

Tuesdays

3rd Order - Canons Regular of the New Jerusalem

Daily requirements:

- 1. 15 minutes meditation**
- 2. Prayer for members of the canonry, Pope, diocesan bishop, & local clergy.**
- 3. Lauds or Vespers.**

Monthly:

- 1. 45 minutes reading in relation to the topic of the monthly meeting**
- 2. Sacramental Confession**

Lauds

Ps 95 (96 in Protestant Bible)

Sing ye to the Lord a new canticle: sing to the Lord, all the earth.
Sing ye to the Lord and bless his name: shew forth his salvation from day to day.
Declare his glory among the Gentiles: his wonders among all people.
For the Lord is great, and exceedingly to be praised:
 he is to be feared above all gods.
For all the gods of the Gentiles are devils: but the Lord made the heavens.
Praise and beauty are before him: holiness and majesty in his sanctuary.
Bring ye to the Lord, O ye kindreds of the Gentiles,
 bring ye to the Lord glory and honour:
 bring to the Lord glory unto his name.
Bring up sacrifices, and come into his courts: adore ye the Lord in his holy court.
Let all the earth be moved at his presence.
Say ye among the Gentiles, the Lord hath reigned.
For he hath corrected the world, which shall not be moved:
 he will judge the people with justice.
Let the heavens rejoice, and let the earth be glad, let the sea be moved,
 and the fulness thereof: the fields and all things that are in them shall be joyful.
Then shall all the trees of the woods rejoice
Before the face of the Lord, because he cometh:
 because he cometh to judge the earth.
He shall judge the world with justice, and the people with his truth.

Psalm 42 (43 in Protestant Bible)

Judge me, O God, and distinguish my cause from the nation that is not holy:
deliver me from the unjust and deceitful man.
For thou art God my strength: why hast thou cast me off?
And why do I go sorrowful whilst the enemy afflicteth me?
Send forth thy light and thy truth: they have conducted me,
and brought me unto thy holy hill, and into thy tabernacles.
And I will go in to the altar of God: to God who giveth joy to my youth.
To thee, O God my God, I will give praise upon the harp:
why art thou sad, O my soul? and why dost thou disquiet me?
Hope in God, for I will still give praise to him:
the salvation of my countenance, and my God.

Psalm 66 (67 in Protestant Bible)

May God have mercy on us, and bless us:
may he cause the light of his countenance to shine upon us,
and may he have mercy on us.
That we may know thy way upon earth: thy salvation in all nations.
Let people confess to thee, O God: let all people give praise to thee.
Let the nations be glad and rejoice:
for thou judgest the people with justice, and directest the nations upon earth.
Let the people, O God, confess to thee: let all the people give praise to thee:
the earth hath yielded her fruit.
May God, our God bless us, may God bless us:
and all the ends of the earth fear him.

Benedictus (Luke 1:68-79) (Verse 67: “And Zachary his father was filled with the Holy Ghost; and he prophesied, saying:”)

Blessed be the Lord God of Israel;
because he hath visited and wrought the redemption of his people:
and hath raised up an horn of salvation to us, in the house of David his servant:
as he spoke by the mouth of his holy prophets, who are from the beginning:
salvation from our enemies, and from the hand of all that hate us:
to perform mercy to our fathers, and to remember his holy testament,
the oath, which he swore to Abraham our father, that he would grant to us,
that being delivered from the hand of our enemies,
we may serve him without fear,

in holiness and justice before him, all our days.
And thou, child, shalt be called the prophet of the Highest:
for thou shalt go before the face of the Lord to prepare his ways:
to give knowledge of salvation to his people, unto the remission of their sins:
through the bowels of the mercy of our God,
in which the Orient from on high hath visited us:
to enlighten them that sit in darkness, and in the shadow of death:
to direct our feet into the way of peace.

Vespers

Psalm 122 (123 in Protestant Bible)

To thee have I lifted up my eyes, who dwellest in heaven.
Behold as the eyes of the servants are on the hands of their masters,
as the eyes of the handmaid are on the hands of her mistress:
so are our eyes unto the Lord our God, until he have mercy on us.
Have mercy on us, O Lord, have mercy on us:
for we are greatly filled with contempt.
For our soul is greatly filled: we are a reproach to the rich,
and contempt to the proud.

Psalm 123 (124 in Protestant Bible)

If it had not been that the Lord was with us, when men rose up against us,
perhaps they had swallowed us up alive.
When their fury was enkindled against us, perhaps the waters had swallowed us up.
Our soul hath passed through a torrent:
perhaps our soul had passed through a water insupportable.
Blessed be the Lord, who hath not given us to be a prey to their teeth.
Our soul hath been delivered as a sparrow out of the snare of the fowlers.
The snare is broken, and we are delivered.
Our help is in the name of the Lord, who made heaven and earth.

Psalm 124 (125 in Protestant Bible)

They that trust in the Lord shall be as mount Sion:

he shall not be moved for ever that dwelleth in Jerusalem.

Mountains are round about it:

so the Lord is round about his people from henceforth now and for ever.

For the Lord will not leave the rod of sinners upon the lot of the just:

that the just may not stretch forth their hands to iniquity.

Do good, O Lord, to those that are good, and to the upright of heart.

But such as turn aside into bonds,

the Lord shall lead out with the workers of iniquity: peace upon Israel.

The Magnificat (Luke 1:46-55)

My soul doth magnify the Lord.

And my spirit hath rejoiced in God my Saviour.

Because he hath regarded the humility of his handmaid;

for behold from henceforth all generations shall call me blessed.

Because he that is mighty, hath done great things to me; and holy is his name.

And his mercy is from generation unto generations, to them that fear him.

He hath shewed might in his arm:

he hath scattered the proud in the conceit of their heart.

He hath put down the mighty from their seat, and hath exalted the humble.

He hath filled the hungry with good things; and the rich he hath sent empty away.

He hath received Israel his servant, being mindful of his mercy:

As he spoke to our fathers, to Abraham and to his seed for ever.

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