

*Liturgy of the Hours*  
LITURGY OF THE HOURS

EVENING PRAYER

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May 31, 2024

{ Feast – Visitation }



*Stand and make sign of cross*

God, come to my assistance.

— Lord, make haste to help me.

Glory to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be for ever. Amen. Alleluia.

HYMN

Mother of holy hope and of love everlasting,  
O pray for us.

At the dawning of time I was known by the Lord  
and his command he gave to me.  
He chose the land where I should establish my tent.

Mother of holy hope and of love everlasting,  
O pray for us.

In the city of God he has given me rest,  
and my body he placed therein.  
For ever more I shall rule the city of God.

Mother of holy hope and of love everlasting,  
O pray for us.

As a tree that is planted beside flowing streams,  
a cedar strong, lifted on high,  
so I took root in the holy people of God.

Mother of holy hope and of love everlasting,  
O pray for us.

As the odor of spice or the fragrance of balm,  
or choicest myrrh, is my perfume.  
As fragrant incense I lift my praise to the Lord.

Mother of holy hope and of love everlasting,  
O pray for us.

Come to me, all who yearn to be filled with my fruits,  
And you will yet hunger for more.

For all who try me will find my memory sweet.

Mother of holy hope and of love everlasting,  
O pray for us.

Of a virgin was born Jesus, Lord, whom we pray.  
Glory and praise be to his name.

May every age call his Mother holy and blest.

Mother of holy hope and of love everlasting,  
O pray for us.

*Melody: Mother of Holy Hope; Music: Lucien Deiss, C.S.Sp., 1965; Text: Lucien Deiss, C.S.Sp., 1965*

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*Sit or stand*

## PSALMODY

### *Antiphon 1*

Mary entered the house of Zechariah, and greeted Elizabeth.

*Psalm 122*

*Holy city Jerusalem*

*You have come to Mount Zion, to the city of the living God, heavenly Jerusalem (Hebrews 12:22).*

I rejoiced when I heard them say: \*

“Let us go to God’s house.”

And now our feet are standing \*  
within your gates, O Jerusalem.

Jerusalem is built as a city \*  
strongly compact.

It is there that the tribes go up, \*  
the tribes of the Lord.

For Israel’s law it is, \*  
there to praise the Lord’s name.

There were set the thrones of judgment \*  
of the house of David.

For the péace of Jerúsalem práy: \*  
“Péace be to your hómes!  
May péace réign in your wáalls, \*  
in your pálaces, péace!”

For lóve of my bréthren and fríends \*  
I say: “Péace upon yóu!”  
For lóve of the hóuse of the Lórd \*  
I will ásk for your góod.

Glory to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*Antiphon*

Mary entered the house of Zechariah, and greeted Elizabeth.

*Antiphon 2*

When your greeting sounded in my ears, the infant in my womb  
leaped for joy.

*Psalm 127*

*Apart from God our labors are worthless*

*You are God's building (1 Corinthians 3:9).*

If the Lórd does not build the hóuse, \*  
in váin do its builders lábor;  
if the Lórd does not wáitch over the cíty, \*  
in váin does the wáitchman keep vígil.

In váin is your éarlier rísing, \*  
your góing láter to rést,  
you who tóil for the bréad you éat: \*  
when he pours gifts on his belóved while they slumber.

Truly sóns are a gift from the Lórd, \*  
a bléssing, the frúit of the wómb.  
Indéed the sóns of yóuth \*  
are like árrows in the hánd of a wárrior.

Ó the háppiness of the mán \*

who has filled his quiver with these arrows!  
Hé will have no cause for shame \*  
when he disputes with his foes in the gateways.

Glory to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*Antiphon*

When your greeting sounded in my ears, the infant in my womb  
leaped for joy.

*Antiphon 3*

Blessed are you among women, and blessed is the fruit of your  
womb.

*Canticle – Ephesians 1:3-10*

*God our Savior*

Praised be the God and Father \*  
of our Lord Jesus Christ,  
who has bestowed on us in Christ \*  
every spiritual blessing in the heavens.

God chose us in him \*  
before the world began  
to be holy \*  
and blameless in his sight.

He predestined us \*  
to be his adopted sons through Jesus Christ,  
such was his will and pleasure, †  
that all might praise the glorious favor \*  
he has bestowed on us in his beloved.

In him and through his blood, we have been redeemed, \*  
and our sins forgiven,  
so immeasurably generous \*  
is God's favor to us.

God has given us the wisdom \*

to understand fully the mystery,  
the plan he was pleased \*  
to decree in Christ.

A plan to be carried out \*  
in Christ, in the fulness of time,  
to bring all things into one in him, \*  
in the heavens and on earth.

Glory to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*Antiphon*

Blessed are you among women, and blessed is the fruit of your  
womb.

*Sit*

READING

*1 Peter 5:5b-7*

In your relations with one another, clothe yourselves with humility,  
because God “is stern with the arrogant but to the humble he shows  
kindness.” Bow humbly under God’s mighty hand, so that in due  
time he may lift you high. Cast all your cares on him because he  
cares for you.

RESPONSORY

Hail Mary, full of grace, the Lord is with you.

— Hail Mary, full of grace, the Lord is with you.

Blessed are you among women, and blessed is the fruit of your  
womb.

— The Lord is with you.

Glory to the Father, and to the Son, and to the Holy Spirit,

— Hail Mary, full of grace, the Lord is with you.

*Stand*

GOSPEL CANTICLE

*Antiphon*

All generations will call me blessed; the Lord has looked with favor on his lowly servant, alleluia.

*Luke 1:46-55*

*The soul rejoices in the Lord*

*Make sign of cross*

My soul proclaims the greatness of the Lord, \*  
my spirit rejoices in God my Savior  
for he has looked with favor on his lowly servant. \*

From this day all generations will call me blessed:  
the Almighty has done great things for me, \*  
and holy is his Name.

He has mercy on those who fear him \*  
in every generation.

He has shown the strength of his arm, \*  
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, \*  
and has lifted up the lowly.

He has filled the hungry with good things, \*  
and the rich he has sent away empty.

He has come to the help of his servant Israel \*  
for he has remembered his promise of mercy,  
the promise he made to our fathers, \*  
to Abraham and his children for ever.

Glory to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*Antiphon*

All generations will call me blessed; the Lord has looked with favor

on his lowly servant, alleluia.

### INTERCESSIONS

Let us praise God our almighty Father, who wished that Mary, his Son's mother, be celebrated by each generation. Now in need we ask:

— Mary, full of grace, intercede for us.

O God, worker of miracles, you made the Immaculate Virgin Mary share, body and soul, in your Son's glory in heaven, direct the hearts of your children to that same glory.

— Mary, full of grace, intercede for us.

Lord, make your Church one in mind and heart, united in all your love,  
and keep Christians united in prayer with Mary, the mother of Jesus.

— Mary, full of grace, intercede for us.

You made Mary the mother of mercy,  
may all who are faced with trials feel her motherly love.

— Mary, full of grace, intercede for us.

You wished Mary to be the mother of the family in the home of Jesus and Joseph,  
may all mothers of families foster love and holiness through her intercession.

— Mary, full of grace, intercede for us.

You crowned Mary queen of heaven,  
may all the dead rejoice in your kingdom with the saints for ever.

— Mary, full of grace, intercede for us.

### *The Lord's Prayer*

Our Father who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth, as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,



as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil.

*Concluding Prayer*

Eternal Father,  
you inspired the Virgin Mary, mother of your Son,  
to visit Elizabeth and assist her in her need.  
Keep us open to the working of your Spirit,  
and with Mary may we praise you for ever.

We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
God, for ever and ever.

— Amen.

*Dismissal*

May the Lord bless us, protect us from all evil and bring us to  
everlasting life.

— Amen.

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