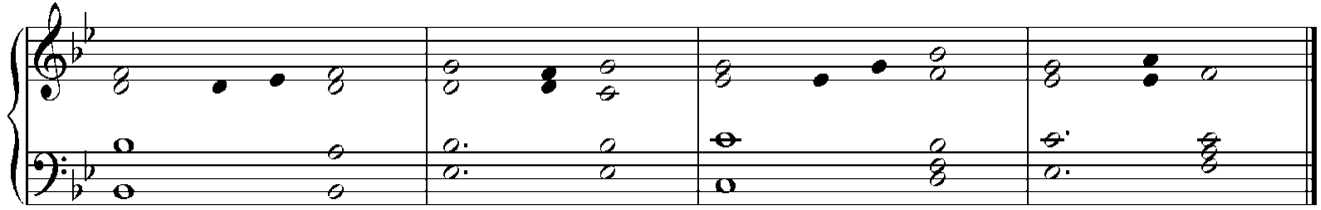


Lenten Holy Hour with Bishop Bambara

CANTICLE OF MARY



Cantor: How holy this feast in which Christ *is* our food;  
his passion *is* recalled;  
grace *fills* our hearts;  
and we receive a pledge of the glory *to* come.

All: My soul ✕ proclaims the greatness *of* the Lord,  
my spirit rejoices in God *my* Savior  
for he has *looked* with favor  
on his lowly servant.

From this day all *generations*  
will call *me* blessed:  
the Almighty has done great *things* for me  
and holy is *his* Name.

He has mercy on *those* who fear him  
in every generation.  
He has shown the strength *of* his arm,  
he has scattered the proud in their *conceit*.

He has cast down the mighty *from* their thrones,  
and has lifted up *the* lowly.  
He has filled the hungry *with* good things,  
and the rich he has sent *away* empty.

He has come to the help of his *servant* Israel  
for he has remembered his promise *of* mercy,  
the promise he made *to* our fathers,  
to Abraham and his children *for* ever.

Glory to the Father, and *to* the Son,  
and to the Holy Spirit:  
as it was in the *beginning* is now,  
and will be forever. Amen.

**Antiphon:** How holy this feast in which Christ *is* our food;  
his passion *is* recalled;  
grace *fills* our hearts;  
and we receive a pledge of the glory *to* come.