

THIRD SUNDAY OF LENT

Both the Roman Gradual and Roman Missal offer these same two antiphons.

ENTRANCE ANTIPHON *Cf. Ps 25 (24): 15-16*

Oculi mei semper ad Dominum

My eyes are always on the Lord,
for he rescues my feet from the snare.
Turn to me and have mercy on me,
for I am alone and poor.

Ÿ To you, O Lord, I lift up my soul.
In you, O my God, I have trusted;

← The verse in Roman Gradual

Or: *Cf. Ez 36: 23-26.*

Cum sanctificatus

When I prove my holiness among you,
I will gather you from all the foreign lands;
and I will pour clean water upon you
and cleanse you from all your impurities,
and I will give you a new spirit, says the Lord.

Ÿ I will bless the Lord at all times;
praise of him is always in my mouth.
In the Lord my soul shall make its boast;
the humble shall hear and be glad.

← The verse in Roman Gradual, Psalm 34

Exerpts from the English translation of The Roman Missal © 2010, ICEL. All rights reserved.

- **The antiphons (introit) have been arranged as a hymn!**
- **Pick a tune from the box, or use the one provided in the organ score!**
- **Copy and paste the text below into your worship aid, or use the melody PDE/PNG provided.**
- **consider pasting original antiphon as well. Not to sing, but so people understand what's going on!**

Introit Hymn 1., OPTION 1

1. My eyes are always on the Lord,
for he will rescue me;
From snares release, Lord turn to me,
have mercy, hear my plea.
For I am poor, alone and lost,
do not abandon me;
To you O Lord I lift my soul,
spare me indignity.

Pick one tune for Introit Hymn Option 2 CMD :
KINGSFOLD: I Heard the Voice of Jesus Say

OR Split verses into CM and use:

ST. FLAVIAN: Lord, Who Throughout These 40 Days.
ST ANNE: O God Our Help in Ages Past
ST COLUMBA: The King of Love My Shepherd Is
NEW BRITAIN: Amazing Grace
SHANTI: We Walk by Faith
CHRISTIAN LOVE: Where charity and love prevail

2. Praise Father, Son, and Holy Ghost,
Most Blessed Trinity;
From days of yore, to present hour,
when time shall cease to be.
My eyes are always on the Lord,
for he will rescue me;
From snares release, Lord turn to me,
have mercy, hear my plea.

Verse 2 contains the doxology and antiphon repeated, at the end.

Text: Psalm 25: 15, 16, 1, 2; Oculi mei; Introit, Lent 3; adapted Greg Heislman, © 2014, 2020.
Tune: KINGSFOLD, CMD

Introit Hymn 2., OPTION 2

1. When I shall prove my holiness through you,
From foreign lands, I'll gather you to me;
And I will pour clean water over you,
Cleanse you from all of your depravity.
A spirit new I shall bestow on thee;
I'll be your God, my people you will be.

2. I at all times will bless the Lord my God,
His praise shall always on my lips remain;
Let my soul glory in the Lord with laud,
The lowly hear and gladness they shall gain.
Praise Father, Son, and Spirit, Blessed Three.
As was, is now, and evermore shall be.

Suggested Tunes:

FINLANDIA 10 10 10 10 10 10, *Be Still My Soul*

UNDE ET MEMORES 10 10 10 10 10 10, *Lord, Who
At Thy First Eucharist*

ANIMA CHRISTI 10 10 10 10: *Soul of My Savior
(Split from 2 verses of 6 lines into 3 verses of 4
lines)*

Text: Ezekiel 36: 23-26; Ps 34: 1-4; Cum sanctificatus; Introit, Lent 3; adapted Greg Heislman, © 2020.
Tune: FINLANDIA, Jean Sibelius

Introit Hymn 1., OPTION 3

My eyes are looking always,
To see our Lord and God,
For through the snares that threaten
He makes me safely tread.
My God, look down upon me,
As I your mercy seek,
Forgive all my transgressions,
For I am poor and weak.

Pick one tune for Introit Hymn 7676D:

PASSION CHORALE: *O Sacred Head Surrounded*

AURELIA: *The Church's One Foundation*

NON DIGNUS: *O Lord, I Am Not Worthy (split verse
and repeat antiphon as needed)*

FULDA: *O Sacrament Most Holy*

All praise to God the Father,
Through Jesus Christ, your Son,
With the Eternal Spirit,
Our threefold God in One;
May you be ever worshipped,
And ceaselessly adored,
By those in song united,
One hope, one faith, one Lord.

*Text: Psalm 25: 15, 16, Oculi mei; Introit, Lent 3;
adapted Clayton Orr © 2020.
Tune: PASSION CHORALE, 7676D*