



ANTIPHONS FOR THE GOSPEL CANTICLES
AT THE LITURGY OF THE HOURS
FOR ALL THE SUNDAYS OF THE
LITURGICAL YEAR

INTRODUCTION

This small book is intended to be used by those who pray the Liturgy of the Hours (the Divine Office), be it the one or four volume Roman Liturgy of the Hours or books such as Benedictine Daily Prayer.

While we've come to appreciate praying the Liturgy of the Hours in English, one thing missing from most versions of the Office are antiphons for the Magnificat (Canticle of Mary) at I and II Vespers (Evening Prayer I and II) and the Benedictus (Canticle of Zachariah) at Lauds (Morning Prayer) for the Sundays throughout the liturgical year that reflect the three year cycle of Scripture readings that we hear at Eucharist. This little work is intended to meet that need.

Nearly all of the antiphons for Gospel Canticle at Lauds and II Vespers on Sunday are taken from the ***Thesaurus Liturgiae Horarum Monasticae*** the collection of resources for the monastic liturgy of the hours. The antiphons are taken from the Gospel of that particular Sunday. The antiphons at I Vespers are my own work and follow the same pattern of using part of the Sunday Gospel. In this way, these antiphons act as sources of *lectio divina* on the Gospel passage by whetting the appetite and refreshing the memory of the Gospel passage for that particular Sunday.

In a rare number of instances, a passage from the first or second reading is used for one of the antiphons.

I used both the New Revised Standard Version (NRSV) and the Revised New American Bible (RNAB) as Scripture sources as both are texts used at Sunday worship. My intent was not a verbatim rendering of the text, but to provide a short, concrete version of the Gospel passage. This shows the connection of the celebration of the Liturgy of the Hours to the Sunday Eucharist as well as provides a small morsel for personal *lectio divina*.

One of the directives of the Second Vatican Council was to provide more reading from Scripture - especially the Gospels - at the eucharistic liturgy. Today many Christian denominations share a common, three year lectionary. And there is a growing increase of interest not only in the Liturgy of the Hours, but also *lectio divina*. My own hope is that those

who use these antiphons deepen their participation in the liturgy, grow in greater love of the Scriptures and *lectio* and enter more fully into the communion that we already share with all the baptized.

Tom Kostrzewa, ObISB CAM
Solemnity of our holy father St. Benedict
11 July 2006



SUNDAYS IN ORDINARY TIME

Sundays

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FIRST SUNDAY IN ORDINARY TIME

This Sunday is celebrated as the Baptism of the Lord.

SECOND SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A The One who is coming after me existed before me.
I am not worthy to untie his sandals.

Year B Rabbi, where do you stay?
Jesus said: Come and see.

Year C There was a wedding in Cana of Galilee
and Jesus and his mother were there.

LAUDS - Benedictus Antiphon

Year A Behold the Lamb of God,
behold the One who takes away the sins of the world.

Year B The disciples came and saw where Jesus was staying
and remained with him that day.

Year C Mary said to Jesus: They have no wine.
Jesus replied: My hour has not yet come.

II VESPERS - Magnificat Antiphon

Year A I have seen for myself and have testified:
This is God's chosen one.

Year B Andrew told his brother Simon:
We have found the Messiah.

Year C Jesus changed the water into wine -
the first of his signs in Cana of Galilee.

THIRD SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A A people living in darkness have seen a great light;
 on those living in the shadow of death, light has dawned.

Year B This is the time of fulfillment.
 The reign of God is at hand.

Year C The Spirit of the Lord is upon me;
 God has sent me to bring glad tidings to the poor.

LAUDS - Benedictus Antiphon

Year A Jesus began to proclaim this message:
 Reform your lives! The kingdom of heaven is at hand.

Year B Jesus began to proclaim this message:
 Reform your lives! The kingdom of heaven is at hand.

Year C I give you as a light to the nations,
 so my salvation may reach the ends of the earth.

II VESPERS - Magnificat Antiphon

Year A Follow me, says the Lord,
 and I will make you fish for people.

Year B Follow me, says the Lord,
 and I will make you fish for people.

Year C Today this Scripture passage
 is fulfilled in your hearing.

FOURTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A When Jesus saw the crowds he went up the
 mountainside.
 After he sat down, he began to teach them.

Year B The people were spellbound by the teaching of Jesus;
 he taught with authority, not like the scribes.

Year C All marveled at the words of grace
 that came from the mouth of God.

LAUDS - Benedictus Antiphon

Year A Blest are the poor in spirit,
 the reign of God is theirs.

Year B What do you want of us, Jesus of Nazareth?
 I know who you are - the Holy One of God.

Year C Thus I say to you,
 no prophet is accepted in his own town.

II VESPERS - Magnificat Antiphon

Year A Blest are you when they insult and persecute you
 because of me.
 Rejoice and be glad,
 your reward in heaven will be great.

Year B A great prophet has risen among us;
 God has visited the Chosen People.

Year C They rose and expelled him from their town;
 but he passed through their midst and went on his way.

FIFTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

- Year A** When you call, God will answer;
when you cry for help, God will say: I am here.
- Year B** They brought Jesus all who were ill
and possessed by demons.
Those whom he cured were many
and the demons he expelled.
- Year C** Jesus got into the boat and sat down;
from there he taught the crowds the Word of God.

LAUDS - Benedictus Antiphon

- Year A** You are the light of the world;
let your light shine before others,
so that seeing your good works
they may glorify your Father in heaven.
- Year B** Rising early he went off to a lonely place
and was absorbed in prayer.
- Year C** Put out into the deep water
and let down your nets for a catch.

II VESPERS - Magnificat Antiphon

- Year A** Those who follow me do not walk in darkness
but have the light of life, says the Lord.
- Year B** Let us go to the neighboring villages
for I have come to proclaim the good news.
- Year C** Do not be afraid;
from now on you will be catching people.

SIXTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

- Year A** Do not think that I have come
to abolish the law or the prophets;
I have come not to abolish but to fulfill.
- Year B** A leper came to Jesus and said:
If you wish you can make me clean.
- Year C** A great crowd gathered around Jesus;
they had come to hear him
and be healed of their diseases.

LAUDS - Benedictus Antiphon

- Year A** Unless your righteousness surpasses
that of the Scribes and Pharisees,
you will not enter the kingdom of heaven.
- Year B** Moved with pity, Jesus stretched out his hand
and touched him;
I do will it. Be made clean.
- Year C** Blessed are you who are poor,
for yours is the kingdom of God.

II VESPERS - Magnificat Antiphon

- Year A** If your brother or sister has anything against you,
leave your gift at the altar,
go and be reconciled with them
and then come and offer your gift.
- Year B** The man went about and spread the word,
so that Jesus could no longer go about freely.

Sundays in Ordinary Time

Year C Blessed are you who are hungry now
for you will be filled.

SEVENTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A If anyone strikes you on the right cheek,
turn the other also;
if anyone wants to sue you and take your coat,
give them your cloak as well.

Year B When Jesus saw their faith,
he said to the paralytic:
Child, your sins are forgiven.

Year C Love your enemies and do good to those who hate you;
bless those who curse you
and pray for those who mistreat you.

LAUDS - Benedictus Antiphon

Year A Love your enemies and pray for those who persecute you,
so that you may be children of your Father in heaven.

Year B Which is easier to say:
Your sins are forgiven?
Or to say, Rise, pick up your mat and walk?

Year C Do unto others
as you would have them do unto you.

II VESPERS - Magnificat Antiphon

Year A Be perfect therefore,
as your heavenly Father is perfect.

Year B I say to you: Rise, pick up your mat and go home.
He rose, picked up his mat
and went home in the sight of all.

Year C Judge not and you will not be judged;
forgive others and you will be forgiven.

EIGHTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A No one can serve two masters;
you cannot serve both God and money.

Year B Can the wedding guests fast
as long as the bridegroom is with them?

Year C Why do you see the speck in your neighbor's eye;
but do not notice the log in your own?

LAUDS - Benedictus Antiphon

Year A Look at the birds of the air,
they neither sow nor reap;
yet your heavenly Father feeds them.
Are you not worth more than these?

Year B No one sews a new piece of cloth on an old cloak,
otherwise the patch pulls away and the tear is worse.

Year C First take the log out of your own eye,
then you will see clearly
to take the speck out of your neighbor's eye.



II VESPERS - Magnificat Antiphon

- Year A** Seek first the kingdom of God
and God's righteousness
and all these things
will be given you as well.
- Year B** No one puts new wine into old wineskins;
otherwise the skins will burst and the wine is lost.
- Year C** The good person out of the good treasure of the heart
produces good;
the evil person out of the evil treasure produces evil.

NINTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

- Year A** Not everyone who says, Lord, Lord
will enter the kingdom of heaven;
but only the one who does the will
of my Father in heaven.
- Year B** The Sabbath was made for humankind,
and not humankind for the sabbath;
so the Son of Man is lord even of the sabbath.
- Year C** A centurion had a slave who was ill and about to die,
he sent the elders to Jesus
and asked him to come and heal his slave.

LAUDS - Benedictus Antiphon

- Year A** All who listen to these words of mine
and act on them
will be like the wise man who built his house on rock.

Year B Is it lawful to do good or to do harm on the Sabbath,
to save life rather than to destroy it?

Year C I am not worthy to have you enter my house;
just give the order and my servant will be cured.

II VESPERS - Magnificat Antiphon

Year A The winds blew and beat on that house
but it did not fall for it was built on rock.

Year B Jesus looked around at them in anger,
grieved at their hardness of heart;
he said to the man: stretch out your hand.
He stretched it out and it was restored.

Year C Jesus was amazed at the centurion and said:
I have not found such faith in all of Israel.

TENTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A As Jesus was walking along,
he saw a man named Matthew sitting at the tax booth.
Jesus said to him: Follow me.
Matthew got up and followed Jesus.

Year B If a kingdom is divided against itself,
that kingdom cannot stand.

Year C Jesus came to a town called Naim,
where a man who had died was being carried out.
He was his mother's only son
and she was a widow.

LAUDS - Benedictus Antiphon

- Year A** While at table in Matthew's house,
many tax collectors and sinners sat with Jesus.
- Year B** People will be forgiven for their sins and blasphemies
but whoever blasphemies against the Holy Spirit
can never have forgiveness.
- Year C** Jesus said, Young man, I tell you, arise.
The dead man sat up and began to speak.

II VESPERS - Magnificat Antiphon

- Year A** Those who are well do not need a physician,
it is the sick who do.
I did not come to call the righteous,
but to call those in sin.
- Year B** Whoever does the will of God
is my brother and sister and mother.
- Year C** A great prophet has risen among us.
God has visited his people.

ELEVENTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

- Year A** The harvest is abundant but the laborers are few;
ask the master to send out laborers for the harvest.
- Year B** This is how it is with the kingdom of God:
it is as if someone were to scatter seed on the land.
He would sleep and rise night and day
and the seed would sprout and grow, he knows not how.

Year C The sinful woman brought an alabaster flask of ointment.
She stood behind Jesus and bathe his feet with her tears.
She wiped them with her hair, then kissed them,
and anointed them with the ointment.

LAUDS - Benedictus Antiphon

Year A Jesus gave his disciples authority over unclean spirits,
to drive them out and cure every disease and illness.

Year B The kingdom of God is like a mustard seed,
it is the smallest on the earth.
But once it is sown it springs up
and becomes the largest of plants
and birds of the sky can dwell in its shade.

Year C Since her many sins have been forgiven,
she shows great love;
But the one to whom little is forgiven,
loves only a little.

II VESPERS - Magnificat Antiphon

Year A Go to the lost sheep of Israel,
proclaim the kingdom of heaven is at hand.
Cure the sick and raise the dead;
cleanse the lepers and drive out demons.

Year B With many such parables Jesus spoke the word to them,
as they were able to understand it.

Year C Jesus said to her: Your sins are forgiven;
your faith has saved you; go in peace.



TWELFTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

- Year A** What I say to you in the dark,
speak in the light;
what you hear whispered
proclaim from the housetops.
- Year B** Jesus was asleep in the stern of the boat
when a violent squall came up.
The waves were breaking over the boat
and it was filling up with water.
- Year C** Jesus asked the disciples: Who do you say that I am?
Peter answered: The Messiah of God.

LAUDS - Benedictus Antiphon

- Year A** Are not two sparrows sold for a penny?
Yet not one of them falls to the ground
without your Father's knowledge.
Do not be afraid: you are worth more than many sparrows.
- Year B** Jesus awoke, and rebuked the wind,
and he said to the sea: Be quiet and be still.
The wind ceased and there was great calm.
And he asked the disciples: Do you not yet have faith?
- Year C** The Son of Man must undergo great suffering,
be rejected by the elders, chief priests and scribes,
he will be killed,
and on the third day be raised.



II VESPERS - Magnificat Antiphon

Year A Everyone who acknowledges me before others,
I will acknowledge before my Father in heaven,
but whoever denies me before others,
I will also deny before my Father in heaven.

Year B They were filled with great awe and said:
Who is this who even wind and sea obey?

Year C If any want to become my followers,
let them deny themselves
and take up their cross daily and follow me.
For those who want to save their life will lose it,
and those who lose their life for my sake will save it.

THIRTEENTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A Whoever loves father or mother more than me,
is not worthy of me;
whoever loves son or daughter more than me
is not worthy of me.

Year B If I but touch his clothes,
I will be made well.

Year C When the days for his being taken up were fulfilled,
Jesus resolutely determined to journey to Jerusalem.

LAUDS - Benedictus Antiphon

Year A Whoever does not take up the cross and follow me
is not worthy of me.

Year B Daughter, your faith has saved you.
Go in peace and be healed of your disease.

Sundays in Ordinary Time

Year C Foxes have dens and birds of the sky have nests,
but the Son of Man has nowhere to rest his head.

II VESPERS - Magnificat Antiphon

Year A Those who find their life will lose it,
and those who lose their life for my sake will find it.

Year B Do not be afraid, just have faith.
The child is not dead, but only asleep.

Year C No one who sets a hand to the plow and looks back
is fit for the kingdom of God.

FOURTEENTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A I give praise to you Father, Lord of heaven and earth,
for although you have hidden these things
from the wise and learned
you have revealed them to the childlike.
Such has been your gracious will.

Year B Jesus came to his native place and began to teach.
Many who heard him were astonished.

Year C Jesus appointed seventy-two others and sent them out,
to proclaim that the kingdom of God is at hand.



LAUDS - Benedictus Antiphon

- Year A** All things have been handed over to me by my Father.
No one knows the Son except the Father,
and no one knows the Father except the Son
and anyone to whom the Son wishes to reveal him.
- Year B** A prophet is not without honor except in his native place
and among his own kin and in his own house.
- Year C** They returned rejoicing and said to Jesus:
Even the demons are subject to us because of your name.

II VESPERS - Magnificat Antiphon

- Year A** Come to me, all you who are labored and burdened,
and I will give you rest.
Take my yoke upon you and learn from me
for I am gentle and humble of heart.
- Year B** Jesus was not able to perform any mighty deeds,
he was amazed at their lack of faith.
- Year C** Do not rejoice because the spirits are subject to you.
Rejoice because your names are written
in the book of heaven.

FIFTEENTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

- Year A** The seed is the Word of God, the sower is Christ;
all who listen to his words will live for ever.
- Year B** Jesus sent the Twelve out two by two
giving them authority over unclean spirits.

Sundays in Ordinary Time

Year C A man was going down from Jerusalem to Jericho and fell in with robbers. They stripped him, beat him, and left him half dead.

LAUDS - Benedictus Antiphon

Year A You have been given knowledge of the mysteries of the reign of God but it has not been given to others.

Year B If any place will not receive you shake its dust from your feet as you leave.

Year C A Samaritan came upon him and was moved with pity. He dressed his wounds and brought him to an inn where he cared for him.

II VESPERS - Magnificat Antiphon

Year A Blest are your eyes because they see and blest are your ears because they hear. Many have longed to see what you see but did not see it, to hear what you hear but did not hear it.

Year B The disciples went out and preached repentance. They anointed the sick with oil and healed them.

Year C Who then, was his neighbor?
The one who treated him with compassion.



SIXTEENTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A The reign of God
is like someone who sowed good seed in a field.
But at night an enemy came
and sowed weeds among the wheat.

Year B Come away with me to a quiet place
and rest a while.

Year C Martha welcomed Jesus into her home;
Mary sat at his feet and listened to his words.

LAUDS - Benedictus Antiphon

Year A Master, did you not sew good seed in your field?
Where did these weeds come from?
He answered them:
An enemy has done this.

Year B Jesus saw the crowd and had compassion for them
because they were like sheep without a shepherd.

Year C Martha you are worried about many things;
there is need for only one.
Mary has chosen the better part
and it will not be taken from her.

II VESPERS - Magnificat Antiphon

Year A At harvest time collect the weeds,
bind them in bundles and burn them,
then gather the wheat into my barn.

Year B I am the Good Shepherd
I know my sheep and they follow me.

Sundays in Ordinary Time

Year C The seed is the Word of God, the sower is Christ;
all who listen to his words will live for ever.

SEVENTEENTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A The kingdom of heaven is like treasure hidden in a field,
which someone found and hid:
then in their joy they go and sell all they have
and buy that field.

Year B Where are we to buy bread for these people to eat?
He said this to test them,
for Jesus knew what he was going to do.

Year C Father, hallowed be your name.
Your kingdom come.
Give us each day our daily bread
and forgive us our sins.

LAUDS - Benedictus Antiphon

Year A The kingdom of heaven is like a merchant
 in search of fine pearls;
one finding one of great value,
he goes and sells all he has
in order to buy it.

Year B Jesus took the loaves, gave thanks, and distributed them,
and also the fish, as much as they wanted.

Year C Ask and you shall receive, seek and you shall find,
knock and the door will be opened for you.

II VESPERS - Magnificat Antiphon

Year A The kingdom of heaven is like a net thrown into the sea
when it is full, they drag it ashore and sort the catch
all that is good is put into baskets
but the bad is thrown away.

Year B When the people saw the sign he had done,
they began to say:
This is truly the prophet who is to come into the world.

Year C If you who are wicked
know how to give good gifts to your children;
how much more will your heavenly Father
give the Holy Spirit to those who ask.

EIGHTEENTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A When Jesus went ashore, he saw the great crowd;
his heart was moved to pity and he cured the sick.

Year B Do not work for food that perishes,
but for the food of eternal life
which the Son of Man will give you,
for on him the Father has set his seal.

Year C Be on guard against all forms of greed;
life does not consist in the abundance of possessions.

LAUDS - Benedictus Antiphon

Year A Jesus took the five loaves and two fish,
and looking up to heaven he blessed and broke the bread;
he then gave them to the disciples
who in turn gave them to the people.

Sundays in Ordinary Time

Year B It is my Father who gives you the true bread from heaven.
God's bread comes down from heaven
and gives life to the world.

Year C Your Father in heaven knows what you need;
seek first his kingdom
and all these things will be given you as well.

II VESPERS - Magnificat Antiphon

Year A All present ate and had their fill;
and what was left over filled twelve baskets.

Year B Jesus said to them:
I am the bread of life.
Whoever comes to me will never be hungry,
and whoever believes in me will never be thirsty.

Year C Wherever your treasure is,
there will your heart be as well.

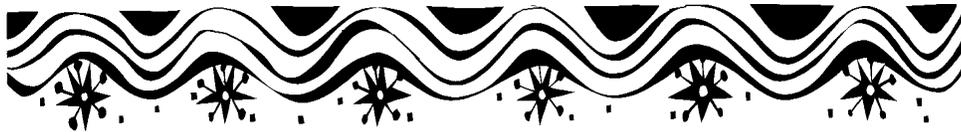
NINETEENTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A Jesus spoke to the apostles and said:
Take heart, it is I; do not be afraid.

Year B No one can come to me
unless drawn by the Father who sent me
and I will raise them up on the last day.

Year C Be dressed for action and have your lamps lit;
be like those who are awaiting their master's return.



LAUDS - Benedictus Antiphon

- Year A** Peter said: Lord if it is really you,
tell me to come to you on the water.
- Year B** 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 you may eat of it and not die.
- Year C** Blessed are those servants the master finds awake
on his return:
he will seat them at table and wait on them.

II VESPERS - Magnificat Antiphon

- Year A** O you of little faith,
why did you doubt?
- Year B** I am the living bread that comes down from heaven.
Whoever eats of this bread will live forever.
The bread that I will give
is my flesh for the life of the world.
- Year C** You must be prepared
for the Son of Man is coming at an unexpected hour.

TWENTIETH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

- Year A** A Canaanite woman came to Jesus saying:
Lord, Son of David, have mercy on me.
My daughter is tormented by a demon.
But Jesus did not answer her at all.

Sundays in Ordinary Time

Year B I am the living bread that comes down from heaven;
whoever eats this bread will live for ever.

Year C I have come to set the earth on fire;
how I wish it were already blazing.

LAUDS - Benedictus Antiphon

Year A Jesus said: It is not fair to take the children's food
and throw it to the dogs.
She responded: Yes Lord, but even the dogs
eat the crumbs that fall from the master's table.

Year B 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.

Year C There is a baptism with which I must be baptized,
how great is my anguish until it is accomplished.

II VESPERS - Magnificat Antiphon

Year A Jesus said: Woman, you have great faith.
Let is be done for you as you wish.

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

Year C Do you think that I have come to bring peace to the earth?
No I tell you, I come to bring division.



TWENTY-FIRST SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

- Year A** Jesus said to the disciples:
Who do you say that I am?
You are the Messiah, Simon Peter answered.
The Son of the Living God.
- Year B** It is the spirit that gives life; the flesh is useless.
The words that I have spoken to you are spirit and life.
- Year C** Strive to enter through the narrow door;
for many will try to enter and not be able.

LAUDS - Benedictus Antiphon

- Year A** Blest are you, Simon Son of Jonah.
I say to you: You are Peter;
upon this rock I will build my church
and the gates of hell shall not prevail against it.
- Year B** No one can come to me
unless it is granted by the Father.
- Year C** Many people will come from east and west,
others from the north and south
and they will eat with Abraham, Isaac and Jacob
in the kingdom of God.

II VESPERS - Magnificat Antiphon

- Year A** I give you the keys to the kingdom of heaven.
Whatever you bind on earth shall be bound in heaven;
and whatever you loose on earth,
shall be loosed in heaven.

Sundays in Ordinary Time

Year B Lord, to whom shall we go?
 You have the words of eternal life.
 We have come to believe and are convinced
 that you are the Holy One of God.

Year C Some who are last will be first,
 and some who are first will be last.

TWENTY-SECOND SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A If any want to become my followers,
 let them deny themselves
 and take up their cross and follow me.

Year B This people honors me with their lips,
 but their hearts are far from me;
 in vain do they worship me,
 teaching human precepts as doctrines.

Year C All who exalt themselves will be humbled,
 and those who humble themselves will be exalted.

LAUDS - Benedictus Antiphon

Year A Those who want to save their life will lose it,
 and those who lose their life for my sake will find it.

Year B Nothing that enters one from outside
 can defile that person;
 but the things that come from within are what defile.

Year C When you have a dinner
 do not invite those who can repay you.
 Rather invite the poor who cannot repay
 and your reward will be great in heaven.

II VESPERS - Magnificat Antiphon

- Year A** The Son of Man is to come with his angels
 in the glory of his Father
 and will repay everyone for what has been done.
- Year B** It is from the human heart that evil intentions come;
 all evil things come from within and they defile a person.
- Year C** Conduct all your affairs with humility,
 and you will be loved more than a giver of gifts.

TWENTY-THIRD SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

- Year A** Whatever you bind on earth shall be bound in heaven;
 and whatever you loose on earth
 shall be loosed in heaven.
- Year B** The people brought a deaf man who could not speak
 and begged Jesus to lay his hands on him.
- Year C** Whoever does not carry the cross and follow me,
 cannot be my disciple.

LAUDS - Benedictus Antiphon

- Year A** If two of you agree on earth about anything
 for which you pray,
 it shall be granted you by my Father in heaven.
- Year B** Jesus put his finger in the deaf man's ears,
 and spitting touched his tongue;
 then he looked up to heaven and groaned
 and said to the man: Be opened.

Sundays in Ordinary Time

Year C None of you can become my disciple,
if you do not give up all your possessions.

II VESPERS - Magnificat Antiphon

Year A Where two or three are gathered together in my name,
there am I in the midst of them.

Year B The man's ears were opened and he could speak,
and all the people were amazed.

Year C Whoever comes to me and does not hate even life itself,
cannot be my disciple.

TWENTY-FOURTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A Lord, how often should I forgive
as many as seven times?
Jesus said, no not seven times,
but seventy-seven times.

Year B Who do you say that I am?
Peter answered: You are the Messiah.

Year C There will be more joy in heaven
over one sinner who repents,
than over ninety-nine righteous ones
who need no repentance.



LAUDS - Benedictus Antiphon

Year A Out of pity the Lord released the slave
and forgave him his debt.

Year B If any want to become my followers,
let them deny themselves,
take up their cross and follow me.

Year C There is joy in the presence of the angels of God
over one sinner who repents.

II VESPERS - Magnificat Antiphon

Year A Forgive your neighbor's injustice,
then when you pray, your own sins will be forgiven.

Year B Those who want to save their life will lose it,
and those who lose their life for my sake,
and the sake of the Gospel, will save it.

Year C Let us rejoice and be glad,
this son of mine was dead and is alive again;
he was lost and is found.

TWENTY-FIFTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A The kingdom of heaven is like a landowner
who went out at dawn to hire laborers for his vineyard.

Year B The Son of Man is to be betrayed into human hands,
and they will kill him;
and three days after being killed,
he will rise again.

Sundays in Ordinary Time

Year C Whoever is faithful in a very little
is faithful also in much;
and whoever is dishonest in very little
is dishonest also in much.

LAUDS - Benedictus Antiphon

Year A Take what belongs to you and go;
I choose to give the last the same as I give to you.

Year B Whoever wants to be first
must be last of all and servant of all.

Year C No slave can serve two masters;
you cannot serve God and wealth.

II VESPERS - Magnificat Antiphon

Year A In the kingdom of heaven the last will be first,
and the first will be last.

Year B Whoever welcomes a child in my name welcomes me;
and whoever welcomes me, welcomes the one
who sent me.

Year C If you have not been faithful with the dishonest wealth,
who will entrust you with true riches?
And if you have not been faithful
with what belongs to another,
who will give you what is your own?



TWENTY-SIXTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A If the wicked turn from their wickedness
 and do what is right,
 they shall not die, they shall surely live.

Year B There is no one who performs a mighty deed in my name,
 who can at the same time speak ill of me.

Year C There was a rich man who dressed in purple
 and dined lavishly,
 at his door laid poor Lazarus,
 hungry and covered with sores.

LAUDS - Benedictus Antiphon

Year A Not everyone who says Lord, Lord,
 is fit for the kingdom of God,
 it belongs to those who do the will of my Father.

Year B Whoever is not against us,
 is for us, says the Lord.

Year C Remember you received what was good,
 while Lazarus received what was bad,
 now he is comforted,
 while you are tormented.

II VESPERS - Magnificat Antiphon

Year A Tax collectors and sinners are entering
 the kingdom of God,
 because they have turned from their sins.

Sundays in Ordinary Time

Year B Those who give you a cup of water
because you belong to me,
will not lose their reward.

Year C If they do not listen to Moses and the prophets,
they will not listen if someone should rise from the dead.

TWENTY-SEVENTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A There was a landowner who planted a vineyard,
and leased it out to tenants.
At vintage time he sent his servants to obtain its produce,
but they were killed or driven away.

Year B From the beginning of creation,
God made them male and female.
What God has joined together,
let no one separate.

Year C If you have faith the size of a mustard seed,
you would say to this tree:
Be uprooted and planted in the sea
and it would obey you.

LAUDS - Benedictus Antiphon

Year A Finally, he sent his Son,
thinking he would be respected.
But they seized him and killed him
and threw him out of the vineyard.

Year B Let the children come to me; do not prevent them,
for the kingdom of heaven belongs to such as these.

Year C We are worthless slaves,
we have done no more than our duty.

II VESPERS - Magnificat Antiphon

Year A The kingdom of heaven will be taken away from you,
and given to a people that will produce its fruit.

Year B Whoever does not accept
 the kingdom of God like a child
will not enter into it.

Year C The Spirit of God is no cowardly spirit,
but one that makes us strong, loving and wise.

TWENTY-EIGHTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A The kingdom of God can be likened to a king
who gave a wedding feast for his son.

Year B Go and sell what you have and give to the poor,
then come and follow me.

Year C Ten lepers cried out to Jesus and said:
Master, have pity on us.
Jesus said in reply:
Go and show yourselves to the priests.

LAUDS - Benedictus Antiphon

Year A The feast is ready, but those invited will not come.
Go and invite to the feast whomever you find,
bad and good alike.

Year B How hard it is for those who have wealth
to enter the kingdom of God.
It is easier for a camel to pass through the eye of a needle
than for the rich to enter the kingdom of God.

Sundays in Ordinary Time

Year C One of them, realizing that he had been healed, returned to Jesus glorifying God.
He fell at the Lord's feet and thanked him.
This man was a Samaritan.

II VESPERS - Magnificat Antiphon

Year A Many are invited to the wedding feast
but few are chosen.

Year B Lord, then who can be saved?
For human beings it is impossible.
But not for God.
All things are possible for God.

Year C Ten were cleansed, where are the other nine?
Has none but this foreigner returned
to give thanks to God?
Jesus said to the man: Stand up and go;
your faith has saved you.

TWENTY-NINTH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A Teacher, we know you are a truthful man,
and that you teach the way of God in
accordance with the truth.

Year B James and John came to Jesus and said:
Grant that in your glory we may sit
on your right and on your left.

Year C Jesus told his disciples a parable,
about the need to pray always and not lose heart.

LAUDS - Benedictus Antiphon

- Year A** Tell us, then what do you think?
Is it lawful to pay the census tax to Caesar or not?
- Year B** Whoever wishes to be great among you
 will be your servant;
whoever wishes to first among you will be the slave of all.
- Year C** Will not God grant justice to his chosen ones
 who cry to him day and night?
Will he delay long in helping them?
He will quickly grant justice to them.

II VESPERS - Magnificat Antiphon

- Year A** Give to Caesar what belongs to Caesar
 and give to God what belongs to God.
- Year B** The Son of Man did not come to be served
 but to serve and give his life as a ransom for many.
- Year C** But when the Son of Man comes,
 will he find faith on the earth?

THIRTIETH SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

- Year A** A scholar of the law tested Jesus by asking:
 Teacher, which commandment in the law is the greatest?
- Year B** Bartimaeus sat by the road side begging.
 He cried out: Jesus, Son of David, have pity on me.
- Year C** Two people went to the temple to pray:
 one a Pharisee, the other a tax collector.

LAUDS - Benedictus Antiphon

Year A You shall love the Lord your God with all your heart,
with all your soul and with all your mind.

Year B Jesus said to him: What do you want me to do?
Bartimeaus replied: Master, I want to see.

Year C The tax collector stood off at a distance,
and would not even raise his eyes to heaven.
He beat his breast and said:
O God, be merciful to me a sinner.

II VESPERS - Magnificat Antiphon

Year A And the second commandment is like it:
You shall love your neighbor as yourself.
The whole law and the prophets
depend on these two commandments.

Year B Jesus told him: Go your way;
your faith has saved you.

Year C Those who exalt themselves will be humbled,
but those who humble themselves will be exalted.

THIRTY-FIRST SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

Year A You are not to be called rabbi,
for you have one teacher, and all of you are students.

Year B One of the scribes came forward and asked:
Teacher, what is the first of all the commandments?

Year C Zacchaeus climbed a sycamore tree
so he could see Jesus pass by on his way.

LAUDS - Benedictus Antiphon

- Year A** Call no one your father on earth,
for you have one Father in heaven.
Do not be called Master;
you have but one master, the Messiah.
- Year B** You shall love the Lord your God with all your heart,
with all your soul, with all your mind,
and with all of your strength.
And you shall love your neighbor as yourself.
- Year C** Half of my possessions I will give to the poor,
and anyone I have cheated will be repaid four times over.

II VESPERS - Magnificat Antiphon

- Year A** All who exalt themselves will be humbled,
and all who humble themselves will be exalted.
- Year B** To love the Lord with all your heart,
and with all your understanding and strength
and to love your neighbor as yourself
is worth more than all burnt offerings and sacrifices.
- Year C** Salvation has come to this house today
for this man is a descendant of Abraham.
The Son of Man has come to seek
and to save what has been lost.

THIRTY-SECOND SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

- Year A** The kingdom of heaven will be like ten virgins
who took their lamps
and went out to meet the bridegroom.

Sundays in Ordinary Time

Year B Sitting outside the temple treasury
Jesus watched the crowd putting money into it.

Year C Those who belong to this age marry and remarry,
but those worthy of the resurrection
neither marry nor are given in marriage.

LAUDS - Benedictus Antiphon

Year A At midnight there was a cry:
Behold the bridegroom is here, come out and meet him.

Year B Many rich people put in large sums,
but a poor widow came and put in two small copper coins.

Year C They can no longer die for they are like angels,
and they are children of God
because they are the ones who will rise.

II VESPERS - Magnificat Antiphon

Year A Therefore, stay awake,
for you know neither the day nor the hour
of the bridegroom's return.

Year B This poor widow put in more than any other,
for they have contributed out of their abundance,
but she out of her poverty,
has put in everything she had to live on.

Year C God is not God of the dead but of the living,
for to him all things are alive.

THIRTY-THIRD SUNDAY IN ORDINARY TIME

I VESPERS - Magnificat Antiphon

- Year A** A man going on a journey,
entrusted his possessions to his servants.
To one he gave five talents, to another, two;
to a third, he gave one talent -
to each according to his ability.
- Year B** You will see the Son of Man coming in the clouds
with great power and glory
and he will send out his angels and gather the elect
from the four winds,
and from the ends of the earth and sky.
- Year C** I will give you words and wisdom
that none of your adversaries will be able to refute.

LAUDS - Benedictus Antiphon

- Year A** Well done, my good and faithful servant;
since you were faithful in small matters,
I will give you great responsibilities.
Come, share your master's joy.
- Year B** Heaven and earth will pass away,
but my words will not pass away.
- Year C** You will be hated because of my name,
but not a hair on your head will be destroyed.



II VESPERS - Magnificat Antiphon

Year A To those who have, more will be given,
and they will have an abundance;
but from those who have nothing,
even what they have will be taken away.

Year B But about that day and hour no one knows,
neither the angels in heaven, nor the Son,
but only the Father.

Year C By your perseverance
you will save your souls.





SOLEMNITIES IN ORDINARY TIME

(These antiphons are based on the Gospel for each of these solemnities and are offered as an alternative to those found in the Liturgy of the Hours. That being said, these latter antiphons tend to reflect the spirit of each solemnity, and many of them have been used for centuries. As such, the antiphons in the Liturgy of the Hours hold pride of place.)

Sundays

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Sundays
42

TRINITY SUNDAY

I VESPERS - Magnificat Antiphon

Year A God so loved the world that he gave his only Son,
so that everyone who believes in him might have eternal life.

Year B The eleven disciples went to Galilee,
where the Lord appeared to them.

Year C When the Spirit of truth comes,
he will guide you into all the truth.

LAUDS - Benedictus Antiphon

Year A God did not send his son into the world
to condemn it
but that the world might be saved through him.

Year B Jesus approached them and said:
“All power in heaven and on earth has been given to me.”

Year C The Spirit will glorify me,
because he will take what is mine
and declare it to you.

II VESPERS - Magnificat Antiphon

Year A Whoever believes in the Son
will not be condemned,

Year B Go and make disciples of all nations,
baptizing them in the name of the Father,
and of the Son, and of the Holy Spirit.

Year C All that the Father has is mine -
the Spirit will take what is mine and declare it to you.

THE MOST HOLY BODY AND BLOOD OF CHRIST

I VESPERS - Magnificat Antiphon

Year A I am the living bread that came down from heaven;
whoever eats this bread will live forever;
and the bread that I will give
is my flesh for the life of the world.

Year B While they were eating, Jesus took bread,
said the blessing, and broke it.
Then he gave it to his disciples and said,
"Take, this is my body."

Year C As often as you eat this bread and drink this cup
you proclaim the death of the Lord until he comes.

LAUDS - Benedictus Antiphon

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

Year B Jesus took a cup, and after giving thanks,
he gave it to his disciples and they drank.
Jesus said, "This is my blood of the covenant,
which will be shed for many."

Year C Jesus took the five loaves and the two fish,
and looking up to heaven,
said the blessing and broke them.
The disciples set them before the crowd of people.
All ate and had their fill.

II VESPERS - Magnificat Antiphon

Year A This is the bread that came down from heaven,
whoever eats this bread will live for ever.

Year B I shall not drink again the fruit of the vine
until the day when I drink it new in the kingdom of God.

Year C What was left over was gathered up,
twelve baskets of broken pieces.

THE SOLEMNITY OF THE MOST SACRED HEART OF JESUS

I VESPERS - Magnificat Antiphon

Year A Jesus said, "I praise Father, Lord of heaven and earth,
for what you have hidden from the learned and the wise
you have revealed to little children."

Year B Since Jesus was already dead,
the soldiers did not break his legs.

Year C Who among you, having a hundred sheep and losing one,
does not leave the ninety nine in the desert
and goes after the one that is lost
until it is found

LAUDS - Benedictus Antiphon

Year A Come to me, all you who labor and are weary,
and I will give you rest.
Take on my yoke and learn from me,
for I am gentle and humble in heart.

Year B One of the soldiers pierced the side of Jesus with a spear,
and at once blood and water flowed out.

Year C And when he finds it, places it on his shoulder
and with great joy, calls his friends to rejoice with him
because he has found the lost sheep.

II VESPERS - Magnificat Antiphon

- Year A** You will find rest for yourselves,
for my yoke is easy and my burden is light.
- Year B** None of his bones shall be broken.
They will look upon him whom they have pierced.
- Year C** There will be more joy in heaven over one sinner
 who repents
than over ninety-nine righteous persons
who need no repentance.

THE SOLEMNITY OF OUR LORD JESUS CHRIST THE KING

I VESPERS - Magnificat Antiphon

- Year A** When the Son of Man comes in his glory,
he will separate the nations one from another,
as a shepherd separates the sheep from the goats.
- Year B** My kingdom does not belong to this world.
My kingdom is not here.
- Year C** There was an inscription over him -
This is the King of the Jews-

LAUDS - Benedictus Antiphon

- Year A** I was hungry and you gave me food,
thirsty and you gave me to drink,
naked and you clothed me
ill and you cared for me.
- Year B** For this I was born and for this I came into the world,
to testify to the truth, says the Lord.

Year C Jesus remember me -
when you come into your kingdom.

II VESPERS - Magnificat Antiphon

Year A What you did to one of the least of these
My brothers and sisters, you did to me.

Year B Everyone who belongs to the truth
listens to my voice, says the Lord.

Year C Truly I tell you,
today you will be with me in Paradise.



Sundays

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THE SEASON OF ADVENT

Sundays

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FIRST SUNDAY OF ADVENT

I VESPERS - Magnificat Antiphon

Year A Therefore stay awake,
 you do not know when your Lord will come.

Year B Be watchful and be alert!
 You do not know when the time will come.

Year C You will see the Son of Man
 coming in a cloud with power and glory.

LAUDS - Benedictus Antiphon

Year A If the master of the house had known the hour
 when the thief was coming
 he would have stayed awake
 and not let his house be broken into.

Year B You do not know when the Lord of the
 house is coming;
 may he not come suddenly and find you sleeping.

Year C When you see these signs begin to happen
 stand erect and raise your heads,
 because your redemption is at hand.

II VESPERS - Magnificat Antiphon

Year A You, too, must also be prepared,
 for the unexpected coming of the Son of Man.

Year B What I say to you, I say to all:
 Watch and be prepared.

Sundays in Advent

Year C Pray that you may have the strength
to escape tribulation and stand before
the Son of Man.

SECOND SUNDAY OF ADVENT

I VESPERS - Magnificat Antiphon

Year A John the Baptist appeared preaching in the desert:
Repent for the kingdom of heaven is at hand.

Year B John was clothed in camel's hair,
with a leather belt around his waist.

Year C John proclaimed a baptism of repentance
for the forgiveness of sins.

LAUDS - Benedictus Antiphon

Year A I am sending my angel before me
to prepare the way for my coming.

Year B A voice is heard crying in the wilderness:
Prepare the way of the Lord,
Make straight the path of our God.

Year C A voice is heard crying in the wilderness:
Prepare the way of the Lord,
Make straight the path of our God.

II VESPERS - Magnificat Antiphon

Year A A voice is heard crying in the wilderness,
prepare the way of the Lord,
make straight the path of our God.

Year B The One who is coming after me
 existed before me.
 I am not worthy to untie his sandals.

Year C Blessed are you, O Virgin Mary,
 for your great faith;
 all that the Lord promised
 will come to pass through you, alleluia.

THIRD SUNDAY OF ADVENT

I VESPERS - Magnificat Antiphon

Year A Are the one who is to come,
 or should we look for another?

Year B A man named John was sent from God.
 He came to testify to the light.

Year C The people were filled with expectation
 and wondered if John might be the Christ.

LAUDS - Benedictus Antiphon

Year A In prison John heard of the deeds of Jesus
 and sent two disciples with the question:
 "Are you the one whose coming was foretold,
 or shall we look for another?"

Year B The One who is coming after me existed
 before me,
 I am not worthy to untie his sandals.

Year C Let us live in holiness and love
 as we patiently await our blessed hope
 the coming of our Savior.

II VESPERS - Magnificat Antiphon

- Year A** Tell John what you see,
the blind have their sight restored,
the dead are raised to life,
and the poor have the good news
preached to them.
- Year B** The One who is coming after me
existed before me,
I am not worthy to untie his sandals.
- Year C** The One who is coming after me
existed before me,
I am not worthy to untie his sandals

FOURTH SUNDAY OF ADVENT

The Gospel Canticle Antiphons are taken from the current day (December 17-24) in the psalter.





CHRISTMAS - EPIPHANY BAPTISM OF THE LORD

(These antiphons are based on the Gospel for each of these solemnities and are offered as an alternative to those found in the Liturgy of the Hours. That being said, these latter antiphons tend to reflect the spirit of each solemnity, and many of them have been used for centuries. As such, the antiphons in the Liturgy of the Hours hold pride of place.)

Sundays

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Sundays

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THE SOLEMNITY OF CHRISTMAS

I VESPERS - Magnificat Antiphon

- Year A** When Mary was betrothed to Joseph,
 but before they lived together,
 she was found with child by the Holy Spirit.
- Year B** Joseph, son of David,
 do not be afraid to take Mary your wife into your home.
 This child has been conceived
 by the power of the Holy Spirit.
- Year C** You are to name him Jesus,
 because he will save his people from their sins.

LAUDS - Benedictus Antiphon

- Year A** The shepherds went in haste
 and found Mary and Joseph,
 and the infant lying in the manger,
 just as the angels had said.
- Year B** Mary kept all these things,
 cherishing them in her heart.
- Year C** The shepherds returned,
 glorifying and praising God
 for all they had heard and seen,
 just as it had been told to them.

II VESPERS - Magnificat Antiphon

- Year A** In the beginning was the Word,
 and the Word was with God,
 and the Word was God.
 He was in the beginning with God.

Christmastide

Year B All that came to be through him was life,
and this life was the light of all peoples,
the light shining in the darkness,
and the darkness has not overcome it.

Year C The Word was made flesh,
and made his dwelling among us,
and we saw his glory,
the glory of the Father's only Son,
full of grace and truth.

THE FEAST OF THE HOLY FAMILY OF NAZARETH (Sunday within the Octave of Christmas)

I VESPERS - Magnificat Antiphon

Year A The angel of the Lord appeared to Joseph and said,
"Rise, take the child and his mother,
and flee to Egypt staying there until I tell you."

Year B When the days of their purification were fulfilled
they took the child to Jerusalem
to present him to the LORD,
as it is written in the Law of the LORD.

Year C When Jesus was twelve years old,
he went to Jerusalem with his parents
for the celebration of the Passover
according to local custom.

LAUDS - Benedictus Antiphon

Year A Joseph rose and took the child and his mother
and fled to Egypt during the night.
They stayed there until the death of Herod.

Year B Simeon was righteous and devout,
and the Holy Spirit was upon him.
He took the child in his arms and prayed,
Now Master, you can let your servant go in peace
for I have seen your salvation.

Year C Jesus remained in the temple
but his parents did not know it.

II VESPERS - Magnificat Antiphon

Year A Joseph, the child and his mother,
dwelt in a town called Nazareth,
so that the words of the prophets might be proved true -
He shall be called a Nazorean.

Year B Anna the prophetess,
was advanced in years and full of wisdom.
She gave thanks to God and spoke of the child
to all who were awaiting the redemption of Jerusalem.

Year C Why are you looking for me?
Did you not know that I must be in my Father's house?

THE SOLEMNITY OF THE BLESSED VIRGIN MARY, THE MOTHER OF GOD

The antiphons for this Solemnity are found in the Liturgy of the Hours.

SECOND SUNDAY AFTER CHRISTMAS

(When the Epiphany is not celebrated on a Sunday)

I VESPERS - Magnificat Antiphon

Year A Wisdom praises herself, and tell of her glory
in the midst of her people.

Christmastide

- Year B** In the beginning was the Word
and the word was with God,
and the Word was God.
- Year C** John testified to him, crying out:
This is he of whom I said,
The one coming after me ranks before me
because he existed before me.

LAUDS - Benedictus Antiphon

- Year A** Before the ages, in the beginning,
God created me,
and for all the ages,
I shall not cease to be.
- Year B** All things came to be through him,
and without him, nothing came to be.
- Year C** From his fullness we have all received grace upon grace.
The law was given through Moses and the prophets
grace and truth came through Jesus Christ.

II VESPERS - Magnificat Antiphon

- Year A** In the beloved city of Jerusalem,
God gave me a resting place.
I took root in an honored people,
in the portion of the LORD, his heritage.
- Year B** The Word was made flesh
and made his dwelling among us
and we saw his glory,
the glory as of a father's only son
full of grace and truth.

Year C No one has ever seen God.
It is God the only Son,
close to the Father's heart
who has made him known.

THE EPIPHANY OF THE LORD

The antiphons for this Solemnity are found in the Liturgy of the Hours.

THE FEAST OF THE BAPTISM OF THE LORD

I VESPERS - Magnificat Antiphon

Year A Jesus came from Galilee to John at the Jordan
To be baptized by him.

Year B One mightier than me is coming,
I am not worthy to loosen the strap of his sandal.

Year C I baptize you with water,
But one who is more powerful than I is coming,
I am not worthy to untie the thong of his sandals.
He will baptize you with the Holy Spirit and with fire.

LAUDS - Benedictus Antiphon

Year A After Jesus was baptized, he came up from the water,
and the heavens were opened
and the Spirit of God descended like a dove
and came upon him.

Year B I baptize you with water,
he will baptize you with the Holy Spirit.

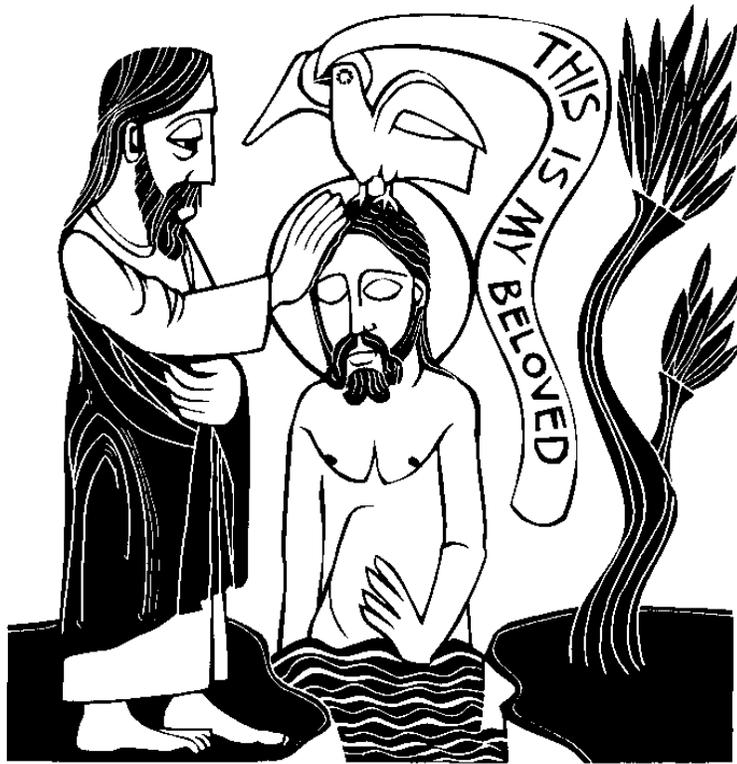
Year C When Jesus had been baptized and was praying
the heavens were opened
and the Holy Spirit descended upon him
in the form of a dove.

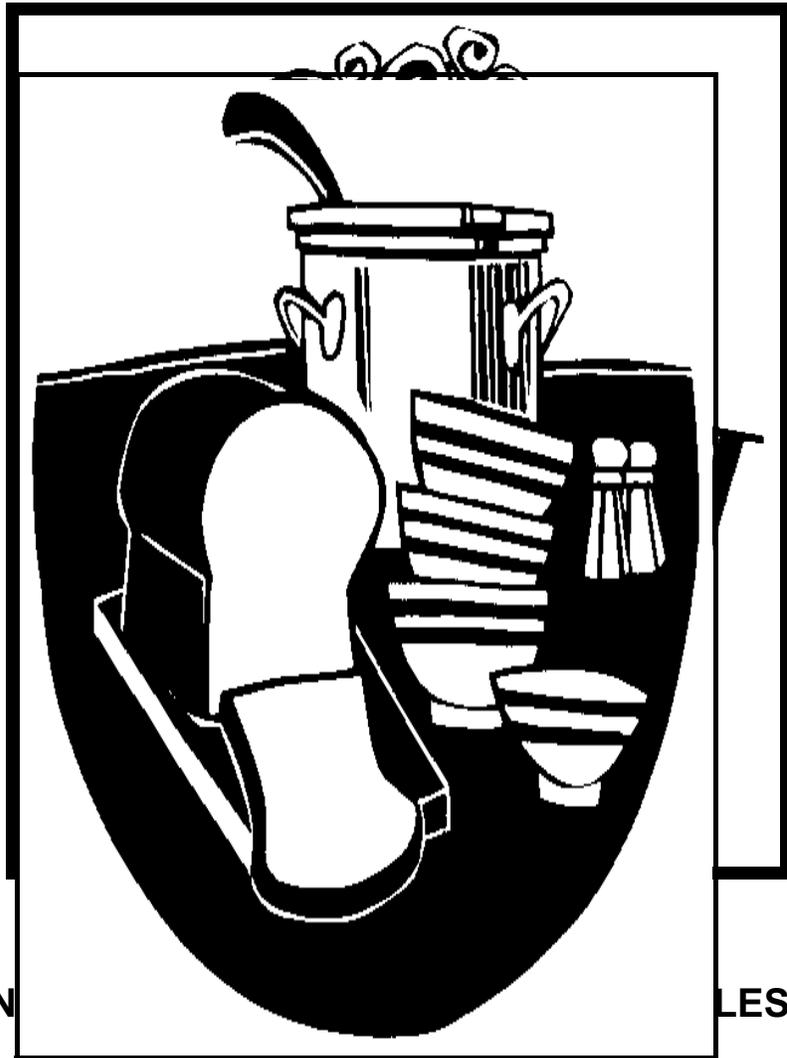
II VESPERS - Magnificat Antiphon

Year A A voice from the heavens was heard saying,
This is my beloved Son, with whom I am well pleased.

Year B You are my beloved Son,
with you I am well pleased.

Year C A voice came from heaven,
You are my Son, my beloved,
with you I am well pleased.





AN

LES

AT THE LITURGY OF THE HOURS
FOR ~~ALL THE SUNDAYS OF THE~~ **THE SEASON OF LENT**
LITURGICAL YEAR

Sundays

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FIRST SUNDAY OF LENT

I VESPERS - Magnificat Antiphon

- Year A** Jesus was led by the Spirit into the wilderness to be tempted by the devil.
- Year B** The Spirit drove Jesus out into the desert, and he remained there for forty days, tempted by Satan.
- Year C** Jesus was led by the Spirit into the desert for forty days, to be tempted by the devil.

LAUDS - Benedictus Antiphon

- Year A** One does not live on bread alone, but by every word that comes from the mouth of God.
- Year B** Jesus was among the wild beasts, and the angels waited on him.
- Year C** Jesus ate nothing during those days, and when they were over, he was hungry.

II VESPERS - Magnificat Antiphon

- Year A** The Lord, your God, shall you worship and him alone shall you serve.
- Year B** This is the time of fulfillment.
The kingdom of God is at hand.
Repent and believe in the Gospel.
- Year C** Worship the Lord your God and serve only him.

SECOND SUNDAY OF LENT

I VESPERS - Magnificat Antiphon

Year A Jesus took Peter, James and his brother John,
and led them up a high mountain by themselves.

Year B Jesus took Peter, James and his brother John,
and led them up a high mountain by themselves

Year C Jesus took Peter, John and James
and went up the mountain to pray.

LAUDS - Benedictus Antiphon

Year A Jesus was transfigured before them;
his face shone like the sun,
and his clothes became dazzling white.

Year B A cloud overshadowed them,
And from the cloud there came a voice:
“This is my beloved Son. Listen to him”

Year C While Jesus was praying, the appearance of his face
changed, and his clothing became dazzling white.

II VESPERS - Magnificat Antiphon

Year A And Moses and Elijah appeared to them,
conversing with Jesus.

Year B Jesus ordered them to tell no one what they had seen,
until after the Son of Man had risen from the dead.

Year C Moses and Elijah appeared in glory and spoke of his exodus
that he was going to accomplish in Jerusalem.

THIRD SUNDAY OF LENT

I VESPERS - Magnificat Antiphon

Year A Those who drink of the water that I will give them
will never grow thirsty.
It will become in them a spring of water
gushing up to eternal life.

Year B Jesus drove the money changers and those selling animals
out of the temple with a whip of cords.
Take these things out of here, he said,
Stop making my Father's house a market place.

Year C A man had a fig tree planted in his garden
but when he came searching for fruit, he found none.

LAUDS - Benedictus Antiphon

Year A Whoever drinks the water that I give,
will never be thirsty again, says the Lord.

Year B Destroy this temple, says the Lord,
and in three days I will rebuild it.
He was speaking of the temple of his body.

Year C For three years I have come in search of fruit
on this fig tree and have found none.
Cut it down, why should it be wasting the soil?

II VESPERS - Magnificat Antiphon

Year A God is spirit, and those who worship him
must worship in spirit and in truth.

Sundays in Lent

Year B Many believed in his name,
for they could see the signs he was performing.
Jesus would not trust himself to them,
because he knew them all.

Year C Sir, leave it another year, while I hoe and care for it.
Then if it does not bear fruit, it shall be cut down.

FOURTH SUNDAY OF LENT

I VESPERS - Magnificat Antiphon

Year A This man was born blind so that God's works
might be revealed in him.

Year B Just as Moses lifted up the serpent in the desert
so must the Son of Man be lifted up,
that whoever believes in him,
will have eternal life.

Year C The tax collectors and sinners
were coming to listen to Jesus.
The Pharisees and scribes complained,
"This man welcomes sinners and eats with them."

LAUDS - Benedictus Antiphon

Year A It was unheard of for anyone to open the eyes
of a man born blind
until the coming of the Christ, the Son of God.

Year B Those who do what is true come to the light
to make clear their deeds are done in God.

Year C I will go to my Father and say:
Treat me like one of your hired hands.

II VESPERS - Magnificat Antiphon

- Year A** The man they call Jesus made mud,
and smeared it on my eyes.
Then I washed it off and now I can see.
- Year B** For love of us God gave the Son,
the only begotten One,
that whoever believes in him
should not perish but have eternal life.
- Year C** Son, you are with me always and all I have is yours.
But we had to celebrate and rejoice.
This brother of yours was dead, and has come back to life,
he was lost and is now found.

FIFTH SUNDAY OF LENT

I VESPERS - Magnificat Antiphon

- Year A** The sisters of Lazarus sent word to Jesus:
"Master the one you love is ill."
- Year B** Unless a grain of wheat falls into the ground and dies,
it remains only a single grain:
but if it dies, it produces a rich harvest.
- Year C** The scribes and Pharisees brought a woman
caught in adultery
and made her stand before everyone.

LAUDS - Benedictus Antiphon

- Year A** Our friend Lazarus has fallen asleep
I am going there to awaken him.
- Year B** Whoever serves me must follow me,
and where I am, there also will my servant be.

Sundays in Lent

Year C Let anyone among you who is without sin
be the first to throw a stone at her.

II VESPERS - Magnificat Antiphon

Year A I am the resurrection and the life.
Those who believe in me, even though they die, will live.
And everyone who lives and believes in me will never die.

Year B When I am lifted up from the earth,
I will draw all people to myself.

Year C There is no one left to condemn you.
Go and sin no more.

SIXTH SUNDAY OF LENT (PASSION SUNDAY)

I VESPERS - Magnificat Antiphon

All Years Praise to our King, the Son of David,
the redeemer of the world;
praise to our Savior,
whose coming was foretold by the prophets.

LAUDS - Benedictus Antiphon

All Years With palms let us welcome the Lord
with songs and hymns let us run to meet him;
and we offer him our joyful worship and sing
Blessed be the Lord!

II VESPERS - Magnificat Antiphon

All Years It is written:
I will strike the shepherd and the flock shall be scattered.
But when I have risen
I will go before you into Galilee
There you shall see me, says the Lord.



THE EASTER SEASON

Sundays

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EASTER SUNDAY

LAUDS - Benedictus Antiphon

All Years Very early in the morning after the Sabbath, when the sun had just risen, the women came to the tomb, alleluia.

II VESPERS - Magnificat Antiphon

All Years On the evening of the first day of the week, the disciples were gather behind locked doors; suddenly Jesus stood among them and said, Peace be with you, alleluia.

SECOND SUNDAY OF EASTER

I VESPERS - Magnificat Antiphon

All Years After eight days, although the doors were locked, the Lord came among them and said, Peace be with you, alleluia.

LAUDS - Benedictus Antiphon

All Years With you hand touch the mark of the nails, doubt no longer, but believe, alleluia.

II VESPERS - Magnificat Antiphon

All Years Because you have see me, Thomas, you have believed; Blessed are they who have not see me and yet believe, alleluia.



THIRD SUNDAY OF EASTER

I VESPERS - Magnificat Antiphon

Year A On the first day of the week, two of Jesus' disciples were going to a village called Emmaus and were talking about all that had occurred, alleluia.

Year B Jesus said, Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet, and know that it is I, alleluia.

Year C Jesus said, Cast your net off the right side of the boat, and you will find fish, alleluia.

LAUDS - Benedictus Antiphon

Year A Are you the only resident of Jerusalem who has not heard how Jesus of Nazareth was delivered up to death, alleluia, alleluia.

Year B Remember the words I spoke to you when I was with you: everything written about me in the Law, the prophets And the psalms must be fulfilled, alleluia.

Year C Jesus said to his disciples, bring me some of the fish you have caught. Simon Peter went aboard and hauled ashore the net, alleluia.

II VESPERS - Magnificat Antiphon

Year A Stay with us Lord, for evening draws near and daylight is fading, alleluia.

Year B Thus it is written, that the Christ would suffer and rise from the dead on the third day, alleluia.

Year C Simon, son of John, do you love me more than these?
Yes, Lord, you know that I love you.
Feed my sheep, alleluia.

FOURTH SUNDAY OF EASTER

I VESPERS - Magnificat Antiphon

Year A The one who enters by the gate
is the shepherd of the sheep.
The sheep hear his voice and they follow him, alleluia.

Year B I am the good shepherd.
The good shepherd lays down his life for the sheep, alleluia.

Year C My sheep hear my voice,
I know them, and they follow me, alleluia.

LAUDS - Benedictus Antiphon

Year A I am the shepherd of my sheep,
I am the way, the truth and the life,
I know my sheep and my sheep know me, alleluia, alleluia.

Year B I am the good shepherd.
I know my own and my own know me, alleluia.

Year C I give my sheep eternal life
and they will never perish, alleluia.

II VESPERS - Magnificat Antiphon

Year A I am the gate, says the Lord
whoever enters by me will be saved, alleluia.

Year B I know my own and my own know me,
As the Father knows me and I know the Father,
alleluia.

The Easter Season

Year C I have other sheep that do not belong to this flock, these also I must lead. They will hear my voice, and there will be one fold and one shepherd, alleluia.

FIFTH SUNDAY OF EASTER

I VESPERS - Magnificat Antiphon

Year A Do not let your hearts be troubled.
You have faith in God; have faith also in me.
In my Father's house there are dwelling places, alleluia..

Year B I am the true vine, and my Father is the vinegrower.
He removes every branch that bears no fruit.
Every branch that bears fruit he prunes
to make it bear more fruit, alleluia.

Year C I give you a new commandment,
love one another as I have loved you, alleluia.

LAUDS - Benedictus Antiphon

Year A I am the way, the truth and the life.
No one comes to the Father except through me, alleluia.

Year B Those who live in me and I in them,
will yield much fruit, says the Lord, alleluia.

Year C In this all will know that you are my disciples,
if you have love for one another, alleluia.

II VESPERS - Magnificat Antiphon

Year A I have been with you all this time and you do not know me?
Philip, who sees me, sees my Father, alleluia..

Year B If you live in me and my words live in you,
ask for whatever you wish, and it will be done for you,
alleluia.

Year C As I have loved you,
so you should love one another, alleluia.

SIXTH SUNDAY OF EASTER

I VESPERS - Magnificat Antiphon

Year A I will ask the Father to give you another Advocate,
to be with you forever, alleluia.

Year B As the Father has loved me, so I have loved you.
Abide in my love, alleluia.

Year C Those who love me will keep my word,
and my Father will love them, and we come to them,
and make our home with them, alleluia.

LAUDS - Benedictus Antiphon

Year A If you love,
you will keep my commandments, alleluia.

Year B No one has greater love than this,
to lay down one's life for one's friends, alleluia.

Year C Peace I leave with you, my peace I give to you, alleluia.

II VESPERS - Magnificat Antiphon

Year A I will not leave you orphaned, I am coming back to you,
and our hearts will rejoice, alleluia.

The Easter Season

Year B It was not you who chose me, but I who chose you to go and bear fruit, fruit that will last, alleluia.

Year C The Holy Spirit, the Advocate, whom the Father will send in my name, will teach you in everything and remind you of all that I have said to you, alleluia.

THE ASCENSION OF THE LORD

I VESPERS - Magnificat Antiphon

Year A The eleven disciples went to Galilee, to the mount to which Jesus had told them, alleluia.

Year B Jesus said, Go into all the world and proclaim the good news to the whole creation, alleluia.

Year C Jesus lead his disciples out as far as Bethany, and lifting up his hands he blessed them, alleluia.

LAUDS - Benedictus Antiphon

Year A Jesus said to them, All power in heaven and on earth has been given to me. Go and make disciples of all nations, alleluia.

Year B Then the Lord Jesus was taken up into heaven, and sat down at the right hand of God, alleluia.

Year C While Jesus was blessing them, he withdrew from them and was taken up to heaven, alleluia.

II VESPERS - Magnificat Antiphon

Year A And remember, I am with you always, to the end of the age, alleluia.

Sundays

Year B The disciples went out and proclaimed the Good News everywhere, alleluia.

Year C The disciples worshiped him and returned to Jerusalem with great joy; they were constantly in the temple, praising God, alleluia.

SEVENTH SUNDAY OF EASTER

I VESPERS - Magnificat Antiphon

Year A Jesus prayed: Father, the hour has come. Glorify your Son so that the Son may glorify you, alleluia.

Year B Jesus prayed: Father, protect those in your name that you have given me, so that they may be one, as you and I are one, alleluia.

Year C Jesus prayed, saying: I pray not only for these, but for all who believe in me through their word, alleluia.

LAUDS - Benedictus Antiphon

Year A This is eternal life, to know the only true God, and Jesus Christ whom God has sent, alleluia.

Year B Sanctify them in the truth; Your word is truth, alleluia.

Year C As you Father, are in me and I am in you, may they also be in us, so the world may believe that you have sent me, alleluia.

II VESPERS - Magnificat Antiphon

Year A Father, glorify me in your presence with the glory I had before the world existed, alleluia.

The Easter Season

Year B As you have sent me into the world,
so I have sent them into the world, alleluia.

Year C The glory that you have given me I have given them,
so that they may be one, as we are one, alleluia.

PENTECOST SUNDAY

The antiphons for this Solemnity are found in the Liturgy of the Hours. These are offered as an alternative.

I VESPERS - Magnificat Antiphon

All Years Jesus came and stood in the midst of his disciples
and said, Peace be with you. Then he showed them
his hands and his side, alleluia.

LAUDS - Benedictus Antiphon

All Years Peace be with you. As the Father has sent me,
so I send you, alleluia.

II VESPERS - Magnificat Antiphon

All Years Jesus breathed on them and said,
Receive the Holy Spirit, alleluia.

