

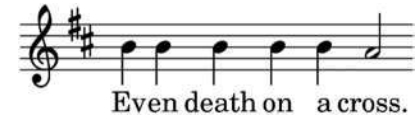
Good Friday
Tenebrae

Translation of psalms and canticles are the newly approved translations which will be used in the upcoming edition of the Liturgy of the Hours: The Abbey Psalms and Canticles, Conception Abbey 2010, 2018 USCCB.

Translation of the Latin antiphons are taken from the (current) 1976 USCCB edition of the Liturgy of the Hours, or are from approved biblical translations, or new translations as necessary.

Antiphons are taken as directed from the *Ordo Cantus Officii*, Rome 1984.

Front (LOUDLY):



At this point, all immediately kneel and pray silently for a short while. The Our Father is then recited out loud.

The leader says the following prayer, omitting "Let us pray."

After the last intercession:

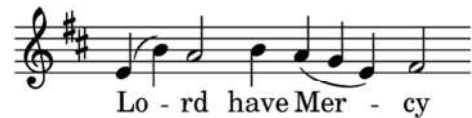
Middle:



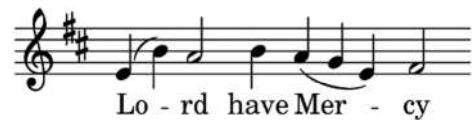
People:



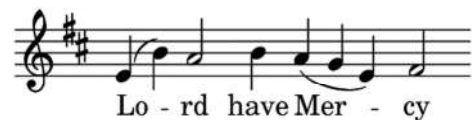
Front:



People:



Front:



Middle:



People:



All stand, make the Sign of the Cross in silence, the hymn begins.

Hymn - Pange Lingua (Caswall)

Lo, with gall His thirst He quenches!
 see the thorns upon His brow!
 nails His tender flesh are rending!
 see His side is opened now!
 whence, to cleanse the whole creation,
 streams of blood and water flow.
 Faithful Cross! above all other,
 one and only noble Tree!
 None in foliage, none in blossom,
 none in fruit thy peers may be;
 sweetest wood and sweetest iron!
 Sweetest Weight is hung on thee!

Lofty tree, bend down thy branches,
 to embrace thy sacred load;
 oh, relax the native tension
 of that all too rigid wood;
 gently, gently bear the members
 of thy dying King and God.

Tree, which solely wast found worthy
 the world's Victim to sustain.
 harbor from the raging tempest!
 ark, that saved the world again!
 Tree, with sacred blood anointed
 of the Lamb for sinners slain.

Blessing, honor, everlasting,
 to the immortal Deity;
 to the Father, Son, and Spirit,
 equal praises ever be;
 glory through the earth and heaven
 to Trinity in Unity. Amen.

Earthly kings rise up, in revolt; princes conspire together against the Lord and his Anointed.



Psalms 2

Why do the nations conspire,
and the peoples plot in vain?

They arise, the kings of the earth;
princes plot against the LORD and his Anointed.

“Let us burst asunder their fetters.
Let us cast off from us their chains.”

He who sits in the heavens laughs;
the LORD derides and mocks them.

Then he will speak in his anger,
his rage will strike them with terror.

“It is I who have appointed my king
on Zion, my holy mountain.”

I will announce his decree:

The LORD said to me, “You are my Son.”

It is I who have begotten you this day.

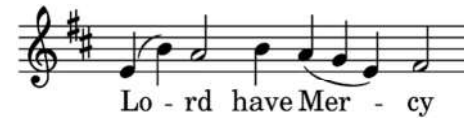
Ask of me and I will make nations your heritage,
and the ends of the earth as your possession.

With a rod of iron you will rule them;
like a potter’s jar you will shatter them.”

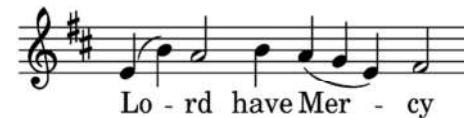
So now, O kings, understand;
take warning, rulers of the earth.

INTERCESSIONS

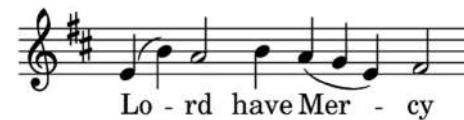
Two cantors in front of the altar steps sing:



People respond:



Front:



Two cantors, standing in the middle of the choir, sing:



People:



After each spoken intercession, all respond:



to grant knowledge of salvation to his people
by the forgiveness of their sins;

Through the tender mercy of our God,
the Dawn from on high will visit us,
to shine on those who sit in darkness, †
and those in the shadow of death;
to guide our feet into the way of peace.

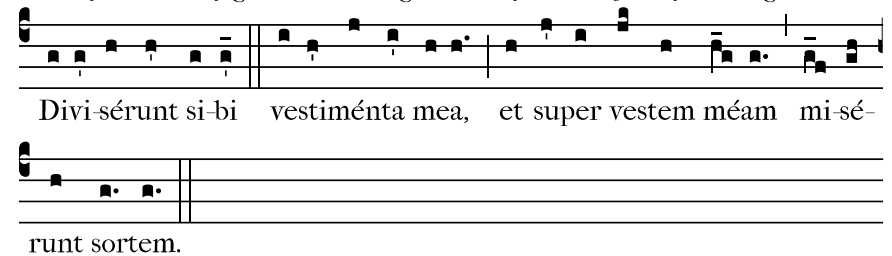
Glory...

Serve the LORD with fear;
exult with trembling, embrace correction,
lest he be angry and you perish on the way, †
for suddenly his anger will blaze.
Blessed are all who trust in God!

Glory...

Ant • 8

They divided my garments among them; they cast lots for my clothing.



Divi-sérunt si-bi vestiménta mea, et super vestem méam mi-sé-
runt sortem.

Psalm 22

My God, my God, why have you forsaken me? †
Why are you far from saving me,
so far from my words of anguish?

O my God, I call by day and you do not answer;
I call by night and I find no reprieve.

Yet you, O God, are holy,
enthroned on the praises of Israel.

In you our ancestors put their trust;
they trusted and you set them free.

When they cried to you, they escaped;
in you they trusted and were not put to shame.

But I am a worm and no man,
scorned by everyone, despised by the people.

All who see me deride me;
they curl their lips, they toss their heads:

“He trusted in the LORD, let him save him;
let him release him, for in him he delights.”

Yes, it was you who took me from the womb,
entrusted me to my mother's breast.

To you I was committed from birth;
from my mother's womb, you have been my God.

Stay not far from me;
trouble is near, and there is no one to help.

Many bulls have surrounded me,
fierce bulls of Bashan close me in.

Against me they open wide their mouths,
like a lion, rending and roaring.

Like water I am poured out,
disjointed are all my bones.

My heart has become like wax,
it is melted within my breast.

Parched as burnt clay is my throat, †
my tongue cleaves fast to my jaws.
You lay me in the dust of death.

For dogs have surrounded me;
a band of the wicked besets me.

They tear holes in my hands and my feet;
I can count every one of my bones.

They stare at me and gloat. †
They divide my clothing among them,
they cast lots for my robe.

But you, O LORD, do not stay afar off;
my strength, make haste to help me!

Rescue my soul from the sword,
my life from the grip of the dog.

Save my life from the jaws of the lion,
my poor soul from the horns of wild bulls.

I will tell of your name to my kin,
and praise you in the midst of the assembly.

Glory...

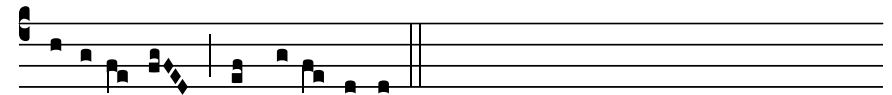
Benedictus

Ant • 1

Over his head they hung their accusation: Jesus of Nazareth, King of the Jews.

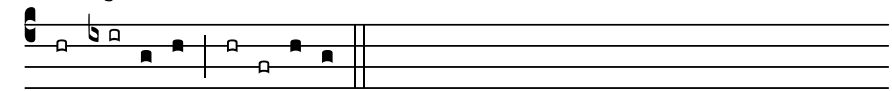


Posu- é-runt super caput e-jus causam i-psíus scriptam: Jesus



Nazaré-nus, Rex Judæ-órum.

Ant • 1g



Blessed be the Lord God of Israel:
for he has visited his people and redeemed them;
he has raised up for us a horn of salvation
in the House of David his servant,
as he spoke through the mouth of his holy ones,
his prophets from ages past:

To grant salvation from our foes,
and from the hand of all who hate us,
showing mercy to our fathers, †
remembering his ho-ly covenant,
the oath he swore to Abraham our father;

To grant that, freed from the hand of our foes,
we may serve him without fear
in holiness and righteousness
all the days of our life.

And you, little child, will be called
the Prophet of the Most High,
for you will go before the Lord
to make ready his ways:

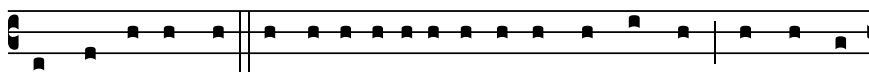
He has not dealt thus with other nations;
he has not taught them his judgments.

Glory...

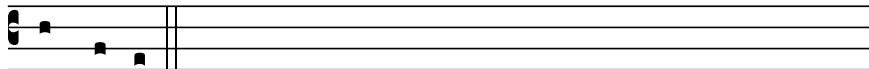
Reading - Hebrews

Ant • 8

For our sake Christ was obedient, accepting even death, death on a cross.



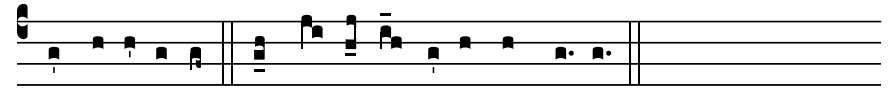
Christus factus est pro nobis o-bédiens usque ad mortem, mortem au-



tem Crucis.

Ant • 8

They sought to take my life by violence.



Vim fá-ci-ébant qui quærébant á-nimam meam.

Psalm 38

O LORD, do not rebuke me in your anger;
reprove me not in your rage.

For your arrows have sunk deep in me;
your hand has come down upon me.

There is no soundness in my flesh because of your anger:
there is no health in my bones because of my sin.

My guilt towers higher than my head;
it is a weight too heavy to bear.

My wounds are foul and festering,
the result of my own folly.

I am bowed and brought to my knees.
I go mourning all the day long.

All my frame is burning with fever;
there is no soundness in my flesh.

I am spent and utterly crushed,
I cry aloud in anguish of heart.

O Lord, all my longing lies before you;
my groans are not hidden from you.

My heart throbs, my strength is spent;
the very light has gone from my eyes.

Friends and companions stand aloof from my illness;
those closest to me stand afar off.

Those who plot against my life lay snares;
those who seek my ruin speak of harm,
planning treachery all the day long.

But I, like someone deaf, do not hear;
like someone mute, I do not open my mouth.

I am like one who hears nothing,
in whose mouth is no defense.

But in you, O LORD, I hope;
it is you, LORD my God, who will answer.

I pray, "Let them not gloat over me,
exult if my foot should slip."

For I am on the point of falling,
and my pain is always with me.

I confess that I am guilty;
and I am grieved because of my sin.

My enemies live on and grow strong,
and many hate me without cause.

They repay me evil for good,
and attack me for seeking what is good.

Forsake me not, O LORD!
My God, be not far from me!

Make haste and come to my help,
My Lord and my salvation!

Glory...

1st Reading: Hebrews

2nd Reading: St. John Chrysostom

Lamentations of Jeremiah
Second Series of Three

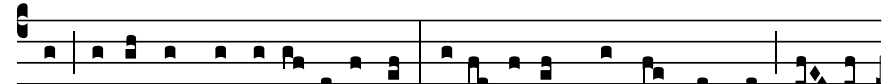
They brought false evidence against me.
— They were breathing out fury.

Ant • 4

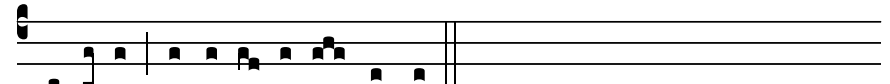
*We adore your cross, O Lord, and we praise and glorify your holy resurrection,
for the wood of the cross has brought joy to the world.*



Crucem tuam a-dorá-mus, Dó-mine, et sanctam Resurrecti-ónem tu-

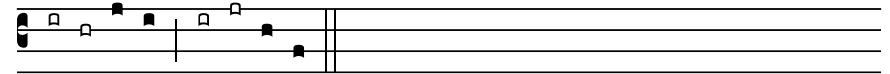


am laudá-mus, et glori- fi-cá-mus: ecce enim propter Crucem ve- nit



gáudium in u-ni-vér-so mundo.

Ant • 4a



Psalm 147

O Jerusalem, glorify the LORD!

O Zion, praise your God!

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

He established peace on your borders;
he gives you your fill of finest wheat.

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

He showers down snow like wool;
he scatters hoarfrost like ashes.

He hurls down hailstones like crumbs;
before such cold, who can stand?

He sends forth his word and it melts them;
at the blowing of his breath the waters flow.

He reveals his word to Jacob;
to Israel, his decrees and judgments.

I await the day of distress,
for the people who come to attack us.

Though the fig tree fails to blossom,
or the vine to yield its fruit;

though the crop of the ol-ive fails,
and the fields produce no grain;

though the flock is removed from the fold,
and there are no cattle in the stalls;

Yet will I rejoice in the LORD,
and rejoice in the God of my salvation.

The LORD, my Lord, is my strength; †
he makes my feet like those of the deer,
and makes me tread upon the heights.

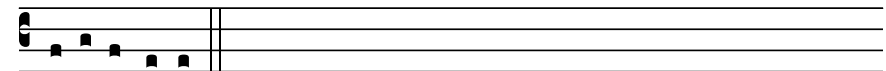
Glory...

Ant • 7

God did not spare his own Son, but gave him up to suffer for our sake.

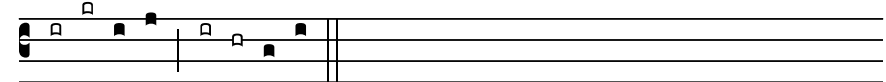


Próprio Fí-li-o su-o non pepércit Deus: sed pro nobis ómnibus



trádidit illum.

Ant • 7



Psalms 51

Have mercy on me, O God,
according to your merciful love;

according to your great compassion,
blot out my transgressions.

Wash me completely from my iniquity,
and cleanse me from my sin.

My transgressions, truly I know them;
my sin is always before me.

Against you, you alone, have I sinned;
what is evil in your sight I have done.

So you are just in your sentence,
without reproach in your judgment.

Behold, in guilt I was born,
a sinner when my mother conceived me.

Behold, you delight in sincerity of heart;
in secret you teach me wisdom.

Cleanse me with hyssop, and I shall be pure;
wash me, and I shall be whiter than snow.

Let me hear rejoicing and gladness,
that the bones you have crushed may exult.

Turn away your face from my sins,
and blot out all my guilt.

Create a pure heart for me, O God;
renew a steadfast spirit within me.

Do not cast me away from your presence;
take not your holy spirit from me.

Restore in me the joy of your salvation;
sustain in me a willing spirit.

I will teach transgressors your ways,
that sinners may return to you.

Rescue me from bloodshed, O God, †
O God of my salvation,
and then my tongue shall ring out your justice.

O Lord, open my lips
and my mouth shall proclaim your praise.

For in sacrifice you take no delight;
burnt offering from me would not please you.

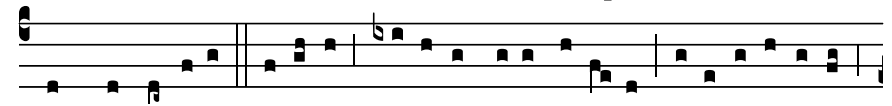
My sacrifice to God, a broken spirit: †
a broken and hum-bled heart,
you will not spurn, O God.

In your good pleasure, show favor to Zion;
rebuild the walls of Jerusalem.

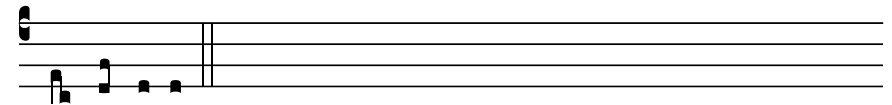
Then you will delight in right sacrifice, †
burnt offerings wholly consumed.
Then you will be offered young bulls on your altar.
Glory...

Ant • 1

cf. I am in awe of your work, O Lord, remember compassion.

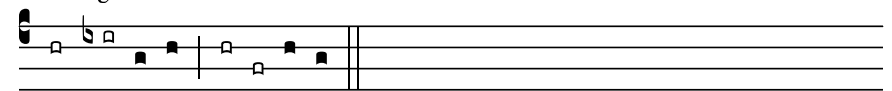


Dum conturbáta fú-e-rit á-nima mea, Dómine, mise-ricórdi-æ



memor e-ris.

Ant • 1g



Habakkuk 3

O Lord, I have heard of your fame;
I am in awe, O LORD, of your work.

In the midst of the years, renew it. †
In the midst of the years, make it known;
in your anger, remember compassion.

God is coming from Teman,
the Holy One from Mount Paran.

His glory covers the heavens;
and the earth is full of his praise.

His splendor is as the light: †
rays come forth from his hand;
and there lies hidden his power.

You have come forth to save your people,
to save the one you have anointed.

You tread the sea with your steeds,
churning up the mighty waters.

I hear and quake to my inner depths;
my lips quiver at the sound.

Decay invades my bones;
and my steps beneath me tremble.