

Proper of the Mass  
and  
Liturgy of the Hours

# **Feast of Saint Thérèse Couderc**

**Virgin**

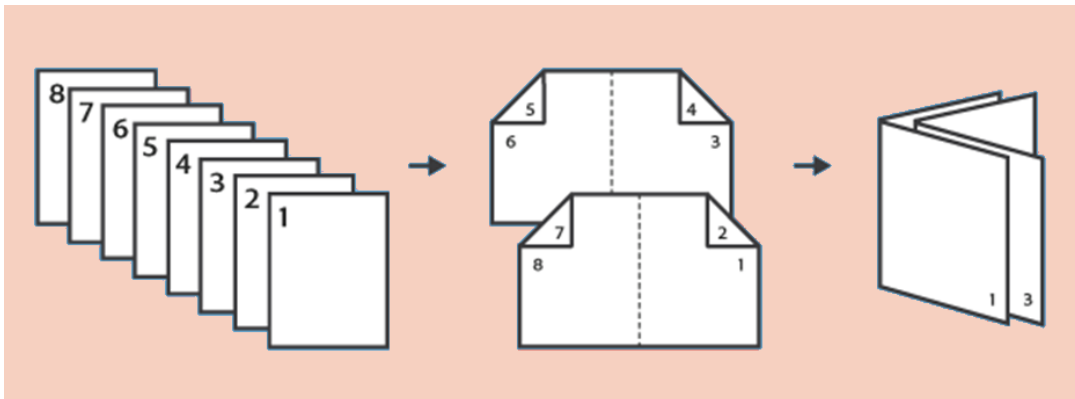


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## CONGREGATIO PRO CULTU DIVINO

Prot. N. 270/87

### CONGREGATIONIS SORORUM DOMINAE NOSTRAE A RECESSU CENACULI

Instante Reverenda Matre Barbara Ehrler, Superiorissa Generali Congregationis Sororum Dominae nostrae a Recessu Cenaculi, litteris die 20 ianuarii 1987 datis, vigore facultatum huic Congregationi a Summo Pontifice IOANNE PAULO II tributarum, textum anglicum Proprii Missarum et Liturgiae Horarum, prout exstat in adnexo exemplari, perlibenter probamus seu confirmamus.

In textu imprimendo mentio fiat de confirmatione ab Apostolica Sede concessa. Eiusdem insuper textus impressi duo exemplaria ad hanc Congregationem transmittantur.

Contrariis quibuslibet minime obstantibus.

Ex aedibus Congregationis pro Cultu Divino,  
die 3 februarii 1987.

✠ VERGILIUS NOË

*Archiep. tit. Vancariensis  
a Secretis*

PETRUS MARINI

*Subsecr.*



September 26th

SAINT THERESE COUDERC, Virgin

Solemnity



Therese Couderc was born in Le Mas, Sablieres (Ardeche, France) on the 1st of February 1805 into a farming family. In 1826 at La Louvesc (France) she co-founded with Fr. Stephen Terme a religious congregation dedicated to education in the faith through retreats, catechesis and other spiritual ministries - the Congregation of Our Lady of the Cenacle. She endured many trials and sufferings during her life (including being removed from office in 1837) in a spirit of deep faith and humility. Her spirituality, rooted in a deep mystical experience of the Goodness of God, is characterized by her self-surrender and a total abandonment to the will of God under the guidance of the Holy Spirit.

She died on the 26th of September 1885 in Lyons and was canonized on May 10, 1970 by Pope Paul VI. The Congregation she founded has spread world wide.

MASS

ENTRANCE ANTIPHON

Gal 2:20

It is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loves me and gave himself up for me.

GLORIA

OPENING PRAYER

Gracious God,  
You loved St. Therese,



who gave herself to you unreservedly,  
 thus bearing much fruit.  
 Grant us the grace to live as she did,  
 always dedicated to your will  
 and untiring in the proclamation of the Good News.  
 We ask this through Christ your Son.

## READING I

Ex 33:18-23

*"Lord, show us your face"*

A reading from the book of Exodus

Moses said, "I pray thee, show me thy glory."  
 And he said,  
 "I will be gracious to whom I will be gracious,  
 and will show mercy on whom I will show mercy."  
 But he said,  
 "You cannot see my face;  
 for man shall not see me and live."  
 And the Lord said,  
 "Behold, there is a place  
 where you shall stand upon the rock;  
 and while my glory passes by  
 I will put you in a cleft of the rock,  
 and I will cover you with my hand  
 until I have passed by,  
 then I will take away my hand  
 and you shall see my back,  
 but my face shall not be seen!"

## RESPONSORIAL PSALM

42 (41):1, 2, 4, 8, 11b

## Response:

My soul is thirsting for the Lord,  
 when shall I see him face to face?  
 As the deer longs for running streams  
 So my soul is longing for you, my God. **R.**

My soul thirsts for God, the God of my life.  
When shall I enter and see the face of God? *R.*

These things I remember, as I pour out my soul.  
How I led the rejoicing throng with songs of  
thanksgiving to the house of God. *R.*

By day the Lord commands his steadfast love  
And at night his song is with me,  
A prayer to the God of my life. *R.*



## READING II

1 Cor 1:26-31

*God chose what is weak in the world*

A reading from the first letter of Paul to the  
Corinthians

Consider your calling; not many of you  
were wise according to wordly standards,  
not many were powerful,  
not many were of noble birth;  
But God chose what is foolish in the world  
to shame the wise,  
God chose what is weak in the world  
to shame the strong.  
God chose what is low  
and despised in the world,  
even things that are not,  
to bring to nothing things that are,  
so that no human might boast  
in the presence of God.  
He is the source of your life in Christ Jesus,  
whom God made our wisdom,  
our righteousness  
and sanctification and redemption;  
therefore, as it is written,  
"Let him who boasts  
boast of the Lord."



## GOSPEL ACCLAMATION

Jn 15:5b

Alleluia, alleluia,  
He who abides in me and I in him bears much fruit,  
for apart from me you can do nothing.

## GOSPEL

Jn 12:24-26

*Unless the grain of wheat dies,  
it will not bear fruit*

✠ A reading from the holy gospel according to John

Jesus said to his disciples,  
"Truly, truly, I say to you,  
unless a grain of wheat  
falls into the earth and dies,  
it remains alone;  
but if it dies, it bears much fruit.  
He who loves his life loses it,  
and he who hates his life in this world  
will keep it for eternal life.  
If anyone serves me,  
he must follow me;  
and where I am,  
there shall my servant be also;  
if anyone serves me  
the Father will honor them."



## CREED

## PRAYER OVER THE GIFTS

God of Goodness,  
look with love on your people gathered in prayer  
and receive these gifts  
which we offer  
on the feast of St. Therese.

You blessed her life,  
surrendered to the Holy Spirit.  
May this celebration enable us  
to become an everlasting gift to your glory.  
We ask this in the name of Jesus the Lord.

## PREFACE

Father of Goodness,  
we do well to give you thanks and praise  
as we recognize your glory  
in the triumph of those you have chosen.  
We celebrate St. Therese today  
by singing with her of your boundless goodness  
and the power of your love.  
In your infinite wisdom,  
you fill all creatures with your presence  
and make our hearts  
the dwelling place of your Spirit.  
You taught St. Therese to surrender herself to you.  
You inspired her to find in Mary  
and the apostles in the Cenacle  
the model of the Church in prayer,  
interceding for the coming of God's kingdom,  
and proclaiming the name of Jesus the Lord.  
Through him, with the angels  
and all the saints in heaven  
we sing the hymn of your glory  
and endlessly proclaim ... Holy, Holy, Holy ...

## COMMUNION ANTIPHON

Lk 12:49

I have come to bring fire to the earth and how  
I wish it were blazing already.



## PRAYER AFTER COMMUNION

Lord God,  
we rejoice that on this feast of St. Therese  
you nourish and renew us with this Eucharist.  
May our hearts be filled with your love  
and our lives always  
dedicated to the service of the Church.  
We ask this through Jesus our Lord.

## SOLEMN BLESSING

May the Father of goodness fill your hearts  
and enable you to love God in all things  
and all things in God.

R. Amen.

May the Lord Jesus increase your desire  
to know and love Him more deeply  
and to extend his love to all.

R. Amen.

May the Holy Spirit teach you  
to discern the cry of the needy  
and to respond with all generosity.

R. Amen.

## OFFICE

## Evening Prayer I



Be thou my vision, O Lord of my heart,  
Naught be all else to me, save that thou art;  
Thou my best thought in the day and the night,  
Waking and sleeping thy presence my light.

Be thou my wisdom, be thou my true word,  
I ever with thee and thou with me, Lord;  
Thou my great Father and I thy true son,  
Thou in me dwelling and I with thee one.

Riches I heed not, nor man's empty praise,  
Thou mine inheritance through all my days;  
Thou and thou only the first in my heart,  
High King of heaven, my treasure thou art.

High King of heaven, thou heaven's bright sun,  
Grant me its joys after vic'try is won;  
Christ of my own heart, whatever befall,  
Still be my vision, O Ruler of all.

**Psalms from the Common of Virgins.**

**Ant. 1** The Lord is great above the heavens. He lifts  
up the heart of the poor.

**Psalm 112.**

**Ant. 2** You have strengthened us, O Lord, as we  
adhere to your will.

**Psalm 147.**

**Ant. 3** The Lord has taken delight in you; you will  
be the joy of your God.

**Ephesians 1:3-10.**

**SCRIPTURE READING**

**Rom 12:1-2**

I appeal to you, therefore, by the mercies of God,  
to present your bodies as a living sacrifice, holy and  
acceptable to God, which is your spiritual worship.  
Do not be conformed to this world but transformed  
by the renewal of your mind that you may prove  
what is good and acceptable and perfect.



## SHORT RESPONSE

R. If we live by the Spirit let us walk by the Spirit. R.

V. The Spirit bestows the gifts of love, joy and peace. R.

Glory be to the Father ... R.

## MAGNIFICAT ANTIPHON

The infinite goodness of God was manifested to Therese; she surrendered herself to the Spirit to accomplish the work of the Lord.

## INTERCESSIONS

As we celebrate the feast of St. Therese, we pray to the Lord in whom are the treasures of goodness and wisdom.

R. God of goodness, hear us.

You allowed Therese to discover the goodness which you bestow on all creatures,

— may this goodness be reflected on our countenance.

You inflamed the heart of Therese with the desire to make you known and loved,

— raise up in our times zealous witnesses to spread the gospel.

You inspired Therese to desire that our houses be true Cenacles for those who seek God,

— grant that they may recognize the action of the Spirit in their hearts and in the world.

You revealed the cross to Therese as the tree of life,

— make fruitful the sufferings of those enduring trials.



You allowed Therese to hear the song of those who  
 have left this life,  
 — welcome into your presence all who have gone  
 before us.

## OUR FATHER

PRAYER (as in the Mass).

## INVITATORY

**Ant.** The Lord has manifested to Therese the mystery  
 of his goodness.

\* Come, let us adore him.



## Office of readings

## HYMN

God's blessed Spirit moved his virgin saint  
 To wield strong weapons in a life-long fight,  
 To make a lonely journey from the flesh,  
 That she might live unfettered in his sight.

She turned her face towards the cross of Christ  
 And he himself prepared her as his bride.  
 She bore the Holy Spirit's timeless fruits  
 By which God's pledge of love is ratified.

Her life showed forth the kingdom of the Lord,  
 When humble for his sake, she dwelt apart,  
 To wait on him in silence with the poor,  
 The chaste of body and the clean of heart.

O blessed Trinity, the virgins' crown,  
 They sing your praises with unending song,  
 Rejoicing in the hope you have fulfilled,  
 Lord God, unfailing strength of all the strong.

## PSALMS

Ant. 1 God is good; God is more than good, He is goodness itself.

Psalm 102:1-7.

Ant. 2 The Lord is compassion and love.

Psalm 102:8-16.

Ant. 3 I shall proclaim your goodness, for you have answered me.

Psalm 102:17-22.

V. Open my eyes, Lord, to your marvels.

R. That I may see the wonders of your love.

## READING I

Phil 3:7-16

A reading from the letter of Paul to the Philippians

Whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as refuse, in order that I may gain Christ and be found in him, not having any righteousness of my own, based on law, but that which is through faith in Christ, the righteousness from God which depends on faith; that I may know him and the power of his resurrection and may share his sufferings, becoming like him in his death, that if possible I may attain the resurrection from the dead.

Not that I have already obtained this or am already perfect: but I press on to make it my own because Christ Jesus has made me his own. I do not consider that I have made it my own; but one thing I do, forgetting what lies behind and straining



forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Let those of us who are mature be thus minded; and if in anything you are otherwise minded, God will reveal that also to you. Only let us hold true to what we have attained.

### RESPONSORY

- R. I count everything as loss for the sake of Christ  
\* that I may know him and the power of his resurrection.
- V. I press on toward the goal for the prize.  
\* that I may know him and the power of his resurrection.

### READING II

*Reflection of St. Therese Couderc*  
(Sunday, June 26, 1864)

#### *Self-Surrender*



Our Lord has often made me understand how helpful it is for a soul desirous of making progress in the spiritual life *to surrender herself*—to give herself—unreservedly to the guidance of the Holy Spirit. But this morning it pleased his divine goodness to give me a very special perception of it.

I was preparing to begin my meditation, when I heard the pealing of the church bells summoning the faithful to assist at the divine mysteries. At that moment the desire came over me to unite myself with all the Masses that were being said and to that end I directed my intention so that I might participate in them.

Thereupon there came to me a general view of the whole catholic world and of a vast number of



altars upon which at one and the same time the adorable victim was being immolated. The blood of the Lamb without stain was flowing in abundance over every one of these altars, which seemed to be surrounded by a light cloud of smoke ascending towards heaven. My soul was seized and penetrated with a feeling of love and gratitude on beholding this most abundant satisfaction that Our Lord was offering for us.

But I was also greatly astonished that the whole world was not sanctified by it. I asked how it was when the sacrifice of the cross offered only once was sufficient to redeem all souls, that now being renewed so many times, it did not avail to sanctify them all.

This is the answer I thought I heard: "The sacrifice is undoubtedly sufficient by itself and the blood of Jesus more than sufficient for the sanctification of a thousand worlds, but souls do not correspond; they are not generous enough." Now the great means whereby one may enter the way of perfection and sanctity is *to surrender oneself* to our good God. But what does it mean *to surrender oneself*? I understand the full extent of the meaning of the word, *self-surrender*, but I cannot explain it. I only know it is very vast; that it embraces both the present and the future.

*To surrender oneself* is something more than to devote oneself, more than to give oneself; it is even something more than to abandon oneself to God. *To surrender oneself* is to die to everything and to self, to be no longer concerned with self except to keep it continually turned toward God. *Self-surrender* is no longer to seek satisfaction in anything but solely God's good pleasure. It should be added that *self-surrender* is to follow that complete spirit of detachment which holds to nothing; neither to persons nor to things, neither to time nor place.



It means to accept everything, to submit to everything.

Perhaps you will think this is a very difficult thing. Do not let yourself be deceived; there is nothing so easy to do, nothing so sweet to put into practice. The whole thing consists in making a generous act at the very beginning, by saying with all sincerity: "My God, I wish to be entirely thine; deign to accept my offering"—that is all. But you must be careful to keep yourself in this attitude of soul, and do not shrink from any of the little sacrifices which can help you advance in virtue; you must always remember that you have surrendered yourself.

I pray our Lord to give an understanding of this word to all souls eager to please him, and to inspire them to take advantage of so easy a means of sanctification. O! If beforehand they did but understand the sweetness and peace experienced by those who hold nothing back from the good God. How closely he unites himself to the soul that seeks him sincerely in total *self-surrender*!

Once you have tried this you will see that therein lies the true happiness you are vainly seeking elsewhere. The self-surrendered soul has found heaven on earth since she enjoys that sweet peace which is part of the happiness of the elect.



## RESPONSORY

- R. You gave yourself up for us, O Lord.  
 \* Accept my desire, receive my offering.
- V. May I live in love; may I die of love.  
 \* Accept my desire, receive my offering.



or

## READING II

*Letter of St. Therese to Mother de Larochenegly*  
(August 10, 1866)

A few days ago I was enlightened in a most consoling manner during my thanksgiving, when I was making a few reflections on the goodness of God, and how should one not think of this at such a time—of that infinite goodness, Uncreated Goodness, the source of all goodness? And without this there would be no goodness whatsoever, whether in man or in other creatures. I was extremely touched by these reflections, when I beheld in golden letters as it were, the word *goodness*, which I repeated for a long time with indescribable sweetness. I beheld it, I say, written upon all creatures, animate and inanimate, rational or not, all bore the name *goodness*. I saw it even upon the chair that served as prie-dieu. Then I understood that all the goodness which these creatures have and all the services which we receive from each of them, are a benefit which we owe to the goodness of God who has communicated to them something of his infinite goodness, so that we might find it in everything and everywhere. Yet, all I am here describing is, as it were, nothing. If I could but tell you something of what I experienced at that moment—what a joy it would be, but it would be impossible to describe it, for that which is divine is beyond description. Only I am no longer surprised that the saints were enraptured at the sight of the Goodness of which so many souls know so little. This impression stayed with me for several days during which I could find no pleasure in anything save only in what I had experienced.



## RESPONSORY

R. Blessed be the Lord.

\* He has poured out his goodness upon us.

V. We have seen the works of God, the marvellous things He has done.

\* He has poured out his goodness upon us.

## Vigil

Ant. You did not choose me, I chose you, and I commissioned you to go out and bear much fruit, fruit that will last.

Canticles from Common of Saints.

Cant. Jer. 17:7-8.

Cant. Sir. 14:20-21; 15:3-5a, 6b.

Cant. Sir. 31:8-11.



✠ A reading from the holy gospel according to Matthew 11:25-30

At this time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to babes; yes, Father, for such was your gracious will. All things have been delivered to me by my Father; and no one knows the child except the Father, and no one knows the Father except the child and any one to whom the child chooses to reveal him. Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart and you will find rest for your souls."

**Morning Prayer****HYMN****Refrain:**

You are my love, O Lord, you are my joy.

Omnipotence of the Father  
be the support of my weakness  
and draw me out of the depths  
of my misery.

**Refrain.**

Wisdom of the Son,  
guide me in all my thoughts,  
my words and my deeds.

**Refrain**

Love of the Holy Spirit,  
be the source of my life,  
that it may conform to  
your good pleasure.

**Refrain****Psalms of Sunday I.**

**Ant. 1** Whoever thirsts will drink freely of life-giving  
water.

**Psalm 62.**

**Ant. 2** All the earth proclaim the goodness of God.  
**Canticle: Daniel 3.**

**Ant. 3** The Lord delights in his people, he honours  
the humble with victory.

**Psalm 149.****SCRIPTURE READING****Zephaniah 2:3**

Seek God, all you the humble of the earth, who  
obey his commands; seek justice. Seek humility.



**SHORT RESPONSE**

**R.** Happy are the poor in heart, theirs is the kingdom of heaven. **R.**

**V.** You reveal to them the secret of the kingdom. **R.**  
Glory be to the Father ... **R.**

**BENEDICTUS ANTIPHON**

With St. Therese let us give thanks for the loving kindness of our God.

**INTERCESSIONS**

Uniting our prayer with that of St. Therese, let us praise our God and creator:

- R.** In your loving kindness hear our prayer.
- You who are mercy and goodness, help us to see your goodness everywhere. **R.**
- You who are holy and holiness itself, help us to recognize our poverty before you. **R.**
- You who are the provider to those who trust in you, give us hope where there is hopelessness. **R.**
- You who are wisdom which rules and orders all things, help us to discern your will in the world. **R.**

**OUR FATHER**

**PRAYER (as in the Mass).**

**Prayer during the day****Mid-morning Prayer**

**Psalms from the Common of Virgins.**

**Ant.** My heart is ready to embrace all you desire, my God.



## SCRIPTURE READING

2 Cor 3:15, 17-18

The Lord is Spirit and where the Spirit of the Lord is, there is freedom. Whenever Moses is read a veil lies over our minds; but when a man turns to the Lord, the veil is removed. And we all with unveiled face beholding the glory of the Lord, are being changed into his likeness from one degree of glory to another, for this comes from the Lord who is the Spirit.

**Mid-day Prayer**

**Ant.** Give me discernment, Lord, to know your will and I will cherish it with all my heart.

Psalm 39:1-9.

Psalm 39:10-18.

Psalm 15.

## SCRIPTURE READING

Rom 8:14-15

For all who are led by the Spirit are children of God. For you did not receive the spirit of slavery to fall back into fear, but you have received the spirit of sonship, when we cry, "Abba."

¶. God has marked us with his seal.

℟. He has given us his spirit in our hearts for his praise and glory.

**Mid-afternoon Prayer**

**Ant.** With simplicity of heart, I have joyfully offered everything to you, my God.

Psalms from the Common of Virgins.

## SCRIPTURE READING

Rom 8:16-17

It is the Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and fellow heirs with Christ provided we suffer with him in order that we may also be glorified with him.

℣. God has saved us and called us to be holy.

℞. For his own purpose and by his own grace.

## Evening Prayer II

## HYMN

Lord Jesus,  
I unite myself to your  
perpetual, unceasing, universal  
sacrifice.

I offer myself to you  
every day of my life  
and every moment  
of every day  
surrendered to your  
most holy will.

You have been the victim  
of my salvation  
I wish to be the victim  
of your great love.

Accept my desire,  
take my offering,  
graciously hear my prayer.

Let me live for love of you  
let me die for love of you  
let my last heartbeat be  
an act of perfect love.

Psalms from the Common of Virgins and a Canticle.