Vespers — Little Office of the BVM

Sunday, July 19, 2026

Little Office of the Blessed Virgin Mary • Roman Rite

OPENING

A silent Hail Mary is said.

V. O God, come to my assistance.
R. 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 ever shall be, world without end. Amen. Alleluia.

HYMN

Ave Maris Stella

Hail, star of the ocean,
Portal of the sky!
Ever-Virgin Mother
Of the Lord most high!

Oh, by Gabriel's Ave,
Uttered long ago,
Eva's name reversing,
Establish peace below.

Break the captives' fetters,
Light on blindness pour;
All our ills expelling,
Every grace implore.

Show yourself a mother;
Offer him our sighs,
Who for us incarnate
Did not you despise.

Virgin of all virgins!
To your shelter take us:

> Gentlest of the gentle!
> Chaste and gentle make us.
>
> Still, as on we journey,
> Help our weak endeavor,
> Till with you and Jesus
> We rejoice forever.
>
> Through the highest heaven,
> To the almighty Three,
> Father, Son, and Spirit,
> One same glory be.
> Amen.

PSALMODY

Psalm 110 *The Lord Said to My Lord*

> *Ant. While the King was at table, my spikenard yielded a sweet fragrance.*

The Lord said to my Lord: "Sit at my right hand, until I place your enemies as a footstool for your feet."

The Lord will send forth from Zion the scepter of your power; rule in the midst of your enemies.

With you is the principality on the day of your strength among the holy splendors; from the womb, before the daystar, I begot you.

The Lord has sworn and he will not repent: "You are a priest forever according to the order of Melchisedech."

The Lord is at your right hand; he has crushed kings on the day of his wrath.

He will judge the nations; he will fill ruins; he will crush heads in the land of many.

He will drink from the torrent on the way; therefore he will exalt the head.

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.

> *Ant. While the King was at table, my spikenard yielded a sweet fragrance.*

Psalm 113 *Praise the Lord, You Servants*

> *Ant. His left hand is under my head, and his right hand shall embrace me.*

Praise the Lord. Praise, O servants of the Lord, praise the name of the Lord.

Blessed is the name of the Lord, from this time forth and forevermore.

From the rising of the sun to its setting, the name of the Lord is worthy of praise.

The Lord is high above all nations, and his glory above the heavens.

Who is like the Lord our God, who dwells on high and looks down upon what is low in heaven and on earth?

He raises the poor from the dust, and he lifts the needy from the ash heap,

to make them sit with princes, with the princes of his people.

He causes the barren woman to dwell in a house, as a joyful mother of children. Praise the Lord.

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.

> *Ant. His left hand is under my head, and his right hand shall embrace me.*

Psalm 122 *To You I Lift My Eyes*

> *Ant. I am dark, but beautiful, O daughters of Jerusalem: therefore the King has loved me, and brought me into his chamber.*

To you I have lifted up my eyes, you who dwell in heaven.

Behold, like the eyes of servants towards the hands of their masters,

like the eyes of a handmaid towards the hands of her mistress,

so are our eyes towards the Lord our God, until he has mercy on us.

Have mercy on us, O Lord, have mercy on us; for we are greatly filled with contempt.

For our soul has been greatly filled; a reproach to those who are at ease, and a contempt for the arrogant.

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.

> *Ant. I am dark, but beautiful, O daughters of Jerusalem: therefore the King has loved me, and brought me into his chamber.*

Psalm 127 *Blessed Is Everyone Who Fears the Lord*

> *Ant. Now winter is past, the rain is over and gone: arise, my love, and come.*

Blessed are all who fear the Lord, who walk in his ways.

For you will eat the labor of your hands; blessed are you, and it will be well with you.

Your wife is like a fruitful vine on the sides of your house.

Your sons are like newly planted olive trees around your table.

Behold, so will the man be blessed, even the man who fears the Lord.

May the Lord bless you from Zion, and may you see the good things of Jerusalem all the days of your life.

And may you see the sons of your sons, peace upon Israel.

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.

> *Ant. Now winter is past, the rain is over and gone: arise, my love, and come.*

Psalm 147 *Praise the Lord, O Jerusalem (Part II)*

> *Ant. Beautiful are you, and sweet in your delight, O holy Mother of God.*

Who sends his crystal like morsels; before the face of his cold, who will endure?

He will send out his word and will melt them; his wind will blow and the waters will flow.

Who announces his word to Jacob, his justices and his judgments to Israel.

He has not done in this way for every nation, and his judgments he has not made manifest to them.

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.

> *Ant. Beautiful are you, and sweet in your delight, O holy Mother of God.*

SHORT READING

SIRACH 24:24

From the beginning and before the world was I created, and to the world to come I shall not cease to be, and in the holy dwelling-place I have ministered before him.

MAGNIFICAT (LUKE 1:46-55)

THE CANTICLE OF MARY (MAGNIFICAT) (LUKE 1:46–55)

> *Ant. O blessed Mother and Virgin undefiled, O glorious Queen of the world, intercede for us before the Lord!*

My soul magnifies the Lord.

And my spirit has rejoiced in God my Savior.

Because he has regarded the humility of his handmaid; for behold, from henceforth all generations will call me blessed.

Because he who is powerful has done great things for me, and holy is his name.

And his mercy is from generation to generation for those who fear him.

He has shown might with his arm; he has scattered the proud in the conceit of their heart.

He has deposed the powerful from their seat, and he has exalted the humble.

He has filled the hungry with good things, and the rich he has sent away empty.

He has received Israel, his servant, being mindful of his mercy.

As he spoke to our fathers: to Abraham and to his offspring forever.

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.

> *Ant. O blessed Mother and Virgin undefiled, O glorious Queen of the world, intercede for us before the Lord!*

KYRIE

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

LORD'S PRAYER

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

COLLECT

Grant, we ask you, O Lord God, that we your servants may enjoy lasting health of mind and body; and by the glorious intercession of the Blessed Virgin Mary ever-virgin, be freed from present sorrow and come to everlasting joy. Through Christ our Lord. Amen.

COMMEMORATION

> *Ant. All you saints of God, be pleased to intercede for our salvation and for that of all mankind.*

V. Be glad in the Lord, and rejoice, you just.

R. And be joyful, all you who are upright of heart.

Shield, O Lord, your people, and ever keep them in your care, who put their trust in the pleading of your apostles Peter and Paul and of the other apostles. May all your saints, we ask you, O Lord, everywhere come to our help; that while we do honor to their merits, we may also enjoy their intercession. Grant your own peace to our times, and drive away all wickedness from your Church; direct our way and our actions in the way of salvation; to our benefactors render everlasting blessings; and to all the faithful departed grant eternal rest. Through our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, God, world without end. Amen.

SALVE REGINA

SALVE REGINA

Hail, holy Queen, Mother of Mercy,
hail, our life, our sweetness and our hope.
To you we cry, the children of Eve;
to you we send up our sighs,
moaning and weeping in this land of exile.
Turn, then, most gracious advocate,
your eyes of mercy toward us;
and after this our exile,
show us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Almighty and ever-living God, who by the cooperation of the Holy Spirit prepared the body and soul of the glorious Virgin Mother Mary to be a worthy dwelling for your Son: grant that we who rejoice in her commemoration may, by her loving intercession, be delivered from present evils and from everlasting death. Through the same Christ our Lord. Amen.

CONCLUSION

V. O Lord, hear my prayer.

R. And let my cry come to you.

V. Let us bless the Lord.

R. Thanks be to God.

V. May the souls of the faithful departed, through the mercy of God, rest in peace.

R. Amen.