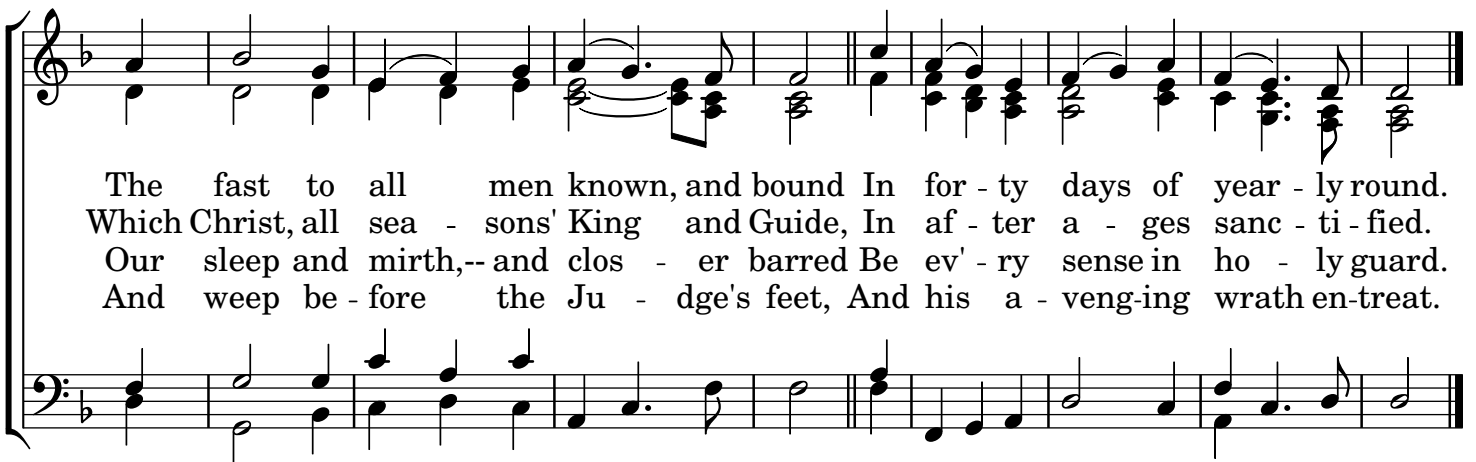


1. The fast, as taught by ho - ly lore, We keep in so - lemn course once more;
 2. The law and seers that were of old In di - verse ways this Lent fore - told,
 3. More spar - ing there - fore let us make The words we speak, the food we take,
 4. In pray'r to - ge - ther let us fall, And cry for mer - cy, one and all,



The fast to all men known, and bound In for - ty days of year - ly round.
 Which Christ, all sea - sons' King and Guide, In af - ter a - ges sanc - ti - fied.
 Our sleep and mirth,-- and clos - er barred Be ev' - ry sense in ho - ly guard.
 And weep be - fore the Ju - dge's feet, And his a - veng - ing wrath en - treat.

5. Thy grace have we offended sore,
 By sins, O God, which we deplore;
 But pour upon us from on high,
 O pardoning One, Thy clemency.
6. Remember Thou, though frail we be,
 That yet Thine handiwork are we;
 Nor let the honor of Thy name
 Be by another put to shame.
7. Forgive the sin that we have wrought;
 Increase the good that we have sought;
 That we at length, our wanderings o'er,
 May please Thee here and evermore.
8. We pray Thee, Holy Trinity,
 One God, unchanging Unity,
 That we from this our abstinence
 May reap the fruits of penitence.

Ex more docti mystico
 Gregory the Great; tr. J.M. Neale