

GOOD FRIDAY  
TENEBRÆ

BLACKFRIARS CAMBRIDGE

MMXVI

## MATINS

## FIRST NOCTURN

VIII A

**T** he kings of the earth set themselves, and the rulers take counsel  
together, against the Lord and his anointed.

*Ps 2*

Why this tumult among nations, \* among peoples this useless murmuring?

They arise, the kings of the earth, \*  
princes plot against the Lord and his Anointed.

'Come, let us break their fetters, \*  
come, let us cast off their yoke.'

He who sits in the heavens laughs; \*  
the Lord is laughing them to scorn.

Then he will speak in his anger, \*  
his rage will strike them with terror.

'It is I who have set up my king \*  
on Sion, my holy mountain.'

I will announce the decree of the Lord: †  
The Lord said to me: 'You are my Son. \*  
It is I who have begotten you this day.

Ask and I will shall bequeath you the nations, \*  
put the ends of the earth in your possession.

With a rod of iron you will break them, \*  
shatter them like a potter's jar.'

Now, O kings, understand, \*  
take warning, rulers of the earth;  
serve the Lord with awe \*  
and trembling, pay him your homage  
lest he be angry and you perish; †  
for suddenly his anger will blaze. \*  
Blessed are they who put their trust in God.

OMIT GLORY BE. *Repeat antiphon.*

VIII B

**D**

eliver me, O my God, out of the hand of the wicked.

Ps 21(22):2-12

My God, my God, why have you forsaken me? \* You are far from my plea

and the cry of my distress.

O my God, I call by day and you give no reply; \*

I call by night and I find no peace.

Yet you, O God, are holy, \*

enthroned on the praises of Israel.

In you our fathers put their trust; \*

they trusted and you set them free.

When they cried to you, they escaped. \*

In you they trusted and never in vain.

But I am a worm and no man, \*

scorned by men, despised by the people.

All who see me deride me. \*

They curl their lips, they toss their heads.

'He trusted in the Lord, let him save him; \*

let him release him if this is his friend.'

Yes, it was you who took me from the womb, \*

entrusted me to my mother's breast.

To you I was committed from my birth, \*

from my mother's womb you have been my God.

Do not leave me alone in my distress; \*

Come close, there is none else to help.

OMIT GLORY BE. *Repeat antiphon.*

VIII A

**T**

hey divide my garments among them and cast lots for my clothes.

Ps 21(22):

Many bulls have surrounded me, \* fierce bulls of Bashan close me in.

Against me they open wide their jaws, \*  
like lions, rending and roaring.

Like water I am poured out, \*  
disjointed are all my bones.

My heart has become like wax, \*  
it is melted within my breast.

Parched as burnt clay is my throat, \*  
my tongue cleaves to my jaws.

Many dogs have surrounded me, \*  
a band of the wicked beset me.

They tear holes in my hands and my feet \*  
and lay me in the dust of death.

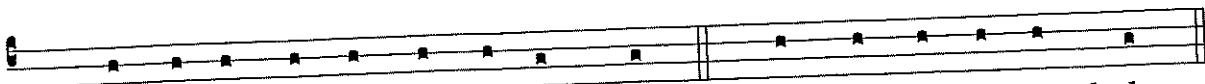
I can count every one of my bones. \*

These people stare at me and gloat;  
they divide my clothing among them. \*  
They cast lots for my robe.

O Lord, do not leave me alone, \*  
my strength, make haste to help me!  
Rescue my soul from the sword, \*  
my life from the grip of these dogs.

Save my life from the jaws of these lions, \*  
my poor soul from the horns of these oxen.  
I will tell of your name to my brethren \*  
and praise you where they are assembled.

OMIT GLORY BE. Repeat antiphon.



∇. They divide my garments among them. R̄. They cast lots for my clothes.

Our Father is recited silently. Then, the Reader begins the first reading.

FIRST READING: *Beginning of the Lamentations of Jeremiah.*

#### FIRST RESPONSORY

VIII  
V

ine-a mé-a e-lé-cta, égo te plan-tá-vi: \*

Quó-modo convér-sa es in a-ma-ri-túdi-nem, ut

My chosen vine,  
I planted you. \*  
How then have you  
turned to bitter-  
ness, that you would  
crucify me and re-  
lease Barabbas?  
∇. I planted you



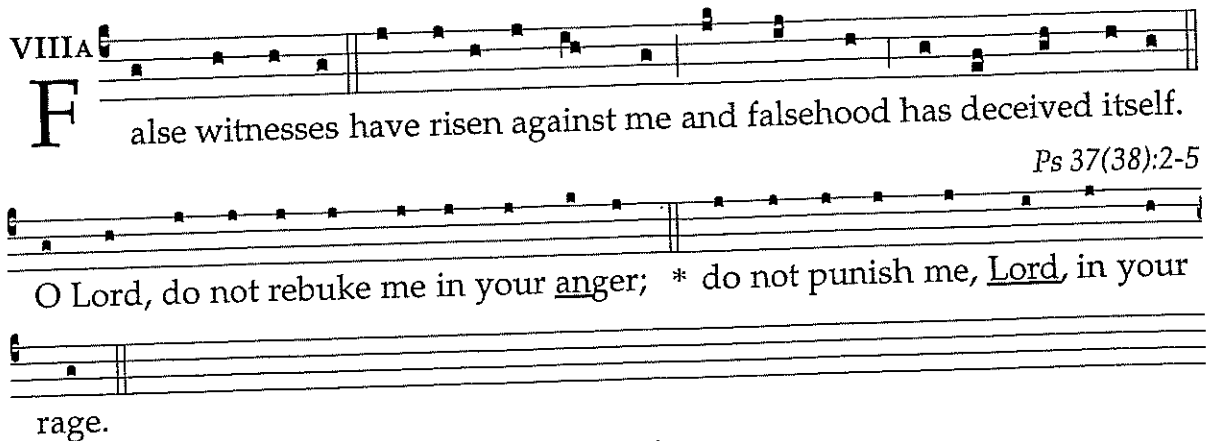
me cru-ci-fí-ge-res, et Ba-rábbam di- mítte- res?

∇. Ego quidem plantávi te víne-am me-am e-lé- ctam

omne se-men ve- rum. \* Quó-modo.

myself, my cho-  
sen vine, all true  
seed. \* How then  
have you turned  
to bitterness, that  
you would cru-  
cify me and re-  
lease Barabbas?

## SECOND NOCTURN



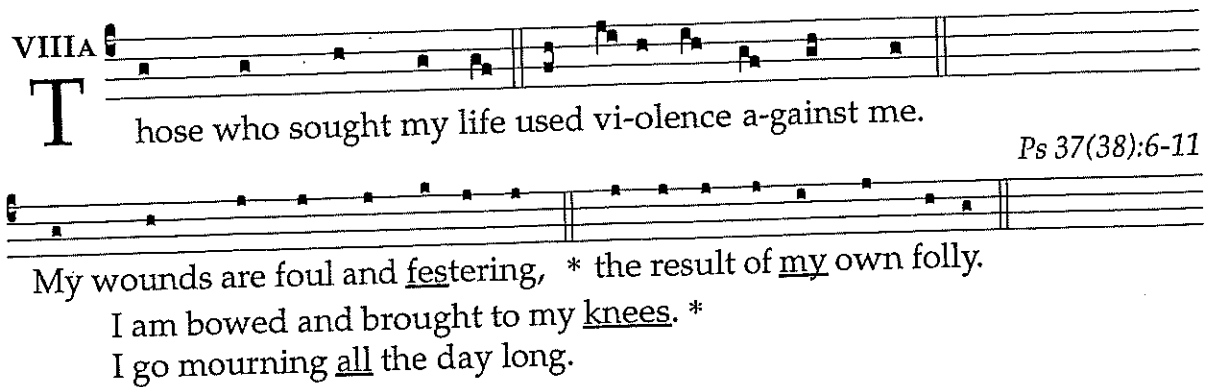
VIII A  
**F**alse witnesses have risen against me and falsehood has deceived itself.

O Lord, do not rebuke me in your anger; \* do not punish me, Lord, in your  
rage.

Ps 37(38):2-5

Your arrows have sunk deep in me; \*  
your hand has come down upon me.  
Through your anger all my body is sick: \*  
through my sin, there is no health in my limbs.  
My guilt towers higher than my head; \*  
it is a weight too heavy to bear.

OMIT GLORY BE. *Repeat antiphon.*



VIII A  
**T**hose who sought my life used vi-olence a-against me.

My wounds are foul and festering, \* the result of my own folly.  
I am bowed and brought to my knees. \*  
I go mourning all the day long.

Ps 37(38):6-11

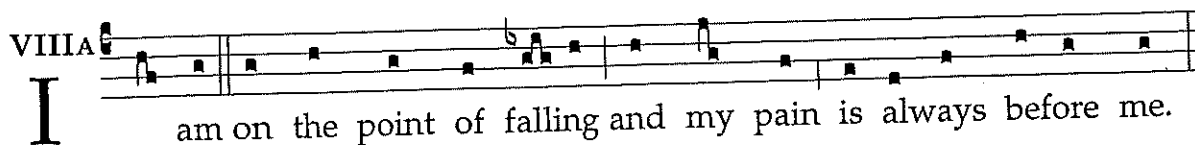
All my frame burns with fever; \*  
all my body is sick.

Spent and utterly crushed, \*  
I cry aloud in anguish of heart.

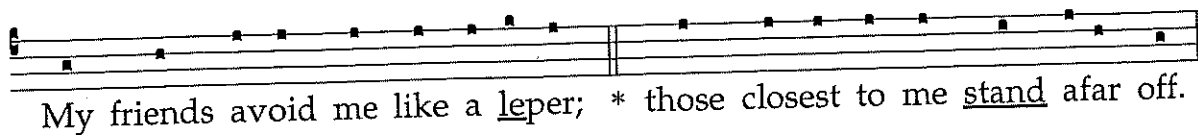
O Lord, you know all my longing: \*  
my groans are not hidden from you.

My heart throbs, my strength is spent: \*  
the very light has gone from my eyes.

OMIT GLORY BE. · Repeat antiphon.



*Ps 37(38):12-23*



Those who plot against my life lay snares; †  
those who seek my ruin speak of harm, \*  
planning treachery all the day long.  
But I am like the deaf who cannot hear, \*  
like the dumb unable to speak.

I am like a man who hears nothing \*  
in whose mouth is no defence.

I count on you, O Lord: \*  
it is you, Lord God, who will answer.

I pray: 'Do not let them mock me, \*  
those who triumph if my foot should slip.'

For I am on the point of falling \*  
and my pain is always before me.

I confess that I am guilty \*  
and my sin fills me with dismay.

My wanton enemies are numberless \*  
and my lying foes are many.

They repay me evil for good \*  
and attack me for seeking what is right.

O Lord, do not forsake me! \*

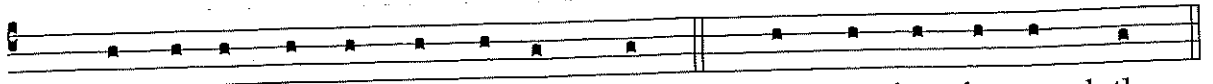
My God, do not stay afar off!

Make haste and come to my help. \*

O Lord, my God, my saviour!

OMIT GLORY BE. *Repeat antiphon.*

*Repeat antiphon*



∇. They divide my garments among them. R̄. They cast lots for my clothes.

*Our Father is recited silently. Then, the Reader begins the second reading.*

SECOND READING: *From the Letter to the Hebrews.*

SECOND RESPONSORY

VII

**T**ene-bræ fáctæ sunt, dum cruci-fi-xíssent Iésum Iu-  
 dáe- i: et cir-ca hó-ram nó- nam excla- má-vit Ié-  
 sus vó- ce má- gna: «Dé- us mé- us, Dé- us mé-  
 us, ut quid me dere- li-quí- sti?» \* Et incliná-to cápi-  
 te, emí-sit spí-ri- tum. ∇. Cum er- go accepísset a-  
 cé- tum, dixit: «Con- summá- tum est.» \* Et incliná-to.

*There was dark-  
 ness when the Jews  
 had crucified Je-  
 sus; and around  
 the ninth hour,  
 Jesus cried with  
 a loud voice: "My  
 God, my God,  
 why have you for-  
 saken me?" \* And  
 bowing his head,  
 he gave up the  
 spirit.*

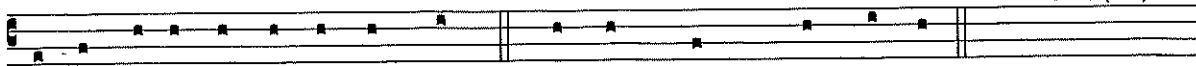
*∇. Then as Je-  
 sus had received  
 the vinegar, he  
 said: "It is fin-  
 ished." \* And bow-  
 ing his head, he  
 gave up the spirit.*

## THIRD NOCTURN



**T**he earth trembled and was still when God arose to judgement.

*Ps 39(40):2-4*



I waited, I waited for the Lord \* and he stooped down to me;

He heard my cry. †

He drew me from the deadly pit \*  
from the miry clay.

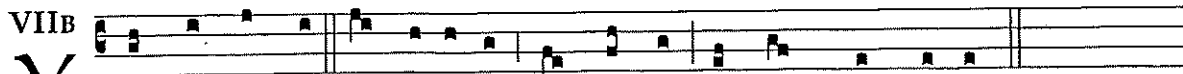
He set my feet upon a rock \*  
and made my footsteps firm.

He put a new song into my mouth \*  
praise of our God.

Many shall see and fear \*  
and shall trust in the Lord.

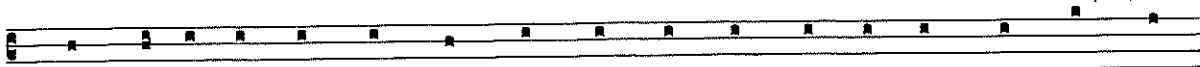
Happy the man who has placed \*  
his trust in the Lord  
and has not gone over to the rebels \*  
who follow false gods.

OMIT GLORY BE. *Repeat antiphon.*

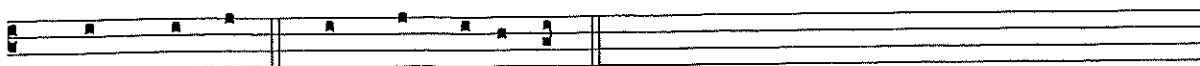


**Y**ou do not ask for sacrifice and victim. Instead, here am I.

*Ps 39(40):5-12*



How many, O Lord my God, † are the wonders and designs that you have



worked for us; \* you have no equal.

Should I proclaim and speak of them, \*  
they are more than I can tell!

You do not ask for sacrifice and offerings, \*  
but an open ear.

You do not ask for holocaust and victim. \*  
Instead, here am I.

In the scroll of the book it stands written \*  
that I should do your will.

My God, I delight in your law \*  
in the depth of my heart.



Your justice I have proclaimed \*  
in the great assembly.

My lips I have not sealed; \*  
you know it, O Lord.

I have not hidden your justice in my heart \*  
but declared your faithful help.

I have not hidden your love and your truth \*  
from the great assembly.

OMIT GLORY BE. *Repeat antiphon.*

IVB

L

et them be ashamed and confounded together those who seek after

my soul to destroy it.

*Ps 39(40):13-18*

O Lord, you will not withhold your compassion from me. \* Your merciful

love and your truth will always guard me.

For I am beset with evils \*  
too many to be counted.

My sins have fallen upon me \*  
and my sight fails me.

They are more than the hairs of my head †  
and my heart sinks. \*

O Lord, come to my rescue; Lord, come to my aid.

O let there be shame and confusion \*  
on those who seek my life.

O let them turn back in confusion, \*  
who delight in my harm.

Let them be appalled, covered with shame, \*  
who jeer at my lot.

O let there be rejoicing and gladness \*  
for all who seek you.

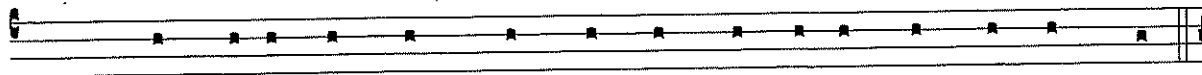
Let them ever say: 'The Lord is great', \*  
who love your saving help.

As for me, wretched and poor, †  
 the Lord thinks of me. \*  
 You are my rescuer, my help, O God, do not delay.

OMIT GLORY BE. *Repeat antiphon.*



∇. They have spoken to me with lying tongues.

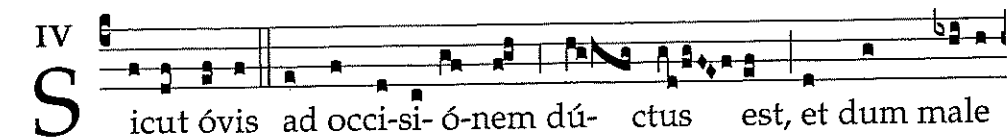


℞. They beset me with words of hate and attack me without cause.

Our Father is recited silently. Then, the Reader begins the third reading.

THIRD READING: *From the instructions of St John Chrysostom to catechumens.*

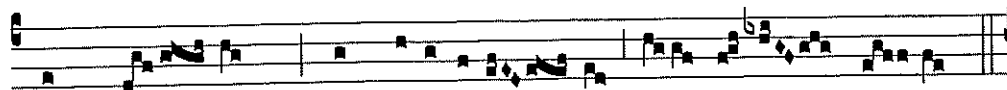
THIRD RESPONSORY



**S**icut óvis ad occi-si-ó-nem dú-ctus est, et dum male



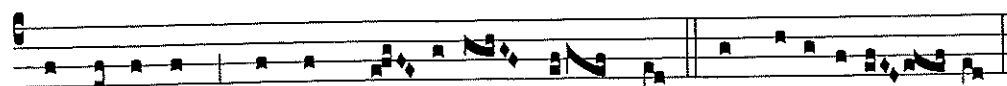
tracta-ré-tur, non apéru-it os sú-um: trádi-tus est



ad mór-tem, \* Ut vivi-ficá-ret pó-pu-lum sú-um.




∇. Ipse vulnerátus est propter iniqui-tá-tes no-stras:

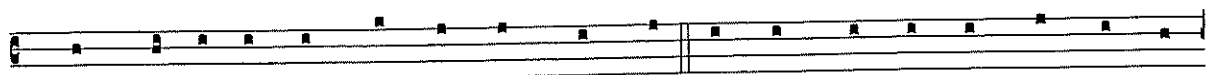



attrí-tus est propter scé-lera no-stra. \* Ut vivi-ficá-ret.

*Like a lamb, he has been led to the slaughter and, while he was oppressed, he opened not his mouth: he was delivered up to death, \* that he might give life to his people. ∇. He was wounded for our iniquities, and was himself weakened for our sins, \* that he might give life to his people.*

## LAUDS

VIIIB  
  
**G**od did not spare his own Son, but gave him up for us all. Ps 50(51)

  
 Have mercy on me, God, in your kindness. In your compassion blot out my  
  
 offence.

O wash me more and more from my guilt \*  
 and cleanse me from my sin.

My offences truly I know them; \*  
 my sin is always before me.

Against you, you alone, have I sinned; \*  
 what is evil in your sight I have done.

That you may be justified when you give sentence \*  
 and be without reproach when you judge,

O see, in guilt I was born, \*  
 a sinner was I conceived.

Indeed you love truth in the heart; \*  
 then in the secret of my heart teach me wisdom.

O purify me, then I shall be clean; \*  
 O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness, \*  
 that the bones you have crushed may revive.

From my sins turn away your face \*  
 and blot out all my guilt.

A pure heart create for me, O God, \*  
 put a steadfast spirit within me.

Do not cast me away from your presence, \*  
 nor deprive me of your holy spirit.

Give me again the joy of your help; \*  
 with a spirit of fervour sustain me,

that I may teach transgressors your ways \*  
 and sinners may return to you.

O rescue me, God, my helper, \*  
 and my tongue shall ring out your goodness.

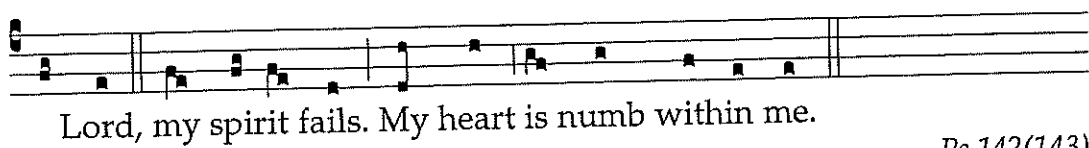
O Lord, open my lips \*  
 and my mouth shall declare your praise.

For in sacrifice you take no delight, \*  
 burnt offering from me you would refuse,  
 my sacrifice, a contrite spirit. \*  
 A humbled, contrite heart you will not spurn.  
 In your goodness, show favour to Sion: \*  
 rebuild the walls of Jerusalem.

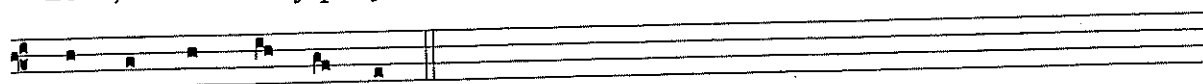
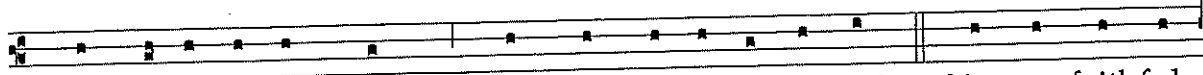
Then you will be pleased with lawful sacrifice, \*  
 holocausts offered on your altar.

OMIT GLORY BE. *Repeat antiphon.*

IVA  
 O



*Ps 142(143)*



Do not call your servant to judgement \*  
 for no one is just in your sight.

The enemy pursues my soul; \*  
 he has crushed my life to the ground;  
 he has made me  dwell in darkness \*  
 like the dead, long forgotten.

Therefore my spirit fails; \*  
 my heart is numb within me.

I remember the days that are past: \*  
 I ponder all your works.

I muse on what your hand has wrought †  
 and to you I stretch out my hands. \*  
 Like a parched land my soul thirsts for you.

Lord, make haste and answer; \*  
 for my spirit fails within me.

Do not hide your face \*  
 lest I become like those in the grave.

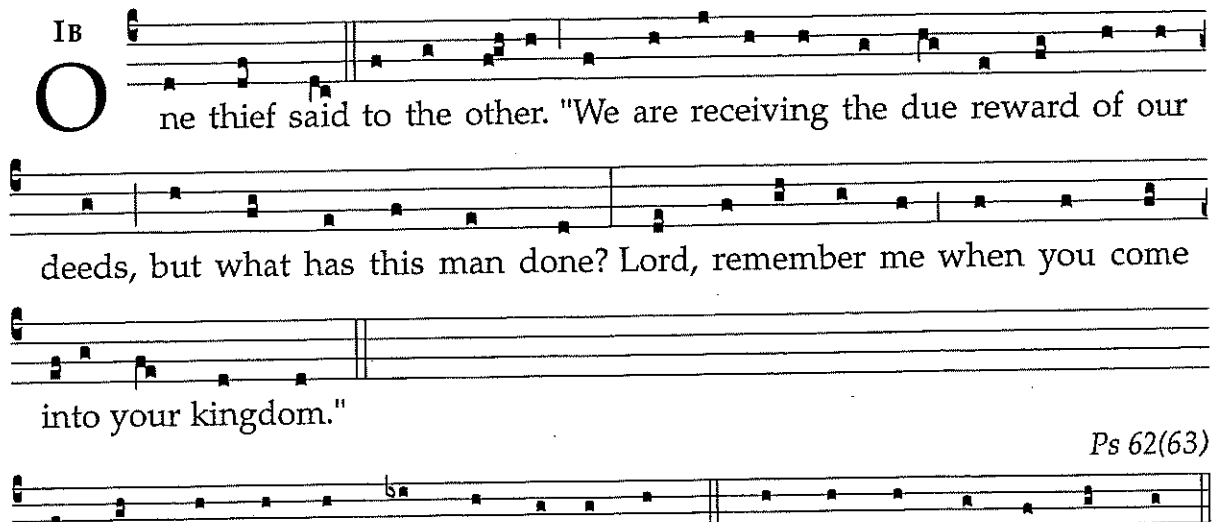
In the morning let me know your love \*  
 for I put my trust in you.

Make me know the way I should walk: \*  
 to you I lift up my soul.

Rescue me, Lord, from my enemies; \*  
 I have fled to you for refuge.  
 Teach me to do your will \*  
 for you, O Lord, are my God.  
 Let your good spirit guide me \*  
 in ways that are level and smooth.  
 For your name's sake, Lord, save my life; \*  
 in your justice save my soul from distress.  
 In your love make an end of my foes; †  
 destroy all those who oppress me \*  
 for I am your servant, O Lord.

OMIT GLORY BE. *Repeat antiphon.*

IB



One thief said to the other. "We are receiving the due reward of our  
 deeds, but what has this man done? Lord, remember me when you come  
 into your kingdom."  
 Ps 62(63)

O God, you are my God, for you I long; \* for you my soul is thirsting.

My body pines for you \*  
 like a dry, weary land without water.  
 So I gaze on you in the sanctuary \*  
 to see your strength and your glory.  
 For your love is better than life, \*  
 my lips will speak your praise.  
 So I will bless you all my life, \*  
 in your name I will lift up my hands.  
 My soul shall be filled as with a banquet, \*  
 my mouth shall praise you with joy.  
 On my bed I remember you. \*  
 On you I muse through the night  
 for you have been my help; \*  
 in the shadow of your wings I rejoice.

My soul clings to you; \*  
your right hand holds me fast.

Those who seek to destroy my life \*  
shall go down to the depths of the earth.

They shall be put into the power of the sword \*  
and left as the prey of the jackals.

But the king shall rejoice in God; †  
all that swear by him shall be blessed, \*  
for the mouth of liars shall be silenced.

OMIT GLORY BE. *Repeat antiphon.*

IB  
J  
esus Christ showed his love for us and freed us from our sins with his  
life's blood.

*Habakkuk 3:2-4,13a,16-19*

Lord, I have heard of your fame, \* I stand in awe at your deeds.

Do them again in our days, †  
in our days make them known! \*  
In spite of your anger, have compassion.

God comes forth from Teman, \*  
the Holy One comes from Mount Paran.

His splendour covers the sky \*  
and his glory fills the earth.

His brilliance is like the light, †  
rays flash from his hands; \*  
there his power is hidden.

You march out to save your people, \*  
to save the one you have anointed.

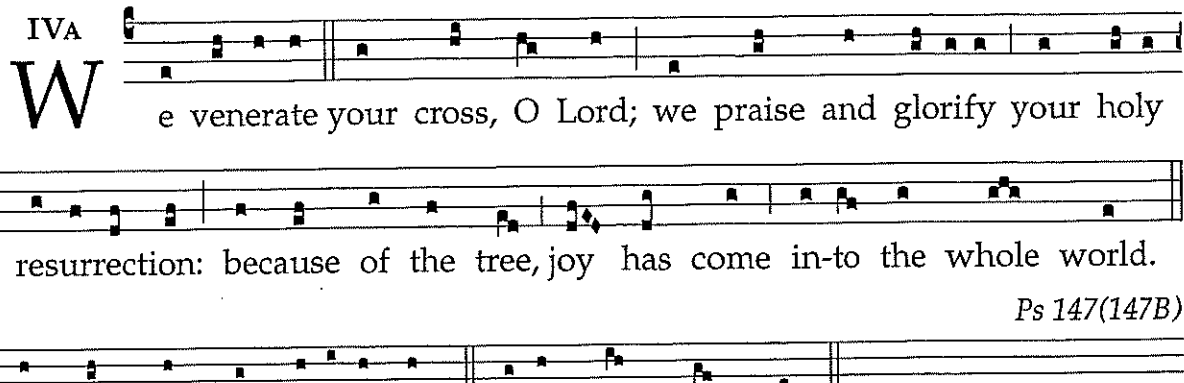
You made a path for your horses in the sea, \*  
in the raging of the mighty waters.

This I heard and I tremble with terror, \*  
my lips quiver at the sound.

Weakness invades my bones, \*  
my steps fail beneath me  
yet I calmly wait for the doom \*  
that will fall upon the people who assail us.

For even though the fig does not blossom, \*  
 nor fruit grow on the vine,  
     even though the olive crop fail, \*  
     and fields produce no harvest,  
 even though flocks vanish from the folds \*  
 and stalls stand empty of cattle,  
     Yet I will rejoice in the Lord \*  
     and exult in God my saviour.  
 The Lord my God is my strength. †  
 He makes me leap like the deer, \*  
 he guides me to the high places.

OMIT GLORY BE. *Repeat antiphon.*

IVA  
 W 

e venerate your cross, O Lord; we praise and glorify your holy  
 resurrection: because of the tree, joy has come in-to the whole world.  
 Ps 147(147B)

O praise the Lord, Jerusalem! \* Sion praise yöur God!  
     He has strengthened the bars of your gates, \*  
     he has blessed the children within you.  
 He established peace on your borders, \*  
 he feeds you with finëst wheat.  
     He sends out his word to the earth \*  
     and swiftly rüns his command.  
 He showers down snow white as wool, \*  
 he scatters hoar-frost like äshes.  
     He hurls down hailstones like crumbs. \*  
     The waters are frozen ät his touch;  
 he sends forth his word and it melts them: \*  
 at the breath of his mouth the wätërs flow.  
     He makes his word known to Jacob, \*  
     to Israel his läws and decrees.  
 He has not dealt thus with other nations; \*  
 he has not taught them his dëcrees.

OMIT GLORY BE. *Repeat antiphon.*

The Short Reading, Hymn and Versicle are omitted. During Psalm 147, the last candle still lit on the hearse is hidden where it cannot be seen, and the lamps of the chapel are extinguished.

Immediately after the repeat of the Fifth Antiphon, the Presider intones the Benedictus Antiphon, and the altar candles are extinguished.

## BENEDICTUS

IA  
**P** osu- é-runt super caput e-ius causam ipsí-us scrip-  
 tam : Iesus Naza-ré-nus, Rex Iudæ-órum.

They placed over his head the charge against him: "This is Jesus the Nazarene, King of the Jews."

IA  
**B** enedíctus Dóminus, De-us Isra-él : qui-a vi-si-távit, et  
 fecit redempti-ónem plebi su-æ : 2. Et eréxit cornu sa-lú-tis  
 no-bis : in domo David, pú-eri su-i. 3. Sicut locú-tus est per  
 os sanctó-rum, qui a sáeculo sunt, prophetárum eius : 4. Salú-  
 tem ex in-i-mí-cis no-stris, et de manu ómni-um, qui odérunt  
 nos. 5. Ad faci-éndam misericórdi-am cum pátribus no-stris :  
 et memorári testaménti su-i sancti. 6. Iusiurándum, quod

Blessed be the Lord the God of Israel; he has visited his people and redeemed them.

2. He has raised up for us a mighty Saviour in the house of David his servant,

3. as he promised by the lips of holy men, those who were his prophets from of old:

4. a Saviour who would free us from our foes, from the hands of all who hate us.

5. So his love for our fathers is fulfilled and his holy covenant remembered.

6. He swore to Abraham our father to free us





iurávit ad Abraham patrem no-strum, datúrum se nobis : 7. Ut

*from fear and to save us from the hands of all our foes,*



sine timóre, de manu inimicórum libe-rá-ti, servi-ámus illi.

*7. that we might serve him in holiness and justice all the days of our life in his presence.*



8. In sancti-táte et iustí-ti-a coram i-pso, ómnibus di-ébus

*8. And thus, little child, shall you be named: a prophet of God the Most High.*



nostris. 9. Et tu, pu-er, prophéta Altíssi-mi vocábe-ris : præ-íbis

*9. You shall go ahead of the Lord to prepare his ways before him,*



enim ante fáci-em Dómini, paráre vi-as eius : 10. Ad dandam

*10. to make known to his people their salvation through forgiveness of all their sins,*



sci-énti-am salú-tis plebi e-ius : in remissi-ónem peccatórum

*11. the lovingkindness of the heart of our God, who visits us like the dawn from on high.*



e-órum : 11. Per víscera misericórdi-æ De-i no-stri : in quibus

*12. He will give light to those in darkness, and those who dwell in the shadow of death; he will guide us into the way of peace.*



vi-si-távit nos óri-ens ex alto : 12. Illumináre his qui in ténebris



et in umbra mortis se-dent : ad di-rigéndos pedes nostros in



vi-am pacis.

*Repeat antiphon*

## VERSUS LITANICI

*At the end of the Antiphon after the Benedictus, two brothers stand in front of the altar steps and two others in the middle of the choir. All the brethren remain standing, facing the altar.*

*Brs at the steps:*      *Choir:*      *Brs at the steps:*

Kyrí-e, eléi-son. Kyrí-e, eléi-son. Kyrí-e, eléi-son.

*Brs in the middle:*      *Choir:*

Dómine, miserére. Christus Dóminus factus est obédi-ens usque ad mortem.

*Lord, have mercy. Christ the Lord became obedient even unto death.*

*Brs at the steps:*      *Choir:*

Agno mi-ti bási-a cu-i lupus dedit venenósa. Christe, eléi-son.

*∇. Gentle Lamb to whom the wolf gave poisonous kisses.*

*Brs at the steps:*      *Choir:*

Vita in li-gno móritur : inférnus et mors lugens spo-li-átur. Christe, eléi-son.

*∇. Life dies on the wood; hell, even lamenting death are despoiled.*

*Brs at the steps:*      *Choir:*

Te qui vincí-ri volu-ísti, nosque a mortis vínculis eripu-ísti. Christe, eléi-son.


*∇. You willed to be defeated and delivered us from the chains of death.*

*Brs in the middle:*      *Choir:*

Dómine, miserére. Christus Dóminus factus est obédi-ens usque ad mortem.


*Lord, have mercy. Christ the Lord became obedient even unto death.*

*Brs at the steps:*      *Choir:*      *Brs at the steps:*



Kýri-e, eléi-son. Kýri-e, eléi-son. Kýri-e, eléi-son.

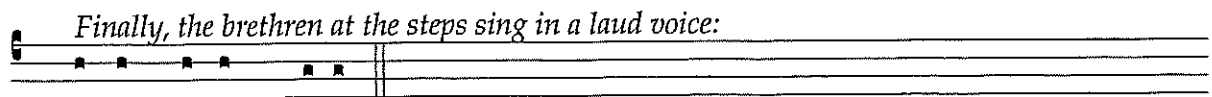
*Brs in the middle:*      *Choir:*



Dómine, miserére. Christus Dóminus factus est obédi-ens usque ad mortem.

*Lord, have mercy. Christ the Lord became obedient even unto death.*

*Finally, the brethren at the steps sing in a laud voice:*



Mortem autem crucis.

*∇. Even death on a cross.*

*At the end of the verse Mortem autem crucis, all kneel and say the Our Father silently. Then, the collected in monotoned (omitting Let us pray):*

#### CONCLUDING PRAYER

Be mindful, Lord, of this your family, for whose sake our Lord Jesus Christ, when betrayed, did not hesitate to yield himself into his enemies' hands and undergo the agony of the cross. *(no conclusion)*

*On a sign of the Prior, all rise and the hidden light is brought forth by the Sacristan.*