

CAPITULUM GENERALE  
ORDINIS CISTERCIENSIS STRICTIORIS OBSERVANTIAE

TERTIA - ENGLISH



1626 + 2026

DOMUS PACIS, ASSISI  
3-23 Septembris 2025

- Please stand for the Introductory Verse and the Hymn. Sit for the psalms.
- The Hymn is Hymn for the 2025 Jubilee, “Pilgrims of Hope”
- Each Psalm is followed by a silent pause. (No Doxology)
- Around 4 minutes of meditation follows the Reading.
- Preces (*Kyrie* then *Pater Noster*)
- The Oratio
- *Benedicamus Domino* and *Rubum quem*.
- The cantor / chantress sings the “*Deus in adjutorium...*”, “*Kyrie*”, “*Pater Noster*”, “*Benedicamus Domino*” and “*Rubum quem*”.
- On September 3<sup>rd</sup>, special arrangements:
  - Hymn
  - The Reading, followed by 4 minutes meditation
  - The Oratiopresided by the Abbot General.

# Introduction

Brothers and sisters,



At the request of many Regional Meetings, the Central Commission 2024 has paid special attention to the spiritual dimension of the General Chapter 2025. During the Chapter, the daily prayer of Terce will be enriched with silence and reflection, based on texts by Dom Armand-Jean de Rancé around the theme of 'hope'. Next year, we commemorate the 400th anniversary of

his birth. *"Monks and nuns of the Order acknowledge their indebtedness to the movement that is called the 'Strict Observance', which strongly defended certain aspects of the Cistercian patrimony in troubled times and, through the labours of Abbot de Rancé and the initiatives of Dom Augustine de Lestrangé, made it possible for these values to be handed on to succeeding generations."* (Const. Preface, 2)

In this Holy Year of hope, together with Dom de Rancé, we wish to journey as pilgrims of hope and invite all communities to use these texts during the General Chapter. Let us remain united in prayer.

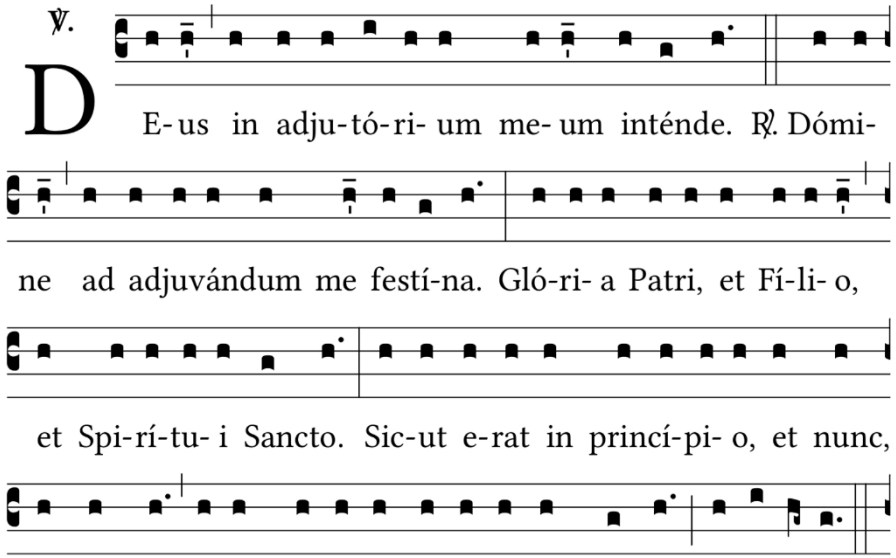


Thanks to Sister Claire-Genevieve of the Abbey of Blauvac for selecting the texts of Dom de Rancé, and to the communities who have submitted the Jubilee Hymn.

# Introductory Verse

♯.

**D**



E-us in adju-tó-ri- um me- um inténde. R̃. Dómi-  
ne ad adjuvándum me festí-na. Gló-ri- a Patri, et Fí-li- o,  
et Spi-rí-tu- i Sancto. Sic-ut e-rat in princí-pi- o, et nunc,  
et semper, et in saecu-la saecu-ló-rum. Amen. Alle-lú-ia.

## Hymn: Pilgrims of Hope

**Original text: Pierangelo Sequeri**

**English translation: Andrew Wadsworth**

Like a flame my hope is burning,  
may my song arise to you:  
Source of life that has no ending,  
on life's path I trust in you.

Ev'ry nation, tongue, and people  
find a light within your Word.  
Scattered fragile sons and daughters  
find a home in your dear Son.

Like a flame my hope is burning,  
may my song arise to you:  
Source of life that has no ending,  
on life's path I trust in you.

God, so tender and so patient,  
dawn of hope, you care for all.  
Heav'n and earth are recreated  
by the Spirit of Life set free.

Like a flame my hope is burning,  
may my song arise to you:  
Source of life that has no ending,  
on life's path I trust in you.

Raise your eyes, the wind is blowing,  
for our God is born in time.  
Son made man for you and many  
who will find the way in him.

Like a flame my hope is burning,  
may my song arise to you:  
Source of life that has no ending,  
on life's path I trust in you.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**AD TERTIAM**

***Sunday***

*PSALM 118 (119)*

*ALEPH*

<sup>1</sup> They are happy whose life is blameless,  
who follow God's law!

<sup>2</sup> They are happy who do his will,  
seeking him with all their hearts.

<sup>3</sup> Who never do anything evil  
but walk in his ways.

<sup>4</sup> You have laid down your precepts  
to be obeyed with care.

<sup>5</sup> May my footsteps be firm  
to obey your statutes.

<sup>6</sup> Then I shall not be put to shame  
as I heed your commands.

<sup>7</sup> I will thank you with an upright heart  
as I learn your decrees.

<sup>8</sup> I will obey your statutes:  
do not forsake me.

## *BETH*

<sup>9</sup> How shall the young remain sinless?  
By obeying your word.

<sup>10</sup> I have sought you with all my heart:  
let me not stray from your commands.

<sup>11</sup> I treasure your promise in my heart  
lest I sin against you.

<sup>12</sup> Blessed are you, O Lord;  
teach me your statutes.

<sup>13</sup> With my tongue I have recounted  
the decrees of your lips.

<sup>14</sup> I rejoiced to do your will  
as though all riches were mine.

<sup>15</sup> I will ponder all your precepts  
and consider your paths.

<sup>16</sup> I take delight in your statutes;  
I will not forget your word.



## **AD TERTIAM**

***Monday***

## *GIMEL*

<sup>17</sup> Blessed your servant and I shall live  
and obey your word.

<sup>18</sup> Open my eyes that I may see  
the wonders of your law.

<sup>19</sup> I am a pilgrim on the earth;  
show me your commands.  
<sup>20</sup> My soul is ever consumed  
in longing for your decrees.

<sup>21</sup> You threaten the proud, the accursed,  
who turn from your commands.

<sup>22</sup> Relieve me from scorn and contempt  
for I do your will.

<sup>23</sup> Though princes sit plotting against me  
I ponder on your statutes.

<sup>24</sup> Your will is my delight;  
your statutes are my counselors.

### *DALETH*

<sup>25</sup> My soul lies in the dust;  
by your word revive me.

<sup>26</sup> I declared my ways and you answered:  
teach me your statutes.

<sup>27</sup> Make me grasp the way of your precepts  
and I will muse on your wonders.

<sup>28</sup> My soul pines away with grief;  
by your word raise me up.

<sup>29</sup> Keep me from the way of error  
and teach me your law.

<sup>30</sup> I have chosen the way of truth  
with your decrees before me.



- <sup>31</sup> I bind myself to do your will;  
Lord, do not disappoint me.
- <sup>32</sup> I will run the way of your commands;  
you give freedom to my heart.



## **AD TERTIAM**

***Tuesday***

*HE*

- <sup>33</sup> Teach me the commands of your statutes  
and I will keep them to the end.
- <sup>34</sup> Train me to observe your law,  
to keep it with my heart.
- <sup>35</sup> Guide me in the path of your commands;  
for there is my delight.
- <sup>36</sup> Bend my heart to your will  
and not to love of gain.
- <sup>37</sup> Keep my eyes from what is false:  
by your word, give me life.
- <sup>38</sup> Keep the promise you have made  
to the servant who fears you.
- <sup>39</sup> Keep me from the scorn I dread,  
for your decrees are good.
- <sup>40</sup> See, I long for your precepts;  
then in your justice, give me life.

## VAU

<sup>41</sup> Lord, let your love come upon me,  
the saving help of your promise.

<sup>42</sup> And I shall answer those who taunt me  
for I trust in your word.

<sup>43</sup> Do not take the word of truth from my mouth  
for I trust in your decrees.

<sup>44</sup> I shall always keep your law  
for ever and ever.

<sup>45</sup> I shall walk in the path of freedom  
for I seek your precepts.

<sup>46</sup> I will speak of your will before kings  
and not be abashed.

<sup>47</sup> Your commands have been my delight;  
these I have loved.

<sup>48</sup> I will worship your commands and love them  
and ponder your statutes.



## AD TERTIAM

***Wednesday***

## ZAYIN

<sup>49</sup> Remember your word to your servant  
by which you gave me hope.

<sup>50</sup> That is my comfort in sorrow  
that your promise gives me life.

<sup>51</sup> Though the proud may utterly deride me  
I keep to your law.

<sup>52</sup> I remember your decrees of old  
and these, Lord, console me.

<sup>53</sup> I am seized with indignation at the wicked  
who forsake your law.

<sup>54</sup> Your statutes have become my song  
in the land of exile.

<sup>55</sup> I think of your name in the night-time  
and I keep your law.

<sup>56</sup> This has been my blessing.  
the keeping of your precepts.

### *HETH*

<sup>57</sup> My part, I have resolved, O Lord,  
is to obey your word.

<sup>58</sup> With all my heart I implore your favor;  
show the mercy of your promise.

<sup>59</sup> I have pondered over my ways  
and returned to your will.

<sup>60</sup> I made haste and did not delay  
to obey your commands.

<sup>61</sup> Though the nets of the wicked ensnared me  
I remembered your law.

<sup>62</sup> At midnight I will rise and thank you  
for your just decrees.

<sup>63</sup> I am a friend of all who revere you,  
who obey your precepts.

<sup>64</sup> Lord, your love fills the earth.  
Teach me your statutes.



## **AD TERTIAM**

***Thursday***

*TETH*

<sup>65</sup> Lord, you have been good to your servant  
according to your word.

<sup>66</sup> Teach me discernment and knowledge  
for I trust in your commands.

<sup>67</sup> Before I was afflicted I went astray  
but now I keep your word.

<sup>68</sup> You are good and your deeds are good;  
teach me your statutes.

<sup>69</sup> Though the proud smear me with lies  
yet I keep your precepts.

<sup>70</sup> Their minds are closed to good  
but your law is my delight.

<sup>71</sup> It was good for me to be afflicted,  
to learn your statutes.

<sup>72</sup> The law from your mouth means more to me  
than silver and gold.

## YOD

<sup>73</sup> It was your hands that made me and shaped me  
help me to learn your commands.

<sup>74</sup> Your faithful will see me and rejoice  
for I trust in your word.

<sup>75</sup> Lord, I know that your decrees are right,  
that you afflicted me justly.

<sup>76</sup> Let your love be ready to console me  
by your promise to your servant.

<sup>77</sup> Let your love come to me and I shall live  
for your law is my delight.

<sup>78</sup> Shame the proud who harm me with lies  
while I ponder your precepts.

<sup>79</sup> Let your faithful turn to me,  
those who know your will.

<sup>80</sup> Let my heart be blameless in your statutes  
lest I be ashamed.



## AD TERTIAM

***Friday***

## CAPH

<sup>81</sup> I yearn for your saving help;  
I hope in your word.

<sup>82</sup> My eyes yearn to see your promise.  
When will you console me?

<sup>83</sup> Though parched and exhausted with waiting  
I remember your statutes.

<sup>84</sup> How long must your servant suffer?  
When will you sentence our oppressors?

<sup>85</sup> For me the proud have dug pitfalls,  
against your law.

<sup>86</sup> Your commands are all true; then help me  
when lies oppress me.

<sup>87</sup> They almost made an end of me on earth,  
but I kept your precepts.

<sup>88</sup> Because of your love give me life  
and I will do your will.

### *LAMED*

<sup>89</sup> Your word, O Lord, for ever  
stands firm in the heavens:

<sup>90</sup> Your truth lasts from age to age,  
like the earth you created.

<sup>91</sup> By your decree it endures to this day;  
for all things serve you.

<sup>92</sup> Had your law not been my delight  
I would have died in my affliction.

<sup>93</sup> I will never forget your precepts  
for with them you give me life.

<sup>94</sup> Save me, for I am yours  
since I seek your precepts.

<sup>95</sup> Though the wicked lie in wait to destroy me  
yet I ponder on your will.

<sup>96</sup> I have seen that all perfection has an end  
but your command is boundless.



## **AD TERTIAM**

***Saturday***

*MEM*

<sup>97</sup> Lord, how I love your law!  
It is ever in my mind.

<sup>98</sup> Your command makes me wiser than my foes;  
for it is mine forever.

<sup>99</sup> I have more insight than all who teach me  
for I ponder your will.

<sup>100</sup> I have more understanding than the old  
for I keep your precepts.

<sup>101</sup> I turn my feet from evil paths  
to obey your word.

<sup>102</sup> I have not turned away from your decrees;  
you yourself have taught me.

<sup>103</sup> Your promise is sweeter to my taste  
than honey in the mouth.

<sup>104</sup> I gain understanding from your precepts  
and so I hate false ways.

## *NUN*

<sup>105</sup> Your word is a lamp for my steps  
and a light for my path.

<sup>106</sup> I have sworn and have determined  
to obey your decrees.

<sup>107</sup> Lord, I am deeply afflicted:  
by your word give me life.

<sup>108</sup> Accept, Lord, the homage of my lips  
and teach me your decrees.

<sup>109</sup> Though I carry my life in my hands,  
I remember your law.

<sup>110</sup> Though the wicked try to ensnare me,  
I do not stray from your precepts.

<sup>111</sup> Your will is my heritage forever,  
the joy of my heart.

<sup>112</sup> I set myself to carry out your statutes  
in fullness, forever.





# Short Reading

## The Abbot of Rancé, pilgrim of Hope

**03/09 Wednesday – Memorial of Saint Gregory the Great**



Never lose Hope in God's mercy. This sentence describes, in a nutshell, the foundations of religious life, as well as Christian life: if there is anything by which we attract and hold

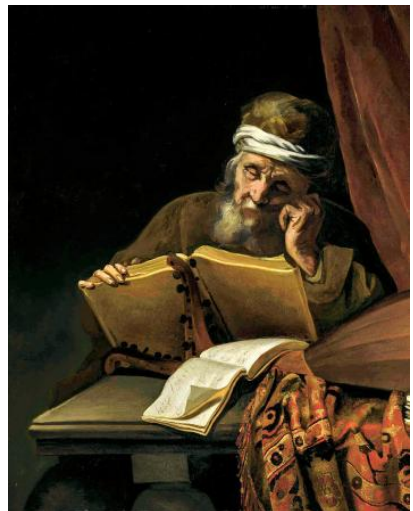
fast to God's protection, it is the trust we have in his mercy. All those whom he has brought together by the guidance of his Holy Spirit and for the glory of his Name must Hope in him, for he alone is the unity and consolation of the saints.

*De Rancé, Explanation of the Rule of Saint Benedict (RB 4,74)*

**04/09 Thursday – XXII Week in Ordinary Time**

You know that God must speak in matters of vocations, and when He doesn't say a word, it's not up to men to determine; they must remain silent.

*De Rancé, Letter to Claude Nicaise,  
28/11/1681.*



## 05/09 Friday – XXII Week in Ordinary Time

A true religious must have a living faith, his Hope must be animated and, in whatever state he finds himself, he must look to the goodness of God for everything: to God who is



so familiar to him; and he must continuously repeat with all his heart: “God is my salvation, I look to him for all my help and all my strength” ... This most holy trust should fill him with joy and consolation and establish him in constant peace and repose. This is what formed the saints, this is what allowed them to persevere in the service of Jesus Christ.

*De Rancé, Explanation of the Rule of Saint Benedict (RB 4,74)*

## 06/09 Saturday – Memorial of Blessed Virgin Mary



Serve him with confidence and be convinced that he has not rescued you from the tempest, that is to say, the world and its vanities, in order to allow you to be sunk in

port; in a word, love him and be grateful for the grace he has given you; throw yourself into his arms, confident that he will bless his work and bring to completion what he has begun in you.

*De Rancé, Letter to Mother Louise, 09/1676*

## 07/09 Sunday – XXIII Sunday in Ordinary Time



I place all things into his hands without worrying about them, or rather, I try not to worry about them.

*De Rancé, Letter to Mother Louise, 04/1660*

## 08/09 Monday – Feast of the Nativity of Blessed Virgin Mary

I see all the reasons I had for doubting that God's mercy could extend to wretchedness and errancy as great as mine; but



despite all this, God fills me with such Hope and confidence that I abandon myself to it unrestrainedly... My peace is the result of serving a Master who never abandons those who persevere in his service.

*De Rancé, Letter to Mother Louise, 30/06/1664*

## 09/09 Tuesday – XXIII Week in Ordinary Time

Ask God to give you confidence in his mercy and kindness. His mercy is the channel through which we receive all the help we need; his kindness keeps us at peace and calm in the midst of



suffering; it banishes those troubles which cause us, after failing in the Charity we owe to ourselves, to wound the Charity we should have for those we live with.

*De Rancé, Letter to his niece Sr. Louise-Henriette, 10/02/1664*

## 10/09 Wednesday – XXIII Week in Ordinary Time



If Hope is the rest and salvation of those who belong to God, it will be the downfall of those who hope rashly

and who, instead of combining their actions and good works with trust, remain in their laziness and sin. Therefore, to Hope usefully, one must act and Hope at the same time.

*De Rancé, Explanation of the Rule of Saint Benedict (RB 4,41)*

## 11/09 Thursday – XXIII Week in Ordinary Time

It is through fear of God's judgment that the Holy Spirit leads sinners to their first desires and thoughts of their salvation; it is by these means that he leads them along the only way out of the state of trouble and confusion in which they find themselves, by rising again through Hope and turning to his mercy, through the trust they have in the merits of Jesus Christ.

*De Rancé, On Holiness and the Duties of the Monastic Life (chap. XIV, q. 2)*



## 12/09 Friday – XXIII Week in Ordinary Time



Couple your fears with trust. Trust that God, who sees into your heart, will make up for any shortcomings in your conduct with his goodness, and will judge you by your secret desires, that is to say, by your desire to lead a life more worthy of him, more worthy of your obligations, and more in keeping with the sanctity of your calling.

*De Rancé, Letter to a Visitandine Sister, 04/07/1682*



## 13/09 Saturday – Memorial of Saint John Chrysostom



We will join our prayers to your efforts, Sister, and we will ask Our Lord, with all possible care

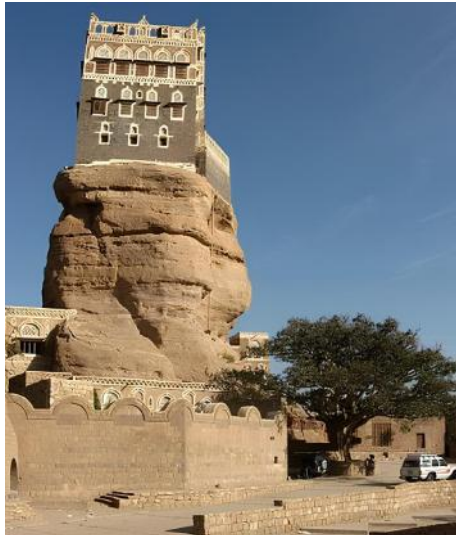
and application, to enliven your faith, to strengthen your Hope, and enable you to make resolutions lively and strong enough for you to resist all the various temptations that assail you, so that henceforth you may remain faithful to the will of God, in his hands, so that nothing will be able to separate you from it.

*De Rancé, Letter to a Carmelite Sister, 06/07/1682*

## 14/09 Sunday – Feast of the Exaltation of the Cross

Regard everything that attacks your Hope as deadly poison. After all the signs that God has given you of his mercy, your Hope must be unshakeable and firm as a rock. Finally, when he comes to take you, God must find you full of faith, gratitude, and trust.

*De Rancé, Letter to Miss de Vertus, 05/09/1684*



## 15/09 Monday – Memorial of Our Lady of Sorrows



The prayers of those who love us must make up for and fill our shortcomings before God; otherwise, we will find ourselves distanced from the fruit and effect of our Hopes.

*De Rancé, Letter to Abbé Favier, 08/07/1685*

## 16/09 Tuesday – Memorial of Saints Cornelius & Cyprian

The Superior is the man through whom God shares his graces with all his brothers; he is a basin that is filled, and then distributes the water he has received. And since he must depend on the generosity of Jesus Christ for the bread he is to break for those whose Shepherd and Father he has been appointed to be, neither must he cease to ask the Lord for this grace in order to obtain it. Prayer is the pre-requisite: without it, God will have no regard for our needs.



*De Rancé, On Holiness and the Duties of the Monastic Life  
(chap. IX, q. 13)*

## 17/09 Wednesday – Memorial of Saint Hildegard of Bingen

One never disobeys one's superior without first having become contemptuous of him; on the contrary, a man who puts his trust in God's promises and awaits their effects with a firm Hope, will



always eagerly undertake everything he is ordered to do, no matter how painful and difficult he finds them...

*De Rancé, On Holiness and the Duties of the Monastic Life*  
(chap. V, q 7)

## 18/09 Thursday – XXIV Week in Ordinary Time



The low opinion you have of yourself must not be allowed to go too far, for being overly timid is no less dangerous than being overly confident. There is nothing more useful and

even more necessary than to treat oneself with rigor, provided that this does not lead to disorder, discouragement, or sadness, and that the Hope we have in God's mercy will restore the peace and repose which cannot be found at the sight of our miseries.

*De Rancé, Letter to Mother Louise, 12/10/1683*



## 19/09 Friday – XXIV Week in Ordinary Time

*Suscipe me Domine  
secundum eloquium  
tuum et vivam, et non  
confundas me ab  
expectatione mea*

(Receive me, Lord,  
according to your word,



and do not disappoint my Hope). You have promised, Lord, to take the place of everything I sacrifice for you, as you have promised to all those who put their trust in you, and I can give you no clearer proof of the integrity of my trust than by separating myself from myself forever, and by making an irrevocable break with the world. You alone become my lot and portion, and you alone are the object of all my Hope.

*De Rancé, Explanation of the Rule of Saint Benedict (RB 58,21)*

## 20/09 Saturday – Memorial of Saints Andrew Kim Taegon, priest, Paul Chong Hasang and company martyrs



God does not ask you to do what is not in your power. He has given you too many signs of his goodness to allow you to think that he has withdrawn them, just when you need them the most. He does not know what it is to lack what souls that belong to him need, and they fear nothing more than not being there and losing him.

*De Rancé, Letter to Miss de Vertus,*

*29/04/1689*

## 21/09 Sunday – XXV Sunday in Ordinary Time



Provided that our destination is at the foot of the throne of Jesus Christ, who is our Father, our Saviour, and our Judge, and that we find there the mercy

that is our only consolation and Hope, all the bitterness that fills our chalice will seem like nothing, and, compared to our reward, our pains and tribulations will feel light.

*De Rancé, Letter to Father Favier, 05/13/1683*

## 22/09 Monday – XXV Week in Ordinary Time

O Eternity! What happiness, O my God, to be with you for all eternity!

*De Rancé, 10/27/1700, shortly  
before his death.*



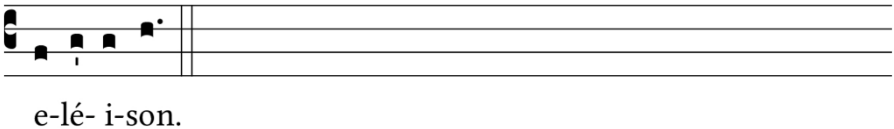
## 23/09 Tuesday – Memorial of Saint Pius of Pietrelcina

Let your faithfulness be your thanksgiving and  
let your gratitude be expressed in your acts.

*De Rancé, On Holiness and the Duties of  
Monastic Life (end of the treatise).*



## Preces



## Pater Noster

Pater Noster,  
qui es in cælis, sanctificétur nomen tuum.  
Advénia regnum tuum,  
fiat volúntas tua sicut in cælo et in terra.  
Panem nostrum cotidiánum da nobis hódie,  
et dimítte nobis débita nostra  
sicut et nos dimíttimus debitóribus nostris,  
et ne nos indúcas in tentatiónem,  
sed líbera nos a malo. Amen.

# Oratio

Heavenly Father,  
in your Son Jesus Christ, our brother,  
you have given us faith,  
and you have poured into our hearts,  
through the Holy Spirit, the flame of  
charity.  
May it awaken in us the blessed hope  
of the coming of your Kingdom.



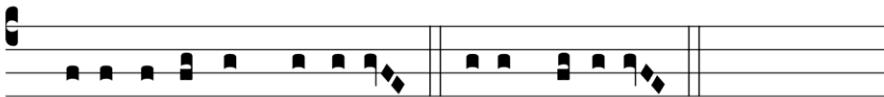
May your grace transform us,  
so that we may make fruitful the seeds  
of the Gospel,  
which will help humanity and all creation to grow,  
in the confident expectation of the new heavens and the new  
earth,  
when the powers of evil will be defeated,  
and your glory revealed forever.

1626 + 2026

May the grace of the General Chapter,  
which makes us Pilgrims of Hope,  
renew in us the longing for heavenly goods,  
and spread throughout the world the joy and peace  
of our Redeemer.

To you, God blessed for all eternity,  
be praise and glory for ever and ever.  
Amen

# Benedicamus Domino & Rubum quem



¶. Bene-di-cámus Dómino. R̃. De-o grá-ti- as.

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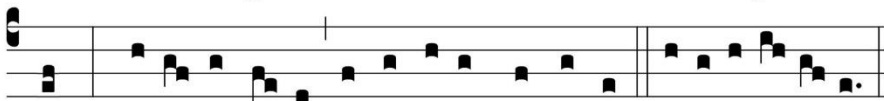
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Ubum quem ví-de-rat Mó- y-ses incombústum,



conservá-tam agnó-vimus tu-am laudá-bi-lem virgi-ni- tá-



tem : De- i Gé-ni-trix, intercède pro no-bis. E u o u a e.

Fe uena par sumis maior paribus sup sumis i s.  
hoc uirtus meruit. parul & hoc tribuit.



P R O L I B R O D I L E S C R I P T O R E P E R E T E V I T A .