

Thursdays

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 97 (98 in Protestant Bible)

Sing ye to the Lord anew canticle: because he hath done wonderful things.
His right hand hath wrought for him salvation, and his arm is holy.
The Lord hath made known his salvation:
he hath revealed his justice in the sight of the Gentiles.
He hath remembered his mercy his truth toward the house of Israel.
All the ends of the earth have seen the salvation of our God.
Sing joyfully to God, all the earth; make melody, rejoice and sing.
Sing praise to the Lord on the harp, on the harp, and with the voice of a psalm:
With long trumpets, and sound of comet.
Make a joyful noise before the Lord our king:
Let the sea be moved and the fulness thereof: the world and they that dwell therein.
The rivers shall clap their hands, the mountains shall rejoice together
At the presence of the Lord: because he cometh to judge the earth.
He shall judge the world with justice, and the people with equity.

Psalm 89 (90 in Protestant Bible) (A prayer of Moses the man of God.)

Lord, thou hast been our refuge from generation to generation.
Before the mountains were made, or the earth and the world was formed;
from eternity and to eternity thou art God.
Turn not man away to be brought low: and thou hast said:
be converted, O ye sons of men.
For a thousand years in thy sight are as yesterday, which is past.
And as a watch in the night, things that are counted nothing, shall their years be.
In the morning man shall grow up like grass;

in the morning he shall flourish and pass away:
in the evening he shall fall, grow dry, and wither.
For in thy wrath we have fainted away: and are troubled in thy indignation.
Thou hast set our iniquities before thy eyes: our life in the light of thy countenance.
For all our days are spent; and in thy wrath we have fainted away.
Our years shall be considered as a spider:
the days of our years in them are threescore and ten years.
But if in the strong they be fourscore years:
and what is more of them is labour and sorrow.
For mildness is come upon us: and we shall be corrected.
Who knoweth the power of thy anger, and for thy fear can number thy wrath?
So make thy right hand known: and men learned in heart, in wisdom.
Return, O Lord, how long? and be entreated in favour of thy servants.
We are filled in the morning with thy mercy:
and we have rejoiced, and are delighted all our days.
We have rejoiced for the days in which thou hast humbled us:
for the years in which we have seen evils.
Look upon thy servants and upon their works: and direct their children.
And let the brightness of the Lord our God be upon us:
and direct thou the works of our hands over us;
yea, the work of our hands do thou direct.

Psalm 35 (36 in Protestant Bible)

The unjust hath said within himself, that he would sin:
there is no fear of God before his eyes.
For in his sight he hath done deceitfully, that his iniquity may be found unto
hatred.
The words of his mouth are iniquity and guile:
he would not understand that he might do well.
He hath devised iniquity on his bed, he
hath set himself on every way that is not good: but evil he hath not hated.
O Lord, thy mercy is in heaven, and thy truth reacheth, even to the clouds.
Thy justice is as the mountains of God, thy judgments are a great deep.
Men and beasts thou wilt preserve, O Lord:
O how hast thou multiplied thy mercy, O God!
But the children of men shall put their trust under the covert of thy wings.
They shall be inebriated with the plenty of thy house;
and thou shalt make them drink of the torrent of thy pleasure.
For with thee is the fountain of life; and in thy light we shall see light.

Extend thy mercy to them that know thee,
and thy justice to them that are right in heart.
Let not the foot of pride come to me, and let not the hand of the sinner move me.
There the workers of iniquity are fallen, they are cast out, and could not stand.

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 132 (133 in Protestant Bible)

Behold how good and how pleasant it is for brethren to dwell in unity.
Like the precious ointment on the head, that ran down upon the beard,
the beard of Aaron, which ran down to the skirt of his garment:
as the dew of Hermon, which descendeth upon mount Sion.
For there the Lord hath commandeth blessing, and life for evermore.

Psalm 135 (136 in Protestant Bible)

Praise the Lord, for he is good: for his mercy endureth for ever.
Praise ye the God of gods: for his mercy endureth for ever.
Praise ye the Lord of lords: for his mercy endureth for ever.
Who alone doth great wonders: for his mercy endureth for ever.
Who made the heavens in understanding: for his mercy endureth for ever.
Who established the earth above the waters: for his mercy endureth for ever.
Who made the great lights: for his mercy endureth for ever.
The sun to rule over the day: for his mercy endureth for ever.
The moon and the stars to rule the night: for his mercy endureth for ever.
Who smote Egypt with their firstborn: for his mercy endureth for ever.
Who brought Israel from among them: for his mercy endureth for ever.
With a mighty hand and a stretched out arm: for his mercy endureth for ever.
Who divided the Red Sea into parts: for his mercy endureth for ever.
And brought out Israel through the midst thereof: for his mercy endureth for ever.
And overthrew Pharaoh and his host in the Red Sea: for his mercy endureth for ever.
Who led his people through the desert: for his mercy endureth for ever.
Who smote great kings: for his mercy endureth for ever.
And slew strong kings: for his mercy endureth for ever.
Sihon king of the Amorrites: for his mercy endureth for ever.
And Og king of Basan: for his mercy endureth for ever.
And he gave their land for an inheritance: for his mercy endureth for ever.
For an inheritance to his servant Israel: for his mercy endureth for ever.
For he was mindful of us in our affliction: for his mercy endureth for ever.
And he redeemed us from our enemies: for his mercy endureth for ever.
Who giveth food to all flesh: for his mercy endureth for ever.
Give glory to the God of heaven: for his mercy endureth for ever.
Give glory to the Lord of lords: for his mercy endureth for ever.

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.

Douay-Rheims 1899 American Edition