

ANTIPHON

*Cum ieiunatis*

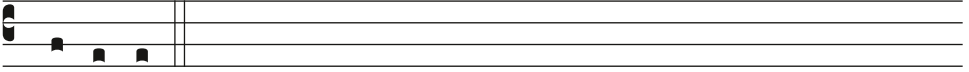
AM 332

VII a

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Hen you fast, \* do not put on a gloomy face, like the



hypocrites.

LUKE 1: 68–79

CANTICLE OF ZECHARIAH

**B**LÉSSED be the Lórd, the Gód of Ísrael, \*  
he has cóme to his péople and sét them frée.

He has ráised up for ús a mighty sáviour, \*  
bórn of the hóuse of his sérvant Dávid.

Thróugh his holy próphets he prómised of óld †  
that he would sáve us from our énemies, \*  
from the hánds of áll who háte us.

He prómised to show mércy to our fáthers \*  
and to remémber his hóly cóvenant.

This was the óath he swóre to our fáther Ábraham: \*  
to set us frée from the hánds of our énemies,  
free to wórship him without féar, †  
hóly and righteous in his síght \*  
all the dáy[s] of our lífe.

Yóu, my chíld, shall be called the próphet of the Most Hígh: \*  
for you will gó before the Lórd to prepáre his wáy,  
to give his péople knówledge of salvátió[n] \*  
by the forgíveness of their síns.

In the ténder compássió[n] of our Gód, \*  
the dáwn from on hígh shall bréak upon ús,  
to shíne on thóse who dwell in dárkness and the shádw of déath, \*  
and to guíde our féet into the wáy of péace.