

## Prayer Before Office

*In the beginning, offer to God the praises that you are about to pour forth in his honour, and beseech him to free you from distractions, and to give you light and help to praise him and to pray to him as he deserves; and for this end recite attentively the usual prayer: (St. Alphonsus Liguori)*

**A**PERI, Dómine, os meum ad benedicéndum nomen sanctum tuum: munda quoque cor meum ab ómnibus vanis, perversis et aliénis cogitátionibus; intelléctum illúmina, afféctum inflámma, ut digne, atténte ac devóte hoc Offícium recitáre váleam, et exaudiri mérear ante conspéctum divínæ Majestátis tuæ. Per Christum, Dóminum nostrum.

*R.* Amen.

Dómine, in unióne illíus divínæ intentiónis, qua ipse in terris laudes Deo persolvisti, has tibi Horas (*vel* hanc tibi Horam) persólvo.

**O**PEN my mouth, O Lord, that I may bless thy holy name. Cleanse my heart from all vain, evil and wandering thoughts; enlighten my understanding, enkindle my affections, that I may worthily recite this Office with attention and devotion, and may worthily be heard before the presence of thy Divine Majesty. Through Christ our Lord.

*R.* Amen.

O Lord, in union with that Divine Intention wherewith thou didst thyself praise God, while as thou wast on earth, I offer these Hours (*or* this Hour) unto thee.

**P**ATER noster, qui es in cælis, sanctificétur nomen tuum. Advéniat regnum tuum. Fiat volúntas tua, sicut in cælo et in terra. Panem nostrum quotidiánum da nobis hódie. Et dimitte nobis débita nostra, sicut et nos dimíttimus debitóribus nostris. Et ne nos indúcas in tentatió-nem: sed libera nos a malo. Amen.

**A**VE, María, grátia plena; Dóminus tecum: benedícta tu in muliéribus, et benedíctus fructus ventris tui Jesus. Sancta María, Mater Dei, ora pro nobis peccatóribus, nunc et in hora mortis nostræ. Amen.

*Before Matins and Prime, the Credo is also said:*

**C**REDO in Deum, Patrem omnipoténtem, Creatórem cæli et terræ. Et in Jesum Christum, Fílium ejus únicum, Dóminum nostrum: qui

**O**UR Father, Who art in heaven, Hallowed be Thy Name. Thy kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. Amen.

**H**AIL, Mary, full of grace; The Lord is with thee: blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**I**BELIEVE in God, the Father almighty, Creator of heaven and earth. And in Jesus Christ, his only Son, our Lord; who was conceived by the