

**SAINT PAUL'S EPISCOPAL CHURCH  
&  
LA IGLESIA EPISCOPAL DE LA RESURRECCIÓN**



**WEDNESDAY, MARCH 27, 2024  
MIÉRCOLES, 27 DE MARZO DE 2024**

**TENEBRAE | TINIEBLAS**

## *Concerning the Service:*

The name Tenebrae (the Latin word for “darkness” or “shadows”) has for centuries been applied to the ancient monastic night and early morning services (Matins and Lauds) of the last three days of Holy Week, which in medieval times came to be celebrated on the preceding evening.

Apart from the chant of the Lamentations (in which each verse is introduced by a letter of the Hebrew alphabet), the most conspicuous feature of the service is the gradual extinguishing of candles and other lights in the church until only a single candle, considered a symbol of our Lord, remains. Toward the end of the service this candle is hidden, typifying the apparent victory of the forces of evil. At the very end, the hidden candle is restored to its place, and by its light all depart in silence.

## *Lo concerniente al rito:*

El nombre de Oficio de Tinieblas (Tenebrae en latín) se le ha dado durante siglos a los antiguos oficios monásticos matutinos y vespertinos (maitines y laudes) de los últimos tres días de la Semana Santa, que en la época medieval llegaron a celebrarse en las noches precedentes.

Además del canto de las Lamentaciones (en el que cada versículo comienza por una letra del alfabeto hebreo), el rasgo más notable del oficio es la extinción gradual de las velas y otras luces en la iglesia hasta que queda una sola vela encendida, que se considera un símbolo de nuestro Señor. Hacia el final de oficio, esta vela se esconde, lo cual tipifica la aparente victoria de las fuerzas del mal. Al final la vela encendida es devuelta a su sitio y, a su luz, todos se marchan en silencio.

*The ministers enter the church in  
silence and proceed to their places.*

*The Office then begins immediately  
with the Antiphon on the first Psalm.  
It is customary to sit for the Psalmody.*

*Los ministros entran en la iglesia en  
silencio y se dirigen a sus sitios.*

*El oficio comienza inmediatamente con la  
antífona del primer salmo. Es costumbre  
sentarse para la salmodia.*

## First Nocturn | Primer Nocturno

### Antiphon 1

**Zeal for your house has eaten me up; the scorn of those who scorn you has fallen upon me.**

Psalm 69:1-23

*(Presider and People: | Celebrante y Pueblo:)*

- 1 Save me, O God, \*  
for the waters have risen up to my neck.
- 2 I am sinking in deep mire, \*  
and there is no firm ground for my feet.
- 3 I have come into deep waters, \*  
and the torrent washes over me.
- 4 I have grown weary with my crying; my throat is inflamed; \*  
my eyes have failed from looking for my God.
- 5 Those who hate me without a cause are more than the hairs of my head;  
my lying foes who would destroy me are mighty. \*  
Must I then give back what I never stole?
- 6 O God, you know my foolishness, \*  
and my faults are not hidden from you.
- 7 Let not those who hope in you be put to shame through me, Lord GOD of hosts; \* 2  
let not those who seek you be disgraced because of me, O God of Israel.

- 8 Surely, for your sake have I suffered reproach, \*  
and shame has covered my face.
- 9 I have become a stranger to my own kindred, \*  
an alien to my mother's children.
- 10 Zeal for your house has eaten me up; \*  
the scorn of those who scorn you has fallen upon me.
- 11 I humbled myself with fasting, \*  
but that was turned to my reproach.
- 12 I put on sack-cloth also, \*  
and became a byword among them.
- 13 Those who sit at the gate murmur against me, \*  
and the drunkards make songs about me.
- 14 But as for me, this is my prayer to you, \*  
at the time you have set, O LORD:
- 15 "In your great mercy, O God, \*  
answer me with your unfailing help.
- 16 Save me from the mire; do not let me sink; \*  
let me be rescued from those who hate me and out of the deep waters.
- 17 Let not the torrent of waters wash over me, neither let the deep swallow me up; \*  
do not let the Pit shut its mouth upon me.
- 18 Answer me, O LORD, for your love is kind; \*  
in your great compassion, turn to me."
- 19 "Hide not your face from your servant; \*  
be swift and answer me, for I am in distress.
- 3 20 Draw near to me and redeem me; \*  
because of my enemies deliver me.

- 21 You know my reproach, my shame, and my dishonor; \*  
my adversaries are all in your sight.”
- 22 Reproach has broken my heart, and it cannot be healed; \*  
I looked for sympathy, but there was none,  
for comforters, but I could find no one.
- 23 They gave me gall to eat, \*  
and when I was thirsty, they gave me vinegar to drink.

*Antífona:* Zeal for your house has eaten me up; the scorn of those who scorn you has fallen upon me.

*A candle is extinguished.*

## Salmo 70

*(Celebrante y Pueblo: | Presider and People:)*

- 1 Dígnate, oh Dios, librárame; \*  
Señor, apresúrate a socorrerme.
- 2 Sean avergonzados y confundidos a una, los que buscan mi vida; \*  
vuelvan atrás y avergüéncense, los que mi ruina desean.
- 3 Vuélvanse atrás, avergonzados, \*  
los que con malicia me dicen: “¡Ajá!”
- 4 Gócese y alégrese en ti todos los que te buscan; \*  
digan siempre los que aman tu salvación: “¡Grande es el Señor!”
- 5 En cuanto a mí, estoy afligido y en necesidad; \*  
apresúrate y ven a mí, oh Dios.
- 6 Mi ayuda y mi libertador eres tú; \*  
no te tardes, oh Señor.

*Antífona:* Vuélvanse atrás y sean avergonzados los que se placen en mi infortunio.

*Una vela se apaga.*

Antiphon 3

Arise, O God, maintain my cause.

Psalm 74

*(Presider and People: | Celebrante y Pueblo:)*

- 1 O God, why have you utterly cast us off? \*  
why is your wrath so hot against the sheep of your pasture?
- 2 Remember your congregation that you purchased long ago, \*  
the tribe you redeemed to be your inheritance,  
and Mount Zion where you dwell.
- 3 Turn your steps toward the endless ruins; \*  
the enemy has laid waste everything in your sanctuary.
- 4 Your adversaries roared in your holy place; \*  
they set up their banners as tokens of victory.
- 5 They were like men coming up with axes to a grove of trees; \*  
they broke down all your carved work with hatchets and hammers.
- 6 They set fire to your holy place; \*  
they defiled the dwelling-place of your Name and razed it to the ground.
- 7 They said to themselves, "Let us destroy them altogether." \*  
They burned down all the meeting-places of God in the land.
- 8 There are no signs for us to see; there is no prophet left; \*  
there is not one among us who knows how long.
- 9 How long, O God, will the adversary scoff? \*  
will the enemy blaspheme your Name for ever?
- 10 Why do you draw back your hand? \*  
why is your right hand hidden in your bosom?

- 11 Yet God is my King from ancient times, \*  
victorious in the midst of the earth.
- 12 You divided the sea by your might \*  
and shattered the heads of the dragons upon the waters;
- 13 You crushed the heads of Leviathan \*  
and gave him to the people of the desert for food.
- 14 You split open spring and torrent; \*  
you dried up ever-flowing rivers.
- 15 Yours is the day, yours also the night; \*  
you established the moon and the sun.
- 16 You fixed all the boundaries of the earth; \*  
you made both summer and winter.
- 17 Remember, O LORD, how the enemy scoffed, \*  
how a foolish people despised your Name.
- 18 Do not hand over the life of your dove to wild beasts; \*  
never forget the lives of your poor.
- 19 Look upon your covenant; \*  
the dark places of the earth are haunts of violence.
- 20 Let not the oppressed turn away ashamed; \*  
let the poor and needy praise your Name.
- 21 Arise, O God, maintain your cause; \*  
remember how fools revile you all day long.
- 22 Forget not the clamor of your adversaries, \*  
the unending tumult of those who rise up against you.

*Antiphon:* Arise, O God, maintain my cause.

*A candle is extinguished.*

V. Deliver me, my God, from the hand of the wicked:  
R. From the clutches of the evildoer and the oppressor.

*All stand for silent prayer. The appointed Reader then goes to the lectern and everyone else sits down.*

*Todos de pie para una oración en silencio. El(La) lector(a) asignado(a)(a) va hasta el facistol, y todos los demás se sientan.*

### *Lesson 1*

A Reading from the Lamentations of Jeremiah the Prophet. [1:1- 14].

*Aleph.* How solitary lies the city, once so full of people! How like a widow has she become, she that was great among the nations! She that was queen among the cities has now become a vassal.

*Beth.* She weeps bitterly in the night, tears run down her cheeks; among all her lovers she has none to comfort her; all her friends have dealt treacherously with her; they have become her enemies.

*Gimel.* Judah has gone into the misery of exile and of hard servitude; she dwells now among the nations, but finds no resting place; all her pursuers overtook her in the midst of her anguish.

*Daleth.* The roads to Zion mourn, because none come to the solemn feasts; all her gates are desolate, her priests groan and sigh; her virgins are afflicted, and she is in bitterness.

*He.* Her adversaries have become her masters, her enemies prosper; because the Lord has punished her for the multitude of her rebellions; her children are gone, driven away as captives by the enemy.

Jerusalem, Jerusalem, return to the Lord your God!

### *Responsory 1 In monte Oliueti*

On the mount of Olives Jesus prayed to the Father:

7 **People: | Pueblo: Father, if it be possible, let this cup pass from me.  
The spirit indeed is willing, but the flesh is weak.**



V. Watch and pray, that you may not enter into temptation.  
**The spirit indeed is willing, but the flesh is weak.**

### *Lectura 2*

*Vav.* La bella Sión ha perdido todo su antiguo esplendor. Sus príncipes parecen venados que vagan en busca de pastos. Exhaustos, se dan a la fuga frente a sus perseguidores.

*Zayin.* Jerusalén trae a la memoria los tristes días de su peregrinaje; se acuerda de todos los tesoros que en el pasado fueron suyos. Cuando su pueblo cayó en manos enemigas nadie acudió en su ayuda. Sus adversarios vieron su caída y se burlaron de ella.

*Jet.* Grave es el pecado de Jerusalén; ¡por eso se ha vuelto impura! Los que antes la honraban ahora la desprecian, pues han visto su desnudez; ella misma se deshace en llanto y no se atreve a dar la cara.

*Tet.* Sus vestidos están llenos de inmundicia; no tomó en cuenta lo que le esperaba. Su caída fue sorprendente; no hubo nadie que la consolara. «¡Mira, Señor, mi aflicción! ¡El enemigo ha triunfado!». ¡Jerusalén, Jerusalén, vuelve al Señor tu Dios!

### *Responsorio 2 Tristis est anima mea*

Mi alma está muy triste, hasta la muerte;

**Pueblo: | People: Quédense aquí y velen conmigo.**

**Ahora verán la turba que me rodeará;**

**Ustedes huirán, y yo iré a ser ofrecido por ustedes.**

V. He aquí ha llegado la hora, y el Hijo del Hombre es entregado en manos de pecadores.  
**Ustedes huirán, y yo iré a ser ofrecido por ustedes.**

### *Lesson 3*

*Yodh.* The adversary has stretched out his hand to seize all her precious things; she has seen the Gentiles invade her sanctuary, those whom you had forbidden to enter your congregation.

*Kaph.* All her people groan as they search for bread; they sell their own children for food to revive their strength. “Behold, O Lord, and consider, for I am now beneath contempt!” 8

*Lamedh.* Is it nothing to you, all you who pass by? Behold and see if there is any sorrow like my sorrow, which was brought upon me, which the Lord inflicted, on the day of his burning anger.

*Mem.* From on high he sent fire, into my bones it descended; he spread a net for my feet, and turned me back; he has left me desolate and faint all the day long.

*Nun.* My transgressions were bound into a yoke; by his hand they were fastened together; their yoke is upon my neck; he has caused my strength to fail. The Lord has delivered me into their hands, against whom I am not able to stand up.

Jerusalem, Jerusalem, return to the Lord your God!

*Responsory 3 Ecce vidimus eum*

Lo, we have seen him without beauty or majesty,

**People: | Pueblo: with no looks to attract our eyes.**

**He bore our sins and grieved for us,**

**He was wounded for our transgressions,**

**and by his scourging we are healed.**

V. Surely he has borne our griefs and carried our sorrows:

**And by his scourging we are healed.**

## Segundo Nocturno | Second Nocturn

### Antífona 4

Los reyes de la tierra se levantan y los gobernantes conspiran contra el Señor y contra su Ungido.

Salmo 2

*(Celebrante y Pueblo: | Presider and People:)*

- 1       ¿Por qué se amotinan las gentes, \*  
          y los pueblos piensan cosas vanas?
- 2       ¿Por qué se levantan los reyes de la tierra, y príncipes consultan unidos \*  
          contra el Señor y contra su Ungido?
- 3       “Romparamos sus ligaduras”, dicen; \*  
          “echemos de nosotros sus cuerdas”.
- 4       El que mora en los cielos se ríe; \*  
          el Señor se burla de ellos.
- 5       Luego les habla en su furor, \*  
          y los turba con su ira, diciendo:
- 6       “Yo mismo he puesto mi rey \*  
          sobre Sión, mi santo monte”.
- 7       Yo publicaré el decreto: \*  
          El Señor me ha dicho: “Mi Hijo eres tú; yo te engendré hoy.
- 8       Pídeme, y te daré por herencia las naciones, \*  
          y como posesión tuya los confines de la tierra.
- 9       Los quebrantarás con vara de hierro, \*  
          como vasija de alfarero los desmenuzarás”.
- 10      Ahora, pues, oh reyes, sean prudentes; \*

admitan amonestación, jueces de la tierra.

- 11 Sirvan al Señor con temor, \*  
y alégrese con temblor.
- 12 Honren al Hijo, para que no se enoje, y perezcan en el camino; \*  
pues se inflama de pronto su ira.
- 13 Bienaventurados son \*  
todos los que en él confían.

*Antifona:* Los reyes de la tierra se levantan y los gobernantes conspiran contra el Señor y contra su Ungido.

*Una vela se apaga.*

Antiphon 5

The divide my garments among them; they cast lots for my clothing.

Psalm 22:1-21

*(Presider and People: | Celebrante y Pueblo:)*

- 1 My God, my God, why have you forsaken me? \*  
and are so far from my cry and from the words of my distress?
- 2 O my God, I cry in the daytime, but you do not answer; \*  
by night as well, but I find no rest.
- 3 Yet you are the Holy One, \*  
enthroned upon the praises of Israel.
- 4 Our forefathers put their trust in you; \*  
they trusted, and you delivered them.
- 11 5 They cried out to you and were delivered; \*  
they trusted in you and were not put to shame.

- 6 But as for me, I am a worm and no man, \*  
scorned by all and despised by the people.
- 7 All who see me laugh me to scorn; \*  
they curl their lips and wag their heads, saying,
- 8 “He trusted in the LORD; let him deliver him; \*  
let him rescue him, if he delights in him.”
- 9 Yet you are he who took me out of the womb, \*  
and kept me safe upon my mother’s breast.
- 10 I have been entrusted to you ever since I was born; \*  
you were my God when I was still in my mother’s womb.
- 11 Be not far from me, for trouble is near, \*  
and there is none to help.
- 12 Many young bulls encircle me; \*  
strong bulls of Bashan surround me.
- 13 They open wide their jaws at me, \*  
like a ravening and a roaring lion.
- 14 I am poured out like water; all my bones are out of joint; \*  
my heart within my breast is melting wax.
- 15 My mouth is dried out like a pot-herd; my tongue sticks to the roof of my mouth; \*  
and you have laid me in the dust of the grave.
- 16 Packs of dogs close me in, and gangs of evildoers circle around me; \*  
they pierce my hands and my feet; I can count all my bones.
- 17 They stare and gloat over me; \*  
they divide my garments among them; they cast lots for my clothing.
- 18 Be not far away, O LORD; \*  
you are my strength; hasten to help me.

- 19 Save me from the sword, \*  
my life from the power of the dog.
- 20 Save me from the lion's mouth, \*  
my wretched body from the horns of wild bulls.
- 21 I will declare your Name to my brethren; \*  
in the midst of the congregation I will praise you.

*Antiphon:* The divide my garments among them; they cast lots for my clothing.

*A candle is extinguished.*

### Antífona 6

Se han levantado contra mí testigos falsos, y también los que respiran maldad.

Salmo 27

*(Celebrante y Pueblo: | Presider and People:)*

- 1 El Señor es mi luz y mi salvación; ¿a quién temeré? \*  
El Señor es la fortaleza de mi vida; ¿de quién he de atemorizarme?
- 2 Cuando se juntaron contra mí los malignos para comer mis carnes, \*  
ellos mismos, mis adversarios y mis enemigos, tropezaron y cayeron.
- 3 Aunque un ejército acampe contra mí, \*  
no temerá mi corazón;
- 4 Y aunque contra mí se levante guerra, \*  
yo estaré confiado.
- 5 Una cosa he demandado del Señor; ésta buscaré: \*  
que esté yo en la casa del Señor, todos los días de mi vida;
- 6 Para contemplar la hermosura del Señor, \*  
y despertarme cada día en su templo;

- 7 Porque él me esconderá en su tabernáculo en el día del mal; \*  
me ocultará en lo reservado de su morada,  
y sobre una roca me pondrá en alto.
- 8 Aún ahora él levanta mi cabeza \*  
sobre mis enemigos en derredor de mí.
- 9 Por tanto ofreceré en su morada sacrificios de júbilo; \*  
cantaré y tañeré al Señor.
- 10 Escucha, oh Señor, mi voz cuando a ti clamo; \*  
ten misericordia de mí y respóndeme.
- 11 Tú hablas en mi corazón y dices: “Busca mi rostro”. \*  
Tu rostro buscaré, oh Señor.
- 12 No escondas tu rostro de mí; \*  
no apartes con ira a tu siervo.
- 13 Mi ayuda has sido; no me deseches; \*  
no me desampares, oh Dios de mi salvación.
- 14 Aunque mi padre y mi madre me desamparen, \*  
aun con todo el Señor me recogerá.
- 15 Enséñame, oh Señor, tu camino; \*  
guíame por senda llana a causa de mis enemigos.
- 16 No me entregues al rencor de mis adversarios,  
porque se han levantado contra mí testigos falsos; \*  
y también los que respiran maldad.
- 17 Hubiera yo desmayado si no creyese que tengo de ver la bondad del Señor \*  
en la tierra de los vivientes.
- 18 Guarda al Señor; esfuérzate, y aliéntese tu corazón; \*  
sí, aguarda al Señor.

*Antífona:* Se han levantado contra mí testigos falsos, y también los que respiran maldad.

*Una vela se apaga.*

V. Reparten en sí mis vestidos:

R. Sobre mi ropa echan suertes.

*All stand for silent prayer. The appointed Reader then goes to the lectern and everyone else sits down.*

*Todos de pie para una oración en silencio. El(La) lector(a) asignado(a)(a) va hasta el facistol, y todos los demás se sientan.*

#### *Lectura 4*

Una lectura del Tratado de San Agustín, obispo, sobre los Salmos  
[Salmo 54 de la Vulgata. Salmo 55:1,2, 10c del Libro de Oración Común].

«Escucha, Oh Dios, mi oración, y no te escondas de mi súplica.  
Hazme caso y respóndeme. Me agitan mis ansiedades».

Estas son las palabras de alguien inquieto, atribulado y presa de ansiedad. Ora acosado por el sufrimiento, deseando ser librado del mal. Veamos ahora qué mal le oprime; y cuando empiece a hablar, pongámonos a su lado, de manera que compartiendo su tribulación, también podamos compartir su oración.

«Lloro en mi prueba» dice, «y estoy atribulado».

¿Cuándo llora? ¿Cuándo está atribulado? Dice:«En mi prueba».

Tiene en mente a los malvados que le han causado este sufrimiento y llama a este sufrimiento su «prueba». No se piense que los malvados están en el mundo sin propósito y que Dios no hace un buen uso de ellos. Toda persona impía vive ya sea para que se corrija, o para que a través de ella el justo pueda ser probado.

#### *Responsorio 4 Tamquam ad latronem*

15 ¿Cómo contra un ladrón han salido,  
Pueblo: | People: con espadas y palos a arrestarme?



**Todos los días me sentaba a enseñar en el templo y no me prendieron;**

**Pero ahora, he aquí que me azotan y me llevan a ser crucificado.**

V. Cuando pusieron sus manos sobre Jesús y lo arrestaron, él les dijo:

**Todos los días me sentaba a enseñar en el templo y no me prendieron;**

**Pero ahora, he aquí que me azotan y me llevan a ser crucificado.**

### *Lesson 5*

Would that those who now test us were converted and tried with us; yet though they continue to try us, let us not hate them, for we do not know whether any of them will persist to the end in their evil ways. And most of the time, when you think you are hating your enemy, you are hating your brother without knowing it.

Only the devil and his angels are shown to us in the Holy Scriptures as doomed to eternal fire. It is only their amendment that is hopeless, and against them we wage a hidden battle. For this battle the Apostle arms us, saying, "We are not contending against flesh and blood," that is, not against human beings whom we see, "but against the principalities, against the powers, against the rulers of the darkness of this world." So that you may not think that demons are the rulers of heaven and earth, he says, "of the darkness of this world."

He says, "of the world," meaning the lovers of the world -- of the "world," meaning the ungodly and wicked -- the "world" of which the Gospel says, "And the world knew him not."

### *Responsory 5 Tenebrae factae sunt*

Darkness covered the whole land

**People: | Pueblo: when Jesus had been crucified;**

**and about the ninth hour he cried with a loud voice:**

**My God, my God, why have you forsaken me?**

**And he bowed his head and handed over his spirit.**

V. Jesus, crying with a loud voice, said: Father, into your hands I commend my spirit.

**And he bowed his head and handed over his spirit.**

## *Lectura 6*

«Porque he visto injusticia y violencia en la ciudad».

Veán la gloria de la propia cruz. Ahora colocan esa cruz en la frente de los reyes, la cruz de la cual los enemigos una vez se mofaron. Su poder se muestra en los resultados. Él ha conquistado al mundo, no por medio del acero, sino de la madera. La madera de la cruz pareció un objeto idóneo de escarnio para sus enemigos, y se pararon frente a la cruz meneando la cabeza y diciendo, «si eres Hijo de Dios, desciende de la cruz». Él extendió sus manos ante un pueblo incrédulo y rebelde. Si justo es el que vive por la fe, el que no tiene fe es injusto. Por tanto, cuando él dice «injusticia» entiéndase que es incredulidad. El Señor vio entonces la injusticia y la violencia en la ciudad, y extendió sus manos ante un pueblo incrédulo y rebelde. Y sin embargo, mirándolo dijo: «Padre, perdónalos, porque no saben lo que hacen».

## *Responsorio 6 Ecce quomodo moritur*

Veán como perece el justo,

**Pueblo: | People: Y nadie lo toma a pecho.**

**Eliminan al justo y no hay quien entienda. El justo es  
librado de la cara del maligno, y su memoria será en paz.**

V. Así como la oveja que enmudece delante de sus trasquiladores, no abrió él su boca.

Lo arrebataron por opresión y juicio.

**Y su memoria será en paz.**

## Third Nocturn | Tercer Nocturno

### Antiphon 7

God is my helper; it is the Lord who sustains my life.

### Psalm 54

*(Presider and People: | Celebrante y Pueblo:)*

- 1 Save me, O God, by your Name; \*  
in your might, defend my cause.
- 2 Hear my prayer, O God; \*  
give ear to the words of my mouth.
- 3 For the arrogant have risen up against me, and the ruthless have sought my life, \*  
those who have no regard for God.
- 4 Behold, God is my helper; \*  
it is the Lord who sustains my life.
- 5 Render evil to those who spy on me; \*  
in your faithfulness, destroy them.
- 6 I will offer you a freewill sacrifice \*  
and praise your Name, O LORD, for it is good.
- 7 For you have rescued me from every trouble, \*  
and my eye has seen the ruin of my foes.

*Antiphon:* God is my helper; it is the Lord who sustains my life.

*A candle is extinguished.*

Antífona 8

En Salén está su tabernáculo, y su morada en Sión.

Salmo 76

*(Celebrante y Pueblo: | Presider and People:)*

- 1 Dios es conocido en Judá; \*  
en Israel es grande su Nombre.
- 2 En Salem está su tabernáculo, \*  
y su morada en Sión.
- 3 Allí quebró las saetas centellantes, \*  
el escudo, la espada y las armas de guerra.
- 4 ¡Cuán glorioso eres tú, \*  
más espléndido que los montes eternos!
- 5 Los fuertes de corazón son despojados, duermen su sueño; \*  
a los guerreros no les responden sus brazos.
- 6 A tu reprensión, oh Dios de Jacob, \*  
el carro y los caballos fueron aturdidos.
- 7 ¡Cuán temible eres tú! \*  
¿Quién puede estar de pie ante ti, cuando se encienda tu ira?
- 8 Desde los cielos proclamaste la sentencia; \*  
la tierra temió, y quedó inmóvil;
- 9 Cuando Dios se levantó para juzgar, \*  
y para salvar a todos los mansos de la tierra.
- 10 Ciertamente, Edom el colérico te alabará, \*  
y el remanente de Hamat celebrará tus fiestas.

11 Hagan votos al Señor su Dios, y páguenlos; \*  
que cuantos estén alrededor de él, traigan dones al Temible.

12 El quebranta el espíritu de los príncipes, \*  
e inspira temor a los reyes de la tierra.

*Antífona:* En Salén está su tabernáculo, y su morada en Sión.

*Una vela se apaga.*

Antiphon 9

I have become like one who has no strength, lost among the dead.

Psalm 88

*(Presider and People: | Celebrante y Pueblo:)*

1 O LORD, my God, my Savior, \*  
by day and night I cry to you.

2 Let my prayer enter into your presence; \*  
incline your ear to my lamentation.

3 For I am full of trouble; \*  
my life is at the brink of the grave.

4 I am counted among those who go down to the Pit; \*  
I have become like one who has no strength;

5 Lost among the dead, \*  
like the slain who lie in the grave,

6 Whom you remember no more, \*  
for they are cut off from your hand.

7 You have laid me in the depths of the Pit, \*  
in dark places, and in the abyss.

- 8 Your anger weighs upon me heavily, \*  
and all your great waves overwhelm me.
- 9 You have put my friends far from me; you have made me to be abhorred by them; \*  
I am in prison and cannot get free.
- 10 My sight has failed me because of trouble; \*  
LORD, I have called upon you daily; I have stretched out my hands to you.
- 11 Do you work wonders for the dead? \*  
will those who have died stand up and give you thanks?
- 12 Will your loving-kindness be declared in the grave? \*  
your faithfulness in the land of destruction?
- 13 Will your wonders be known in the dark? \*  
or your righteousness in the country where all is forgotten?
- 14 But as for me, O LORD, I cry to you for help; \*  
in the morning my prayer comes before you.
- 15 LORD, why have you rejected me? \*  
why have you hidden your face from me?
- 16 Ever since my youth, I have been wretched and at the point of death; \*  
I have borne your terrors with a troubled mind.
- 17 Your blazing anger has swept over me; \*  
your terrors have destroyed me;
- 18 They surround me all day long like a flood; \*  
they encompass me on every side.
- 19 My friend and my neighbor you have put away from me, \*  
and darkness is my only companion.

21 *Antiphon:* I have become like one who has no strength, lost among the dead.

*A candle is extinguished.*

V. He has made me dwell in darkness:

**R. Like the dead of long ago.**

*All stand for silent prayer. The appointed Reader then goes to the lectern and everyone else sits down.*

*Todos de pie para una oración en silencio. El(La) lector(a) asignado(a)(a) va hasta el facistol, y todos los demás se sientan.*

### *Lesson 7*

A Reading from the Letter to the Hebrews. [4:15—5:10; 9:11-15a]

We do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sinning. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people.

### *Responsory 7 Eram quasi agnus*

I was like a trusting lamb led to the slaughter.

**People: | Pueblo: I did not know it was against me that  
they devised schemes, saying, Let us  
destroy the tree with its fruit;  
let us cut him off from the land of the living.**

V. All my enemies whispered together against me, and devised evil against me, saying:  
**Let us destroy the tree with its fruit; let us cut him off from the land of the living.**

### *Lectura 8*

Nadie ocupa este cargo por iniciativa propia; más bien, lo ocupa el que es llamado por Dios, como sucedió con Aarón. Tampoco Cristo se glorificó a sí mismo haciéndose sumo sacerdote, sino que Dios le dijo: «Tú eres mi Hijo, hoy mismo te he engendrado». Y en otro

pasaje dice: «Tú eres sacerdote para siempre, según el orden de Melquisedec». En los días de su vida mortal, Jesús ofreció oraciones y súplicas con fuerte clamor y lágrimas al que podía salvarlo de la muerte, y fue escuchado por su reverente sumisión. Aunque era Hijo, mediante el sufrimiento aprendió a obedecer; y consumada su perfección, llegó a ser autor de salvación eterna para todos los que le obedecen, y Dios lo nombró sumo sacerdote según el orden de Melquisedec.

*Responsorio 8 Velum templi*

El velo del templo se rasgó en dos,

**Pueblo: | People: Y la tierra tembló, y el ladrón desde la cruz clamó, Señor,  
acuérdate de mí cuando vengas en tu reino.**

V. Las rocas se partieron, y los sepulcros se abrieron.

Y muchos cuerpos de santos que habían dormido se levantaron:

**Y la tierra tembló, y el ladrón desde la cruz clamó, Señor,  
acuérdate de mí cuando vengas en tu reino.**

*Lesson 9*

But when Christ came as a high priest of the good things that are to come, then, through the greater and more perfect tent (not made with hands, that is, not of this creation), he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls, with the ashes of a heifer, sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God. Therefore, he is the mediator of a new covenant, so that those who are called may receive the promised eternal inheritance.

*Responsory 9 Sepulto Domino*

When the Lord was buried, they sealed the tomb,

**Pueblo: | People: rolling a great stone to the door of the tomb;  
and they stationed soldiers to guard him.**

V. The chief priest gathered before Pilate, and petitioned him:

**And they stationed soldiers to guard him.**



## Laudes | Lauds

### Antífona 10

Dios no se reservó a su propio Hijo, sino que lo entregó por todos nosotros.

Salmo 63:1-8

*(Celebrante y Pueblo: | Presider and People:)*

- 1 Oh Dios, tú eres mi Dios; ardientemente te busco; \*  
mi alma tiene sed de ti, mi carne te anhela,  
como tierra seca y árida donde no hay agua.
- 2 ¡Oh, que pudiera yo contemplarte en tu santuario! \*  
¡Que pudiera ver tu poder y tu gloria!
- 3 Porque mejor es tu gracia que la vida; \*  
te alabarán mis labios.
- 4 Te bendeciré mientras viva; \*  
en tu Nombre alzaré mis manos.
- 5 Mi alma será saciada como de meollo y grosura, \*  
y con labios de júbilo te alabará mi boca,
- 6 Cuando me acuerde de ti en mi lecho, \*  
cuando medite en ti en las vigiliass de la noche;
- 7 Porque tú has sido mi socorro; \*  
y a la sombra de tus alas me regocijaré.
- 8 Mi alma está apegada a ti; \*  
tu diestra me sostiene.

*Antifona:* Dios no se reservó a su propio Hijo, sino que lo entregó por todos nosotros.

*Una vela se apaga.*

Antiphon 11

He was led like a lamb to the slaughter, and he opened not his mouth.

Psalm 90

*(Presider and People: | Celebrante y Pueblo:)*

- 1 Lord, you have been our refuge \*  
from one generation to another.
- 2 Before the mountains were brought forth, or the land and the earth were born, \*  
from age to age you are God.
- 3 You turn us back to the dust and say, \*  
“Go back, O child of earth.”
- 4 For a thousand years in your sight are like yesterday when it is past \*  
and like a watch in the night.
- 5 You sweep us away like a dream; \*  
we fade away suddenly like the grass.
- 6 In the morning it is green and flourishes; \*  
in the evening it is dried up and withered.
- 7 For we consume away in your displeasure; \*  
we are afraid because of your wrathful indignation.
- 8 Our iniquities you have set before you, \*  
and our secret sins in the light of your countenance.
- 9 When you are angry, all our days are gone; \*  
we bring our years to an end like a sigh.

- 10 The span of our life is seventy years, perhaps in strength even eighty; \*  
yet the sum of them is but labor and sorrow,  
for they pass away quickly and we are gone.
- 11 Who regards the power of your wrath? \*  
who rightly fears your indignation?
- 12 So teach us to number our days \*  
that we may apply our hearts to wisdom.

*Antiphon:* He was led like a lamb to the slaughter, and he opened not his mouth.

*A candle is extinguished.*

Antífona 12

Lloraban por él como uno llora por un único hijo; porque el Señor, que es sin pecado, ha sido inmolado.

Salmo 143

*(Celebrante y Pueblo: | Presider and People:)*

- 1 Oh Señor, escucha mi oración; tú que eres fiel, atiende a mis súplicas; \*  
respóndeme, pues tú eres justo.
- 2 No llores a juicio a tu siervo, \*  
porque ante ti ninguno será justificado;
- 3 Porque el enemigo ha buscado mi vida; me ha aplastado hasta el suelo; \*  
me ha hecho habitar en tinieblas como los ya muertos.
- 4 Mi espíritu desfallece dentro de mí; \*  
está desolado mi corazón.
- 5 Me acuerdo de los tiempos antiguos; medito en todos tus hechos; \*  
considero las obras de tus manos.
- 6 Extiendo mis manos hacia ti; \*  
mi alma tiene sed de ti como la tierra seca.

- 7 Oh Señor, apresúrate a responderme; mi espíritu desfallece; \*  
no escondas tu rostro de mí, o seré como los que descienden a la fosa.
- 8 Hazme oír tu gracia por la mañana, porque en ti confío; \*  
hazme ver el camino por donde debo andar,  
porque a ti levanto mi alma.
- 9 Líbrame de mis enemigos, oh Señor, \*  
porque me acojo a ti por refugio.
- 10 Enséñame a cumplir tu voluntad, porque tú eres mi Dios; \*  
que tu buen Espíritu me guíe por tierra llana.
- 11 Por amor de tu Nombre, vivifícame; \*  
por tu justicia sácame de la angustia.
- 12 Por tu bondad, destruye a mis enemigos y aniquila  
a todos los que me acosan; \*  
porque en verdad soy tu siervo.

*Antífona:* Lloraban por él como uno llora por un único hijo; porque el Señor, que es sin pecado, ha sido inmolado.

*Una vela se apaga.*

### Antiphon 13

From the gates of hell, O Lord, deliver my soul.

The Song of Hezekiah [Isaiah 38:10-20]

*(Presider and People: | Celebrante y Pueblo:)*

- 1 In my despair I said, "In the noonday of my life I must depart; \*  
my unspent years are summoned to the portals of death."
- 2 And I said, "No more shall I see the Lord in the land of the living, \*  
never more look on my kind among dwellers on earth."

- 3 My house is pulled down and I am uncovered, \*  
as when a shepherd strikes his tent.
- 4 My life is rolled up like a bolt of cloth, \*  
the threads cut off from the loom.
- 5 Between sunrise and sunset my life is brought to an end; \*  
I cower and hope for the dawn.
- 6 Like a lion he has crushed all my bones; \*  
like a swallow or thrush I utter plaintive cries; I mourn like a dove.
- 7 My weary eyes look up to you; \*  
Lord, be my refuge in my affliction.
- 8 But what can I say? For he has spoken; \*  
it is he who has done this.
- 9 Slow and halting are my steps all my days, \*  
because of the bitterness of my spirit.
- 10 O Lord, I recounted all these things to you and you rescued me; \*  
when entreated, you restored my life.
- 11 I know now that my bitterness was for my good, \*  
for you held me back from the pit of destruction,  
you cast all my sins behind you.
- 12 The grave does not thank you nor death give you praise; \*  
nor do those at the brink of the grave hang on your promises.
- 13 It is the living, O Lord, the living who give you thanks as I do this day; \*  
and parents speak of your faithfulness to their children.
- 14 You, Lord, are my Savior; \*  
I will praise you with stringed instruments  
all the days of my life, in the house of the Lord.

*Antiphon:* From the gates of hell, O Lord, deliver my soul.

*A candle is extinguished.*

Antífona 14

**Oh muerte, yo seré tu muerte; oh tumba, yo seré tu destrucción.**

Salmo 150

*(Celebrante y Pueblo: | Presider and People:)*

- 1       **¡Aleluya! Alaben a Dios en su santo templo; \*  
          alábenle en la bóveda de su poder.**
- 2       **Alábenle por sus proezas; \*  
          alábenle por su inmensa grandeza.**
- 3       **Alábenle con el bramido del corno; \*  
          alábenle con lira y arpa.**
- 4       **Alábenle con tambores y danzas; \*  
          alábenle con cuerdas y caramillo.**
- 5       **Alábenle con címbalos resonantes; \*  
          alábenle con címbalos clamorosos.**
- 6       **Todo lo que respira, \*  
          alabe al Señor. ¡Aleluya!**

*Antífona:* **Oh muerte, yo seré tu muerte; oh tumba, yo seré tu destrucción.**

*Una vela se apaga.*

V. Mi carne también descansará en la esperanza:

R. No permitirás que tu Santo vea corrupción.

Todos de pie. Durante el siguiente cántico, se apagan todas las otras luces de la iglesia (excepto la que está al centro de velas).

All stand. During the reciting of the following Canticle, all other lights in the church (except the one remaining at the center of the candle), are extinguished.

### Antiphon 15

Now the women sitting at the tomb made lamentation, weeping for the Lord.

The Song of Zechariah Benedictus *Dominus Deus* (Luke 1:68-79)

*(Presider and People: | Celebrante y Pueblo:)*

Blessed be the Lord, the God of Israel; \*  
he has come to his people and set them free.  
He has raised up for us a mighty savior, \*  
born of the house of his servant David.  
Through his holy prophets he promised of old,  
that he would save us from our enemies, \*  
from the hands of all who hate us.  
He promised to show mercy to our fathers \*  
and to remember his holy covenant.  
This was the oath he swore to our father Abraham, \*  
to set us free from the hands of our enemies,  
Free to worship him without fear, \*  
holy and righteous in his sight  
all the days of our life.  
You, my child, shall be called the prophet of the Most High, \*  
for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation \*  
by the forgiveness of their sins.  
In the tender compassion of our God \*  
the dawn from on high shall break upon us,  
To shine on those who dwell in darkness and the  
shadow of death, \*  
and to guide our feet into the way of peace.

**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.**

*After the Canticle, during the repetition of the Antiphon, the remaining candle is taken from the stand and hidden beneath or behind the Altar, or in some other convenient place.*

*Después del Cántico, durante la repetición de la antífona, la vela que ha quedado encendida se retira del candelabro y se oculta debajo o detrás del altar, o en algún otro lugar apropiado.*

*Antiphon:* **Now the women sitting at the tomb made lamentation, weeping for the Lord.**

*All kneel for the reciting of the following anthem:*

*Todos se arrodillan para el rezo del siguiente antífona:*

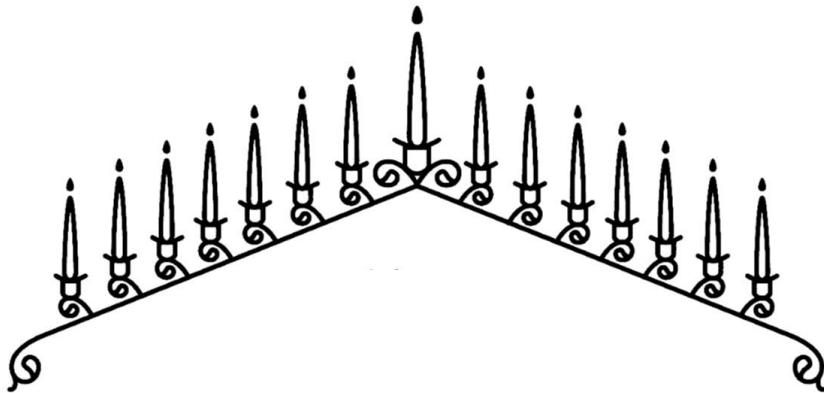
*Christus factus est*

*(Presider and People: | Celebrante y Pueblo:)*

**Christ for us became obedient unto death,  
even death on a cross;  
therefore God has highly exalted him  
and bestowed on him the Name  
which is above every name.**



*A brief silence is observed. | Se guarda un breve período de silencio.*



*The following Psalm is then said quietly.*

Psalm 51 *(Read simultaneously in both languages:)*

- 1 Have mercy on me, O God, according to your loving-kindness;  
in your great compassion blot out my offenses.
- 2 Wash me through and through from my wickedness  
and cleanse me from my sin.
- 3 For I know my transgressions,  
and my sin is ever before me.
- 4 Against you only have I sinned  
and done what is evil in your sight.
- 5 And so you are justified when you speak  
and upright in your judgment
- 6 Indeed, I have been wicked from my birth,  
a sinner from my mother's womb.
- 7 For behold, you look for truth deep within me,  
and will make me understand wisdom secretly.
- 8 Purge me from my sin, and I shall be pure;  
wash me, and I shall be clean indeed.
- 9 Make me hear of joy and gladness,  
that the body you have broken may rejoice.
- 10 Hide your face from my sins  
and blot out all my iniquities.
- 11 Create in me a clean heart, O God,  
and renew a right spirit within me.

*Se dice el salmo siguiente en voz baja.*

Salmo 51      (*Leer en ambos idiomas a la vez:*)

- 1 Ten misericordia de mí, oh Dios, conforme a tu bondad;  
conforme a tu inmensa compasión borra mis rebeliones.
- 2 Lávame más y más de mi maldad,  
y límpiame de mi pecado;
- 3 Porque reconozco mis rebeliones,  
y mi pecado está siempre delante de mí.
- 4 Contra ti, contra ti sólo he pecado,  
y he hecho lo malo delante de tus ojos.
- 5 Por tanto eres reconocido justo en tu sentencia,  
y tenido por puro en tu juicio.
- 6 He aquí, he sido malo desde mi nacimiento,  
pecador desde el vientre de mi madre;
- 7 Porque he aquí, amas la verdad más que la astucia o  
el saber oculto; por tanto, enséñame sabiduría.
- 8 Límpiame de mi pecado, y seré puro;  
lávame, y seré más blanco que la nieve.
- 9 Hazme oír canciones de gozo y alegría,  
y se regocijará el cuerpo que has abatido.
- 10 Esconde tu rostro de mis pecados,  
y borra todas mis maldades.
- 11 Crea en mí, oh Dios, un corazón limpio,  
y renueva un espíritu firme dentro de mí.

- 12 Cast me not away from your presence  
and take not your holy Spirit from me.
- 13 Give me the joy of your saving help again  
and sustain me with your bountiful Spirit.
- 14 I shall teach your ways to the wicked,  
and sinners shall return to you.
- 15 Deliver me from death, O God, and my tongue shall sing of your righteousness,  
O God of my salvation.
- 16 Open my lips, O Lord,  
and my mouth shall proclaim your praise.
- 17 Had you desired it, I would have offered sacrifice;  
but you take no delight in burnt-offerings.
- 18 The sacrifice of God is a troubled spirit;  
a broken and contrite heart, O God, you will not despise.

*The officiant says the Collect without the chant, and without the usual conclusion:*

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross.

- 12 No me eches de tu presencia,  
y no quites de mí tu santo Espíritu.
- 13 Dame otra vez el gozo de tu salvación;  
y que tu noble Espíritu me sustente.
- 14 Enseñaré a los rebeldes tus caminos,  
y los pecadores se convertirán a ti.
- 15 Líbrame de la muerte, oh Dios, y cantará mi lengua tu justicia,  
oh Dios mi Salvador.
- 16 Soberano mío, abre mis labios,  
y mi boca proclamará tu alabanza;
- 17 Porque no quieres tú sacrificio, que yo daría;  
no te complaces en holocausto.
- 18 El sacrificio que más te agrada es el espíritu quebrantado;  
al corazón contrito y humillado no despreciarás tú, oh Dios.

*El(La) Presidente dice la colecta sin cantarla y sin la conclusión acostumbrada:*

Dios todopoderoso, te rogamos que mires con benignidad a esta tu familia, por la cual nuestro Señor Jesucristo estuvo dispuesto a ser traicionado y entregado en manos de pecadores, y a sufrir muerte de cruz.

*NOTHING FURTHER IS SAID; BUT A NOISE IS MADE, AND THE  
REMAINING CANDLE IS BROUGHT FROM ITS HIDING PLACE AND  
REPLACED ON THE STAND.*

*BY ITS LIGHT THE MINISTERS AND PEOPLE  
DEPART IN SILENCE.*

*Holy Week Schedule 2024:*

Thursday, 6:00 p.m.: Bilingual Maundy Thursday service

Friday, 12:00 p.m.: Stations of the Cross (in English)

Friday, 6:00 p.m.: Bilingual Good Friday service

Saturday, 7:30 p.m.: Bilingual Great Vigil of Easter

Sunday, 9:30 a.m.: Easter (in English)

*NO SE AÑADE NADA MÁS; PERO SE HACE UN ESTRUENDO, Y LA  
VELA QUE ESTABA ESCONDIDA SE TRAE DE VUELTA Y SE PONE  
DE NUEVO EN EL CANDELABRO.*

*A SU LUZ, LOS MINISTROS Y EL PUEBLO  
PARTEN EN SILENCIO.*

*Horario Semana Santa 2024:*

Jueves, 6:00 p.m.: Servicio bilingüe de Jueves Santo

-

Viernes, 6:00 p.m.: Servicio bilingüe de Viernes Santo

Sábado, 7:30 p.m.: Gran Vigilia Pascual bilingüe

Domingo, 11:30 a.m.: Pascua (en Español)

## *Welcome to Saint Paul's!*

We hope that your worship with us will be both inspirational and spiritually nurturing. Please feel free to participate in the worship service as much or as little as you wish. The prayer book gives directions as to when we stand, sit, or occasionally kneel; these are guidelines. What is more important is that you bring your complete self to worship God. Everyone is welcome to receive Holy Communion at the Lord's table. During the pandemic, we share Communion in spirit. We ask that those worshiping with us online reverently pray and meditate on God's grace and blessing whenever you observe the Eucharist being taken.

## *¡Bienvenido a la Iglesia Episcopal de la Resurrección!*

Todos son bienvenidos a recibir la Santa Comunión en la mesa del Señor. Pedimos que aquellos que adoran con nosotros en línea oren con reverencia y mediten en la gracia y la bendición de Dios cada vez



The Episcopal Diocese of Olympia	206-325-4200	<a href="https://ecww.org/">https://ecww.org/</a>
The Reverend Paul Moore <i>Rector</i>	254-368-6475	<a href="mailto:padrequiteno@gmail.com">padrequiteno@gmail.com</a>
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