When I cried out to the Lord, he heeded my call against my assailants; he who is before the beginning of the world and who endures forever has humbled them. Cast your cares upon the Lord, and he will sustain you.

Hear my prayer, O God, and despise not my supplication; be attentive to me and hear me.
Y. Glo-ry be to the Fa- ther, and to the Son:

and to the Ho- ly Spir-it; As it was in the be-gin-ning,

is now, and ev- er shall be: world with-out end. A - men.

This composition is an English adaptation of the GIRM’s **1st option** by the Chaumonot Composers Group. We are currently searching for a publisher. Learn more at: [http://chaumonot.info/](http://chaumonot.info/)

In November of 2007, Bishop Donald Trautman, chairman of the USCCB Committee on the Liturgy, made the following declaration:

“Recent research, confirmed by unofficial discussions with officials of the Holy See during the past several years, has made clear that the antiphons of the Order of Mass were never intended to be sung, but are provided without notation to be recited whenever the Graduale Romanum or another song is not sung. The antiphons of the Missale Romanum, which differ substantially from the sung antiphons of the Roman Gradual, were never intended to be sung.”

According to the **General Instruction of the Roman Missal**, the **1st option** for the Entrance Chant is *antiphona cum suo psalmo in Graduali romano* (“the antiphon with its Psalm from the Graduale Romanum”). Starting in 2011, the USA bishops placed the “spoken propers” alongside the Graduale as **1st option** in the United States of America, but remember the “spoken propers”—printed in the Missal—were designed for private Masses without a choir, which explains why the “spoken propers” omit the Offertory antiphons … because the priest is busy doing something at that time.

**Imprimatur** • An official English translation of the Graduale Romanum does not exist. Our translation is **identical** to what’s found in the following books: Gregorian Missal (Solesmes Abbey, **Imprimatur 16-Nov-1990**); Vatican II Hymnal (CCWatershed, 2011); Simple English Propers (CMAA, 2011); Lalemant Propers (CCWatershed, **Imprimatur 13-April-2013**); Saint Isaac Jogues Illuminated Missal, Gradual, and Lectionary (Sophia Institute Press, **Imprimatur 25-Mar-2014**); Saint John Gradual (Archdiocese of Boston, **Imprimatur 16-May-2024**).