

# THE PARISHES OF ST JOHN THE EVANGELIST AND ST MARY MAGDALENE

35 Brighton Place, Edinburgh EH15 1LL

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Parish Priest: Fr. Jock Dalrymple:

0131 669 5447

Deacon – Revd Eddie White:

07986 015772

*Pastoral Team: Alice Codling, Jennifer Morris and Chris Vinestock*

*Shared Parish House: 3 Sandford Gardens, EH15 1LP*

*Administrator: Enrico Fertini*

*(Office Hours: Tuesday, Wednesday, Thursday: 10am to 3pm & Friday 11am-4pm)*

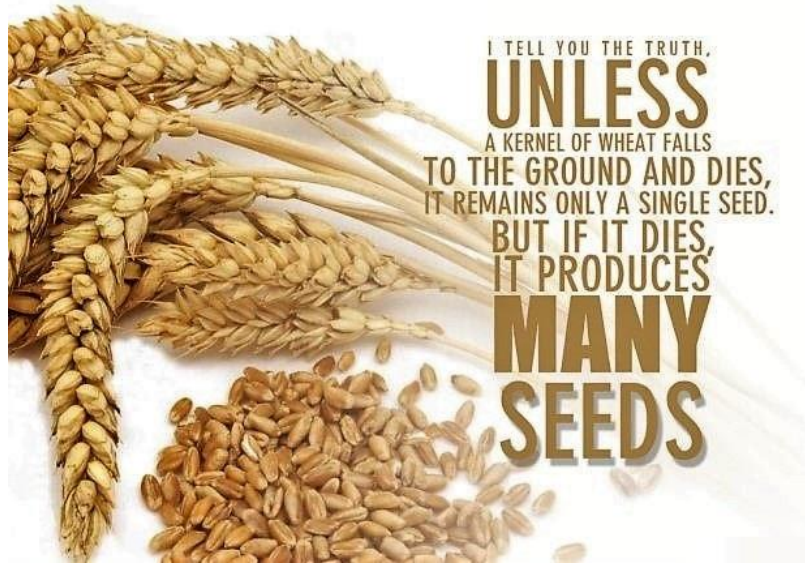
*Web address: [www.stjohnsportobello.co.uk](http://www.stjohnsportobello.co.uk)*

*Web address: [www.stmarymagdalenes.co.uk](http://www.stmarymagdalenes.co.uk)*

*Joint Facebook page: <http://www.facebook.com/StJohnsandStMaryMagdalenes>*

*Joint e-mail address for our sister parishes: [stjohnsandstmarymagdalenes@gmail.com](mailto:stjohnsandstmarymagdalenes@gmail.com)*

## ***Fifth Sunday of Lent – Sunday 21 March 2021***



### **OUR CHURCHES WILL REOPEN FOR PALM SUNDAY**

*...with Masses as 'normal' – ie Vigil Mass at St John's at 6.30pm and Sunday morning Mass at 9.30pm at St John's and 11.15am at St Mary Magdalene's. For the moment, there will not be a 4.30pm Mass on Sunday afternoon but we will continue to offer Mass in the Prayer Room at 11am on Sunday on Youtube and Facebook, though this will now be pre-recorded on Saturday.*

***And remember the clocks go forward next Saturday night/Sunday morning***

### **Weekend Masses – and How/If to Book**

To help us to manage the numbers, if you wish to come to one of the 'live' Saturday and Sunday Masses, please contact the parish house by phone (0131 669 5618 – a special number) only on Tuesday 10am to 1pm - Wednesday 10am to 1pm - Thursday 10am to 1pm or by email ([stjohnsandstmarymagdalenes@gmail.com](mailto:stjohnsandstmarymagdalenes@gmail.com)) from Tuesday 10am until Thursday 1pm.

Please sanitise your hands when you enter and leave the church, and masks must be worn throughout the service. Due to the COVID regulations we have limited seating available and therefore we advise early booking.

**We are grateful for your patience and understanding in these difficult times.**

### **A request for Welcomers, Stewards and Cleaners**

When we re-open, after every Mass in one of our Churches, 'deep cleaning' will have to take place – something that takes time and effort. We are so very grateful to all who offered their services between July and December and hope you will continue to do, so but we would be very grateful if a few more people would put themselves forward...

If you are willing to help, please approach Chris Vinestock or Fr Jock.

Next week's Newsletter will offer full details of our services for Holy Week and Easter – and how to book places for them....

**RECONCILIATION** – If anybody wishes to celebrate the Sacrament of Reconciliation with Fr Jock please do ring him at the Parish House to arrange a mutually convenient time...Below are three questions to help you prepare for the sacrament or just to ponder as preparation for celebrating Easter.

Since my last celebration of reconciliation/in recent months

- *For what do I most thank God?*
- *For what am I most sorry?*
- *Where do I want to ask help and/or healing in my life?*



Copies of the new **Living Faith**, the three-monthly booklet of daily reflections (covering April, May and June 2021), as well as hard copies of this newsletter, are now available from the Parish House. This edition of Living Faith comes with the theme: “Jesus said to the sea: “*Quiet! Be still!*” (Mark 4:39)

Next Sunday is the **fourth Sunday of the month** – and therefore is the monthly collection for the **St John's Tower Fund**.

... and don't forget to post your vote to sponsor our **Fundraising** to the **Duddingston Direct Magazine** as advertised here: <https://www.ehdirect.co.uk/rity-2021>  
email: [christopher@ehdirect.co.uk](mailto:christopher@ehdirect.co.uk) or to Christopher Cowdy, 49 Warrender Park Rd, EH9 1EU



### **A FINAL SHORT TALK ON THE PSALMS – Monday 21 March – 7pm - Zoom**

**Fr Jock writes:** ‘In association with our nightly Compline/Night Prayer of the Church, for these first five weeks of Lent, I have been offering a short (15 minutes-ish) talk on the Psalms, and particularly the Psalms used at Night Prayer, each Monday evening at 7pm – and available online after that. The Psalms (150 of them) are the prayer book of both Jews and Christians and have been prayed and loved for nearly 2500 years, but come alive for many people with a little knowledge of their background. They were probably known by heart by both Jesus and Mary and prayed often by them both.





## Having Problems Accessing the Psalms Fr Jock is talking about in the same translation?

We've received feedback about this – so the psalm that will be looked at this coming week is included as an attachment/handout with this week's newsletter. It also doubles up as one of this week's Prayer Walks...

## Having Problems Accessing the Talks Online?

**Deacon Eddie writes:** 'Thank you for the feedback on the technology. It has come to light that some people are struggling to find the links - due to the fact the newsletter is published on the Friday and the talk is recorded 3 days later, after Mass on Monday. To avoid having to search for the links, and so we can invite you to watch previous weeks' videos as well, we have created a page so as to make finding the talk easier.

<http://stjohnsandstmarymagdalenes.com/news/psalms/>

We continue to share on Facebook and premiering on YouTube at 7pm as well so if you already find the link using these ways, they will still be shared in this way as well as with the above link.'

## OUR ON LINE COMPLINE PRAISED AND RECOMMENDED IN THIS WEEK'S TABLET

*One of the articles in The Tablet of 20 March 2021 is 'Diaries of a Plague Year' in which several different people record their own stories of gain, loss and adapting during lockdown. One of these stories, by Mary Blanche Ridge, refers to our Lenten nightly Compline – see below*



**MARY  
BLANCHE  
RIDGE**

Fear, dis-orientation, the sudden desolating

loss of hopes and plans: when lockdown arrived in March 2020, these felt all too familiar from the time of my husband's diagnosis six years previously, when at the age of 66 he had suddenly understood that soon he would die.

Illness erects such a barrier, and isolation, too; our children and grandchildren live far away, and for all their wonderful generosity we often could not see them or our friends. So I found I could slot back into living with uncertainty and limitations fairly easily, but it felt strange that he wasn't there sharing it with me. He had died exactly three years before lockdown began: I thought I had got used to it, and was getting on with my life. Then, as now, I found I needed to pray

and search for God, especially in the midst of increasingly dreadful universal suffering, being powerless to help even my own children and grandchildren in their lockdown struggles.

I love my parish, and the prospect of long weeks with churches closed felt grim. But online Mass has been a revelation. When I first tuned in, a wild March gale was blowing and I was shivering by the door, trying to find my dodgy rural wi-fi signal; I'll never forget the sudden joy of connection. I'm thankful for it still: aware of fellow parishioners, as well as friends and family from further afield, who have said they will "be there", all tuning in; all this somehow makes it far easier to believe in the communion of saints, and all those angels and archangels with whom we sing the Sanctus.

There is the luxury, too, of travel; I can take part in a lockdown house Mass 400 miles away, in my priest-cousin's

parish prayer room; there are always women there, it's a team effort, and in Lent, at nightfall, they offer Zoom Compline (stjohnsandstmarymagdalenes.com/news/night-prayer/) which exerts a quiet power quite beyond my expectations.

Through all this time, I've been following the readings with Nicholas King's translation of the Bible; its vivid immediacy seems to bring God much closer. "Into a place of green grass, there he has pitched my tent" is how he translates the second verse of Psalm 23, and I love it.

At the start of lockdown, feeling too alone inside the house, I took to walking, far more than usual: having a dog, being in the countryside, I was so lucky I could. During those early weeks, everything was so quiet that it felt like 100 years ago: an unparalleled spring, with processions of wild flowers, delicate ferns in the ditches, birdsong. I bumped into neighbours walking too, who

might more usually have waved from their cars: we tarried a little on the way and got to know each other more, and I discovered their kindness. Soon I was walking five or six miles a day and I have kept it up.

I thought I would miss the changing evening light of summer, but winter walking is lovely, too: the low slanting sun, the brightness in the puddles. Still plenty to see: the catkins, so soft you can't feel them with cold fingers; the snowdrops, first primroses and celandine. Getting back home at teatime, aching with tiredness, I find I am glad to be there, and of the evening ahead, even when the day is otherwise completely empty. That is quite something when so many millions of people the world over are rushed off their feet with work and worry and never have a minute to themselves.

**Mary Blanche Ridge** is a freelance writer. She lives in Somerset.

**Can we encourage you - if you are not already doing so - to try joining us at 9.15pm at least one evening this week for Compline, the Night Prayer of the Church.** It takes 10 minutes (though you are invited to join in silence 5 minutes before and stay for 5 minutes at the end, if you wish) and is 'broadcast' every evening.

*The details for getting into Compline online:*

**Passcode:** compline

**Link to Join Compline on Zoom:**

<https://us02web.zoom.us/j/83916544352?pwd=VGIVSnZ5dDhwMGICMEU0eUJscTd1Zz09>

or, if you already have a Zoom account,

Meeting ID: 839 1654 4352 Passcode: compline

If you need help to get online - then please contact the Parish House (0131 669 5447)

# THIS WEEK

(NB It is only possible to attend Mass online)

## Saturday 20 March

6.30pm – St John's – **Vigil Mass** (livestreamed)

9.15pm – Zoom – **Night Prayer**

## Sunday 21 March

11.00am – **Mass** (livestreamed from the Prayer Room)

12.15pm – Zoom meeting – **'Tea and Coffee after Mass' – Open to all**

To join in over Zoom, go to

<https://us04web.zoom.us/j/79160198453?pwd=azBDY2pIZmxoTGpyUzluMWQ4Ti9udz09>

9.15pm – Zoom – **Night Prayer**

## Monday 22 March

10.00am – Prayer Room – **Mass** (livestreamed)

7-8.15pm – Zoom Meeting – A FIFTH SHORT TALK BY FR JOCK ON THE PSALMS – followed by  
**Sharing and Reflection – Open to All**

To join in over Zoom, go to

<https://us02web.zoom.us/j/84997719625?pwd=T0dhRDAwK29odGZJK0YrMFUrNG55dz09c>

Meeting ID: 849 9771 9625    Passcode: 351650

To join over Google Meeting, go to

[meet.google.com/xmy-ijxw-hxy](https://meet.google.com/xmy-ijxw-hxy)

9.15pm – Zoom – **Night Prayer**

## Tuesday 23 March

7.00pm – Prayer Room – **Mass** (livestreamed)

9.15pm – Zoom – **Night Prayer**

## Wednesday 24 March (Feastday of St Oscar Romero)

10.00am – St John's – **Mass** (livestreamed)

9.15pm – Zoom – **Night Prayer**

*'What led to Oscar Romero being martyred was his combining, like Jesus, the announcing of the Good News with his denouncing the forces of evil. Like Jesus he was not afraid to name the demons: to call things what they truly are: to denounce idolatry. He denounced turning national security into an idol.'*

### Oscar Romero Naming the Idols

The omnipotence of these national security regimes, the total disrespect they display towards individuals and their rights, the total lack of ethical consideration shown in the means that are used to achieve their ends, turn national security into an idol, which, like the god Molech, demands the daily sacrifice of many victims in its name.

~ Martyred 24<sup>th</sup> March, 1980



## Thursday 25 March – (The Feast of the Annunciation)

10.00am – St John's – **Mass** (livestreamed)

7.00pm – **Benediction** (livestreamed from St John's)

9.15pm – Zoom – **Night Prayer**

## The Annunciation

The angel and the girl are met.  
Earth was the only meeting place.  
For the embodied never yet  
travelled beyond the shore of space.  
The eternal spirits in freedom go.

See, they have come together, see,  
While the destroying minutes flow,  
Each effects the other's face.  
Till heaven in her's and earth in his  
Shine steady there. He's come to her  
Far from beyond the farthest star,  
Feathered through time, immediacy  
Of strangest strangeness is the bliss  
That from their limbs all movement takes.  
Yet the increasing rapture brings  
So great a wonder that it makes  
Each feather tremble on his wings.

Outside the window footsteps fall  
Into the ordinary day  
And with the sun along the wall  
Pursue their unreturning way.  
Sound's perpetual round about  
Rolls its numbered octaves out  
And hoarsely grinds its battered tune.  
But through the endless afternoon  
These neither speak nor movement make  
But stare into their deepening trance  
As if their gaze would never break.

*(Edwin Muir)*

### Friday 26 March

10.00am - St John's – **Mass** (livestreamed)

11am - **Rosary Group** – 'Anyone can join, especially if you have Facebook Messenger, but also on WhatsApp, or just on the phone. Sometimes it takes time for us all to join in, but we always manage. Please join us.

Message Maria Igoe on 07981333219 or [mariaigoe@yahoo.co.uk](mailto:mariaigoe@yahoo.co.uk)'

9.15pm – Zoom – **Night Prayer**

### Saturday 27 March

6.30pm – St John's – **Vigil Mass (booking required)**

9.15pm – Zoom – **Night Prayer**

### Sunday 28 March – PALM SUNDAY

9.30pm – St John's – **Mass** (livestreamed) (**booking required**)

11.00am – Prayer Room – Mass (streamed online, pre-recorded)

11.15am – St Mary Magdalene's – **Mass (booking required)**

9.15pm – Zoom – **Night Prayer**

## From Archbishop Leo's Weekly Ad Clerum

**INSPIRE prayer talk** - Register now for the final Archdiocesan INSPIRE talk for Lent. *Praying the Passion according to St Mark*, with Archbishop Leo Cushley, 7pm, Tue 23 March.

Register: [bit.ly/LentCushley](https://bit.ly/LentCushley) Alternatively watch live on the Archdiocese's YouTube channel [bit.ly/ArchYouTube](https://bit.ly/ArchYouTube)

**Pro-Life Stations of the Cross** - Stations of the Cross, organised by the Archdiocesan Pro-Life Office, is on each Monday evening of Lent at 7:45pm. The Stations are followed by a short reflection by a priest of the Archdiocese. Register now on Eventbrite: <http://standrewsandedinburgh.eventbrite.com>

**Human Fraternity for Peace & Unity** - The Bishops' Conference of Scotland and the Al Ahl Bait Society invite you to this event featuring speakers are Cardinal Michael Fitzgerald and Dr Mohammed Ali Shomali. This is a **follow up to the conference of 01 Feb which marked the signing of the document of Human Fraternity by Pope Francis and Sheikh Al-Azhar**. This Zoom event is on Tuesday 23 March at 6pm. To register visit [eventbrite.co.uk](http://eventbrite.co.uk) and search the event title.

### **FROM THE EDINBURGH JESUIT CENTRE – WHAT WOULD POPE FRANCIS DO?**

*a series of Tuesday evening Lenten Talks Exploring the Key Issues Defining Francis' Papacy.*

'To mark the eighth anniversary of Pope Francis' election on 13 March, the Edinburgh Jesuit Centre is delighted to announce a number of prominent Catholic voices exploring the teaching of Pope Francis. Join them each Tuesday in Lent as they delve into some of the key issues that are defining Francis' papacy.'

**Tuesday 23 March - 7.30pm - Pope Francis and The Environment, with Dr Lorna Gold,**

Zoom Login Information: Join on Zoom by following the link below. 'We shall also be streaming to Facebook Live.' <https://us02web.zoom.us/j/2365092814> or Meeting ID: 236 509 2814 View on Facebook live by typing Edinburgh Jesuit Centre into Facebook. For more information contact [edinburghjesuitcentre@jesuit.org.uk](mailto:edinburghjesuitcentre@jesuit.org.uk)

### **Scottish Laity Network: Lenten Journey 2021**

Whilst the attention of the world is focussed on the COVID-19 pandemic we must not lose sight of the urgency required in addressing the global Climate Emergency. Responding to both Pope Francis invites us to imagine new ways of living together on this planet, ways that are in harmony with creation and ways that address the growing division between rich and poor, nationally and internationally. To contribute to not only imaging these new ways but making them a reality Pope Francis created the COVID-19 Commission and he summed up its aim in just three words 'Prepare the Future'. This is radically different from prepare for the future; which implies our future is already set and all we can do is react to it. *Prepare the Future* focusses on our ability to become, as Paul VI invited us to be, 'artisans of our own destiny'.

To help us prepare the future we warmly invite you to join us on Lenten Journey:

**Thursday 25 March** – 7-8.30pm – Zoom - **Tom O'Loughlin** - Professor of Historical Theology at the University of Nottingham in England and an author of numerous works on the Eucharist.

**On Saturday 27 March there will be a retreat 'Holy Week – A Journey to Death and Resurrection' facilitated by Diarmuid O'Murchu**

All welcome: For further information please email [slaitynetwork@gmail.com](mailto:slaitynetwork@gmail.com)

**For further information please contact [slaitynetwork@gmail.com](mailto:slaitynetwork@gmail.com)**

## **NOTICEBOARD**

### **HOLY WEEK**

**Sharing Holy Week with our fellow Christians Locally**

**Short Zoom Gatherings**

**(10-15 mins.)**

**12.30pm:**

**Monday 29 March**

The entrance into Jerusalem (Lourens de Jager, Associate Minister, PJPC)

**Tuesday 30 March**

Jesus anointed (Glenn Innes, Minister, Portobello Baptist Church)

**Wednesday 31 March**

Jesus washes the feet of the disciples (Fr Jock )

**Thursday 1 April**

Last Supper (Sophia Marriage, Rector, St Mark's Episcopal Church)

## **GOOD FRIDAY PORTY PRAYER WALK**

*A leaflet has been produced  
by the local churches  
with prayers and Holy Week readings.*

*People will be encouraged  
to walk round Porty  
with opportunities to stop, read, pray, reflect.*

*9.30am-11.30am*

*on Good Friday (2 April).*

Then at 12 midday, Stewart Weaver Minister of PJPC, will reflect on **'To the Cross.'**

More details - including Zoom links - next week

**Scottish Domestic Abuse Helpline (24 hours)**

 **0800 027 1234**

## **PARISH REGISTER**

***Please pray for those who have died recently: Ian Bugless and Brian Melville***

***Please pray for those whose anniversaries occur around this time: Canon Joseph Donlevy, Mary Ann McGovern, Margaret Stanton, Betty McEwing, Helen Budge, Cardinal Keith O'Brien and Helen Hanlon***

**St John's - Mar.20:-** Mary Kelly (2007); Sabatino Andreucci (2006); Joseph Ufnowski (2006); Daniel Ferguson (2000); Neil Reid (1992); Josephine Lawler (1966); Canon Joseph Donlevy (1924); **Mar.21:-** Kathleen Main (1991); Jean Ward (1986); Patrick Coll (1985); **Mar.22:-** Hilary Bell (1998); Dennis Sweeney (1955); Rose Daly; **Mar.23:-** Nigel Tosney (2014); James White (2013); Patricia Durkin (2008); Cecilia McLaughlin (2000); Thomas Thomson (1997); John Berry (1977); Helen McCann (1974); William Clarke (1964); **Mar.24:-** Sarah Waugh (2010); Barbara Conlon (2009); Margaret Phair (2007); Alexander Sharp (1997); Bernard Coll (1965); **Mar.25:-** Margaret McCartney (2012); Frank Connelly (1992); John Allen (1964); Maurice Brosnan; Natalie Valente; **Mar.26:-** Mary Brown Fusco (2005); Angelo Young (1995);

**St Mary Magdalene's: Mar.23:-** James Owens (1968); **Mar.24:-** Mary Ann McGovern (2019); **Mar.25:-** Stephen Archibald (1998); James Donoghue (1983); Kathleen Edwards (1981); **Mar.26:-** Elizabeth McEwing (2019); Helen Budge (2002);

**Sick Parishioners - St. John's:** Bridie McGlinchey, Sheena Sivell, Isa McCafferty, Stuart Thom, Catherine Walker, Andrew Farmer, Joyce Martin, Ruth Viso, Mary Grady, Susan Cammach, Pauli Walker, Dolores Jones, Bill Laidlaw, Nora Bruce, Evelyn Oldershaw, Anna Butler, May Flynn, Vincent Knowles, John Cregan, young Saoirse Golden, John Whyte, Chloe Sutherland, Frances Cunningham, David Reid, Frank Logan, Charlotte McGregor, Betty Dougal, Anne Thomson, Eileen Brown, Mike Noonan, Sarah McManus, Patricia Lawler, Mike Burns, Sr Jennifer Lindsay, Ernie Moran, Maureen Low, Pat Hunter, Alan Blyth, Mary Slight, Mary Phair, Rose Thornton, Kitty Dykes, Norman Telfer, Philip Jamieson, Alf MacNamara, Stan McKay, Maureen Lawrie, Kathie Gallagher, Erin Corbett, Roz Byers, Marie Angela Crolla and Lorraine Syme.

**Sick Parishioners - St. Mary Magdalene's:** Graham Neilson, Sheila and George Service, Chris English, Jacqueline Marinello, Ray Donnelly, Sam Burns, Clive Davis, Ella Ayers, Isobel Phillips, Denis Davidson, Margaret Duffy, Maria Scott Jnr, Louise Gorman, Ann Dockrell, John Prior, John Newell, Michael McPhillips, Bridget Malone, Charles Malcolm, Margaret Ryan, Jacqueline Hannan, Julie Keegan, Rose McKay, Laurie Wallace, Annie Watson, David O'Donnell, Andrew Banks, Jude Ferguson, and Mary & James Muir.

**Please pray for sick friends and relatives of parishioners, including:** Jimmy McBride, baby Josh Simpson, Maureen McEvoy, Helen McCann, Rhoda Tumboli, Dani Miniette, Marina and Maria Calanna, Alec Hamill, Peter Millar, Annabelle Cervantes, Nan Doig, Bridie Hanlon, Rachel Kennedy, Leo Stone, Diego Dinis, Gavin Findlay, baby Baxter Sweeney, Sr May Lewis, Joan Murray Hamilton, Sr Margaret Mary, Billy McPhillips, Angela McGuigan, Jean Nelson, Margaret Anne Marton, Anne Harty, Betty Blyth, Lauren Fitzpatrick, Fr Christy Fox, Joe Greenan, Michael Igoe, Katie McAnenny, Robert Shaw, baby Kinsley McMillan, John Walsh, Linda McKean, Moira McConville, Kathleen Kay, Margaret and Victoria Roddam, John Williams, Clare Richardson, Karen MacKay, Laura Anderson, Gloria Crolla, Richard Reid, James O'Rourke, Tommy Muir, Janice Todd, Lauli Ridge, Jan Meise, Seval Kazimoglu, Anne Young, James Shepherd, Carla Zanetti, Peter Hanley, Jennifer Kay, Janie Low, Ranier Carpo, William Young, Marie Baird, Andrew Franklin, Frank Palmer, Paul Henderson, Ellen Green, Andrew Preston, Jamie Mitchell, Eunice Macdonald, Peter Bromley, Audrey Burgess, Kathleen Cawley, Margo Law, Misia Jack, Hannah Muldoon, Emma Bromet, Edward Caulfield, Igor Rekowski, Diana Hibbert, Roksana Moczulstra, Joan Brooks, Mary Turnbull, Stuart Falconer, and young Ray Donovan Syme



## Offertory Collections – 14 March 2021

St Mary Magdalene	St John the Evangelist
£25.00 total as Offertory	£1132.40 total including Offertory of £125.00, Gift Aid of £227.40 and £780.00 Online Donations

*Thank You*

**Welcome to the world...Remi Annie Quin, a little sister for Alba, and a second daughter for Hannah and Kevin and granddaughter for Anne-Marie Lofthouse...**

**Maria Igoe writes:** ‘On 19 March, the Feast of St Joseph, Pope Francis declared that the Shrine of Our Lady of Knock is to be recognised as an International Marian and Eucharistic Shrine. Pope Francis visited Knock when in Ireland for the World Meeting of Families in 2018.



On 21 August 1879, 15 people witnessed an apparition on the gable end of the parish church. Our Lady appeared with her family, Jesus, the Lamb of God, her husband, St Joseph and St John the evangelist, the son given to her by Jesus on the Cross”. St Joseph is the Patron of a Happy Death.

This is a prayer some of us learned in school:

*Jesus, Mary, and Joseph, I give you my heart and my soul.*

*Jesus, Mary, and Joseph, assist me in my last agony.*

*Jesus, Mary, and Joseph, may I breathe forth my soul in peace with you. AMEN.*

**BBC SCOTLAND** - On Sunday 21 March at 12 noon, Canon William Maclean of Our Holy Redeemer RC Church, Stornoway, will lead a Service titled **Lent - A Time of Grace**. Watch it on TV or here:

<https://www.bbc.co.uk/programmes/m000tlcv>

## Psalm 87 (88) – Friday Night Prayer

*This is your hour: this is the reign of darkness (Lk 22:53)*

Lord my God, I call for your help by day;  
I cry at night before you.  
Let my prayer come into your presence.  
O turn your ear to my cry.

For my soul is filled with evils:  
my life is on the brink of the grave.  
I am reckoned as one in the tomb:  
I have reached the end of my strength,

like one alone among the dead;  
like the slain lying in their graves;  
like those you remember no more,  
cut off, as they are, from your hand.

You have laid me in the depths of the tomb,  
in places that are dark, in the depths.  
Your anger weighs down upon me:  
I am drowned beneath your waves.

You have taken away my friends  
and made me hateful in their sight.  
Imprisoned, I cannot escape;  
my eyes are sunken with grief.

I call to you, Lord, all the day long;  
to you I stretch out my hands.  
Will you work your wonders for the dead?  
Will the shades stand and praise you?

Will your love be told in the grave  
or your faithfulness among the dead?  
Will your wonders be known in the dark  
or your justice in the land of oblivion?

As for me, Lord. I call to you for help:  
in the morning my prayer comes before you.  
Lord, why do you reject me?  
Why do you hide your face?

Wretched, close to death from my youth,  
I have borne your trials; I am numb.  
Your fury has swept down upon me;  
your terrors have utterly destroyed me.

They surround me all the day like a flood,  
they assail me all together.  
Friends and neighbour you have taken away:  
my one companion is darkness.