

Saturday Sext

Opening Prayer

In the Name of the Father, Son and Holy Spirit.

Blessed be the one holy and living God.

We worship you O Christ, here and at all your churches which are in all the world. We bless you, for, by your holy cross you have redeemed the world. Amen

Our Vocational Prayer (required)

Most High Glorious God, enlighten the darkness in our hearts.

Create in us, genuine faith, certain hope and flawless love,

Lord, grant us wisdom and understanding, so that in all things, we may fulfil your holy and perfect will. Amen

Praises said at all hours (required)

Holy, Holy, Holy, Lord God Almighty, who is and who was and who is to come.

Worthy art Thou, O Lord, our God, to receive praise, glory and honour and benediction.

Let us praise and exalt Him above all forever.

The Lamb that was slain is worthy to receive power and divinity and wisdom and strength and honour and benediction.

Let us bless the Father and the Son with the Holy Spirit.

Let us praise and exalt Him above all forever.

All ye works of the Lord, bless ye the Lord.

Give praise to God all ye His servants and you that fear Him, little and great.

Let us praise and exalt Him above all forever.

Let the heavens and the earth praise Him, the Glorious, and let every creature which is in heaven and on earth and under the earth, in the seas and all that are in them praise and exalt Him.

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

Let us praise and exalt Him above all forever.

Short period of silence

Angelus (optional)

The Angel of the Lord brought tidings unto Mary,

And she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

"Behold the handmaid of the Lord."

"Be it unto me according to thy Word."

Hail Mary, full of grace the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

And the Word was made flesh,

And dwelt among us.

Hail Mary, full of grace the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Pray for us, O Holy Mother of God.

That we may be made worthy of the promises of Christ.

Let us pray: We beseech thee, O Lord, pour thy grace into our hearts, that as we have known the Incarnation of thy Son Jesus Christ by the message of an angel, so by his Cross and Passion we may be brought unto the glory of his Resurrection; through the same Christ our Lord. Amen.

Canticle of the Creatures (optional)

Most high, all-powerful, good Lord,

All praise, glory, honour and blessing are yours.

Most High, to you alone, do they belong,

And there is no one worthy to mention you.

Praise be to you, my Lord, with all your creatures,

Especially for wondrous brother sun,

Who lights up the day, and through him your brightness shines;

For he is beautiful and radiant with great splendour;

Of you, Most High, does he remind us.

Praised be to you my Lord, for sister moon and for the stars,

In heaven you have formed them clear, precious and fair.

Praised be to you my Lord, for brother wind,

And for the air, clouds, fair and stormy, every kind of weather,

By whom you sustain to your creatures.

Praised be to you my Lord for sister water,
Who is greatly helpful, humble, precious and pure.

Praised be to you my Lord for brother fire,
By whom you light up the darkness.
For he is fair, mighty and powerfully strong.

Praised be to you my Lord for our sister, mother earth,
By whom you sustain and keep us,
Who nurtures fruits, plants, coloured flowers and herbs.

Praised be to you my Lord for those who for your love, forgive
And bear weakness and tribulation.
Blessed are those who shall in peace endure,
For by you, most High, shall they be crowned.

Praised be to you my Lord for our sister, bodily death,
From whom no living human can flee.
Woe to them who die in mortal sin;
Blessed are those who shall find themselves in your most holy will,
For the second death shall do them no harm.

All creation, praise and bless my Lord, and give Him thanks,
And with great humility, be dutiful to Him.

Francis' Psalm according to the hours. (required)

<i>Season</i>	<i>Psalm</i>
Advent to Nativity	11
Nativity to Epiphany (Christmas Season)	15
Epiphany to Lent	5
Lent	5
Easter to Pentecost	9
Pentecost to Advent	5

Biblical Psalms

Psalm 63

- 1 O God, thou art my God * early will I seek thee.
- 2 My soul thirsteth for thee, my flesh also longeth after thee * in a barren and dry land where no water is.

3 Thus have I looked for thee in holiness * that I might behold thy
power and glory.
4 For thy loving-kindness is better than the life itself * my lips shall
praise thee.
5 As long as I live will I magnify thee on this manner * and lift up my
hands in thy Name.
6 My soul shall be satisfied, even as it were with marrow and fatness *
when my mouth praiseth thee with joyful lips.
7 Have I not remembered thee in my bed * and thought upon thee
when I was waking?
8 Because thou hast been my helper * therefore under the shadow of
thy wings will I rejoice.
9 My soul hangeth upon thee * thy right hand hath upholden me.
10 These also that seek the hurt of my soul * they shall go under the
earth.
11 Let them fall upon the edge of the sword * that they may be a portion
for foxes.
12 But the King shall rejoice in God; all they also that swear by him shall
be commended * for the mouth of them that speak lies shall be
stopped.

Psalm 145

1 I will magnify thee, O God, my King * and I will praise thy Name for
ever and ever.
2 Every day will I give thanks unto thee * and praise thy Name for ever
and ever.
3 Great is the Lord, and marvellous worthy to be praised * there is no
end of his greatness.
4 One generation shall praise thy works unto another * and declare thy
power.
5 As for me, I will be talking of thy worship * thy glory, thy praise, and
wondrous works;
6 So that men shall speak of the might of thy marvellous acts * and I
will also tell of thy greatness.
7 The memorial of thine abundant kindness shall be shewed * and men
shall sing of thy righteousness.
8 The Lord is gracious and merciful * long-suffering and of great
goodness.

- 9 The Lord is loving unto every man * and his mercy is over all his works.
- 10 All thy works praise thee, O Lord * and thy saints give thanks unto thee.
- 11 They shew the glory of thy kingdom * and talk of thy power;
12 That thy power, thy glory, and mightiness of thy kingdom * might be known unto men.
- 13 Thy kingdom is an everlasting kingdom * and thy dominion endureth throughout all ages.
- 14 The Lord upholdeth all such as fall * and lifteth up all those that are down.
- 15 The eyes of all wait upon thee, O Lord * and thou givest them their meat in due season.
- 16 Thou openest thine hand * and fillest all things living with plenteousness.
- 17 The Lord is righteous in all his ways * and holy in all his works.
- 18 The Lord is nigh unto all them that call upon him * yea, all such as call upon him faithfully.
- 19 He will fulfil the desire of them that fear him * he also will hear their cry, and will help them.
- 20 The Lord preserveth all them that love him * but scattereth abroad all the ungodly.
- 21 My mouth shall speak the praise of the Lord * and let all flesh give thanks unto his holy Name for ever and ever.

At the conclusion of the Psalm say:

Glory to God, Creator, Redeemer, Consoler and Our Saviour.

As it was in the beginning, is now and shall be forevermore. Amen.

Intercessions (required)

The Our Father (required)

Our Father, who is in heaven, holy is your name; your kingdom come, your will be done on earth as it is in heaven.

Give us this day our daily bread, and forgive us our sins, as we forgive those who sin against us. Save us when we are tempted and deliver us from evil.

For the kingdom, the power and the glory are yours, now and forever. Amen

Admonitions according to the date. (required if not said at Morning Prayer)

At the conclusion of the Admonition say:

For the words of our Holy Father, St Francis of Assisi, we give thanks to God.

Prayer at end of office (required)

Let us bless the Lord God, living and true; let us always return unto Him praise, glory, honour, blessing and all good things.

Amen. **Amen.**

Let it be. **Let it be.**