Bless His Holiness...our Pope, the Bishop of our diocese ....and all bishops and priests and all those who in one way or the other take care of the flock which Jesus Christ purchased by his blood. Above all, continue to protect and bless the hearts consecrated to you; sanctify them with your grace, strengthen them in endless reverence of you. Give them comfort at the hour of their earthly journey; give them the joy of your heavenly countenance where together with the Father and the Son you reign in sublime majesty and glory forever and ever more. Amen.

LITTLE OFFICE OF THE HOLY SPIRIT
(Members are advised to pray this office as often as they can in their homes and in groups)

Morning Prayer (lauds)
Hymn
Holy Spirit, Lord of Light,
From Thy clear celestial height,
Thy pure beaming radiance gives:
Come, Thou Father of the poor,
Come with treasures that endure
Come Thou Light of all that live.
Thou of all consolers best,
Thou the soul’s delightful guest,
Dost refreshing peace bestow:

Thou in toil art comfort sweet
Pleasant coolness in the heat
Solace in the midst of woe.

Ant. 1: On the day of Pentecost they were all together in one place.

PSALM 112 (113)
Praise, O Servant of the Lord,*
Praise the name of the Lord!
May the name of the Lord be blessed*
Both now and for evermore!
From the rising of the sun to its setting*
Praised be the name of the Lord!

High above all nations is the Lord,*
Above the heavens his glory.
Who is like the Lord, our God,*
Who has risen on high to his throne
Yet stoops from the heights to look down,*
To look down upon heaven and earth?

From the dust he lifts up the lowly,*
From his misery he raises the poor
To set him in the company of princes,*
Yes, with the princes of his people.
To the childless wife he gives a home,*
And gladdens her heart with children.

Glory be....

Ant.1: On the day of Pentecost they were all together in one place,

Ant. 2: There appeared to the apostles what seemed like tongues of fire, and the Holy Spirit came upon each of them.

PSALM 146 (147)
Praise the Lord for he is good;
Sing to our God for he is loving;*
To him our praise is due.
The Lord builds up Jerusalem*
And brings back Israel's exiles,
He heals the broken-hearted,*
He binds up all wounds.

He fixes the number of the star;*
He calls each one by its name.
Our Lord is great and almighty;*
His wound can never be measured.
The Lord raises the lowly;*
He humbles the wicked to the dust,
O sing to the Lord, giving thanks;*
Sing Psalms to our God with the harp.

He covers the heavens with clouds;*
He prepares the rain for the earth,
Making mountains sprout with grass*
And with plants to serve man's needs.
He provides the beasts with their food*
And young ravens that call upon him.

His delight is not in horses*
Nor his pleasure in warriors' strength.
The Lord delights in those who revere him,*
In those who wait for his love.
Glory be...

Ant. 2: There appeared to the apostles what
seemed like tongues of fire, and the Holy Spirit
came upon each of them, Alleluia.

Ant. 3: The Holy Spirit, who comes from the
Father, will glorify me,

**PSALM 23**
The Lord is my Shepherd*
There is nothing I shall want
Fresh and green are the pastures*
Where he gives me repose
Near restful waters he leads me*
To revive my drooping spirit.

He guides me along the right path*
He is true to his name
If I should walk in the valley of darkness*
No evil would I fear
You are there with your crook and your staff*
With these you give me comfort.

You have prepared a banquet for me*
In the sight of my foes
My head you have anointed with oil*
My cup is overflowing.

Surely goodness and kindness shall follow me*
All the days of my life
In the Lord's own house shall I dwell*
Forever and ever.

Glory be......

Ant. The Holy Spirit, who comes from the
Father, will glorify me, alleluia.

**SCRIPTURE READING (TIT. 3:5-7)**
God saved us through the washing by which
the Holy Spirit gives us new birth and new life.
For God abundantly poured out the Holy Spirit
on us through Jesus Christ our Saviour, that by
his grace we might be made right with God, and
come into possession to the eternal life we
hope for.

**Short Responsorial**
V/ The Holy Spirit is the Advocate. (Repeat)
R/ He will teach you everything.
V/ Glory be to the Father, to the Son and to the Holy Spirit.
R/ As it was in the beginning is now and ever shall be world without end.

Intercessions
The Apostles waited and prayed for the coming of the Holy Spirit. Gathered together in their company, we pray for His coming today, and joyfully proclaim the greatness of God.
R/ Father, send us your Spirit.

In Christ you restored the universe which you made; through your Spirit renew the faith of the earth.
R/ Father, send us your Spirit.

You breathed your Spirit upon the apostles, and gave them the power of forgiveness: set all free today from the prison of sin.
R/ Father, send us your Spirit.

Creative Spirit of God, giving life and unity to your Church by the diversity of your gifts, perfect the work began through the Founders of the Holy Ghost Congregation, Claude Fouillart des Places and Francis Libermann.
We pray you to manifest through them your power on earth, so that they may be glorified among the saints of Christ's Church.
R/ Father, send us your Spirit.

O Holy Spirit, through the intercession of the Immaculate Heart of Mary, inspire many young men and women to respond with generosity to the call of Jesus to follow Him, in the priestly and religious life.
R/ Father, send us your Spirit.

Lord, may your Holy Spirit guide the rulers of all nations; let them see your vision of peace and make it a reality.
R/ Father, send us your Spirit.

Father of the poor, provide for the needs of the children of the Fatherless, console the sorrowful, heal the sick and grant eternal rest to the dead.
R/ Father, send us your Spirit.

Our Father.
Concluding Prayer
Almighty God, let the splendour of your glory shine upon us. May Christ, who is light from light, strengthen, by the illumination of the Holy Spirit, the hearts of those who have been reborn by grace. (We make our prayer through Christ our Lord. Amen

EVENING PRAYER (Vespers)
Hymn
Come, O Creator Spirit blest
And in our souls take up thy rest,
Come with thy grace and heavenly aid
To fill the hearts which thou hast made.

Great Paraclete to thee we cry,
O highest gift of God most high,
O fount of life, O Fire of love,
And sweet anointing from above.

Drive far from us the foe we dread
And grant us thy true peace instead,
So shall we not with thee for guide,
Turn from the path of life aside.

All glory while the ages run
Be to the Father and the Son,
Who rose from death; the same to thee.
O Holy Spirit, eternally.

Ant. 1: The Spirit of the Lord has filled the whole world

PSALM 109 (110): 1-5, 7
The Lord's revelation to my Master:
'Sit on my right;*
your foes I will put beneath your feet;

The Lord will wield from Zion
Your sceptre of power;*
Rule in the midst of all your foes.
A prince from the day of your birth
On the holy mountains;*
From the womb before the dawn I begot you.

The Lord has sworn an oath he will not change.
'You are a priest for ever;''
A priest like Melchizedek of old.'
The Master standing at your right hand*
Will shatter kings in the day of his wrath.
He shall drink from the stream by the wayside*
And therefore he shall lift up his head.

Glory be...

**Ant. 1:** The Spirit of the Lord has filled the whole world, alleluia.

**Ant. 2:** Send forth your power, Lord, from your holy temple in Jerusalem, and bring to perfection your work among us, alleluia.

**PSALM 133A (114)**
When Israel came forth from Egypt,*
Jacob’s sons from an alien people,
Judah became the Lord’s temple,*
Israel became his kingdom.
The sea fled at the sight,*
The Jordan turned back on its course,
The mountains leapt like rams*
And the hills like yearling sheep.

Why was it, sea, that you fled,*
That you turned back, Jordan, on your course?
Mountains, that you leapt like rams,*
Hills, like yearling sheep?

**REV 15: 3-4**
Great and wonderful are your deeds
O Lord God the Almighty
Just and true are your ways
O King of the ages

Who shall not fear and glorify your name, O Lord
For you alone are holy
All nations shall come and worship you
For your judgements have been revealed.

Glory be...
Ant. 3. They were all filled with the Holy Spirit and began to speak.

SCRIPTURE READING (Eph 4:3-6)
Do your best to preserve the unity which the Spirit gives, by the peace that binds you together. There is one Body and one Spirit, just as there is one hope to which God has called you. There is one Lord, one faith, one baptism, there is one God and Father of all men, who is Lord of all, works through all, and is in all.

Responsorial
V/ The Spirit of the Lord has filled the whole world.
R/ It is he who holds all things in being and understands every word that is spoken.
V/ Glory be. 
R/ It is he who holds all things in being and understands every word that is spoken.

Intercessions
We know that the Father is with us because of the Spirit he has given us. With this confidence we turn to you in prayer.
R/ Father, send your Spirit into our lives.

You sent the Spirit to fill the earth with your love; let all build the human city in justice and peace.
R/ Father, send your Spirit into our lives.

By the work of the Holy Spirit, you create all minds afresh: heal the sick, comfort the afflicted, and bring all your salvation.
R/ Father, send your Spirit into our lives.

Heavenly Father, pour out the consolation of Your Spirit on all missionaries, the messengers of the Good News; draw all believers together in mind and heart; may all peoples come to the knowledge and love of Jesus Christ our Saviour.
R/ Father, send your Spirit into our lives.

Through the Holy Spirit, you raised your Son from the dead; raise us by the power of your Spirit when we come to your kingdom.
R/ Father, send your Spirit into our lives.

Our Father ...
Concluding Prayer

Lord God, you opened for us the way to eternal life, when your Son was taken up to glory, and your Holy Spirit came to enlighten your Church. Grant that, as we share in so great a gift, our faith may grow ever stronger and our service ever more loyal.

(We make our prayer) through Christ our Lord. Amen.