Terce — Little Office of the BVM

Tuesday, July 21, 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

Memento, Rerum Conditor

Remember, O Creator Lord,
That in the Virgin's sacred womb
You were conceived, and of her flesh
Did take our mortal nature on.

Mother of grace, O Mary blessed,
To you, sweet fount of love, we fly;
Shield us through life, and take us hence
To your dear bosom when we die.

O Jesus, born of Virgin bright,
Immortal glory be to you;
Praise to the Father infinite
And Holy Spirit, ever true.
Amen.

PSALMODY

Ant. The Virgin Mary is taken up into the heavenly bridal chamber, where the King of kings sits upon a starry throne.

Psalm 120 *I Lift My Eyes to the Mountains*

I have lifted up my eyes to the mountains, from which help will come to me.

My help is from the Lord, who made heaven and earth.

May he not allow your foot to be moved; may he not slumber who guards you.

Behold, he who guards Israel will neither slumber nor sleep.

The Lord is your guardian; the Lord is your protection at your right hand.

The sun will not burn you by day, nor the moon by night.

The Lord guards you from all evil; may the Lord guard your soul.

May the Lord guard your going out and your coming in, from this time forward and forevermore.

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.

Psalm 121 *I Rejoiced When They Said to Me*

I rejoiced at the things that were said to me: "We will go into the house of the Lord."

Our feet were standing in your courts, O Jerusalem.

Jerusalem, which is built as a city, which is compact together.

For there the tribes went up, the tribes of the Lord; the testimony of Israel, to praise the name of the Lord.

For there the thrones have sat in judgment, the thrones over the house of David.

Ask for the things that are for the peace of Jerusalem, and abundance for those who love you.

Let peace be in your strength, and abundance in your towers.

For the sake of my brethren and my neighbors, I spoke peace about you.

Because of the house of the Lord our God, I sought good things for you.

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.

Psalm 122 *To You I Lift My Eyes*

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. The Virgin Mary is taken up into the heavenly bridal chamber, where the King of kings sits upon a starry throne.*

SHORT READING

SIRACH 24:15

And so I was established in Zion, and in the holy city likewise I rested, and my power was in Jerusalem.

VERSICLE

V. Grace is poured upon your lips.
R. Therefore God has blessed you forever.

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

O God, who by the fruitful virginity of blessed Mary gave mankind the rewards of eternal salvation: grant, we ask, that we may experience her intercession, through whom we deserved to receive the Author of life, our Lord Jesus Christ your Son. Who lives and reigns with you in the unity of the Holy Spirit, God, world without end. 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.