

## **Fridays**

### **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.**

#### **Weekly Requirements: Abstinence from meat on Fridays**

#### **Seasonal:**

- 1. Fast on the first Friday of the month between September 14 and Easter.**
- 2. During Lent: fasting, and reading an account of the Passion or Stations of the Cross**

#### **Monthly:**

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

### **Lauds**

#### **Ps 98 (99 in Protestant Bible)**

The Lord hath reigned, let the people be angry:

he that sitteth on the cherubims: let the earth be moved.

The Lord is great in Sion, and high above all people.

Let them give praise to thy great name: for it is terrible and holy:

and the king's honour loveth judgment.

Thou hast prepared directions: thou hast done judgment and justice in Jacob.

Exalt ye the Lord our God, and adore his footstool, for it is holy.

Moses and Aaron among his priests:

and Samuel among them that call upon his name.

They called upon the Lord, and he heard them:

He spoke to them in the pillar of the cloud.

They kept his testimonies, and the commandment which he gave them.

Thou didst hear them, O Lord our God:

thou wast a merciful God to them, and taking vengeance on all their inventions.

Exalt ye the Lord our God, and adore at his holy mountain:

for the Lord our God is holy.

**Psalm 142 (143 in Protestant Bible)**

Hear, O Lord, my prayer: give ear to my supplication in thy truth:  
hear me in thy justice.  
And enter not into judgment with thy servant:  
for in thy sight no man living shall be justified.  
For the enemy hath persecuted my soul:  
he hath brought down my life to the earth.  
He hath made me to dwell in darkness as those that have been dead of old:  
and my spirit is in anguish within me: my heart within me is troubled.  
I remembered the days of old, I meditated on all thy works:  
I meditated upon the works of thy hands.  
I stretched forth my hands to thee: my soul is as earth without water unto thee.  
Hear me speedily, O Lord: my spirit hath fainted away.  
Turn not away thy face from me, lest I be like unto them that go down into the pit.  
Cause me to hear thy mercy in the morning; for in thee have I hoped.  
Make the way known to me, wherein I should walk:  
for I have lifted up my soul to thee.  
Deliver me from my enemies, O Lord, to thee have I fled:  
teach me to do thy will, for thou art my God.  
Thy good spirit shall lead me into the right land:  
for thy name's sake, O Lord, thou wilt quicken me in thy justice.  
Thou wilt bring my soul out of trouble:  
and in thy mercy thou wilt destroy my enemies.  
And thou wilt cut off all them that afflict my soul: for I am thy servant.

**Psalm 84 (85 in Protestant Bible) (Unto the end, for the sons of Core, a psalm:)**

Lord, thou hast blessed thy land: thou hast turned away the captivity of Jacob.  
Thou hast forgiven the iniquity of thy people: thou hast covered all their sins.  
Thou hast mitigated all thy anger:  
thou hast turned away from the wrath of thy indignation.  
Convert us, O God our saviour: and turn off thy anger from us.  
Wilt thou be angry with us for ever:  
or wilt thou extend thy wrath from generation to generation?  
Thou wilt turn, O God, and bring us to life: and thy people shall rejoice in thee.  
Shew us, O Lord, thy mercy; and grant us thy salvation.  
I will hear what the Lord God will speak in me:  
for he will speak peace unto his people:  
and unto his saints: and unto them that are converted to the heart.  
Surely his salvation is near to them that fear him: that glory may dwell in our land.

Mercy and truth have met each other: justice and peace have kissed.  
Truth is sprung out of the earth: and justice hath looked down from heaven.  
For the Lord will give goodness: and our earth shall yield her fruit.  
Justice shall walk before him: and shall set his steps in the way.

**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 138 (139 in Protestant Bible)

Lord, thou hast proved me, and known me:  
Thou hast know my sitting down, and my rising up.  
Thou hast understood my thoughts afar off:  
my path and my line thou hast searched out.  
And thou hast foreseen all my ways: for there is no speech in my tongue.  
Behold, O Lord, thou hast known all things, the last and those of old:  
thou hast formed me, and hast laid thy hand upon me.  
Thy knowledge is become wonderful to me: it is high, and I cannot reach to it.  
Whither shall I go from thy spirit? or whither shall I flee from thy face?  
If I ascend into heaven, thou art there: if I descend into hell, thou art present.

If I take my wings early in the morning, and dwell in the uttermost parts of the sea:  
even there also shall thy hand lead me: and thy right hand shall hold me.  
And I said: Perhaps darkness shall cover me:  
and night shall be my light in my pleasures.  
But darkness shall not be dark to thee, and night shall be light as day:  
the darkness thereof, and the light thereof are alike to thee.  
For thou hast possessed my reins: thou hast protected me from my mother's womb.  
I will praise thee, for thou art fearfully magnified:  
wonderful are thy works, and my soul knoweth right well.  
My bone is not hidden from thee, which thou hast made in secret:  
and my substance in the lower parts of the earth.  
Thy eyes did see my imperfect being, and in thy book all shall be written:  
days shall be formed, and no one in them.  
But to me thy friends, O God, are made exceedingly honourable:  
their principality is exceedingly strengthened.  
I will number them, and they shall be multiplied above the sand:  
I rose up and am still with thee.  
If thou wilt kill the wicked, O God: ye men of blood, depart from me:  
because you say in thought: they shall receive thy cities in vain.  
Have I not hated them, O Lord, that hated thee:  
and pine away because of thy enemies?  
I have hated them with a perfect hatred: and they are become enemies to me.  
Prove me, O God, and know my heart: examine me, and know my paths.  
And see if there be in me the way of iniquity: and lead me in the eternal way.

### **Psalm 139 (140 in Protestant Bible)**

Deliver me, O Lord, from the evil man: rescue me from the unjust man.  
Who have devised iniquities in their hearts: all the day long they designed battles.  
They have sharpened their tongues like a serpent:  
the venom of saps is under their lips.  
Keep me, O Lord, from the hand of the wicked:  
and from unjust men deliver me.  
Who have proposed to supplant my steps.  
The proud have hidden a net for me.  
And they have stretched out cords for a snare:  
they have laid for me a stumbling block by the wayside.  
I said to the Lord: Thou art my God: hear, O Lord, the voice of my supplication.  
O Lord, Lord, the strength of my salvation:  
thou hast overshadowed my head in the day of battle.

Give me not up, O Lord, from my desire to the wicked:  
they have plotted against me; do not thou forsake me, lest they should triumph.  
The head of them compassing me about:  
the labour of their lips shall overwhelm them.  
Burning coals shall fall upon them; thou wilt cast them down into the fire:  
in miseries they shall not be able to stand.  
A man full of tongue shall not be established in the earth:  
evil shall catch the unjust man unto destruction.  
I know that the Lord will do justice to the needy, and will revenge the poor.  
But as for the just, they shall give glory to thy name:  
and the upright shall dwell with thy countenance.

### **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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