

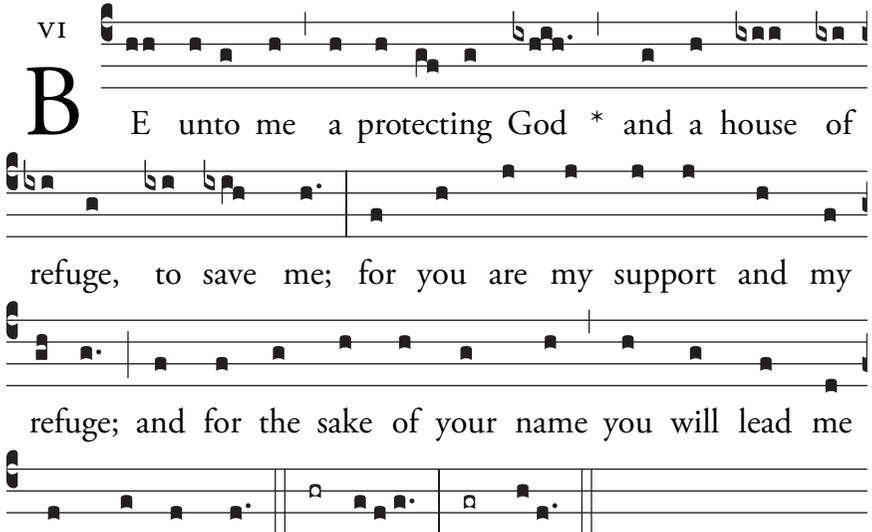
## SIXTH SUNDAY

### INTROIT

*Esto mihi*

*Ps 31 (30): 3, 4*

VI



**B**E unto me a protecting God \* and a house of  
refuge, to save me; for you are my support and my  
refuge; and for the sake of your name you will lead me  
and nourish me.

### Psalm 31 (30)

1. In you, O LORD, *I take refuge*. \*  
Let me never be put *to shame*.  
In your justice, *set me free*; \*  
incline your ear to me, and *speedily rescue me*.
2. Release me from the snare *they have hidden*, \*  
for you indeed are *my refuge*.  
Into your hands I *commend my spirit*. \*  
You will redeem me, O LORD, O *faithful God*.  
You detest those who serve *empty idols*. \*  
As for me, I trust in *the LORD*.

3. Let me be glad and rejoice in your mercy, †  
for you who have seen *my affliction* \*  
and taken heed of my soul's *distress*,  
have not left me in the hands of *the enemy*, \*  
but set my feet *at large*.

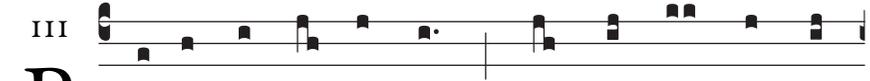
Glory be to the Father ...

OFFERTORY

*Benedictus es Domine*

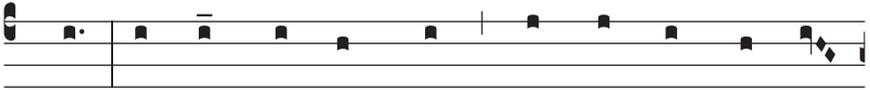
*Ps 119 (118): 12, 13*

III



**B**

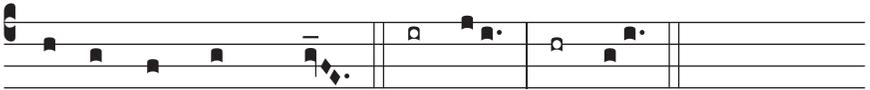
Lessed are you, O Lord, \* teach me your command-



ments. O Lord, you are blessed, teach me your command-



ments. With my lips have I declared all the judgments



spoken by your mouth.

Psalm 119 (118)

1. Blessed are those whose way *is blameless*, \*  
who walk in the law of *the LORD*!  
Blessed are those who keep his *decrees*! \*  
With all their hearts *they seek him*.

2. They never do *anything* evil, \*  
but walk in *his* ways.  
You have laid down *your* precepts \*  
to be carefully kept.
3. May my ways *be* firm \*  
in keeping *your* statutes.  
Then I shall not be put *to* shame \*  
as I observe all your *commands*.
4. I will thank you with an *upright* heart, \*  
as I learn your *just* judgments.  
I will keep *your* statutes; \*  
do not ever *forsake* me.

## COMMUNION

*Manducaverunt*

*Ps 78 (77): 29, 30*

I  
T Hey ate and were fully satisfied; \* the Lord gave  
them all that they desired; they were not deprived of  
their wants.

## Psalm 78 (77)

1. Give ear, my people, *to my* teaching; \*  
incline your ear to the words of *my* mouth.  
The things we have heard and *understood*, \*  
the things our fathers *have* told us,

2. these we will not hide *from their* **children** \*  
but will tell them to the next generation:  
Yet he commanded the *clouds above*, \*  
and opened the gates *of* **heaven**.
  
3. He rained down *manna to eat*, \*  
and gave them bread *from* **heaven**.  
Man ate the *bread of* **angels**. \*  
He sent them abundance *of* **food**;
  
4. He rained flesh upon *them like* **dust**, \*  
winged fowl like the sands of *the* **sea**.  
He let it fall in the midst *of their* **camp**, \*  
and all around *their* **tents**.

Glory be to the Father ...

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