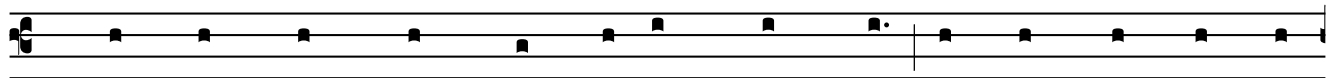


Tract following the First Reading (Ps 101:2-5, 14)

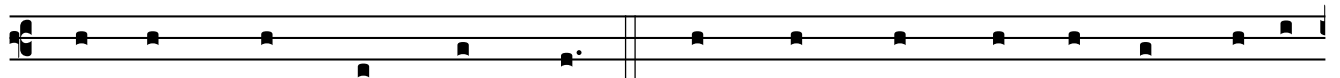
1. Dómine, exáudi oratiónem meam, et clamor meus ad te véniat.
2. Ne avértas fáciem tuam a me: in quacúmque die tríbulor, inclína ad me aurem tuam.
3. In quacúmque die invocávero te, velóciter exáudi me.
4. Quia defecérunt sicut fumus dies mei: et ossa mea sicut in frixório confríxa sunt.
5. Percússus sum ut fenum, et áruit cor meum: quia oblítus sum manducáre panem meum.
6. Tu exsúrgens, Dómine, miseréberis Sion: quia venit tempus miseréndi ejus.



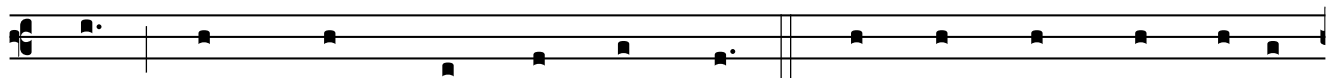
1. Lord, hear my prayer, and let my cry come un-to you.



2. Do not turn your face a-way from me; in the day of my



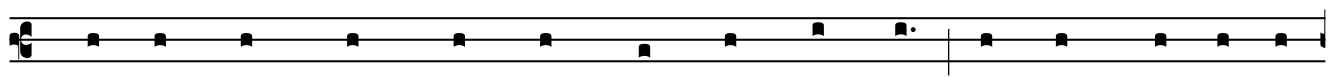
dis-tress, lend me your ear. 3. On each day that I call up-on



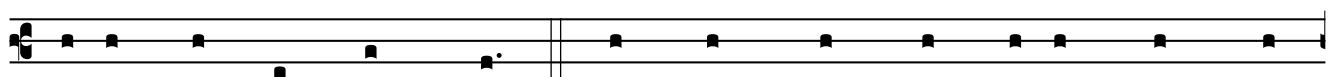
you, please make haste to hear me. 4. For my days pass a-way



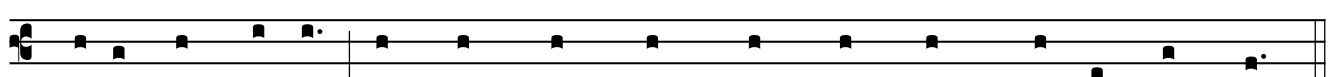
like smoke, and my bones burn as if in a fur-nace. 5. I am



smit-ten like grass, and my heart is with-ered; I have for-got-ten



e-ven to eat my bread. 6. O Lord, you will a-rise and have



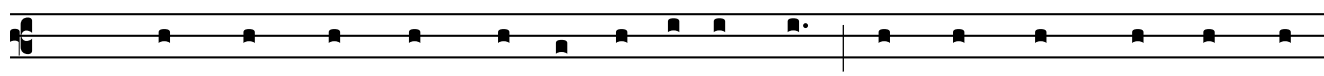
pit-y on Zi-on; for the time has come to have mer-cy on her.

Gradual following the Second Reading (Phil 2: 8-9)

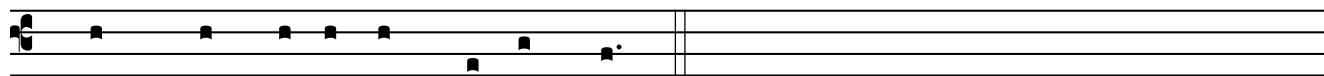
Christus factus est pro nobis obédiens usque ad mortem, mortem autem crucis. Vs. Propter quod et Deus exaltávit illum, et dedit illi nomen, quod est super omne nomen.



Christ be-came o-be-di-ent for us un-to death, e-ven death on a Cross.



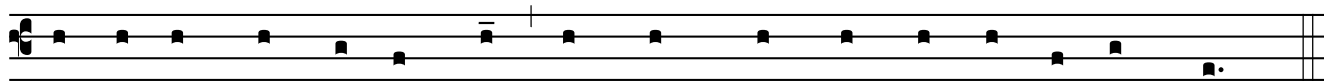
Vs. There-fore God has high-ly ex-alt-ed him, and be-stowed on him the



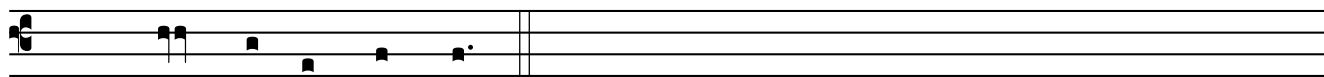
name which is a-bove eve-ry name.

Veneration of the Cross

Ecce lignum Crucis, in quo salus mundi pepéndit. Vs. Veníte, adorémus.



This is the wood of the cross, on which hung the Sav-iour of the world.

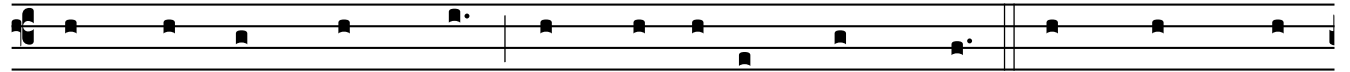


Vs. Come, let us wor-ship.

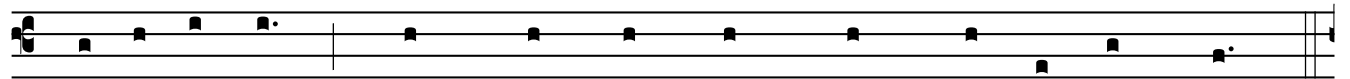
Repeated three times, with each repetition at a higher pitch.

Antiphon (Ps 66:2)

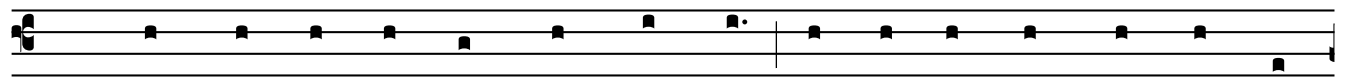
Crucem tuam adorámus, Dómine: et sanctam resurrectiόνem tuam laudámus et glorificámus: ecce enim propter lignum venit gáudium in univérso mundo. Ps. Deus misereátur nostri, et benedícat nobis: illúminet vultum suum super nos, et misereátur nostri.



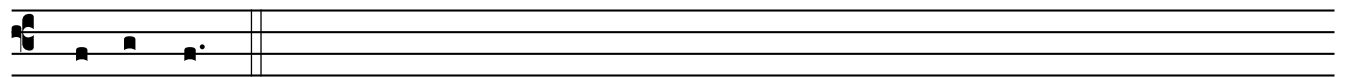
We wor-ship you, Lord, we ven-er-ate your cross, we praise your



res-ur-rec-tion. Through the cross you brought joy to the world.



Vs. May God be gra-cious and bless us; and let his face shed its light

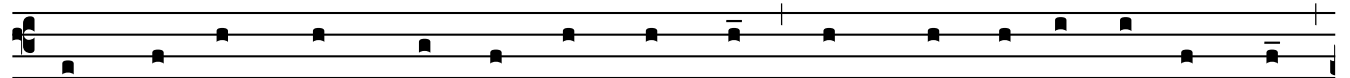


up-on us.

The antiphon is repeated from the beginning.

IMPROPERIA (The Reproaches)

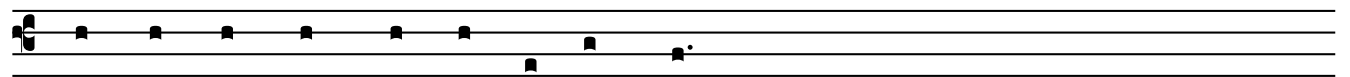
Pópule meus, quid feci tibi? Aut in quo contristávi te? respónde mihi. Vs. Quia edúxi te de terra Ægýpti: parásti Crucem Salvatóri tuo. (Mich 6:3-4)



My peo-ple, what have I done to you? How have I of-fend-ed you?

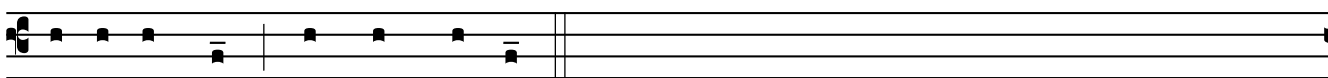


An-swer me! Vs. I led you out of E-gypt, from slav-er-y to free-dom,

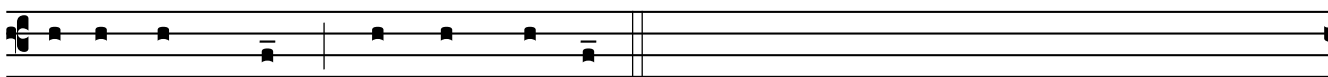


but you led your Sav-iour to the cross.

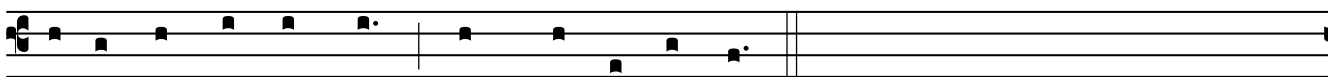
Hágios o Theós. Sanctus Deus. Hágios ischyrós. Sanctus fortis. Hágios Athánatos, eléison hymas. Sanctus immortális, miserére nobis.



Ho-ly is God! San-ctus De-us!



Ho-ly and strong! San-ctus For-tis!

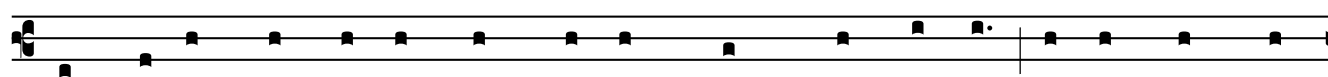


Ho-ly im-mor-tal One, have mer-cy on us!

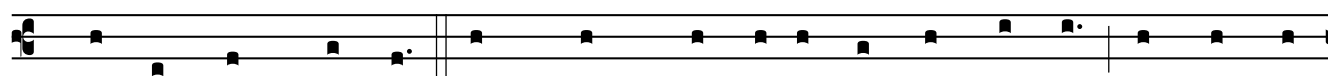


San-ctus Im-mor-tá-lis, mi-se-ré-re no-bis.

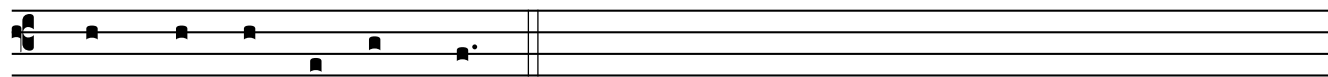
Quia edúxi te per desértum quadragínta annis, et manna cibávi te, et introdúxi in terram satis óptimam: parásti Crucem Salvatóri tuo.



For for-ty years I led you safe-ly through the de-sert. I fed you with



man-na from heav-en and brought you to a land of plen-ty; but you led



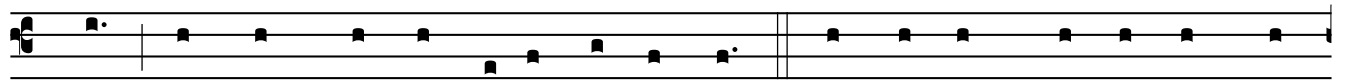
your Sav-iour to the cross.

“Holy is God! Sanctus Deus!” etc. is then sung.

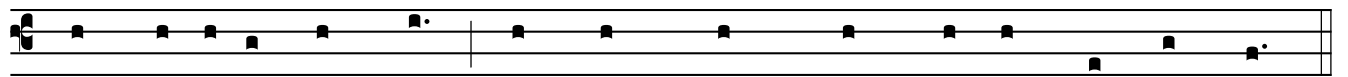
Quid ultra débui fácere tibi, et non feci? Ego quidem plantávi te víneam meam speciosíssimam: et tu facta es mihi nimis amára: acéto namque sitim meam potásti: et láncea perforásti latus Salvatóri tuo.



What more could I have done for you? I plant-ed you as my fair-est



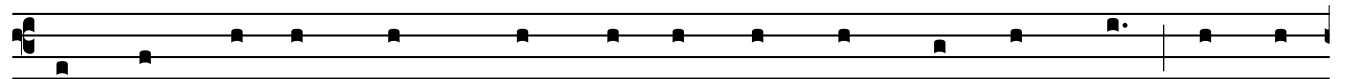
vine, but you yield-ed on-ly bit-ter-ness: when I was thirst-y you gave



me vin-e-gar to drink, and you pierced your Sav-ior with a lance.

“Holy is God! Sanctus Deus!” etc. is then sung.

1. Ego propter te flagellávi Ægýptum cum primogénitis suis: et tu me flagellátum tradidísti.

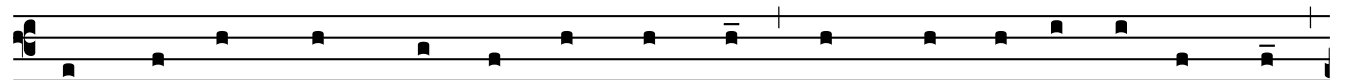


For your sake I scourged your cap-tors and their first-born sons, but you

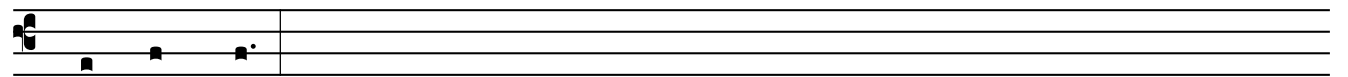


brought your scourg-es down on me.

Pópule meus, quid feci tibi? Aut in quo contristávi te? respónde mihi.

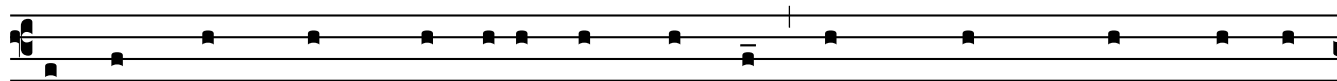


My peo-ple, what have I done to you? How have I of-fend-ed you?

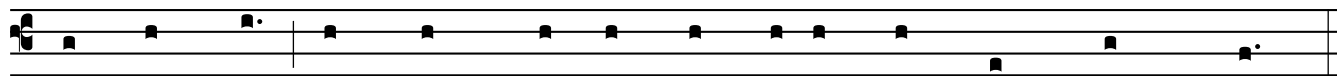


An-swer me!

2. Ego edúxi te de Ægýpto, demérso Pharaóne in mare Rubrum: et tu me tradidísti princípibus sacerdotum.

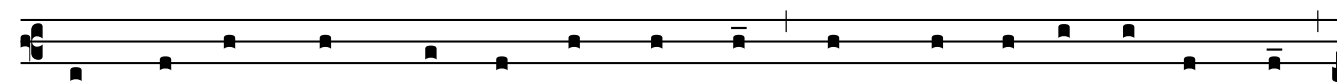


I led you from slav-er-y to free-dom and drowned your cap-tors

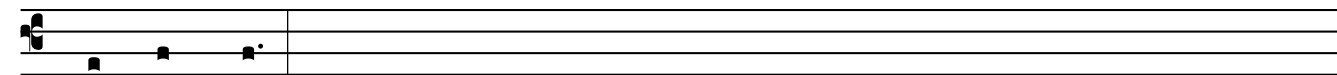


in the sea, but you hand-ed me o-ver to your high priests.

Pópule meus, quid feci tibi? Aut in quo contristávi te? respónde mihi.

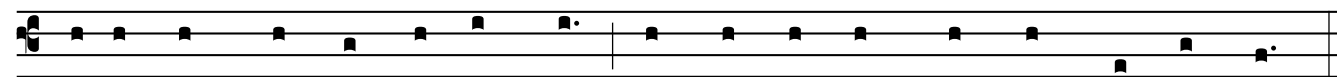


My peo-ple, what have I done to you? How have I of-fend-ed you?



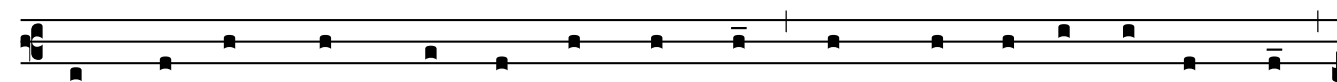
An-swer me!

3. Ego ante te apéruí mare: et tu aperuísti láncea latus meum.

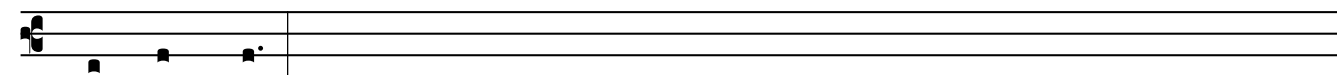


I o-pened the sea be-fore you, but you o-pened my side with a spear.

Pópule meus, quid feci tibi? Aut in quo contristávi te? respónde mihi.



My peo-ple, what have I done to you? How have I of-fend-ed you?

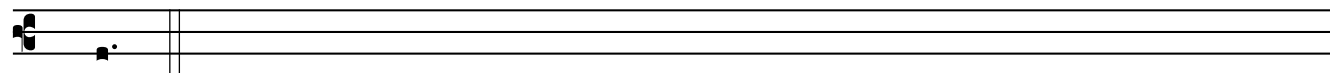


An-swer me!

4. Ego ante te praeivi in colúmna nubis: et tu me duxísti ad praetórium Piláti.

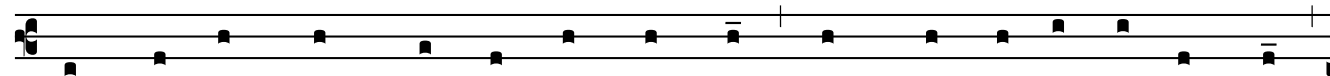


I led you on your way in a pil-lar of cloud, but you led me to Pi-late's

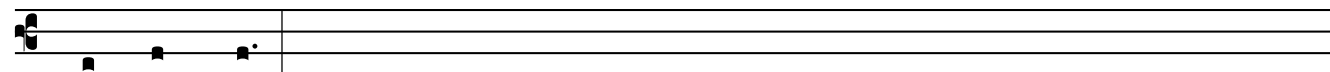


court.

Pópule meus, quid feci tibi? Aut in quo contristávi te? respónde mihi.

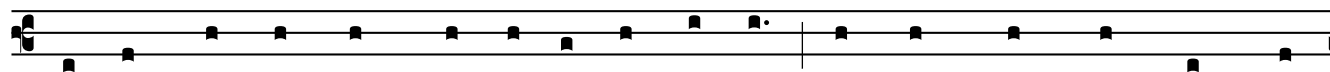


My peo-ple, what have I done to you? How have I of-fend-ed you?

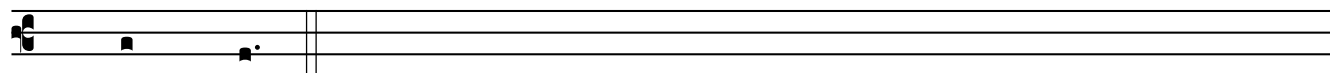


An-swer me!

5. Ego te pavi manna per desértum: et tu me cecidísti álapis et flagéllis.

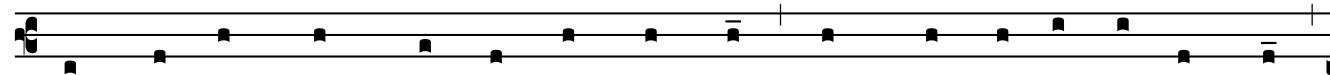


I bore you up with man-na in the de-sert, but you struck me down and

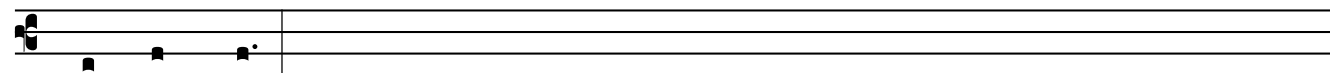


scourged me.

Pópule meus, quid feci tibi? Aut in quo contristávi te? respónde mihi.




My peo-ple, what have I done to you? How have I of-fend-ed you?

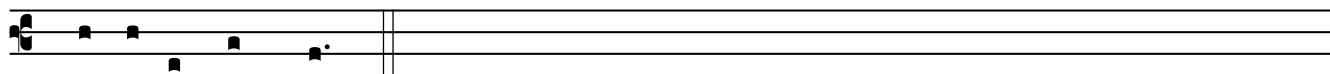


An-swer me!

6. Ego te potávi aqua salutis de petra: et tu me potásti felle et acéto.

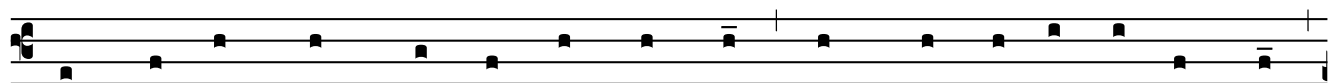


I gave you sav-ing wa-ter from the rock, but you gave me gall and

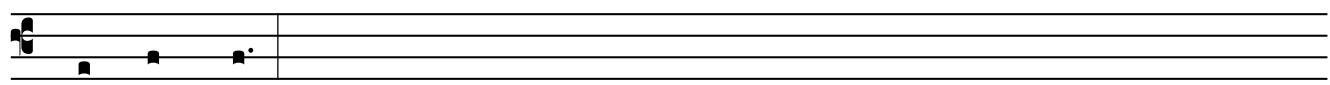


vin-e-gar to drink.

Pópule meus, quid feci tibi? Aut in quo contristávi te? respónde mihi.

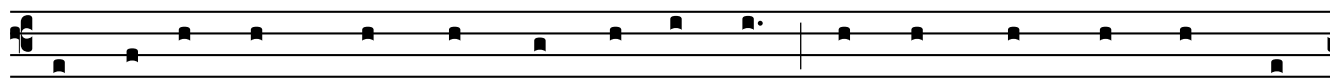


My peo-ple, what have I done to you? How have I of-fend-ed you?

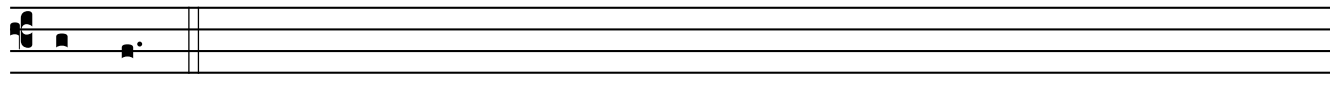


An-swer me!

7. Ego propter te Chananaeorum reges percússi: et tu percussísti arúndine caput meum.

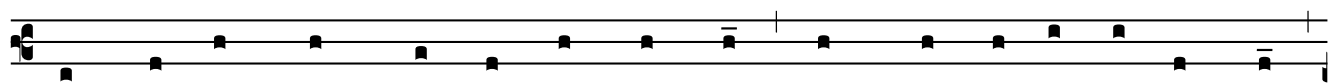


For you I struck down the kings of Ca-naan, but you struck my head with

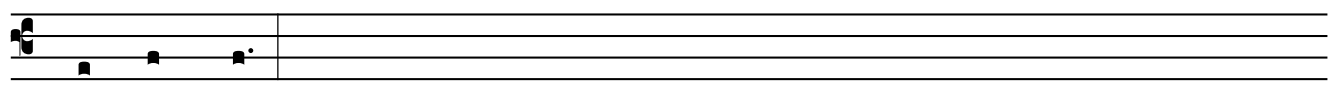


a reed.

Pópule meus, quid feci tibi? Aut in quo contristávi te? respónde mihi.

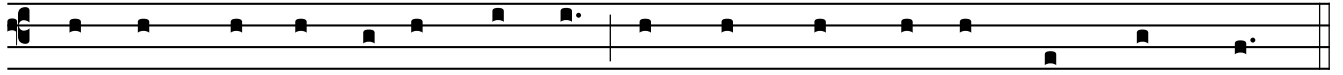


My peo-ple, what have I done to you? How have I of-fend-ed you?



An-swer me!

8. Ego dedi tibi sceptrum regale: et tu dedisti capiti meo spineam coronam.

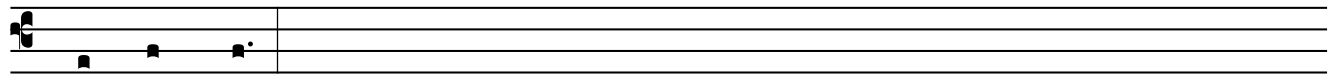


I gave you a roy-al scep-tre, but you gave me a crown of thorns.

Pópule meus, quid feci tibi? Aut in quo contristávi te? respónde mihi.



My peo-ple, what have I done to you? How have I of-fend-ed you?

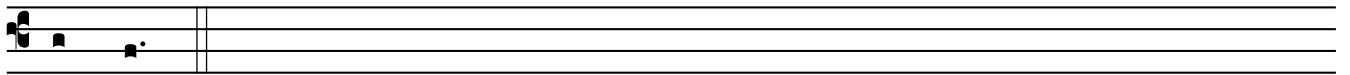


An-swer me!

9. Ego te exaltávi magna virtúte: et tu me suspendísti in patíbulo Crucis.

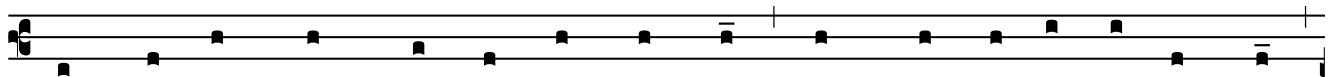


I raised you to the height of maj-es-ty, but you have raised me high on

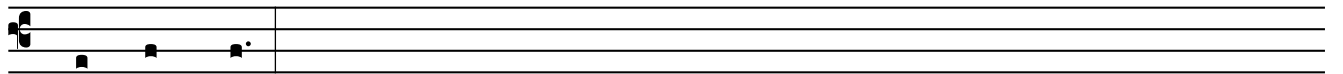


a cross.

Pópule meus, quid feci tibi? Aut in quo contristávi te? respónde mihi.



My peo-ple, what have I done to you? How have I of-fend-ed you?



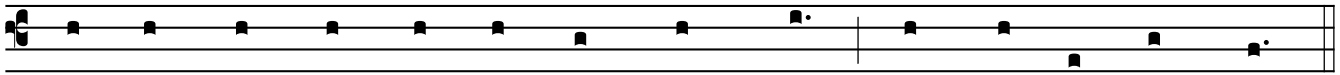
An-swer me!

Hymn

Crux fidélis, inter omnes Arbor una nóbilis: Nulla silva talem profert fronde, flore, gérmine.



O faith-ful Cross, in-com-p'ra-ble Tree, the nobl-est of all; no for-est hath



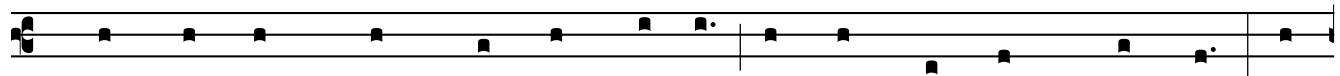
ere put forth the likes of thine own leaves, thy flow-ers, thy fruits;

* Dulce lignum dulces clavos, dulce pondus sústinet.

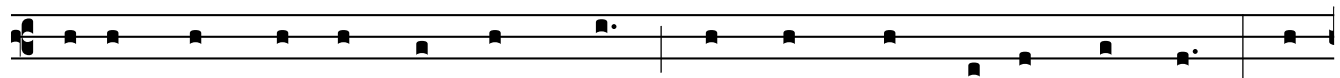


* Gen-tle wood with a gen-tle nail, to sup-port so gen-tle a bur-den!

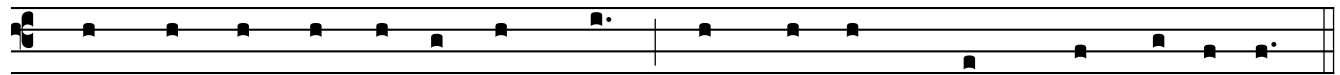
1. Pange, lingua, gloriósi láuream certáminis, et super Crucis trophaéo dic triúmphum nóblem: quáliter Redémptor orbis immolátus vícerit.



1. Sing, O my tongue, of the bat-tle, of the glo-rious strug-gle; and

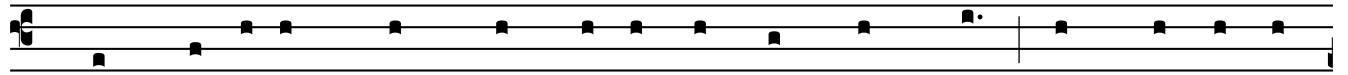


o-ver the tro-phy of the Cross, pro-claim the no-ble tri-umph; tell



how the re-deem-er of the world won vic-t'ry through his sac-ri-fice.

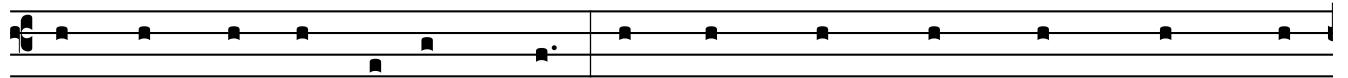
2. De paréntis protoplásti fraude Factor cóndolens, quando pomi noxiális in necem morsu ruit: ipse lignum tunc notávit, damna ligni ut sólveret.



2. The Cre-a-tor looked on sad-ly as the first man, our fore-fa-ther,



was de-ceived, and as he fell in-to the snare of death, tak-ing

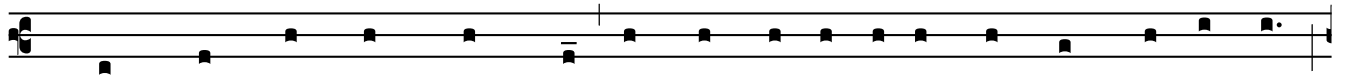


a bite of a le-thal fruit; it was then that God chose this

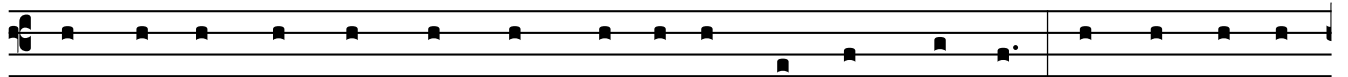


bles-s-èd piece of wood to de-stroy the oth-er tree's curse.

3. Hoc opus nostræ salútis ordo depopóscerat: multifórmis proditóris ars ut artem fálleret: et medélam ferret inde, hostis unde laéserat.



3. Such was the act called for by the e-con-o-my of our sal-va-tion:



to out-wit the re-source-ful craft-i-ness of the Trai-tor and to ob-tain



our rem-e-dy from the ver-y weap-on with which our en-e-my struck.

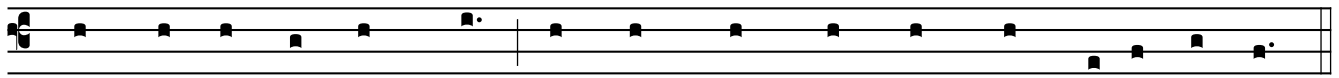
4. Quando venit ergo sacri plenitúdo témporis, missus est ab arce Patris Natus, orbis Cónditor: atque ventre virgináli carne amíctus pródiit.



4. And so, when the ful-ness of that bless-èd time had come, the Son,

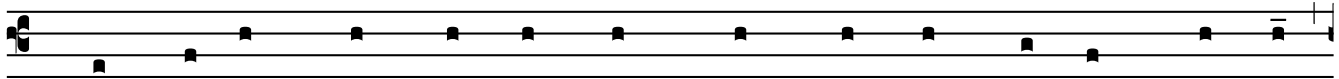


the Cre-a-tor of the world, was sent from the throne of the Fa-ther,

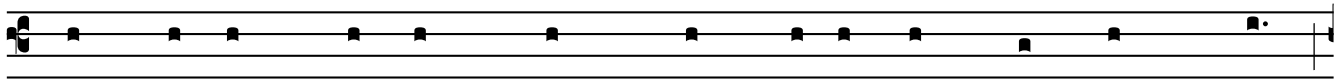


and hav-ing be-come flesh, he came forth from the womb of a Vir-gin.

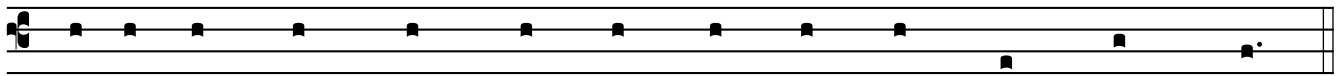
5. Vagit Infans inter arcta cónditus præsepia: membra pannis involúta Virgo Mater álligat: et Dei manus pedésque stricta cingit fáschia.



5. The in-fant cried as he was placed in the nar-row man-ger;

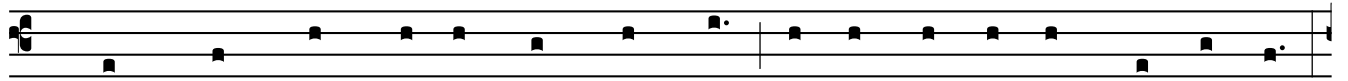


his Vir-gin Moth-er wrapped his bod-y in swad-dling cloths,



en-cir-cling his hands, his feet and his legs with tight bands.

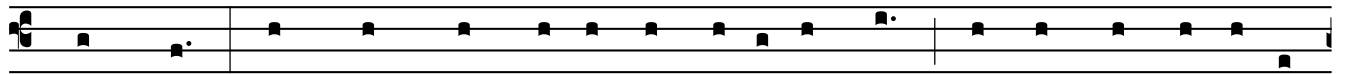
6. Lustra sex qui jam perégit, tempus implens córporis, sponte líbera Redémptor passióni déditus, Agnus in Crucis levátur immolándus stípíte.



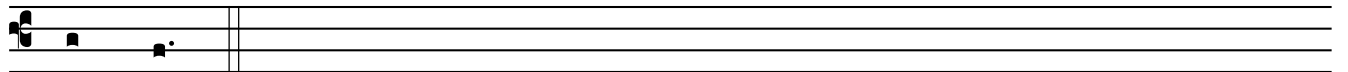
6. When more than thir-ty years had past, at the end of his earth-ly life,



he will-ing-ly gave him-self up to the Pas-sion; it was for this that he



was born. The Lamb was lift-ed up on-to a cross, of-fered in sac-ri-fice

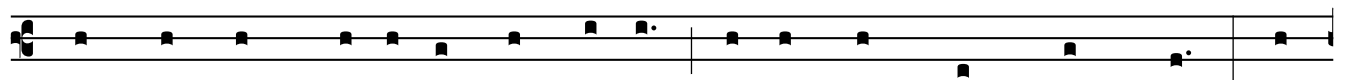


on wood.

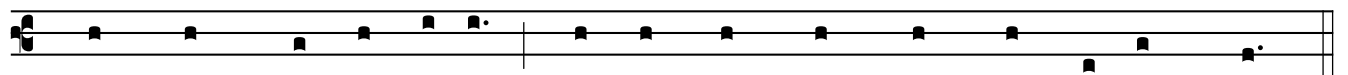
7. Felle potus ecce languet: spina, clavi, láncea mite corpus perforárunt, unda manat et cruor: terra, pontus, astra, mundus, quo lavántur flúmine!



7. Be-hold the vin-e-gar, the gall, the reed, the spit-tle, the nails and spear!



His pre-cious bod-y is torn o-pen, wa-ter and blood rush forth. This

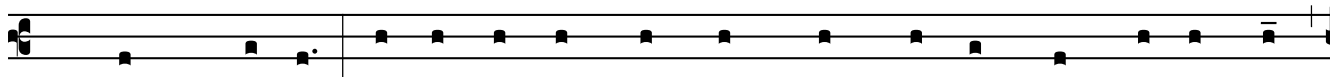


great and might-y riv-er wash-es land, sea, stars: the en-tire world!

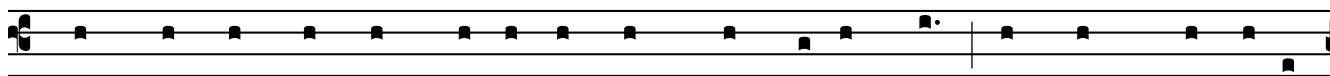
8. Flecte ramos, arbor alta, tensa laxa viscera, et rigor lentescat ille, quem dedit nativitas: et supérni membra Regis tende miti stípitate.



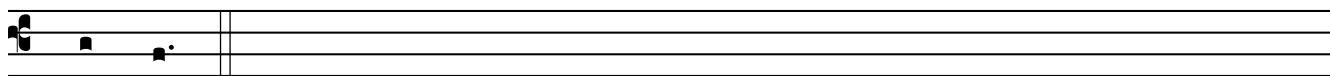
8. Bend thy branch-es, tall-est of trees, re-lax thy hold on his tight-ly



stretched bod-y; sof-ten up the hard-ness which na-ture hath giv-en thee,

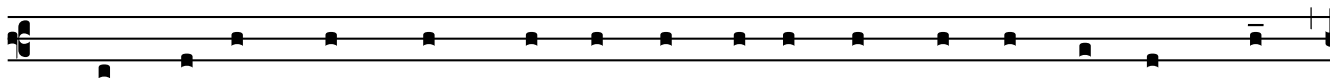


and pre-sent to the bod-y of the Heav-en-ly King a more bear-a-ble

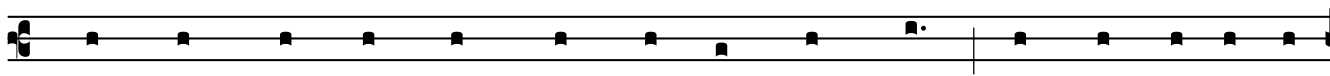


sup-port.

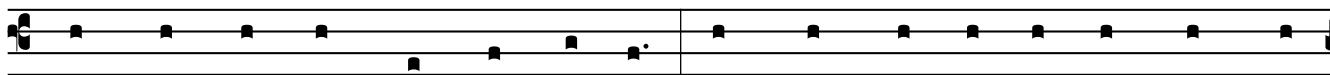
9. Sola digna tu fuísti ferre mundi víctimam: atque portum præparáre arca mundo náufrago: quam sacer cruor perúnxit, fusus Agni córpore.



9. Thou a-lone hast been wor-thy to car-ry the ran-som of the world;



man-kind's ship had gone down be-neath the waves, but thou o-pen-est

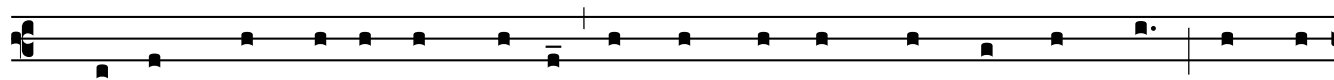


the way to our port of res-cue. For thou art a-noint-ed with the



sa-cred blood which sprung forth from the bod-y of the Lamb.

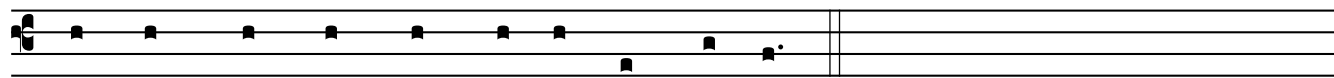
10. Sempiterna sit beatae Trinitati gloria: aequa Patri Filioque; par decus Paraclito: Unius Trinique nomen laudet universitas. Amen.



10. E-qual and e-ter-nal glo-ry to the Fa-ther and to the Son and to



the Il-lus-tri-ous Par-a-clete, the Bless-èd Trin-i-ty whose di-vine grace



re-deems and con-serves us al-ways. A-men.