

# Matins for Ascension Day

## The Invitatory and Psalter

V: Lord, open our lips.

R: And our mouth shall proclaim your praise.

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

## Christ our Passover *Pascha nostrum* 1 Corinthians 5:7-8; Romans 6:9-11; 1 Corinthians 15:20-22

Alleluia. Christ our Passover has been sacrificed for us; \*  
therefore let us keep the feast,  
Not with the old leaven, the leaven of malice and evil, \*  
but with the unleavened bread of sincerity and truth. Alleluia.

Christ being raised from the dead will never die again; \*  
death no longer has dominion over him.  
The death that he died, he died to sin, once for all; \*  
but the life he lives, he lives to God.  
So also consider yourselves dead to sin, \*  
and alive to God in Jesus Christ our Lord. Alleluia.

Christ has been raised from the dead, \*  
the first fruits of those who have fallen asleep.  
For since by a man came death, \*  
by a man has come also the resurrection of the dead.  
For as in Adam all die, \*  
so also in Christ shall all be made alive. Alleluia.

## The Psalm or Psalms Appointed

### Psalm 23 *Dominus regit me*

*I am the Good Shepherd. I know my own and my own know me, just as the Father knows me and I know the Father, hallelujah.*

<sup>1</sup> The LORD is my shepherd; \*  
I shall not be in want.

<sup>2</sup> He makes me lie down in green pastures \*  
and leads me beside still waters.

<sup>3</sup> He revives my soul \*  
and guides me along right pathways for his Name's sake.

<sup>4</sup> Though I walk through the valley of the shadow of death, I shall fear no evil; \*

for you are with me; your rod and your staff, they comfort me.

<sup>5</sup> You spread a table before me in the presence of those who trouble me; \*  
you have anointed my head with oil, and my cup is running over.

<sup>6</sup> Surely your goodness and mercy shall follow me all the days of my life, \*  
and I will dwell in the house of the LORD 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.

*I am the Good Shepherd. I know my own and my own know me, just as the Father knows me and I know the Father, hallelujah.*

### **Psalm 81 Exultate Deo**

*I am the bread of life. Those who eat my flesh and drink my blood abide in me and I in them, hallelujah.*

<sup>1</sup> Sing with joy to God our strength \*  
and raise a loud shout to the God of Jacob.

<sup>2</sup> Raise a song and sound the timbrel, \*  
the merry harp, and the lyre.

<sup>3</sup> Blow the ram's-horn at the new moon, \*  
and at the full moon, the day of our feast.

<sup>4</sup> For this is a statute for Israel, \*  
a law of the God of Jacob.

<sup>5</sup> He laid it as a solemn charge upon Joseph, \*  
when he came out of the land of Egypt.

<sup>6</sup> I heard an unfamiliar voice saying, \*  
"I eased his shoulder from the burden; his hands were set free from bearing the load."

<sup>7</sup> You called on me in trouble, and I saved you; \*  
I answered you from the secret place of thunder and tested you at the waters of Meribah.

<sup>8</sup> Hear, O my people, and I will admonish you: \*  
O Israel, if you would but listen to me!

<sup>9</sup> There shall be no strange god among you; \*  
you shall not worship a foreign god.

<sup>10</sup> I am the LORD your God, who brought you out of the land of Egypt and said, \*  
"Open your mouth wide, and I will fill it."

<sup>11</sup> And yet my people did not hear my voice, \*  
and Israel would not obey me.

<sup>12</sup> So I gave them over to the stubbornness of their hearts, \*  
to follow their own devices.

<sup>13</sup> Oh, that my people would listen to me! \*  
that Israel would walk in my ways!

<sup>14</sup> I should soon subdue their enemies \*  
and turn my hand against their foes.

<sup>15</sup> Those who hate the LORD would cringe before him, \*  
and their punishment would last for ever.

<sup>16</sup> But Israel would I feed with the finest wheat \*  
and satisfy him with honey from the rock.

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.

*I am the bread of life. Those who eat my flesh and drink my blood abide in me and I in them, hallelujah.*

## **Psalm 149** *Cantate Domino*

*The Name of the Lord is exalted above heaven and earth, hallelujah.*

<sup>1</sup> Hallelujah! Sing to the LORD a new song; \*  
sing his praise in the congregation of the faithful.

<sup>2</sup> Let Israel rejoice in his Maker; \*  
let the children of Zion be joyful in their King.

<sup>3</sup> Let them praise his Name in the dance; \*  
let them sing praise to him with timbrel and harp.

<sup>4</sup> For the LORD takes pleasure in his people \*  
and adorns the poor with victory.

<sup>5</sup> Let the faithful rejoice in triumph; \*  
let them be joyful on their beds.

<sup>6</sup> Let the praises of God be in their throat \*  
and a two-edged sword in their hand;

<sup>7</sup> To wreak vengeance on the nations \*  
and punishment on the peoples;

<sup>8</sup> To bind their kings in chains \*  
and their nobles with links of iron;

<sup>9</sup> To inflict on them the judgment decreed; \*  
this is glory for all his faithful people. Hallelujah!

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.

*The Name of the Lord is exalted above heaven and earth, hallelujah.*

## **The Lessons**

A reading from Daniel 7:9-14 (NRSV)

As I watched, thrones were set in place, and an Ancient One took his throne, his clothing was white as snow, and the hair of his head like pure wool; his throne was fiery flames, and its wheels were burning fire. A stream of fire issued and flowed out from his presence. A thousand thousands served him, and ten thousand times ten thousand stood attending him. The court sat in judgment, and the books were opened. I watched then because of the noise of the arrogant words that the horn was speaking. And as I watched, the beast was put to death, and its body destroyed and given over to be burned with fire. As for the rest of the beasts, their dominion was taken away, but their lives were prolonged for a season and a time. As I watched in the night visions, I saw one like a human being coming with the clouds of heaven. And he came to the Ancient One and was presented before him. To him was given dominion and glory and kingship, that all peoples, nations, and languages should serve him. His dominion is an everlasting dominion that shall not pass away, and his kingship is one that shall never be destroyed.

Here ends the Reading.

**Song of the Bread of Life** *Ego sum panis vitae* (John 6: 35-40, 50, 63)

*Those who eat my flesh and drink my blood abide in me, and I in them, alleluia.*

I am the bread of life. \*

Whoever comes to me will never be hungry,  
and whoever believes in me will never be thirsty.

I am the bread of life. \*

Your ancestors ate the manna in the wilderness,  
and they died.

This is the bread that comes down from heaven, \*  
so that one may eat of it and not die.

I am the living bread that came down from heaven. \*

Whoever eats of this bread will live forever;

The bread that I will give for the life of the world \*  
is my flesh."

Unless you eat the flesh of the Son of Man and drink his blood, \*  
you have no life in you.

Those who eat my flesh and drink my blood have eternal life, \*  
and I will raise them up on the last day.

For my flesh is true food \*  
and my blood is true drink.

Those who eat my flesh and drink my blood \*  
abide in me, and I in them.

Just as the living Father sent me, and I live because of the Father, \*  
so whoever eats me will live because of 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.

*Those who eat my flesh and drink my blood abide in me, and I in them, alleluia.*

A reading from Hebrews 2:5-18 (NRSV)

Now God did not subject the coming world, about which we are speaking, to angels. But someone has testified somewhere, "What are human beings that you are mindful of them, or mortals, that you care for them? You have made them for a little while lower than the angels; you have crowned them with glory and honor, subjecting all things under their feet." Now in subjecting all things to them, God left nothing outside their control. As it is, we do not yet see everything in subjection to them, but we do see Jesus, who for a little while was made lower than the angels, now crowned with glory and honor because of the suffering of death, so that by the grace of God he might taste death for everyone. It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, saying, "I will proclaim your name to my brothers and sisters, in the midst of the congregation I will praise you." And again, "I will put my trust in him." And again, "Here am I and the children whom God has given me." Since, therefore, the children share flesh and blood, he himself likewise shared the same things, so that through death he might destroy the one who has the power of death, that is, the devil, and free those who all their lives were held in slavery by the fear of death. For it is clear that he did not come to help angels, but the descendants of Abraham. Therefore he had to become like his brothers and sisters in every respect, so that he might be a merciful and faithful high priest in the service of God, to make a sacrifice of atonement for the sins of the people. Because he himself was tested by what he suffered, he is able to help those who are being tested.

Here ends the Reading.

*I lay down my life in order to take it up again. I have power to lay it down and to take it up again according to the command of my Father, hallelujah.*

**The Song of Zechariah** *Benedictus Dominus Deus*  
*Luke 1: 68-79*

Blessed be the Lord, the God of Israel; \*  
he has come to his people and set them free.  
He has raised up for us a mighty savior, \*  
born of the house of his servant David.  
Through his holy prophets he promised of old,  
that he would save us from our enemies, \*  
from the hands of all who hate us.  
He promised to show mercy to our fathers \*  
and to remember his holy covenant.  
This was the oath he swore to our father Abraham, \*  
to set us free from the hands of our enemies,  
Free to worship him without fear, \*  
holy and righteous in his sight  
all the days of our life.

You, my child, shall be called the prophet of the Most High, \*  
for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation \*  
by the forgiveness of their sins.  
In the tender compassion of our God \*  
the dawn from on high shall break upon us,  
To shine on those who dwell in darkness and the  
shadow of death, \*  
and to guide our feet into the way of peace.

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.

*I lay down my life in order to take it up again. I have power to lay it down and to take it up again according to the command of my Father, hallelujah.*

## **The Prayers**

V: The Lord be with you.  
R: *And also with you.*  
Let us pray.

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven.  
Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.

## **Suffrages A**

V. Show us your mercy, O Lord;  
R. And grant us your salvation.

V. Clothe your ministers with righteousness;  
R. Let your people sing with joy.  
V. Give peace, O Lord, in all the world;  
R. For only in you can we live in safety.  
V. Lord, keep this nation under your care;  
R. And guide us in the way of justice and truth.  
V. Let your way be known upon earth;  
R. Your saving health among all nations.  
V. Let not the needy, O Lord, be forgotten;  
R. Nor the hope of the poor be taken away.  
V. Create in us clean hearts, O God;  
R. And sustain us with your Holy Spirit.

*Collect of the Day*

Almighty God, whose blessed Son our Savior Jesus Christ ascended far above all heavens that he might fill all things: Mercifully give us faith to perceive that, according to his promise, he abides with his Church on earth, even to the end of the ages; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. Amen.

*Prayer for Benedictine Orders*

O Lord Jesus Christ, you became poor for our sake, that we may be made rich through your poverty: Guide and sanctify, we pray, those you have called to follow you under the Benedictine vows of Stability, Obedience, and Conversion of Life, that by their prayer and service they may enrich your church, and by their life and worship may glorify your Name; for you reign with the Father and the Holy Spirit, one God, now and for ever. *Amen.*

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ. Amen.

Let us bless the Lord. Alleluia, alleluia  
*Thanks be to God. Alleluia, alleluia*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore.  
*And with our absent brothers and sisters. Amen.*

## **Regina Caeli**

O Queen of heaven, be joyful : *Alleluia*  
For he who was born of your body : *Alleluia*  
Has arisen as he promised : *Alleluia*  
Pray for us to the Father : *Alleluia*

V: Rejoice and be glad, O Virgin Mary, Alleluia.

R: *For the Lord is risen indeed, Alleluia.*

Let us pray:

O God, who by the resurrection of your Son Jesus Christ gave gladness to the world: Grant, we pray, that we, aided by the prayers of the Virgin Mary his mother, may attain to the joys of everlasting life; through Jesus Christ our Lord. *Amen.*