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INTROIT • Quinquagesima, EF (Ps 30: 3-4) Be thou, God, my protector and my place of refuge, that I may be safe, for thou art my rock and my refuge; and for thy name's sake guide me and feed me. (Ps 30: 2) Vs. In thee, Lord, I have hoped, I shall not be put to shame; in thy love for right, release me and set me free. FSSP in Los Angeles • <http://fssp.la> • Possible Starting pitch = F#