



**RECORDING
THIS
SESSION**



How to Pray the Liturgy of the Hours

step-by-step instructions

INTRODUCTION

Opening Prayer



God, you have made the heavens and the earth.

You have revealed your beauty in creation and inspired the LOTH prayers that we are now about to study.

Please help us now as we read and learn together.

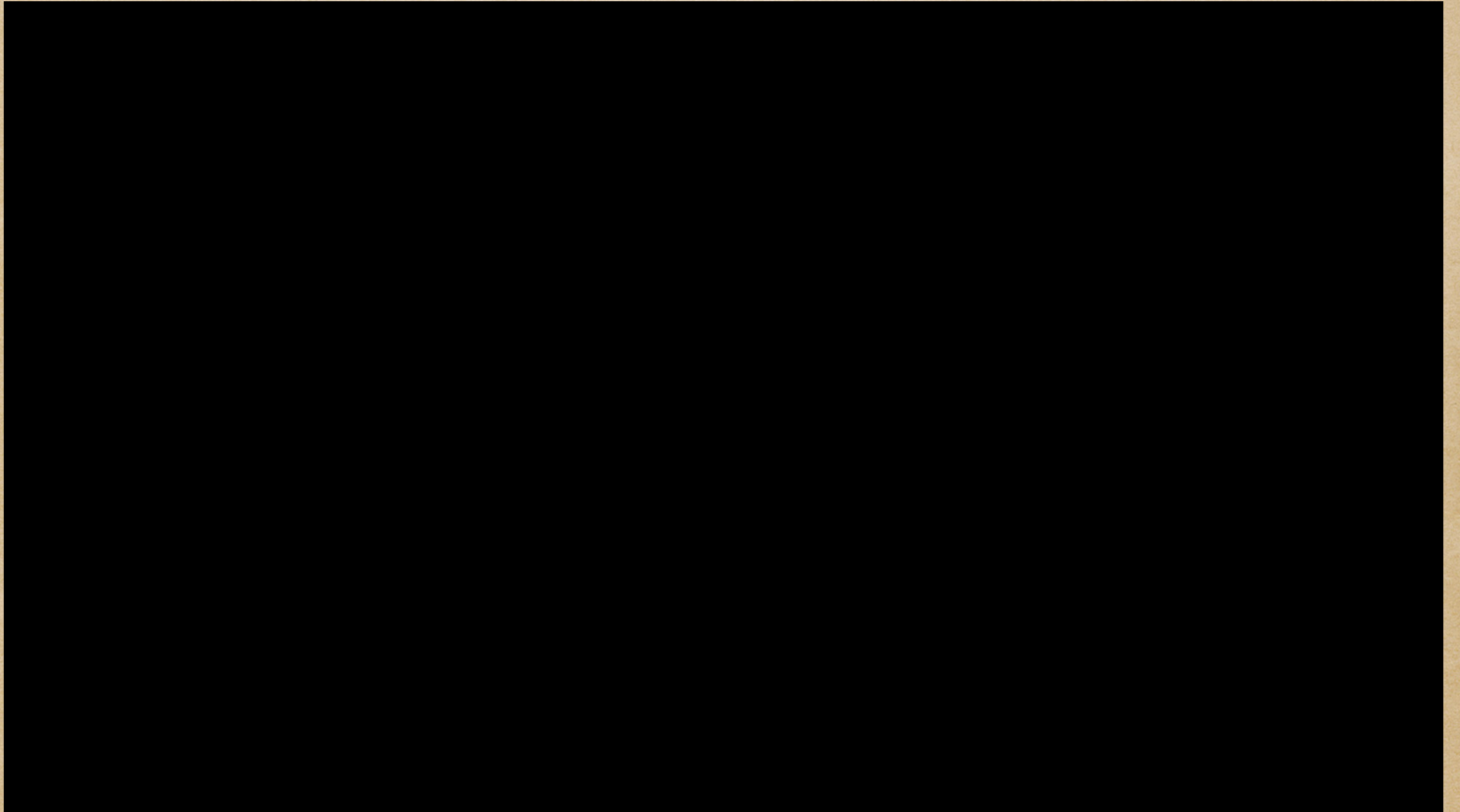
Take us deeper into understanding more about you and your love for us.

Amen.

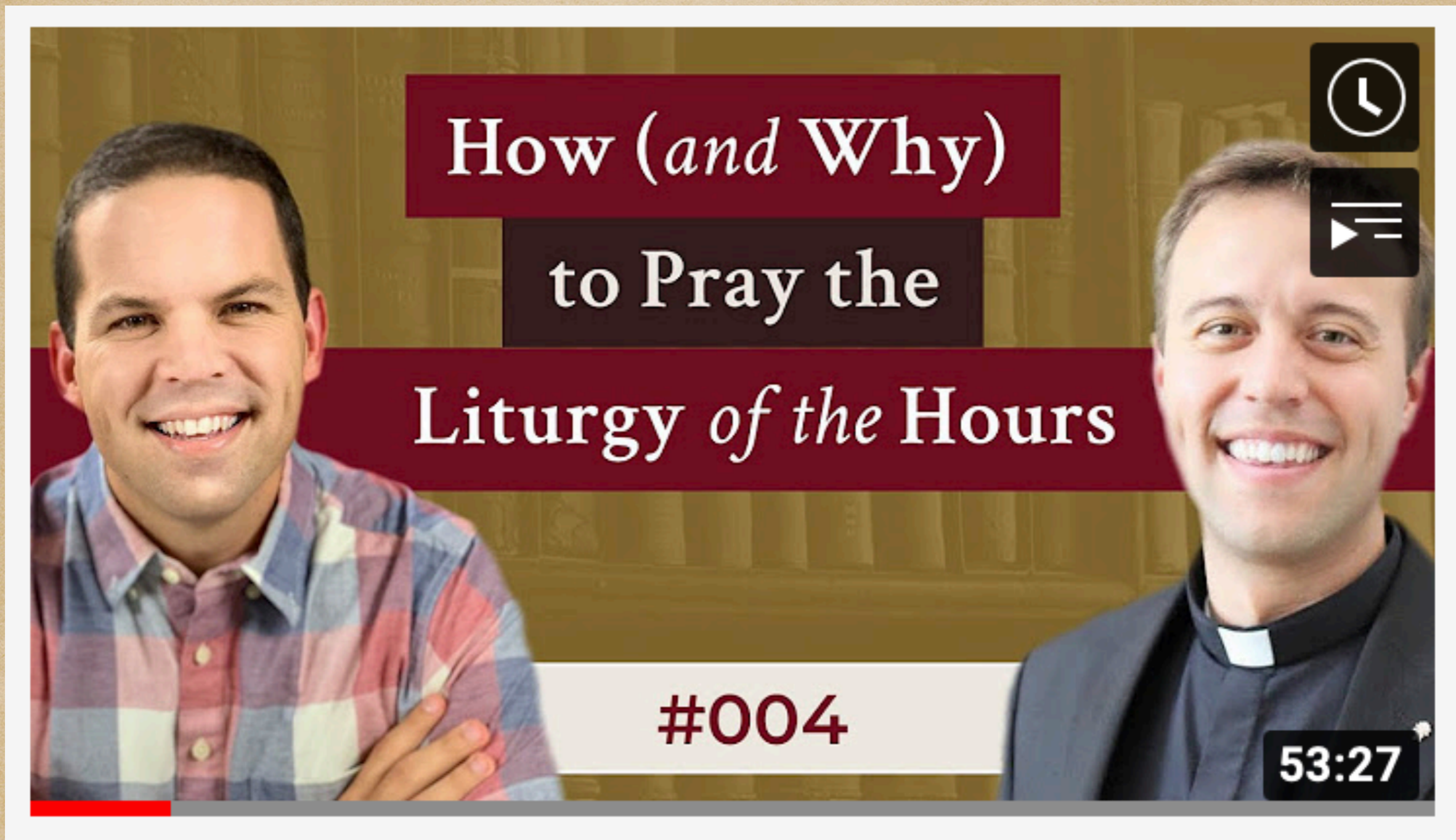


*Advent &
Christmas*

Father Casey



Praying the Liturgy of the Hours | Breaking the Habit
https://www.youtube.com/watch?v=3z3qhAd0K_I

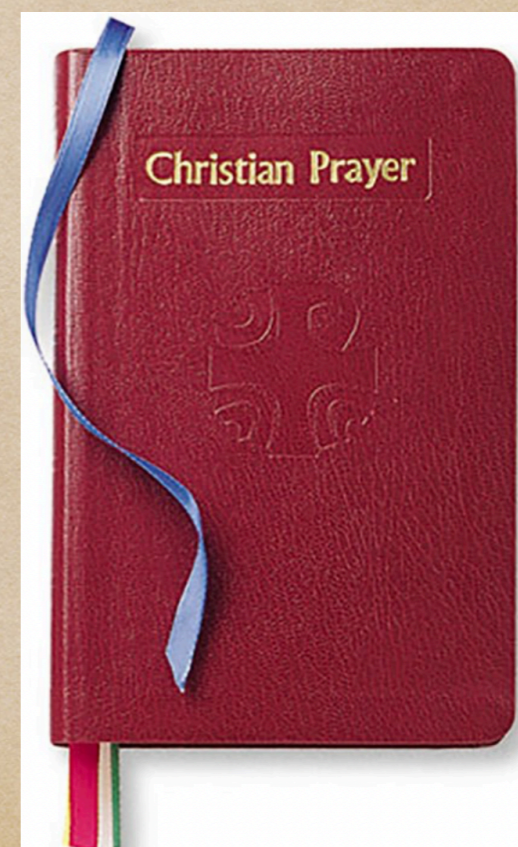


Brandon Vogt and Fr. Blake Britton | Burrowshire Podcast

<https://www.youtube.com/watch?v=GUr5r9zZ9ZQ&t=177s>

Names

- ◆ Liturgy of the Hours
- ◆ Divine Office Office = duty
- ◆ Canonical Hours
- ◆ Breviary
- ◆ Opus Dei (Work of God)

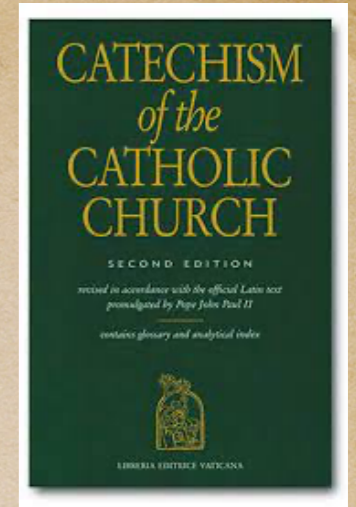


Names

Official Common Prayer of the Church

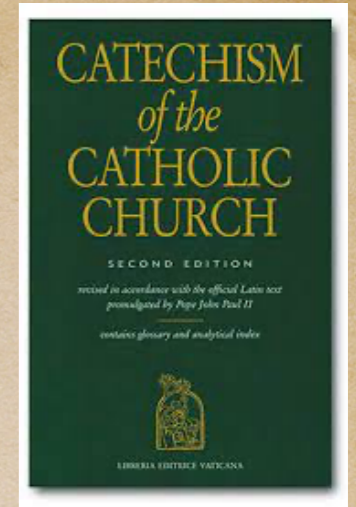
- Required by clergy and religious
- Recommended for laity

Catechism of the Catholic Church



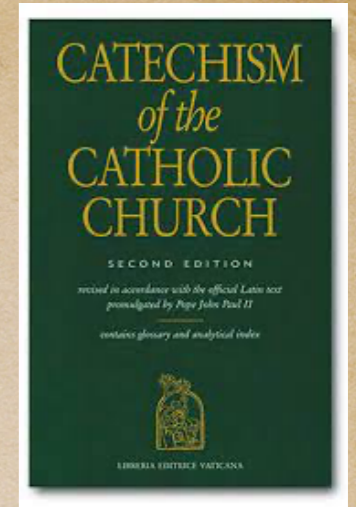
§1174 - The mystery of Christ, his Incarnation and Passover, which we celebrate in the Eucharist especially at the Sunday assembly, permeates and transfigures the time of each day, through the celebration of the Liturgy of the Hours, "the divine office." This celebration, faithful to the apostolic exhortations to "pray constantly," is "so devised that the whole course of the day and night is made holy by the praise of God." In this "public prayer of the Church," the faithful (clergy, religious, and lay people) exercise the royal priesthood of the baptized. Celebrated in "the form approved" by the Church, the Liturgy of the Hours "is truly the voice of the Bride herself addressed to her Bridegroom. It is the very prayer which Christ himself together with his Body addresses to the Father.

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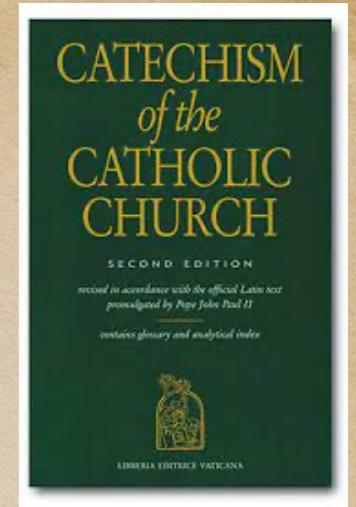
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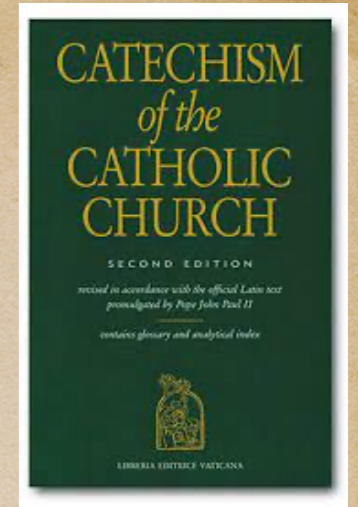
§1175 - The Liturgy of the Hours is intended to become the prayer of the whole People of God. In it Christ himself "continues his priestly work through his Church." His members participate according to their own place in the Church and the circumstances of their lives: priests devoted to the pastoral ministry, because they are called to remain diligent in prayer and the service of the word; religious, by the charism of their consecrated lives; all the faithful as much as possible: "Pastors of souls should see to it that the principal hours, especially Vespers, are celebrated in common in church on Sundays and on the more solemn feasts. The laity, too, are encouraged to recite the divine office, either with the priests, or among themselves, or even individually."

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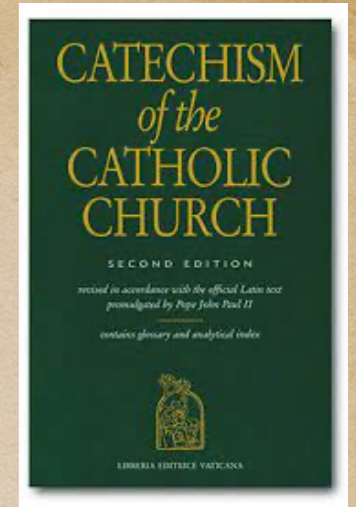
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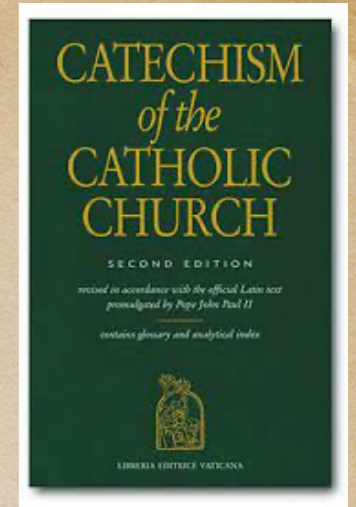
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What is Liturgy

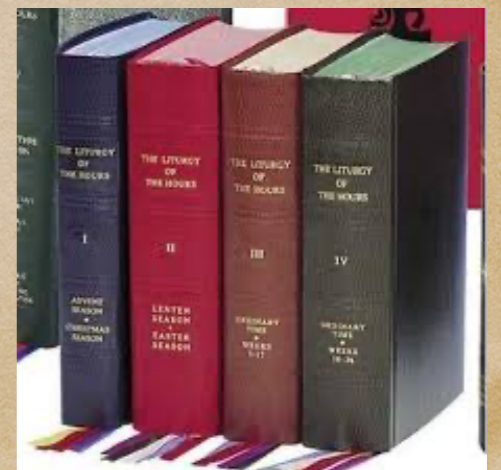
- ◆ liturgy (*Greek*)
- ◆ liturgy =
- ◆ The Mass and other sacraments have been significant parts of public worship for centuries
- ◆ The Liturgy of the Eucharist in particular
- ◆ Prayed with



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sion of the

What is Liturgy

- ♦ liturgy (*Greek*) = public work
 - ♦ liturgy = public worship
- ♦ The Mass and the Liturgy of the Hours have been significant parts of the Church's public worship for centuries
- ♦ The Liturgy of the Hours is an extension of the Eucharist in the Mass
- ♦ Prayed with others worldwide



Why?

- ◆ The Liturgy of the Hours (LOH) helps us to pray without ceasing so that our entire day/life is oriented to and focused on our relationship with God
- ◆ **one's whole life is a prayer**

Why?

- ◆ Jesus told the disciples the necessity to pray (Luke 18:1): Then he told them a parable of the Persistent Widow — about the necessity for them to pray always without becoming weary.
- ◆ Paul reminds us to ‘pray without ceasing’ (I Thess 5:16-18)

Why?

- ◆ Those who are devoted to God have long prayed several times per day
 - ◆ Psalms 119:62, “At Midnight I rise to praise you”
 - ◆ Psalms 119:164, “**Seven times** per day I praise you because your judgments are righteous.”
 - ◆ Daniel 6:11, Daniel defies the decree of his captors not to pray, and prays anyway

Why?

♦ Jewish Prayer book - Siddur

לכו ^{Tehillim 95} Come, let us sing* to Adonai; let us shout joyfully to the Rock of our salvation. Let us greet Him with thanksgiving; let us raise our voices to Him in song. For Adonai is a great God and a great King above all powers.* The depths of the earth are in His hand, and the heights of the mountains belong to Him. The sea is His, for He made it, and His hands formed the dry land. Come, let us bow and bend down. Let us kneel before Adonai, our Maker, for He is our God, and we are the people of His pasture – the flock of His hand. If only you would heed His voice today.* “Do not harden your hearts as you did at Meriyah, like on that day at Massah in the desert where your ancestors tested me – they tried me although they had seen my deeds. After forty years I became weary of that generation, and I said, “They are a people whose hearts go astray, and they did not understand My ways.’ Therefore, I swore in my anger that they would not enter My resting place.”

שירו ^{Tehillim 96} Sing a new song to Adonai! Sing to Adonai, all the earth! Sing to Adonai, bless His name! Proclaim His salvation each and every day. Recount His glory among the nations and His wonders among all peoples because Adonai is great and most praiseworthy. He is awesome beyond all heavenly powers. Indeed, all the gods of the nations are mere idols; it was Adonai Who made the heavens. Majesty and grandeur are before Him; strength and beauty are in His sanctuary. Ascribe to Adonai, you families of nations, ascribe to Adonai honour and power; ascribe to Adonai the honour due to His name. Bring a tribute and enter His courtyards. Bow down to Adonai in the splendour of holiness. Tremble from His presence, everyone on earth. They will declare among the nations, “Adonai reigns!” Indeed, He firmly established the world so it should not be shaken. He will judge the nations ethically. Let the heavens be glad and the earth rejoice. Let the sea and

על-כל-אלהים – During the winter months, when the time between sheki'ah and tzet ha-kokhayim is shorter than in the summer, some communities from Northern Morocco have the custom of shortening Kabbalat Shabbat by skipping from here to Mizmor LeTodah.

תשמעו – Many congregations in Meknes only read Lekhu Neranena until here because the psalm reminds us of our ancestors' sins. They believed that a reminder of past failures was inappropriate during this time of favour when we approach the joyous moment of beginning Shabbat.

לכו ^{תהלים צה} נרננה* ליהוה נריעה לצור ישענו: נקדמה פניו בתודה בזמרות נריע לו: כי אל גדול יהוה ומלך גדול על-כל-אלהים: אשר בידו מחקרי-ארץ ותועפת הרים לו: אשר-לו הים והוא עשהו ויפשת ידיו יצרו: באו נשתחוה ונכרעה נכרעה לפני-יהוה עשנו: כי הוא אלהינו ואנחנו עם מרעיתו וצאן ידו היום אם-בקלו תשמעו: אל-תקשו לבבכם כמריבה כיום מסה במדבר: אשר גסוני אבותיכם כחוננו גם-ראו פעלי: ארבעים שנה | אקוט כדור ואמר עם תעי לבב הם זהם לא-ידעו דרכי: אשר-נשבתי באפי אם-יבאון אל-מנוחתי:

שירו ^{תהלים צו} ליהוה שיר חדש שירו ליהוה כל-הארץ: שירו ליהוה ברכו שמו בשירו מיום-ליום ישועתו: ספרו בגוים כבודו בכל-העמים נפלאותיו: כי גדול יהוה ומהלל מאד נורא הוא על-כל-אלהים: כי | כל-אלהי העמים אילים ויהוה שמים עשה: הוד-והדר לפניו עז ותפארת במקדשו: הבו ליהוה משפחות עמים הבו ליהוה כבוד ועז: הבו ליהוה כבוד שמו שאו-מנחה ובאו לחצרותיו: השתחוו ליהוה בהדרת-קדש חילו מפניו כל-הארץ: אמרו בגוים | יהוה מלך אף-תבון תבל כל-תמוט ידיו עמים במישרים:

לכו נרננה – Kabbalat Shabbat – the Receiving of Shabbat – is inaugurated with 6 psalms (Tehillim 95-100). The custom of welcoming Shabbat with festive psalms derives from an account given in the Talmud [Shabbat 119a] about the Amora'im, who would don their finest clothing on Friday

afternoon and say to one another, “Let us go out to meet the Shabbat Queen and receive her with festive ceremony.” In the 16th century, the kabbalists in Tzefat observed this rite with great care; a group of them would join together and call to one another, “Come, let us go out to meet the

Why?

- ◆ The early Christians continued this pattern of praying throughout the day and night:
 - ◆ Acts 2:42, the early converts devoted themselves to daily prayer
 - ◆ Acts 3:1, Peter and John went to the Temple at 3P to pray
 - ◆ Acts 10:3, Cornelius prayed at 3P
 - ◆ Acts 10:9, Peter prayed at 12N
 - ◆ Acts 16:25, Imprisoned, Peter and Silas prayed at midnight

Why?

- ◆ *The Apostolic Constitution, OR The Holy Constitution of the Apostles*
 - ◆ Dated – 375/380AD
 - ◆ Book VIII
 - ◆ Section XXXIV

- ◆ The Apostolic Constitution (375 to 380 AD)
Bk 7, Sec 34:

At What Hours, and Why, We are to Pray.

Offer up your prayers in the morning, at the **third hour**, the **sixth**, the **ninth**, the **evening**, and at **cock-crowing**: in the **morning**, returning thanks that the Lord has sent you light, that He has brought you past the night, and brought on the day; at the **third** hour, because at that hour the Lord received the sentence of condemnation from Pilate; at the **sixth**, because at that hour He was crucified; at the **ninth**, because all things were in commotion at the crucifixion of the Lord, as trembling at the bold attempt of the impious Jews, and not bearing the injury offered to their Lord; in the **evening**, giving thanks that He has given you the night to rest from the daily labors; **at cock-crowing**, because that hour brings the good news of the coming on of the day for the operations proper for the light.**If it be not possible to assemble either in the church or in a house, let every one by himself sing, and read, and pray, or two or three together. For "where two or three are gathered together in my name, there I am in the midst of them."**

Historical Origin

St. Benedict of Nursia (d. 547 AD)

- ◆ *"Opus Dei"*
- ◆ *Matins*, during night, 2A
- ◆ *Lauds*, prayer at dawn, 5A
- ◆ *Prime*, Early morning, 6A
- ◆ *Terce*, Mid-morning, 9A
- ◆ *Sext*, Midday, 12N
- ◆ *None*, Mid-afternoon, 3P
- ◆ *Vespers*, evening, 6P
- ◆ *Compline*, Night, 7P

Historical Origin

- ◆ Revisions
 - ◆ Pope Pius V, 1568
 - ◆ Pope Clement VIII, 1602
 - ◆ Pope Pius X, 1913
 - ◆ Pope Pius XII

Historical Origin

- ◆ **Vatican II (1962-1965)**
- ◆ International Commission on English in the Liturgy (ICEL)
- ◆ 1975, first publication

Psalm 95 - NABRE

A Call to Praise and Obedience

1

Come, let us sing joyfully to the Lord;
cry out to the rock of our salvation.

2

Let us come before him with a song of praise,
joyfully sing out our psalms.

3

For the Lord is the great God,
the great king over all gods,

4

Whose hand holds the depths of the earth;
who owns the tops of the mountains.

5

The sea and dry land belong to God,
who made them, formed them by hand.

Psalm 95 - ICEL/LOTH

A call to praise God

Come, let us sing to the Lord
and shout with joy to the Rock who saves
us.

Let us approach him with praise and
thanksgiving
and sing joyful songs to the Lord.

The Lord is God, the mighty God,
the great king over all the gods.

He holds in his hands the depths of the earth
and the highest mountains as well.

He made the sea; it belongs to him,
the dry land, too, for it was formed by his
hands.

The Prayers

- ◆ Morning Prayer
- ◆ Daytime Prayer
 - ◆ Mid-morning
 - ◆ Midday
 - ◆ Mid-afternoon
- ◆ Evening Prayer
- ◆ Night Prayer
 - ◆ Examination of Conscience
- ◆ Office of Readings

7

About

- ◆ Comprised of :
 - ◆ Hymns
 - ◆ *We NEVER skip the hymn*
 - ◆ Psalms - central place in the LOH
 - ◆ **Book of Psalms is the prayerbook of the Bible
 - ◆ Psalm prayers
 - ◆ Canticles (songs) from Scripture
 - ◆ Scripture Readings from Old and New Testaments
 - ◆ Intercessions
 - ◆ Our Father

About

- ◆ There are 150 Psalms in total
- ◆ If pray all the Hours, 147 Psalms will be prayed monthly
- ◆ Psalms 58, 83 and 109 are not included because they are Psalms of curses (Imprecatory Psalms)

About



- ♦ The entirety of the LOH is intended to be **sung or chanted**



About

- ◆ **HINGES**

- ◆ Morning Prayer → Praise

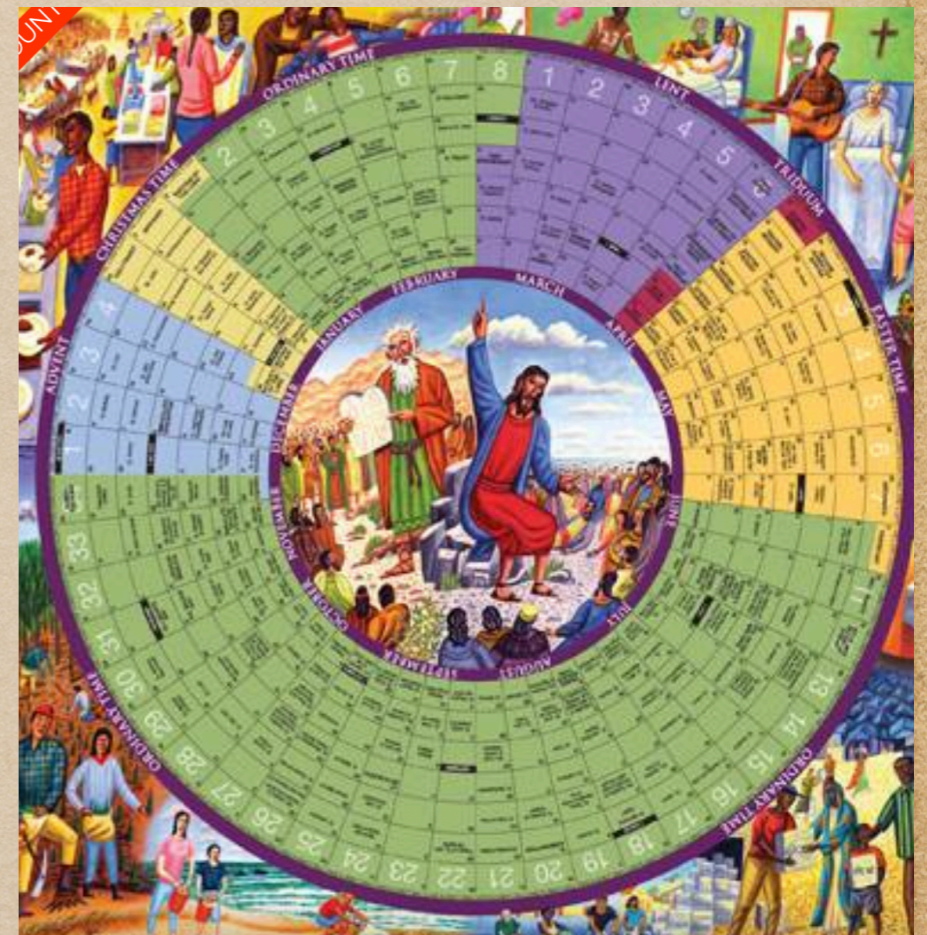


- ◆ Evening Prayer → Thanksgiving



About

- ◆ The prayers follow the Liturgical Seasons
- ◆ The prayers include Solemnities, feasts, memorials, etc
- ◆ One does NOT have to pray all the hours of the day to be in communion with the Church



a Sample Week of LOH -

Sunday	Monday	Tuesday	Wednesdy	Thursday	Friday	Saturday
			<i>SOLEMNITY of St. So & So</i>			
Invitatory	Invitatory	Invitatory	Invitatory	Invitatory	Invitatory	Invitatory
Morning Prayer	Morning Prayer	Morning Prayer	Morning Prayer	Morning Prayer	Morning Prayer	Morning Prayer
Daytime Prayer	Daytime Prayer	Daytime Prayer	Daytime Prayer	Daytime Prayer	Daytime Prayer	Daytime Prayer
Evening Prayer II for Sunday	Evening Prayer	EVENING PRAYER 1 for solemnity	EVENING PRAYER II for solemnity	Evening Prayer	Evening Prayer	Evening Prayer 1 for Sunday
Night Prayer Sunday	Night Prayer Monday	Night Prayer Tuesday	Night Prayer Wednesday	Night Prayer Thursday	Night Prayer Friday	Night Prayer after Evening Prayer 1 (Saturday)

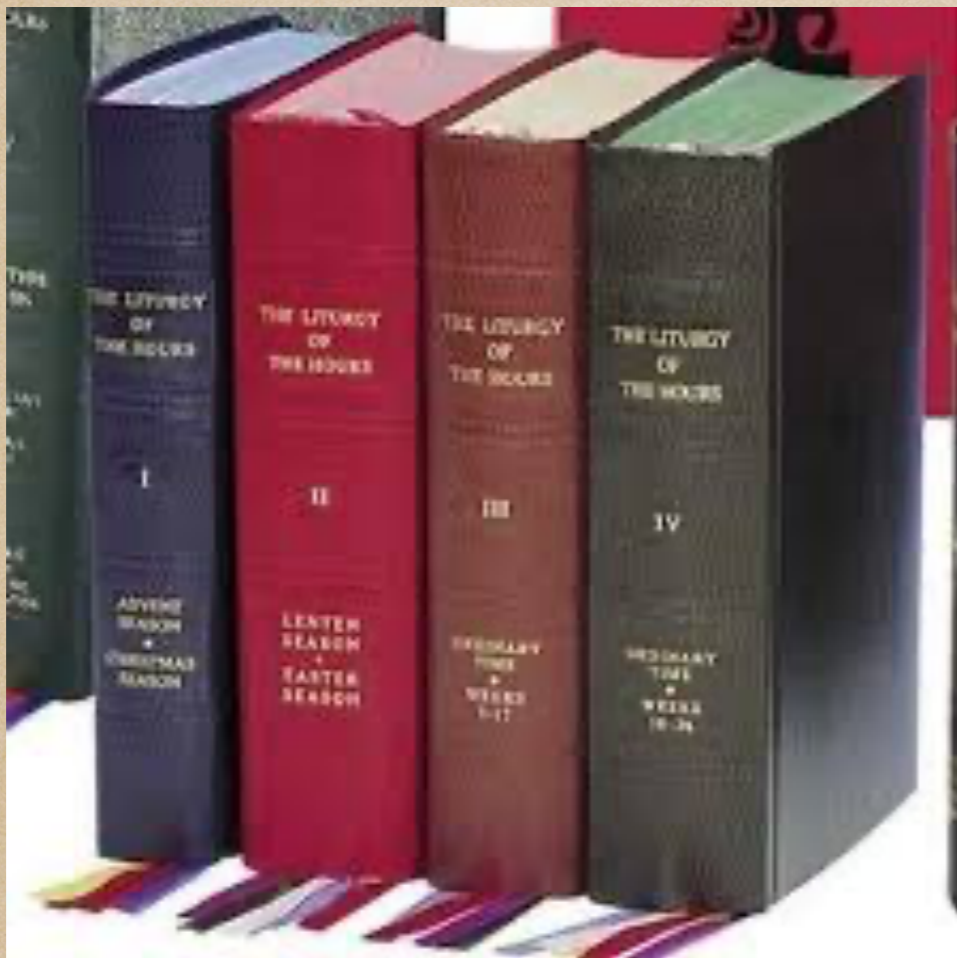
****Office of the Readings - *can be prayed anytime of the day***

About

- ◆ There are book options: new edition expected Advent 2024
 - ◆ the 4-Volume set, each volume about \$50 = \$200
 - ◆ the 1-Volume Christian Prayer book, about \$50
 - ◆ ***Office of the Readings is excluded*
 - ◆ *Do get section with hymns on sheet music*
 - ◆ the Shorter Christian Prayer book, about \$20
 - ◆ Get 4 week Psalter
 - ◆ Liturgical seasonal readings are limited

About

- ◆ There are book options: **new edition expected Advent 2024**
 - ◆ the **4-Volume set**, each volume about \$50 = \$200



V1 = Advent & Christmas

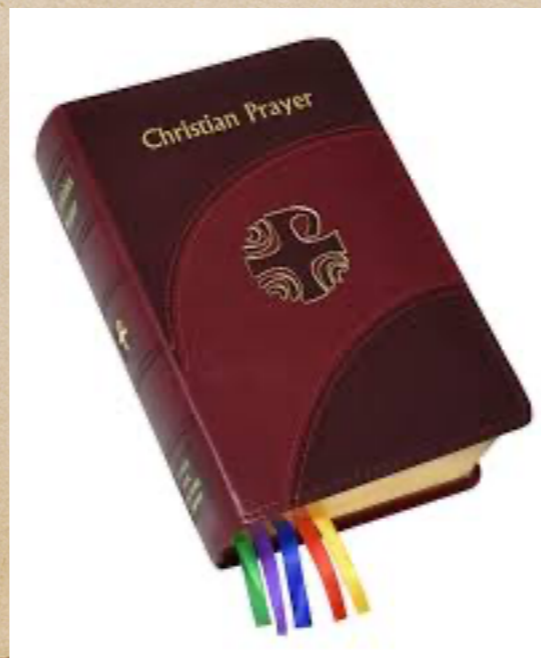
V2 = Lent & Easter

V3 = Ordinary Time, wks 1 - 17

V4 = Ordinary time, wks 18 - 34

About

- ◆ There are book options: **new edition expected Advent 2024**
 - ◆ the **1-Volume Christian Prayer book**, about \$50
 - ◆ ***Office of Readings is excluded*
 - ◆ *some feast days are excluded*
 - ◆ *Do get section with hymns on sheet music*



About

- ◆ There are book options: **new edition expected Advent 2024**
 - ◆ the **Shorter Christian Prayer book**, about \$20
 - ◆ Get 4 week Psalter for:
 - ◆ Morning, Evening, and Night Prayer
 - ◆ Liturgical seasonal readings are limited



Several apps for smartphones and other devices

iBreviary TS Plus
Reference
★★★★☆ 459

OPEN

The screenshots show the app's main interface with a date display (Sunday, 16 June 2019), a title 'Breviary', and a section for 'THE MOST HOLY TRINITY'. Another screenshot shows 'INTRODUCTORY RITES' with explanatory text for iPad and iPhone users. A third screenshot shows 'TEXT SETTINGS' with options for style (classic, old classic, alternative, night), background contrast, and text size (100, 200, 300).

Divine Office
Reference
★★★★★ 1.3K

OPEN

The screenshots show the app's main interface with a globe, a list of prayer options, and a 'Pray Always and Everywhere' feature with automatic audio downloads. Another screenshot shows 'Sacred Art' on special days. A third screenshot shows 'Liturgical Calendar' with a calendar grid. A fourth screenshot shows 'Pray at Your Pace' with options to adjust playback speed, enlarge font size, and change color theme.

alarm reminders

Breviary Tunes 4+
Eric Millet
★★★★★ 4.6, 20 Ratings
Free · Offers In-App Purchases

on iPhone only

Lausante - #1 Catholi...
Reference
★★★★★ 1.3K

An AMAZING Read

- ◆ **General Instructions for the Liturgy of the Hours (GILH)**
 - ◆ at beginning of **volume 1** of the 4-V set
 - ◆ on the iBreviary app on iPhone (not Android)
 - ◆ **Link for the FULL GILH on the class webpage**
- ◆ **ABRIDGED version, p8 of Christian Prayer**
- ◆ on the iBreviary app on iPhone (not Android)
- ◆ Can *Google* and read online

INVESTIGATE BOOK

- ◆ Spend some time noting the different sections of the book.
- ◆ IMPORTANT TO NOTE - AND TO MARK:
 - ◆ **INSTRUCTIONS** (called the Ordinary) are found p 685

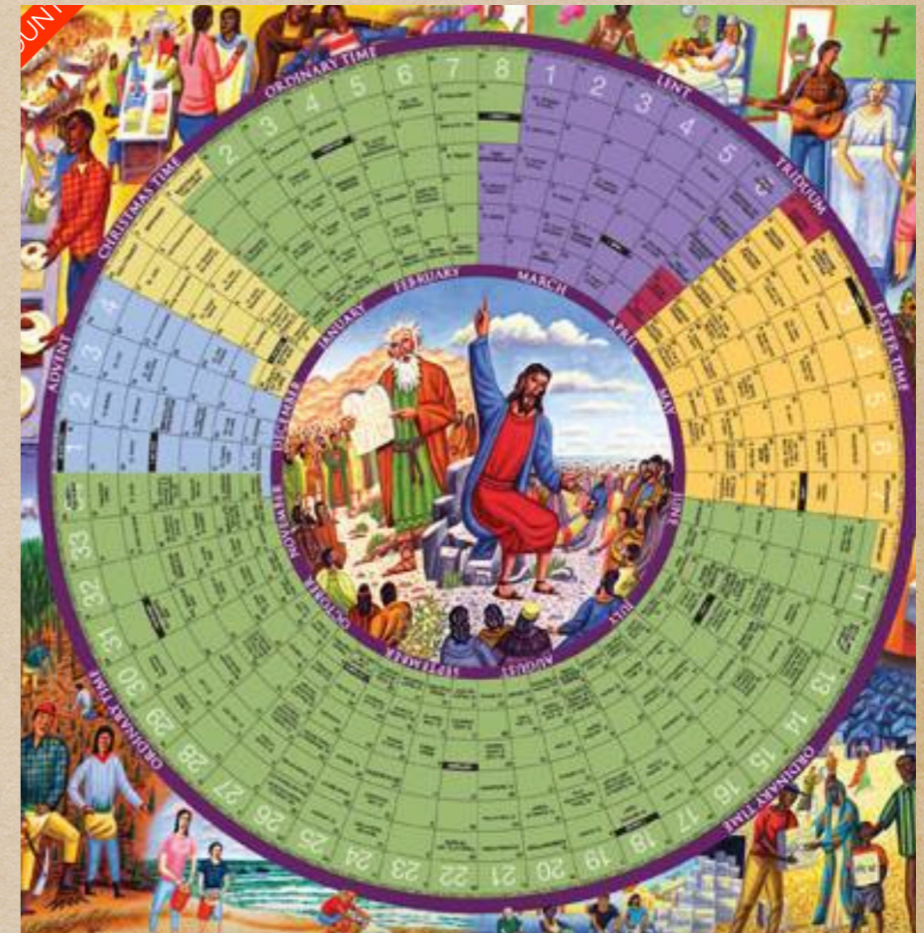
Christian Prayer book

- ♦ p39 - **Proper of Seasons**
 - ♦ begins with ADVENT Prayers
 - ♦ First Sunday of **Advent**, Evening Prayer I on page 41
- ♦ Continues **CHRONOLOGICALLY** through the liturgical year
 - ♦ Note: **Ordinary** Time (Sundays)
 - ♦ **Wk 1-7, p245 - 254**
 - ♦ **Lent/Ash Wednesday - p 255**
 - ♦ **Easter**
 - ♦ **Wk 7 - Week 33, p611 - 640**
 - ♦ Wk 34/Christ the King - starts EP p640-bottom
- ♦ Cluster of Solemnities - p641 - 683



Christian Prayer book

- ◆ 4-Week Psalter begins p699
- ◆ Daytime Prayer - p994
- ◆ Night Prayer - p 1034
- ◆ Hymns, p1502
- ◆ Proper of Saints, p1059
- ◆ [Pseudo] Office of the Readings, p1785
 - ◆ Scripture Readings, per Liturgical Season- p1870
 - ◆ Non-Scripture Readings, per Liturgical Season, 1942



Getting Ready

- ◆ Ribbons are for YOU!
 - ◆ to mark your readings for the Day
- ◆ **STRONGLY RECOMMEND:**
firm TAB Markers
 - ◆ You will see why
- ◆ Can use prayer cards
- ◆ Book markers, etc





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Week I

The Lord is close to the broken-hearted; those whose spirit is crushed he will save.

Many are the trials of the just man but from them all the Lord will rescue him. He will keep guard over all his bones, not one of his bones shall be broken.

Evil brings death to the wicked; those who hate the good are doomed. The Lord ransoms the souls of his servants.

Those who hide in him shall not be condemned.

Psalm-prayer **BE MY REFUGE O GOD**

Graciously hear us, Lord, for we seek only you. You are near to those whose heart is right. Open yourself to accept our sorrowful spirit; calm our bodies and minds with the peace which surpasses understanding.

Easter: Ant. Alleluia, alleluia, alleluia.

At the other hours, the complementary psalmody is used.

Reading, verse and prayer, as in the Office of the day.

Conclusion, as in the Ordinary.

THE WORD MATTER MEANS SCARY MYRT-ER WITNESS



Take the Habibs a CHRISTIAN... AT THE LAST HOUR BE WITH ME. I NEED YOU TO INTRODUCE ME TO THE FATHER

HIND REST & HAVE YOUR EVER LASTING PRESENCE OF YOUR GREATER HIND TAKLA DIED MARCH 31 1985 AD WEEK II AT 2:00 PM SUNDAY AFTERNOON

2010 YR. BY. SUNDAY THE WAY, HIND BOBBY BE CAME A DOCTOR AT THAT EVENING PRAYER I AND A GREAT DOCTOR AT THAT HE IS ONE OF GOD, come to my assistance. Glory to the Father. As it was in the beginning (alleluia) THE 10 BEST DOCTORS IN THE COUNTRY OF

HYMN: Lent, 33; Easter, 398.

Or: HYMN

At the name of Jesus Ev'ry knee shall bow, Ev'ry tongue confess him King of glory now; 'Tis the Father's pleasure, We should call him Lord, Who from the beginning Was the mighty Word.

Humbled for a season, To receive a name From the lips of sinners, Unto whom he came, Faithfully he bore it, Spotless to the last, Brought it back victorious, When from death he passed.

Bore it up triumphant, With its human light, Through all ranks of creatures, To the central height,

DR ROBERT TAKLA

2013 Now THEY TOP DOC BOBBY WON THAT

Aunt Anna

Vertical text on the left edge of the page, including 'I have RELT' and other fragments.

Ordinary

From Monday within the octave of Easter until Wednesday before the Ascension, the antiphon for the invitatory is:

Ant. The Lord is risen, alleluia.

On the days between the Ascension and Pentecost, the antiphon for the invitatory is:

Ant. Come, let us adore Christ the Lord who promised to send the Holy Spirit on his people, alleluia.

Psalm 95

A call to praise God

Encourage each other daily while it is still today (Hebrews 3:13).

REMEMBER THIS PUT THIS IN YOUR MEMORY

also READ 2 MAG CHAPTE 7

(The antiphon is recited and then repeated)

Come, let us sing to the Lord and shout with joy to the Rock who saves us.

Let us approach him with praise and thanksgiving and sing joyful songs to the Lord.

(Antiphon repeated)

The Lord is God, the mighty God, the great king over all the gods. He holds in his hands the depths of the earth and the highest mountains as well. He made the sea; it belongs to him, the dry land, too, for it was formed by his hands.

Come, then, let us bow down and worship, bending the knee before the Lord, our maker. For he is our God and we are his people, the flock he shepherds.

(Antiphon repeated)

AT THE NAME OF JESUS EVERY KNEE SHALL BOW AND EVERY TONGUE PROCLAIM THAT JESUS IS LORD

Office of Readings

Today, listen to the voice of the Lord: Do not grow stubborn, as your fathers did in the wilderness, when at Meriba and Massah they challenged me and provoked me, although they had seen all of my works.

(Antiphon repeated)

Forty years I endured that generation. I said, "They are a people whose hearts go astray and they do not know my ways."

So I swore in my anger, "They shall not enter into my rest."

(Antiphon repeated)

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

(Antiphon repeated)

For psalm 95 one may substitute psalm 100 (p. 1184), 67 (p. 1298), or 24 (p. 1126). If any of these psalms should occur in the office, psalm 95 is then said in place of it.

The psalm with its antiphon may be omitted when the invitatory precedes Morning Prayer.

Office of Readings

God, come to my assistance. — Lord, make haste to help me. Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen (alleluia).

For musical purposes the invocation "God" may be expanded, for example, "God our Father," "Lord God," "O God," etc.

The Love Ruler!

God is saying 1000s of different kinds of flowers with a variety of design & color. Seeing this we dare not provoke the all loving God.

PRaise You

Sunday within the Octave of Easter
Hebrews 10:10-14

READING

Jesus offered one sacrifice for sins and took him forever at the right hand of God; now he waits until his enemies are placed beneath his feet. By one offering he has forever perfected those who are being sanctified.

In place of the responsory the following is said:
Ant. This is the day the Lord has made; let us rejoice and be glad, alleluia.

CANTICLE OF MARY

Ant. Because you have seen me, Thomas, you have believed; blessed are they who have not seen me and yet believe, alleluia.

INTERCESSIONS

God the Father raised Christ from the dead and exalted him at his right hand. Let us pray to the Father saying:
Through Christ in glory, watch over your people.

Righteous Father, you lifted Jesus above the earth through the triumph of the cross, HO SANNA TO THE KING OF THE JEWS!
— may all things be lifted up in him.

Through your Son in glory send the Holy Spirit upon the Church,
— that it may be the sacrament of unity for the whole human race.

You have brought a new family into being through water and the Holy Spirit, OH H.S. FIRE UP IN HEART AS YOU FIRE UP
— keep them faithful to their baptism, and bring them to everlasting life.
Through your exalted Son, SUN
— free those in distress, free

PRAY FOR THERESA GIVE HER YOUR GRACE
Evening Prayer II

— and by your blessings give joy to the world.
You nourished our deceased brothers and sisters with the body and blood of the risen Christ,
— raise them up at the last day.
Our Father . . .

God of mercy,
you wash away our sins in water,
you give us new birth in the Spirit,
and redeem us in the blood of Christ.
As we celebrate Christ's resurrection
increase our awareness of these blessings,
and renew your gift of life within us.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Alternative Prayer

Heavenly Father and God of mercy,
we no longer look for Jesus among the dead,
for he is alive and has become the Lord of life.
From the waters of death you raise us with him
and renew your gift of life within us.
Increase in our minds and hearts
the risen life we share with Christ
and help us to grow as your people
toward the fullness of eternal life with you.
We ask this through Christ our Lord.

The following dismissal is said:

Go in peace, alleluia, alleluia.
— Thanks be to God, alleluia, alleluia

The octave of Easter ends with the conclusion of Evening Prayer.

*Specially My Mom
& My Dad. As you
Have given me life
ON EARTH WORK
PRAY WITH GOD
AND GIVE ME
LIFE ETERNAL
THANK YOU FOR
ALL YOUR BLESSINGS
ESPECIALLY MY BRIDE
HELNE*



Third Week of Lent

Lord, feed us at the banquet of the eucharist,
— with all the gifts of your paschal sacrifice.
Give us a perfect heart to receive your word,
— that we may bring forth fruit in patience.
Make us eager to work with you in building a better world,
— so that it may listen to your Church and its gospel in peace.

We confess, Lord, that we have sinned,
— wash us clean by your gift of salvation.

Our Father **RIBBON WAS WRAPPED IN RED**
GIFT, WHAT A PRICE. I BOW MY HEAD
WHEN I SAY YOUR PRECIOUS BLOOD I PRAISE
THE PRICE OF MY JESUS WHAT A GIFT
Lord, **THANK YOU FOR SUCH A GIFT**
you call us to your service **IF IT DID WE WOULD**
and continue your saving work among us. **EXIST**

May your love never abandon us.
We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever.

Midmorning Daytime Prayer

Ant. The time of penance has come, the time to atone
for our sins and to seek our salvation.
STEP 1 → **STEP 2** →

READING
Between the porch and the altar
let the priests, the ministers of the Lord, weep,
And say, "Spare, O Lord, your people,
and make not your heritage a reproach,
with the nations ruling over them!"
Joel 2:17a

Tuesday, Daytime Prayer

Create a clean heart in me, O God.
— Renew in me a steadfast spirit.

Midday

Ant. As I live, says the Lord, I do not wish the sinner
to die but to turn back to me and live.
Jeremiah 3:25b

READING

We have sinned against the Lord, our God,
From our youth to this day, we and our fathers also;
we listened not to the voice of the Lord, our God.

Turn your face away from my sins.
— Blot out all my guilt.

Midafternoon

Ant. Armed with God's justice and power, let us prove
ourselves through patient endurance.

READING **BE PATIENT! BE PATIENT**
Isaiah 58:1-2a

Cry out full-throated and unsparingly,
lift up your voice like a trumpet blast;

Tell my people their wickedness,
and the house of Jacob their sins.

They seek me day after day,
and desire to know my ways, **ARE AVOID SIN**
Like a nation that has done what is just **OBEY MY LOVING**
and not abandoned the law of their God. **LAWS. SO THAT**
YOU MAY

My sacrifice to God is a contrite spirit. **ENTER THE KINGDOM OF**
— A humble, contrite heart, O God, you will not spurn. **ETERNAL LOVE**

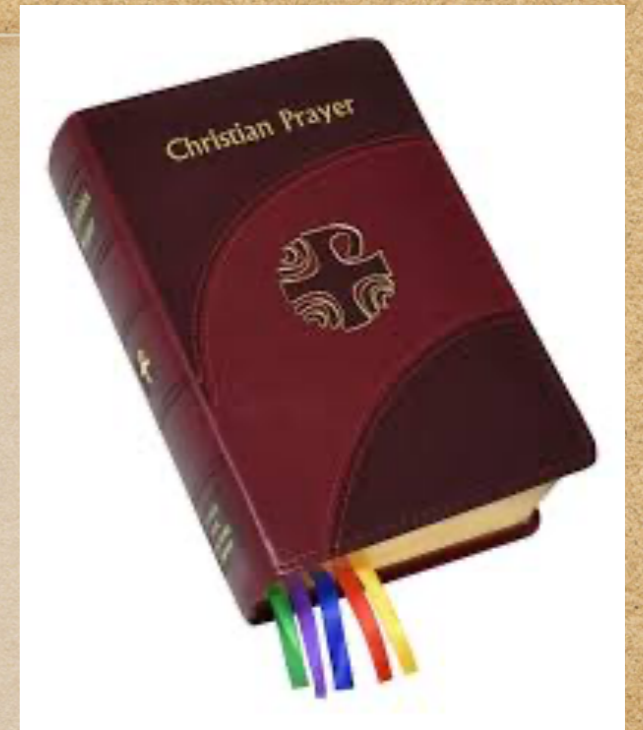
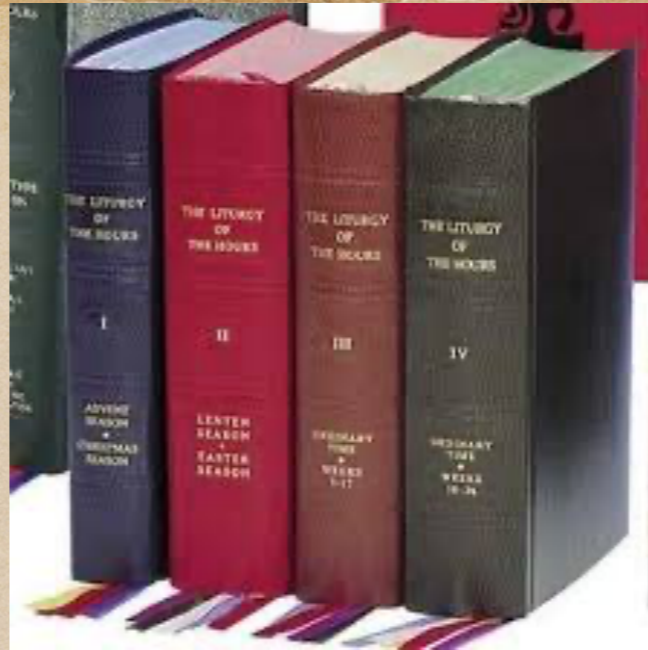
Prayer, as in Morning Prayer.

Ticket
World series

REN

17:00

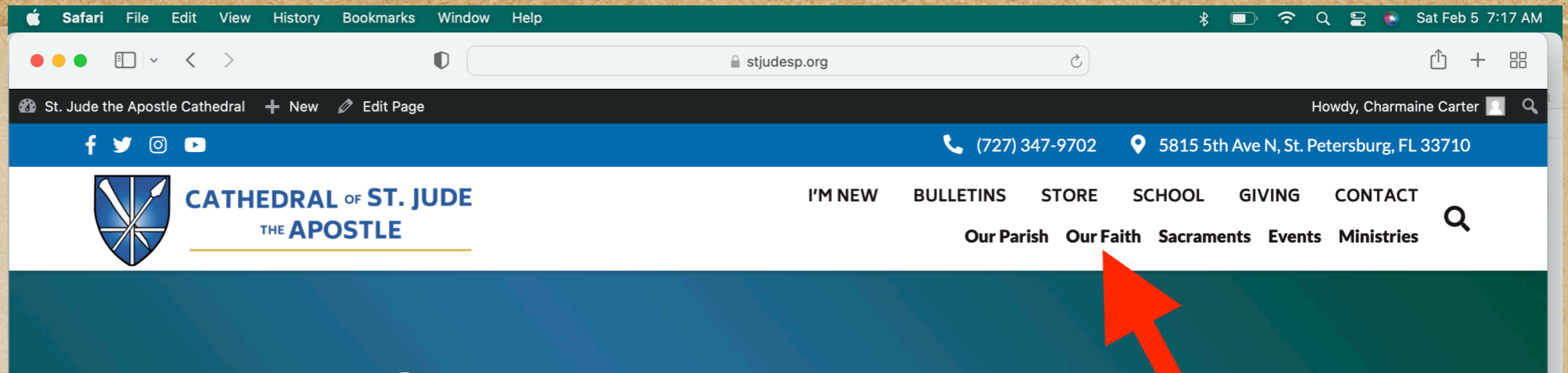
A Note:



- ◆ The Christian Prayer book is set up differently than the 4-Volume set LOH books
- ◆ I will offer classes for each of these books separately so as to not cause confusion
- ◆ ****CHOOSE** a book, and go with it.
- ◆ **DON'T** go back and forth with the books, until you have mastered the process

OUR MANTRA:

- ◆ We ARE going to take this SLOW
- ◆ We ARE going to ENJOY THIS
- ◆ We ARE going to be PATIENT with OURSELVES
- ◆ We ARE going to REMEMBER that we are PRAYING TO GOD, so..
- ◆ We ARE NOT going to get FRUSTRATED with LEARNING THE PROCESS



www.stjudesp.org



Our Faith



Adult Faith Formation



Liturgy of the Hours Class

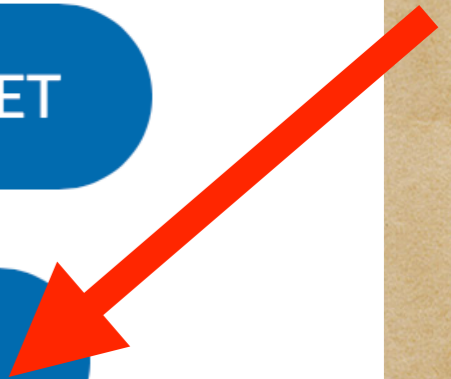
CLASS NOTES:

UPDATE ON NEW EDITION OF THE LITURGY OF THE HOURS

GENERAL INSTRUCTIONS FOR THE LITURGY OF THE HOURS

CLASS NOTES USING THE LITURGY OF THE HOURS 4-VOLUME SET

CLASS NOTES USING THE CHRISTIAN PRAYER 1-VOLUME BOOK





LITURGY OF THE HOURS USING THE CHRISTIAN PRAYER – 1 VOLUME BOOK (Ordinary Time 2022)

Class 1: Introduction to the LOH prayer; The Invitatory

- **RECORDED LESSON**
- **CLASS SLIDES – Introduction and Invitatory**
- **Video: Praying the Liturgy of the Hours : Breaking the Habit**
- **Video: Psalm 95 – A Great Way to Start Your Day | Fr. John Muir**
- **Recommended Tab Placements**
- **LOH Truisms**
- **Order of Prayer**
- **LOH (USCCB)**
- **LOH – Fr.Felix Just, SJ**
- **Liturgical Year (USCCB)**
- **Liturgical Daily Calendar (USCCB)**
- **FAQs re Universalis app**
- **Another Fr. Casey video: Liturgy of the Hours**
- **Video: Fr. Colombo Jordan: The Best Way to Pray**

How to Pray the
Liturgy of the Hours

step-by-step instructions

Invitatory

Before we start...

- ♦ Don't try to learn all the LOH in a day.
- ♦ There are no LOH Police. Force disbanded centuries ago

Saint Joseph
GUIDE

MARCH

WE WILL COME TO THE ST. JOSEPH GUIDE IN CLASS 4

FIRST, we will learn the **METHOD** of the
prayers

[00R 1861, Rd 1890f & 1968f; Pr (7) or 1443 or 259]

[00R 1861, Rd 1890f & 1968f; Pr (7) or 1443 or 259]

Before we start...

- ◆ Each Psalm and Canticle ends with the Doxology:
Glory (*bow*) 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.
- ◆ NOT the Rosary ending: "...is now and ever shall be, world without end."
- ◆ SEE note on page 702 in **red** at bottom

Before we start...

- ♦ **Canticle** = a song or hymn (from Scripture)
- ♦ **Psalmody** = Group of Psalms — OR Psalms and a canticle
 - ♦ A Psalm can be divided into 2 or 3 parts
 - ♦ Psalms and Canticles end with the Doxology
 - ♦ An **Antiphon** is said BEFORE and AFTER each Psalm or Canticle

Before

- ◆ **Antiphon** is a brief verse such as a Psalm and canticle.
 - ◆ The Antiphon offers an an Psalm or canticle
- ◆ Think of each Antiphon as the bread of the sandwich
 - ◆ A sandwich may have several layers of fillings such as lettuce, tomato, pickles, cheese, etc.
 - ◆ But, there is a slice of bread at the top and at the bottom of the sandwich
 - ◆ The Bread is the Antiphon



Psalms and Canticles:

Psalm Sandwich

- ◆ Antiphon
- ◆ Psalm
- ◆ Glory to...
- ◆ Psalm prayer
- ◆ Antiphon



Psalms and Canticles:

Canticle Sandwich

- ◆ Antiphon
- ◆ Canticle
- ◆ Glory to...
- ◆ Psalm prayer
- ◆ Antiphon



For example,
Week II,
Evening Prayer,
Friday,
2nd Psalm: p842

bread:

Antiphon 2

Ant. My help comes from the Lord, who made heaven and earth

Psalm 121

I lift up my eyes to the mountains
from where shall come my help?
My help shall come from the Lord
Who made heaven and earth.

May he never allow you to stumble!
Let him sleep not, your guard
No, he sleeps not nor slumbers,
Israel's guard.

The Lord is your guard and your shade;
at your right side he stands.
By day the sun shall not smite you
nor the moon in the night.

The Lord will guard you from evil,
he will guard your soul.
The Lord will guard your going and coming
both now and for ever.

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.

Psalm Prayer: Lord Jesus Christ, you have prepared a quiet place
for us in your Father's eternal home. Watch over our welfare.....

bread:

Ant. My help comes from the Lord, who made heaven and earth

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

You will have
to remember
the **Doxology**

Before we start...

- ◆ **REMEMBER:** PRAY the LOH. Don't just read the prayers. Actually PRAY the LOH.
- ◆ Silence is sacred.
 - ◆ The Holy Spirit is most audible when we are silent and still
 - ◆ Observe a silent pause between the parts of the prayer to reflect

Before we start...



- ♦ A Hymn is at the beginning of every LOH Prayer.
- ♦ Hymns are liturgical, specifically selected for these prayers
- ♦ Music fosters unity of minds and invites us to actively participate
- ♦ Therefore: **NEVER EVER EVER SKIP THE HYMN**
 - ♦ *Skipping the Hymn can be punishable for up to 2 extra years in Purgatory* 😂
 - ♦ *You can: sing 'em, chant 'em, hum 'em, speak 'em.*
 - ♦ *Just Do 'EM!!*

The Beginning of your Day

- ◆ We pray in response to God seeking to commune with us
- ◆ We can pray alone or in community
- ◆ — **BUT WE ARE ALWAYS PRAYING WITH THE MEMBERS OF OUR CHURCH AROUND THE WORLD**
- ◆ We start with the Invitatory (Top of p 686)
- ◆ The Invitatory is prayed once
 - ◆ it is prayed before *your* first LOH prayer of the day



YouTube: Psalm 95 - A Great Way To Start Your Day
Catholic Breakfast

The Invitatory, p.686

- ◆ Start with the Invitatory Introduction
- ◆ Invitatory Antiphon
- ◆ Psalm 95 (*or 24, 67, 100 - see middle of p 689*)
- ◆ Doxology (Glory to the...)
- ◆ *repeat* the Invitatory Antiphon

Antiphon

Psalm 95

Glory to...

Antiphon

The Invitatory

- ◆ Start with the Introduction (Top of p 686):
 - ◆ Cross lips as you start:
 - ◆ Lord + open my lips,
 - ◆ - and my mouth will proclaim your praise

The Invitatory

- ♦ Psalm 95 on **page 688**
- ♦ Psalm 95 will begin and end with the **Antiphon**
 - ♦ Seasonal Antiphonies on page 686-687
 - ♦ Ordinary Time listed in the 4-week Psalter
 - ♦ Option: say the **Antiphon** between the **strophes** (verses)
- ♦ After the last strophe, say the **Doxology**:
 - ♦ Glory (**bow**) 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. *<different from the Rosary>*
- ♦ Close with the **Antiphon**

Antiphon

Psalm 95

Glory to...

Antiphon

The Invitatory

- ◆ Psalm 95
- ◆ It is a call to pray to the God of Creation
- ◆ Strophe 1 - A call to sing and shout with joy to God, to sing him praises and thanksgiving
- ◆ strophe 2 - tells you why you would praise him; tells you about this mighty God and why he is worthy of your praise

The Invitatory

- ◆ Strophe 3 - another call to come and pray, to submit ourselves to him for he cares for us
- ◆ Strophe 4 - But, a warning. We are reminded of the stubbornness of the Israelites, how they were a faithless people although they had seen the power of God.
- ◆ Meribah and Massah - Read Exodus 17:1-7

The Invitatory

- ♦ Strophe 5 - The faithlessness of the Israelites he had freed from Egypt hurt God and angered him. God wanted to commune with a holy people. Because of their faithlessness, that generation would not see the promised land.
- ♦ As we go about our day, we cannot be faithless. The Israelites of the first generation missed out on the Promised Land. We are cautioned not to miss out on our Promised Land: Heaven

Move to First Prayer of Day

- ◆ Go to First Prayer of *YOUR* day
 - ◆ Morning Prayer
 - ◆ Office of the Readings

HOMework

- ♦ Pray the **Invitatory** every morning before your morning offering
 - ♦ Use Advent Antiphon: “Come, let worship the Lord, the King who is to come.”
 - ♦ Remember: ‘*Psalm sandwich*’
- ♦ Practice Doxology
- ♦ Read Exodus 17:1-7
- ♦ Meditate on Psalm 95 in light of Ex 17:1-7
- ♦ Watch Videos
- ♦ Start reading the GILH - slowly over time
- ♦ Get familiar with your CP book
- ♦ Purchase firm tabs & permanent marker

Antiphon

Psalm 95

Glory to...

Antiphon



Next Week:

- ◆ **The Hymns**
- ◆ **The 4-Week Psalter**
- ◆ **Morning Prayer**



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.



