



# LITTLE OFFICE OF OUR LADY Morning Prayer

God, come to my aid.  
**O Lord, make haste to help me**

Glory to the Father and to the Son and to the Holy Spirit  
**as it was in the beginning, is now, and will be forever. Amen.**

## HYMN

## PSALMODY

**Canticle** **Daniel 3:52-57**  
**Let all creatures praise the Lord.**

Blessed are you, O Lord, the God of our fathers,  
praiseworthy and exalted above all forever;

And blessed is your holy and glorious name,  
praiseworthy and exalted above all for all ages.

Blessed are you in the temple of your holy glory,  
praiseworthy and glorious above all forever.

Blessed are you on the throne of your kingdom,  
praiseworthy and exalted above all forever.

Blessed are you who look into the depths  
from your throne upon the cherubim,  
praiseworthy and exalted above all forever.

Blessed are you in the firmament of heaven,  
praiseworthy and glorious forever.

Bless the Lord, all you works of the Lord,  
praise and exalt him above all forever.

## Psalm 150

### Praise the Lord

*Let mind and heart be in your song: this is to glorify God with your whole self*

Praise God in his holy place,  
praise him in his mighty heavens.  
Praise him for his powerful deeds,  
praise his surpassing greatness.

O praise him with sound of trumpet,  
praise him with lute and harp.  
Praise him with timbrel and dance,  
praise him with strings and pipes.

O praise him with resounding cymbals,  
praise him with clashing of cymbals.  
Let everything that lives and that breathes  
give praise to the Lord.

## READING

From a letter by Saint Athanasius, bishop  
(*Epist. Ad Epictetum*,5-9; PG 26,1058,1062-1066)

### *The Word took our nature from Mary*

What was born of Mary was therefore human by nature, in accordance with the inspired Scriptures, and the body of the Lord was a true body: It was a true body because it was the same as ours. Mary, you see, is our sister, for we are all born from Adam.

The words of St John, the Word was made flesh, bear the same meaning, as we may see from a similar turn of phrase in St Paul: Christ was made a curse for our sake. Mary's body has acquired something great through its communion and union with the Word. From being mortal it has been made immortal; though it was a living body it has become a spiritual one; though it was made from the earth it has passed through the gates of heaven.

Even when the Word takes a body from Mary, the Trinity remains a Trinity, with neither increase nor decrease. It is for ever perfect. In the Trinity we acknowledge one Godhead, and thus one God, the Father of the Word, is proclaimed in the Church.

## *Mary our Mother*

She is our mother — the mother of our life, the mother of our incarnation, the mother of our light. As the apostle says of our Lord: *He became for us by God's power our wisdom and justice, and holiness and redemption.*

She then, as mother of Christ, is the mother of our wisdom and justice, of our holiness and redemption. She is more our mother than the mother of our flesh. Our birth from her is better, for from her is born our holiness, our wisdom, our justice, our sanctification, our redemption

*Praise the Lord in his holy ones*, say the Scriptures. If our Lord is to be praised in those holy ones through whom he brings to being deeds of power and miracles, how much more is he to be praised in her in whom he fashioned himself, who is wonderful beyond all wonders.

## RESPONSORY

O Virgin Mary, no other daughter of Jerusalem is your equal,  
for you are the mother of the King of kings,  
you are the Queen of heaven and of angels.

- **Blessed are you among women  
and blessed is the fruit of your womb.**

Hail, full of grace; the Lord is with you.

- **Blessed are you among women  
and blessed is the fruit of your womb.**

## INTERCESSIONS

Let us give glory to Christ who was born of the Virgin Mary  
by the power of the Holy Spirit,  
and let us pray to him:

**Son of the Virgin Mary, have mercy on us.**

Christ born of the Virgin Mary,  
you are the Wonder-Counsellor and Prince of Peace,

- **give your peace to the world.**

Our King and our God, you have raised us up by your coming,  
- help us to honour you all the days of our lives,

**by our faith and our deeds.**

You made yourself like us,

- **in your mercy, grant that we may become more like you.**

You made yourself a citizen of our earthly city,  
- **grant that we may become citizens of our true homeland,  
your Kingdom in Heaven.**

**Our Father...**

**CONCLUDING PRAYER**

God our Father,  
may we always profit by the prayers  
of the Virgin Mother Mary,  
for You bring us life and salvation  
through Jesus Christ her Son  
Who lives and reigns with You  
and the Holy Spirit, one God,  
for ever and ever.