





- 3 Let those who say to me “Aha!” and gloat over me turn back, \*  
because they are ashamed.
- 4 Let all who seek you rejoice and be glad in you; \*  
let those who love your salvation say for ever,  
“Great is the LORD!”
- 5 But as for me, I am poor and needy; \*  
come to me speedily, O God.
- 6 You are my helper and my deliverer; \*  
O LORD, do not tarry.

Antiphon 3 Arise, O God, maintain my cause.  
Psalm 74

BCP, page 689

- 1 O God, why have you utterly cast us off? \*  
why is your wrath so hot against the sheep of your pasture?
- 2 Remember your congregation that you purchased long ago, \*  
the tribe you redeemed to be your inheritance, and Mount Zion where you dwell.
- 3 Turn your steps toward the endless ruins; \*  
the enemy has laid waste everything in your sanctuary.
- 4 Your adversaries roared in your holy place; \*  
they set up their banners as tokens of victory.
- 5 They were like men coming up with axes to a grove of trees; \*  
they broke down all your carved work with hatchets and hammers.
- 6 They set fire to your holy place; \*  
they defiled the dwelling-place of your Name and razed it to the ground.
- 7 They said to themselves, “Let us destroy them altogether.” \*  
They burned down all the meeting-places of God in the land.
- 8 There are no signs for us to see; there is no prophet left; \*  
there is not one among us who knows how long.
- 9 How long, O God, will the adversary scoff? \*  
will the enemy blaspheme your Name for ever?
- 10 Why do you draw back your hand? \*  
why is your right hand hidden in your bosom?
- 11 Yet God is my King from ancient times, \*  
victorious in the midst of the earth.

- 12 You divided the sea by your might \*  
and shattered the heads of the dragons upon the waters;
- 13 You crushed the heads of Leviathan \*  
and gave him to the people of the desert for food.
- 14 You split open spring and torrent; \*  
you dried up ever-flowing rivers.
- 15 Yours is the day, yours also the night; \*  
you established the moon and the sun.
- 16 You fixed all the boundaries of the earth; \*  
you made both summer and winter.
- 17 Remember, O Lord, how the enemy scoffed, \*  
how a foolish people despised your Name.
- 18 Do not hand over the life of your dove to wild beasts; \*  
never forget the lives of your poor.
- 19 Look upon your covenant; \*  
the dark places of the earth are haunts of violence.
- 20 Let not the oppressed turn away ashamed; \*  
let the poor and needy praise your Name.
- 21 Arise, O God, maintain your cause; \*  
remember how fools revile you all day long.
- 22 Forget not the clamor of your adversaries, \*  
the unending tumult of those who rise up against you.

Lesson One

Lamentations 1:1-5

How lonely sits the city that once was full of people! How like a widow she has become, she that was great among the nations! She that was a princess among the provinces has become a vassal. She weeps bitterly in the night, with tears on her cheeks; among all her lovers she has no one to comfort her; all her friends have dealt treacherously with her, they have become her enemies. Judah has gone into exile with suffering and hard servitude; she lives now among the nations, and finds no resting place; her pursuers have all overtaken her in the midst of her distress. The roads to Zion mourn, for no one comes to the festivals; all her gates are desolate, her priests groan; her young girls grieve, and her lot is bitter. Her foes have become the masters, her enemies prosper, because the Lord has made her suffer for the multitude of her transgressions; her children have gone away, captives before the foe.

### Responsory One

Officiant: On the mount of Olives Jesus prayed to the Father:  
People: **Father, if it be possible, let this cup pass from me.  
The spirit indeed is willing, but the flesh is weak.**  
Officiant: Watch and pray, that you may not enter into temptation.  
People: **The spirit indeed is willing, but the flesh is weak.**

### Lesson Two

Lamentations 1:6-9

From daughter Zion has departed all her majesty. Her princes have become like stags that find no pasture; they fled without strength before the pursuer. Jerusalem remembers, in the days of her affliction and wandering, all the precious things that were hers in days of old. When her people fell into the hand of the foe, and there was no one to help her, the foe looked on mocking over her downfall. Jerusalem sinned grievously, so she has become a mockery; all who honored her despise her, for they have seen her nakedness; she herself groans, and turns her face away. Her uncleanness was in her skirts; she took no thought of her future; her downfall was appalling, with none to comfort her. "O Lord, look at my affliction, for the enemy has triumphed!"

### Responsory Two

Officiant: My soul is very sorrowful, even to the point of death;  
People: **remain here, and watch with me.  
Now you shall see the crowd who will surround me;  
you will flee, and I will go to be offered up for you.**  
Officiant: Behold, the hour is at hand, and the Son of Man is  
betrayed into the hands of sinners.  
People: **You will flee, and I will go to be offered up for you.**

### Lesson Three

Lamentations 1:10-14

Enemies have stretched out their hands over all her precious things; she has even seen the nations invade her sanctuary, those whom you forbade to enter your congregation. All her people groan as they search for bread; they trade their treasures for food to revive their strength. Look, O Lord, and see how worthless I have become.

Is it nothing to you, all you who pass by? Look and see if there is any sorrow like my sorrow, which was brought upon me, which the Lord inflicted on the day of his fierce anger. From on high he sent fire; it went deep into my bones; he spread a net for my feet; he turned me back; he has left me stunned, faint all day long. My transgressions were bound into a yoke; by his hand they were fastened together; they weigh on my neck, sapping my strength; the Lord handed me over to those whom I cannot withstand.

### Responsory Three

Officiant: Lo, we have seen him without beauty or majesty,

**People: with no looks to attract our eyes.  
He bore our sins and was grieved for us,  
he was wounded for our transgressions,  
and by his scourging we are healed.**

Officiant: Surely he has borne our griefs and carried our sorrows:

**People: And by his scourging we are healed.**

Antiphon 4 He was led like a lamb to the slaughter, and he opened not his mouth.

Psalm 90:1-12

BCP, page 717

- 1 Lord, you have been our refuge \*  
from one generation to another.
- 2 Before the mountains were brought forth, or the land and the earth were born, \*  
from age to age you are God.
- 3 You turn us back to the dust and say, \*  
“Go back, O child of earth.”
- 4 For a thousand years in your sight are like yesterday when it is past \*  
and like a watch in the night.
- 5 You sweep us away like a dream; \*  
we fade away suddenly like the grass.
- 6 In the morning it is green and flourishes; \*  
in the evening it is dried up and withered.
- 7 For we consume away in your displeasure; \*  
we are afraid because of your wrathful indignation.
- 8 Our iniquities you have set before you, \*  
and our secret sins in the light of your countenance.
- 9 When you are angry, all our days are gone; \*  
we bring our years to an end like a sigh.
- 10 The span of our life is seventy years, perhaps in strength even eighty; \*  
yet the sum of them is but labor and sorrow,  
for they pass away quickly and we are gone.
- 11 Who regards the power of your wrath? \*  
who rightly fears your indignation?

- 12 So teach us to number our days \*  
that we may apply our hearts to wisdom.

Antiphon 5 From the gates of hell, O Lord, deliver my soul.

**The Song of Hezekiah**

(see music appendix)

Antiphon 6 O Death, I will be your death; O Grave, I will be your destruction.

Psalm 150

BCP, page 807

- 1 Hallelujah!  
Praise God in his holy temple; \*  
praise him in the firmament of his power.
- 2 Praise him for his mighty acts; \*  
praise him for his excellent greatness.
- 3 Praise him with the blast of the ram's-horn; \*  
praise him with lyre and harp.
- 4 Praise him with timbrel and dance; \*  
praise him with strings and pipe.
- 5 Praise him with resounding cymbals; \*  
praise him with loud-clanging cymbals.
- 6 Let everything that has breath \*  
praise the Lord.  
Hallelujah!

**Versicle**

Officiant: My flesh also shall rest in hope:

**Response: You will not let your holy One see corruption.**

Antiphon 7 Now the women sitting at the tomb made lamentation,  
weeping for the Lord.

**Canticle 16: *Benedictus Dominus Deus Israel***

(see music appendix)

*Christus Factus Est*

Officiant: Christ for us became obedient unto death, even death on a cross;  
therefor God has highly exalted him and bestowed on him  
the Name which is above every Name.

- 1 Have mercy on me, O God, according to your loving-kindness; \*  
in your great compassion blot out my offenses.
- 2 Wash me through and through from my wickedness \*  
and cleanse me from my sin.
- 3 For I know my transgressions, \*  
and my sin is ever before me.
- 4 Against you only have I sinned \*  
and done what is evil in your sight.
- 5 And so you are justified when you speak \*  
and upright in your judgment.
- 6 Indeed, I have been wicked from my birth, \*  
a sinner from my mother's womb.
- 7 For behold, you look for truth deep within me, \*  
and will make me understand wisdom secretly.
- 8 Purge me from my sin, and I shall be pure; \*  
wash me, and I shall be clean indeed.
- 9 Make me hear of joy and gladness, \*  
that the body you have broken may rejoice.
- 10 Hide your face from my sins \*  
and blot out all my iniquities.
- 11 Create in me a clean heart, O God, \*  
and renew a right spirit within me.
- 12 Cast me not away from your presence \*  
and take not your holy Spirit from me.
- 13 Give me the joy of your saving help again \*  
and sustain me with your bountiful Spirit.
- 14 I shall teach your ways to the wicked, \*  
and sinners shall return to you.
- 15 Deliver me from death, O God, \*  
and my tongue shall sing of your righteousness, O God of my salvation.
- 16 Open my lips, O Lord, \*  
and my mouth shall proclaim your praise.



- 17 Had you desired it, I would have offered sacrifice, \*  
but you take no delight in burnt-offerings.
- 18 The sacrifice of God is a troubled spirit; \*  
a broken and contrite heart, O God, you will not despise.
- 19 Be favorable and gracious to Zion, \*  
and rebuild the walls of Jerusalem.
- 20 Then you will be pleased with the appointed sacrifices,  
with burnt-offerings and oblations; \*  
then shall they offer young bullocks upon your altar.

Concluding Collect

*Please depart in silence.*

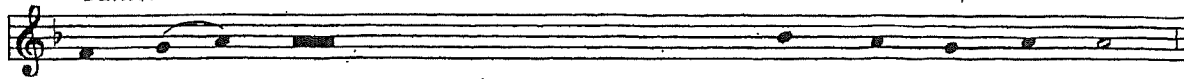


The Song of Hezekiah

[Isaiah 38:10-20]

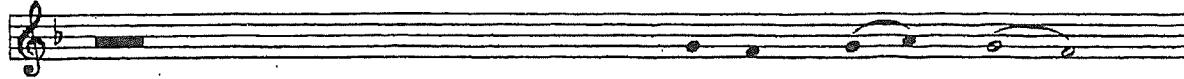
Tone I.2

Cantor

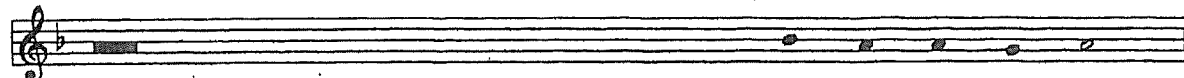


1. In my despair I said, "In the noonday of my life I must de - part; \*

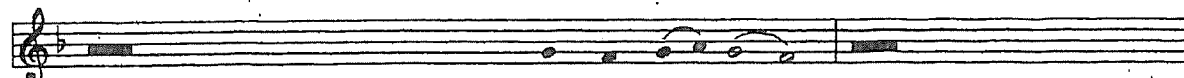
Unison



my unspent years are summoned to the por - tals of death."



2. And I said, "No more shall I see the Lord in the land of the liv - ing, \*



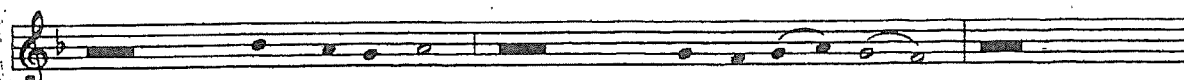
never more look on my kind among dwel - lers on earth. 3. My house is pulled down and



I am un - cov - ered, \* as when a shep - herd strikes his tent. 4. My life is rolled up



like a bolt of cloth, \* the threads cut off from the loom. 5. Between sunrise and sunset



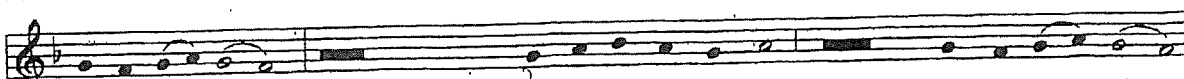
my life is brought to an end; \* I cower and hope for the dawn. 6. Like a lion he has



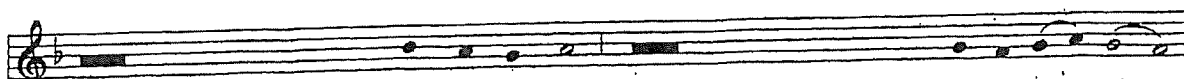
crushed all my bones; \* like a swallow or thrush I utter plaintive cries;



I mourn like a dove. 7. My weary eyes look up to you; \* Lord, be my refuge in



my af - flic - tion." 8. But what can I say? for he has spo - ken, \* it is he who has done this.



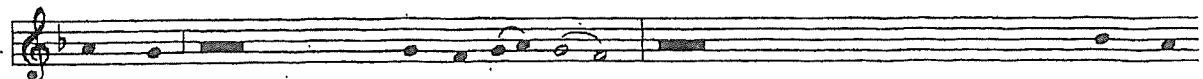
9. Slow and halting are my steps all my days, \* because of the bitterness of my spi - rit.



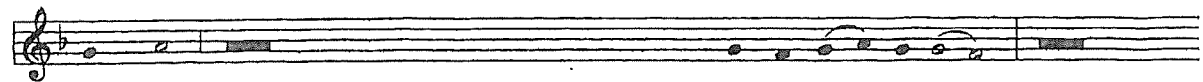
10. O Lord, I recounted all these things to you and you res-cued me; \* when entreated, you re-stored my



life. 11. I know now that my bitterness was for my good, \* for you held me back from the pit of de-



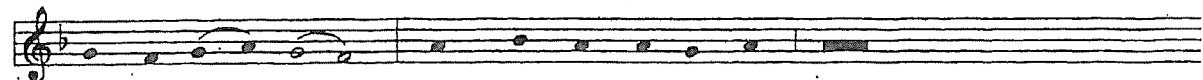
struc-tion, you cast all my sins be-hind you. 12. The grave does not thank you nor death give



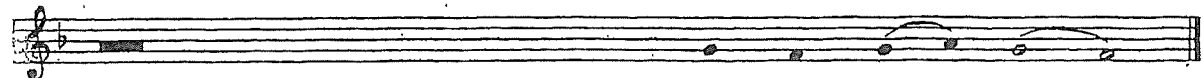
you praise; \* nor do those at the brink of the grave hang on your pro-mis-es. 13. It is the living,



O Lord, the living who give you thanks as I do this day; \* and parents speak of your faithfulness



to their chil - dren. 14. You, Lord, are my Sa-vior; \* I will praise you with stringed



instruments all the days of my life, in the house of the Lord.

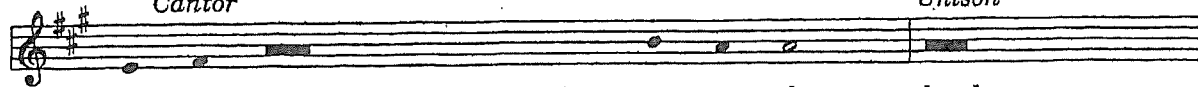
*Canticle 16*

*Benedictus Dominus Deus Israel*

*Tone VIII.1*

*Cantor*

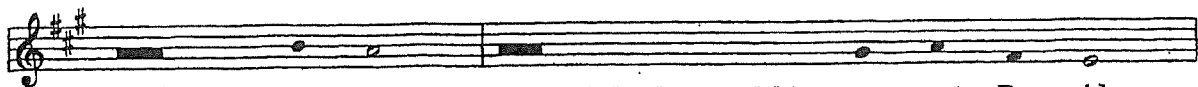
*Unison*



1. Bless-ed be the Lord, the God of Is-ra-el; he has come



to his peo-ple and set them free. 2. He has raised up for us



a mighty sa-vior, born of the house of his ser-vant Da-vid.

3. Through his holy prophets he promised of old, that he would save us  
from our en - e - mies, from the hands of all who hate us.

4. He prom - ised to show mercy to our fa - thers and to remember his  
ho - ly cov - e - nant. 5. This was the oath he swore to our father  
A - bra - ham, to set us free from the hands of our en - e - mies,

6. Free to worship him with - out fear, holy and righteous in his sight all the  
days of our life. 7. You, my child, shall be called the prophet of the Most High,  
for you will go before the Lord to pre - pare his way, 8. To give  
his people knowledge of sal - va - tion by the for - give - ness of their sins.

9. In the tender compassion of our God the dawn from on high shall  
break up - on us, 10. To shine on those who dwell in darkness and the  
shadow of death, and to guide our feet in - to the way of peace.