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If this website has been of help to you in any way, then, for the sake of your soul (see Philippians 4:17), express your gratitude with a donation.

"I don't have any money," you say. Then look honestly at yourself. Try fasting for one day and see if the soda you don't drink, the coffee you don't drink, the snacks you don't eat, and the meat you don't eat will fill your hands with the money to pay *something* for what you have received here.

*By mail:*

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A SUPPLEMENT TO THE LITURGY OF THE HOURS

Suggested donation: \$2.50

**Instructions:**

1. *Read all these instructions carefully before doing anything.*
2. This file will make a booklet of six pages composed of two sheets stapled together in the center.
3. Print page 2 of this file (the cover) first, and then, on its reverse side, print page 3 of this file.
4. Print page 4 of this file, and then, on its reverse side, print page 5.
5. Fold each sheet in half, lengthwise.
6. Unfold each sheet, place the sheet with the Hymn, Te Deum (English) / Morning Prayer (Benedictus) face up on a work surface, and place the cover, face up, on top of it.
7. Staple the sheets together with two staples on the crease, each staple about 1.25 in. from the edge.
8. Trim the top and bottom margins to remove the dotted lines.
9. Fold the sheets together to form a booklet and trim the outside margin to remove about 3/16 in.

BLESS the Lord, O my soul! and let all that is  
within me bless His holy name.  
Bless the Lord, O my soul! and never forget all  
that He hath done for thee.

—Psalm 103:1-2

*A Supplement to*  
**The Liturgy  
Of The Hours**

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**GOSPEL CANTICLES  
TE DEUM**

*In English & Latin*

*Chastity – In San Francisco?*  
[www.ChastitySF.com](http://www.ChastitySF.com)

## Morning Prayer

### CANTICLE OF ZECHARIAH

Luke 1:68-79



## HYMN, 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 praises You.  
The noble fellowship of Prophets praises You.  
The white-robed army of Martyrs praises You.

Throughout the world the Holy Church acclaim 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.

- V.** Save Your people, Lord, and bless Your inheritance.  
**R.** Govern and hold them now and always.  
**V.** Day by day we bless You.  
**R.** We praise Your name for ever.  
**V.** Keep us today, Lord, from all sin.  
**R.** Have mercy on us, Lord, have mercy.  
**V.** Lord, show us Your love and mercy;  
**R.** for we put our trust in You.  
**V.** In You, Lord, is our hope;  
**R.** and we shall never hope in vain.

## Morning Prayer

### BENEDICTUS



*Bene-díctus ✠ Dóminus Deus Israēl,  
quia visitávit et fecit redemptiónem plebes suæ.*

*Et e-réxit cornu salutis nobis  
in domo David púeri sui.*

*Sicut locútus est per os sanc-tórum,  
qui a sáculo sunt, Prophe-tárum eius.*

*Salú-tem ex inimícis nostris,  
et de manu ómnium qui odérunt nos.*

*Ad fa-ciéndam misericórdiam cum pátribus nostris,  
et memorári testaménti sui sancti.*

*Jusjur-ándum quod jurávit ad Abraham patrem nostrum,  
da-túrum se nobis.*

*Ut sin-e timóre, de manu inimicórum nostrórum liber-áti,  
servi-ámus illi:*

*In sanc-titáte et justítia coram ipso,  
omnibus diébus nostris.*

*Et tu puer Prophéta Altíssimi vocá-beris:  
præibis enim ante fáciem Dómini paráre vias eius.*

*Ad dan-dam sciéntam salutis plebi eius,  
in remissionem pecca-tórum eórum:*

*Per vis-cera misericórdiæ Dei nostri:  
in quibus visitávit nos óri-ens ex alto.*

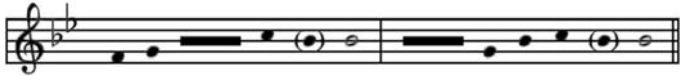
*Illum-ináre his, qui in ténebris et in umbra mortis sedent:  
ad dirigéndos pedes nostros in viam pacis.*

*Glóri-a Patri et Fílio et Spíritui Sancto,  
sicut erat in princípío et nunc et semper et in sácula  
sæcu-lórum. Amen.*

## Evening Prayer

### CANTICLE OF MARY

Luke 1:46-55



My soul ✠ proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior.  
For He has looked with favor on His lowly servant.

From this day all generations will call me blessed:  
the Almighty has done great things for me, and holy is  
His name.

He has mercy on those who fear Him  
in every generation.

He has shown the strength of His arm,  
He has scattered the proud in their conceit.

He has cast down the mighty from their thrones,  
and has lifted up the lowly.

He has filled the hungry with good things,  
and the rich He has sent away empty.

He has come to the help of His servant Israel,  
for He has remembered His promise of mercy,

The promise He made to our fathers,  
to Abraham and his children 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.

## Evening Prayer

### MAGNIFICAT



Magnificat ✠ ánima mea Dóminum:

Et ex-ul-távit spírítus meus  
in Deo salu-tári meo.

Quia respéxit humilitátem ancillæ suæ:  
Ecce enim ex hoc beátam me dicent omnes gener-atiónes.

Quia fecit mihi magna qui potens est:  
et sanctum nomen eius.

Et mis-ericórdia eius a progénie in pro-génies  
timén-tibus eum.

Fecit poténtiam in bráchio suo:  
dispérsit supérbos mente cordis sui:

Depós-uit poténtes de sede  
et exal-távit húmiles.

Esur-iéntes implévit bonis;  
et dívites dimís-it inánes.

Suscép-it Israë'l púerum suum,  
recordátus misericór-diæ suæ.

Sicut locútus est ad patres nostros,  
Abraham et sémini ei-us in sácula.

Glóri-a Patri et Fílio et Spírítui Sancto,  
sicut erat in princípío et nunc et semper et in sácula  
sæcu-lórum. Amen.