



RECORDING THIS SESSION

How to Pray the Liturgy of the Hours



step-by-step Instructions
4-Volume Set

**The 4-Week Psalter
And
Morning Prayer**

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 learn together.

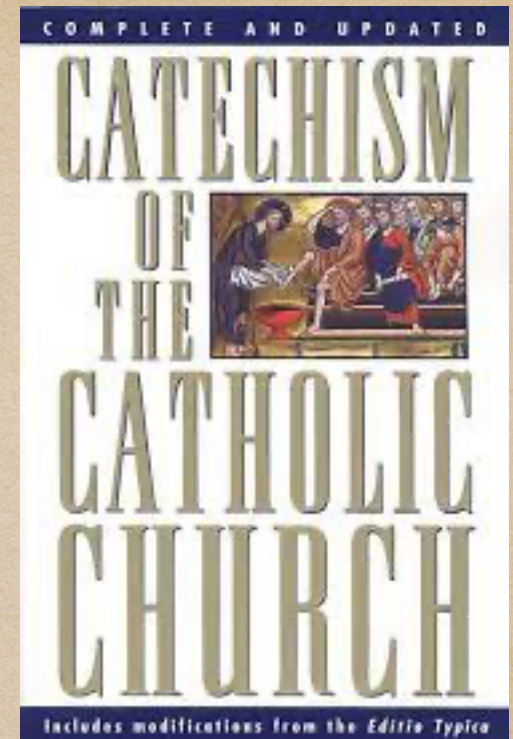
Take us deeper into understanding more about you and your love for us.

Amen.

INSTRUCTIONS

- ♦ REMEMBER: **Instructions** to pray the LOH are found on page 645 in the V-1 book, called the Ordinary
 - ♦ **Red** = instructions
 - ♦ **Black** = what is prayed (spoken, sung)
- ♦ ALSO - GILH (V-1), Chapter V, Section I, §253-266:
 - ♦ Various roles and actions
 - ♦ when to sit and stand
 - ♦ when and where to cross yourself

Catechism of the Catholic Church



§1176 - The celebration of the Liturgy of the Hours demands not only harmonizing the voice with the praying heart, but also a deeper "understanding of the liturgy and of the Bible, especially of the Psalms."

4-Week Psalter

- ♦ PAGE 699
- ♦ **The Psalter are at the heart of the LOH prayers**
- ♦ The prayers begin with a Hymn and a collection of Psalms (Psalmody)
- ♦ The Psalter provides the Hymns and the Psalms (and Antiphons) for the liturgical prayers
 - ♦ **NOTICE**: - The Doxology is not printed at the end of the Psalms and Canticles; you have to remember to pray it at the end of the Psalms (see P679, top)
- ♦ Invitatory, Office of Readings, Morning, Daytime, and Evening Prayers are on a 4 week rotation - SEE p 699
- ♦ Nighttime Prayer is on a 1 week rotation - starting p 1164

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

Psalm Sandwich

Antiphon

Psalm/Canticle

Glory to...

Psalm prayer

Antiphon

Catechism of the Catholic Church

§1177 - The hymns and litanies of the Liturgy of the Hours integrate the prayer of the psalms into the age of the Church, expressing the symbolism of the time of day, the liturgical season, or the feast being celebrated. Moreover, the reading from the Word of God at each Hour (with the subsequent responses or troparia) and readings from the Fathers and spiritual masters at certain Hours, reveal more deeply the meaning of the mystery being celebrated, assist in understanding the psalms, and prepare for silent prayer. the lectio divina, where the Word of God is so read and meditated that it becomes prayer, is thus rooted in the liturgical celebration.

4-Week Psalter



- ♦ Psalm = from Book of Psalms
- ♦ Canticle = song from Scripture
- ♦ Liturgical Hymns are at the beginning of each prayer
- ♦ NEVER SKIP THE HYMN
- ♦ GILH: Chapter V, Section II, §267 - 284
 - ♦ **NOTE: §270**
 - ♦ **NEVER SKIP THE HYMN!**

General Instructions of the LOH

- **270,** Singing in the Liturgy of the Hours is not to be regarded as something merely ornamental or extrinsic to prayer. It springs from the depths of the person praying and praising God, and fully and perfectly reveals the communal character of Christian worship. To be commended therefore are those Christian communities—whatever their character—which endeavor as often as possible to use this form of praying the Office. Clerics, religious and faithful should be given proper instruction and practice in the singing of the Office, so that especially on festive days they will be able to enjoy singing the Hours. However difficult it is to sing the whole Office, the praise of the Church is not to be considered either in its origins or of its nature as the preserve of clerics and monks; it belongs to the whole Christian community. Many principles are to be borne in mind if the singing of the Liturgy of the Hours is to be carried out correctly, and if its value and beauty are to be appreciated.

- 271 It is especially appropriate that singing should be used at least on Sundays and festive days. From this the various degrees of solemnity may be recognized.
- 272 Not all the Hours are of the same importance. Hence it is fitting that the singing of those Hours which form the two hinges of the Office, namely Lauds and Vespers, should be preferred and solemnized more than the others.

HYMNS

App Store Preview

This app is available only on the App Store for iPhone and iPad.

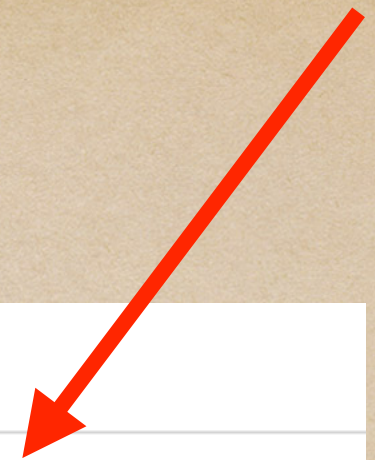


Breviary Tunes 4+

Eric Millet

★★★★★ 4.6 • 20 Ratings

Free • Offers In-App Purchases



LIST OF LOH HYMNS in Alphabetical Order on Webpage



Breviary Tunes



In Order



By Tune



By Meter

1. On This Day, the First of Days

2. Brightness of the Father's Glory

3. Sion, Sing
Copyrighted

4. Morning Has Broken

5. Darkness Has Faded

6. When Morning Fills the Sky

7. Lord Whose Love in Humble Service

8. Praise, My Soul, the King of Heaven

9. Sing with All the Sons of Glory

10. I Sing the Mighty Power of God

11. All You Nations
Copyrighted

12. This Day God Gave Me





Breviary Tunes



In Order



By Tune



By Meter

A

Ach Bleib bei Uns

Adeste Fidelis

Adoro Te

Amazing Grace

Angelus

Ar Hyd Y Nos

Artavia

Au Fort De Ma Detresse

Auctoritate Saeculi

Aurelia

Austria

A
B
C
D
E
F
G
H
I
J
L
M
N
O
P
R
S
T
U
V
W
Y





Breviary Tunes



In Order



By Tune



By Meter

10.10 Refrain

Were You There?

10.10.10 Alleluias

Sine Nomine

10.10.10.10

Farley Castle

10.10.10.10.10.10

Unde Et Memores

10.10.10.6

Artavia

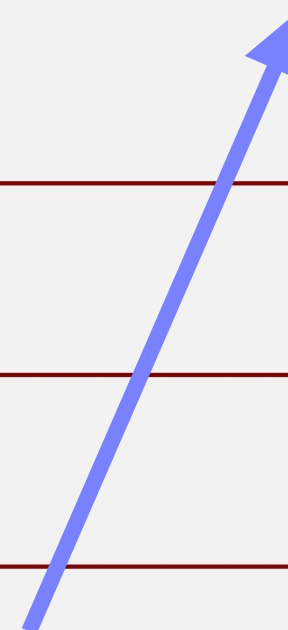
10.11.11.12

Slane

11.10.11.10

Intercessor

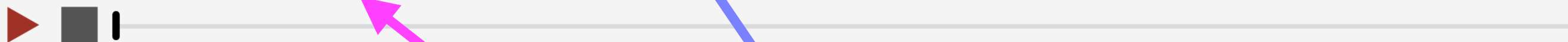
Liebster Immanuel





1. On This Day, the First of Days

Tune: Gott Sei Dank (Lubeck) (77.77)



Voice Type:

Baritone

Instrument:

Organ

Lyrics



Off

On

On This Day, the First of Days

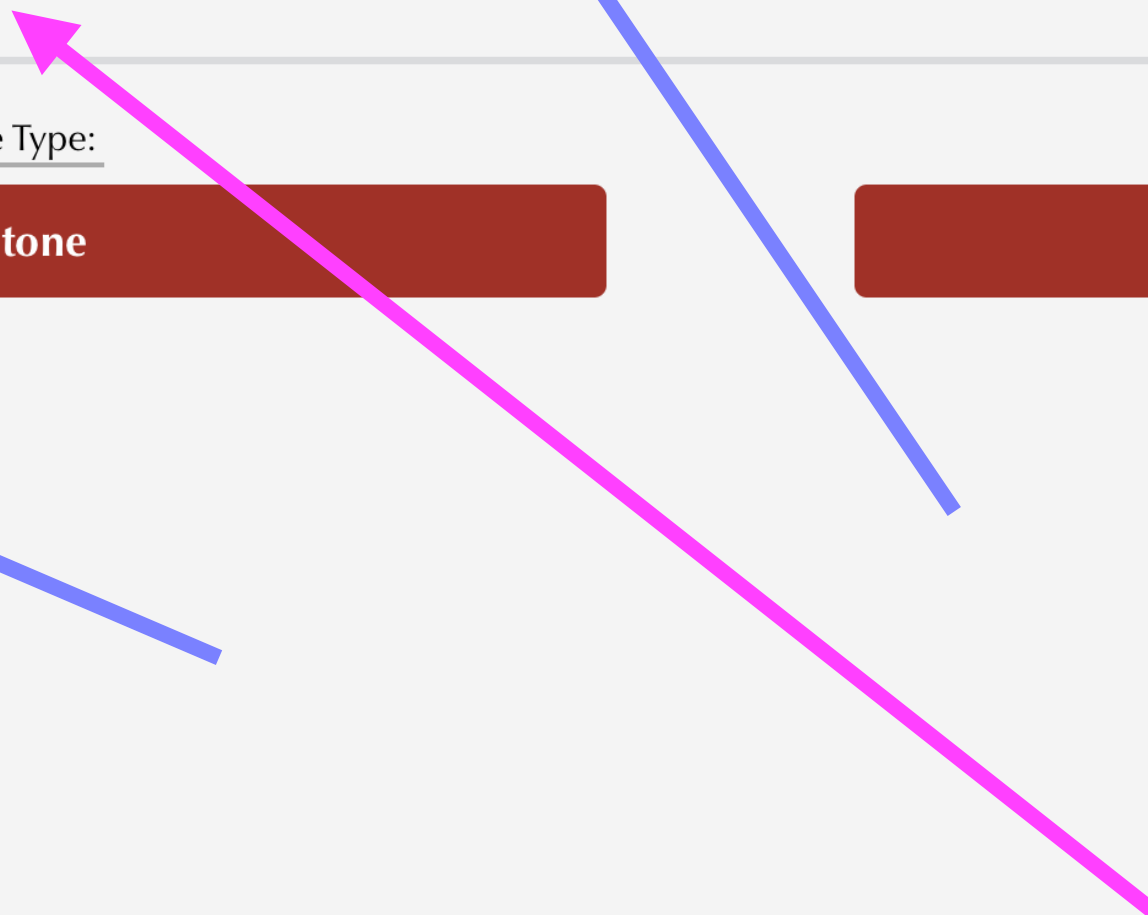
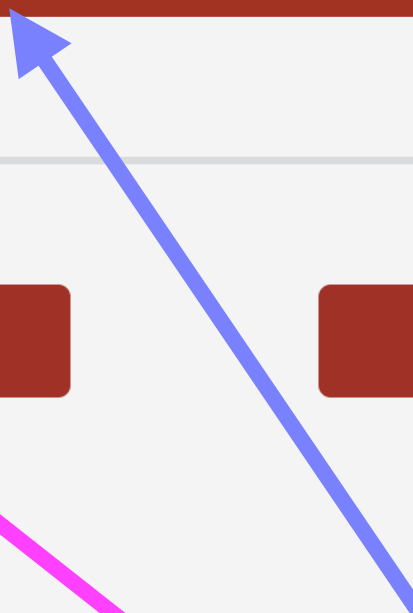
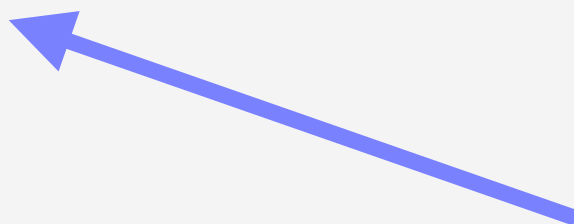
Henry W. Baker

- 1 On this day, the first of days
God the Father's name we praise;
Who, creation's Lord and spring
Did the world from darkness bring.
- 2 On this day the eternal Son
Over death his triumph won;
On this day the Spirit came
With his gifts of living flame.
- 3 Father, who didst fashion man
Godlike in thy loving plan
Fill us with that love divine,
And conform our wills to thine

Number of Verses:



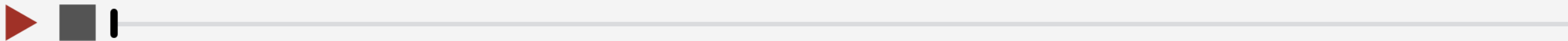
Speed:





1. On This Day, the First of Days

Tune: Gott Sei Dank (Lubeck) (77.77)

Voice Type:

Baritone

Tenor

Alto

Soprano

Instrument:

Organ



Off

On

1 On this day, the first of days
God the Father's name we praise;
Who, creation's Lord and spring
Did the world from darkness bring.

2 On this day the eternal Son
Over death his triumph won;
On this day the Spirit came
With his gifts of living flame.

3 Father, who didst fashion man
Godlike in thy loving plan
Fill us with that love divine,
And conform our wills to thine

Number of Verses:

6

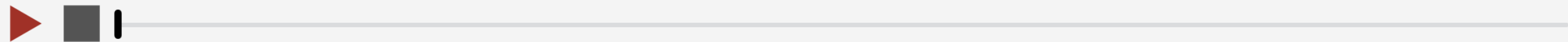
Speed:



<

1. On This Day, the First of Days

Tune: Gott Sei Dank (Lubeck) (77.77)



Voice Type:

Baritone

Instrument:

- Organ
- Grand Piano
- Guitar
- Violin

Lyrics

On This Day, the First of Days

Henry W. Baker

- 1 On this day, the first of days
God the Father's name we praise;
Who, creation's Lord and spring
Did the world from darkness bring.
- 2 On this day the eternal Son
Over death his triumph won;
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With his gifts of living flame.
- 3 Father, who didst fashion man
Godlike in thy loving plan
Fill us with that love divine,
And conform our wills to thine

Number of Verses:

-

6

+

Speed:

List of tunes on webpage.

4-Week Psalter

- ♦ PAGE 675
- ♦ NOTE: Evening Prayer I, p677
- ♦ REMEMBER, *liturgically*, Sunday begins at *sundown* on Saturday.
 - ♦ Genesis 1
 - ♦ Therefore, the evening prayer prayed on Saturday evening is liturgically Sunday
 - ♦ Therefore it is called Evening Prayer 1
 - ♦ Evening Prayer prayed on Sunday Evening, then, is Evening Prayer II (for example, see page 694)

4-Week Psalter

Sundays/Solemnities

- ♦ Evening Prayer 1 (for Sundays)
- ♦ Invitatory - with Antiphon for Ps 95 (*or others*)
- ♦ Morning Prayer
- ♦ Evening Prayer (II for Sundays)

Weekdays

- ♦ Invitatory - with Antiphon for Ps 95 (*or others*)
- ♦ Morning Prayer
- ♦ Evening Prayer (II for Sundays)

Note: Evening Prayer I and Evening Prayer II

a Sample Week of LOH -

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			SOLEMNITY of St. So & So			
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**

4-Week Psalter

- ♦ 4-Week Rotation
- ♦ Week 1 - 4 of Advent and Christmas correspond directly
- ♦ Week 5 of Lent, Easter → start over with Week 1 of the Psalter
- ♦ Holy Week (Week 6 of Lent) and Week 6 of Easter → use Week 2 of the Psalter, etc
- ♦ Week 7 of Easter - use Week 3

4-Week Psalter

4-Week Rotation:

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	32
33	34		

4-Week Psalter

- ♦ Start over at a new Liturgical Season
- ♦ Except:
 - ♦ Ash Wednesday through Saturday - uses the Week 4 of the Psalter
 - ♦ Because the 1st Sunday of Lent uses Week 1 of the Psalter

2022 MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1	2 Ash Wednesday	3	4	5
6 1st Sunday of Lent	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

4-Week Psalter

- ♦ When you start a prayer, ASK:
 - ♦ What is the liturgical week?
 - ♦ Which week Psalter is used?
- ♦ Go to that Week and Day
 - ♦ ex, if it is Tuesday in the 13th week of OT,
 - ♦ then go to Week 1 of the Psalter
 - ♦ then go to Tuesday and start the prayer



The image shows a banner for the Cathedral of St. Jude the Apostle. At the top left is a blue shield logo with a white cross and a sword. To the right of the logo, the text reads "Cathedral of St. Jude the Apostle" in blue, followed by "Cathedral Parish and School of the Diocese of St. Petersburg" and the quote "Stand firm in the faith, be courageous, be strong ~ 1 Corinthians 16:13". Below this, a blue bar contains the text "June 27, 2021 ~ Thirteenth Sunday in Ordinary Time". The main part of the banner is a photograph of a sunset or sunrise over a body of water, with many birds flying in the sky. At the bottom right of the photo, there is a quote: "...At nightfall, weeping enters in but with the dawn, rejoicing I will praise you, Lord, for you have rescued me ~Psalm 3". At the bottom of the banner, there are three columns of text: "Welcome to the Cathedral of St. Jude the Apostle A School of Prayer", "Mass Weekdays Monday - Friday 8:15 am and 11:00 am Saturday", and "Eucharistic Adoration, Exposition of the Blessed Sacrament Monday - Friday". A red arrow points from the text "then go to Tuesday and start the prayer" in the list above to the date "June 27, 2021" in the banner.

Cathedral of St. Jude the Apostle
Cathedral Parish and School of the Diocese of St. Petersburg
Stand firm in the faith, be courageous, be strong ~ 1 Corinthians 16:13

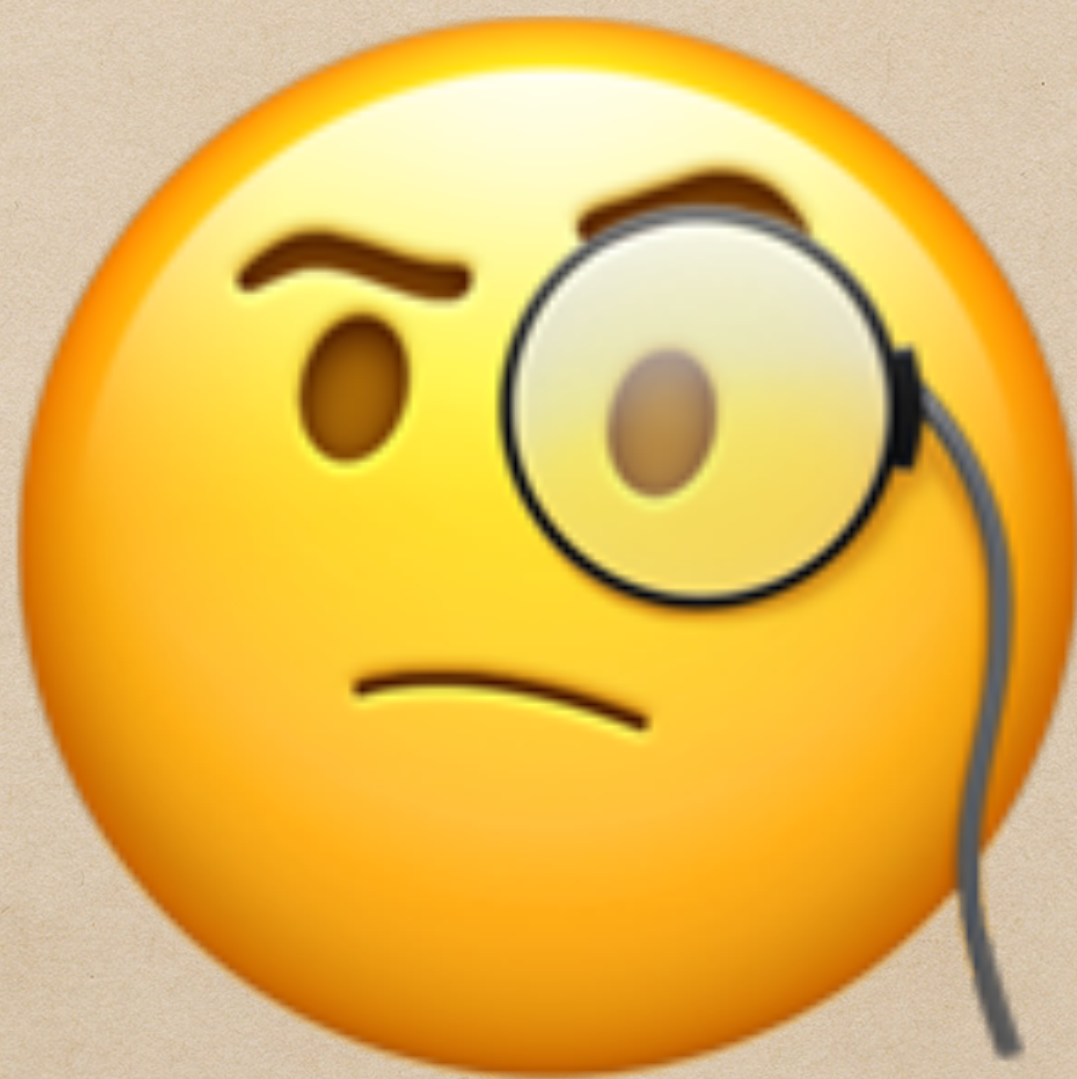
June 27, 2021 ~ Thirteenth Sunday in Ordinary Time

...At nightfall, weeping enters in
but with the dawn, rejoicing
I will praise you, Lord, for you have rescued me
~Psalm 3

Welcome to the
Cathedral of St. Jude
the Apostle
A School of Prayer

Mass Weekdays
Monday - Friday
8:15 am and 11:00 am
Saturday

Eucharistic Adoration,
Exposition of the
Blessed Sacrament
Monday - Friday



How to Pray the Liturgy of the Hours

step-by-step instructions

Morning Prayer

Morning and Evening Prayer
are the
Hinges of the Day

Morning Prayer

- ◆ Instructions on page 653

Morning Prayer

♦ Pattern of Morning Prayer:

- ♦ Hymn
- ♦ Psalmody = Psalm, **Old Testament Canticle**, Psalm
- ♦ **GO TO PROPER OF SEASONS**
- ♦ Scriptural Reading
- ♦ Responsory
- ♦ Gospel Canticle - Zechariah (+), Benedictus
- ♦ Intercessions
- ♦ Our Father
- ♦ Concluding Prayer
- ♦ Dismissal - p657

Morning Prayer

- ♦ Start with the **Invitatory** (See lesson 2) **IF** Morning Prayer is the first prayer of your day
- ♦ Or - start with the Introduction if it is not your first prayer:
 - ♦ God + come to my assistance, Make haste to help me.

Morning Prayer

- ♦ Enter into Morning Prayer
- ♦ **NEVER** SKIP the Hymn
- ♦ Psalmody: Psalm, **Old** Testament Canticle, Psalm
 - ♦ Psalm = Antiphon, Psalm, (Psalm Prayer), Doxology, Antiphon
 - ♦ Short Pause after each Psalm and Canticle

Morning Prayer

- ♦ **NOTE:** If in Ordinary Time, Continue to use Readings - end from the 4 - Week Psalter
- ♦ IF **outside** of Ordinary Time —**ADVENT/CHRISTMAS**, you are to go to: **Proper of Seasons (starts p 119)**

- ♦ Find the liturgical day and week you are in
- ♦ Go to: Morning Prayer
 - ♦ Hymn
 - ♦ Psalmody



- ♦ **AFTER PSALMODY FOR LITURGICAL SEASONS OUTSIDE OF ORDINARY TIME, GO TO THE PROPER OF SEASONS**

Morning Prayer

- ♦ **Go to: Proper of Seasons** -p119 (hymns
 - ♦ starts with hymns for the liturgical hours
 - ♦ readings on p 137
- ♦ For Monday Week 1, p153
 - ♦ Scripture Reading
 - ♦ Responsory
 - ♦ Short Pause, silence, for reflection

Morning Prayer

- ♦ Gospel Canticle = Canticle of Zechariah (+), **STAND**
 - ♦ Antiphon for the Gospel Canticle
 - ♦ Canticle of Zechariah, p 655
 - ♦ Doxology
 - ♦ *repeat* Antiphon for the Gospel Canticle
- ♦ Read story of Zechariah and Elizabeth
 - ♦ Luke 1:5-25
 - ♦ Luke 1:57-80:

Morning Prayer

- ♦ Intercessions
- ♦ The Lord's Prayer
- ♦ Concluding Prayer
- ♦ Dismissal
 - ♦ May + the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

Morning Prayer

Antiphon

Psalm/Canticle

Glory to...

Psalm prayer

Antiphon

EXAMPLE: Monday, Week 1 of Advent - p 699, p 153

- ♦ **Invitatory:**
 - ♦ Lord (+) open my lips...
 - ♦ Antiphon (for Advent thru Dec 16) → 647
 - ♦ Psalm 95, p 648
 - ♦ Antiphon
- ♦ **Morning Prayer, p702**
 - ♦ Hymn - "Brightness of the Father's glory, ..."
 - ♦ Psalmody: Ps 5, 1 Chronicles Canticle, Ps 29
 - ♦ **THEN MOVE TO THE PROPER OF SEASONS FOR THE REST OF MORNING PRAYER - p153**
- ♦ Reading
- ♦ Responsory
- ♦ Antiphon for Canticle of Zechariah
- ♦ p655, Canticle of Zechariah (+)
- ♦ Antiphon for Cant of Zech
- ♦ Intercessions
- ♦ Our Father...
- ♦ Concluding prayer
- ♦ Dismissal (May the Lord bless us...) - p657

Morning Prayer

Antiphon

Psalm/Canticle

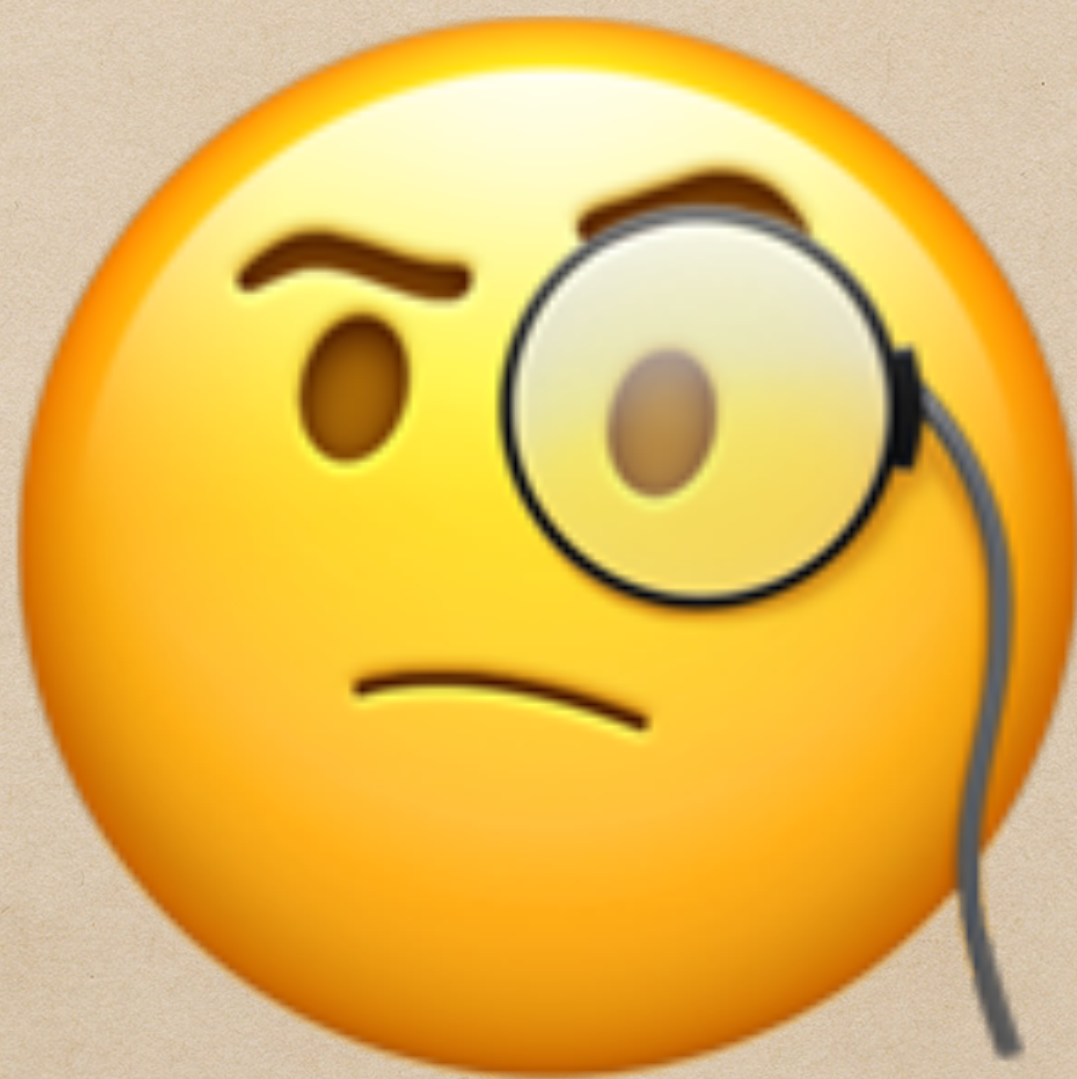
Glory to...

Psalm prayer

Antiphon

EXAMPLE: Sunday, Week I of Advent - pp 686, 144

- ♦ **Invitatory:**
 - ♦ Lord (+) open my lips...
 - ♦ Advent Antiphon (for Advent thru Dec 16) - p 647
 - ♦ Psalm 95, p648
 - ♦ *repeat* Advent Antiphon
- ♦ **Morning Prayer, 686**
 - ♦ *SKIP the Introduction (bc you prayed the Invitatory)*
 - ♦ Hymn, #122, OR option
 - ♦ Psalmody: Ps 63; Canticle of Daniel [note **red**]; Ps 149
- ♦ **THEN MOVE TO THE PROPER OF SEASONS FOR THE REST OF MORNING PRAYER - p144/5**
- ♦ Reading, Romans
- ♦ Responsory
- ♦ Antiphon for Canticle of Zechariah
- ♦ p 655, Canticle of Zechariah (+)
- ♦ *repeat* Antiphon for Cant of Zech
- ♦ Intercessions
- ♦ Our Father...
- ♦ Concluding prayer
- ♦ Dismissal (May the Lord bless us...) (p. 657)



HOMEWORK:

- ♦ Pray the INVITATORY and MORNING Prayer for ADVENT
 - ♦ Remember Antiphon for Advent → 12/16 on p 647
 - ♦ 4-week Psalter begins page 686 for MP
 - ♦ Proper of Seasons begins page 144 for MP
- ♦ READ Entire Chapter of Luke 1
 - ♦ Story around the Canticle of Zechariah 1:5-25, 67-80
- ♦ READ the GILH slowly
- ♦ If iPhone, download **Breviary Tunes**
- ♦ View Resources on class webpage
- ♦ Class video will be posted

from LOTH - Morning Prayer 11/6/22

CONCLUDING PRAYER

God of power and mercy,
protect us from all harm.
Give us freedom of spirit
and health in mind and body
to do your work on earth.
We ask this through our Lord Jesus
Christ, your Son,
who lives and reigns with you and the
Holy Spirit,
God, for ever and ever.
— Amen.

May the Lord + bless us,
protect us from all evil
and bring us to
everlasting life.
— Amen.