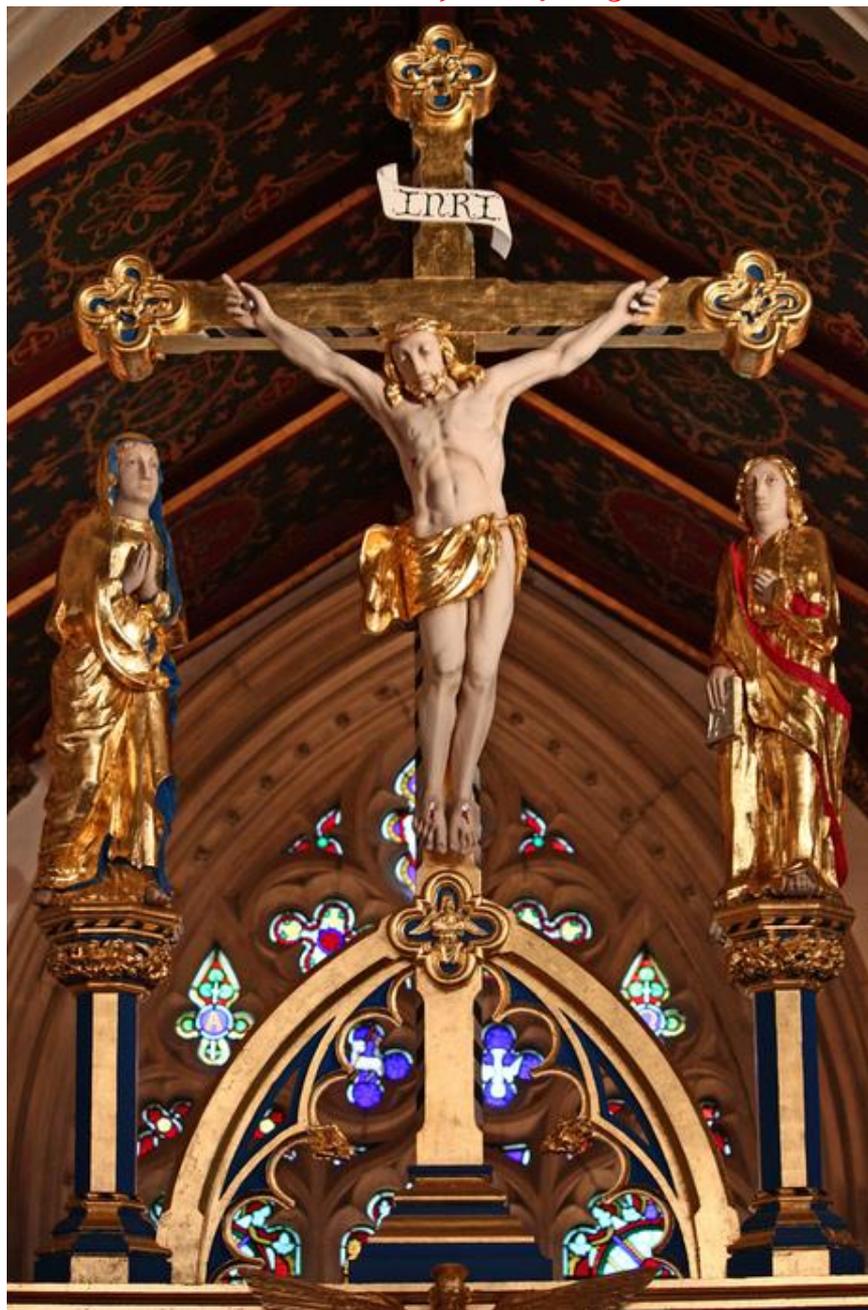


Devotions to the Holy Cross



**Holyrood, St. Birinus, in Dorchester-on-Thames,
in Oxfordshire**

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CAPTION: The cover depicts the central figures of a holyrood. In most mediæval churches, there was a beam, the rood-beam, that spanned the sanctuary above the place where present-day Altar rails stand. Between this beam and the floor was set a screen, called the rood screen. The Council of Trent declared that rood screens should be removed so that the sanctuary could be opened up to the view of the faithful. However, the beam was left in place in some churches, along with its central figure. This is traditionally an image of the Crucifixion of Christ, carved in wood. Our Lady stands *dexter* under the Holy Cross (onlookers' left from the nave); St. John the Apostle, at *sinister*, he being the only Apostle who did not abandon our Lord in His great Sacrifice. The noun *rood* means a gallows or crucifix.

THE LITTLE HOURS OF THE HOLY CROSS

“For the word of the cross, to them indeed that perish, is foolishness; but to them that are saved, that is, to us, it is the power of God” (I Corinthians 1. 18).

The Traditional Latin Mass community in Victoria is dedicated to the Holy Cross of Christ. Members of our community may wish to say some special devotion to the Holy Cross daily. For example, one could pray the simple Anthem of the Holy Rood. It is used to close the Litany of the Holy Cross:

**Sweet the wood, sweet the nails,
Sweet the burden which Thou bearest,
For Thou alone, O Holy Cross, wast worthy to bear
The King and Lord of Heaven.**

This is quite rhythmic and is therefore easy to memorise.

Those who have a special devotion to the Holy Cross normally pray the Stations of the Cross daily (it has been a custom for others to pray the Stations daily in Lent or at least in Passiontide, and on Fridays throughout the year). Adding much to that could become onerous for most people, although these hours are very short. It is recommended in general that the following *horæ* be prayed in full on Good Friday and in Holy Week, and on the Feast of the Exaltation of the Holy Cross (14th September) and perhaps on the Friday within its octave. Matins and Vespers of the Holy Cross might be prayed daily in the Octave of the Holy Cross (ending on 21st September). Some may be inspired to pray Matins and Vespers on all Fridays of the year as well. In addition, these hours, in full or in part, might be prayed on days when there is a Votive Mass of the Holy Cross in our community. Note that these short hours do not include Lauds.

OPENING INVOCATION

This is to be said before beginning the Hours of the Cross for any given day, regardless of whether or not the Hours are to be prayed in full or in part.

At Matins, bound; at Prime reviled;
Condemned to death at Terce;
Nailed to the Cross at Sext.
At None His Blessed Side they pierced.
They take Him down at Vesper-tide;
In the grave at Compline lay;
Who henceforth bids His Church observe
These sevenfold hours alway.

MATINS: Midnight

- ℣. By the Sign ✠ of the Cross,
℟. Deliver us, O God, from our enemies.
℣. Thou shalt ✠ open my lips, O Lord.
℟. And my mouth shall shew forth Thy praise.
℣. Incline unto ✠ mine aid, O God,
℟. O Lord, make haste to help me.
℣. [Bowing] Glory be to the Father and to the Son
and to the Holy Ghost,
℟. [Unbowing] As it was in the beginning,
is now and ever shall be, world without end. Amen.

Hymn

The Wisdom of the Father,
And Truth Divine beside,
God the Man is bound for us
At hour of Matin-tide.
Forsaken by His disciples,
Abandoned by each friend,
Afflicted by the Jews,
Betrayed and sold to them.

Antiphon. O venerable Cross, which has raised up the wretched even to salvation, by what praise shall I extol thee?, for Thou hast prepared unto us life everlasting in Heavenly bliss.

- ℣. We adore Thee, O Christ, and we bless Thee,
℟. Because by Thy Holy Cross, Thou hast redeemed the world.

Let us pray.

O Lord Jesus Christ, Son of the living God, interpose Thy Passion, Cross and death between Thy Judgement and my soul, now and at the hour of my death. Deign to grant grace and mercy to me, pardon to the living, eternal rest to the dead, peace and concord to Thy Church, and life and eternal glory to us sinners. Who livest and reignest with God the Father in the unity of the Holy Ghost, God, world without end. Amen.

PRIME: 6.00 a.m.

- ✠. By the Sign ✠ of the Cross,
℟. Deliver us, O God, from our enemies.
✠. Thou shalt ✠ open my lips, O Lord.
℟. And my mouth shall shew forth Thy praise.
✠. Incline unto ✠ mine aid, O God,
℟. O Lord, make haste to help me.
✠. [Bowing] Glory be to the Father and to the Son
and to the Holy Ghost,
℟. [Unbowing] As it was in the beginning, is now and ever
shall be, world without end. Amen.

Hymn

Now, at Prime, for judgement vile,
See Him forth to Pilate led;
There, the false accusers lay
Baseless charges on His head;
And they smite Him with the fist,
And they spit upon His face,—
“Prophecy: who smote Thee so?”—
Thus they treat the Lord of Grace.

Antiphon. O venerable Cross, O ensign most admired, lead us in triumph into the courts of Heavenly glory.

- ✠. We adore Thee, O Christ, and we bless Thee,
℟. Because by Thy Holy Cross, Thou hast redeemed the world.

Let us pray.

O Lord Jesus Christ, Son of the living God, interpose Thy Passion, Cross and death between Thy Judgement and my soul, now and at the hour of my death. Deign to grant grace and mercy to me, pardon to the living, eternal rest to the dead, peace and concord to Thy Church, and life and eternal glory to us sinners. Who livest and reignest with God the Father in the unity of the Holy Ghost, God, world without end. Amen.

TERCE: 9.00 a.m.

- ✠. By the Sign ✠ of the Cross,
℟. Deliver us, O God, from our enemies.
✠. Thou shalt ✠ open my lips, O Lord.
℟. And my mouth shall shew forth Thy praise.
✠. Incline unto ✠ mine aid, O God,
℟. O Lord, make haste to help me.
✠. [Bowing] Glory be to the Father and to the Son
and to the Holy Ghost,
℟. [Unbowing] As it was in the beginning, is now
and ever shall be, world without end. Amen.

Hymn

“Crucify Him, crucify Him!”:
This, at Terce, their vengeful shout;
See Him clad in purple robe,
As in sport, they lead Him out!
And a crown of platted thorn
On His throbbing brow He wears;
Struggling 'neath the ponderous Cross,
Which to Calvary He bears.

Antiphon. The dreadful punishment of death is imposed, whilst, by the Holy Cross, Christ hath unshacked the bonds of our offences.

- ✠. We adore Thee, O Christ, and we bless Thee,
℟. Because by Thy Holy Cross, Thou hast redeemed the world.

Let us pray.

O Lord Jesus Christ, Son of the living God, interpose Thy Passion, Cross and death between Thy Judgement and my soul, now and at the hour of my death. Deign to grant grace and mercy to me, pardon to the living, eternal rest to the dead, peace and concord to Thy Church, and life and eternal glory to us sinners. Who livest and reignest with God the Father in the unity of the Holy Ghost, God, world without end. Amen.

SEXT: Noon

- ✠. By the Sign ✠ of the Cross,
℟. Deliver us, O God, from our enemies.
✠. Thou shalt ✠ open my lips, O Lord.
℟. And my mouth shall shew forth Thy praise.
✠. Incline unto ✠ mine aid, O God,
℟. O Lord, make haste to help me.
✠. [Bowing] Glory be to the Father and to the Son
and to the Holy Ghost,
℟. [Unbowing] As it was in the beginning, is now
and ever shall be, world without end. Amen.

Hymn

At the hour of Sext, behold,
Jesus raised upon the Cross!
See, they give Him gall to drink,
And their heads defiant toss!
Thieves are hanging where He dies;
He is numbered with the vile:
Thus was slain the Son of God,
In Whose Soul there lurked no guile.

Antiphon. We were made bondsmen by a tree, and by the Holy Cross are we set free: by the fruit of that tree were we seduced, but the Son of God hath redeemed us.

- ✠. We adore Thee, O Christ, and we bless Thee,
℟. Because by Thy Holy Cross, Thou hast redeemed the world.

Let us pray.

O Lord Jesus Christ, Son of the living God, interpose Thy Passion, Cross and death between Thy Judgement and my soul, now and at the hour of my death. Deign to grant grace and mercy to me, pardon to the living, eternal rest to the dead, peace and concord to Thy Church, and life and eternal glory to us sinners. Who livest and reignest with God the Father in the unity of the Holy Ghost, God, world without end. Amen.

NONE: 3.00 p.m.

- ℣. By the Sign ✠ of the Cross,
℞. Deliver us, O God, from our enemies.
℣. Thou shalt ✠ open my lips, O Lord.
℞. And my mouth shall shew forth Thy praise.
℣. Incline unto ✠ mine aid, O God,
℞. O Lord, make haste to help me.
℣. [Bowing] Glory be to the Father and to the Son
and to the Holy Ghost,
℞. [Unbowing] As it was in the beginning, is now
and ever shall be, world without end. Amen.

Hymn

At the hour of None, the pain
Of the Crucifixion ends;
Loud He cries, "Eloi!", and then
To our God His soul commends.
Swift the thrust that wounds His side
By the Roman soldier given;
Earth beholds, and quakes with fear,
And the sun is dark in Heaven.

Antiphon. O mighty work of mercy! Death did die when Life died
on the Tree!

- ℣. We adore Thee, O Christ, and we bless Thee,
℞. Because by Thy Holy Cross, Thou hast redeemed the world.

Let us pray.

O Lord Jesus Christ, Son of the living God, interpose Thy Passion, Cross and death between Thy Judgement and my soul, now and at the hour of my death. Deign to grant grace and mercy to me, pardon to the living, eternal rest to the dead, peace and concord to Thy Church, and life and eternal glory to us sinners. Who livest and reignest with God the Father in the unity of the Holy Ghost, God, world without end. Amen.

VESPERS: 6.00 p.m.

- ℣. By the Sign ✠ of the Cross,
℟. Deliver us, O God, from our enemies.
℣. Thou shalt ✠ open my lips, O Lord.
℟. And my mouth shall shew forth Thy praise.
℣. Incline unto ✠ mine aid, O God,
℟. O Lord, make haste to help me.
℣. [Bowing] Glory be to the Father and to the Son
and to the Holy Ghost,
℟. [Unbowing] As it was in the beginning, is now
and ever shall be, world without end. Amen.

Hymn

From the Cross, they took Him down,
When the hour of Vesper came;
Who His Godhead boldly hid
In a death of deathly shame;
Yea, He laid His glory down,
And to death descended quite
That, to us, He might reveal
Immortality in light.

Antiphon. O Blessed Cross, Thou only wast worthy to bear the burden of the world. Sweet wood, sweet nails, bearing such sweet Weight: Thou only exceedeth in majesty all the wood of Cedar, upon which the salvation of mankind did hang, on which Christ did triumph, His death overcoming death forever.

- ℣. We adore Thee, O Christ, and we bless Thee,
℟. Because by Thy Holy Cross, Thou hast redeemed the world.

Let us pray.

O Lord Jesus Christ, Son of the living God, interpose Thy Passion, Cross and death between Thy Judgement and my soul, now and at the hour of my death. Deign to grant grace and mercy to me, pardon to the living, eternal rest to the dead, peace and concord to Thy Church, and life and eternal glory to us sinners. Who livest and reignest with God the Father in the unity of the Holy Ghost, God, world without end. Amen.

COMPLINE: 9.00 p.m.

- ✠. By the Sign ✠ of the Cross,
✠. Deliver us, O God, from our enemies.
✠. Thou shalt ✠ open my lips, O Lord.
✠. And my mouth shall shew forth Thy praise.
✠. Incline unto ✠ mine aid, O God,
✠. O Lord, make haste to help me.
✠. [Bowing] Glory be to the Father and to the Son
and to the Holy Ghost,
✠. [Unbowing] As it was in the beginning, is now
and ever shall be, world without end. Amen.

Hymn

Holy hands, at solemn eve,
Bear His Body to the tomb,—
Hope of an immortal life—
Leave it buried in the gloom.
Fragrant spices are prepared;
All fulfilled that Scripture saith.
May my memory never more
Lose the vision of that death!

Antiphon. Save us, O Saviour of the world, Who, by Thy Holy Cross and Precious Blood, hath redeemed us forever. Help us, we beseech Thee, O our God.

- ✠. We adore Thee, O Christ, and we bless Thee,
✠. Because by Thy Holy Cross, Thou hast redeemed the world.

Let us pray.

O Lord Jesus Christ, Son of the living God, interpose Thy Passion, Cross and death between Thy Judgement and my soul, now and at the hour of my death. Deign to grant grace and mercy to me, pardon to the living, eternal rest to the dead, peace and concord to Thy Church, and life and eternal glory to us sinners. Who livest and reignest with God the Father in the unity of the Holy Ghost, God, world without end. Amen.

COMMENDATION

This is said to close the Office whether it be ended by Compline or not.

Henceforth shall these holy hours
To me give food for endless praise;
And devoutly shall my heart
Dwell upon that love always;
That I may, when death is near,
Find a solace in that love.
And by all the woes He bore
Win salvation from above.



Roman nails used in crucifixion

TREASURY OF PRAYERS IN THE CULTUS OF THE HOLY CROSS

COMMÉMORATIO CRUCIS FROM THE SACRED LITURGY

He who bore the Holy ✠ Cross
Crushed the power of Hell:
He was girded about with power,
And He rose again on the third day.
Alleluia.

℣. Tell ye among the nations, Alleluia.

℟. That the Lord hath reigned from the Tree. Alleluia.

Let us pray.

O God, Who didst will that Thine only Son should endure for us the humiliation of the Cross, that Thou mightest expel from our midst the power of the fiend: grant unto us, Thy servants, to become partakers of the grace of Thy Resurrection. Through our Lord Jesus Christ, Who livest and reignest with Thee, in the unity of the Holy Ghost, God, world without end. Amen.

℣. The Lord be with you.

℟. And with thy spirit.

℣. Let us bless the Lord.

℟. Thanks be to God.

℣. May the souls of the faithful departed,
through the mercy of God, rest in peace.

℟. Amen. *Pater* (silently).

℣. May the Lord grant us His peace.

℟. And life everlasting.

AVE, CRUX SANCTA, VIRTUS NOSTRA

(attributed to St. Anselm, Archbishop of Canterbury,
Abbot, and Doctor of the Church)

Save me, O Holy Cross, Who art consecrated with the Body of Christ and ornamented as if by pearls from this union with his limbs. Thou hast been made worthy to bear the price of our salvation and hast raised up eternal life unto us. O Good Jesus, grant to me that, through the reparation and ensign of Thy Holy Cross, Thou wilt free me from the attacks of all mine enemies, preserve me in Thy goodness, blot out my sins, and grant me pardon: Thou Who livest and reignest, God, forever and ever. Amen.

Hail, O Holy Cross, our strength.
Hail, O adorable Cross, our praise and glory.
Hail, O Cross, our help and refuge.
Hail, O Cross, consolation of all the mournful.
Hail, O Cross, our victory and hope.
Hail, O Cross, our defence and our life.
Hail, O Cross, our liberation and redemption.
Hail, O Cross, our sign of salvation and bulwark
against the enemy.

May the Cross be for me always hope of my faith, resurrection in my death, triumph against demons, and mother of my consolation.

May the Cross be for me rest in my tribulations, support in my old age, healing in my illness, and protection in my nakedness.

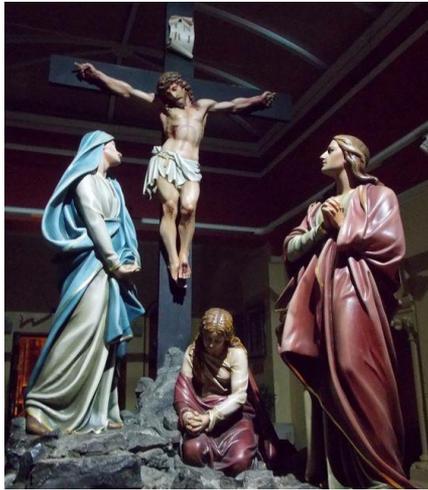
May the Cross be for me consolation in my life, solace in all my difficulties, and balm in my tribulations.

May the Cross be for me medicine to my infirmities and protection against all my enemies. Amen.

O BONA CRUX

(a popular mediæval prayer)

O Good Cross, made beauteous by the Body of the Lord, long have I desired Thee, ardently have I loved Thee, unceasingly have I sought Thee; and now, Thou art ready for my eager soul. Receive me from among men and restore me to my Master, so that He, Who redeemed me through Thee, shall receive me through Thee. Amen.



DEUS, QUI UNIGENITI FILII: COLLECT OUTSIDE EASTERTIDE

This extremely ancient prayer, dating to the subapostolic age, is the Collect for Votive Masses of the Holy Cross outside Eastertide. It may be included, for example, at morning prayers on Fridays between Trinity Sunday and Holy Saturday inclusive.

O God, Who, by the Precious Blood of Thine only-begotten Son, wast pleased to hallow the standard of the life-giving Cross: grant, we beseech Thee, that those who rejoice in paying honour to that same Holy Cross, may likewise everywhere enjoy Thy protection. Through the same our Lord Jesus Christ, Thy Son, Who is God, and liveth and reigneth with Thee in the unity of the Holy Ghost, world without end. Amen.

**DEUS, QUI PRO NOBIS:
COLLECT IN EASTERTIDE**

This prayer from the early Middle Ages is the Collect for Votive Masses of the Holy Cross in Eastertide. It may be included, for example, at morning prayers on Fridays between Easter Sunday and Trinity Sunday exclusive.

O God, Who didst will that Thy Son should suffer the agony of the Cross to deliver us from the power of the enemy: grant to us, Thy servants, that we may attain to the grace of the Resurrection. Through the same our Lord Jesus Christ, Thy Son, Who is God, and liveth and reigneth with Thee in the unity of the Holy Ghost, world without end. Amen.

**ADESTO NOBIS:
POSTCOMMUNION OF THE HOLY CROSS**

Following is the Postcommunion Prayer of the Mass of the Exaltation of the Holy Cross and of all Votive Masses of the Holy Cross. It might, for example, be included with night prayer on Fridays throughout the year.

Stand by us, O Lord our God, and do Thou, Who makest us rejoice in honour of the Holy Cross, defend us evermore by its help. Through our Lord Jesus Christ, Thy Son, Who is God, and liveth and reigneth with Thee in the unity of the Holy Ghost, world without end. Amen.

**PRAYER OF ST. FRANCIS BEFORE THE CRUCIFIX
AT THE CHURCH OF ST. DAMIANO**

O most high, glorious God: illumine the darkness of my heart. Grant me, O Lord, a sure faith, certain hope, perfect charity, and sense and knowledge that I may carry out Thy holy and true commands. Amen.

LITANY OF THE HOLY CROSS

(for private use)

KNEEL.

Lord, have mercy upon us. *Lord, have mercy upon us.*

Christ, have mercy upon us. *Christ, have mercy upon us.*

Lord, have mercy upon us. *Lord, have mercy upon us.*

Christ, hear us. *Christ, graciously hear us.*

God the Father of Heaven, *have mercy on us.*

God the Son, Redeemer of the world, *have mercy on us.*

God the Holy Ghost, our Advocate, *have mercy on us.*

Holy Trinity, One God, *have mercy on us.*

STAND.

Holy Cross, whereon the Lamb of God was offered, *save us, O Holy Cross.*

Hope of Christians, *save us, O Holy Cross,*

Pledge of the resurrection of the dead, *save us, O Holy Cross.*

Shelter of persecuted innocence, &c.

Guide of the blind,

Way of those who have gone astray,

Staff of the lame,

Consolation of the poor,

Restraint of the powerful,

Destruction of the proud,

Refuge of sinners,

Trophy of victory over Hell,

Terror of demons,

Mistress of youth,

Succour of the distressed,

Hope of the hopeless,

Star of the mariner,

Harbour of the wrecked,

Rampart of the besieged,

Father of orphans,

Defence of widows,

Counsel of the just,

Judge of the wicked,

Rest of the afflicted,

Safeguard of childhood,

Strength of manhood,

Last hope of the aged,
Light of those who sit in darkness,
Splendour of kings,
Civiliser of the world,
Shield impenetrable,
Wisdom of the foolish,
Liberty of slaves,
Knowledge of the ignorant,
Sure rule of life,
Heralded by prophets,
Preached by apostles,
Glory of martyrs,
Study of hermits,
Chastity of virgins,
Joy of priests,
Foundation of the Church,
Salvation of the world,
Destruction of idolatry,
Stumbling block to the Jews,
Condemnation of the ungodly,
Support of the weak,
Medicine of the sick,
Health of the leprous,
Strength of the paralytic,
Bread of the hungry,
Fountain of those who thirst,
Clothing of the naked,

Lamb of God, Who takest away the sins of the world, *spare us, O Lord.*

Lamb of God, Who takest away the sins of the world,
graciously hear us, O Lord.

Lamb of God, Who takest away the sins of the world, *have mercy on us.*

Christ, hear us. *Christ, graciously hear us.*

Lord, have mercy. *Christ, have mercy.*

Lord, have mercy.

✠ (all genuflecting:) We adore Thee, O Christ, and we bless Thee,
✠ (rising:) because by Thy Holy Cross Thou hast redeemed the world.
(Together:) Behold the Cross of the Lord! Begone, ye evil powers! The
Lion ✠ of the Tribe of Juda, the Root of David, hath conquered! Alleluia!

KNEEL.

Let us pray.

O God, Who, for the redemption of the world, wast pleased to be born in a stable and to die upon a cross; O Lord Jesus Christ, by Thy holy sufferings, which we, Thy unworthy servants, call to mind: by Thy Holy Cross and by Thy death, deliver us from the pains of Hell, and vouchsafe to conduct us whither Thou didst conduct the good thief who was crucified with Thee, Who livest and reignest eternally in Heaven.

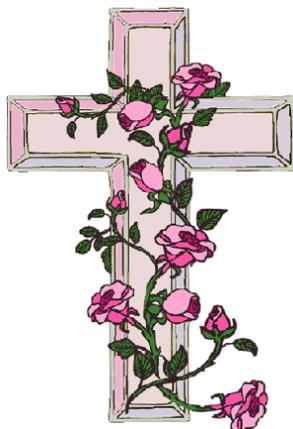
℟ Amen

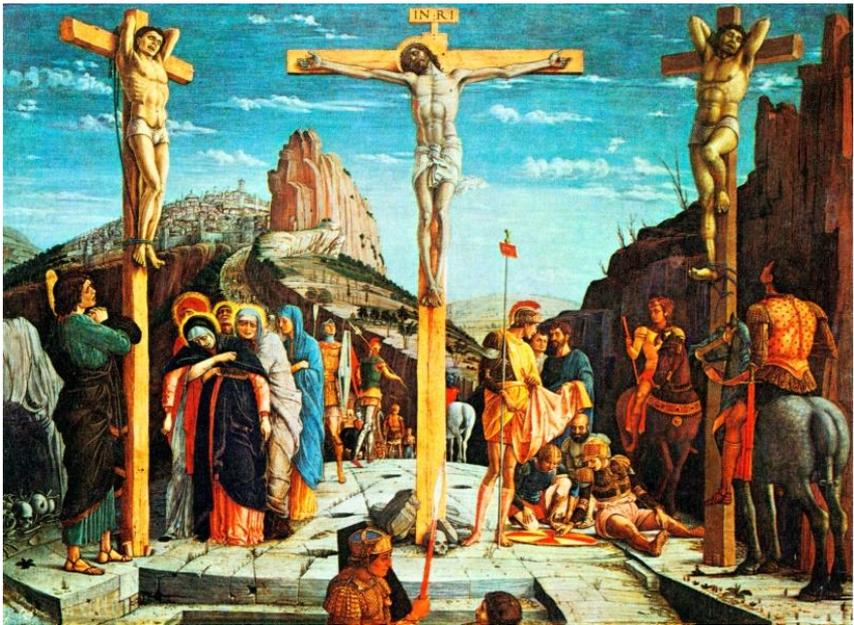
Sweet the wood, sweet the nails, sweet the Burden which thou bearest, for thou alone, O Holy Cross, wast worthy to bear the King and Lord of Heaven. ℟ Amen

PRAYER BEFORE A CRUCIFIX

This prayer was famously graced with a plenary indulgence and was known as the Indulged Prayer before a Crucifix. That indulgence is no longer granted but the Prayer remains highly recommended.

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul, I pray and beseech Thee, that Thou wouldst impress upon my heart lively sentiments of faith, hope and charity, with true repentance for my sins, and a firm desire of amendment, whilst with deep affection and grief of soul, I ponder within myself and mentally contemplate Thy five Most Precious Wounds; having before my eyes that which David spake in prophecy: “They pierced my hands and my feet; they have numbered all my bones”.





Prepared by the *Una Voce Vancouver Island Association* (U.V.V.I.A.)
<http://latinmassvictoria.com/>

Rev. R0