

LITURGY OF THE HOURS - if prayed every hour straight through the day

Invitatory <i>Only done once with the first Hour of the day</i>	(STAND) “Lord, open my lips, — and my mouth will proclaim your praise.”
At following hours, use ‘Intro’	Antiphon
	Psalm 95 (or 100, 67, 24)
	Glory to the Fa...
	Antiphon
Office of the Reading (Matins)	Hymn
Psalmody	(SIT) Antiphon 1
	Psalm, Glory to the Fa...
	Antiphon 1
	Antiphon 2
	Psalm, Glory to the Fa...
	Antiphon 2
	Antiphon 3
	Psalm, Glory to the Fa...
	Psalm prayer
	Antiphon 3
	<Silence>
	Verse
Readings	1st Reading
	Responsory
	2nd Reading
	Responsory

	Sundays/ Solemnities and Feast: Hymn: Te Deum
	Concluding Prayer, Acclamation
Morning Prayer (Lauds)	(STAND-) Intro, Glory to the Fa...
	Hymn
Psalmody	(SIT) Antiphon 1
	Psalm, Glory to the Fa...
	Psalm prayer
	Antiphon 1
	Antiphon 2
	OT Canticle, Glory to the Fa...
	Antiphon 2
	Antiphon 3
	Psalm of praise, Glory to the Fa...
	Psalm prayer
	Antiphon 3
Reading	Reading
	Responsory
	<Silence>
Gospel Canticle	(STAND) Antiphon
	Canticle of Zachariah, Glory be...
	Antiphon
	Intercessions
	The Lord’s Prayer
	Concluding Prayer, Dismissal

Daytime Prayer	
Midmorning Prayer (terce)	(STAND) Intro, Glory to the Fa...
	Hymn
Psalmody	(SIT) Antiphon 1
<i>use current psalms</i>	1 st Psalm, Glory to the Fa...
	Antiphon 1 <i>(except Lent)</i>
	Antiphon 2 <i>(except Lent)</i>
	2 nd Psalm, Glory to the Fa...
	Antiphon 2 <i>(except Lent)</i>
	Antiphon 3 <i>(except Lent)</i>
	3 rd Psalm, Glory to the Fa...
	Antiphon 3 <i>(except Lent: Do Antiphon 1)</i>
	Reading
	<Silence>
	Concluding Prayer
	Acclamation
Midday Prayer (Sext)	(STAND) Intro, Glory to the Fa...
	Hymn
Psalmody	(SIT) Antiphon 1
<i>Use complementary psalms</i>	Psalm, Glory to the Fa...
	Psalm prayer
	Antiphon 1 <i>(except Lent)</i>

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	Antiphon 2 (except Lent)
	Psalm, Glory to the Fa...
	Psalm prayer
(Midday prayer cont'd)	Antiphon 2 (except Lent)
	Antiphon 3 (except Lent)
	Psalm, Glory to the Fa....
	Psalm prayer
	Antiphon 3 (except Lent - Do Antiphon 1)
	Reading
	Antiphon
	<Silence>
	Concluding Prayer, Acclamation
Mid afternoon Prayer (None)	(STAND) Intro, Glory to the Fa....
	Hymn
Psalmody	(SIT) Antiphon 1
<i>Use complementary psalms</i>	Psalm, Glory to the Fa...
	Antiphon 1 (except Lent)
	Antiphon 2 (except Lent)
	Psalm, Glory to the Fa...
	Antiphon 2 (except Lent)
	Antiphon 3 (except Lent)
	Psalm, Glory to the Fa...

	Antiphon 3 (except Lent - Do Antiphon 1)
	Reading
	<Silence>
	Concluding Prayer, Acclamation
Evening Prayer (Vespers)	(STAND) Intro, Glory to the Fa...
	Hymn
Psalmody	(SIT) Antiphon 1
	Psalm Glory to the Fa....
	Antiphon 1
	Antiphon 2
	Psalm, Glory to the Fa...
	Psalm prayer
	Antiphon 2
	Antiphon 3
	NT Canticle, Glory be...
	Antiphon 3
	Reading
	Responsory
	<Silence>
Gospel Canticle	(STAND) Antiphon
	Magnificat, Glory to the Fa...
	Antiphon
	Intercessions
	The Lord's Prayer
	Concluding Prayer, Dismissal

Night Prayer (Compline)	(STAND) Intro, Glory to the Fa...
	(STAND or KNEEL) Examine of Conscience
	Act of Contrition
	(STAND) Hymn
Psalmody	(SIT) Antiphon 1
	Psalm, Glory to the Fa...
	Antiphon 1
	Reading
	Responsory
Gospel Canticle	(STAND) Antiphon
	Canticle of Simeon, Glory to the Fa...
	Antiphon
	Concluding Prayer, Blessing
	Antiphon of BVM

Follow directions in book for Solemnities, Feast Days, and Memorials.

Intro for all other Hours of prayer:

God, come to my assistance.
—Lord, make haste to help me.

Doxology:

Glory to the Father, and to the Son and to the Holy Spirit,
—As it was in the beginning, is now and will be forever. Amen.

Dismissal:

May the Lord bless us
Protect us from all evil,
And bring us to everlasting life.

Acclamation

Let us praise the Lord,
—And give him thanks.

Night Blessing:

May the all-powerful Lord grant us a restful night and a peaceful death. Amen.