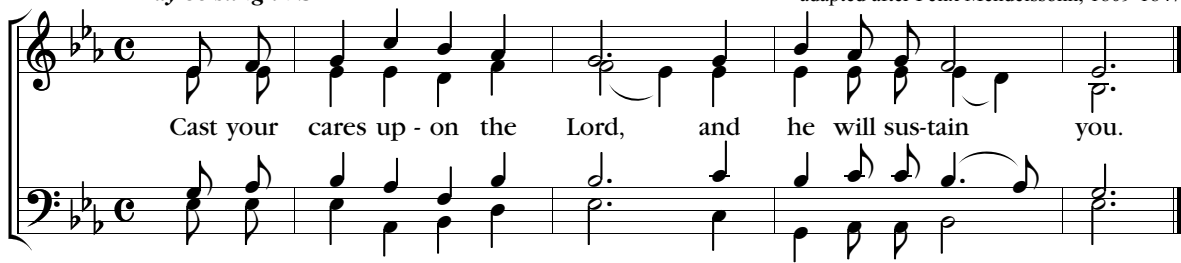


## Introit

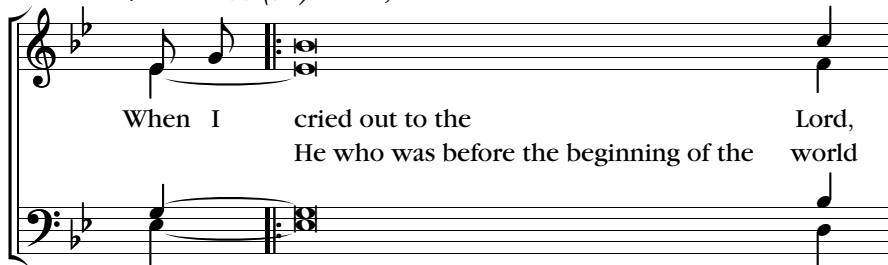
Other use: Thursday after Ash Wednesday

℣ *Psalm 55 (54): 23**May be sung in SATB*based on *Munich*, Meiningen, 1693  
adapted after Felix Mendelssohn, 1809-1847


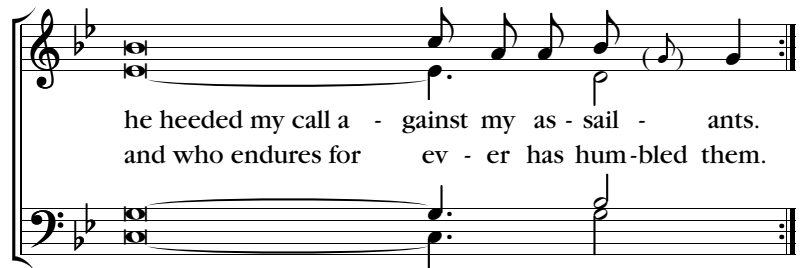
Cast your cares up - on the Lord, and he will sus-tain you.

℣ *Psalm 55 (54): 17-20, 2*

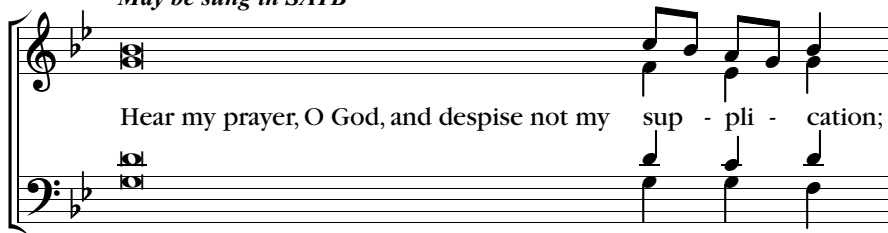
T. 5; additional music, BMP



When I cried out to the Lord,  
He who was before the beginning of the world



he heeded my call a - gainst my as - sail - ants.  
and who endures for ev - er has hum-bled them.

*May be sung in SATB*


Hear my prayer, O God, and despise not my sup - pli - cation;



be at - ten - tive to me and hear me. ℣