

PREFACE III OF LENT

The fruits of abstinence



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 you will that our self-denial should give you
thanks, hum-ble our sin-ful pride, contribute to the feeding of
the poor, and so help us imitate you in your kind-ness. And so we
glorify you with count-less An-gels, as with one voice of praise we
ac-claim: