

MARCH LH

LITURGY OF THE HOURS

Invitatory

Ant. Come, let us worship the Redeemer of the world whose Mother shared his suffering as he hung on the cross.

Invitatory psalm, as in the Ordinary.

Office of Readings

HYMN

Welcoming the Word made flesh
The Virgin pondered what she heard:
Joy announced by God's archangel;
Sorrow by the Prophet's word.
In both Cross and Resurrection
Christ's own mission she has shared.

For the sake of our salvation
God gave forth his only Son.
Mary in this mystery shared, to
Lose the Lord that she had won:
To his Father's work he went as
Mary said: Your will be done.

Bringing light to save his people
Christ was spurned and thrust away:
In rejection he was given
All our debts to bear and pay.
May the presence of his Mother
Help us lift his cross each day.

Praise and glory be to God through
Jesus Christ the Risen Son,
In the oneness of the Spirit
From the Church redeemed and won,
With the Virgin and all Servants
While eternal ages run. (Amen)
*Melody: Tantum Ergo 87.87.87. Text: Paul Addison, O.S.M.
Or another hymn may be sung.*

PSALMODY

One of the series of antiphons (A, B, C) may be chosen.

Antiphon 1

Ser. A. Near the cross of Christ stood his Mother, firm in faith, strong in hope, and burning with love.

Ser. B. You, O Lord, are my shield, my glory in my grief.

Ser. C. Jesus' Mother shared the sufferings of her son as he offered up his life to the eternal Father.

Psalm 3

The sleep and the waking of the just servant

God has raised up on the third day him who died on the cross (Acts 10:39-40).

How many are my foes, O Lord!
How many are rising up against me!
How many are saying about me:
"There is no help for him in God."

But you, Lord, are a shield about me,
my glory, who lift up my head.
I cry aloud to the Lord.
He answers me from his holy mountain.

I lie down to rest and I sleep.
I wake, for the Lord upholds me.
I will not fear even thousands of people
who are ranged on every side against me.

Arise, Lord, save me, my God,
you who strike all my foes on the mouth,
you who break the teeth of the wicked!
O Lord of salvation, bless your people.

Psalm-prayer

Lord, our shield, from the height of heaven hear the voices of those who cry to you. Pour out on us the blessing that Jesus gained for us when he rested in death upon the cross. Strengthen our hope in your saving power which he proclaimed to us when he rose triumphant from the dead, to live and reign forever.

Antiphon 1

Ser. A. Near the cross of Christ stood his Mother, firm in faith, strong in hope, and burning with love.
Ser. B. You, O Lord, are my shield, my glory in my grief.
Ser. C. Jesus' Mother shared the suffering of her son as he offered up his life to the eternal Father.

Antiphon 2

Ser. A. His Mother stood before the cross; while others fled in fear, she stood there unafraid.
Ser. B. Look and answer me, O Lord, I have trusted in your mercy.
Ser. C. Eve took the fruit of death from the tree and offered it to a man; Mary took the food of life from the cross and gave it to all.

Psalm 13

The lament of the just one who trusts in the Lord

In hope we were saved (Romans 8:24).
How long, O Lord, will you forget me?
How long will you hide your face?
How long must I bear grief in my soul,
this sorrow in my heart day and night?

How long shall my enemy prevail?

Look at me, answer me, Lord my God!
Give a light to my eyes lest I fall asleep in death,
lest my enemy say: "I have overcome him";
lest my foes rejoice to see my fall.

As for me, I trust in your merciful love.
Let my heart rejoice in your saving help:
Let me sing to the Lord for his goodness to me,
singing psalms to the name of the Lord, the Most High.

Psalm-prayer

Lord, may our lives show forth the passion of your Son and the compassion of his Mother. In all our sufferings may we share their sufferings, so that, with loving trust in your mercy, our hearts may rejoice in your saving power.

Antiphon 2

Ser. A. His Mother stood before the cross; while others fled in fear, she stood there unafraid.
Ser. B. Look and answer me, O Lord; I have trusted in your mercy.
Ser. C. Eve took the fruit of death from the tree and offered it to a man; Mary took the food of life from the cross and gave it to all.

Antiphon 3

Ser. A. With a broken heart she stood by the cross; the suffering she endured was greater than any martyr's.
Ser. B. Guard me, O Lord, as the apple of your eye, from the violent attacks of the wicked.
Ser. C. At the Lord's cross, the sorrowful Virgin Mary received as her children all men and women committed to her care by divine love.

Psalm 17

The prayer of the just one in danger

In his agony he prayed with greater intensity (Luke 22:43).

Lord, hear a cause that is just,
pay heed to my cry.
Turn your ear to my prayer:
no deceit is on my lips.

From you may my judgment come forth.
Your eyes discern the truth.

You search my heart, you visit me by night.
You test me and you find in me no wrong.
My words are not sinful as are men's words.

I kept from violence because of your word,
I kept my feet firmly in your paths;
there was no faltering in my steps.

I am here and I call, you will hear me, O God.
Turn your ear to me; hear my words.
Display your great love, you whose right hand saves
your friends from those who rebel against them.

Guard me as the apple of your eye.
Hide me in the shadow of your wings
from the violent attack of the wicked.

My foes encircle me with deadly intent.
Their hearts tight shut, their mouths speak proudly.
They advance against me, and now they surround me.

Their eyes are watching to strike me to the ground
as though they were lions ready to claw
or like some young lion crouched in hiding.

Lord, arise, confront them, strike them down!
Let your sword rescue my soul from the wicked;
let your hand, O Lord, rescue me from men,
from men whose reward is in this present life.

You give them their fill of your treasures;
they rejoice in abundance of offspring
and leave their wealth to their children.

As for me, in my justice I shall see your face
and be filled, when I awake, with the sight of your glory.

Psalm-prayer

Father, turn your ear in mercy to the words of your Son as he cries aloud from the cross. They are the prayer of a brother for his brothers and sisters, of one who is innocent for all who are guilty. May we share in his holiness, so that we may gaze upon your face when the sleep of death is over and all our desires are fulfilled in the vision of your glory.

Antiphon 3

Ser. A. With a broken heart she stood by the cross; the suffering she endured was greater than any martyr's.

Ser. B. Guard me, O Lord, as the apple of your eye, from the violent attacks of the wicked.

Ser. C. At the Lord's cross, the sorrowful Virgin Mary received as her children all men and women committed to her care by divine love.

V. Listen, all you peoples, and behold my sorrow.

R. The Lord has abandoned me; all day long I am overcome with grief.

FIRST READING

From the book of the prophet Isaiah 52:13-53:12

He was pierced for our offences

See, my servant shall prosper, he shall be raised high and greatly exalted. Even as many were amazed at him - so marred was his look beyond that of man, and his appearance beyond that of mortals - So shall he startle many nations, because of him kings shall stand speechless; For those who have not been told shall see those who have not heard shall ponder it. Who would believe what we have heard? To whom has the arm of the Lord been revealed? He grew up like a sapling before him, like a shoot from the parched earth;

There was in him no stately bearing to make us look at him, nor appearance that would attract us to him.

He was spurned-and avoided by men, a man of suffering, accustomed to infirmity, One of those from whom men hide their faces, spurned, and we held him in no esteem. Yet it was our infirmities that he bore, our sufferings that he endured, While we thought of him as stricken, as one smitten by God and afflicted. But he was pierced for our offences, crushed for our sins, Upon him was the chastisement that makes us whole, by his stripes we were healed. We had all gone astray like sheep, each following his own way; But the Lord laid upon him the guilt of us all.

Though he was harshly treated, he submitted and opened not his mouth; Like a lamb led to the slaughter or a sheep before the shearers, he was silent and opened not his mouth. Oppressed and condemned, he was taken away, and who would have thought any more of his destiny? When he was cut off from the land of the living, and smitten for the sin of his people, A grave was assigned him among the wicked and a burial place with evildoers, Though he had done no wrong nor spoken any falsehood.

But the Lord was pleased to crush him in infirmity. If he gives his life as an offering for sin, he shall see his descendants in a long life, and the will of the Lord shall be accomplished through him.

Because of his affliction he shall see the light in fullness of days; Through his suffering, my servant shall justify many, and their guilt he shall bear. Therefore I will give him his portion among the great, and he shall divide the spoils with the mighty, Because he surrendered himself to death and was counted among the wicked; And he shall take away the sins of many, and win pardon for their offences.

RESPONSORY See Isaiah 53:4a, 5, 6b

V. It was our infirmities that he bore, our suffering that he endured. He was pierced for our offences, crushed for our sins.

R.. By his wounds we were healed.

V. The Lord laid upon him the guilt of us all.

R. By his wounds we were healed.

SECOND READING

Choose one of the following readings.

From the homilies of Saint Amadeus of Lausanne, bishop
(Hom. De Laudibus B. Mariae V., passim: SC 72, pp. 138-156)

She stood at the cross in overwhelming suffering

There are two types of martyrdom, one in public, one in private; one in plain sight, the other hidden; one in the body and the other in spirit. The apostles and martyrs suffered in body. Out of love for the truth and as a witness to Jesus, they spent themselves completely and drank of the cup of Christ the Lord, the perfect sacrifice, that through the cross they might attain majesty, and through death on earth might gain eternal life.

But those saints who have suffered in spirit have endured something more severe than bodily torment. Abraham suffered in spirit when he was ordered to sacrifice his beloved son Isaac—so torn was he by a father's affection and moved from the depths of his being with love for his son. It was this kind of suffering that overcame the triumphant Virgin, the most glorious of the martyrs, as she clung to the holy cross upon which the Lord was suffering, drank of the cup, and tasted his passion; after swallowing such a great draught of grief she bore her sorrow like no other. She followed Jesus not only amidst the sweet odours of anointing oils but into the middle of great sorrows; not only in the joy of consolations, but even in overwhelming suffering.

For she stood at the cross and looked on the grim spectacle of her son's sweet head, which had been anointed above all kings, being whipped and crowned with thorns. She saw him who surpassed all human kind in beauty stripped of beauty and grace. She beheld him who has been exalted above all nations despised and accounted least. She saw the eyes of this lofty man cast down in utter humiliation and his shoulders bent and hanging to the ground as he bore the weight of the world. God's own serene face she saw blotted out and his beautiful countenance covered over.

O holy memory, full of love and tears, recalling to us how gloriously that holy soul suffered and what pains she endured at the death of Christ! In the pallid face of Jesus was reflected his Mother's pale gaze. He suffered in the flesh, she in her heart. To her the Lord's death was more bitter than death. Though she had been instructed by the Spirit and did not doubt that he would rise, nonetheless, it was necessary for her to drink the Father's cup and experience the hour of her own passion. The holy old man Simeon had prophesied to her about this hour saying: *And you yourself shall be pierced with a sword.* Lord Jesus, you have not spared even your own Mother from being pierced by the sword.

Therefore Mary also could claim those words especially fitting for Christ: *You who pass by the way, look and see if there is any suffering like my suffering.* What suffering! And how great a soul to bear that grief! Mary. Yes, she was such a one. And how different than when, in the midst of choirs of angels, she pledged obedience to her son, while shepherds gave glory and the Magi adored him with an offering of wonderful gifts. Her virtue and grace did not make the difference; it was in her sorrow and affliction that she was different. For she grew in virtue, and grace was increased. Let us, my friends, imitate the Mother of God; in our times of trouble let us not forget her humility and be ever mindful of her constancy.

RESPONSORY

- V. As Jesus was dying on the cross, Mary stood there dying together with him in her heart.
R. Through their bond of love, the Mother remained fastened to the cross of her son.
V. A sword penetrated the soul of the Virgin; a lance pierced the side of Jesus.
R. Through their bond ...

Alternative.

From a homily on the Triumphal Suffering of Christ by Saint Lawrence Justinian, bishop
(Cap. 18: Opera omnia, edit. Venetiis 1720, pp. 271-272)

I leave you the Church in the person of my disciple

The Mother of Christ saw the marks of merciless suffering everywhere and yet she stayed by the cross. It was a three-fold bond that held her there: sorrow, wonder, and love.

There was sorrow, of course, because the sword of present suffering had pierced her heart. And yet, in a heart pierced by the sword, in a mind crucified, where could she turn for solace?

It was in wonder that she silently pondered who it was who was hanging on the cross. She knew he was the true God who in his divine nature was impassible, immortal, invisible and holy. How many times must she have wondered in her heart how the same one was passible and impassible,

mortal and immortal, visible and invisible! She knew him to be the lowest creature on earth and yet unimaginably holy. She was suspended in wonder. How could she fail to be carried away beyond herself in wonder and rendered motionless, when according to the testimony of sacred Scripture, he who looks on majesty is absorbed by the light of glory.

And the third bond was love, for he was her only son, the most beautiful and holiest of all, of flawless character, full of virtues, and conspicuous for his abundance of grace. She was bound to him with the hold of a mother's love.

Her wonder and love were two little streams that ceaselessly fed a river of grief. And this outpouring formed in the Virgin's heart the most rapid of torrents. For this reason we read in Lamentations about her: *You who pass by the way, look and see if there is any suffering like my suffering.*

But when the Lord saw her wearied with so much grief and saw the disciple whom he loved consoling the Virgin, he was moved with pity and grieved no less for their suffering than for his own. He turned to them and said to his mother: *Woman, behold your son.*

I commend to you as a son the disciple whom I love above the others so that as your companion he may be the guardian of your most holy virginity. He will obey you like a son, and you will delight in the comfort you receive from him as you have delighted in whatever comfort you have received from me.

Know also the wondrous mystery that lies hidden in the commendation of this disciple. For he carries with him the image of the Church which is immaculate and a virgin. I leave this Church to you in the person of this disciple. Love the Church as you love me, strengthen it with your prayers, encourage it with your wisdom, and teach it by your example. I want you to receive it as your child, protect it with your prayers, make it grow, and by your virtue lead it to me. I command the Church to love and honour you as its Mother and to seek refuge in you.

He said to the disciple: *Behold your mother. Serve her, honour her, consider her as second in rank after me. Whatever reverence and honour you will show to her I will attribute to myself. In her present affliction, be her gentle consoler, her loyal friend and obedient son.*

With these words, as his suffering increased and the hour of his death approached, Jesus grew silent. From that hour on, the disciple took her to himself according to the Lord's command.

RESPONSORY

V. At the Lord's cross, all men and women were committed to the care of the sorrowful Virgin.

R. And she received them as her children.

V. With the same motherly affection, she embraces both those who knew and those who did not know that they were redeemed by Christ.

R. And she received them as her children.

HYMN, Te Deum, 43.

Prayer, as in Morning Prayer.

Morning Prayer

HYMN

God of tender grace and mercy
may we turn our hearts toward
that great sorrow of the Virgin
standing there by Christ the Lord,
drawn into his perfect giving,
pierced as by the prophet's sword.

He whose hour had not yet come
is raised on high to be our shame:
from his side in blood and water
we are born to bear his name.
Mary there we take as Mother
in his power as in his pain.

Father, take our morning cry of trust;
your servants hope in you.
At the foot of countless crosses
we will stand and suffer, too,
'til all tears are wiped away and
all creation lives anew.

Praise and glory be to God
through Jesus Christ th'eternal
Son, in the oneness of the Spirit
from the Church redeemed and won,
with the Virgin and all Servants
while eternal ages run. (Amen)

Melody: Tantum Ergo, 87.87.87 Text: Paul Addison, O.S.M.

Or another hymn may be sung.

Ant. 1 If we have died with Christ, we believe that we win also live with him.

Psalms and canticle from Sunday, Week I.

Ant. 2 At every moment we carry in our bodies the death of Jesus so that in our bodies the life of Jesus may also be manifested.

Ant. 3 To those who are on their way to destruction, the message of the cross is foolishness, but we who are on the way to salvation see it as proof of God's power.

READING Zechariah 12:10

I will pour out on the house of David and on the inhabitants of Jerusalem a spirit of grace and petition; and they shall look on him whom they have thrust through, and they shall mourn for him as one mourns for an only son, and they shall grieve over him as one grieves over a firstborn.

RESPONSORY See Revelation 1:7; 5:12 John 1:29

V. Behold, Christ is coming on the clouds. Everyone shall see him, even those who pierced him.

All the peoples of the earth shall lament him bitterly.

R. Behold, Christ is coming on the clouds. Everyone shall see him, even those who pierced him.

All the peoples of the earth shall lament him bitterly.

V. Behold the Lamb who is slain; he takes away the sins of the world.

R. All the peoples of the earth shall lament him bitterly.

V. Glory to the Father ...

R. Behold, Christ is coming ...

CANTICLE OF ZECHARIAH

Ant. Rejoice now, O Blessed Mother, ever closely united with your Son on behalf of all the people, one family; you offered up your son on Golgotha, and made a mother's sacrifice of your heart to the eternal Father.

INTERCESSIONS

Let us pray to God the Father, author of life, who united Mary with her own son in the work of redemption:

Save us by your love, O Lord.

Father, your Son was the light of the nations and a sign of contradiction.

- May Christ, our leader, light our journey through the world's darkness.

Father, just as they rejected the prophets of old, many have rejected your Son, the saviour of the world.

- May we always receive him in our homes.

Father, you gave Mary, your handmaid, great faith as she stood beside the cross of your Son.

- Give us faith to banish our fears and hope to wash away our tears.

Father, while the early Church was beset with persecution, the Mother of Christ was present.

- Help us to imitate her by taking up the burdens of our oppressed brothers and sisters and working for their freedom.

Father, in Jesus you have given us the example of how to carry the cross.

- Make us understand the power of the cross and help us to carry it with the support of our Mother.

(Let us imitate Christ who, while banging on the cross, prayed for those who were to come after him, and surrendered himself to the Father's will:)

Our Father ...

PRAYER

O God, you called Mary to stand at the cross of Jesus, the suffering servant, sharing in his passion. Grant that the grace of this great mystery may continue to grow in us. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Or:

God, our Father, in the mystery of your love you bring the passion of your Christ to its fulfilment in the suffering of his members. Grant that, as his compassionate Mother stood at the cross of her dying Son, we, as her servants, may stand at the crosses of our suffering brothers and sisters to bring comfort and healing love. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Daytime Prayer

Antiphons and psalms from the weekday.

Midmorning

READING Lamentations 1: 12

Come, all you who pass by the way, look and see whether there is any suffering like my suffering, which has been dealt me when the Lord afflicted me on the day of his blazing wrath.

V. I have made my whole life known to you.
R. You have placed my tears in your sight.

Midday

READING Lamentations 1:16-17a

At this I weep, my eyes run with tears: Far from me are all who could console me, any who might revive me; My sons were reduced to silence when the enemy prevailed. Zion stretched out her hands, but there was no one to console her.

V. Listen, all you peoples, and behold my sorrow.
R. Listen to my groaning; there is none to console me.

Midafternoon

READING Lamentations 1:20ab, 2:13

Look, O Lord, upon my distress: all within me is in ferment, My heart recoils within me from my monstrous rebellion. To what can I liken or compare you, O daughter Jerusalem? What example can I show you for your comfort, virgin daughter Zion? For great as the sea is your downfall.

V. They went out weeping and crying, carrying seed for the sowing.
R. Those who sow in tears will reap in joy.

Prayer, as in Morning Prayer.

Evening Prayer

HYMN

At the cross her station keeping
Stood the mournful mother weeping,
Close to Jesus to the last.

Through her heart his sorrow sharing,
All his bitter anguish bearing,
Now at length the sword had passed.

Oh, how sad and sore distressed
Was that Mother highly blessed,
Of the sole-begotten one!

Christ above in torment hangs,
She beneath beholds the pangs
Of her dying glorious Son.

Is there one who would not weep,
Whelmed in miseries so deep
Christ's dear Mother to behold?

Melody: Stabat Mater

PSALMODY

Ant.1 Mary stood by the cross on which Jesus was hanging.

Psalm 116:10-19

The voice of the just one invincibly suffering for the Lord
Shall I not drink the cup my Father has given me? (John 18: 11).

I trusted, even when I said:
"I am sorely afflicted,"
and when I said in my alarm:
"No man can be trusted."

How can I repay the Lord
for his goodness to me?
The cup of salvation I will raise;
I will call on the Lord's name.

My vows to the Lord I will fulfil
before all his people.
O precious in the eyes of the Lord
is the death of his faithful.

Your servant, Lord, your servant am I;
you have loosened my bonds.
A thanksgiving sacrifice I make:
I will call on the Lord's name.

My vows to the Lord I will fulfil
before all the people,
in the courts of the house of the Lord,
in your midst, O Jerusalem.

Psalm-prayer

Lord, in his crucifixion your Son drained the cup of suffering that brought us salvation; his death, offered in sacrifice for sinners was precious in your sight. Grant that we too may drink the cup of daily suffering, so that when our life is drawing to a close we may offer you an evening sacrifice of praise.

Ant. Mary stood by the cross on which Jesus was hanging.

Ant. 2 Seeing his Mother and the disciple he loved standing near her, Jesus said to his Mother,
"Woman, this is your son." Then to the disciple he said, "This is your mother."

Psalm 141

The prayer of the suffering just one is like incense before the Lord
He gave himself up for us as a fragrant offering and sacrifice to God (Ephesians 5:2).

I have called to you, Lord; hasten to help me!
Hear my voice when I cry to you.
Let my prayer arise before you like incense,

the raising up of my hands like an evening oblation.

Set, O Lord, a guard over my mouth;
keep watch, O Lord, at the door of my lips!
Do not turn my heart to things that are wrong,
to evil deeds with men who are sinners.

Never allow me to share in their feasting.
If a good man strikes or reproves me it is kindness;
but let the oil of the wicked not anoint my head.
Let my prayer be ever against their malice.

Their princes were thrown down by the side of the rock;
then they understood that my words were kind.
As a millstone is shattered to pieces on the ground,
so their bones were strewn at the mouth of the grave.

To you, Lord God, my eyes are turned:
in you I take refuge; spare my soul!
From the trap they have laid for me keep me safe;
keep me from the snares of those who do evil.

Psalm-prayer

Holy Father, you wiped that Mary be at the side of the immaculate Lamb as he offered himself on the altar of the cross. Grant that we too may be at her side as we offer the incense of a holy life as our evening sacrifice.

Ant. Seeing his Mother and the disciple he loved standing near her, Jesus said to his Mother, "Woman, this is your son." Then to the disciple he said, "This is your Mother."

Ant. 3 From the cross Jesus proclaimed Mary Mother of all when he entrusted the human race to her in the person of John.

Canticle 1 Peter 2:21-24

On the voluntary passion of Christ, the servant of God

Christ suffered for you,
and left you an example
to have you follow in his footsteps.

He did no wrong;
no deceit was found in his mouth.
When he was insulted,
he returned no insult.

When he was made to suffer
he did not counter with threats.
Instead he delivered himself up
to the One who judges justly.

In his own body

he brought your sins to the cross,
so that all of us, dead to sin,
could live in accord with God's will.

By his wounds you were healed.

Canticle-prayer

Lord, as we gaze upon your Son, lifted high on the cross, we are drawn by love to the innocent Lamb who took away our sins, who spoke no word when he was unjustly condemned. Grant that we, like him, may never repay evil with evil but always accept suffering with a serene heart.

Ant. From the cross Jesus proclaimed Mary Mother of all when he entrusted the human race to her in the person of John.

READING Hebrews 9:26-28

But now once for all he has appeared at the end of the ages to take away sin by his sacrifice. just as it is appointed that human beings die once, and after this the judgment, so also Christ, offered once to take away the sins of many, will appear a second time, not to take away sin but to bring salvation to those who eagerly await him.

RESPONSORY See Hebrews 4:16

- V. Let us approach Christ with perfect confidence; we shall find compassion and grace to help us in time of need
R. Let us approach Christ with perfect confidence; we shall find compassion and grace to help us in time of need.
V. In his presence the Virgin Mary, through her humble intercession, procures for us the gift of eternal salvation.
R. We shall find compassion and grace to help us in time of need.
V. Glory to the Father ...
R. Let us approach ...

CANTICLE OF MARY

Ant. As daylight faded, the Lord Jesus won for God a people through the shedding of his blood; and all the while, the loving and compassionate Mother of the Church was at his side.

INTERCESSIONS

During the evening sacrifice we recall that in the fullness of time Christ extended his hands and offered himself for the salvation of the whole world. We, therefore, call to him:

Lord, do not let those redeemed by your precious blood come to ruin.

Christ our savior, at your passion a sword pierced the heart of the sorrowful Virgin.

- Do not allow our hearts to become clouded over with doubting faith, or weakened by unsettled hope.

Christ our redeemer, at the hour of your crucifixion you acknowledged the Mother who bore you.

- May we always acknowledge you to be divine and human, begotten of the Father and born of the Virgin.

Christ our brother, as you hung from the cross you gave your own Mother to us as our mother.

- Let us show ourselves as her true children by loving her as you did.

Christ our teacher, from your pulpit on the cross you revealed mysteries hidden through the ages.

-Teach us to ignore the wisdom of the world and help us learn the foolishness of the cross.

Christ our king, you turned the gallows of the cross into a throne of glory.

-Help us to understand the mystery of the kingdom in which we shall rule by serving our brothers and sisters, and in which we shall be honoured for living among the most humble.

Christ our priest, from the altar of the cross you descended into hell to free the patriarchs from the shadow of death.

- May our departed brothers and sisters hear your voice calling them to paradise.

(The prayers of Christ, dying on the cross, were those of our teacher; with our eyes fixed on the cross, let us say the Lord's prayer and feel as he himself felt:)

Our Father ...

Prayer, as in morning Prayer.

Note: Some biblical texts are taken from: The New American Bible <http://www.vatican.va/archives/>