

# AD PRIMAM

The First Hour — Sunrise

## OFFICIUM PARVUM BEATAE MARIAE VIRGINIS

29th February 2024  
<https://littleoffice.brandt.id.au>



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## THE BEGINNING

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*Making the sign of the cross:*



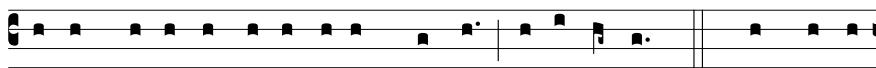
D E-us ✠ in adjutó-ri-um mé-um inténde. ☩ Dómine  
O God, come to my assistance. O Lord,



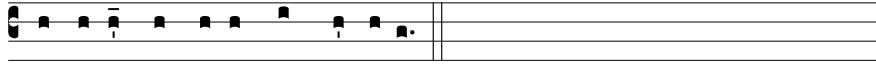
ad adjuvándum me festína. Gló-ri-a Pátri, et Fí-li-o, et Spi-  
make haste to help me. Glory be to the Father and to the



rí-tu-i Sáncto. Sicut érat in princí-pi-o, et nunc, et semper,  
Holy Ghost. As it was in the beginning is now, and ever shall be



et in sáecu-la sáecu-lórum. Amen. Alle-lú-ia. Or: Laus tí-bi  
to ages of ages. Praise to thee



Dómine Rex ætérnæ gló-ri-æ.

Lord, King of eternal glory.

## I.I Hymn

2

**M** Eménto rerum Cóndi-tor, Nostri quod o-lim cór  
 Remember, Maker of all things, That once the form of our flesh -

po-ri-s, Sacráta ab alvo Vírginis Nascéndo, formam súmpse-  
 From the Virgin's sacred womb Being born, thou didst take on.

ris. 2. Ma-rí-a ma-ter grá-ti-æ, Dulcis parens clémenti-æ,  
 Mary, Mother of grace, Sweet parent of clemency,

Tu nos ab hoste pró-tege, Et mortis ho-ra súscipe. 3. Je-su  
 Thou protectest us from the enemy And receivest us at the hour of death. Jesu,

ti-bi sit gló-ri-a, Qui natus es de Vírgine, Cum Patre et almo  
 to Thee be glory, Who wast born of the Virgin, With the Father and the

Spí-ri-tu, in sempi-térrna sácu-la. A-men.  
 loving Spirit, Unto sempiternal ages.

## PSALMODY

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*The antiphon varies for Advent (see page 7) and Christmas (see page 11.) Otherwise as below.*

### 2.1 Psalms Outside Advent and Christmas

*Usually sit at the first asterisk for each psalm, rise at the asterisk for the last verse of the psalm ready to bow for the Gloria Patri, upright for Sicut erat, then remain standing until the first asterisk of the next psalm.*

7a

A Ssúmpta est Ma-rí-a in caé-lum: \* gaudent Ange-li  
Mary is assumed into heaven Angels rejoice

laudántes benedícunt Dóminum.  
praising, they bless the Lord.

### Psalm 53

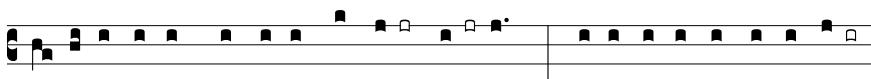
De- us in nómine tu-o sálvum me fac, \* et in virtúte tu-a  
Save me, O God, by thy name, and judge my in thy strength.

jú- dica me.

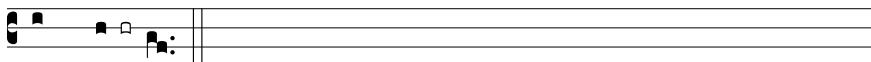
2. Deus, exáudi oratióñem meam; \* O God, hear my prayer: give ear to the  
áuribus pércipe verba oris mei. words of my mouth.

3. Quóniam aliéni insurrexérunt ad-vérsus me, † et fortes quaesiérunt ánimam **meam**: \* et non proposuérunt Deum ante conspéctum **suum**.  
 For strangers have risen up against me; and the mighty have sought after my soul: and they have not set God before their eyes.
4. Ecce enim Deus **ádjuvat** me, \* et Dóminus suscéptor est ánimae **meae**.  
 For behold God is my helper: and the Lord is the protector of my soul.
5. Avérte mala inimícis **meis**; \* et in veritáte tua disperde illos.  
 Turn back the evils upon my enemies; and cut them off in thy truth.
6. Voluntárie sacrificábo **tibi**, \* et con-fitébor nómini tuo, Dómine, **quóniam bonum** est.  
 I will freely sacrifice to thee, and will give praise, O God, to thy name: because it is good:
7. Quóniam ex omni tribulatióne eri-puísti me, \* et super inimícos meos despéxit óculus **meus**.  
 For thou hast delivered me out of all trouble: and my eye hath looked down upon my enemies.
8. Glória **Patri** et **Fílio** \* et Spirítui **Sancto**.  
 Glory be to the Father and to the Son and to the Holy Spirit.
9. Sicut erat in princípio, et **nunc** et **semper** \* et in sáecula saeculórum.  
 As it was in the beginning, is now, and ever shall be, world without end.
- Amen.
- Amen.

## Psalm 84



Benedi-xísti, Dómine, **terram tu-** am; \* avertísti capti-vi-tá-  
 Thou hast blessed thy land: thou hast turned away the captivity of Jacob.



tem Ja- cob.-

2. Remisísti iniquitátem **plebis tuae**; \* Thou hast forgiven the iniquity of thy people: thou hast covered all their sins.  
 operuísti omnia peccáta eórum.
3. Mitigásti omnem **iram tuam**; \* aver-
- Thou hast mitigated all thy anger: thou

tísti ab ira indignatiónis **tuae**.

hast turned away from the wrath of thy indignation.

4. Convérte nos, Deus salutáris **noster**, \* et avérte iram **tuam a nobis**.

Convert us, O God our saviour: and turn off thy anger from us.

5. Numquid in aetérnum irascéris **nobis**? \* aut exténdes iram tuam a generatióne in generatióñem?

Wilt thou be angry with us for ever: or wilt thou extend thy wrath from generation to generation?

6. Deus, tu convérsum vivificábis nos, \* et plebs tua laetábitur **in te**.

Thou wilt turn, O God, and bring us to life: and thy people shall rejoice in thee.

7. Osténde nobis, Dómine, misericór-diam **tuam**, \* et salutáre **tuum da nobis**.

Shew us, O Lord, thy mercy; and grant us thy salvation.

8. Audiam quid loquátur in me **Dómi-nus Deus**, \* quóniam loquétur pacem in **plebem suam**.

I will hear what the Lord God will speak in me: for he will speak peace unto his people:

9. Et super **sanc-tos suos**, \* et in eos qui convertúntur **ad cor**.

And unto his saints: and unto them that are converted to the heart.

10. Verumtámén prope timéntes eum salutáre ipsíus, \* ut inhábitet glória in **terra nostra**.

Surely his salvation is near to them that fear him: that glory may dwell in our land.

11. Misericórdia et véritas obviavérun tibi; \* justitia et pax **osculátae sunt**.

Mercy and truth have met each other: justice and peace have kissed.

12. Véritas de **terra orta** est, \* et justitia de **caelo prospéxit**.

Truth is sprung out of the earth: and justice hath looked down from heaven.

13. Etenim Dóminus dabit **benignitá-tem**, \* et terra nostra dabit **fructum suum**.

For the Lord will give goodness: and our earth shall yield her fruit.

14. Justitia ante eum **ambulábit**, \* et ponet in via **gressus suos**.

Justice shall walk before him: and shall set his steps in the way.

15. Glória **Patri et Fílio** \* et Spirítui **Sancto**.

Glory be to the Father and to the Son and to the Holy Spirit.

16. Sicut erat in princípio, et **nunc** et **semper** \* et in **sáecula saeculórum**.

As it was in the beginning, is now, and ever shall be, world without end.

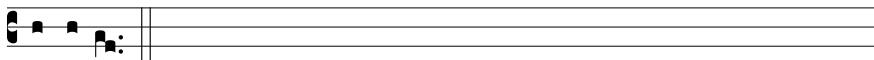
Amen.

Amen.

## Psalm 116



Laudá-te Dóminum, **omnes gentes;** \* laudá-te e-um, **omnes**  
O praise the Lord, all ye nations, praise him, all ye people.



pópu-li.

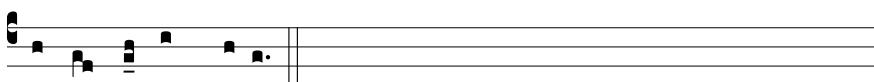
1. Quóniam confirmáta est super nos misericórdia ejus, \* et véritas Dómini manet **in aetérnum.** O praise the Lord, all ye nations: praise him, all ye people. For his mercy is confirmed upon us: and the truth of the Lord remaineth for ever.
  2. Glória Patri et Fílio \* et Spirítui Sancto.
  3. Sicut erat in princípio, et **nunc** et **semper** \* et in sáecula saeculórum.
- Amen.

## 2.2 Psalms in Advent

*From the First Vespers of the First Sunday of Advent to None of Christmas Eve inclusive.*



**M**issus est Gábri- el Ange-lus ad Ma-rí- am Vírginem



desponsá-tam Jóseph.

The Angel Gabriel was sent to Mary,  
a Virgin espoused to Joseph.

## Psalm 53

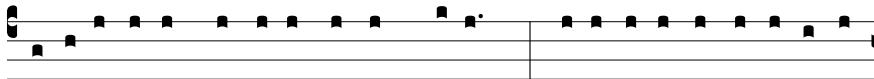


**dica** meFlex : advérsum me, †

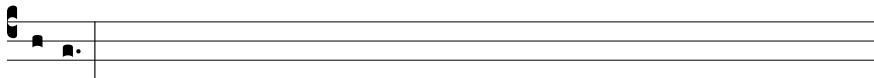
2. Deus, exáudi oratióñem **meam**: \* O God, hear my prayer: give ear to the  
áuribus pérçipe verba *oris mei*. words of my mouth.
3. Quóniam aliéni insurrexérunt ad-  
vérsuñ me, † et fortes quæsiérunt áni-  
mam **meam**: \* et non proposuérunt  
Deum ante conspéctum **suum**. For strangers have risen up against me;  
and the mighty have sought after my  
soul: and they have not set God before  
their eyes.
4. Ecce enim Deus ádjuvat me: \* et  
Dóminus suscéptor est ánimæ **meæ**. For behold God is my helper: and the  
Lord is the protector of my soul.
5. Avérte mala inimícis **meis**: \* et in  
veritáte tua dispérde illos. Turn back the evils upon my enemies;  
and cut them off in thy truth.
6. Voluntárie sacrificábo **tibi**, \* et con-  
fitébor nómíni tuo, Dómine: quóniam  
**bonum** est: I will freely sacrifice to thee, and will  
give praise, O God, to thy name: be-  
cause it is good:
7. Quóniam ex omni tribulatióñe eri-  
puísti me: \* et super inimícos meos de-  
spéxit óculus **meus**. For thou hast delivered me out of all  
trouble: and my eye hath looked down  
upon my enemies.
8. Glória Patri, et **Fílio**, \* et Spirítui  
**Sancto**. Glory be to the Father, and to the Son  
and to the Holy Ghost.
9. Sicut erat in princípio, et nunc,  
et **semper**, \* et in sácula sæculórum.  
As it was in the beginning, is now, and  
ever shall be, unto ages of ages. Amen.

Amen.

## Psalm 84



Benedi-xísti, Dómine, terram **tu-am** : \* avertísti capti-vi-tá-tem



Jacob.

- |   |   |
|---|---|
| 2. Remisísti iniquitátem plebis <b>tuæ</b> : *  | Thou hast forgiven the iniquity of thy people: thou hast covered all their sins.                  |
| 3. Mitigásti omnem iram <b>tuam</b> : * aver-tísti ab ira indignatiónis <b>tuæ</b> .                              | Thou hast mitigated all thy anger: thou hast turned away from the wrath of thy indignation.       |
| 4. Convérte nos, Deus, salutáris <b>no-ster</b> : * et avérte iram <i>tuam a nobis</i> .                          | Convert us, O God our saviour: and turn off thy anger from us.                                    |
| 5. Numquid in ætérnum irascéris <b>no-bis</b> ? * aut exténdes iram <i>tuam a genera-tiōne in genera-tiōnem</i> ? | Wilt thou be angry with us for ever: or wilt thou extend thy wrath from generation to generation? |
| 6. Deus, tu convérsus vivificábis nos : * et plebs tua lætábitur <b>in te</b> .                                   | Thou wilt turn, O God, and bring us to life: and thy people shall rejoice in thee.                |
| 7. Osténde nobis, Dómine, misericór-diam <b>tuam</b> : * et salutáre <i>tuum da nobis</i> .                       | Shew us, O Lord, thy mercy; and grant us thy salvation.   |
| 8. Audiam quid loquátur in me Dómi-nus <b>Deus</b> : * quóniam loquéatur pacem in <i>plebem suam</i> .            | I will hear what the Lord God will speak in me: for he will speak peace unto his people:          |
| 9. Et super sanctos <b>suos</b> : * et in eos, qui convertúntur <b>ad</b> cor.                                    | And unto his saints: and unto them that are converted to the heart.                               |
| 10. Verúmtamen prope timéntes eum   | Surely his salvation is near to them that   |

salutáre ipsíus : \* ut inhábitet glória in  
*terra nostra.*

fear him: that glory may dwell in our  
land.

11. Misericórdia, et véritas obviavérunt  
*sibi* : \* justítia, et pax osculátæ sunt.

Mercy and truth have met each other:  
justice and peace have kissed.

12. Véritas de terra **orta** est : \* et justítia  
de *cælo prospéxit.*

Truth is sprung out of the earth: and  
justice hath looked down from heaven.

13. Etenim Dóminus dabit benignitá-  
tem : \* et terra nostra dabit *fructum*  
*suum.*

For the Lord will give goodness: and  
our earth shall yield her fruit.

14. Justítia ante eum ambulábit : \* et  
ponet in via *gressus suos.*

Justice shall walk before him: and shall  
set his steps in the way.

15. Glória Pátri, et Fílio, \* et Spirítui  
**Sáncto.**

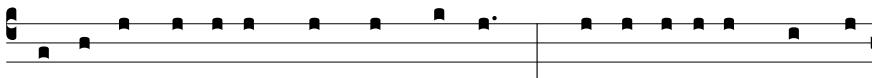
Glory be to the Father and to the Son,  
and to the Holy Ghost.

16. Sicut érat in princípio, et núnc,  
et sémper, \* et in sǽcula sǽculórum.  
Amen.

As it was in the beginning, is now,  
and ever shall be, world without end.

Amen.

## Psalm 116



Laudá-te Dóminum, omnes **Gentes** : \* laudá-te e-um, *omnes*  
**pópu-li** :

2. Quóniam confirmáta est super nos  
misericórdia ejus : \* et véritas Dómini  
manet in ætérnum.

For his mercy is confirmed upon us:  
and the truth of the Lord remaineth for  
ever.

3. Glória Pátri, et Fílio, \* et Spirítui  
**Sáncto.**

Glory be to the Father and to the Son,  
and to the Holy Ghost.

4. Sicut érat in princípio, et núnc,  
et sémper, \* et in sǽcula sǽculórum.

As it was in the beginning, is now,  
and ever shall be, world without end.

Amen.

Amen.

*Repeat the antiphon Missus est (page 7) all together. Then proceed to the Capitulum, Ecce Virgo, page 16.*

## 2.3 Psalms in Christmastide

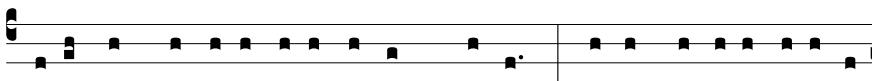
*From Vespers of Christmas Eve until Compline of the Purification inclusively*

6f

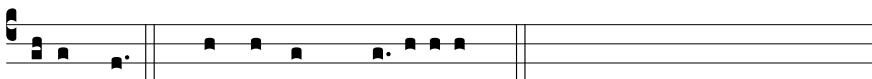
O admi-rábi-le commérci- um! \* Cre-átor gené-ris  
 humáni, animá- tum córpus sumens, de Vírgine nasci dig-  
 ná- tus est: et procédens homo si-ne sémine, largí-tus est no-  
 bis su-am de- i-tá-tem.

How wonderful is the dealing here.  
 The Maker of man hath taken to Himself a living body,  
 and hath been pleased to be born of the Virgin  
 He is come forth conceived without seed,  
 and hath made us partakers of His Divine nature.

## Psalm 53



De-us, in nómine tu-o salvum **me** fac : \* et in virtúte tu-a jú-



*dica me*Flex : advérsum me, †

2. Deus, exáudi oratióñem **meam** : \* áuribus pérçipe verba *oris mei*.

3. Quóniam aliéni insurrexérunt ad-vérsum me, † et fortes quæsiérunt áni-mam **meam** : \* et non proposuérunt Deum ante conspéctum **suum**.

4. Ecce enim Deus ádjuvat me : \* et Dóminus suscéptor est ánimæ **meæ**.

5. Avérte mala inimícis **meis** : \* et in veritáte tua dispérde illos.

6. Voluntárie sacrificábo **tibi**, \* et con-fitébor nómini tuo, Dómine : quóniam **bonum** est :

7. Quóniam ex omni tribulatióne eri-puísti me : \* et super inimícos meos despéxit óculus **meus**.

8. Glória Pátri, et **Fílio**, \* et Spirítui **Sáncto**.

9. Sicut érat in princípio, et núc, et **sémp**er, \* et in sǽcula sǽculórum. Amen.

O God, hear my prayer: give ear to the words of my mouth.

For strangers have risen up against me; and the mighty have sought after my soul: and they have not set God before their eyes.

For behold God is my helper: and the Lord is the protector of my soul.

Turn back the evils upon my enemies; and cut them off in thy truth.

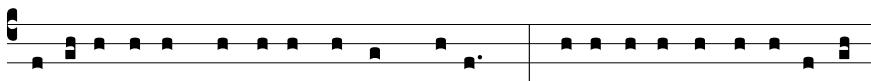
I will freely sacrifice to thee, and will give praise, O God, to thy name: because it is good:

For thou hast delivered me out of all trouble: and my eye hath looked down upon my enemies.

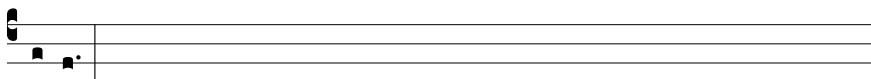
Glory be to the Father and to the Son, and to the Holy Ghost.

As it was in the beginning, is now, and ever shall be, world without end. Amen.

## Psalm 84



Benedi-xísti, Dómine, terram **tu**-am : \* avertísti capti-vi-tá-tem



Jacob.

2. Remisísti iniquitátem *plebis tuæ* : \* Thou hast forgiven the iniquity of thy people: thou hast covered all their sins.
3. Mitigásti omnem *iram tuam* : \* Thou hast mitigated all thy anger: thou hast turned away from the wrath of thy indignation.
4. Convréte nos, Deus, salutáris **no**-ster : \* et avérte iram *tuam a nobis*. Convert us, O God our saviour: and turn off thy anger from us.
5. Numquid in æténum irascéris **no**-bis? \* aut exténdes iram *tuam a genera*tiónem? Wilt thou be angry with us for ever: or wilt thou extend thy wrath from generation to generation?
6. Deus, tu convérsus vivificábis nos : \* et plebs tua lætábitur **in te**. Thou wilt turn, O God, and bring us to life: and thy people shall rejoice in thee.
7. Osténde nobis, Dómine, misericór-diam **tuam** : \* et salutáre *tuum da nobis*. Shew us, O Lord, thy mercy; and grant us thy salvation.
8. Audiam quid loquátur in me Dómi-nus Deus : \* quóniam loquéatur pacem in *plebem suam*. I will hear what the Lord God will speak in me: for he will speak peace unto his people:
9. Et super sanctos **suos** : \* et in eos, qui convertúntur **ad** cor. And unto his saints: and unto them that are converted to the heart.
10. Verúmtamen prope timéntes eum salutáre *ipsíus* : \* ut inhábitet glória in *terra nostra*. Surely his salvation is near to them that fear him: that glory may dwell in our land.

11. Misericórdia, et véritas obviavérunt  
sibi : \* justitia, et pax osculátæ sunt.

Mercy and truth have met each other:  
justice and peace have kissed.

12. Véritas de terra orta est : \* et justitia  
de cælo prospéxit.

Truth is sprung out of the earth: and  
justice hath looked down from heaven.

13. Etenim Dóminus dabit benignitá-  
tem : \* et terra nostra dabit fructum  
suum.

For the Lord will give goodness: and  
our earth shall yield her fruit.

14. Justitia ante eum ambulábit : \* et  
ponet in via gressus suos.

Justice shall walk before him: and shall  
set his steps in the way.

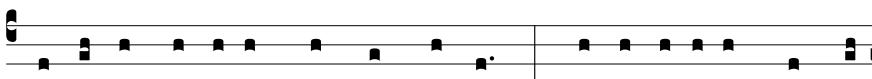
15. Glória Pátri, et Fílio, \* et Spirítui  
Sáncto.

Glory be to the Father and to the Son,  
and to the Holy Ghost.

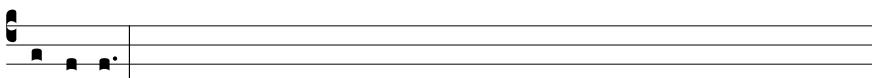
16. Sicut érat in princípio, et núnc,  
et sémp̄er, \* et in sácula sæculórum.  
Amen.

As it was in the beginning, is now,  
and ever shall be, world without end.  
Amen.

## Psalm 116



Laudá-te Dóminum, omnes Gentes : \* laudá-te e-um, omnes



pópu-li :

2. Quóniam confirmáta est super nos  
misericórdia ejus : \* et véritas Dómini  
manet in atérnūm.

For his mercy is confirmed upon us:  
and the truth of the Lord remaineth for  
ever.

3. Glória Pátri, et Fílio, \* et Spirítui  
Sáncto.

Glory be to the Father and to the Son,  
and to the Holy Ghost.

4. Sicut érat in princípio, et núnc,  
et sémp̄er, \* et in sácula sæculórum.  
Amen.

As it was in the beginning, is now,  
and ever shall be, world without end.  
Amen.

*Repeat the antiphon O admirabile (page II) all together. Then proceed*

*to the Capitulum, Quae est ista below.*

## LITTLE CHAPTER

---

*Outside Advent: (Cant. 6: 9.)*

Quae est ista, quae progréditur quasi auróra consúrgens, † pulchra ut luna, elécta ut sol, \* terríbilis ut castrórum ácies ordináta.

R. Deo gratias.

¶. Dignáre me laudáre te, Virgo sacráta.

R. Da mihi virtútem contra hostes tuos.

Who is she that cometh forth like the rising dawn, fair as the moon, clear as the sun, terrible as a fenced camp set in battle array? Thanks be to God.

Vouchsafe that I may praise thee, O sacred Virgin.

Give me strength against thine enemies.

*In Advent:*

Ecce Virgo concípiet, et páriet filium,  
† et vocábitur nomen ejus Emmánuel.  
\* Butýrum et mel cómedet, ut sciat reprobáre malum, et elígere bonum.

R. Deo gratias.

¶. Angelus Dómini nuntiávit Maríae.

R. Et concépit de Spíritu Sancto.

*Isaiae 7: 14, 15.*

Behold, a Virgin shall conceive and bear a son, and his name shall be called Emmanuel. Butter and honey shall he eat, that he may know to refuse the evil, and choose the good. Thanks be to God.

The angel of the Lord declared unto Mary.

And she conceived by the Holy Spirit.

## THE END

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## Collect

¶. Dómine exáudi oratióne meam.

¶. Et clamor meus ad te véniat.

Orémus.

O Lord, hear my prayer.

And let my cry come unto thee

Let us pray.

*Most of the year:*

Deus, qui virginálem aulam beátae Maríae, in qua habitáres, elígere dignátus es: † da, quaésumus; ut suanos defensióne munítos, jucúndos fáciás suae interésse commemoratióni. Qui vivis et regnas cum Deo Patre in unitáte Spíritus Sancti Deus, per ómnia saécula saeculórum.

O God, Who wast pleased to choose for thy dwelling-place the maiden palace of Blessed Mary, grant, we beseech thee, that her protection may shield us, and make us glad in her commemoration. Who lives and reigns with God the Father in the unity of the Holy Spirit, one God, world without end.

Amen.

¶. Amen.

*In Advent:*

Deus, qui de beátae Maríae Vírginis útero Verbum tuum, Angelo nuntiánte, carnem suscípere voluísti: † prae-sta supplícibus tuis; ut, qui vere eam Genetrícem Dei crédimus, \* ejus apud te intercessióibus adjuvémur. Per eúmdem Dóminum nostrum Jesum Christum, Fílium tuum, † qui tecum vivit et regnat in unitáte Spíritus Sancti Deus, \* per ómnia saécula saeculórum.

¶. Amen.

O God, who didst please that Thy Word should take flesh at the message of an Angel in the womb of the Blessed Virgin Mary, grant to us Thy suppliants, that we, who believe her to be truly the Mother of God, may be helped by her intercession with Thee. Through the same our Lord Jesus Christ, Thy Son, who liveth and reigneth with Thee in the unity of the Holy Ghost, God, world without end. Amen.

*Post Nativitatem:*

Deus, qui salutis ætérnæ, beátæ Máríæ virginitáte fecúnda, humáno géne-ri præmia præstitísti : † tríbue, quásumus; ut ipsam pro nobis intercédere sentiámus, \* per quam merúimus auc-tórem vitæ suscípere, Dóminum no-strum Jesum Christum Fílium tuum, † qui tecum vivit et regnat in unitáte Spíritus Sancti Deus, \* per ómnia saécula saeculórum.

R. Amen.

O God, Who by the fruitful virginity of blessed Mary, hast given to mankind the rewards of eternal salvation: grant, we beseech You, that we may experience her intercession for us, by whom we deserved to receive the Author of life, our Lord Jesus Christ, Your Son, who with Thee lives and reigns in the unity of the Holy Spirit, one God, world without end. Amen.

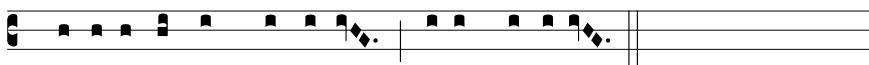
*Ending with:*

¶. Dómine exáudi oratióñem meam.

R. Et clamor meus ad te véniat.

O Lord, hear my prayer.

And let my cry come unto thee



¶. Benedi-cámus Dómino. R. De-o grá-ti-as.

Let us bless the Lord.

Thanks be to God.

¶. Fidélium ánimaे per misericórdiam  
Dei requiéscant in pace.

May the souls of the faithful departed  
through the mercy of God rest in  
peace. Amen.

R. Amen.