

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

July 26, 2025

{ Memorial – Joachim and Ann, Parents of Mary }



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

With festive anthems, we in this assembly
sing your high praises, Joachim, blest father;
graciously welcome from our hearts and voices
gifts in your honor.

Great is your lineage, Abraham's descendent,
offspring of David, Judah's kings, your forebears;
you shine more brightly through your daughter Mary,
this world's fair Lady.

So your sweet lily, born of blessed Anna,
brings to fulfillment longings of the Fathers;
she comes restoring to the world in sorrow
great joy and gladness.

Praise to you, Father of the Son eternal,
praise to you, Offspring of the Most High Father,
and, Holy Spirit, equal praise we give you
through all the ages. Amen.

*Metrical hymn, melody: HERR, DEINEN ZORN, 11 11 11 5; later form of melody
by Johann Crüger, 1599-1662*

Plainsong, mode IV, melody 72; Liber Hymnarius, Solesmes, 1983, Text: Dum tuas
festo, pater o colende, ca. 17th c.*

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

PSALMODY

Antiphon 1

The Lord summons heaven and earth to witness his judgment on his people.

Psalm 50

Genuine love of God

I have come not to abolish the law but to bring it to perfection (see Matthew 5:17).

I

The Gód of góds, the Lórd, †
has spóken and súmmoned the éarth, *
from the rísing of the sún to its sétting.
Out of Zíon's perfect béauty he shínes. *
Our God cómes, he keeps sílence no lónger.

Befóre him fíre devóurs, *
aróund him témpet ráges.
He cálls on the héavens and the éarth *
to wítness his júdgment of his péople.

“Súmmon befóre me my péople *
who made cóvenant with mé by sácrífice.”
The héavens procláim his jústice, *
for Gód himsélf is the júdge.

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

The Lord summons heaven and earth to witness his judgment on his people.

Antiphon 2

Come to me in your distress, and I will save you.

II

“Listen, my péople, I will spéak; *
Ísrael, I will téstify agáinst you,
for Í am Gód your Gód. *
I accúse you, láy the charge befóre you.

I find no fáult with your sácrifices, *
your ófferings are álways befóre me.
I do not ásk more búllocks from your fárms, *
nor góats from amóng your hérds.

For I ówn all the béasts of the fórest, *
béasts in their thóusands on my hílls.
I knów all the bírds in the ský, *
all that móves in the fíeld belongs to mé.

Were I húngrý, Í would not téll you, *
for I ówn the wórld and all it hólds.
Do you thínk I eat the flésh of búlls, *
or drínk the blóod of góats?

Pay your sácrifice of thánksgiving to Gód *
and rénder him your vótive ófferings.
Call on mé in the dáy of distréss. *
I will fréed you and yóu shall hónor 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.

Antiphon

Come to me in your distress, and I will save you.

Antiphon 3

A sacrifice of praise will give me glory.

III

But Gód sáys to the wicked: †
“But hów can you recíte my commándments *
and táke my cóvenant on your líps,

yóu who despíse my lów *
and thrów my wórds to the wínds,
you who sée a thíef and go wíth him; *
who thrów in your lót with adúlterers,
who unbridle your móuth for évil *
and whose tóngue is plótting críme,
you who sít and malígn your bróther *
and slánders your ówn mother's són.
You do thís, and should Í keep sílence? *
Do you thínk that Í am like yóu?

Mark thís, you who néver think of Gód, *
lest I séize you and you cánnót escápe;
a sácrafice of thanksgíving hónors me *
and I will shów God's salvátion to the úpright."

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

A sacrifice of praise will give me glory.

VERSE

We are always praying earnestly for you.

— That you may have a deep knowledge of God's will.

Sit

READINGS

First reading

From the second letter of the apostle Paul to the Corinthians

6:1—7:1

Paul's sufferings and his exhortation to holiness

As your fellow workers we beg you not to receive the grace of God in vain. For he says, "In an acceptable time I have heard you; on a

day of salvation I have helped you.” Now is the acceptable time!
Now is the day of salvation!

We avoid giving anyone offense, so that our ministry may not be blamed. On the contrary, in all that we do we strive to present ourselves as ministers of God, acting with patient endurance amid trials, difficulties, distresses, beatings, imprisonments, and riots; as men familiar with hard work, sleepless nights, and fastings; conducting ourselves with innocence, knowledge, and patience, in the Holy Spirit, in sincere love as men with the message of truth and the power of God; wielding the weapons of righteousness with right hand and left, whether honored or dishonored, spoken of well or ill. We are called imposters, yet we are truthful; nobodies who in fact are well known; dead, yet here we are alive; punished, but not put to death; sorrowful, though we are always rejoicing; poor, yet we enrich many. We seem to have nothing, yet everything is ours!

Men of Corinth, we have spoken to you frankly, opening our hearts wide to you. There is no lack of room for you in us; the narrowness is in you. In fair exchange, then (I speak as a father to his children), open wide your hearts!

Do not yoke yourselves in a mismatch with unbelievers. After all, what do righteousness and lawlessness have in common, or what fellowship can light have with darkness? What accord is there between Christ and Belial, what common lot between believer and unbeliever? Tell me what agreement there is between the temple of God and idols. You are the temple of the living God, just as God has said:

“I will dwell with them and walk among them.

I will be their God

and they shall be my people.

Therefore, ‘Come out from among them
and separate yourselves from them,’

says the Lord;

‘and touch nothing unclean.

I will welcome you and be a father to you
and you will be my sons and daughters,’

says the Lord Almighty.”

Since we have these promises, beloved, let us purify ourselves from every defilement of flesh and spirit, and in the fear of God strive to fulfill our consecration perfectly.

Responsory

2 Corinthians 6:14, 16

What do righteousness and iniquity have in common? Is there a common ground between the temple of God and idols?

— You are the temple of the living God.

Are you not aware that you are God's temple, and that his Spirit lives within you?

— You are the temple of the living God.

Second reading

From a sermon by Saint John Damascene, bishop

(Orat. 6, in Nativitatem B. Mariae V., 2. 4. 5. 6: PG 96, 663. 667. 670)

By their fruits you will know them

Ann was to be the mother of the Virgin Mother of God, and hence nature did not dare to anticipate the flowering of grace. Thus nature remained sterile, until grace produced its fruit. For she who was to be born had to be a first born daughter, since she would be the mother of the first-born of all creation, *in whom all things are held together.*

Joachim and Ann, how blessed a couple! All creation is indebted to you. For at your hands the Creator was offered a gift excelling all other gifts: a chaste mother, who alone was worthy of him.

And so rejoice, Ann, that *you were sterile and have not borne children; break forth into shouts, you who have not given birth.* Rejoice, Joachim, because from your daughter *a child is born for us, a son is given us, whose name is Messenger of great counsel and universal salvation, mighty God.* For this child is God.

Joachim and Ann, how blessed and spotless a couple! You will be known by the fruit you have born, as the Lord says: *By their fruits you will know them.* The conduct of your life pleased God and was

worthy of your daughter. For by the chaste and holy life you led together, you have fashioned a jewel of virginity: she who remained a virgin before, during and after giving birth. She alone for all time would maintain her virginity in mind and soul as well as in body.

Joachim and Ann, how chaste a couple! While safeguarding the chastity prescribed by the law of nature, you achieved with God's help something which transcends nature in giving the world the Virgin Mother of God as your daughter. While leading a devout and holy life in your human nature, you gave birth to a daughter nobler than the angels, whose queen she now is. Girl of utter beauty and delight, daughter of Adam and mother of God, blessed the loins and blessed the womb from which you come! Blessed the arms that carried you, and blessed your parents' lips, which you were allowed to cover with chaste kisses, ever maintaining your virginity. *Rejoice in God, all the earth. Sing, exult and sing hymns.* Raise your voice, raise it and be not afraid.

Responsory

See Luke 2:37, 38; 7:16

They worshiped God day and night in fasting and in prayer.

— They looked forward to the deliverance of Israel.

They prayed that God would come to save his people.

— They looked forward to the deliverance of Israel.

Stand

CONCLUDING PRAYER

Let us pray.

God of our fathers,
you gave Saints Joachim and Ann
the privilege of being the parents of Mary,
the mother of your incarnate Son.
May their prayers help us to attain
the salvation you have promised to your people.

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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