

COLLECT

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Almighty ever-living God,
whose will is to restore all things
in your beloved Son, the King of the universe,
grant, we pray,
that the whole creation, set free from slavery,
may render your majesty service
and ceaselessly proclaim your praise.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy
Spirit,
God, for ever and ever.

How to Pray the Liturgy of the Hours

step-by-step instructions

Daytime Prayer

Daytime Prayer

- Mid-morning (about 9:00am)
 - Midday (about 12:00 noon)
 - Mid-afternoon (about 3:00pm)
-
- Instructions on page 658
 - **Hymns** for all the Daytime prayers: 658 - 665
 - Short prayer - about 4-8 minutes

Daytime Prayer

- Complementary Daytime Psalmody, page 1191

NORMAL Psalm Sandwich

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

Triple Decker Sandwich



Psalm Sandwich for Daytime Prayer in Advent, Christmas, Lent, Easter

only 1 Antiphon

Psalm #1

Doxology

Psalm prayer

Psalm #2

Doxology

Psalm #3

Doxology

only 1 Antiphon

Daytime Prayer

Pattern of Daytime Prayer:

- Introduction: God come to my assistance.... [or Invitatory IF...]
- **Hymn** for appropriate Daytime Prayer
- **Psalmody: - Triple Decker Psalm Sandwich:**
 - Antiphon 1
 - Psalms
 - Psalms
- **Psalms**
- Antiphon 1
- Scriptural Reading
- verse
- Concluding Prayer
- Acclamation: *Let us praise the Lord, — And give him thanks*

Psalm Sandwich for **Daytime Prayer** in Advent, Christmas, Lent, Easter

only 1 Antiphon

Psalm #1

Doxology

Psalm prayer

Psalm #2

Doxology

Psalm #3

Doxology

only 1 Antiphon

****Antiphons for
Daytime Prayers are
in Proper of Seasons**

Daytime Prayer

- Go to 4-Week Psalter for the Liturgical
 - **Week**
 - then **Day**
 - then **Time of day** (mid-morn, mid-day, mid-afternoon)

Daytime Prayer

- Start with the Introduction
 - God + come to my assistance, Make haste to help me.
 - Or - the Invitatory IF this is FIRST LOTH prayer of YOUR day
- NEVER SKIP the Hymn

Daytime Prayer

- Psalmody
 - Psalms given in the 4-week Psalter
 - **BUT** Antiphon (*singular*) given in **Proper of Season**
- Reading
- Verse
- Concluding Prayer
- Acclamation: *Let us praise the Lord, And give him thanks*

Daytime Prayer

- DID YOU NOTICE: Only one set of Psalms were given in the 4-week Psalter for Daytime Prayer
- If you do another Daytime prayer: Use **Complementary Psalms - p 1191**
 - Only ONE SET each for the 3 Daytime prayers
 - For **midmorning**: Ps 120, 121, 122
 - For **mid-day**: Ps 123, 124, 125
 - For **mid-afternoon**: Ps 126, 127, 128

Daytime Prayer

Wednesday, 2nd Week of Advent — **Midmorning** prayer

- Start p862
 - Intro
 - Hymn, choose one
 - **Psalmody:**
 - Antiphon for Psalmody in Proper of Season, page 230 - choose **midmorning**
 - Psalms 119, 55 (I), 55 (II)
 - Psalm Prayer
 - Antiphon (**midmorning**)

only 1 Antiphon

Psalm #1

Doxology

Psalm #2

Doxology

Psalm #3

Doxology

Psalm prayer

only 1 Antiphon

Daytime Prayer

Wednesday, 2nd Week of Advent — **Midmorning** prayer

- page 230
 - Reading for **Midmorning**,
 - Verse
 - Concluding Prayer, same as MP- refers you to *Prayer as in Morning Prayer*
 - → prayer, p230
- Acclamation: *Let us praise the Lord, And give him thanks.*

Daytime Prayer

Wednesday, 2nd Week of Advent — **midday** prayer

- Start 862
 - Intro
 - Hymn, choose one
 - Antiphon for **midday** Psalmody on page 231
 - Go To p 1191 - Complementary Daytime Prayer - for **midday** psalmody (**on 1193**)
 - Psalms 123, 124, 125
 - Antiphon (**midday**)

only 1 Antiphon

Psalm 123

Doxology

Psalm 124

Doxology

Psalm 125

Doxology

only 1 Antiphon

Daytime Prayer

Wednesday, 2nd Week of Advent — **midday** prayer

- page 231
 - Reading for **midday**,
 - Verse
 - Concluding Prayer - refers you to *Prayer as in Morning Prayer*
 - → prayer, 230
- Acclamation: *Let us praise the Lord, And give him thanks.*

Daytime Prayer

Wednesday, 2nd Week of Advent — **mid-afternoon** prayer

- Start 862
 - Intro
 - Hymn, choose one
 - Antiphon for **Mid-afternoon**
Psalmody on page 231
 - Go To p 1191 - Complementary
Daytime Prayer - for **Mid-afternoon** psalmody (on p 1195)
 - Psalms 126, 127, 128
 - Antiphon

only 1 Antiphon

Psalm 126

Doxology

Psalm 127

Doxology

Psalm 128

Doxology

only 1 Antiphon

Daytime Prayer

Wednesday, 2nd Week of Advent — **mid-afternoon** prayer

- page 231
 - Reading for **Mid-afternoon**,
 - Verse
 - Concluding Prayer - refers you to *Prayer, as in Morning Prayer*
 - → prayer, p230
- Acclamation: *Let us praise the Lord, And give him thanks.*

How to Pray the Liturgy of the Hours

step-by-step instructions

**Advent, Christmas
Feast Days, Solemnities**

FYI -

**I Teach a Separate 2-part class
for Solemnities and Feast Days**

December 2022



PREVIOUS

NEXT



Nov

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|--|--|--|
| <div>●</div> <div>27</div> <div>First Sunday of Advent</div> | <div>●</div> <div>28</div> <div>Monday of the First Week of Advent</div> | <div>●</div> <div>29</div> <div>Tuesday of the First Week of Advent</div> | <div>●</div> <div>30</div> <div>Feast of Saint Andrew, Apostle</div> | <div>●</div> <div>1</div> <div>Thursday of the First Week of Advent</div> | <div>●</div> <div>2</div> <div>Friday of the First Week of Advent</div> | <div>○</div> <div>3</div> <div>Memorial of Saint Francis Xavier, Priest</div> |
| <div>●</div> <div>4</div> <div>Second Sunday of Advent</div> | <div>●</div> <div>5</div> <div>Monday of the Second Week of Advent</div> | <div>●</div> <div>6</div> <div>Tuesday of the Second Week of Advent</div> | <div>○</div> <div>7</div> <div>Memorial of Saint Ambrose, Bishop and Doctor of the Church</div> | <div>○</div> <div>8</div> <div>Solemnity of the Immaculate Conception of the Blessed Virgin Mary</div> | <div>●</div> <div>9</div> <div>Friday of the Second Week of Advent</div> | <div>●</div> <div>10</div> <div>Saturday of the Second Week of Advent</div> |
| <div>●●</div> <div>11</div> <div>Third Sunday of Advent</div> | <div>○</div> <div>12</div> <div>Feast of Our Lady of Guadalupe</div> | <div>●</div> <div>13</div> <div>Memorial of Saint Lucy, Virgin and Martyr</div> | <div>○</div> <div>14</div> <div>Memorial of Saint John of the Cross, Priest and Doctor of the Church</div> | <div>●</div> <div>15</div> <div>Thursday of the Third Week in Advent</div> | <div>●</div> <div>16</div> <div>Friday of the Third Week in Advent</div> | <div>●</div> <div>17</div> <div>Saturday of the Third Week of Advent</div> |
| <div>●</div> <div>18</div> <div>Fourth Sunday of Advent</div> | <div>●</div> <div>19</div> <div>Monday of the Fourth Week of Advent</div> | <div>●</div> <div>20</div> <div>Tuesday of the Fourth Week of Advent</div> | <div>●</div> <div>21</div> <div>Wednesday of the Fourth Week of Advent</div> | <div>●</div> <div>22</div> <div>Thursday of the Fourth Week of Advent</div> | <div>●</div> <div>23</div> <div>Friday of the Fourth Week of Advent</div> | <div>●</div> <div>24</div> <div>Saturday of the Fourth Week of Advent</div> |
| <div>○</div> <div>25</div> <div>The Nativity of the Lord (Christmas)</div> <div>The Nativity of the Lord (Christmas)</div> | <div>●</div> <div>26</div> <div>Feast of Saint Stephen, first martyr</div> | <div>○</div> <div>27</div> <div>Feast of Saint John, Apostle and evangelist</div> | <div>●</div> <div>28</div> <div>Feast of the Holy Innocents, martyrs</div> | <div>○</div> <div>29</div> <div>The Fifth Day in the Octave of Christmas</div> | <div>○</div> <div>30</div> <div>Feast of The Holy Family of Jesus, Mary and Joseph</div> | <div>○</div> <div>31</div> <div>The Seventh Day in the Octave of Christmas</div> |

January 2023



PREVIOUS

NEXT



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|---|--|---|
| ○ 1 The Octave Day of Christmas Solemnity of the Blessed Virgin Mary, the Mother of God | ○ 2 Memorial of Saints Basil the Great and Gregory Nazianzen, Bishops and Doctors of the Church | ○ 3 Christmas Weekday | ○ 4 Memorial of Saint Elizabeth Ann Seton, Religious | ○ 5 Memorial of Saint John Neumann, Bishop | ○ 6 Christmas Weekday | ○ 7 Christmas Weekday |
| ○ 8 The Epiphany of the Lord | ○ 9 The Baptism of the Lord | ● 10 Tuesday of the First Week in Ordinary Time | ● 11 Wednesday of the First Week in Ordinary Time | ● 12 Thursday of the First Week in Ordinary Time | ● 13 Friday of the First Week in Ordinary Time | ● 14 Saturday of the First Week in Ordinary Time |
| ● 15 Second Sunday in Ordinary Time | ● 16 Monday of the Second Week in Ordinary Time | ○ 17 Memorial of Saint Anthony, Abbott | ● 18 Wednesday of the Second Week in Ordinary Time | ● 19 Thursday of the Second Week in Ordinary Time | ● 20 Friday of the Second Week in Ordinary Time | ● 21 Memorial of Saint Agnes, Virgin and Martyr |
| ● 22 Third Sunday in Ordinary Time | ○ 23 Day of Prayer for the Legal Protection of Unborn Children | ○ 24 Memorial of Saint Francis de Sales, Bishop and Doctor of the Church | ○ 25 Feast of the Conversion of Saint Paul, Apostle | ○ 26 Memorial of Saints Timothy and Titus, bishops | ● 27 Friday of the Third Week of Ordinary Time | ○ 28 Memorial of Saint Thomas Aquinas, Priest and Doctor of the Church |
| ● 29 Fourth Sunday in Ordinary Time | ● 30 Monday of the Fourth Week in Ordinary Time | ○ 31 Memorial of Saint John Bosco, Priest | 1 | 2 | 3 | 4 |

Advent and Christmas

Proper of Seasons, p.119

- Advent (p121)
 - Before Dec 17
 - December 17 - 24
- Christmas (starts p385)
- Feast Days
 - Holy Family (Sunday after Christmas)
- Dec 26 — Dec 31 (starts p436)
- Jan 1 - Mary, Mother of God
- 2nd Sunday after Christmas
- Monday - From Jan 2 to Epiphany
- Epiphany
- Monday after Epiphany to Baptism of our Lord
- Baptism of our Lord
- **Proper of Saints (p1199)**

Proper of Saints

- Venerate Saints on the Liturgical Calendar
- Page 1199 - **Proper of Saints**
- Follow Instructions for the Saint's day

Proper of Saints

- May be referred to the **Commons**, start page 1291
 - ex,
 - Common of Apostles, p 1351
 - Common of Martyrs
 - several -1370;
 - one - 1395
 - Common of Virgins, p 1468

Proper of Saints

- Go Slow, Be Patient
- Mark pages BEFORE you begin to pray
- Use markers: Ribbons, Prayer cards, etc.
- Prepare the 4-Week Psalter for the day
 - AND the Commons for the Saint

Note: Evening Prayer **I** and Evening Prayer **II**

a Sample Week of LOH -

| Sunday | Monday | Tuesday | Wednesdy | 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***

December 8

Immaculate Conception



- **Evening Prayer 1 - Dec 7**, page 1221
- Introduction
- Hymn
- Psalmody
 - Antiphons given
 - Psalms from **common of BVM**, p1321
- Reading
- Responsory
- Canticle of Mary - antiphon given
- Intercessions
- Our Father
- Prayer
- Dismissal

December 8

Immaculate Conception



- **Invitatory** antiphon, page 1224
 - use with Psalm 95
 - OR [Introduction]
- **Office of Reading**
 - Hymn
 - Psalmody
 - Antiphon given p1226
 - Use Psalms from common of BVM, p1328
- Verse
- Biblical Reading
- Responsory
- Non-Biblical Reading
- Responsory
- **Te Deum**
- Prayer as in MP- p1233
- Acclamation

December 8

Immaculate Conception



- **Invitatory** antiphon, page 1224
 - use with Psalm 95
 - OR [Introduction]
- **Morning Prayer, p1230**
 - Hymn (choice)
 - Psalmody
 - Antiphons given
- Use Psalms from Sunday Week 1, p688
- Reading
- Responsory
- Canticle of Zechariah
- Intercessions
- Lord's prayer
- Concluding Prayer
- Dismissal

December 8

Immaculate Conception



OVERVIEW

- **Daytime Prayer**, p 1233
- ***START** in the Psalter,
Week 2 of Advent, Thursday*
- Introduction
- Psalmody
- Antiphon, Reading, Verse
 - Mid-morning
 - Midday
 - Midafternoon
- ***Use Complementary
psalmody, p 1191...***
 - Prayer as in MP
 - Acclamation

December 8

Immaculate Conception



- **Evening Prayer II -
Dec 8**, page 1235
- Introduction
- Hymn, 1221
- Psalmody
 - Antiphons given
 - Psalms from
**common of
BVM**, p1345
- Reading
- Responsory
- Canticle of Mary -
antiphon given
- Intercessions
- Our Father
- Prayer
- Dismissal

December 8

Immaculate Conception



- **Night Prayer**
 - No instructions. Use Night Prayer for the night of the week
 - (2022- Thursday)

December 26

Stephen, First Martyr



- **Invitatory** antiphon, page 1253
 - use with Psalm 95
- **Office of Reading**
 - Hymn - common of one martyr, 1401
 - Psalmody
 - Antiphon given
 - Use Psalms from **common of one martyr, 1402**
- Verse
- Biblical Reading
- Responsory
- Non-Biblical Reading
- Responsory
- Te Deum
- Prayer as in MP- p1259
- Acclamation

December 26

Stephen, First Martyr



- Invitatory antiphon, page 1253
 - use with Psalm 95
- Morning Prayer, p1258
 - Hymn, common of one martyr, 1409
 - Psalmody
 - Antiphons given
 - Use Psalms from Sunday Week 1, p688
- Reading
- Responsory
- Canticle of Zechariah
- Intercessions
- Lord's prayer
- Concluding Prayer
- Dismissal

December 26

Stephen, First Martyr



- **Daytime Prayer**, p 1260
- Introduction
- Hymn
- Use CURRENT WEEKDAY - WEEK 1 of the Psalter (week 1 of Christmas)
- Antiphons, Reading, verse
 - Mid-morning
 - Midday
 - Midafternoon
- Verse
- Prayer as in MP
- Acclamation

December 26

Stephen, First Martyr



- **Evening Prayer** - page 1261 → P436
- **DIRECTIONS IN RED**
 - Start 414
 - RETURN for Reading, Responsory, and the rest on p 436-437

December 26

Stephen, First Martyr



- **Night Prayer**

- No instructions. Use Night Prayer for the night of the week (Monday in 2022)

How to Pray the Liturgy of the Hours

step-by-step instructions

Introduction to The Ordo

Saint Joseph

GUIDE

FOR

THE LITURGY OF THE HOURS

For 2020

VOLUME I — Jan. 1 to Jan. 12 — pp. 3-4
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OOR 1428, Ps 765, Rd 183 & 1210, Pr 1212
MP 1443, Ps 769, Pr 1212; DP 773, Ant, etc. 187
EP 1449, Ps 777, Pr 1212; NP 1185

4. Sat. Saturday of the 1st Week of Advent
ALL 781, Ant, Rd, etc. 190; EP see below

OR: St. John Damascene, P & D (1212)
From Com of D 1458
OOR 1458, Ps 782, Rd 190 & 1212, Pr 1214
MP 1464, Ps 787, Pr 1214; DP 789, Ant, etc. 195
EP I (of Sunday) 197, Hymn 126 or 793, Ps 794; NP 1169

5. **Sun. SECOND SUNDAY OF ADVENT**

OOR 199, Hymn 121 or 798, Ps 798, Te Deum, Pr 205
MP 203, Hymn 122 or 802, Ps 804; DP 808, Ant, etc. 206
EP II 207, Hymn 126 or 811, Ps 811; NP 1172

6. Mon. Monday of the 2nd Week of Advent
ALL 816, Ant, Rd, etc. 209; NP 1175

OR: St. Nicholas, B (1215)
From Com of Pas 1428
OOR 1428, Ps 817, Rd 209 & 1215, Pr 1217
MP 1443, Ps 822, Pr 1217; DP 825, Ant, etc. 215
EP 1449, Ps 829, Pr 1217; NP 1175

7. Tue. St. Ambrose, B & D (Mem) (1217)
From Com of D 1458
OOR 1458, Ps 834, Rd 218 & 1218, Pr 1220
MP 1464, Ps 839, Pr 1220; DP 844, Ant, etc. 222
EP I (of Immaculate Conception) 1221; NP 1169

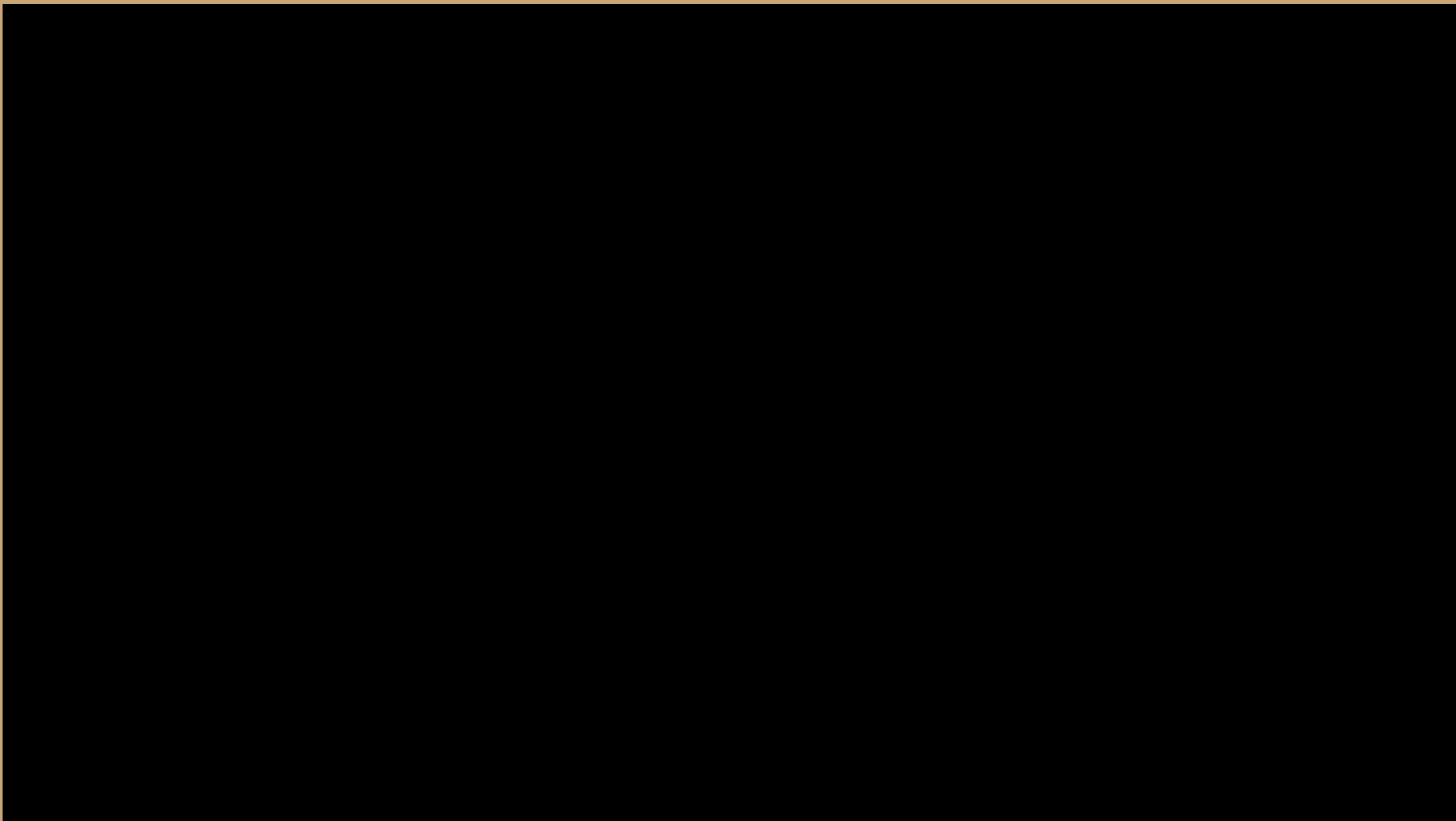
8. **Wed. IMMACULATE CONCEPTION (Sol)**
ALL 1224, Te Deum; DP Ps 1191; NP 1172

9. Thu. Thursday of the 2nd Week of Advent
ALL 872, Ant, Rd, etc. 233; NP 1183

OR: St. Juan Diego (**New**) (32)
From Com of HM 1500
OOR 1500, Ps 873, Rd 233 & 1508, Pr proper (33) or 1516
MP 1512, Ps 877, Pr proper (33) or 1516; DP 881, Ant, Rd, etc. 239
EP 1519, Ps 886, Pr proper (33) or 1524; NP 1183

10. Fri. Friday of the 2nd Week of Advent





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