

Sunday 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	11
Lent	11
Easter Day	5
Easter to Pentecost	9
Pentecost to Advent	11

Biblical Psalms

Psalm 113

- 1 Praise the Lord, ye servants * O praise the Name of the Lord.
- 2 Blessed be the Name of the Lord * from this time forth for evermore.

- 3 The Lord's Name is praised * from the rising up of the sun unto the going down of the same.
- 4 The Lord is high above all heathen and his glory above the heavens.
- 5 Who is like unto the Lord our God, that hath his dwelling so high * and yet humbleth himself to behold the things that are in heaven and earth?
- 6 He taketh up the simple out of the dust * and lifteth the poor out of the mire;
- 7 That he may set him with the princes * even with the princes of his people.
- 8 He maketh the barren woman to keep house * and to be a joyful mother of children.

Psalm 150

- 1 O praise God in his holiness * praise him in the firmament of his power.
- 2 Praise him in his noble acts * praise him according to his excellent greatness.
- 3 Praise him in the sound of the trumpet * praise him upon the lute and harp.
- 4 Praise him in the cymbals and dances * praise him upon the strings and pipe.
- 5 Praise him upon the well-tuned cymbals * praise him upon the loud cymbals.
- 6 Let every thing that hath breath * praise the Lord.

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.