

## THE EXERCISES

*The Exercises upon Sunday afternoons begin with a reading, during which the attendants assemble and the Warden lights the candles upon the altar. When a sufficient number have assembled, the Society Prefect gives the signal with a bell, and reads out the names of those to be prayed for. The following is then said or sung:*

*V. Spiritus Sancti gratia,  
illuminet sensus et corda  
nostra.*

*R. Amen.*

*V. Domine labia mea aperies.*

*R. Et os meum annuntiabit  
laudem tuam.*

*V. Deus in adiutorium meum  
intende.*

*R. Domine ad adiuvandum me  
festina.*

*V. Gloria Patri, et Filio, et  
Spiritui Sancto.*

*R. Sicut erat in principio, et  
nunc, et semper, et in saecula  
saeculorum. Amen. Alleluia.*

*V. May the grace of the Holy  
Ghost illumine our senses  
and our hearts.*

*R. Amen.*

*V. O Lord, open thou our lips.*

*R. And our mouths shall shew  
forth thy praise.*

*V. O God, make speed to save  
us.*

*R. O Lord, make haste to help  
us.*

*V. Glory be to the Father, and to  
the Son, and to the Holy  
Ghost.*

*R. As it was in the beginning, is  
now, and ever shall be, unto  
the ages of ages. Amen.  
Alleluia.*

*During Lent until Easter, instead of the alleluia the following is said:*

*Laus tibi, Domine, Rex aeternae  
glorias.*

*To thee, O Lord, all honour be,  
King of endless majesty.*

*Then the Prefect shall read this Antiphon:*

Veni, Sancte Spiritus. Veniat  
unio Patris, beneplacitum Verbi.  
Tu, Spiritus veritatis, es  
praemium sanctorum,  
refrigerium animarum, lux  
tenebrarum, pauperum divitiae,  
amantium thesaurus,  
esurientium satietas, consolatio  
peregrinorum; tu denique ille es,  
in quo omnes thesauri  
continentur.

Come, Holy Ghost. Let the  
pearl of the Father and the  
delight of the Son come. O  
Spirit of truth, thou art the  
reward of the saints, the  
refreshment of souls, the light in  
darkness, the riches of the poor,  
the treasure of lovers, the feeder  
of the hungry, and the comfort  
of wayfarers; thou art indeed the  
one in whom all treasures are  
contained.

*Then shall follow a lesson or spiritual reading from the history or life  
of the saint selected for that day, and afterward the collect of the saint.  
When this has been done, the Prefect shall continue with this  
Antiphon:*

Veni, qui descendens in Mariam  
fecisti, ut, carnem sumeret  
Verbum, atque in nobis operare  
per gratiam quod in illa es per  
gratiam naturamque operatus.

Come, thou who came to Mary  
that the Word might become  
flesh, and work in us through  
grace, as thou worked in her  
through grace and nature.

*Then shall follow a lesson or spiritual reading life and miracles of the  
saint John the Wonderworker, and afterward this Collect and  
Antiphon:*

Deus qui conspicias quia ex nulla  
nostra virtute subsistimus  
concede propitius: ut  
intercessione beati Johanni  
Thaumaturgus confessoris tui  
atque pontificis contra omnia  
adversa muniamur. Per  
Christum dominum nostrum

O God, who perceiveth that we  
stand fast by no virtue of our  
own, grant graciously that by the  
intercession of blessed John the  
Wonderworker thy confessor  
and bishop we may be fortified  
against all adversities. Through  
Jesus Christ thy Son our Lord,

filium tuum. Qui tecum vivit et regnat in unitate Spiritus Sancti Deus per omnia secula seculorum. Amen.

who liveth and reigneth with thee in the unity of the Holy Ghost, God, unto the ages of ages. Amen.

Veni, qui es omnis castae cogitationis alimentum, fons omnis clementiae, omnis puritatis cumulus.

Come, thou which art the nourishment of every chaste thought, the font of all mercy, and the sum of all purity.

*Then shall follow a recitation of the Paternoster Beads, upon the following wise:*

*Upon the decades:*

Domine Jesu Christe, qui me creasti, redemisti, et preordinasti ad hoc quod sum: Tu scis quid de me facere vis; fac de me secundum voluntatem tuam cum misericordia. Amen.

Lord Jesus Christ, who hast created me, redeemed me, and preordained that which I have now become: Thou knowest what thou wouldst have me to be; deal with me in accordance with thy lovingkindness, and show me thy mercy Lord. Amen.

*Upon the beads:*

Pater noster, qui es in caelis, sanctificetur nomen tuum. Adveniat regnum tuum. Fiat voluntas tua, sicut in caelo et in terra. Panem nostrum quotidianum da nobis hodie, et dimitte nobis debita nostra sicut et nos dimittimus debitoribus nostris. Et ne nos inducas in tentationem, sed libera nos a malo. Amen.

Our Father, which art in heaven, Hallowed be thy Name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive them that trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

*Then if a Sermon is to be given it shall here follow, and afterward this Antiphon and Conclusion:*

Veni et in nobis absume  
quicquid impedit ne nos  
absumamur in te.

Come and consume in us  
whatever impedes us from being  
consumed in thee.

V. Emitte Spiritum tuum, et  
creabuntur.

V. Send for thy Spirit, and they  
shall be made.

R. Et renovabis faciem terrae.

R. And thou shalt renew the face  
of the earth.

Oremus:

Adsit nobis, quaesumus  
Domine, virtus Spiritus Sancti:  
quae et corda nostra clementer  
expurget, et ab omnibus tueatur  
adversis. Per Dominum nostrum  
Iesum Christum filium tuum:  
Qui tecum vivit et regnat in  
unitate Spiritus Sancti Deus, per  
omnia saecula saeculorum.  
*Amen.*

Let us pray:

We beseech thee, O Lord, to  
send down upon us the power of  
the Holy Ghost; may he  
mercifully purify our hearts and  
protect us from all adversity.  
Through Jesus Christ thy Son  
our Lord, Who livest and  
reignest in the unity of the Holy  
Spirit, God, unto the ages of  
ages. *Amen.*

*Following the Exercises, a blessing may be given, and the relics of St John the Wonderworker venerated.*