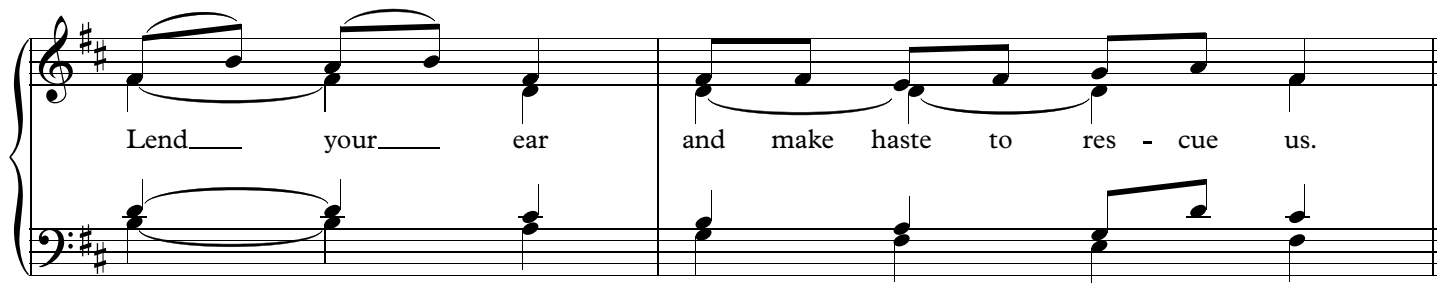


# Communion Antiphon

13th Sunday in Ordinary Time (B C)

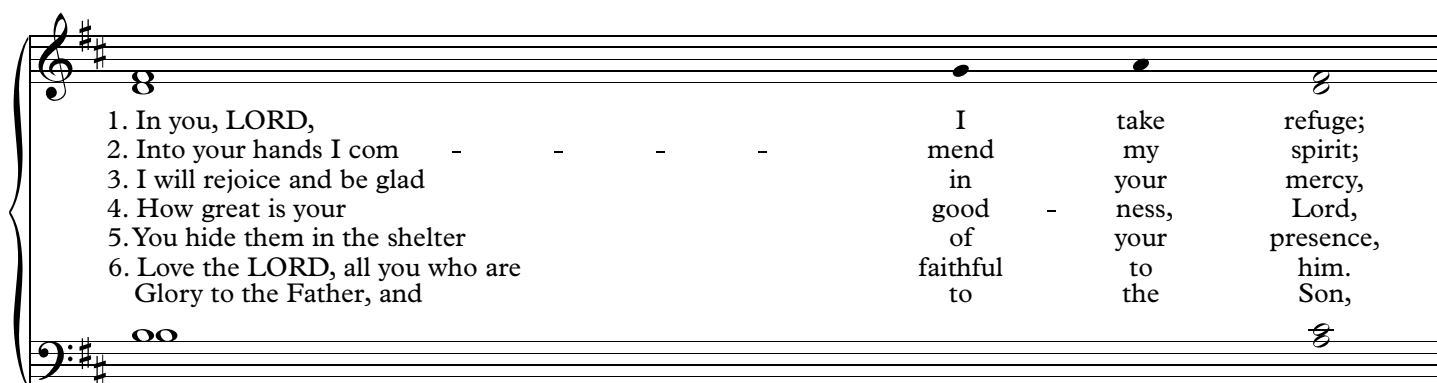
Psalm 31(30): 3ab  
IV

Michael Lantowski

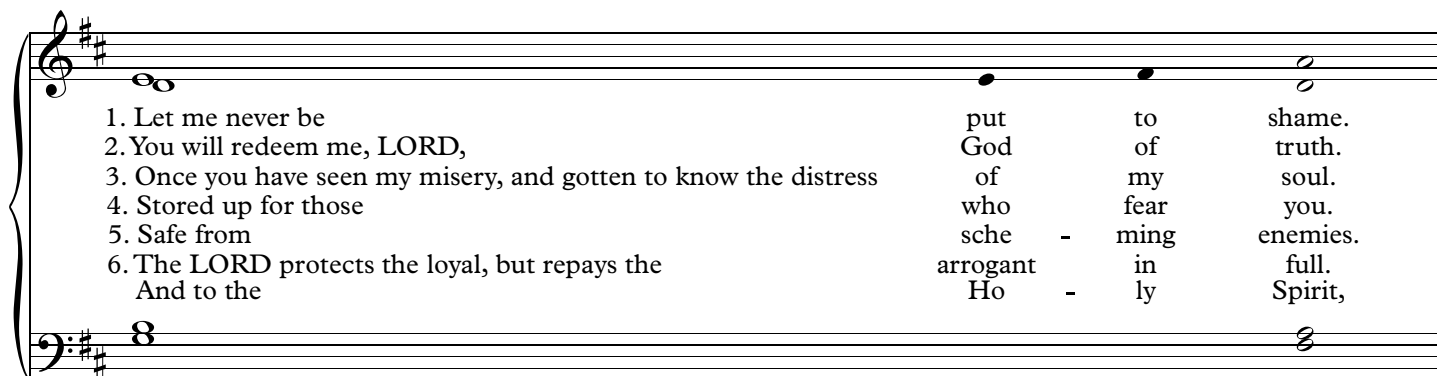


Lend your ear and make haste to rescue us.

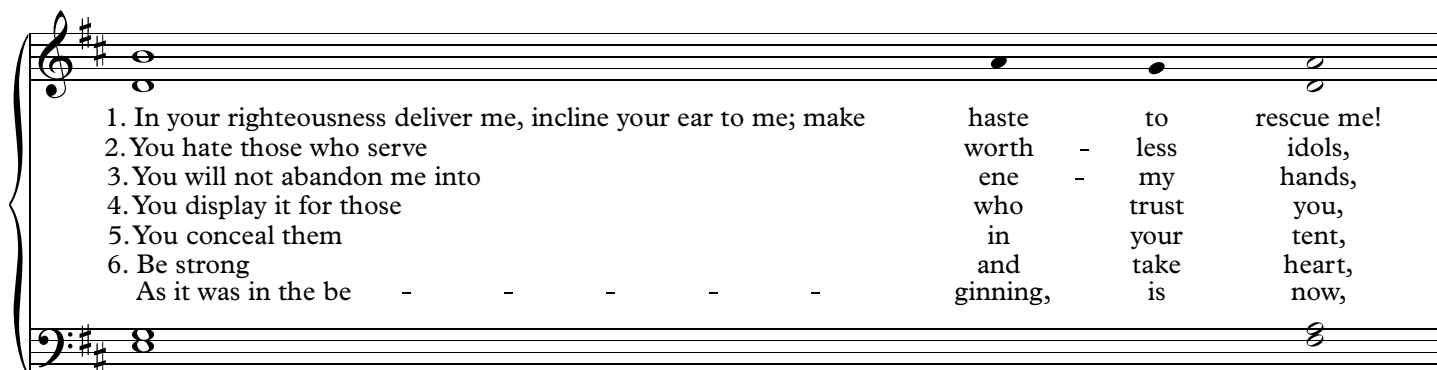
Psalm 31(30): 2,3cd,6,7,8,9,20ab,20cd,21ab,21cd,24,25



1. In you, LORD, I take refuge;  
2. Into your hands I com - - - - - mend my spirit;  
3. I will rejoice and be glad in your mercy,  
4. How great is your goodness, Lord,  
5. You hide them in the shelter of your presence,  
6. Love the LORD, all you who are faithful to the him.  
Glory to the Father, and to the Son,



1. Let me never be put to shame.  
2. You will redeem me, LORD, God of truth.  
3. Once you have seen my misery, and gotten to know the distress of my soul.  
4. Stored up for those who fear you.  
5. Safe from scheming enemies.  
6. The LORD protects the loyal, but repays the arrogant in full.  
And to the Holy Spirit,



1. In your righteousness deliver me, incline your ear to me; make haste to rescue me!  
2. You hate those who serve worthless idols,  
3. You will not abandon me into ene - my hands,  
4. You display it for those who trust you,  
5. You conceal them in your tent,  
6. Be strong and take heart,  
As it was in the be - - - - - ginning, is now,

1. Be my rock of refuge, a strong - - - hold to save me.

2. But I trust in the Lord.

3. But will set my feet in a free and op - en space.

4. In the sight of the children of Adam.

5. Away from the strife of tongues.

6. All who hope in the LORD.  
And will be for - - - ever. A - men.