

# How to Pray the Liturgy of the Hours

step-by-step Instructions

**Christian Prayer Book**

**The 4-Week Psalter**

**and**

**Morning Prayer**

# Opening Prayer

## Collect

O God, giver of that ardor of love for you by which Saint Lawrence was outstandingly faithful in service and glorious in martyrdom, grant that we may love what he loved and put into practice what he taught. 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.



**Firm Tab:**

**Invitatory**

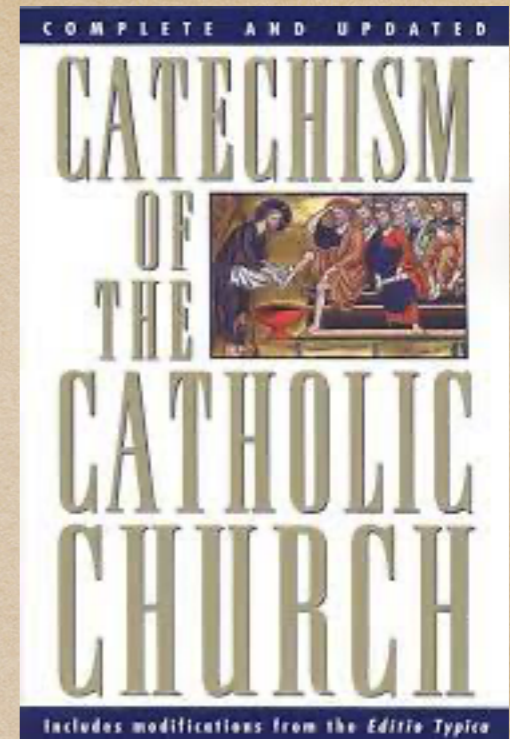
**P.687**



# INSTRUCTIONS

- ◆ REMEMBER: Instructions to pray the LOH are found on page 685 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:**
    1. 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 p702, bottom)
    2. The antiphons for the Psalm/Canticle are not repeated at the end of the Psalms/Canticles — you have to remember
- ♦ Morning and Evening Prayers are on a 4 week rotation
- ♦ Daytime and Nighttime Prayer is on a 1 week rotation
  - ♦ *Office of Readings are not offered here in the Psalter.*

**Firm Tab:**

**4-week  
Psalter**

**P.699**



**REMINDER**

# Sandwich





**REMINDER**

# Psalm/Canticle Sandwich

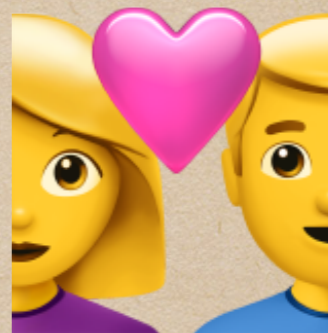
Antiphon

Psalm or  
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.

**NEVER SKIP THE HYMN!**

New American Bible (Revised Edition)

## Psalm 100

### Processional Hymn

1 A psalm of thanksgiving.

Shout joyfully to the Lord, all you lands;

2

serve the Lord with gladness;  
come before him with joyful song.

3

Know that the Lord is God,  
he made us, we belong to him,  
we are his people, the flock he shepherds.

4

Enter his gates with thanksgiving,  
his courts with praise.

Give thanks to him, bless his name;

5

good indeed is the Lord,  
His mercy endures forever,  
his faithfulness lasts through every  
generation.

### Footnotes

- [Psalm 100](#) A hymn inviting the people to enter the Temple courts with thank offerings for the God who created them.
- [100:3](#) Although the people call on all the nations of the world to join in their hymn, they are conscious of being the chosen people of God.

- ◆ Hymns start on p 1502
- ◆ List is ordered according to Liturgical Seasons
- ◆ you get sheet music! starting on 1507.

for Hymns

**COMMON OF PASTORS**

Come to me  
Shepherd of souls, in love come  
feed us  
Loving Shepherd of thy sheep  
The King of love my shepherd is

**COMMON OF DOCTORS OF THE CHURCH**

Faith of our fathers  
Rise up, O men of God  
This is the feast day of the  
Lord's true witness  
Now let us praise

**COMMON OF VIRGINS**

Now from the heav'ns descend-  
ing  
Now let us praise  
Blessed are the poor of heart  
(The Beatitudes)

**COMMON OF HOLY MEN**

Faith of our fathers  
Rise up, O men of God  
This is the feast day of the  
Lord's true witness  
Blessed are the pure in heart  
God, our help in ages past  
Who would true valor see

**COMMON OF HOLY WOMEN**

Now from the heav'ns descend-  
ing  
Now let us praise  
Blessed are the poor of heart  
(The Beatitudes)  
God, our help in ages past

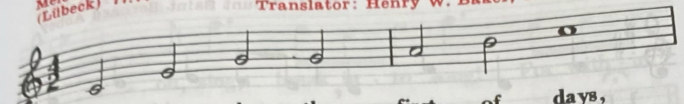
**COMMON OF THE DEAD**

Come to me  
all the saints  
The King of love my shepherd is  
Radiant light, O sun divine  
flights of angels lead you  
on your way

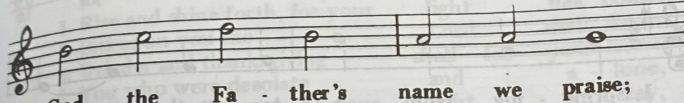
**On This Day, the First of Days**

1

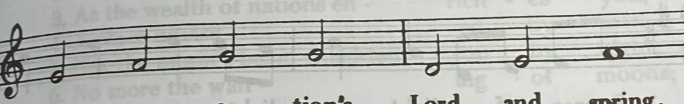
Melody: Gott Sel Dank (Lilbeck) 77.77 Music: Freylinghausen's Gesangbuch, 1704 Text: Le Mans Breviary, 1748 Translator: Henry W. Baker, 1821-1877, alt.



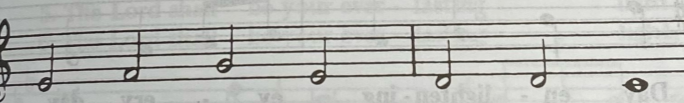
1. On this day, the first of days,  
2. On this day th'e ter - nal Son  
3. Fa - ther, who didst fash - ion man  
4. Word made flesh all hail to thee!  
5. Ho - ly Spir - it, you im - part  
6. God, the bless - ed Three in One,



1. God the Fa - ther's name we praise;  
2. O - ver death his tri - umph won;  
3. God - like in thy lov - ing plan,  
4. Thou from sin hast set us free;  
5. Gifts of love to ev - ery heart;  
6. May thy ho - ly will be done;



1. Who cre - a - tion's Lord and spring,  
2. On this day the Spir - it came  
3. Fill us with that love di - vine,  
4. And with thee we die and rise  
5. Give us light and grace, we pray,  
6. In thy word our souls are free.



1. Did the world from dark - ness bring.  
2. With his gifts of liv - ing flame.  
3. And con - form our wills to thine.  
4. Un - to God in sac - ri - fice.  
5. Fill our hearts this ho - ly day.  
6. And we rest this day with thee.

002 Psalter  
R#1  
002 R#2

# HYMNS

App Store Preview

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



**Breary Tunes** 4+

by Willet

★★★★★ 4.6 • 20 Ratings

Free • Offers In-App Purchases

LIST OF LOH HYMNS in Alphabetical Order on Webpage



View:

In Order

By Name

By Tune

By Meter

## Breviary Tunes



### Voice Type:

Baritone

Tenor

Alto

Soprano

### Instrument:

Organ

Grand Piano

Guitar

Violin

### Verses



4



1. On This Day, the First of Days
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 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
12. This Day God Gives Me
13. God Father, Praise and Glory
14. All Creatures of Our God and King

# 8. Praise, My Soul, the King of Heaven

**Tune: Lauda Anima (87.87.87)**

Henry F. Lyte

- |  |   |
|--|---|
| <p><b>1</b> Praise, my soul, the King of heaven;<br/>To his feet your tribute bring;<br/>Ransomed, healed, restored, forgiven,<br/>Evermore his praises sing;<br/>Alleluia! Alleluia!<br/>Praise the everlasting King.</p> | <p><b>2</b> Praise him for his grace and favor<br/>To his children in distress;<br/>Praise him still the same as ever<br/>Slow to chide and swift to bless:<br/>Alleluia! Alleluia!<br/>Glorious in his faithfulness.</p> |
| <p><b>3</b> Father-like he tends and spares us;<br/>Well our feeble frame he knows;<br/>In his hand he gently bears us,<br/>Rescues us from all our foes.<br/>Alleluia! Alleluia!<br/>Widely yet his mercy flows.</p>      | <p><b>4</b> Angels, help us to adore him;<br/>You behold him face to face;<br/>Sun and moon, bow down before him,<br/>Join the praises of our race:<br/>Alleluia! Alleluia!<br/>Praise with us the God of grace.</p>      |

Lauda Anima



1x



View:

- In Order**
- By Name
- By Tune
- By Meter

## Breviary Tunes



Voice Type:

- Baritone**
- Tenor
- Alto
- Soprano

Instrument:

- Organ**
- Grand Piano
- Guitar
- Violin

Verses

- 6 +

- 1. On This Day, the First of Days**
- 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 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
- 12. This Day God Gives Me
- 13. God Father, Praise and Glory
- 14. All Creatures of Our God and King

# 1. On This Day, the First of Days

**Tune: Gott Sei Dank (Lubeck) (77.77)**

Henry W. Baker

- |  |   |
|--|---|
| <p><b>1</b> On this day, the first of days<br/>God the Father's name we praise;<br/>Who, creation's Lord and spring<br/>Did the world from darkness bring.</p> | <p><b>2</b> On this day the eternal Son<br/>Over death his triumph won;<br/>On this day the Spirit came<br/>With his gifts of living flame.</p>       |
| <p><b>3</b> Father, who didst fashion man<br/>Godlike in thy loving plan<br/>Fill us with that love divine,<br/>And conform our wills to thine.</p>            | <p><b>4</b> Word made flesh, all hail to thee!<br/>Thou from sin hast set us free.<br/>And with thee we die and rise<br/>Unto God in sacrifice.</p>   |
| <p><b>5</b> Holy Spirit, you impart<br/>Gifts of love to every heart;<br/>Give us light and grace, we pray,<br/>Fill our hearts this holy day.</p>             | <p><b>6</b> God, the blessed Three in One,<br/>May thy holy will be done.<br/>In thy word our souls are free.<br/>And we rest this day with thee.</p> |

Gott Sei Dank (Lubeck)



1x



List of tunes on website:

[https://stjudesp.org/our-faith/adult-faith-formation/  
liturgy-of-the-hours-class/](https://stjudesp.org/our-faith/adult-faith-formation/liturgy-of-the-hours-class/)

# About

- ◆ I just make up tunes; make up chants -*Like Elf*



# Defining 'a day'

## NABRE

### Preamble. The Creation of the World

#### Genesis 1

**The Story of Creation.** 1 In the beginning, when God created the heavens and the earth— 2 and the earth was without form or shape, with darkness over the abyss and a mighty wind sweeping over the waters

3 Then God said: Let there be light, and there was light. 4 God saw that the light was good. God then separated the light from the darkness. 5 God called the light "day," and the darkness he called "night." Evening came, and morning followed—the first day.

**EVENING + MORNING = A DAY**

6 Then God said: Let there be a dome in the middle of the waters,...

# Liturgical Days

Sat	Sunday	Mon	Tues	Wed	Thurs	Fri	Sat	Sunday
	Sunday Mass	Daily Mass	Daily Mass	Daily Mass	Daily Mass	Daily Mass	Daily Mass	Sunday Mass
4P Vigil Mass for Sunday	Sunday Mass						4P Vigil Mass for Sunday	Sunday Mass

Liturgically, Saturday evening belongs to Sunday

# Liturgical Days

Sat	Sunday	Mon	Tues	Wed	Thurs	Fri	Sat	Sunday
	Sunday Mass	Daily Mass	Daily Mass	Daily Mass	Solemnity Mass	Daily Mass	Daily Mass	Sunday Mass
4P Vigil Mass for Sunday	Sunday Mass			7P Vigil Mass for Solemnity	Solemnity Mass		4P Vigil Mass for Sunday	Sunday Mass

Liturgically, Saturday evening belongs to Sunday

Liturgically, Evening before a Solemnity belongs to the day of the Solemnity

# 4-Week Psalter

- ◆ PAGE 701
- ◆ NOTE: Sunday, Evening Prayer I
- ◆ 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 I**
  - ◆ Evening Prayer prayed on Sunday Evening,
    - ◆ then, is **Evening Prayer II** (for example, see page 712)



# Liturgical Days

Sat	Sunday	Mon	Tues	Wed	Thurs	Fri	Sat	Sunday
	Sunday Mass	Daily Mass	Daily Mass	Daily Mass	Daily Mass	Daily Mass	Daily Mass	Sunday Mass
	4P Vigil Mass for Sunday						4P Vigil Mass for Sunday	Sunday Mass



Liturgically, Saturday evening belongs to Sunday

AFTER the VIGIL MASS


# 4-Week Psalter

- ◆ **4-Week Rotation**
- ◆ For Example:
  - ◆ Week 1 - 4 correspond directly to the Psalter number
  - ◆ Week 5 → start over with Week 1 of the Psalter
  - ◆ see chart next slide.....

# 4-Week Psalter

## 4-Week Rotation:

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



# 4-Week Psalter

- ◆ Start over with **Week I** with each new Liturgical Season
- ◆ Except:
  - ◆ Ash Wednesday through Saturday - uses Week 4 of the Psalter
  - ◆ Because the 1st Sunday of Lent uses Week 1 of the Psalter

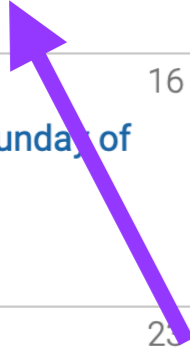
# March 2025



PREVIOUS

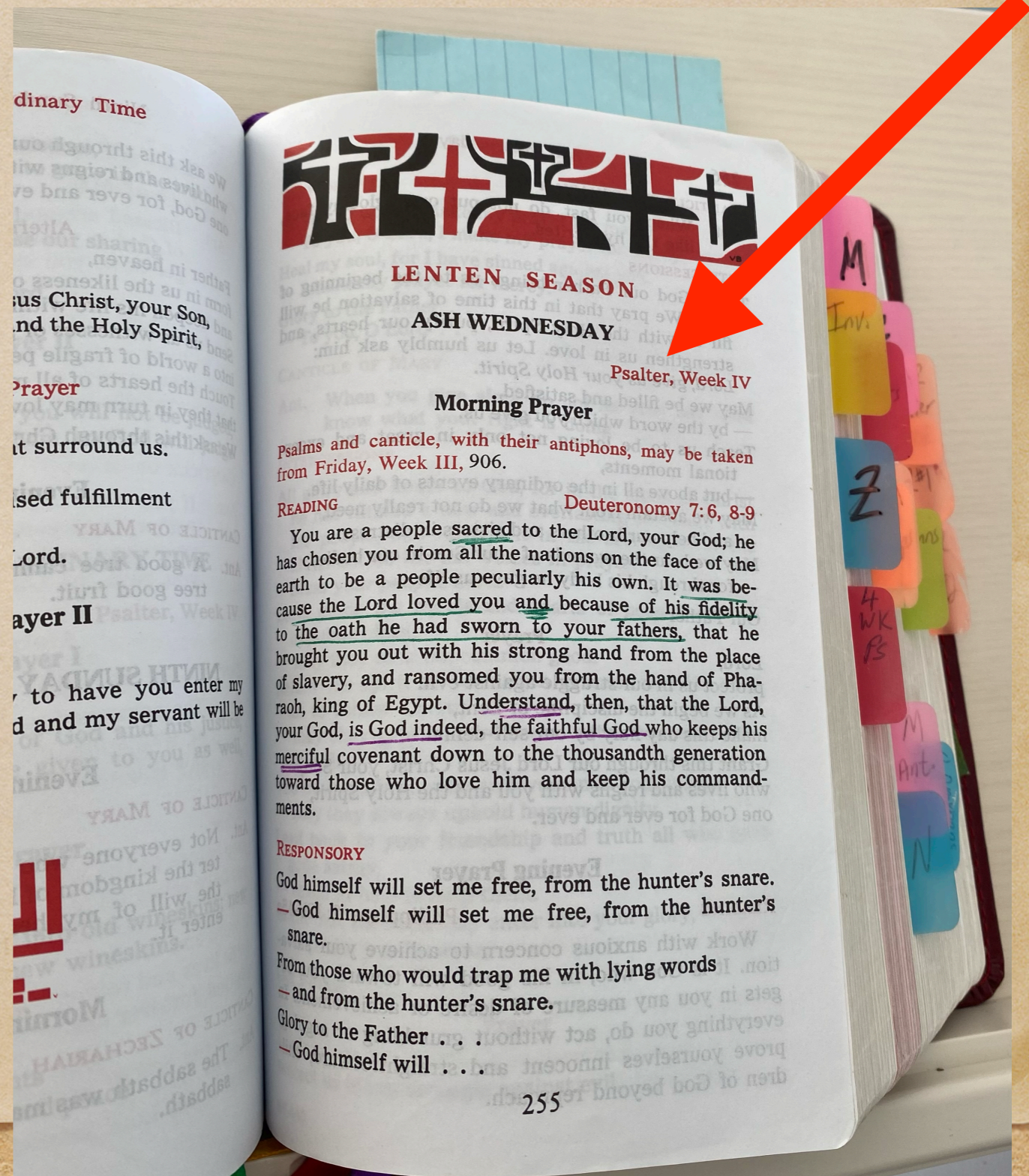
NEXT

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23	24	25	26	27	28	● 1 Saturday of the Seventh Week in Ordinary Time
● 2 Eighth Sunday in Ordinary Time	● 3 Monday of the Eighth Week in Ordinary Time	● 4 Tuesday of the Eighth Week in Ordinary Time	● 5 Ash Wednesday	● 6 Thursday after Ash Wednesday	● 7 Friday after Ash Wednesday	● 8 Saturday after Ash Wednesday
● 9 First Sunday of Lent	● 10 Monday of the First Week of Lent	● 11 Tuesday of the First Week of Lent	● 12 Wednesday of the First Week in Lent	● 13 Thursday of the First Week in Lent	● 14 Friday of the First Week of Lent	● 15 Saturday of the First Week of Lent
● 16 Second Sunday of Lent	● 17 Monday of the Second Week in Lent	● 18 Tuesday of the Second Week of Lent	○ 19 Solemnity of Saint Joseph, Spouse of the Blessed Virgin Mary	● 20 Thursday of the Second Week of Lent	● 21 Friday of the Second Week of Lent	● 22 Saturday of the Second Week of Lent
● 23 Third Sunday of Lent Third Sunday of Lent Third Sunday of Lent	● 24 Monday of the Third Week of Lent	○ 25 Solemnity of the Annunciation of the Lord	● 26 Wednesday of the Third Week of Lent	● 27 Thursday of the Third Week of Lent	● 28 Friday of the Third Week of Lent	● 29 Saturday of the Third Week of Lent
● 30 Fourth Sunday of Lent Fourth Sunday of Lent Fourth Sunday of	● 31 Monday of the Fourth Week of Lent	1	2	3	4	5



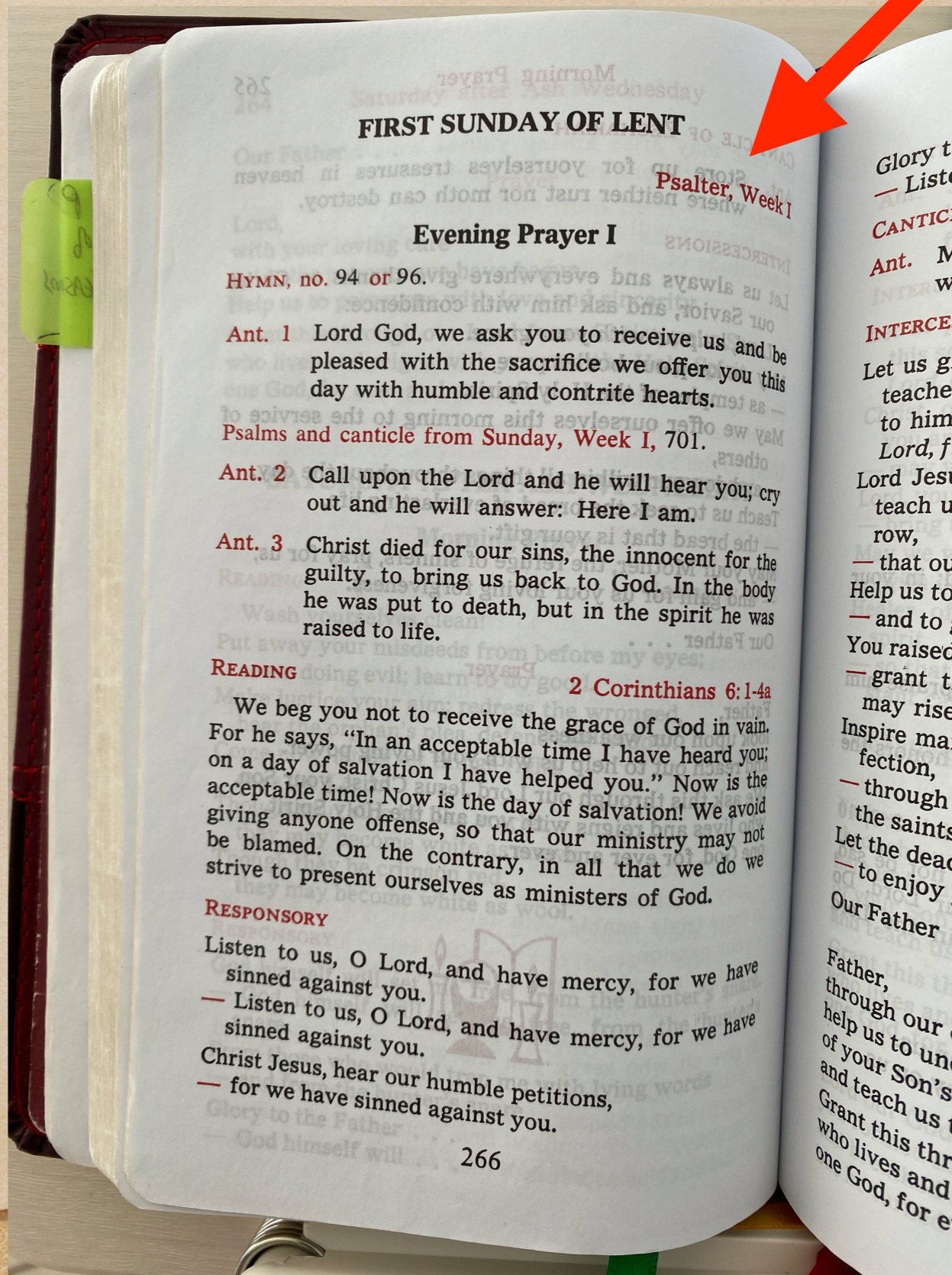
# LENT

- ◆ See Page 255 -  
Ash Wednesday



# LENT

- ◆ See Page 266 -  
First Sunday of  
Lent



# March 2025

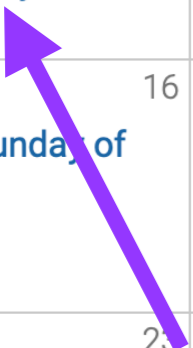


PREVIOUS

NEXT

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23	24	25	26	27	28	1 ● Saturday of the Seventh Week in Ordinary Time
● 2 Eighth Sunday in Ordinary Time	● 3 Monday of the Eighth Week in Ordinary Time	● 4 Tuesday of the Eighth Week in Ordinary Time	● 5 Ash Wednesday	● 6 Thursday after Ash Wednesday	● 7 Friday after Ash Wednesday	● 8 Saturday after Ash Wednesday
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● 16 Second Sunday of Lent	● 17 Monday of the Second Week in Lent	● 18 Tuesday of the Second Week of Lent	○ 19 Solemnity of Saint Joseph, Spouse of the Blessed Virgin Mary	● 20 Thursday of the Second Week of Lent	● 21 Friday of the Second Week of Lent	● 22 Saturday of the Second Week of Lent
● 23 Third Sunday of Lent Third Sunday of Lent Third Sunday of Lent	● 24 Monday of the Third Week of Lent	○ 25 Solemnity of the Annunciation of the Lord	● 26 Wednesday of the Third Week of Lent	● 27 Thursday of the Third Week of Lent	● 28 Friday of the Third Week of Lent	● 29 Saturday of the Third Week of Lent
● 30 Fourth Sunday of Lent Fourth Sunday of Lent Fourth Sunday of Lent	● 31 Monday of the Fourth Week of Lent	1	2	3	4	5

**Psalter week 4**





# 4-Week Psalter

- ◆ Evening Prayer 1 (for Sundays) - p701
- ◆ Invitatory - with Antiphon for Psalm 95 (*or others*) - p 706
- ◆ Morning Prayer - p 706
- ◆ Evening Prayer (II for Sundays) - p 712

# 4-Week Psalter

- ◆ If you pray all LOH prayers, every month you will have prayed 147 Psalms
  - ◆ 58, 83 and 109 are not used because they are curses (imprecatory)
  - ◆ (there are a total of 150 Psalms)

imprecatory

## Psalm 58 (NABRE)

The Dethroning of Unjust Rulers

**1** For the leader. Do not destroy. A *miktam* of David.

I

**2**  
Do you indeed pronounce justice, O gods;  
do you judge fairly you children of Adam?

**3**  
No, you freely engage in crime;  
your hands dispense violence to the earth.

II

**4**  
The wicked have been corrupt since birth;  
liars from the womb, they have gone  
astray.

**5**  
Their venom is like the venom of a snake,  
like that of a serpent stopping its ears,

**6**  
So as not to hear the voice of the charmer  
or the enchanter with cunning spells.

III

**7**  
O God, smash the teeth in their mouths;  
break the fangs of these lions, Lord!

**8**  
Make them vanish like water flowing away;  
trodden down, let them wither like grass.

**9**  
Let them dissolve like a snail that oozes away,  
like an untimely birth that never sees the  
sun.

**10**  
Suddenly, like brambles or thistles,  
have the whirlwind snatch them away.

**11**  
Then the just shall rejoice to see the vengeance  
and bathe their feet in the blood of the  
wicked.

**12**  
Then people will say:  
“Truly there is a reward for the just;  
there is a God who is judge on earth!”

# August 2024



PREVIOUS

NEXT



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	○ 1 Memorial of Saint Alphonsus Liguori, Bishop and Doctor of the Church	● 2 Friday of the Seventeenth Week in Ordinary Time	● 3 Saturday of the Seventeenth Week in Ordinary Time
● 4 Eighteenth Sunday in Ordinary Time	● 5 Monday of the Eighteenth Week in Ordinary Time	○ 6 Feast of the Transfiguration of the Lord	● 7 Wednesday of the Eighteenth Week in Ordinary Time	○ 8 Memorial of Saint Dominic, priest	● 9 Friday of the Eighteenth Week in Ordinary Time	● 10 Feast of Saint Lawrence, Deacon and Martyr
● 11 Nineteenth Sunday in Ordinary Time	● 12 Monday of the Nineteenth Week in Ordinary Time	● 13 Tuesday of the Nineteenth Week in Ordinary Time	● 14 Memorial of Saint Maximilian Kolbe, Priest and Martyr	○ 15 Solemnity of the Assumption of the Blessed Virgin Mary	● 16 Friday of the Nineteenth Week in Ordinary Time	● 17 Saturday of the Nineteenth Week in Ordinary Time
● 18 Twentieth Sunday in Ordinary Time	● 19 Monday of the Twentieth Week in Ordinary Time	○ 20 Memorial of Saint Bernard, Abbot and Doctor of the Church	○ 21 Memorial of Saint Pius X, Pope	○ 22 Memorial of the Queenship of the Blessed Virgin Mary	● 23 Friday of the Twentieth Week in Ordinary Time	● 24 Feast of Saint Bartholomew, Apostle
● 25 Twenty-first Sunday in Ordinary Time	● 26 Monday of the Twenty-first Week in Ordinary Time	○ 27 Memorial of Saint Monica	○ 28 Memorial of Saint Augustine, Bishop and Doctor of the Church	● 29 Memorial of the Passion of Saint John the Baptist	● 30 Friday of the Twenty-first Week in Ordinary Time	● 31 Saturday of the Twenty-first Week in Ordinary Time



PREVIOUS

NEXT



# AUGUST 2024

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11 <b>19 / Week 3</b>	12	13	14	15	16	17
18 <b>20 / Week 4</b>	19	20	21	22	23	24
25 <b>21 / Week 1</b>	26	27	28	29	30	31

# 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 19th week of OT,
      - ◆ then go to Week 3 of the Psalter
      - ◆ then go to Tuesday and start the prayer



## Cathedral of St. Jude the Apostle

Cathedral Parish and School of the Diocese of St. Petersburg  
*Therefore go and make disciples of all nations. ~ Matthew 28:19*

August 11, 2024 ~ The Nineteenth Sunday in Ordinary Time



I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.  
~John 6:51

### Welcome to the Cathedral of St. Jude the Apostle

The Cathedral of St. Jude the Apostle is a Catholic community dedicated to growth in Faith, Prayer, and Service.

#### Cathedral Hours

Monday - Thursday  
7:30 am to 3:00 pm  
Friday 7:30 am - 12:00 pm

Chapel Hours Monday - Friday  
7:30 am to 7:00 pm

5815 5th Ave N  
St. Petersburg, FL 33710  
www.stjudesp.org • 727-347-9702

### Weekday Mass ~ Our Lady's Chapel

Monday - Friday  
8:15 am and 11:00 am  
Saturday 8:15 am  
Holy Day Masses in Cathedral

### Mass Weekends ~ Cathedral

Saturday, 4:00 pm Vigil  
Sunday, 8:00 am, 9:30 am,  
11:30 am, and 6:00 pm

### Confession

Monday - Friday  
After the 11:00 am Mass  
Saturday  
2:30 pm to 3:30 pm

### Exposition of the Blessed Sacrament and Benediction

~ Our Lady's Chapel  
Tuesday and Wednesday  
8:45 am to 9:45 am  
Thursday 11:30 am to 6:30 pm

### Novena to St. Jude

Saturdays at 8:45 am

### Prayers to the Sacred Heart of Jesus

First Fridays at 8:45 am

### Anointing of the Sick

Last Saturday of the month following the 4:00 pm Mass

How to Pray the  
Liturgy of the Hours

step-by-step instructions

**Christian Prayer Book**

**Morning Prayer**

Morning and Evening Prayer

are the

Hinges of the Day



# Morning Prayer

## ♦ Pattern of Morning Prayer:

- ♦ Invitatory or Introduction
- ♦ Hymn
- ♦ **Psalmody** = Psalm → **Old** Testament Canticle → Psalm
- ♦ Scriptural Reading
- ♦ Responsory
- ♦ Gospel Canticle - Zechariah (+), Benedictus - p691
- ♦ Intercessions
- ♦ Our Father
- ♦ Concluding Prayer
- ♦ Dismissal, p693-694

# Morning Prayer

- ◆ Go to the 4-week Psalter for the Liturgical Week and Day
  - ◆ < SKIP the saint days for now >
- ◆ First the Invitatory
- ◆ Then Morning Prayer is listed after Invitatory

# 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.

Antiphon

Psalm 95

Glory to...

Antiphon

# Psalm/Canticle Sandwich:

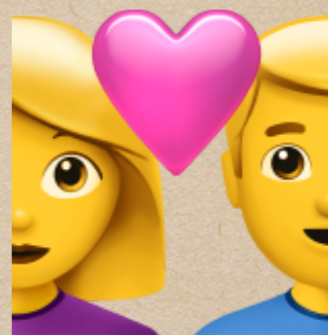
Antiphon

Psalm or  
Canticle

Glory to...

Psalm prayer

Antiphon



# Morning Prayer

- ◆ After Invitatory...
- ◆ Enter into Morning Prayer
- ◆ **NEVER SKIP** the **Hymn**
- ◆ **Psalmody**: Psalm, **Old** Testament Canticle, Psalm
  - ◆ Psalm = Antiphon, Psalm+Doxology, (Psalm Prayer), *repeat* Antiphon
  - ◆ Short Pause after each Psalm and Canticle

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

Antiphon

Old Testament  
Canticle

Glory to...

Psalm prayer

Antiphon

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

# Morning Prayer

- ◆ Scripture Reading
- ◆ Responsory
- ◆ Short Pause, silence, for reflection

# Morning Prayer

- ◆ Gospel Canticle = Canticle of Zechariah (+), **STAND**

Firm Tab:

**P.691**



# 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

Glory to...

Psalm prayer

Antiphon

## EXAMPLE: Monday, Week 3 of Ordinary Time - pp 867

- ♦ **Invitatory:**
  - ♦ Lord (+) open my lips...
  - ♦ Antiphon
    - ♦ Psalm 95, p688
  - ♦ *repeat* Antiphon
- ♦ **Morning Prayer, 867**
  - ♦ Hymn (choice, or any from OT, starts p.1502)
  - ♦ Psalmody: Ps 84; Isaiah 2  
Canticle, Ps 96
  - ♦ Reading
  - ♦ Responsory
  - ♦ **Antiphon** for Canticle of Zechariah
  - ♦ p 691, Canticle of Zechariah (+)
  - ♦ *repeat* **Antiphon** for Cant of Zechariah
  - ♦ Intercessions
  - ♦ Our Father...
  - ♦ Concluding prayer
  - ♦ Dismissal (May the Lord bless us...) (p. 694)

Tomorrow is Sunday,  
19th Week of Ordinary Time

Where do we start: Invitatory  
and Morning Prayer

**SUNDAYS ARE DIFFERENT**

# Morning Prayer

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

## EXAMPLE: Sunday, Week 19 of Ordinary Time - pp 620, 925 (use week 3 psalter)

- ◆ **Invitatory: p855**
  - ◆ Lord (+) open my lips...
  - ◆ Antiphon
    - ◆ Psalm 95, p688
  - ◆ *repeat* Antiphon
- ◆ **Morning Prayer, 856**
  - ◆ Hymn (1, 151, or choice, or any from OT, starts p.1502)
  - ◆ Psalmody: Ps 93; Daniel 3  
Canticle **(NOTE RED INSTRUCTION)**,  
Ps 148
  - ◆ Reading
  - ◆ Responsory
  - ◆ Antiphon for Canticle of Zechariah = p623
  - ◆ p 691, Canticle of Zechariah (+)
  - ◆ *repeat* Antiphon for Cant of Zechariah =p623
  - ◆ Intercessions, P861
  - ◆ Our Father...
  - ◆ Concluding prayer = p624
  - ◆ Dismissal (May the Lord bless us...) (p. 694)

On Sundays of **Ordinary Time**: Cantic Antiphons  
and Prayer are in the Proper of Seasons

Ex, Sunday Week 19 → Psalter Week III

Page 855 (w/ Invitatory)

Walk through...

Proper of Seasons p623

→ 623 for Antiphon for Cantic of Zechariah

Return to 861 for Intercessions and Our Father

→ 624 for Concluding Prayer



**I will make a short video for  
Aug 14pm - Aug 15**

**SEE p 1225**

# HOMework

- ◆ Invitatory and Morning Prayer EVERY MORNING
- ◆ Continue Reading GILH
- ◆ **READ** Luke 1-2, focus on
  - ◆ Canticle of Mary/*Magnificat* (Evening Prayer) - Luke 1:46-55
  - ◆ Canticle of Zechariah (Morning Prayer) - Luke 1:67-79
  - ◆ Canticle of Simeon (Night Prayer) - Luke 2:28-32

## **NEXT WEEK:**

- ◆ Review Morning Prayer
- ◆ Evening Prayer
- ◆ Night Prayer

## My tabs:

p39 - Proper of Seasons

p686 - Invitatory (Seasonal Antiphons are listed on  
686-7; Ps 95 on p688)

p691 - Canticle of Zechariah (Benedictus)

p696 - Canticle of Mary (Magnificat)

p699 - 4 week Psalter

p994 - Daytime prayer

p1027 - Daytime Complementary Psalmody

p1034 - Night Prayer

p1056 - Marian Antiphons

p1060 - Proper of Saints

p1355 - Commons

p1502 - Hymns

p1785 - Office of Reading psalter

p1870 - First (Biblical) Readings

p1942 - Second (non-Biblical) Readings





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**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**