you among women and blessed is the fruit  
of your womb, Jesus.  
Holy Mary, mother of God, pray for us sinners, now  
and at the hour of our death.

**V.** Pray for us, holy Mother of God.

**R.** That we may be made worthy of the promises of  
Christ.

**V.** Let us pray.

Lord,  
Fill our hearts through your grace.  
Once, through the message of an angel you revealed to  
us the incarnation of your Son.  
Now, through his suffering and death may we come to  
share in the glory of his resurrection.  
We ask this through Christ our Lord.  
Amen.

### **5 minutes of silence**

*(10 min during Advent-Christmas & Lent-Easter)*

Lord, have mercy. Christ, have mercy. Lord, have mercy.

### **The Lord's Prayer (p. 3)**

**V.** May the divine assistance remain always with us.

**R.** And with our absent sisters and brothers.

# None

O God, come to our assistance

O Lord, make haste to help us.

Praise to the Father, the Son and Holy Spirit

Both now and forever. Amen.

*Alleluia (except in Lent & Advent)*

**Reading of Lament** (From the Book of Job or the Book of Lamentations)

**OR**

**Prayer of St Francis**

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

Source of all life, grant that I may not so much seek

to be consoled as to console,

to be understood, as to understand,

to be loved, as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

it is in dying that we are born to eternal life.

Amen.

**10 minutes of silence**

*We dedicate this time of prayer to grieve the suffering of the earth, humanity, and all God's creatures.*

Lord, have mercy. Christ, have mercy. Lord, have mercy.

**The Lord's Prayer (p. 3)**

**V.** May the divine assistance remain always with us.

**R.** And with our absent sisters and brothers.

# Vespers

O God, come to our assistance

O Lord, make haste to help us.

Praise to the Father, the Son and Holy Spirit

Both now and forever. Amen.

Alleluia (*except in Lent & Advent*)

## Opening hymn

## Gospel reading

Reader: The Gospel of the Lord

All: Praise to you Lord Jesus Christ

## Taize Chant

## Spiritual reading

## Prayers of Confession

*All are welcome to offer prayers of confession.*

Response: Kyrie eleison (*Greek: Lord, have mercy*)

## 20 minutes of silence

*(30 min during Advent-Christmas & Lent-Easter)*

## Prayers of Thanksgiving

*All are welcome to offer prayers of thanksgiving.*

Response: Alleluia

*Advent: Come, Creator Spirit, Come*

*Lent: Lord God, you love us, Source of Compassion*

## **The Lord's Prayer**

One of the following is said together:

### *In English*

Our Father who art in heaven,  
Hallowed by your name.  
Your kingdom come,  
Your will be done on earth as it is in heaven.  
Give us this day our daily bread  
And forgive us our trespasses  
As we forgive those who trespass against us  
Lead us not into temptation,  
But deliver us from evil. Amen.

### *In Aramaic*

Abwoon dbwashmaya  
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Nehwey tzvyanach aykanna dbwashmaya aph  
barha  
Hawvlan lachma d'suqunanan yaomana  
Washboqlan khaubayn (wakhtahayn)  
aykana daph khnan shbwoqan l'khayyabayn.  
Wela tahlan l'nesyuna  
Ela patzan min bisha. Ameyn.

**V.** May the divine assistance remain always with us.

**R.** And with our absent sisters and brothers.

# Compline

O God, come to our assistance

O Lord, make haste to help us.

Praise to the Father, the Son and Holy Spirit

Both now and forever. Amen.

Alleluia (*except in Lent & Advent*)

## Opening hymn

Now in the fading light of day,  
maker of all to you we pray,  
that in your ever watchful love,  
you guard and keep us from above.

Help and defend us through the night.  
Danger and terror put to flight.  
Never let evil have its way.  
Preserve us for another day.

Father Almighty, this be done,  
through Jesus Christ, our Lord, your Son,  
whom in the Spirit we adore,  
who reigns with you forever.

Amen.

+ Psalm 4

+ Psalm 91

+ Psalm 134

Lord, have mercy. Christ, have mercy. Lord, have mercy.

**The Lord's Prayer (p. 3)**

Come down we beseech thee, O Lord, upon this house and drive from it all the snares of the enemy. Let your holy angels dwell in it and keep us in peace. And may your blessing be with us always. We ask this through Christ our Lord. Amen.

