None — Little Office of the BVM

Thursday, July 30, 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. You are beautiful and comely, O daughter of Jerusalem: awesome as an army arrayed for battle.

Psalm 126 *Unless the Lord Builds the House*

Unless the Lord has built the house, in vain have its builders labored.

Unless the Lord has kept the city, he watches in vain who guards it.

It is in vain for you to rise before the light; rise up after you have been sitting, you who eat the bread of sorrow.

When he will grant sleep to his beloved, behold, the inheritance of the Lord are children.

The reward is the fruit of the womb.

Like arrows in the hand of a powerful one, so are the children of those who have been cast out.

Blessed is the man who has filled his desire from them; he will not be ashamed when he speaks to his enemies at the gate.

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 127 *Blessed Is Everyone Who Fears the Lord*

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.

Psalm 128 *They Have Often Afflicted Me*

Often they have fought against me from my youth; let Israel now say.

Often they have fought against me from my youth; but they could not prevail over me.

Upon my back, sinners have constructed; they have prolonged their iniquity.

The Lord is just; he will cut asunder the neck of sinners.

Let them all be confounded and turned back, who hate Zion.

Let them become like the grass on the rooftops, which withers before it is pulled up.

Of which the reaper does not fill his hand, nor he who gathers the sheaves his bosom.

And let those who pass by not say: "The blessing of the Lord be upon you; we have blessed you in the name of 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. You are beautiful and comely, O daughter of Jerusalem: awesome as an army arrayed for battle.*

SHORT READING

SIRACH 24:19-20

Like cinnamon and fragrant balm I yielded a sweet fragrance; like choice myrrh I gave a sweet smell.

VERSICLE

V. After childbirth, O Virgin, you remained inviolate.

R. Intercede for us, O Mother of God.

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

Forgive, O Lord, we ask you, the sins of your servants; so that we who cannot please you through our own actions may be saved by the pleading of the Mother of your Son our Lord, 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.