

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

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

Ye who own the faith of Jesus,
Sing the wonders that were done,
When the love of God the Father
O'er our sin the victory won,
When he made the Virgin Mary
Mother of his only Son.
Hail, Mary, full of grace.

Blessed were the chosen people
Out of whom the Lord did come,
Blessed was the land of promise
Fashioned for his earthly home;
But more blessed far the mother,
She who bore him in her womb.
Hail, Mary, full of grace.

Wherefore let all faithful people
Tell the honor of her name,
Let the Church in her foreshadowed
Part in her thanksgiving claim;
What Christ's mother sang in gladness
Let Christ's people sing the same.
Hail, Mary, full of grace.

Praise, O Mary, praise the Father,
Praise thy Savior and thy Son,
Praise the everlasting Spirit,
Who hath made thee ark and throne.
O'er all creatures high exalted,

Lowly praise the three in one.
Hail, Mary, full of grace.

Melody: Den das Vaters Sinn geboren 87.87.876; Music: J. A. Freylinghausen, 1670-1739; Text: V. S. S. Coles, 1845-1929

Sit or stand

PSALMODY

Antiphon 1

Mary received a blessing from the Lord and loving kindness from God her savior.

Psalm 24

The Lord's entry into his temple

Christ opened heaven for us in the manhood he assumed (St. Irenaeus).

The Lórd's is the éarth and its fúllness, *
the wórld and áll its péoples.
It is hé who sét it on the séas; *
on the wáters he máde it firm.

Who shall clímb the móuntain of the Lórd? *
Who shall stánd in his hóly pláce?
The mán with clean hánds and pure héart, †
who desíres not wórtlless thínghs, *
who has not swórn so as to decéive his néíghbor.

He shall recéive bléssings from the Lórd *
and rewárd from the Gód who sáves him.
Súch are the mén who séek him, *
seek the fáce of the Gód of Jácob.

O gátes, lift hígh your héads; †
grow hígher, áncient dóors. *
Let him énter, the kíng of glóry!

Whó is the kíng of glóry? †
The Lórd, the míghty, the váliant, *
the Lórd, the váliant in wár.

O gátes, lift hígh your héads; †
grow hígher, áncient dóors. *

Let him énter, the kíng of glóry!

Who is hé, the kíng of glóry? †

Hé, the Lórd of ármies,*

hé is the kíng of glóry.

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 received a blessing from the Lord and loving kindness from God her savior.

Antiphon 2

The Most High has made his dwelling place a holy temple.

Psalm 46

God our refuge and strength

He shall be called Emmanuel, which means: God-with-us (Matthew 1:23).

Gód is for ús a réfuge and stréngth,*

a hélper close at hánd, in tíme of distréss:

so wé shall not féar though the éarth should róck,*

though the móuntains fáll into the dépths of the séa,

even thóugh its wáters ráge and fóam,*

even thóugh the móuntains be sháken by its wáves.

The Lórd of hósts is wíth us:*

the Gód of Jácob is our stróngthold.

The wáters of a ríver give jóy to God's cíty,*

the hólý pláce where the Móst High dwélls.

Gód is wíthín, it cánnót be sháken;*

Gód will hélp it at the dáwning of the dáy.

Nátions are in túmult, kíngdoms are sháken:*

he lífts his vóice, the éarth shrinks awáy.

The Lórd of hósts is wíth us:*

the Gód of Jácob is our stróngthold.

Cóme, consider the wórks of the Lórd, *
the redóubtable déeds he has dóne on the éarth.
He puts an énd to wárs over áll the éarth; †
the bów he bréaks, the spéar he snáps. *
He búrn the shíelds with fire.
“Be stíll and knów that Í am Gód, *
supréme among the nátions, supréme on the éarth!”

The Lórd of hósts is wíth us: *
the Gód of Jácob is our stróngthold.

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

The Most High has made his dwelling place a holy temple.

Antiphon 3

Glorious things are said of you, O Virgin Mary.

Psalm 87

Jerusalem is mother of us all

The heavenly Jerusalem is a free woman; she is our mother (Galatians 4:26).

On the hóly móuntain is his cíty *
chérished by the Lórd.
The Lórd prefers the gátes of Zíon *
to áll Jacob’s dwéllings.
Of yóu are told glórious thínigs, *
O cíty of Gód!

“Bábylon and Égypt I will cóunt *
among thóse who knów me;
Philístia, Týre, Ethiópia, *
thése will be her chíldren
and Zíon shall be cálléd ‘Móther’ *
for áll shall be her chíldren.”

It is hé, the Lórd Most Hígh, *

who gives éach his pláce.
In his régister of péoples he wrítes: *
“Thése are her chíldren,”
and whíle they dánce they will síng: *
“In yóu all find their hóme.”

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

Glorious things are said of you, O Virgin Mary.

VERSE

Blessed are those who hear the word of God.

— And cherish it in their hearts.

Sit

READINGS

First reading

From the Song of Songs

2:8-14; 8:6-7

The coming of the beloved

Hark! my lover—here he comes
springing across the mountains,
leaping across the hills.
My lover is like a gazelle
or a young stag.
Here he stands behind our wall,
gazing through the windows,
peering through the lattices.
My lover speaks; he says to me,
“Arise, my beloved, my beautiful one,
and come!
“For see, the winter is past,

the rains are over and gone.
The flowers appear on the earth,
the time of pruning the vines has come,
and the song of the dove is heard in our land.
The fig tree puts forth its figs,
and the vines, in bloom, give forth fragrance.
Arise, my beloved, my beautiful one,
and come!

“O my dove in the clefts of the rock,
in the secret recesses of the cliff,
Let me see you,
let me hear your voice,
For your voice is sweet,
and you are lovely.”

Set me as a seal on your heart,
as a seal on your arm;
For stern as death is love,
relentless as the nether world is devotion;
its flames are a blazing fire.
Deep waters cannot quench love,
nor floods sweep it away.
Were one to offer all he owns to purchase love,
he would be roundly mocked.

Responsory

Luke 1:41b-43, 44

Elizabeth was filled with the Holy Spirit and cried out: Blessed are you among women, and blessed is the fruit of your womb.

— And who am I that the mother of my Lord should come to me?

For when your greeting sounded in my ears, the baby in my womb leaped for joy.

— And who am I that the mother of my Lord should come to me?

Second reading

From a homily by Saint Bede the Venerable, priest

(Lib. 1, 4: CCL 122, 25-26. 30)

Mary proclaims the greatness of the Lord working in her

My soul proclaims the greatness of the Lord, and my spirit rejoices in God my savior. With these words Mary first acknowledges the special gifts she has been given. Then she recalls God's universal favors, bestowed unceasingly on the human race.

When a man devotes all his thoughts to the praise and service of the Lord, he proclaims God's greatness. His observance of God's commands, moreover, shows that he has God's power and greatness always at heart. His spirit rejoices in God his savior and delights in the mere recollection of his creator who gives him hope for eternal salvation.

These words are often for all God's creations, but especially for the Mother of God. She alone was chosen, and she burned with spiritual love for the son she so joyously conceived. Above all other saints, she alone could truly rejoice in Jesus, her savior, for she knew that he who was the source of eternal salvation would be born in time in her body, in one person both her own son and her Lord.

For the Almighty has done great things for me, and holy is his name.

Mary attributes nothing to her own merits. She refers all her greatness to the gift of the one whose essence is power and whose nature is greatness, for he fills with greatness and strength the small and the weak who believe in him.

She did well to add: *and holy is his name*, to warn those who heard, and indeed all who would receive his words, that they must believe and call upon his name. For they too could share in everlasting holiness and true salvation according to the words of the prophet: *and it will come to pass, that everyone who calls on the name of the Lord will be saved.* This is the name she spoke of earlier: *and my spirit rejoices in God my savior.*

Therefore it is an excellent and fruitful custom of holy Church that we should sing Mary's hymn at the time of evening prayer. By

meditating upon the incarnation, our devotion is kindled, and by remembering the example of God's Mother, we are encouraged to lead a life of virtue. Such virtues are best achieved in the evening. We are weary after the day's work and worn out by our distractions. The time for rest is near, and our minds are ready for contemplation.

Responsory

Luke 1:45, 46; Psalm 66:16

Happy are you who have believed, because the Lord's promises will be accomplished in you. And Mary said:

— My soul proclaims the greatness of the Lord.

Come, and listen, and I will tell what great things God has accomplished for me.

— My soul proclaims the greatness of the Lord.

Stand

TE DEUM

You are God: we praise you;
You are the Lord: we acclaim you;
You are the eternal Father:
All creation worships you.

To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:
Holy, holy, holy, Lord, God of power and might,
heaven and earth are full of your glory.

The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaims you:
Father, of majesty unbounded,
your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.

You, Christ, are the King of glory,
the eternal Son of the Father.

When you became man to set us free
you did not spurn the Virgin's womb.

You overcame the sting of death,
and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory.
We believe that you will come, and be our judge.

Come then, Lord, and help your people,
bought with the price of your own blood,
and bring us with your saints
to glory everlasting.

CONCLUDING PRAYER

Let us pray.

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.

Acclamation

Let us praise the Lord.

— And give him thanks.

ACKNOWLEDGEMENTS

The English Translation of the Introductory Verses and Responses, the Invitatories, the Antiphons, Captions and Patristic Commentaries for the Psalms, Psalm-prayers, Responsories, Intercessions, Greeting, Blessings, and Dismissal, Non-Biblical Readings, and Hagiographical Introductions from *The Liturgy of the Hours* © 1974, 1975, 1976, International Committee on English in the Liturgy, Inc. (ICEL); the Alternative Opening Prayers and the English translation of the Opening Prayers (Prayers of the Day) from *The Roman Missal* © 1973, ICEL. All rights reserved.

English translation of *Gloria Patri, Te Deum Laudamus, Benedictus, Magnificat*, and *Nunc Dimittis* by the International Consultation on English Texts.

Readings and New Testament Canticles (except the Magnificat) from the *New American Bible* Copyright © 1970 by the Confraternity of Christian Doctrine, Washington, D.C. Used with permission. All Rights Reserved. No part of the *New American Bible* may be reproduced in any form without permission in writing from the copyright owner.

Psalm texts except Psalm 95 Copyright © 1963, The Grail (England). Used with permission of A.P. Watt Ltd. All rights reserved.

Arrangement Copyright © 2006 by eBreviary, New York.



mobile prayers



UNITED STATES, CANADA, INDIA, PHILIPPINES

www.ebreviary.com