

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

October 3, 2026

{ Memorial of the Blessed Virgin Mary on Saturday }



Stand and make sign of cross

God, come to my assistance.

— 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 will be for ever. Amen. Alleluia.

HYMN

O Mary, Virgin Mother blest,
O holy daughter of your Son,
most humble and yet most sublime,
above the whole created world:

You are the summit fixed of old,
predestined by divine decree,
to be our nature's perfect crown,
the height of beauty and of grace.

In you our nature shone so fair
that its Creator, God most high,
with art so wondrous to behold,
was made a creature formed through you.

Within the Virgin's purest womb
the flame of love is born anew,
and by its warmth, upon the earth
celestial flowers come to bloom.

To Father and to Paraclete
and to your Son all glory be,
who have, all three, invested you
with such a wondrous robe of grace. Amen.

Metrical hymn, melody: Hereford, 8 8 8 8; Samuel Sebastian Wesley, 1810-1876

Plainsong, mode VIII, melody 109; Liber Hymnarius, Solesmes, 1983, Text: O virgo mater, filia, Anselmo Lentini, O.S.B., 1901-1989*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023
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Sit or stand

PSALMODY

Antiphon 1

None but the Lord has done such marvels; his love endures for ever.

Psalm 136

Easter Hymn

We praise God by recalling his marvelous deeds (Cassiodorus).

I

O give thánks to the Lórd for he is góod, *
for his lóve endúres for éver.

Give thánks to the Gód of góds, *
for his lóve endúres for éver.

Give thánks to the Lórd of lórd, *
for his lóve endúres for éver;

who alóne has wrought márvellous wórks, *
for his lóve endúres for éver;

whose wísdom it wás made the skíes, *
for his lóve endúres for éver;

who fixed the earth fírmly on the séas, *
for his lóve endúres for éver.

It was hé who máde the great líghts, *
for his lóve endúres for éver,

the sún to rúle in the dáy, *
for his lóve endúres for éver,

the móon and stárs in the níght, *
for his lóve endúres for éver.

Glory to the Father, and to the Son, *
and to the Holy Spirit:

as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

None but the Lord has done such marvels; his love endures for ever.

Antiphon 2

He brought Israel out of Egypt with powerful hand and arm outstretched.

II

The first-bórn of the Egýptians he smóte, *
for his lóve endúres for éver.

He brought Ísrael óut from their mídst, *
for his lóve endúres for éver;
arm outstrétched, with pówer in his hánd, *
for his lóve endúres for éver.

He dívided the Réd Sea in twó, *
for his lóve endúres for éver;
he made Ísrael páss through the mídst, *
for his lóve endúres for éver;
he flung Pháraoh and his fórcé in the séa, *
for his lóve endúres for éver.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

He brought Israel out of Egypt with powerful hand and arm outstretched.

Antiphon 3

Give praise to the God of heaven; he has ransomed us from our enemies.

III

Through the désert his péople he léd, *

for his love endures for ever.
Nations in their greatness he struck, *
for his love endures for ever.
Kings in their splendour he slew, *
for his love endures for ever.

Sihon, king of the Amorites, *
for his love endures for ever;
and Og, the king of Bashan, *
for his love endures for ever.

He let Israel inherit their land, *
for his love endures for ever.
On his servant their land he bestowed, *
for his love endures for ever.
He remembered us in our distress, *
for his love endures for ever.

And he snatched us away from our foes, *
for his love endures for ever.
He gives food to all living things, *
for his love endures for ever.
To the God of heaven give thanks, *
for his love endures for ever.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

Give praise to the God of heaven; he has ransomed us from our enemies.

VERSE

Lord, show me your ways.

— Teach me to walk in your footsteps.

READINGS

First reading

From the letter of the apostle Paul to the Philippians

4:10-23

The generosity of the Philippians toward Paul

It gave me great joy in the Lord that your concern for me bore fruit once more. You had been concerned all along, of course, but lacked the opportunity to show it. I do not say this because I am in want, for whatever the situation I find myself in I have learned to be self-sufficient. I am experienced in being brought low, yet I know what it is to have an abundance. I have learned how to cope with every circumstance—how to eat well or go hungry, to be well provided for or do without. In him who is the source of my strength I have strength for everything.

Nonetheless, it was kind of you to want to share in my hardships. You yourselves know, my dear Philippians, that at the start of my evangelizing, when I left Macedonia, not a single congregation except yourselves shared with me by giving me something for what it had received. Even when I was at Thessalonica you sent something for my needs, not once but twice. It is not that I am eager for the gift; rather, my concern is for the ever-growing balance in your account.

Herewith is my receipt, which says that I have been fully paid and more. I am well supplied because of what I received from you through Epaphroditus, a fragrant offering, a sacrifice acceptable and pleasing to God.

My God in turn will supply your needs fully, in a way worthy of his magnificent riches in Christ Jesus. All glory to our God and Father for unending ages! Amen.

Give my greetings in Christ Jesus to every member of the church. My brothers here send you theirs, as do all those who believe, particularly those in Caesar's service. May the favor of the Lord Jesus Christ be with your spirit. Amen.

Responsory

Philippians 4:12-13; 2 Corinthians 12:10

I know what it is like to be rich and what it is like to be poor. I have eaten well and gone hungry, have experienced poverty and plenty.

— With Christ's help I can do all things.

For the sake of Christ I am content with my weaknesses and frustrations.

— With Christ's help I can do all things.

Second reading

From a sermon by Saint Bernard, abbot

(Sermo de Aquaeductu: Opera omnia, Edit. Cisterc. 5 [1968], 282-283)

We should meditate on the mysteries of salvation

The child to be born of you will be called holy, the Son of God, the fountain of wisdom, the Word of the Father on high. Through you, blessed Virgin, this Word will become flesh, so that even though, as he says: *I am in the Father and the Father is in me*, it is still true for him to say: "I came forth from God and am here."

In the beginning was the Word. The spring was gushing forth, yet still within himself. Indeed, *the Word was with God*, truly dwelling in inaccessible light. And the Lord said from the beginning: *I think thoughts of peace and not of affliction.* Yet your thought was locked within you, and whatever you thought, we did not know; for who knew the mind of the Lord, or who was his counselor?

And so the idea of peace came down to do the work of peace: *The Word was made flesh and even now dwells among us.* It is by faith that he dwells in our hearts, in our memory, our intellect and penetrates even into our imagination. What concept could man have of God if he did not first fashion an image of him in his heart? By nature incomprehensible and inaccessible, he was invisible and unthinkable, but now he wished to be understood, to be seen and thought of.

But how, you ask, was this done? He lay in a manger and rested

on a virgin's breast, preached on a mountain, and spent the night in prayer. He hung on a cross, grew pale in death, and roamed free among the dead and ruled over those in hell. He rose again on the third day, and showed the apostles the wounds of the nails, the signs of victory; and finally in their presence he ascended to the sanctuary of heaven.

How can we not contemplate this story in truth, piety and holiness? Whatever of all this I consider, it is God I am considering; in all this he is my God. I have said it is wise to meditate on these truths, and I have thought it right to recall the abundant sweetness, given by the fruits of this priestly root; and Mary, drawing abundantly from heaven, has caused this sweetness to overflow for us.

Responsory

O Virgin Mary, no other daughter of Jerusalem is your equal, for you are the mother of the King of kings, you are the Queen of heaven and of angels.

— Blessed are you among women, and blessed is the fruit of your womb.

Hail, full of grace; the Lord is with you.

— Blessed are you among women, and blessed is the fruit of your womb.

Stand

CONCLUDING PRAYER

Let us pray.

Lord God,
give to your people the joy
of continual health in mind and body.
With the prayers of the Virgin Mary to help us,
guide us through the sorrows of this life
to eternal happiness in the life to come.

Grant this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
God, for ever and ever.

— Amen.

Acclamation

Let us praise the Lord.

— And give him thanks.

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