

LENT: EX MORE DOCTI MYSTICO **Set to the tune of Rockingham**

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1. Ex mo - re do - cti my - sti - co,

1. As holy custom has taught us, let us keep this well-known fast of forty days.

Ser - vé - mus hoc je - jú - ni - um, —

TEXT AUTHOR:
Pope Saint Gregory, who died in 604AD

De - no di - é - rum cír - cu - lo

LITERAL TRANSLATION:
Father Joseph Connelly

Du - cto qua - ter no - tís - si - mo.

2. Lex, et pro - phé - tæ prí - mi - tus

2. Moses and Elias originally revealed this period of forty days and in later times Christ, the king and maker of all seasons, hallowed it.

Hoc præ - tu - lé - runt, póst - mo - dum

Chri - stus sa - crá - vit, ó - mni - um

Rex, at - que Fa - ctor tém - po - rum.

3. U - tá - mur er - go pár - ci - us

Ver - bis, ci - bis, et pó - ti - bus,—

So - mno, jo - cis, et ár - cti - us

Per - sté - mus in cu - stó - di - a.

7. Me - mén - to quod su - mus tu - i,

Li - cet ca - dú - ci, plá - sma - tis;—

Ne des ho - nó - rem nó - mi - nis

Tu - i, pre - cá - mur, ál - te - ri.

3. Therefore let us give less time to talking, eating, drinking, sleeping and amusing ourselves and show a greater vigilance in our way of life.

7. Remember that, fallen though we are, we are Your handiwork. Do not, we beg You, give another the honour that is due to Your name.

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