



**“Pray at all
times in the
Spirit”:
An Introduction
to Praying the
Liturgy of the**

Aims

To introduce to beauty of Church's official daily prayer
To reduce 'fear factor' in figuring out how to pray it
To invite to begin praying, go deeper in praying
So that our days may be more fully sanctified
Because we enter more deeply into Jesus' own prayer in
Spirit to Father
To *encounter* Him, the heart of all prayer



**What is the
Liturgy of the Hours?**

**“Seven times a day
will I praise you”**

Ps 119:164

What is Liturgy of the Hours concretely?

Seven Hours of mini-liturgies in daily cycle...

In seven day weekly cycle...

In four-week cycle...

Within entire seasonal cycle of the

liturgical year living salvation history...

...flavored by the witnesses (saints) to

that divinizing history in which we live.



**“The voice of the
bride addressed to
her bride-groom,
the very prayer
which Christ
Himself, together
with His body,
addresses to the
Father”**

(SC 84, CCC 1174)

“The prayer of the Church with Christ and to Christ”

(GILH, 2)





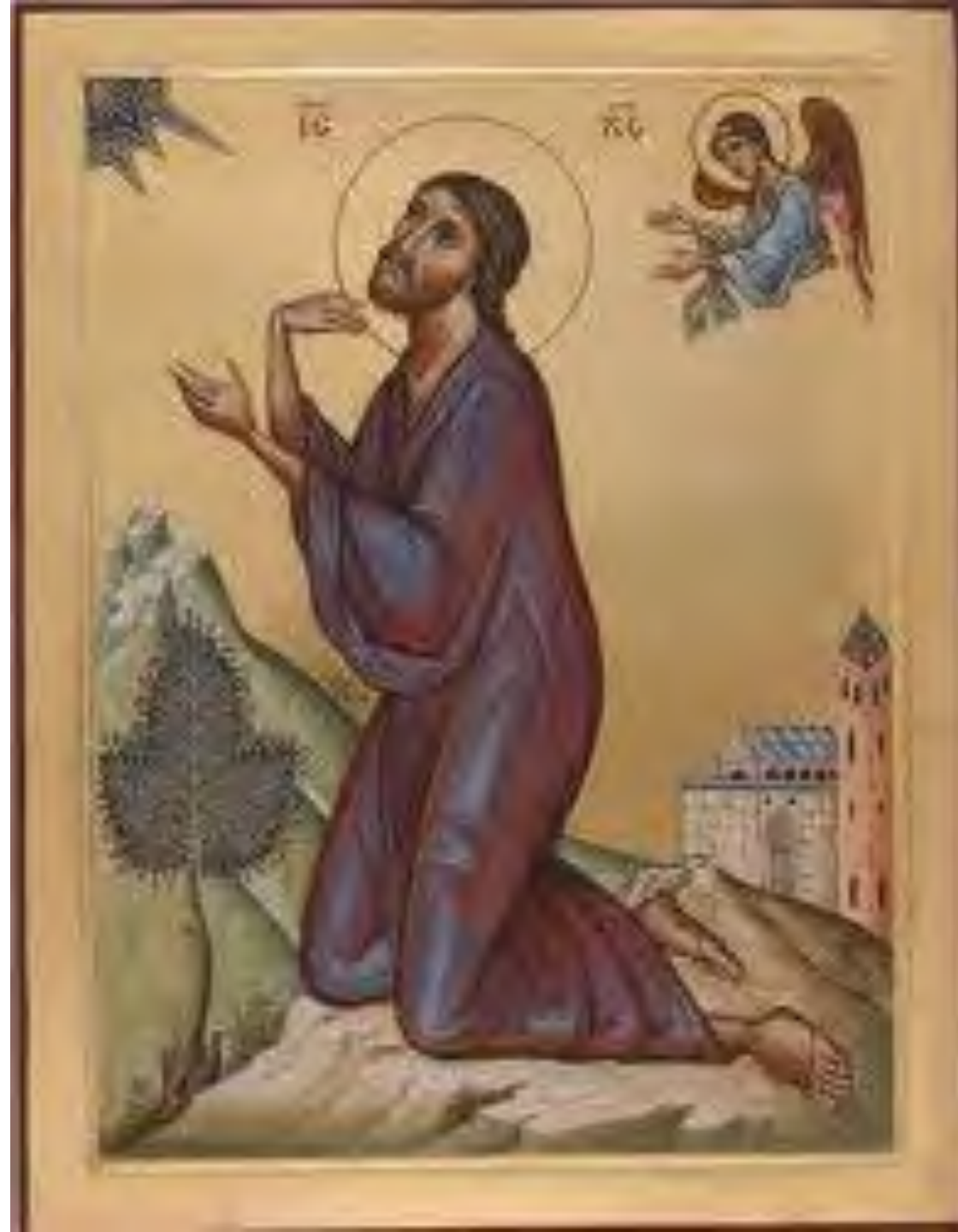
Visible, And Invisible





“The public prayer of the Church” by all the faithful who thereby “exercise the royal priesthood of the baptized”

***Totus
Christus:
Jesus'
prayer,
our
prayer
in Jesus
to Father
by Spirit***



**Jesus
prays *for us*
as our Priest,
prays *in us*
as our Head,
is prayed to
by us
as our God.**

- Augustine,
on Ps 84/85

Liturgy

**The work / service
“of the people” to God**

**The work / service
by God “on behalf of the
people”**



Why pray the Liturgy of the Hours?

Entering the Stream of Salvation History

“What distinguishes the Liturgy of Hours from other liturgical services is that it consecrates [makes over] to God the whole cycle of the day and the night” (GILH, 10)

Extends & prepares for Eucharist





The Center of All Time





**Jesus'
Transfiguration,
Our
Divinization
in Jesus**



“Standing before God’s throne in the name of the Church, their Mother...a foretaste of the song of praise in heaven” (GILH, 15-16)

**‘Eucharist-izing’
Time & Life:
In course of liturgical year, all
the saving events of salvation
are entered into, attested to
by myriad of witnesses...
and our days are sanctified
because we enter the stream
of salvation more fully.**



“Awareness of sacred time surely marks one of the profound differences between a Christian and a secularized person today.”

**--Msgr. Peter Elliott,
*Ceremonies of the Liturgical Year***



A Spirituality of the Liturgy of the Hours

Biblical Prayer:

1. Rooted in Biblical patterns / Temple patterns
2. Chiefly composed of Scripture

Traditional Prayer: with Eucharistic Liturgy, the longest-standing, most universal pattern, east & west

An Objective School of Prayer: Forms us ecclesially, to see '*in conspectu Dei*,' to intercede broadly, to celebrate accordingly, to think with the Fathers, to gain a Biblical mindset, to adore & thank & mourn...and so many more benefits...!

**Who prays
the Liturgy of the Hours?**



When do we pray the Liturgy of the Hours?

“Seven times a day will I praise you” Ps 119:164

1. **Morning Prayer** (Lauds)

Daytime Prayer: 2. Mid-morning (Terce)

Mid-day (Sext)

Mid-afternoon (None)

Evening Prayer (Vespers)

Night Prayer (Compline)

The Office of Readings (Matins / Vigils): The ‘floating hour,’ often before Morning Prayer or even night before!



**Morning praise &
offering....**



**Evening hope &
gratitude...**

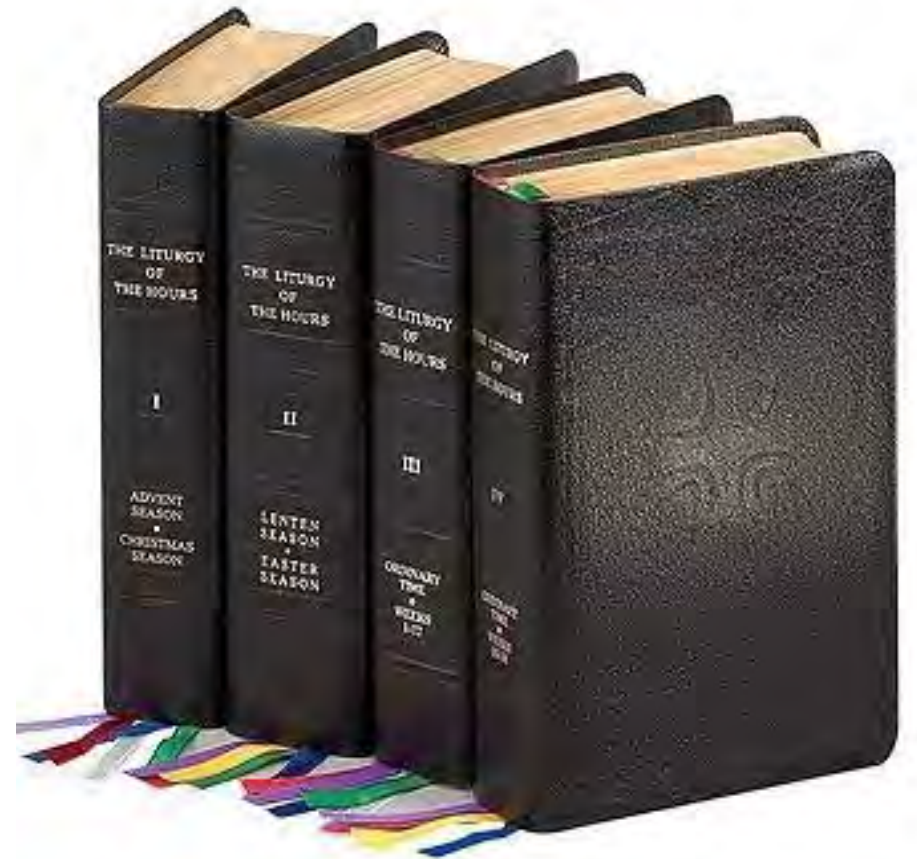
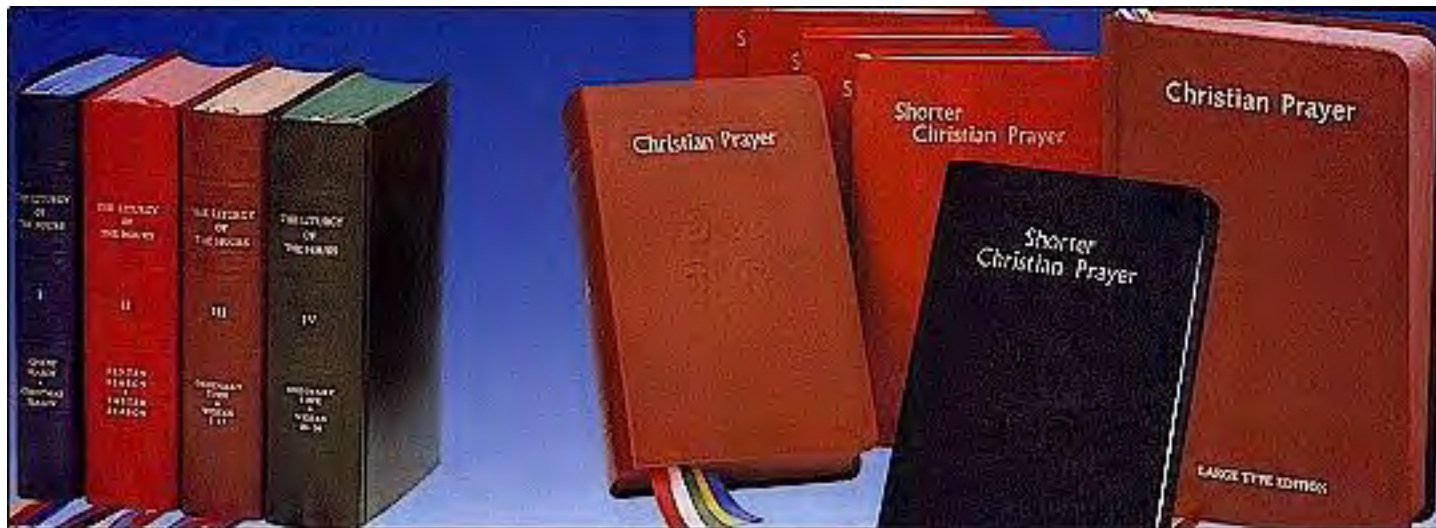


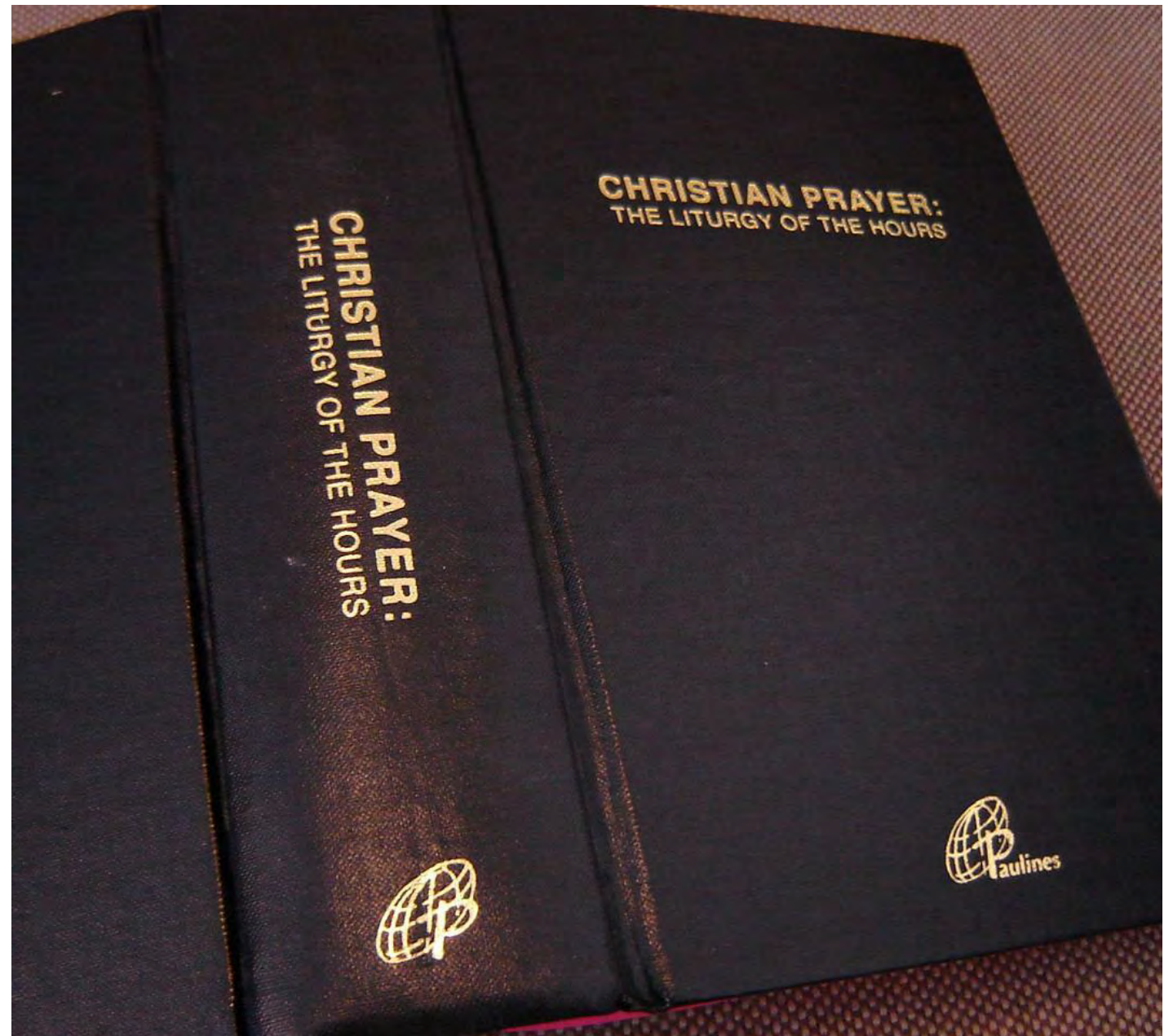
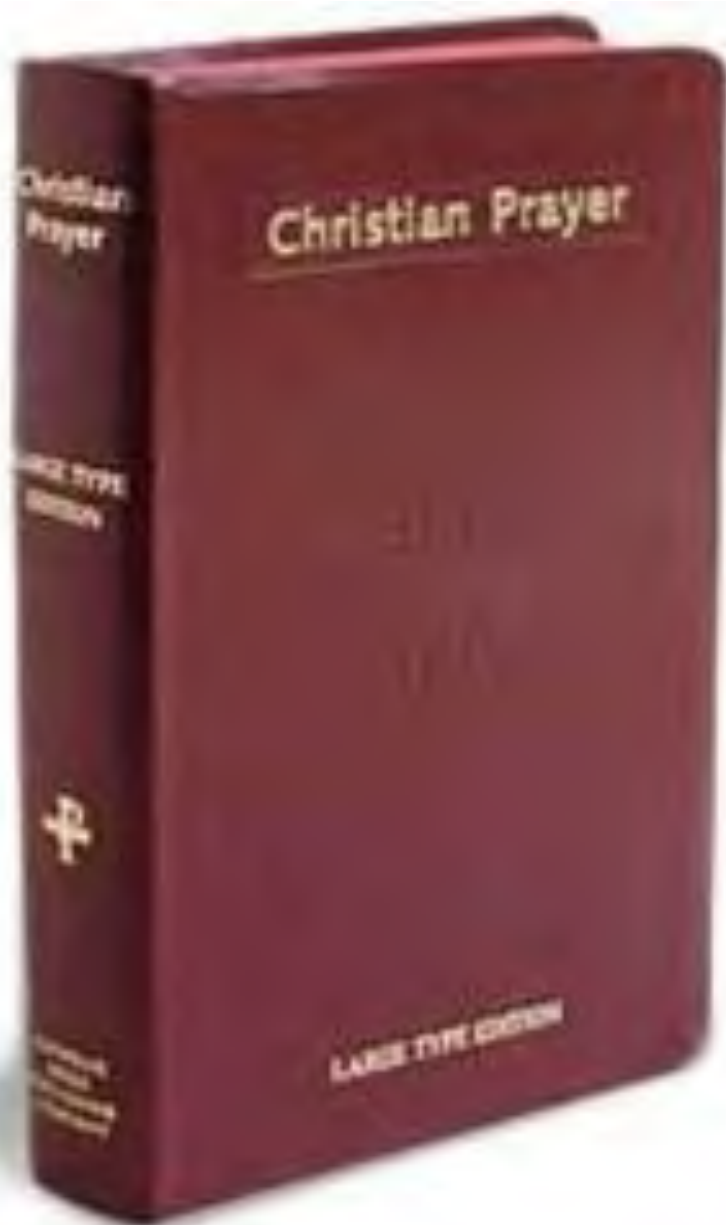
**Ribbons, ribbons
everywhere!**

**...some advice on the
tools for praying this
liturgy**

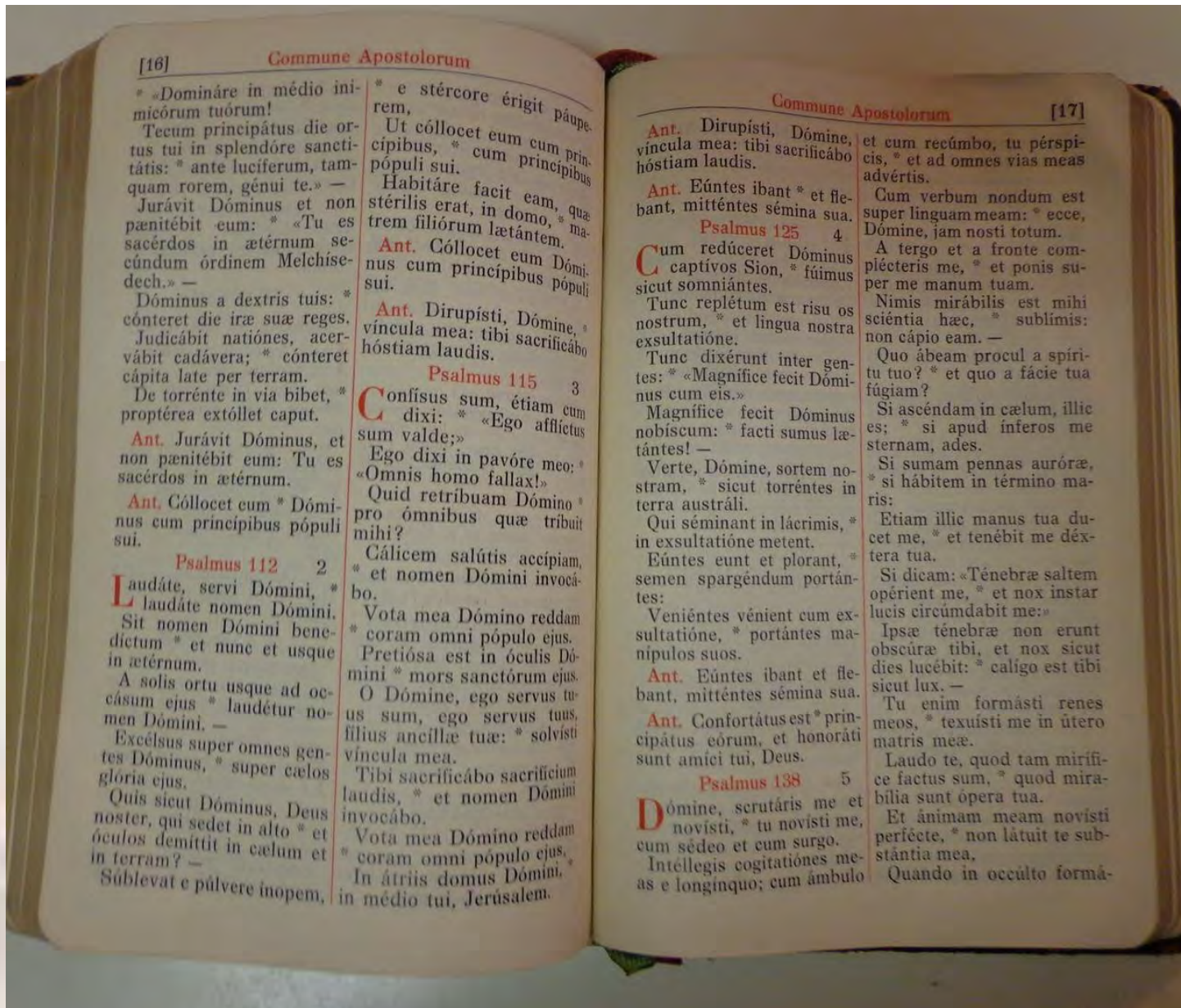


**4-volume vs. 1-volume
...in many editions & formats**

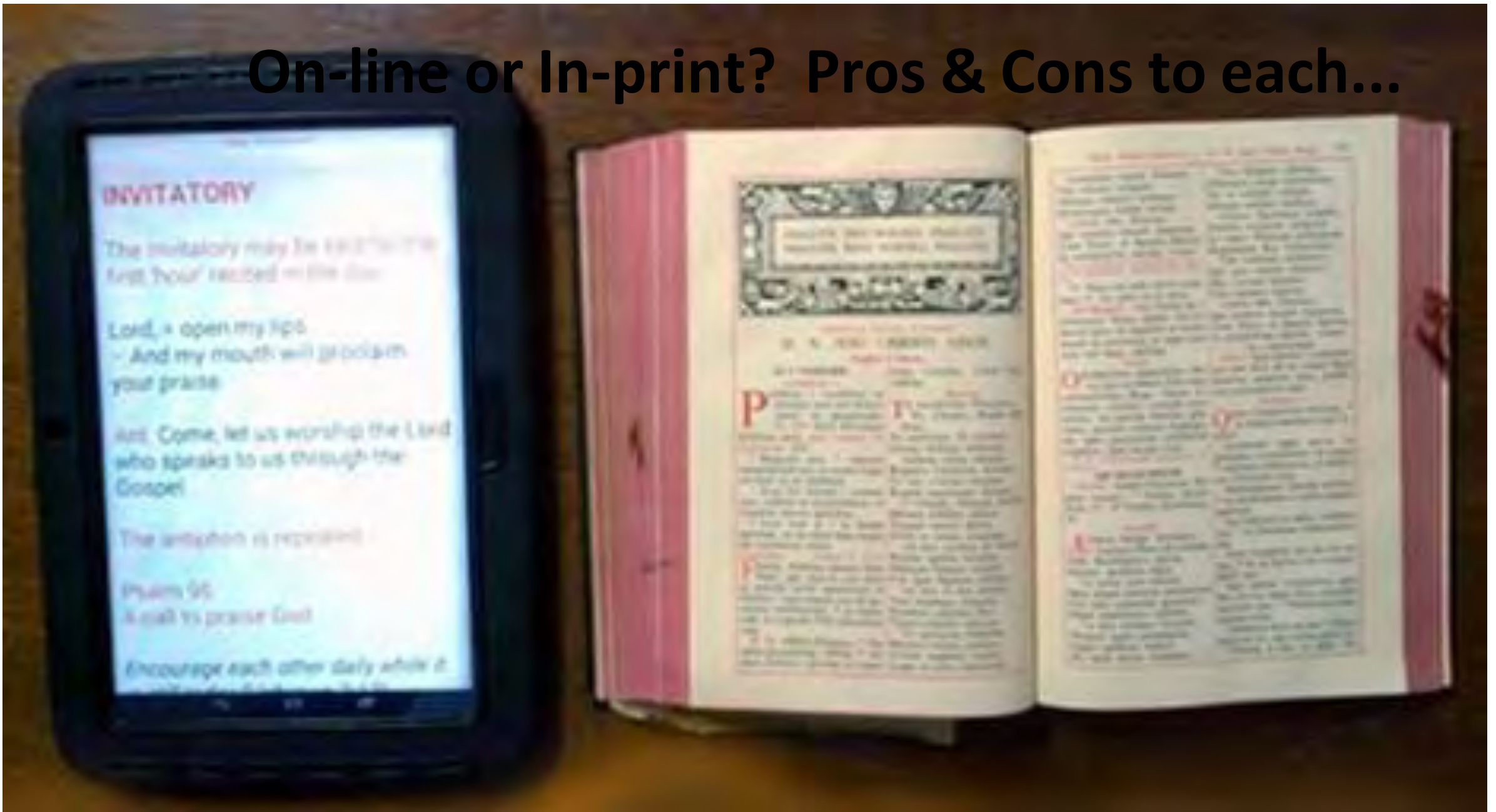




All based on Latin typical ("standard") edition



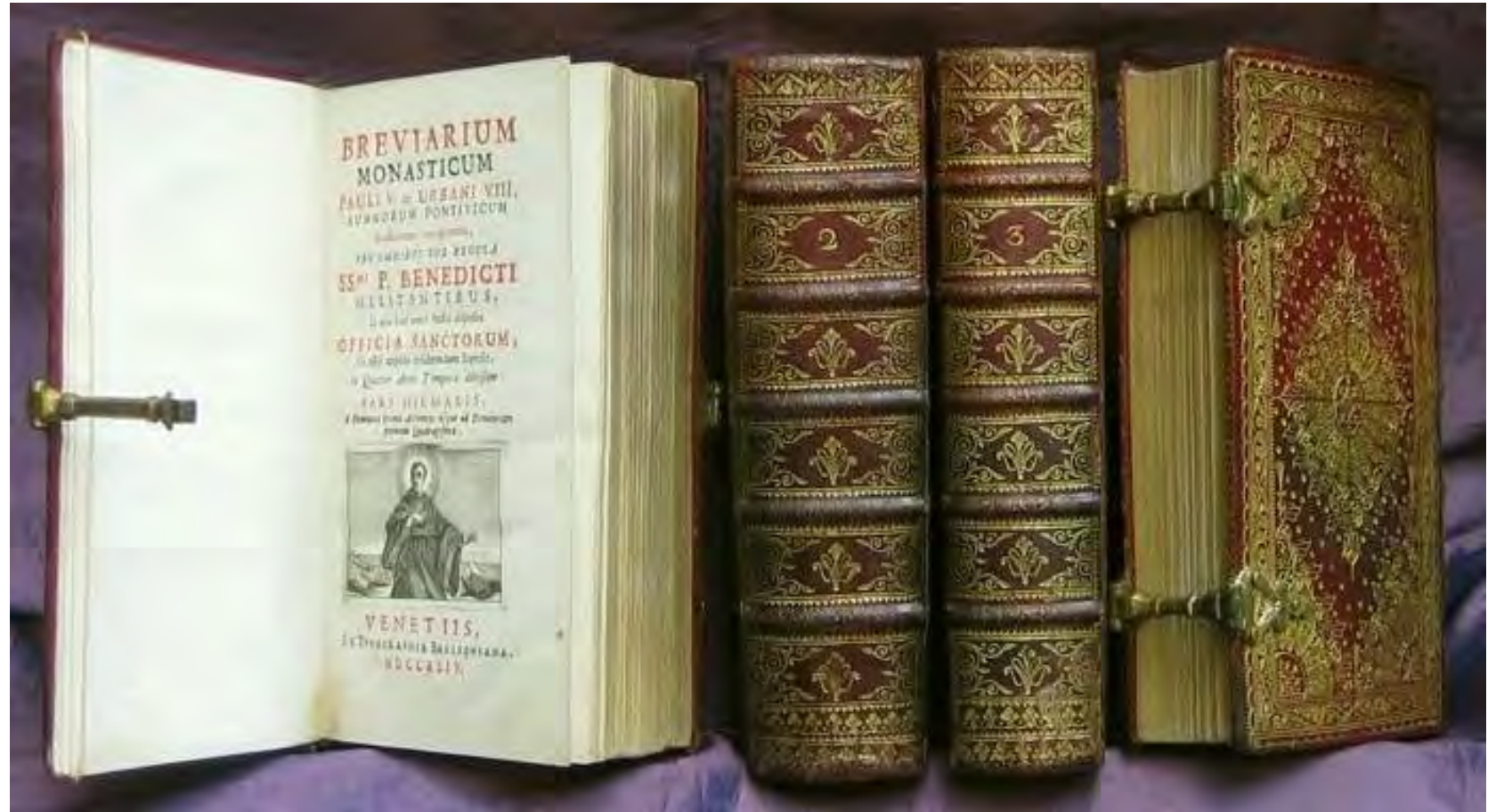
On-line or In-print? Pros & Cons to each...



“Divine Office” “Breviary”

British or American?

Magnificat and
other
abbreviations...



ORDO
Order of Prayer in the
Liturgy of the Hours and
Celebration of the
Eucharist
2015



Dioceses of
ALBANY (2015)
ALBANY-JOHNSBORO (2015)
ELI (2015)
GREENSBURG (2015)
HARRISBURG (2015)
PITTSBURGH (2015)
SCRANTON (2015)

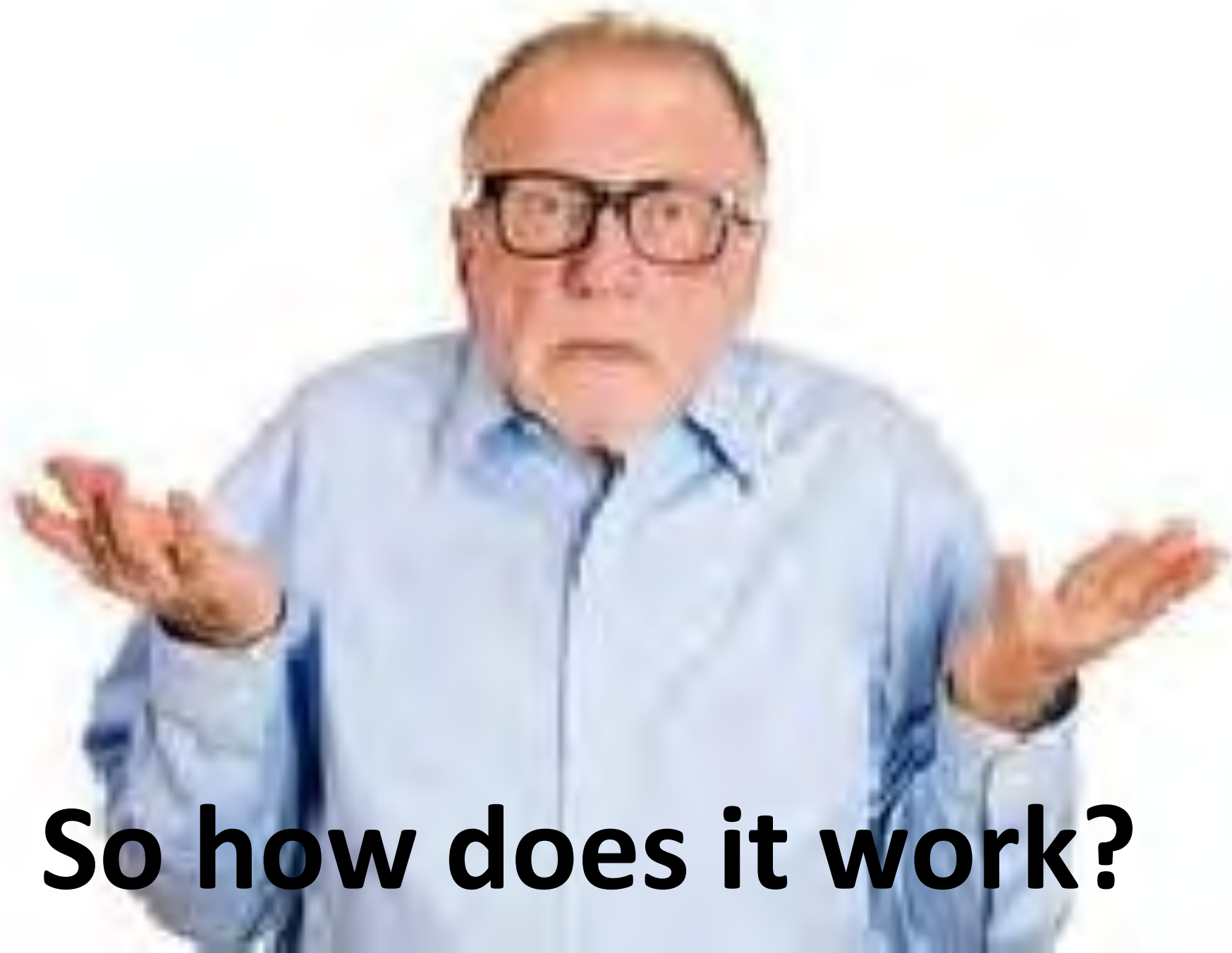
BOOK 1

THE
EVERYDAY
CATHOLIC's
GUIDE
TO, THE
LITURGY OF
THE HOURS

DARIA SOCKEY

When Rome





So how does it work?



**Morning praise &
offering....**



**Evening hope &
gratitude...**

Seven Hours of mini-liturgies in daily cycle...

In seven day weekly cycle...

In four-week cycle...

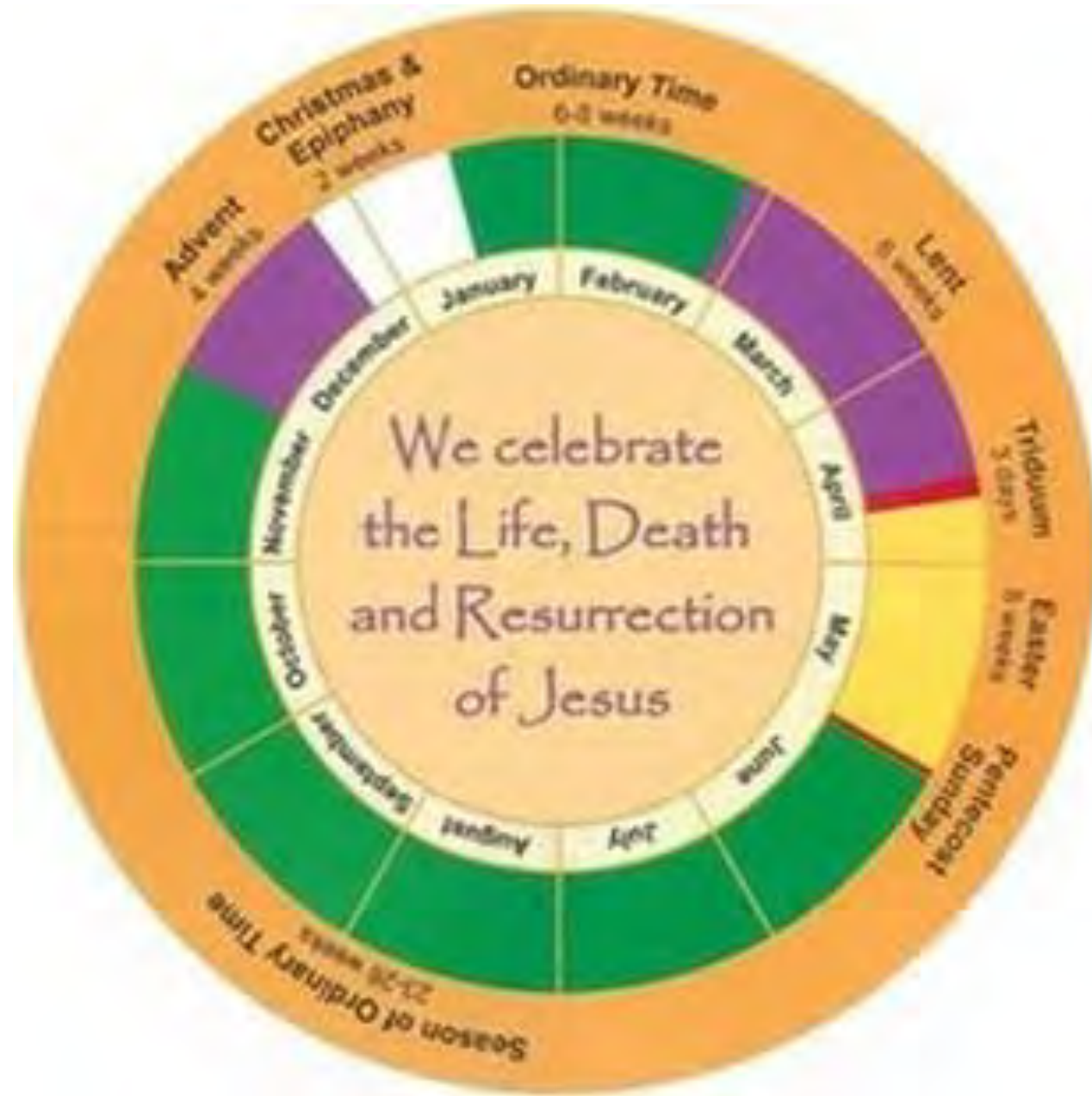
Within entire seasonal cycle of the

liturgical year living salvation history...

...flavored by the witnesses (saints) to

that divinizing history in which we live.

Which Season?
Which Week?
Which Day?
Which Hour?



The Annual Seasonal Cycle

Advent (4 Sundays / 3-4 weeks)

Christmas & Epiphany (until Baptism of the Lord / January 9)

Ordinary time until...

**Lent (beginning Ash Wednesday) and Easter to Pentecost
(13 and half weeks)**

**...returning to Ordinary time (until Christ the King and the
34th week)**

The Weekly Cycle & 4-Week Cycle: Begin with Sunday

Sunday (beginning Saturday evening)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday (ending 4:00 pm / with “Sunday Evening Prayer I”)

Sundays & other Solemnities:

TWO evening prayers, Sat & Sun
evenings

Repeating in four-week cycles:

Week One, Week Two, Week Three, and Week Four

The Basic Structure of Morning & Evening Prayer

Call to prayer + seasonal hymn

Psalmody (MP: psalm, OT canticle, psalm
EP: psalm, psalm, NT canticle)

with antiphons

Short reading + responsory

Gospel canticle (MP: *Benedictus*; EP: *Magnificat*)
with antiphon

Intercessions

Lord's Prayer

Blessing & dismissal

Morning Prayer

Monday, Week III

Ordinary Time

May 16, 2016





“Lord, open my lips...”

The Invitatory Psalm:

First Words to God



**“Lord, open my lips.
[sign of cross on lips]
And my mouth will
proclaim your praise.”**

Antiphon of Day (or
feast or saint or season)

Psalm 95, Ps 100, Ps 67,

OR Ps 24 (pick one)

Doxology

Repeat Antiphon

who are guarded with God's. power through faith;
a birth to a salvation which stands ready
to be revealed in the last days.

There is cause for rejoicing here. You may for a time have to
suffer the distress of many trials, but this is so that your faith,
which is more precious than the passing splendor of fire-
tried gold, may by its genuineness lead to, praise, glory, and
honor when Jesus Christ appears.

RESPONSORY

The whole creation proclaims the greatness of your glory.

-ne whg11e...

Etemal ages pra\si -th1e g;matnass...

Glory to the Father... - The wt1ole,..

CA. TICLE OF MARY

Luke L46-55

Antiphon i35 in the Proper of Season.&

My HLI pr-otaim:5 tile grv-,atne,sl i o1
t'te L.oNI,
my !;pir,il rejo.ices in G0d m:i- Sawicr
h" he h:ali. r,1;1ul!iell with fawo:r □n his
low□□,g,ervanL

fro'-11hi1\$ If,ay' all g11n11raUans wm
uLI rna b[!!JsH!!:
the Almie:trYh.IS done !f-e,at U1ings
for ntB1,
and hol, is lhis Name,

Hii nas m ny a:n those whc, 'Fear him
in every genemti□n.

He has shi,wn 'I,he :SR'1flh i;f hi□ □m,
lte hiiH sc.attercd the i;ro"d in t1h11ir
Mn.ceit.

if'e lla'l G:ast down the migll'ty frnm
lheir thnr.nes,
aml Ira□ lifted up 1he lmwtr.

H!!!i lilas fllled Hni h1rngry with □ooil
thingiii,
ilil1d tiie* rit:h he has sent away empty.

He h'is come 16 the help ol hi:1
□,efli.alil !:ifi!!fil
for be hH re.mem'!:!□r4!ld tiis promise
of mer□r.
the promiw he 111□de W i'!!!r 1athers,
to Abraham and M dliitlren for e-ver.
Giltify...

The antiphon is repeated as usual.

INTERCESSIONS

The world wa:. created by the Word oi God, re□created by his
redemption, and it is continu□ly renewed by his love. Re-
joicing in him we call outi

Renew the wa1lders gf 111ur 111n, lord.

We give thanks to God whos.e -and whose providence i5 re-
polorer is revealed 1m natuire, vealed i history. □A.)

Thr(u.Jigh your Son, the heral,cl of
reed1nc iliationi, the victor o1
Uie, cross,
- f1ree s from empty fear and
hope:lessness, IR.)
May all those who love and
pl.irsue jus-He ,
- work togett,er without deceit
to b1.illd a world of true peace.

(AJ

BE! with the opp,re Sled, free the
captives, cons(l<le th@ !Sorrow-

ra□er, :as in the Proper of Se□wns.,
Go11dusi:ori, as In the Ordililiry.

ing, feed the hu11i,gry, strenBth□
□rn tt,e weak,
- in all people Je...,ea,I th0 vidory
of your cross. (IIIJ
After yol,n So11's deatliand burlal
y(li.i raised him LIP again in
glory,
-grant t'hat the faithful departed
ma,y l we with him III

Our fathe11...

MONDAY - WEEK III

Invitatory

Lo,rdi, open my lips.

t let s approach the ord with praise and thanksgiv1ng.

Irivitatory p:salm,

M rni,ng Prayer

HYMN (Outside Ord1r1ary Time, see guid8, p. 1742.)

Brightness of the: Fath,er's
glory

Spri,gi1ng from eternal
light,

Source of light by Hght
engendered,

Day enlightening every day1

In your ever-lasting
radiance

Sllrne upon s, Chriist,
true sun,

Bringing lite to mind and
body

Through the Holy Sp1rit's
pow'r.

Father of unfading glory
Rich in grace and strong
to save,

He.ir our prayers and c·ome
to save tis,

Keep s far from sinfol
ways.

Dawn i,s drawing ever
nearer,

Dawn that brings us all we
seek,

Son who dwells within the
Father,
Father uttering one Word.

Glory be to God the Father,
Glory to his. Only So ,
Glo,ry now and through all
ages

To the Spirit Advocat1e.

PSALMODY

Am.1 Blessed are they who dwell in your house, O Lord.

Decem 11-23 The L-Orcl thil riJler 0111er the Kings < if earth, will
com@· bl ssec:l are they who a dy to fill O..a rid lcome him
Easter My h Ort and my fl h r&JOice m the l'liilij God, alleluia.

Psalim 84

Ingning f(r iliod's lAflJII&

Here ""e ,;1;1110-t '11,iv,e, 11 li'.1 \$ling olt',', we seek a home that i:s yet to come (Hebrew!;
1J,14J.

How 11:wely iis your dweliing pplace,
Lord, **God** of hosts.

My s011d is frunfng and yearning,
is yearning for the courts of tie **Lord**.
My heart and my soul ring out their joy
tu Giod, ihe livi11g **G**od.

The SJJalHw hersiett finds a home
:and lhe swallow a nest for her brood;
she lay,s her you111g by your altars,
lam,of hosts, m:, king and my &ed.

They ar,e happy. who dwell in your house,
for ever singing ,o r praise,
They ar,e lhap1py. whose strength is. in you,
in whose hearts re the road:s to Zian.

As they go through 'Ute Bitter Valley
they make rit a plac,,euf springs,,
the autom'll rain coveirs it witll dlessings.
Tthey wa,lk wffll ever grow-ng streingth,
liley will see the God DI gods mn Zinn.

Till ' lrdp'!lrn: al t rliBI'5 lGu)' C2l
Mtl cy, H>1JIOll HK>lg,ate, 8 ..87
lJlllSic:, um fwm tum:, , , llllfl
BO)'t:e-, C. 1710-1779
T, .! Mo1,1!!! S,liint B1er,1am Abbe:,
'Imm:-. by lllltS&iOD ,;I Mo.Jill Salm
04.,mainil Abbey.

D lord God, of 'bests, hear mR pra:yer
give ea,r, O God of Jacob.
T11:1rn your eyes, O G0d, our shield,
look an lle face of your anointell.

One da withill'! JOUR co r1S
is better than a thousand elsewille, re.,
The tllreshof of the htn.1\$e **DI 6:od**
I prefer tm Ule idwell'ings of lte wicked,
for the Lord God is a r.ampart, a :shie d;
1h , will give us hiis faVDr :and glory.
lhe Lo11d will nat refuse any gnod
lo NIO<se whm walk with11ut Jame.

Lord, Ged of hosts,
11:appy dte man who lrl!!Sl's in your Glory...

J'SPIU. lPril.V R'

Ble-ss your people, Lofd. Yau hav,e given ius the l8JWthat we may
walk fro mi str-e11gth to strength arid raise OJR minds to rou from this
w.alley of tea1rs. May we receive the gifts yov have gaiMd fur lJJS.

111t 81,essed re they who dwell in your house, O Lord.
etlJ11ber 1H.3 The Lord, the r1Jler h'stH M' heart ;and my 1flesh, re-
ove:r t he kings, of earth, will oice in th@ liv1111-gGod, all!el.uia.
come- blessed are they who are **lirt** :Z The holbi:-e of th@ Lord
ready h1 go and welcome him. has been raised on high, and
lul, 2 Sl111g n n rig to the all the natiollil.s will go up to it,
Lord; procle1m his praises to alleluia.
the cmds of the earth.

Int 2 Come, le1 us clrfmb the mountain of thie Lord.

Canticle Isaiah 2:2-5

Tl'le mo1trna1 of the **Lord's** dw&Flil,B towers, abcn nery i:l'Un arn
All peci:iles sh11ll come, and wo ship in your pres n00 (Rt!lN!!:ator, 15 4.).

In **days** hi came,
ttie mol!lnlain af Use Lord'.s house
shaH IJ.e estahUshed as. the hi Ji,est mountain
and raised above th:e lills,

AH nations shan s, tr,earn, toward it;
many pe,oples shall moms and say

••come, let us climb the Lord's mountain,
 ro, the bouse of the God of Jacob,,
 that he may instruct us in his ways,
 and we may walk in his paths."

For from Zion shall go forth instruction,
 and the word of the Lord from Jerusalem.

He shall judge between the nations,
 and impose terms on many peoples.
 They shall beat their swords into plowshares
 and their spears into pruning hooks;
 one nation shall not raise the sword against another,
 nor shall they train for war again.

O house of Jacob, come,
 let us walk in the light of the Lord! Glory...

A1t Come, let us climb the mountain of the Lord.

Dec: 11:23 Sing a new song. Easter Th@: hotise of the Lord has
 to the Lord, proclaimed his been raised on high, and all
 praises to the ends of the earth. the nations, they go to the
 alleluia.
 At the Son of Man comes. For earth, do you think
 will find faith in men's hearts?
 AH.3 Proclaim this among the
 nations: the Lord is king, an
 alleluia.

A113 Sing to the Lord and bless his name.

Psalm 96

The Lord, kill and judge!!! the world

A new theme now inspired their praise of God; the new song in the temple (S
 R of Revelation 14:3).

O sing a new song to the Lord,
 sing to the Lord, all you earth.
 O sing to the Lord, bless his name.

Proclaim his glory day by day,
 tell among the nations his glory
 and his wonders among all the peoples.

The Lord is great and worthy of praise,
 he is exalted above all gods,
 the gods of the heathens are idols.

It was the Lord who made the heavens,
 his majesty and state and power
 and splendour in his holy place.

Give the Lord, O peoples,
 glory and power,
 the Lord the glory of his name.

Bring an offering and enter his courts,
 worship the Lord in his temple
 O earth, tremble before him.

Proclaim to the nations: 'God is king.'
 The Lord made firm the earth;
 he will judge the people in righteousness.

Let the heavens rejoice and the earth be glad,
 let the sea and all within it thunder praise,
 let the land and all that bears life rejoice,
 all the trees of the wood shout for joy

at the presence of the Lord, for he comes,
 he comes to rule the earth.
 With justice he will rule the world,
 he will judge the peoples with his truth. Glory...

SALM 96:1-5

Lord, you have renewed the face of the earth. Your Church is through-
 out the world singing you a new song, announcing your word to all.
 Through a virgin, you have brought forth a new birth in the world-
 through your miracle: a new power, a new hope, and in your ascension,
 a new majesty.

11t Sing to the Lord and bless his name.

Dec: 11:23 When the Son of Man comes to earth, do you think
 he will find faith in men's hearts?

Eam: Proclaim this among the nations: the Lord is king, alleluia.

OJHARIF TIME

READING

Jam 2:12 17

Always speak and act as men destined for judgment under
 the law of freedom. Merciless is the judgment on the man
 who has not shown mercy; but mercy triumphs over judgment.

My brothers, what good is it to profess faith without practicing it? Such faith has no power to save one, has it? 11 a brother or sister has nothing to wear and no food for the day, and you say to them, "Good-bye and good luck! Keep warm and well fed!," but: do not meet their bodily needs, what good is that? So it is with the faith that does nothing in practice. It is thoroughly lifeless.

RESPONSORY

Blessed be the Lord our God, blessed from age to age. **-Blessed be...**
His marvelous works are beyond compare, - **blessed from....**
Glory to the Father... **-Bless** ☐☐,;...

CANTICLE OF" :ZFr.HAR!IA1,1

Luke 1:68 79

AD1. Blessed be the Lord our God,

laless:ed b ☐ lhi!: !Lord, lJil!i 501 uf
hrai1,
h!i fu:1s e ☐ me tu his life!!?le and set
them free.

He flaiiira,rsed arp tor 111s,a migh1;;
u.3Yf;111
b.om 1111☐lie nou:ge at Ms tiinr.a111t
DHid.

Titm11u☐h his hol)' pr☐phiihi lib
11r(l, i☐ed of o di
1hat he wrmtl'l sa☐111 us; from O!H
oemie!SI,
from the hand,; cf aill who lh:eite !1☐

lffe promJ\$,e:d 10 !lhow mer1tr ti ttur
fathers
anlil tu,rarnem'ber his lloly lliO!lemanL

flfi:s,w <i, the 0a1111 1111 swore to cur
t the Abraoom:
☐D :set us, fh frcm Hie flail:l; ,r.ilfour
enemies,;~

It,ffERC SSIONS

Man was created to glorify'God through his deeds, Let us
earnestly pray:

May !H a:iv!11lory to J ur name, Lord.

ir,ee ☐o worship lhim w!Urnut t11ar,
hl111'l'anii ri;gl)U)OIJ.S!r1' lli\$ S.igh,t
all the days of ,mur lir1&.

Yo1J, m☐ cltild, slalli ht! ,;ailed lha-
pr,opb l cf Hitt Mose Higl:J;
f11r)11☐ will y11 be!ore t!le (or,d to
p☐epare his way.,
to give hi☐ pell!ple lknowleclge o☐
saJvaliofi

by lhe,forgi,..eness: of their slms.,

In tlie t!;!JJiler r:rom 11n1ss,ion of our
B(lid
the dawn from on high tinal hrilieh.
upm.n us,
to slline on H,os who !lwi!ill i☐
darl:es,☐,1m!il Ute sflai:low of
dea☐h.

and to, guide our feet il1to, the way
of l!leace. Gr.1ny...

The antipho:n .s repea"t,ed as usual.

!le bless you, Creator of all
things

- (!or you have given us the goods
M the earth arld brnugh t us to
this day. (RJ,

Look with fav,or on us as we begin
our daily work,

let 1.1• be fellow work,er with
t(IU, IA:.)

Lord God,
killing of heaven and earth,
direct our minds and bo-die:sthroughout his day
and make us holy.

Keep us, faithful 1:o .11011r l☐w in thoue;ht, wmlr am-Jr:te,ed lBe
our helper now and 1;1lways,
free us from sin,

and bring us to salvation in that kingdom
where you live and reign with the Father, and the Holy
Spirit,
one God, for ever, ar,dl ever,

Conclusion, as in the Ordinary.

Daytime Prayer

God, come to my assistance, Glory to the Father, As it was
in the beginning. Alleluia.

H'r N (Outside Ord 1111 Tim☐, S@-e gu1d☐, p. l742J

From all that dv☐eu below
the skies

Let the Creator's praise
arise;

Let the Redeemer's name
be sung

Thru:igh every land, by
every tongue,

Hallelujat!,

Eternal are thy mercies
ord1

Make our work today be:neit our
broth!rs and sist rs,

- that with them and for U1em1
we may build an earthl)' city,
pleasing to you. IR'.I

Grant joy and peace to us,
and to all we meet this day, UU

Our Father...

Etern I truth attends thy
word,

thy praise shall sound from
shore to shore,

Till suns shall rise and set
no more:

Hallelujah!

Tille, Fliffi J111 ☐- DmeJl 11.1 rw !h☐:ru☐ fl'9l
f;1 ody, Er5chieosn l☐t De:r Hmrlic Ta,g
LM. r1ith Hall0luJa,h

IM1J☐il; ikQ(11)☐ rm;f-111, Hi-6,0
Text: l☐11ilc Whitb;, 1715'

Evening Prayer

Monday,

Week III

Ordinary Time

May 16, 2016





**“God,
come to my
assistance...”**

IIWT I OON

READING

Colo Si ns 1:2 -22

You yourselves were once alienated from him; you nourished hostility in your hearts because of your evil deeds. But now Christ has achieved reconciliation for you in his mortal body by dying, so as to present you to God holy, free of reproach and blame.

All you who love him, sing his praises.
-Celebrate the beauty of his holiness.

Prayer

Lord,
you call us to worship you
at the altar when the apostles were together in the temple.
We offer our prayer in the name of Jesus:
may his saving power come to all
who call upon his name.

Grant this through Christ our Lord.

Conclusion, as in the Ordinal.

Evening Prayer

God, come to my assistance. Glory to thee Father. As it was
in the beginning. Alleluia.

HYMN (Outside Ordinary Time, 1742)

Lord Jesus Christ. abide with us,	And when the trials of earth shall cease;
Now that the sun has run its course:	Grant us the morning light of grace,
Let hope not be obscured by night,	The radiant splendor of your face.
But may faith's darkness be as light.	Immortal, Holy, Threefold Light,
Lord Jesus Christ, grant us your peace,	Yours be the kingdom, power, and might;

All glory be eternally
To you, life-giving Trinity!

Title: 100 J 1.1 Chr. I Abide in Us
A Ody: Old 100 L
1st ed.: Attributed to Louis Rou12 011 15

1 rn l
S En)
/Or st
Text: M r.l
by 7
wods by pennis on J e Leamon.

PSA MODY

Int. 1 **Our** eyes are fixed intently on the Lord, waiting for
his merciful help.

Decease 17-23 The Lord, the ruler over the kings of the earth, will
come; blessed are they who are ready to go and welcome him
East r The Lord will be your light for ever; you, O Lord, will be your
glory, alleluia

Psalm 123

The Lord, unfailing hope of his people

IMBli mncied out: "Have pity on us, O Lord Son of David" (Matthew 20: 0).

To you I have lifted up my eyes,
you who dwell in the heavens:
my eyes, like the eyes of slaves
on the hand of their lords.

Like the eyes of a servant

on the hand of her mistress,
so our eyes are on the Lord our God
till he show us his mercy.

Have mercy on us, Lord, have mercy.

We are filled with contempt.

Indeed all too full is our soul
with the scorn of the rich,
with the proud man's disdain. Glory...

PSALM-PYR

father in heaven, we lift our eyes to you and pray: confound the
scorn of the proud and graciously show us your mercy.

L Our eyes are fixed intently on the Lord, waiting for
his merciful help.

Decease 17-23 The Lord, the
ruler over the kings of the
earth, will come; blessed are
they who are ready to go and

welcome him.

Alt. 2 Sing a new song to the
Lord; proclaim his praises to
the ends of the earth.

taster The Lord will b□ your Ant. Z Th□: snolre was broken
light for ever, your God will and we were set free, alleluia.
be rour gl-ory, alleluia,
Ant 2 O ur help is in the name of the Lord who made h,ealle111
and earth.

Psalm 1.24

Our he.1p is in liha nam Gt tha lcnll
Lord Siild to Pau,l: "fes,r not...l sm witti yo " {Acts 1B,9'-10).

"If the Lord had not been on our side,¹¹
this is Israel's so,ng.
"If the LGrd had not been on our si1de
when mem1riose again st us,
then would they have swallowed us ative
when their anger was kindled.

Then wol!!!ld the waters llave e:ngulfedl us,
the torrent gu111,ei vver ms.i
o,ver our head would liiave swept
the raein,g waters."

Blessed be Ule Lord who didl n|ot give us
a prey to lih,ei11r teeth.

O r me, l,ike.a bkd, has escap'ed
tn1m the s11are of the fowler.

tndeed the s!!!lare has been bn:ike,n
and w,e have es□apedl.
lur llelp, is in the name of the Lt1rd,
who made heaven and earth. Gliory...

PSJl, .l!"fl.A¥ n

L.orcl JIHISUS., you foretold that your dlsciples W:OI!.Jld be de:spis!!id oal
account of your name, but that not a Nair o,f i!leir heads is,ever for-
goU@n_ In t,ime5 of persec.ution, defe,nd and revive us b-y thi!!i p-OWB
and oom,on: of the Holj' S.pirilt, so tha- we c;;,In be fri!!@rn from ou
enemies and pra1ise yout savi111g help.

Att. Our help is in the name of the Lord who made h,e-,ave11
anid earth.

lletembeit 111-U Sing a ne-w son!!:
to the Lord; proclaim his
praises to Ute-ends of the
earth,

Anl 3 When t1he Son of M.1n
comes to t:llarth do you think
he will find fa1ith iin men's
hearts1

MONDAY, EVENING PRAYER 81.7

E.1stflr Th.e s11art was broken th.
and we |wereiset free, all,elu11:1 |,e e_arth, I shall d□a" all peo-
Ant.3 WhM l atn liftec::LIIP fro□ p e to myself. a11e,U1a,

bt. 3 God chose us in his Son to be his adopted cP'Irdre-n.

Canticle Ephesia,ns 1:3-10

Gl!,dour Sa'i'i'Qr

Pra1su !be, the God and Fath'er
of awr lord Aesus Cfilnst,.
□ho ha□.□estowed an 111s;o Christ
every spu1tuaJ bles:s'ing in the iheavens.

God chose us in him
beto,re the world began
to he haJy'
and blame,ess il'l hi.s srght.

He Predes:fin'd us

to ilJe Fus a□opted sons thugh Jes,us C:..hr" t
su_eh was _h,s' wil'l and pleasure□ is□
□□ □rl might praise the gf1Jrio11s fav-01r
e uas: besfoweat o1111s iin llis baJovedJ.

" h-m and llhr,ough hrs bl,oad we fl b.
and_o-ur sins forgiven ave een mdeem,ed,
&o rm,-easurably generous
Is God s fa,vor to ms.

God h_as given us the WtSdOOI
IQ,1.moerstand tur1ly the mysitery,
lhe pf,a nhe w:as pte-ased
lo decree, in Christ.

□ pJa'l'l to lle-carded out
•□C□rist, in, t□e fuHness of tim1e,
□m•bi11ng an thu1gs Jnto one in him
rn Ut-e, lle.avens a•nd on ,earffl. O.ory.._

Allt. God chose us ir:i his So t b h'
aece -h_n | J_,"T-"l wb th S n :o e is a. dopted Ch1ldren.
he Ylll find fa1th in men's 11 rt ? comes to earth, do you th10,k
Ea:ttier When I am lifted u fn/HJ □.
to mys 11, a1116u1Ja,_ P m r e earth, I shall draw u111people

ORDINARY f, IIME

READING

James 4:11-12

Do not, my brothers,, spi:!.tik rñ of one, another. The one who speaks i11 of his brother or judg□s his brother is spe□ki11g against the Law. It is the law h@ jud□es.. If, however, you Judge the law yo u, ar, e no observer of the law, you are its judge. There is b tone Lawgive.r and Judge, one- who can save and destroy, Who then are you to judge your neighbor?

RESPONSORY

Lord, you alone can hea, I me, for I have grieved you by my sins.

- Lord, y□o alloiii...

Once more I s:ay: O Lord, have mercy o11 me. -far I lfl:ave.. _

Glory to the Father... -L td: J□ alone...

CANTICLE OF MARY

Luke 1:46-51.

Aifil M_y soul proclaims the greatness of the Lord for ne ha,s. looked with favor o11 his lowly servant.

My soul proc:laim□ Ille g...eatness ol
□118 U;□11,

my :.pi -t re,jotr;;es. in God my Sa11iar
tar 1h ha:;!; nor.1 km willn l,i11"1;1r "" hr..
lo:wl:y,15erY'an1.

from 11'1ij□ daiy all generation-s liliU
c:all me bJeHod:

tlile Allmighttyhas tdone 1,eaf Uing;s.
hit me,
and holyl' I'S l'ili Name.

He has mercy on 1h1ilse, wtm fe11r him
1111e□!l' ge:nera□ion.

He ha:s shewn the :st,r.engd1 o1 hi:l; arm,
h□ n11□ !W{llitered 1he pro1.1d In U1elr
conceit.

tt ltas ea t uo,;r,n the mi htr bcm
lhei Utron t,

arid hai; 11fled up lie DWllf.

He lias nued tñ hllilg,ry with gQQRil
lhngs,

arid- e rich he llas selillt aw.ar fi<fñijij'.

He h: i□ i;ome 1o Ille help at hi;s;

\$trv.irm1 l5ir-ael'

for he, ha:i: mm1;1mhe"1"=h, p,omise
of mercy.

!!!! promIH l'te msde, to out faners,
to Abraham and his chldrer fur e,Jrjlr,
GIOJl'...

The antiphon is rape-aM<I a:!\ LJ:!\Ua.L

INTERCESSIONS

Christ desires to lead all men to salvatioll. Let us impllore
him with all our heart:

Erav all lifi□IIS to Yiiilli".self, lord.

T rough your precious blood,
Lord, YOU redeemed u;;. from
the slavery of Sili,
-grant us the freedom of the,
SOils of God'. {1R,}

Besto'W your gr.ace upon our bi.sh-
op N., and upon alJ bishops,
-mey they administe1r .YOHr
sacraments wftH forver11 joy,tR.}
Grant that all who seek the truth
may firid 1t,

- Md in find1n it rmay they de-

□ire it a,11the rno, re. fflJ

Be present to comfort widows.
mphar1s a1nd all the aba n:doned,
Lord,

- may they feel clo!;;e to you and
cling to yioo. (lllj

Rlllc:ve our i:leparted brethren
into tti,e heavenl□ kingdom,

-where with the F ther and
the Holy Spirit you will b-e a!!
in au_ [RJ

Our Father...

God our Father,
at the close of day we come to you,
the light that never fades.
Shine in the darknes.s of o1.1r night
and orgive our sins a· d failings.

We a□□ t □s thro□gh o□r Lord Jesus ChrJst, y our Son,
whojives and reigns with you and the Hory Sptrit,
one God or ever Jncl ever.

G0n,;I sion, as in the Ordinar:,,,

TUESDAY - WEEK U

InvilitorJ

Lord, open m}l lips.

nt Come, let u,s worship otJr rnigMy K□ng a,nd Loird.

1n,,ttatory psalm.

Morning Prarer

fYMN (Out Me Om iria,ry ime, see gurde, p_ 1742_)

A11tip1hJn:

Sion, sing, break in o song!

or within you is the Lord
With his saving power_

Rise and shine forth, for
y our light has come,

- Keep it simple to begin with!
- One of the most flexible & adaptable liturgies in the Church—learn the basics, the theme before variations on a theme.
- Focus on praying the liturgy—Encounter Jesus!
Consult an ordo or more experienced pray-er if need be...but when all else fails, do it anyway & figure out later if you did it 'right.' 'When in doubt, look devout!'
Duc in altem! Pray! Pray! Pray!



**“Pray at all
times in the
Spirit”**

Part Two

The Invitatory Psalm:

First Words to God



**“Lord, open my lips.
[sign of cross on lips]
And my mouth will
proclaim your praise.”**

Antiphon of Day (or
feast or saint or season)

Psalm 95, Ps 100, Ps 67,

OR Ps 24 (pick one)

Doxology

Repeat Antiphon

OK, so I've got basic morning prayer and evening prayer, and this one Invitatory Psalm....

But what if this isn't a 'normal' weekday? What if it's a feast or saint's day or something, huh?



When is a feast not a Feast?

A “feast day” day may be:

Solemnity

Begin night
before, TWO
Evening Prayers

Triduum & Easter Week

Christmas & Epiphany

Other Feasts of the Lord (Ascension, Trinity,
Corpus Christi...)

Other Major Feasts (Annunciation, All Saints...)

Sundays & Patronal Feasts

Feast

Other major events / people; often like a Solemnity

Memorial

(Obligatory except in Lent or Dec 17-24)

Optional memorial

So How Do I Know What I'm Supposed to Pray? And Where IS it?

1.Determine its rank: use ordo, Church calendar, calendar in the book, what it says right there...

1.Locate its proper parts (season, calendar)

1.If necessary, use proper parts found in
“Commons” at back of book

For Solemnities and Feasts, pray all the proper parts.

Memorials (obligatory) are to be prayed either (GILH, 235):

- Maximally, use the appropriate common throughout and all the proper parts as indicated. Use nothing from weekday.
- Medially (mixed), use the psalmody of the weekday, then, from the reading to the end, the common and proper parts.
- Minimally, use the weekday throughout; only use the proper parts (usually antiphon and/or closing prayer) as indicated.

Optional Memorials may be prayed just like memorial, either maximally, mixed, or minimally, ***or not at all***.

During Lent & Dec 17-24, all memorials become optional commemorations and are prayed in barest minimum way (antiphon for canticle inserted into closing prayer).

01,ti e Prayer

Psalms. of ,h currelilt w,e□day lfl th P□al□er with the Ea ter niphxolu
Rea-ding from ttle ctm □ a pos.tle , p. 348, Prayle,, as bov

E1e i I PnJ r

CANTICLE O MARY

I You hav,e not ,chosen me but I navecno·sen Y:<?U ano
have appointed you to go forth and bear frmt, an
your fru□t Wm remain.

[In the dioceses of the United States]

ay 1

ST. ISIDORE

From the comm.on o1 holy men. p. 14.1 •

p 'l r

Lord God
all creation □s ycurs. and you call us to serve you
by car\ng for the gifts that surround us.
Ma ythe example of Saint I1s·dor,e urge us
to share our food witll trti·e tu..mgry
andto, work for the sa\lvation of mankind.

We ask. this...

ay 18

ST. JOHN I POPE AND MAR'JVR

Sailil John as om ln T1,1S(: 1111) a1md e cted i ho ofl e: Churcfl o.
io 523. Me nl to Empero J11s.tl i Cont.t:an,Uno:ple an JllbaWdor
Kinil, Th!Odch"ic. Oliil h□ re urn wa cap u red by th1i king. who was d'i
□ the ,outcome0 th □mba s), rKl c:aHit I to pri;an Ravenna ,,. mt
died n 2

roml cornmorn o'f one martyr, P1 l 71, ar o Ji :r() p. 133□.

Prayer

God our Father,
rewarder of all ho b lieve.

ear o r prayers

as we celebrate the martyrdom of Pope John.,
Help ms to fo low h'm m loyalty o t e faith.

Gr nt his...

ay 20

ST. BERNARDINE OF SIENA, PRIEST

Saint Bernardine was a m □1 ssa Maritti a in ruse.any lrci 1 e ,tf ent ried
the Friars Minor and, aft r e,n on:l:ainetl lo ll ries hood. trav@!!d t h·
out Italy preaching with great s.uccess. He i s d devat.ioo 1,p t ly-
name of Jesus and fostered eamin1 ond d'isc1 In h1S! Ora :r, H□ als
theological treatises. Saiot Berna In aied a ila, i l

□rc!l1 t E: <:Offill IJfl of pars,t<Jr , p. l 85, or Of c,ly men: rel gJo s. 1414.

P yer

Fath r.

ya gave Saint Bernardine a special love
for ttle oly name of Jesus.

By th.e help of his prayers,

ay Me alw 1ys be alive with the spirit of your love.

We ask this...

ay 25

VENERABLE BEDE, PRIEST AND DOCTOR

San gede, □£ b n in_ tle n gl'lil:))Jr oo of the We1rmouth rno aste 1111
□·3. fl s trained l>¥ Sa111'l B let Bl!iCO niJ later eritl:!!ed tbi□ m,mast rV.
Ordained to I pr :sthood, he spent his m nl□lr)l' CAin n,dvrit!irlg, S Int
Bede wrio oo QB cal and h torfc I orks 1n t patristic trnditiO!!!, .and
ained □□r d Sclpturn. tie died in: 7.3.5.

r OM 11,eemn, o of docto · of tti@chllnch.p.13,96,oro ha merh r@lbf 'LIS,
l 14

Prayer

Lo d,
you ave en ightened your Church



May 31
VISITATION

feast

I vitatory

A t Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin Mary.

I vitl OfY s.alm.

Mor i g rayer

Hymn from common of the Blessed Virgin Mary, p. 1328.

Ant.1 Mary arose and went with haste into the hill country to a town of Judah (alleluia).

Psalms and canticles from Sunday, Week I. p. 556.

A 2 When Elizabeth heard Mary's greeting, the infant in her womb leaped for joy, and she was filled with the Holy Spirit (alleluia).

Int. 3 Blessed are you, **Mary**, because you believed that the Lord's words to you would be fulfilled (alleluia).

READING

Joel 2:27-3:1a

You shall know that I am in the midst of Israel;
I am the Lord, your God, and there is no other;
my people shall evermore be put to shame.
Then afterward I will pour out
my spirit upon all mankind.
Your sons and daughters shall prophesy.

RESPONSORY

The Lord has chosen her, his loved one from the beginning
(alleluia, alleluia). **-The Lord...**
He has taken her to live with him, -his Lord...
Mary to the Father... -The Lord...

CANTICLE OF ZECHARIA

Int. When Elizabeth heard Mary's greeting, she cried out and said: Who am I that the mother of my Lord should come to me? (alleluia).

INTERCESSIONS

Just glorify our Savior, who chose the Virgin Mary for his mother. Let us ask him:
May your mercy endure for us, Lord.

On of Justice, the immaculate Virgin was the light dawn announcing your rising, grant that we may always live in the light of your coming. **(R.)** Aid, help us imitate Mary, your mother, who chose the best path, may we work the food that will sustain us for ever. **(R.)** Savior of the world, by your redeeming might you preserve

your mother's forehead from all stain of sin, keep watch over us, let us smile. **{RJ}** You are our redeemer, who made the immaculate Virgin Mary your purest home and the sanctuary of the Holy Spirit, make us temples of your Spirit for ever. **(.)**

Our Father...

Prayer

Eternal Father,
 you inspired the Virgin Mary, mother of your Son. to
 visit Elizabeth and assist her in her need.
 Keep us open to the working of your Spirit,
 and with Mary may we praise you for ever.

We ask this...

Daytime Prayer

Antiphons and psalm from the week day. For the complementary psalmody
 in place of psalm 122, psalm 129 may be said, p. 974, and in place of psalm
 127, psalm 131 may be said, p. 832.

1111 114C

READING Judith 1:7b

Blessed are you in every tent of Judah; and in every foreign
 nation, all who hear of you will be struck with terror.

Blessed are those who hear the word of God, alleluia.
 -And cherish it in their hearts. alleluia.

114C

READING To it 12:6t

Thank God! Give him the praise and the glory. Before
 the living, acknowledge the many good things he has done for
 you, by blessing and extolling his name in song.

Blessed is the womb of the Virgin Mary, alleluia.
 -Who bore the Son of the eternal Father, alleluia.

114C

READING Wisdom 7:27-2

Wisdom who is one, can do all things,
 and renews everything while herself perduring;
 And passing into holy souls from age to age,
 she produces friends of God and prophets.

For there is nought God loves, be it not one who dwells
 with Wisdom.

Blessed are you among women, alleluia.
 -And blessed is the fruit of your womb, alleluia.

Prayer, In the Prayer.

Evening Prayer

Hymn, Mother of help • (1Mt. p. 13 4)

All. 1 Mary entered the house of Zechariah, and greeted
 Elizabeth (alleluia).

salms and canticle from the common office of the Blessed Virgin Mary, p. 1335.

Ant. 2 When your greeting sounded in my ears, the infant
 in my womb leaped for joy (alleluia).

Ant. 3 Blessed are you among women, and blessed is the
 fruit of your womb (alleluia).

READING

1 Peter 5:5b-7

...our relations with one another, clothe yourselves with
 humility, because God is stern with the arrogant but to the
 humble he shows kindness." Bow humbly under God's mighty
 and, so that at the due time he may lift you high. Cast all your
 cares on him because he cares for you.

SPONSORY

ail Mary, full of grace, the Lord is with you (alleluia, alle-
 luia). - Hail Mary...

Blessed are you among women, and blessed is the fruit of
 your womb. - That is the Lord ...

:ANTICLE OF MARY

t. All generations will call me blessed. the Lord has
 looked with favor on his lowly servant (alleluia).

'TE CESSIONS

Let us praise God our almighty Father, who wished that Mary,
 his Son's mother, be celebrated by each generation. Now
 in the end we ask:

ry, fill of grace, intercede for us.

God, worker of miracles, you have made the Immaculate Virgin
 Mary share body and soul in your Son's glory in heaven,
 direct the hearts of your children to that same glory, (R.)
 Lord, make your Church one in
 mind and heart, united in your
 love,
 -and keep Christians united in

pray r with Mary, the mother of all moters of families
o esus. nu her interc ssion. (R.)
You mad Mary the mother of You crowned Mary queen f
-m crcy, heav n,
y all who are faced wl h
trials f I her motherly love. IR.I
You 11ished M ry to be the mother
o the family in the home of
Jesu and Joseph,
-may allthe de d rejoice in your
kingdom wi h the saints or
ever. (It)
Our Father...

Pray r

Eternal Father S
you inspired the Virgin Mary, mother of your on,
to visit Elizabe h and assist her in her n□□d.
Keep s open to the working of you Spint,
and with Mary may we praise you for ever.
We ask this...

Saturday following the Second Sunday atter Pentecost
IMMACULATE HEART OF MARY

Frm th common ot the Blessed Virgin Mary, , 328, exc pt fort f *
lowin :

M r in& Prayer

CA TICLE OF Z C ARIAH

Ant. My heart and my flesh rejoice in he living God.

Prayer

Father, v. • M ry
you prepared the hear of the 1rg1n . □
to be a fi f ng home for yo r Holy Spirit.
By her prayers
may we become a more worthy temple of your g¹or□.

Grant this...

Eveni g Prayer

CANTICLE OF MARY

Allt. My eart rejoices in the Lord, for the almighty ha.
done great t ings for me.

June

June 1
ST. JUSTIN, MARTYR

riill
Sai t Justin, phllo p|• r and martyr, was born of p n pare ts at Flavia
lea□olls In S ma na at the inning of tt • c nd century, Following I con-
mion o th faith he □rote m y works m defense of relig' , of ,hith we
□ ly two: the AJoloty and the Di l01•e with Tr»h:. He also opened school
it Rome in wtiich public d b te □r held. Jus in was martyred along vittt
e-e□ I companions duri the r n or Marcus Aurelius around they r 165.

From common of□ martyr, p. 1371.

M r i•& Prayer

□ TICLE OF ZECHARIAH

t. In every sacrifice let us praise the Creator of all things
t rough his Son Jesus Christ and through the Holy
Spirit (alleluia).

Pray r

Father,
rough the folly of the cross
you taught Saint Justin the sublime wisdom of Jesus Christ.
ay we too reject falsehood
and remain loyal to the fajth.
We ask this...

EH Int Prayer

TIC E OF MARY

Suddenly my soul caught fire, and I became filled with
love for the prophets and those men who are the
friends of Christ (alleluia).

June 2

STS. MARCELLINUS AND PETER, MARTYRS

Pop□ Damasus is our au hority for them rtyrdom of S int arcellinus and
er during the Dio<:le ian p cu ion. He received hi\$ in miation from
e tioner himself. They were beheaded in a grove, but their bod. were
d nd burie<l In the cemetery Ad slat on t Via Lablc n.a. Otlee peace
• btt r r tored, the Church built a basilica over their tombs,

from he common of averal martyrs, p. 1357.

Other Variants & Options & Possibilities

Do I gotta sing *that* hymn?

Options for the Intercessions (two ways)

Individual vs. Communal style

The Psalm Prayers: entirely optional

Optional Memorial of Blessed Virgin Mary on Saturdays

Office of the Dead

Combining the Hour with Mass or with Holy Hour &
Benediction

Combining Office of Readings with Morning Prayer

Pastoral Possibilities: A MOST flexible liturgy!

PROPER OF SEASONS

ADVENT

- 34 On Jordan's bank
 53 Maranatha
 56 Come, thou long-expected Jesus
 57 Be comforted, my people
 58 Hear the herald voice resounding
 59 The King of glory
 60 Wake, awake, the night is dying
 61 Creator of the stars of night
 62 Thou heavens, open from above
 63 O come, O come Emmanuel
 64 The coming of our God
 65 Behold a Virgin bearing him
 66 The night now is ending (Song of Salvation)
 67 Behold, a rose of Judah

CHRISTMAS

- 68 Unto us a child is born (A Child is Born)
 69 From heaven high
 70 Go tell it on the mountain
 71 O come, all ye faithful
 72 Songs of praise the angels sang
 73 Virgin-born, we bow before you
 74 What child is this
 75 A Child is born in Bethlehem
 76 Unto us a child is given

HOLY FAMILY

- 77 Sing of Mary, pure and lowly
 78 Joseph

MARY, MOTHER OF GOD

- 79 Virgin-born, we bow before you
 79 Joy to you
 80 O Mary, of all women

EPIPHANY

- 3 Sion, sing
 11 All you nations
 81 As with gladness men of old
 84 Songs of thankfulness and praise

No.

BAPTISM OF THE LORD

- 82 Sing praise to our Creator
 83 When Jesus comes to be baptized
 84 Songs of thankfulness and praise

LENT

- 53 The Master came
 85 Now let us all with one accord
 86 Creator of the earth and skies
 87 Lord, your glory in Christ we have seen
 88 Praise to the holiest
 89 The glory of these forty days
 90 Grant to us
 91 With hearts renewed
 92 Take up your cross
 93 For forty years
 94 Lord who throughout these forty days
 95 This is our accepted time
 96 Draw near, O Lord
 97 When I survey the wondrous cross
 99 When from the darkness
 100 Let all mortal flesh keep silence

PASSION SUNDAY (PALM SUNDAY)

- 59 The King of glory
 87 Lord, your glory in Christ we have seen
 101 Crown him with many crowns
 102 Hail, Redeemer, King divine
 103 glory, praise and honor
 104 O Sacred Head, surrounded

HO

- 87 L.1ul, en
 92 ur cross
 93 survey the wondrous
 104 dred Head, surrounded
 106 e you there

No.

- This I ask (John 15)
 106 Have mercy, O Lord
 107 I shall praise the Savior's glory
 108 The word of God proceeding
 109 forth
 110 My loving Savior
 111 Christ, victim for the sins of men

EASTER

- 14 All creatures of our God and King
 98 Keep in mind
 112 Alleluia! The strife is o'er
 113 We who once were dead (In the Midst of Death)
 114 I am the bread of life
 115 Christ Jesus lay in death's strong bands
 116 At the Lamb's high feast
 117 The day of resurrection
 118 Jesus Christ is ris'n today
 119 Ye sons and daughters
 120 Christ the Lord is risen today

For Hymns

1503

- 121 Alleluia! Sing to Jesus
 122 Hail thee, festival day
 123 Christ the Lord is ris'n today

ASCENSION

- 122 Hail thee, festival day
 124 Let the earth rejoice and sing
 125 Praise him as he mounts the skies
 126 The head that once was crowned with thorns

PENTECOST

- 18 Breathe on me, breath of God
 21 Father, Lord of earth and heaven
 22 Holy Spirit, come confirm us
 23 Come, Holy Ghost, who ever one
 122 Hail thee, festival day
 127 Come, Holy Ghost, Creator come
 128 The Spirit of God
 129 Holy Spirit, God of light
 130 Send forth your Spirit (Splendor of Creation)

ORDINARY TIME

Morning Prayer

- 1 On this day, the first of days (Sunday only)
 2 Brightness of the Father's glory
 3 Sion, sing
 4 Morning has broken
 5 Darkness has faded
 6 When morning fills the sky
 7 Lord whose love in humbler service
 8 Praise, my soul, the of heaven

- 9 Sing with all
 10 I sing the ... ti HOJ
 11 All you nations ... otW
 12 This day Go
 13 God Father ... tat
 14 All creatures ... mires of
 15 O God of
 16 We turn ... lo
 17 ... Ill Ult

- 20 From all that dwell below the skies
 82 Sing praise to our Creator
 91 With hearts renewed
 131 All hail, adored Trinity
 132 Holy, holy, holy
 151 Praise the Lord, ye heavens, adore him

Daytime Prayer: Midmorning

- 18 Breathe on me, breath of God
 19 From all that dwell below the skies
 20 From all that dwell below the skies
 21 Father, Lord of earth and heaven
 22 Holy Spirit, come confirm us
 23 Come, Holy Ghost, who ever one
 127 Come, Holy Ghost, Creator come
 128 The Spirit of God
 130 Send forth your Spirit (Splendor of Creation)



The Psalms: **THE *Christian* Prayer Book *par excellence***

“Those who pray the psalms in the liturgy of the hours do so not so much in their own name as in the name of the entire Body of Christ...” (GILH, 108).

The Psalms in the Liturgy of the Hours

“Be aware of their FULL sense, especially their Messianic sense, which was the reason for the Church’s introduction of the psalter into its own prayer....Following our Lord’s own affirmation of the Messianic sense, the Fathers of the Church saw the whole psalter as a prophecy of Christ...” (GILH, 109).



The Psalms are therefore prayed:

- 1. In Jesus: His prayer to the Father, the Father's affirmation of the Son**
- 2. As the entire Church's offering to the Father: ALL the Mysteries of Christ**
- 3. As our own prayer being formed in us by the Spirit who teaches us how to pray**
- 4. As teaching us about Christ and his Mysteries**
- 5. Lastly, as our individual expression in the moment**

**Psalms are prayed
Christologically (in
Christ Jesus, about
Christ Jesus) and
Typologically
(foreshadowing Jesus,
the New Covenant,
the Church, our
Destiny in Christ)**



Aids to praying the Psalms more fully:

The selection of the Psalms for the particular day or feast

The antiphons

The captions (headings) & Scriptural or Patristic saying
accompanying the psalms

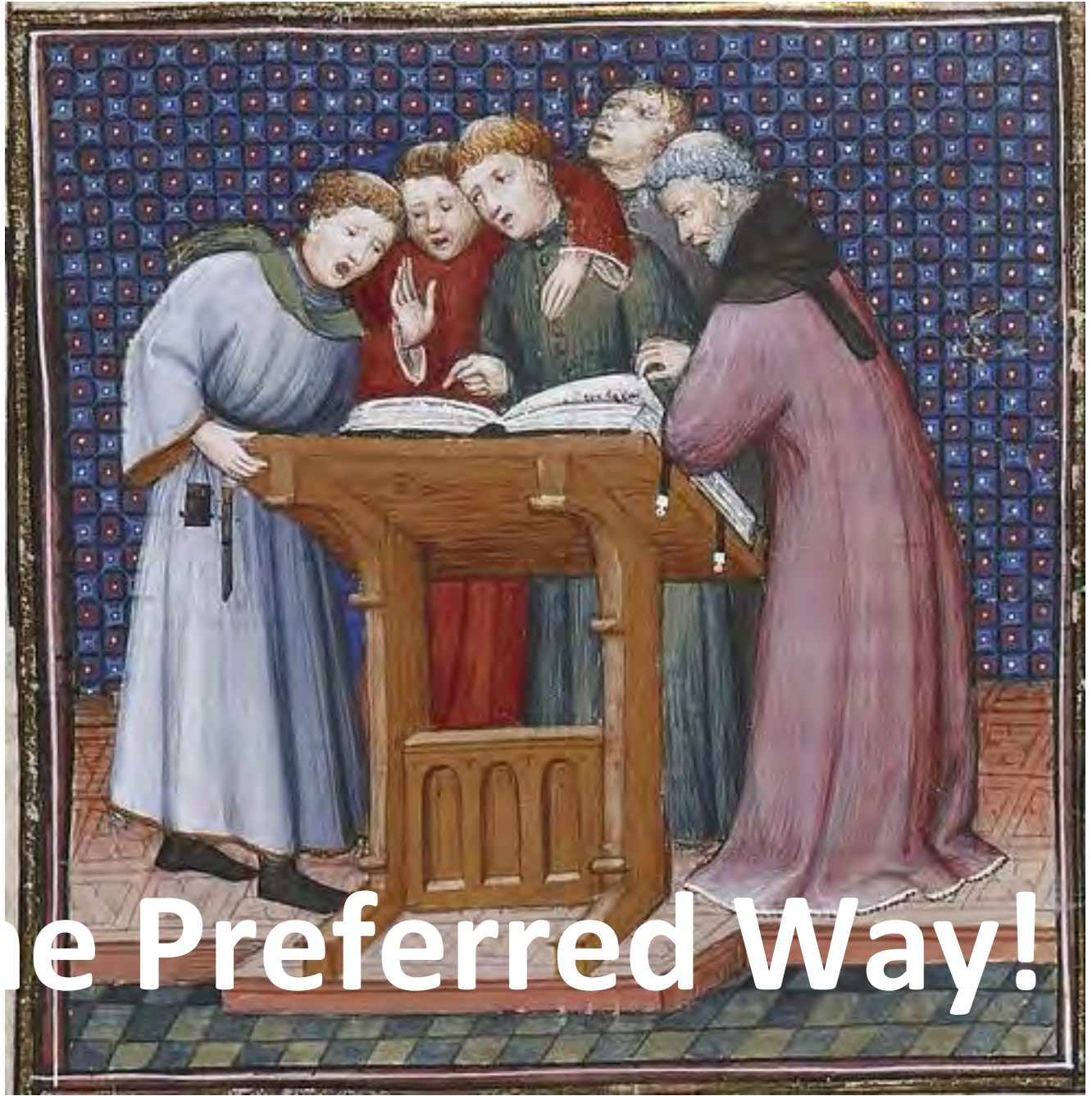
The optional psalm prayers

The gradual interiorization of the mystical content, under
guidance of the Spirit (how the monks prayed)

Study & commentary: St. John Paul II & Benedict XVI,
resources listed or included in handbook



Chant: The Preferred Way!



Week III

Prayer

aiding us
of this day's work.
forgive the sins
through human weakness.

our Lord Jesus Christ, your Son,
with you and the Holy Spirit,
ever.

ary.

WEEK III

tory

Friday, Morning Prayer

907

Psalm 51

O God, have mercy on me

your inmost being must be renewed, and you must
put on the new man (Ephesians 4:23-24).

Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.

Two Treasures:

The Office of Readings



Night Prayer (Compline)



The Office of Readings

Call to Prayer

Hymn

Psalmody with antiphons

Short response

Longer Scripture reading (cycle different from Lectionary)

Short response

Longer Patristic (or saint's) reading

Short response

Te Deum (on Sundays, Solemnities, Feasts)

Concluding Collect



Night Prayer (Compline)

Call to Prayer

Examination of Conscience

Hymn

Brief Psalmody (one or two psalms)

Brief Scripture reading

Short response

Gospel Canticle of Simeon (*Nunc Dimittis*) with antiphon

Concluding Prayer, followed by: “May the all-powerful Lord
grant us a restful night and a peaceful death. Amen.”

Marian Antiphon (optional)



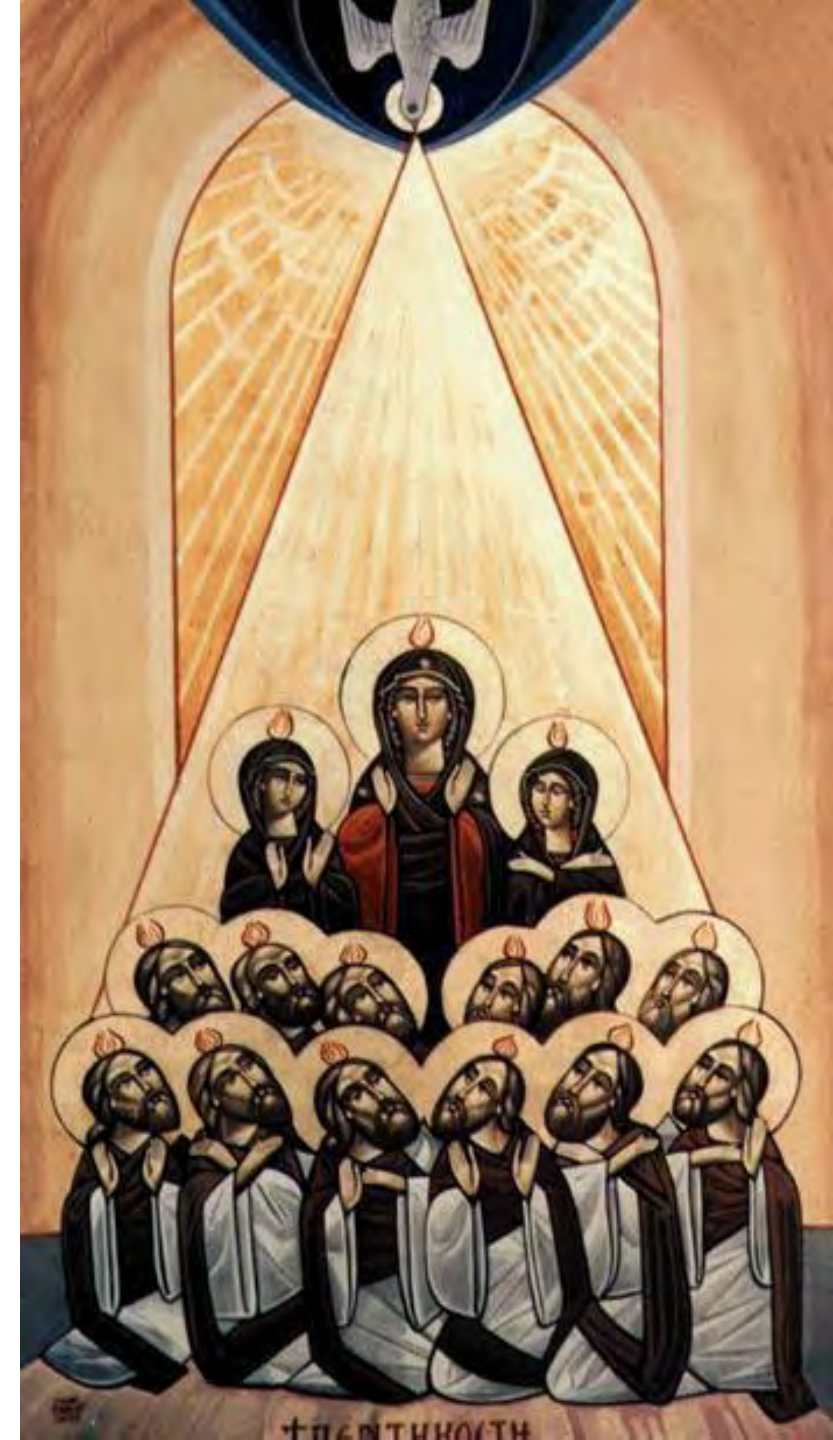
On the horizon: The NEW Translation (finally!)

- Modification of Grail Psalter, based on Catholic American Bible (forthcoming in 2027, to replace NAB in lectionary), now to coincide for first time (!) with psalm translation at Mass.
- EVERYTHING else freshly translated.
- MANY recent saints, other feasts added.
- Many other tweaks, e.g., doxology “...world w/o end,” psalm prayers to supplement, restored hymnody, optional two-year OR.
- Two publishers: Ascension Press; Word on Fire
- Eight variant bindings & sizes; 5th volume Supplement (maybe).
- Rolling availability over one year, beginning Lent 2027.
- Mandatory use Advent 2028 (by which time excerpts expected).

Where might the Liturgy of the Hours lead us?

Allowing this Liturgy to feed our life of prayer

“There can be no Christian prayer without the action of the Holy Spirit who unites the whole Church and leads it through the Son to the Father” (GILH, 8



Allowing this Liturgy to feed our life of prayer:

Connects us more fully to Eucharist...

With the Fathers of the Church

With the Body of Christ now

As an Apostolate / Mission: Intercession

Forming our desires

As a ground for *Lectio Divina* (see handbook)

Binham Priory, County Norfolk, England



My Holiday and
later
Honeymoon
spot: Praying
the Liturgy of
the Hours
where men had
prayed for 450
years....



***Cor ad
cor
loquitur***



**Ever
further,
ever
deeper in**



“Set your minds on heavenly things, where Christ is, seated at the right hand of God.” Col 3:1-4



“Come Lord, stir us up and call us back,
kindle and seize us, be our fire and our
sweetness. Let us love, let us run.”

Augustine

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