

# Parish of Bangor, Member of Ards Pastoral Community

Parish Priest: Very Rev Joseph Gunn St Comgall's Presbytery, 27 Brunswick Road, Bangor, Co Down, BT20 3DS  
T: (028) 9146-5522 E: bangor@downandconnor.org W: [www.bangorparish.com](http://www.bangorparish.com) Office Hours: Closed.

**THE PARISH CENTRE IS CLOSED** until further notice due to social distancing as recommended by the Diocese of Down and Connor, which is following the government's advice.

**SUNDAY MASS TIMES  
ALL BANGOR PARISH  
PUBLIC MASSES  
are cancelled  
until further notice.**

The weekend Sunday Mass will be offered for all parishioners living and deceased.

MASS OFFERED DAILY accessed by Podcast App or Website.

## FUNERAL NOTICE

**Parishioners are asked to note that:**

**Following relaxation of lockdown regulations by the Northern Ireland Executive the Bishop now allows Requiem Mass in the parish Church. Attendance will be STRICTLY LIMITED TO 10 PERSONS who will be expected to exercise social distancing.**

During the week Fr Joseph Gunn will celebrate Mass alone in the oratory in the parochial house.

If you would like your deceased family & friends to be prayed for please email your names to the parish office: E: [bangor@downandconnor.org](mailto:bangor@downandconnor.org)  
all names will then be mentioned on the weekly Sunday bulletin.

## Corpus Christi Sunday – 14 June 2020

**Podcast audio Mass is available on the parish website**  
[www.bangorparish.com](http://www.bangorparish.com) (Daily) **by 11.00am.** [Sat vigil] **by 7pm.**

## Bangor Parish Podcast

Fr Gunn offers Mass daily in the oratory of the Parochial House and podcasts it on the parish website. You can listen to the Parish podcasts by clicking on the audio files on the website or by searching for "**Parish Of Bangor Podcast**" in the apple or google podcast apps. You can download these apps from [Apple App Store](#) or [Google Play](#)

If you use these apps please '**subscribe**' to our channel so you receive all the latest podcasts straight to your phone or tablet.



**St Vincent de Paul**

**Helpline 077 0367 9384**

**Bethany Bereavement Support Group**

we are here to support and listen.  
Confidential. **075 1085 2157**

## Your prayers are requested for

**Recently Deceased:** Edward Hinds, Tonino Crawford



## Anniversaries:

Anne McCormick, Alice Gillespie, Paul Fagan, Mary Dines, Carol Murray, Mary McNally, Lily McAlea, Freda McAlea, Vera McHenry, Joseph McCann, Sarah & David Carlin, David P Carlin, Margaret McClean.

As you will have noticed we have refreshed our website and have given some new prayer resources: Look under **The Parish Today**

- Daily Mass – uploaded by 11am.
- Prayer Resources & articles from the Columban Sisters – Sr Maura & Sr Suzanne.
- Family Creative Prayer & SUNDAY LOOK SHEETS.

## **Re-opening of the Church for Private Prayer - St Comgall's Church, Brunswick Road**

St Comgall's Church Brunswick Road will be open for private prayer from **3.00PM TO 5.00PM** on **MONDAYS, WEDNESDAYS, AND THURSDAYS ONLY.**

To comply with mandatory social distancing **ONLY 8 PEOPLE** will be admitted to the Church foyer from where they will be able to see the tabernacle.

There will be **8 mats** on the floor and each worshipper is asked to **stand on one** during **the whole of their visit.** To minimise the area and number of surfaces to be cleaned there will be no furniture of any type in the foyer. Please note that the Church toilets will remain closed. **Please note: No items for St Vincent de Paul can be accepted at these times.**

A steward will be on duty to ensure social distancing and use of hand sanitiser. When queuing outside the Church people are asked to stand 2 metres apart along the wall of the Church itself.

Your cooperation is kindly requested during this time when the virus is still circulating. People who are shielding who have underlying conditions or experiencing Covid symptoms or have been in contact with people exhibiting Covid symptoms **MUST NOT** visit the Church.

Deacon James McAllister will be offering Morning Prayer at 9.00am every Monday, Wednesday & Friday and on Tuesday Evenings the Novena to Our Lady of Perpetual Help at 7.00pm in **Church: Our Lady of the Visitation Church, Comber.**

[see pages 7 & 8 for explanation of Morning Prayers and for the format of the prayer for meditation with Deacon James]  
[webcam can be found on the website of Newtownards & Comber [www.newtownardsandcomberparish.com](http://www.newtownardsandcomberparish.com) ]

## A Statement from Bishop Noel Treanor Diocese of Down and Connor - Thursday 4<sup>th</sup> June 2020

On the 25<sup>th</sup> March 2020, I issued a pastoral letter outlining measures to be taken in response to Covid-19. These measures, which included the closing of churches, restricted the celebration of funerals and limited the pastoral services of the diocese, have been acutely experienced by all. The aim of those measures was to help prevent the spread of the coronavirus, to save lives and to enable us all to protect each other...

[Full statement found on the parish website, side bar '[Diocesan News Covid-19 updates](#)']

### SUPPORT POPE FRANCIS' COVID-19 EMERGENCY FUND

Your help is urgently needed to help overseas missionaries and vulnerable communities to defend themselves against COVID-19. In Africa, Asia and Latin America the Church is often on the frontline. In remote, inaccessible areas, it is missionaries who respond, as best they can, to the medical and pastoral needs of suffering men, women and children. Missionaries already face too many challenges; working in over-crowded communities with no running water. In shantytowns and refugee camps where social distancing is simply impossible, and where self-isolation could mean starvation. To help protect these fragile communities, Pope Francis has announced the COVID-19 Emergency Fund. If you can, please give so that our less-fortunate brothers and sisters have a fighting chance at suppressing COVID-19. Donate by going online [www.wmi.ie/covid-fund](http://www.wmi.ie/covid-fund) or call Fiona on 00 353 1 497 2035.

Bank of Ireland Transfer Details: Account Name - Society for the Propagation of the Faith,

IBAN - IE12 BOFI 9007 5456 9616 36, BIC - BOFIE2D

<https://wmi.us16.list-manage.com/track/click?u=1e3a0945dd2f610bf1558ad6a&id=49c1a30512&e=ae47c47113>

Many thanks for the parishioner, who donated £1,000 towards the Parish Refurbishment Fund. The continued support is very much appreciated.

YOU CAN ASSIST AT MASS BROADCAST FROM THE PARISHES AS LISTED BELOW

### MASS TIMES DURING COVID-19

#### NEWTOWNARDS Times:

St Patrick's Church  
Daily Mon-Friday 9.30am  
Weekend: Sat 6.30pm  
Sunday 11.30am

[www.newtownardsandcomberparish.com](http://www.newtownardsandcomberparish.com)

#### HOLYWOOD Times:

St Colmcille's Church  
Daily: Tuesday - Thursday 9.30am,  
Mon & Fri 7.00pm  
Weekend: Sunday 12noon

[www.stcolmcilleshollywood.org](http://www.stcolmcilleshollywood.org)

#### ARDGLASS Times:

St Nicholas' Church  
Daily: Mon-Sat 10.00am Mass,  
Mon-Fri Rosary 9.30am  
Wed. eve. 8-9pm Holy Hour with Eucharistic Adoration.

[www.churchservices.tv/ardglass](http://www.churchservices.tv/ardglass)

streamed live from

St Peter's Cathedral, Belfast on  
[www.churchservices.tv/stpeterscathedral](http://www.churchservices.tv/stpeterscathedral)

Sunday 11.00am

**8 page bulletin** this weekend includes the readings for Mass.

**SVP**-The Society continues to help those in need who seek their assistance, albeit on reduced resources with the suspension of Parish Masses. Many thanks to those Parishioners who have donated to date.

If you are in a position to assist, donations can be made via St Vincent de Paul website ([svp.ie](http://svp.ie)) Follow the on screen instructions and when prompted indicate if your donation is for St Comgalls Bangor or Most Holy Redeemer Ballyholme. Alternatively a payment can be made direct to the Conferences Bank Accounts with First Trust Bank-Sort Code 93-82-03. St Comgalls A/C 25302098. Most Holy Redeemer Ballyholme A/C 06885061. For account reconciliation purposes please provide a note of your name where indicated

Donations of furniture and good clothing are suspended temporarily.

Non-perishable food donations can continue to be made to Storehouse at their premises at 12 Balloo Avenue, Bangor only on Mondays and Thursdays 2.00pm to 4.00 pm. Again many thanks for your continued support.

### CLOONARD NOVENA – starting Friday 19<sup>th</sup> June to Saturday 27<sup>th</sup> June.

In current circumstances, it isn't an option to celebrate an in-church Novena during the month of June. So, the Irish Redemptorists have decided to do an all-Ireland, online Novena, which will be streamed live from Limerick [Mt St Alphonsus] and Belfast [Clonard].

The Novena will begin on Friday, June 19th and end of June 27th, the feast of Our Mother of Perpetual Help.  
The Sessions from Clonard will be at: 7am; 9.30am; 6.15pm; and 8.00pm.

The Redemptorist preachers are:

Fr Peter Burns, Fr Johnny Doherty, Fr Brendan Keane, and Fr Ciaran O'Callaghan. [www.clonard.com](http://www.clonard.com)

Rev Dr Janet Unsworth [Methodist] and Rev Jonathan Frazer [Presbyterian] will speak on the Ecumenical day  
[Monday 22nd June]

We welcome you to join us for our **Diocesan Knock Virtual Pilgrimage** on **Sunday 14th June 2020**. The ceremonies will be streamed live on the shrine website [www.knockshrine.ie](http://www.knockshrine.ie) and on Knock Shrine Facebook page. The programme will commence with Rosary at 2.30pm and Mass will be celebrated at 3pm by Fr. Richard Gibbons, Rector of the Shrine. Bishop Treanor will give a short message of welcome to the people of our Diocese by means of a video, which will be shown at 2.55pm. please see [www.knockshrine.ie](http://www.knockshrine.ie)

You are invited to place a Petition by visiting the Knock Shrine Website and all the Petitions will be before the Altar during the Mass. You may also request that a candle be lit for your intentions. We encourage as many of you as possible to participate and pray that next year we may gather, as a Diocese, in person again at our National Shrine of Our Lady of Knock.  
With every Blessing, Father Vincent Cushnahan, (Diocesan Knock Pilgrimage Director)

### **Knock Shrine offers virtual pilgrimages in unique times**

This year, as we find ourselves in unique and challenging times, pilgrimage Masses will be broadcast online from Knock Basilica every Sunday at 3pm. Each weekend, there will be a special welcome for the pilgrimage groups that traditionally travel to our National Marian Shrine for their own celebrations. Pilgrims are welcome to join the afternoon ceremonies from their homes. The schedule for the afternoon will include the praying of the Rosary at 2.30pm, followed by Mass and Benediction at 3pm. The celebrant will be Fr. Richard Gibbons, PP, Rector at Knock Shrine. In advance of the day, pilgrims may place their petitions online on the Knock Shrine website and these will be placed on the altar for the Mass. Many pilgrims light candles for loved ones and their intentions during their visit to Knock Shrine and this service is also available online. A candle will be lit at the outdoor candelabra for each request received. Daily Masses continue to be broadcast on the Knock Shrine website and Facebook page at 12 Noon and 7.30pm, with Rosary at 7pm. Sunday Mass is broadcast at 12 noon, Rosary at 2.30pm and Mass at 3pm.  
For further details, please see [www.knockshrine.ie](http://www.knockshrine.ie)

Every year Trócaire asks for your help during Lent to fund lifesaving programmes around the world. This year, of course, it was not possible to return Trócaire boxes through schools or parishes in the usual way. This is the worst possible timing coming just as the world's poorest people need us most. Therefore, Trócaire are appealing to you to return your Lenten donation. Simply count or estimate what is in your box and donate in the following ways:

1. Online at [www.trocaire.org](http://www.trocaire.org)
2. By phone: 0800 912 1200 (NI)
3. By post to Trócaire, 10 King Street, Belfast, BT1 6AD (NI), please count the amount you have collected indicating the parish you are connected to by writing on the back of the cheque D&C Bangor Parish.
4. Post your cheque through the post box at the parochial house with your Name, Address and Tel No. and we will send to Trocaire.

The contents of each and every Trócaire box, no matter how small, come together to make a significant difference. This virus knows no borders, but neither does our compassion.

### **Lough Derg Pilgrimage Season 2020**

"Lough Derg has delayed the opening of the island for the 2020 Pilgrimage Season. We welcome the Government roadmap to ease restrictions and we hope that the Island will be able to open for the later weeks of the Three Day Pilgrimage Season. There will not be any One Day Retreats on the Island in May, but we will offer a One Day Retreat in an online format on selected days. These will be carried on our new dedicated website [www.loughderg.live](http://www.loughderg.live) We look forward to welcoming pilgrims back to the Island when Ireland's public health restrictions allow, so that you can come to Lough Derg with confidence." Prior La Flynn

**ONLINE RETREAT DAYS** – Sunday 24<sup>th</sup> May, Wednesday 27<sup>th</sup> May – [www.loughderg.live](http://www.loughderg.live) signup or subscription is not required. 10.30am to 3pm. Lough Derg phone lines are open 9.00am – 5.00pm Mon-Friday during May +353 (0) 71 9861518. Contact the team by email [info@loughderg.org](mailto:info@loughderg.org) main website: [www.loughderg.org](http://www.loughderg.org)

## Readings at Mass – Corpus Christi Sunday, 14<sup>th</sup> JUNE.



**Penitential Act:** I confess to the almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

### Entrance Antiphon - Cf. Ps 80: 17

He fed them with the finest wheat  
and satisfied them with honey from the rock.

#### Gloria

Glory to God in the highest, and on earth peace to people of good will.

We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

#### Gloria

*Gloria in excelsis Deo et in terra pax hominibus bonæ voluntatis.*

*Laudamus te, benedicimus te, adoramus te, glorificamus te, gratias agimus tibi propter magnam gloriam tuam, Domine Deus, Rex cælestis, Deus Pater omnipotens.*

*Domine Fili Unigenite, Iesu Christe, Domine Deus, Agnus Dei, Filius Patris, qui tollis peccata mundi, miserere nobis; qui tollis peccata mundi, suscipe deprecationem nostrum. Qui sedes ad dexteram Patris, miserere nobis.*

*Quoniam tu solus Sanctus, tu solas Dominus, tu solas Altissimus, Iesu Christe, cum Sancto Spiritu: in Gloria Dei Patris. Amen.*

**First reading** – [Deut 8:2-3,14-16] *He fed you with manna, which neither you nor your fathers had known.*

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not become proud of heart. Do not forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

The word of the Lord. **R:** Thanks be to God.

**Responsorial Psalm** – [Psalm 147:12-15,19-20]

**Response: O praise the Lord, Jerusalem!**

O praise the Lord, Jerusalem!

Zion, praise your God!

He has strengthened the bars of your gates  
he has blessed the children within you.

**Response**

He established peace on your borders,  
he feeds you with finest wheat.

He sends out his word to the earth  
and swiftly runs his command.

**Response**

He makes his word known to Jacob,  
to Israel his laws and decrees.

He has not dealt thus with other nations;  
he has not taught them his decrees.

**Response**

**Second reading** – [1 Corinthians 10:16-17] - *That there is only one loaf means that, though we are many, we form one body.*

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

The word of the Lord. **R:** Thanks be to God.

**Sequence - Lauda, Sion**

Sing forth, O Zion, sweetly sing  
The praises of thy Shepherd-King,  
In hymns and canticles divine;  
Dare all thou canst, thou hast no song  
Worthy his praises to prolong,  
So far surpassing powers like thine.

Today no theme of common praise  
Forms the sweet burden of thy lays –  
The living, life-dispensing food –  
That food which at the sacred board  
Unto the brethren twelve our Lord  
His parting legacy bestowed.

Then be the anthem clear and strong,  
Thy fullest note, thy sweetest song,  
The very music of the breast:  
For now shines forth the day sublime  
That brings remembrance of the time  
When Jesus first his table blessed.

Within our new King's banquet-hall  
They meet to keep the festival  
That closed the ancient paschal rite:  
The old is by the new replaced;  
The substance hath the shadow chased;  
And rising day dispels the night.

Christ willed what he himself had done  
Should be renewed while time should run,  
In memory of his parting hour:  
Thus, tutored in his school divine,  
We consecrate the bread and wine;  
And lo – a Host of saving power.

This faith to Christian men is given –  
Bread is made flesh by words from heaven:  
Into his blood the wine is turned:  
What though it baffles nature's powers  
Of sense and sight? This faith of ours  
Proves more than nature e'er discerned.

Concealed beneath the two-fold sign,  
Meet symbols of the gifts divine,  
There lie the mysteries adored:  
The living body is our food;  
Our drink the ever-precious blood;  
In each, one undivided Lord.

Not he that eateth it divides  
The sacred food, which whole abides  
Unbroken still, nor knows decay;  
Be one, or be a thousand fed,  
They eat alike that living bread  
Which, still received, ne'er wastes away.

The good, the guilty share therein,  
With sure increase of grace or sin,  
The ghostly life, or ghostly death:  
Death to the guilty; to the good  
Immortal life. See how one food  
Man's joy or woe accomplisheth.

We break the Sacrament, but bold  
And firm thy faith shall keep its hold,  
Deem not the whole doth more enfold  
Than in the fractured part resides  
Deem not that Christ doth broken lie,  
'Tis but the sign that meets the eye,  
The hidden deep reality  
In all its fullness still abides.

----- *shorter version*

\*Behold the bread of angels, sent  
For pilgrims in their banishment,  
The bread for God's true children meant,  
That may not unto dogs be given:  
Oft in the olden types foreshowed;  
In Isaac on the altar bowed,  
And in the ancient paschal food,  
And in the manna sent from heaven.

\*Come then, good shepherd, bread divine,  
Still show to us thy mercy sign;  
Oh, feed us still, still keep us thine;  
So may we see thy glories shine  
In fields of immortality;

\*O thou, the wisest, mightiest, best,  
Our present food, our future rest,  
Come, make us each thy chosen guest,  
Co-heirs of thine, and comrades blest  
With saints whose dwelling is with thee.  
Amen. Alleluia.

Alleluia, alleluia!

I am the living bread which has come down from heaven,  
says the Lord.

Anyone who eats this bread will live for ever.

Alleluia!

**Gospel** – [John 6:51-58] - *My flesh is real food and my blood is real drink.*

Jesus said to the crowd:

'I am the living bread which has come down from heaven.

Anyone who eats this bread will live for ever;

and the bread that I shall give is my flesh,

for the life of the world.'

Then the Jews started arguing with one another:

'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood,  
you will not have life in you.

Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day.

For my flesh is real food and my blood is real drink.

He who eats my flesh and drinks my blood lives in me and I live in him.

As I, who am sent by the living Father, myself draw life from the Father,

so whoever eats me will draw life from me.

This is the bread come down from heaven;

not like the bread our ancestors ate:

they are dead, but anyone who eats this bread will live for ever.'

The Gospel of the Lord.

R: **Praise to you, Lord Jesus Christ.**

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## PRAYERS AT HOLY COMMUNION

### **Spiritual Holy Communion Prayer**

My Jesus, I believe that you are present  
in the most Blessed Sacrament.

I love you above all things and

I desire to receive you into my soul.

Since I cannot now receive you sacramentally,  
come at least spiritually into my heart.

I embrace you as if you have already come,  
and unite myself wholly to you.

Never permit me to be separated from you.

Amen.

*composed by Saint Alphonsus Liguori*

### **ANIMA CHRISTI**

#### **Prayer to the Most Holy Redeemer**

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, embolden me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds hide me.

Never permit me to be separated from you.

From the evil enemy defend me.

At the hour of my death call me

and bid me to come to you,

that with your Saints I may praise you

for age upon age. Amen.

### **Prayer of Saint Bonaventure**

Lord Jesus Christ, pierce my soul with your love so that I may always long for you alone, who are the bread of angels and the fulfilment of the soul's deepest desires. May my heart always hunger for you, so that my soul may be filled with the sweetness of your presence. Amen.

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### Morning Prayer from the Divine Office

The Divine Office or the Liturgy of the Hours is the Prayer of the Church. "The public and communal prayer of the people of God is rightly considered among the first duties of the Church. From the very beginning the baptised 'remained faithful to the teaching of the apostles, to the brotherhood, to the breaking of bread and to prayers' (Acts 2:42) Many times, the Acts of the Apostles testifies that the Christian community prayed together" (GI1)

Again, and again we hear, throughout the Gospels and the Acts, of Jesus and his disciples or apostles going up to the Temple or to the synagogue at the third or the sixth or the ninth hour to pray. Christianity was originally a sect of Judaism and the followers abided by the Jewish tradition of sanctifying the day with prayer. When the branch of Judaism known as "the Way" or the Christianity separated the liturgy of prayer throughout the day developed to complement the main Christian celebration, the Eucharist, or Breaking of Bread which was only being celebrated on the first day of the week. The prayers continued the former tradition.

Before the most recent reform of the Liturgy of the Hours in 1971 the recitation of the Divine Office was in Latin and it was the duty of priests and religious to pray the Prayer of the Church daily on behalf of the whole Church. This was and is an obligation under Canon Law. Anyone who has spent some time visiting a monastery will have witnessed the monks singing or chanting the Office in choir in their chapel throughout the day beginning before dawn usually with the Office of readings and finishing with Night Prayer or Compline as it is called in Latin.

Pope Paul VI reform in 1971 made the Office more acceptable and more available to all the faithful and today more and more of the faithful are partaking in the complete or part of the Divine Office either in private or in public worship. In doing so we are continuing the tradition of praying the psalms and prayers of petition which have been passed down to us through the Old Testament, prayed by Jesus and continue in the apostolic tradition to today. Below is the basic outline of Morning Prayer.

- ❖ **Invitatory Psalm;** Come ring out our joy to the Lord (Ps94) (Antiphon before and after)
- ❖ **Hymn**
- ❖ **Psalm** (Antiphon before and after)
- ❖ **Canticle** (Antiphon before and after)
- ❖ **Psalm** (Antiphon before and after)
- ❖ **Scripture Passage**
- ❖ **Short Responsory**
- ❖ **Benedictus**
- ❖ The Canticle of Zechariah (Antiphon before and after)
- ❖ **Intercessions**
- ❖ **The Lord's Prayer**
- ❖ **Concluding Prayer**
- ❖ **Blessing**

There are a variety of books available containing morning and evening prayer such as the small pocket size

**"A Shorter Morning and Evening Prayer (Collins) under £10**

The App many are using today containing the full Divine Office and Mass Readings etc is available to purchase called **Universalis. £9.99** It can be downloaded to your phone or iPad and is handy for praying at any time and any place.

### Psalm 94

Come ring out our joy to the Lord  
Hail the God who saves us  
Let us come before him giving thanks  
With songs let us hail the Lord.

A mighty God is the Lord  
A great king above all gods.  
In his hand are the depths of the earth  
The heights of the mountains are his  
To him belong the sea for he made it  
The dry land shaped by his hand.

Come in let us bow and bend low;  
Let us kneel before the God who made us  
For he is our god and we  
the people who belong to his pasture,  
the flock that is led by his hand.

O that today you would listen to his voice!  
Harden not your hearts as at Meribah  
As on that day at Massah in the desert  
When your fathers put me to the test;  
When they tried me though they saw my work.

For forty years I was wearied of these people  
And I said "Their hearts are astray  
These people do not know my ways"  
Then I took an oath in my anger  
"Never shall they enter my rest"

Glory be to the father and to the Son  
and to the Holy Spirit As it was in  
the beginning is now and ever shall  
be world without end. Amen



### The Benedictus: (Lk1:68-79)

Blessed be the Lord the God of Israel  
He has visited his people and redeemed them

He has raised up for us a mighty saviour  
In the house of David his servant,  
as he promised by the lips of holy men, those who  
were his prophets from of old.

A saviour who would free us from our foes, from  
the hand of those who hate us.  
So his love for our fathers is fulfilled  
and his holy covenant is remembered.

He swore to Abraham our father to grant us, that  
free from fear, and saved from the hands of our  
foes,  
we might serve him in holiness and justice all the  
days of our life in his presence.

As for you little child,  
You shall be called prophet of God, the Most High.  
You shall go ahead of the Lord  
to prepare his ways before him.

To make known to his people their salvation  
through forgiveness of their sins,  
The loving kindness of our heart of our God who  
visits us like the dawn from on high.

He will give light to those in darkness,  
Those who dwell in the shadow of death,  
And guide us into the way of peace.

Glory be to the father and to the Son and to the  
Holy Spirit  
As it was in the beginning is now and ever shall be  
world without end. Amen