

## THE LITTLE OFFICE OF JULIAN OF NORWICH

(+) In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

O God, make speed to save us.  
O Lord, make haste to help us.

All: Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be forever. Amen.  
(Alleluia)  
(Omit "Alleluia" in Lent)

Antiphon: I will bear witness that the Lord is righteous: \*  
I will praise the Name of the Lord most High. (E. T. Alleluia)

### Psalm 61

- 1 Hear my cry, O God, \*  
and listen to my prayer.
- 2 I call upon you from the ends of the earth with heaviness  
in my heart; \*  
set me upon the rock that is higher than I.
- 3 For you have been my refuge, \*  
a strong tower against the enemy.
- 4 I will dwell in your house for ever; \*  
I will take refuge under the cover of your wings.
- 5 For you, O God, have heard my vows; \*  
you have granted me the heritage of those who fear your Name.
- 6 Add length of days to the king's life; \*  
let his years extend over many generations.
- 7 Let him sit enthroned before God for ever; \*  
bid love and faithfulness watch over him.

8 So will I always sing the praise of your Name, \*  
and day by day I will fulfill my vows.

All: 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: I will bear witness that the Lord is righteous: \*  
I will praise the Name of the Lord most High. (E. T. Alleluia)

Antiphon: Protect me, O God, for I take refuge in you; \*  
I have said to the Lord, "You are my Lord, my good above all  
other."  
(E.T. Alleluia).

### **Psalm 84**

1 How dear to me is your dwelling, O LORD of hosts! \*  
My soul has a desire and longing for the courts of the LORD;  
my heart and my flesh rejoice in the living God.

2 The sparrow has found her a house  
and the swallow a nest where she may lay her young; \*  
by the side of your altars, O LORD of hosts,  
my King and my God.

3 Happy are they who dwell in your house! \*  
they will always be praising you.

4 Happy are the people whose strength is in you! \*  
whose hearts are set on the pilgrims' way.

5 Those who go through the desolate valley  
will find it a place of springs, \*  
for the early rains have covered it with pools of water.

6 They will climb from height to height, \*  
and the God of gods will reveal Himself in Zion.

7 LORD God of hosts, hear my prayer; \*  
hearken, O God of Jacob.

- 8 Behold our defender, O God; \*  
and look upon the face of your Anointed.
- 9 For one day in your courts is better than a thousand in  
my own room, \*  
and to stand at the threshold of the house of my God  
than to dwell in the tents of the wicked.
- 10 For the LORD God is both sun and shield; \*  
he will give grace and glory;
- 11 No good thing will the LORD withhold \*  
from those who walk with integrity.
- 12 O LORD of hosts, \*  
happy are they who put their trust in you!

All: 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: Protect me, O God, for I take refuge in you; \*  
I have said to the Lord, "You are my Lord, my good above all  
other."  
(E.T. Alleluia).

Antiphon: For God alone my soul in silence waits; \*  
from him comes my salvation. (E.T. Alleluia)

## **Psalm 91**

- 1 He who dwells in the shelter of the Most High, \*  
abides under the shadow of the Almighty.
- 2 He shall say to the LORD, "You are my refuge and my  
stronghold, \*  
my God in whom I put my trust."
- 3 He shall deliver you from the snare of the hunter \*  
and from the deadly pestilence.
- 4 He shall cover you with his pinions,

- and you shall find refuge under his wings; \*  
his faithfulness shall be a shield and buckler.
- 5 You shall not be afraid of any terror by night, \*  
nor of the arrow that flies by day;
- 6 Of the plague that stalks in the darkness, \*  
nor of the sickness that lays waste at mid-day.
- 7 A thousand shall fall at your side and ten thousand  
at your right hand, \*  
but it shall not come near you.
- 8 Your eyes have only to behold \*  
to see the reward of the wicked.
- 9 Because you have made the LORD your refuge, \*  
and the Most High your habitation,
- 10 There shall no evil happen to you, \*  
neither shall any plague come near your dwelling.
- 11 For he shall give his angels charge over you, \*  
to keep you in all your ways.
- 12 They shall bear you in their hands, \*  
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; \*  
you shall trample the young lion and the serpent under your  
feet.
- 14 Because he is bound to me in love, therefore will I deliver him; \*  
I will protect him, because he knows my Name.
- 15 He shall call upon me, and I will answer him; \*  
I am with him in trouble;  
I will rescue him and bring him to honor.
- 16 With long life will I satisfy him, \*  
and show him my salvation.

All: 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: For God alone my soul in silence waits, \*  
from him comes my salvation. (E.T. Alleluia)

**LITTLE CHAPTER**  
(Song of Songs 1:4 - JB)

The King has brought me into his rooms; you will be our joy and gladness. We will praise your love above wine; how right it is to love you.

Response: Thanks be to God.

**HYMN**  
(In unison)

Dear Julian, mother, sister, friend,  
We give you honor without end.  
And beg your intercession true  
That we may dwell in heaven with you.

Lead us to know the Lord of Love  
Who showers graces from above,  
And from all sin to turn away;  
To love, to serve Him, and to pray.

O Father, hear our faithful prayer;  
O Son, help us your love to share;  
O Spirit, fill our every hour,  
And guide us by your holy power. Amen.

**VERSICLE AND RESPONSE**

V. Your love, O Lord, for ever will I sing.  
(E.T. Alleluia. Alleluia.)

R. From age to age my mouth will proclaim your faithfulness.  
(E.T. Alleluia. Alleluia.)

## THE PRAYERS

The Lord be with you.  
And also with you.  
Let us pray.

Most Holy Lord, the ground of our beseeching, who through Your servant Saint Julian revealed the wonder of Your love: grant that as we are created in Your nature and restored by Your grace, our wills may be so made one with Yours that we may come to see You face to face and gaze on You for ever, through Jesus Christ our Lord. Amen.

Let us bless the Lord. ( E.T. Alleluia. Alleluia.)  
Thanks be to God. (E.T. Alleluia. Alleluia.)

(+) May the souls of the faithful, through the mercy of God,  
rest in peace. Amen.

(“Our Father” is said silently.)