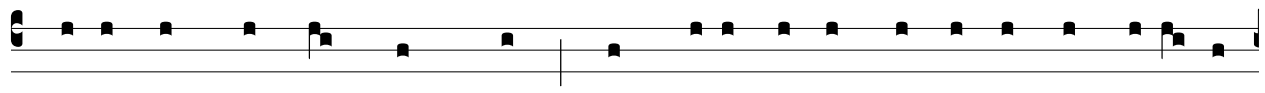


PREFACE IV OF LENT

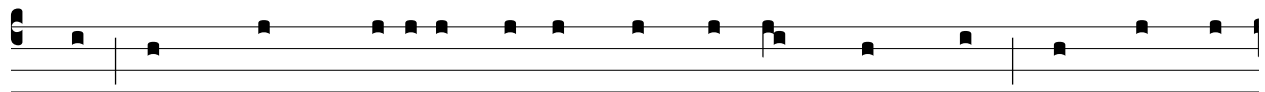
The fruits of fasting



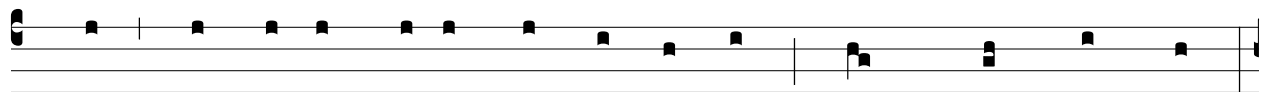
It is truly right and just, our duty and our sal-va-tion, al-ways and



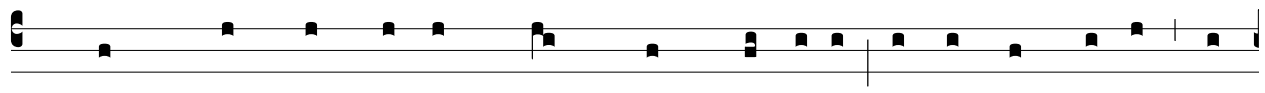
everywhere to give you thanks, Lord, holy Father, almighty and e-ter-nal



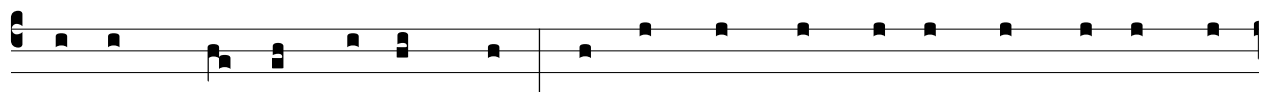
God. For through bodi-ly fasting you re-strain our faults, raise up our



minds, and bestow virtue and its re-wards, through Christ our Lord.



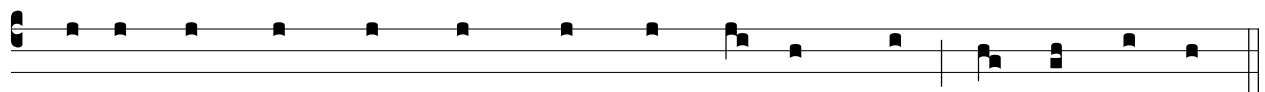
Through him the Angels praise your maj-es-ty, Domin-ions a-dore and



Powers trem-ble be-fore you. Heav-en and the Virtues of heaven and



the bless-ed Ser-a-phem worship to-geth-er with ex-ul-ta-tion. May our



voices, we pray, join with theirs in hum-ble praise, as we ac-claim: