

# Liturgy of the Hours

## Ordinary Time

Let us stand to sing the psalms in  
such a way that our minds are in  
harmony with our voices.

RB 19:7

For use with a Psalter

Adapted for private use from the general ordinaries of  
Our Lady of the Mississippi Abbey and New Melleray Abbey

## Notes

This booklet is intended as an aid for those who wish to pray the Liturgy of the Hours. The format and psalm schema are adapted from the general ordinaries used at Our Lady of the Mississippi and New Melleray Abbeys.

### Numbering the Weeks

The Sundays of each season of the liturgical year are numbered. There are four Sundays in Advent, six Sundays in Lent, eight Sundays in Easter time and up to thirty-four Sundays in ordinary time (six to eight before Lent, depending on the date of Easter, and the rest following Easter time). The other Sundays are feasts such as Pentecost, the Feast of the Holy Family, and Corpus Christi. A week is even or odd depending on the 'number' of its Sunday in the liturgical calendar. Thus, the week beginning with the Third Sunday of Lent is odd; the week beginning with the twenty-fourth Sunday of Ordinary time is even.

Following the old reckoning, a day begins at sundown the evening before. A feast is given special honor by beginning it with its own vespers the evening before; this special vespers then displaces the day's own. Thus, because Sunday is a feast, its first vespers always replaces Saturday's vespers.

### The psalm numbers

The Septuagint is a translation of the Hebrew bible into Greek that was made by Jews in Alexandria during the last centuries before the Common Era. Since the common language of the Mediterranean world in antiquity was Greek, the Septuagint came to be used by most of the Jews who lived outside of Palestine. Since the first generations of Christians were themselves Jews, the Septuagint became their scripture. This is what became the Old Testament for Christians as the Gospels and other writings were created and collected into what we now call the New Testament.

Jerome used this version of the Old Testament to create his Latin translation which is called the Vulgate. The Vulgate, the official text of the Church for many centuries, is the basis for older English translations used by Catholics, such as the Douay-Rheims. The numbers assigned to the psalms in the Septuagint, and thus in the Vulgate, differ somewhat from the Hebrew text from which most modern English translations are made. See any good bible commentary of the introduction provided in your bible for an explanation of the various versions and their differences. (The Reformers rejected the Vulgate and instead relied on the Hebrew Tanakh for their translations. [The Tanakh is a version of Jewish scripture that excludes all writings for which there was no Hebrew original; several books of the Septuagint fell into that category. The Tanakh was created by Jewish leaders in the 2nd century])

The scheme followed here places the number from the Vulgate in parentheses followed by the Hebrew number when they are different. The ordos of both New Melleray and Mississippi Abbey follow the numbering used in the Vulgate. In order to help you identify the correct psalm, this booklet includes the first line of each psalm (taken from the inclusive language edition of *The Grail Translation from the Hebrew* published by G.I.A. Publications, Inc).

Also note that the stanzas of Psalm (118) 119 are identified by letters of the Hebrew alphabet, which also serves as the numbering system. Usually only a few stanzas, identified by Roman numerals, of this psalm are listed in the ordo. Since many modern translations include the name of the Hebrew letter/number of the stanza, they are included here along with the Roman numerals.

## Psalm schema for Vigils

### Odd weeks

Sunday	Nocturn I	(17) 18*	
	Nocturn II	(24) 25 .....	(26) 27
Monday	Nocturn I	(13) 14 .....	(34) 35..... (53) 54
	Nocturn II	(14) 15 .....	(105) 106*
Tuesday	Nocturn I	(43) 44* .....	(61) 62
	Nocturn II	(76) 77 .....	(138) 139*
Wednesday	Nocturn I	(77) 78*	
	Nocturn II	(11) 12 .....	(41+42) 42+43 ... (83) 84
Thursday	Nocturn I	(57) 58 .....	(58) 59..... (59) 60
	Nocturn II	(136) 137.....	(143) 144..... (144) 145
Friday	Nocturn I	3 .....	7 .....
	Nocturn II	(88) 89*	(15) 16
Saturday	Nocturn I	1 .....	(71) 72..... (79) 80
	Nocturn II	(84) 85 .....	(86) 87..... (102) 103

### Even weeks

Sunday	Nocturn I	(28) 29 .....	(29) 30..... (30) 31
	Nocturn II	(33) 34 .....	(65) 66*
Monday	Nocturn I	(36) 37* .....	(51) 52
	Nocturn II	(10) 11 .....	(104) 105*
Tuesday	Nocturn I	(55) 56 .....	(69) 70..... (70) 71
	Nocturn II	(74) 75 .....	(81) 82..... (93) 94
Wednesday	Nocturn I	(106) 107* .....	(60) 61
	Nocturn II	(73) 74 .....	(80) 81
Thursday	Nocturn I	(25) 26 .....	(48) 49..... (78) 79
	Nocturn II	(82) 83 .....	(141) 142..... (143) 144
Friday	Nocturn I	(12) 13 .....	(16) 17..... (54) 55
	Nocturn II	(108) 109* .....	(139) 140
Saturday	Nocturn I	8 .....	(18) 19..... *44) 45
	Nocturn II	(45) 46 .....	(47) 48..... (71) 72

## General format for Vigils

Opening verse (repeated 3 times)

**Ⓞ Lord, open my lips  
and my mouth shall declare your praise.**

Invitatory psalm.

On Sundays, psalm (94) 95

On weekdays, Psalm (133) 134

Hymn of your choice, appropriate to the season of the year.

Nocturn I—up to 3 psalms with antiphons. See the next page for the psalms to use.

Silent prayer

Reading— from scripture

Silent prayer

Nocturn II—up to 3 psalms with antiphons. See the next page for the psalms to use.

Silent prayer

Reading— from the Christian tradition

Silent prayer

On Sundays, the Gospel is read.

Concluding prayer.

\*Some longer psalms take the place of two or three shorter psalms.

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## Doxology

A doxology is a prayer of praise to God that recalls our Trinitarian faith. These prayers have been part of Christian worship from the beginning and are an integral part of the Liturgy of the Hours: the introductory verse is followed by a doxology; each psalm and canticle is concluded with a doxology, as indicated by the phrase "Glory . . ." in the texts that follow. It is the custom to bow as the first phrases mentioning the three persons of the Trinity are recited or sung. The following doxologies, or any others of similar structure, may be used.

**G**lory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now and ever shall be,  
world without end. Amen.

**P**raise the Father, the Son and Holy Spirit  
both now and forever,  
the God who is, who was and who is to come  
at the end of the ages.

**G**ive praise to the Father Almighty,  
to his Son, Jesus Christ our Lord,  
to the Spirit who dwells in our hearts,  
both now and forever. Amen.

**G**ive praise to the Father, the Son and the Holy Spirit,  
both now and for ages unending. Amen.

Dismissal:

**L**et us bless the Lord.  
Thanks be to God!

**May the Lord, all-powerful and merciful, Father, Son and  
Holy Spirit, bless and watch over us.  
Amen**

Salve Regina:

**K**ail Holy Queen, mother of  
mercy,  
our life, our sweetness, and our  
hope.

**S**alve Regina, mater miseri-  
cordiae;  
vita, dulcedo, et spes nostra,  
salve.

To you do we cry,  
poor banished children of Eve.

Ad te clamamus,  
exsules felii Evae.

To you do we send up our sighs,  
mourning and weeping in this  
vale of tears.

Ad te suspiramus,  
gementes et flentes in hac lacri-  
marum valle.

Turn then most gracious advo-  
cate  
your eyes of mercy toward us,

Eia ergo, advocata nostra,  
illos tuos misericordes oculos ad  
nos converte,

and after this exile  
show us the blessed fruit of  
your womb, Jesus.

et Iesum, benedictum fructum  
ventris tui  
nobis post hoc exsilium ostende.

O clement, O loving,  
O sweet Virgin Mary!

O clemens, o pia,  
o dulcis Virgo Maria.

Examen:

At the end of Compline, it is appropriate to spend a couple minutes reviewing the events of the day, noting both the good and the not-so-good, giving thanks for the good and asking forgiveness for the not-so-good.

Angelus:

It is the custom at the monasteries to pray the Angelus silently while the bells signaling the end of the period of examen are ringing. See page 11 for the Angelus.

Responsory:

**L**ord, you are in our midst and we have called upon  
your holy name. O Lord our God, do not abandon  
us.

Thanks be to God.

Lord, guard us has the apple of your eye.  
Hide us in the shelter of your wings.

Simeon's Canticle (Lk 2:29-32):

Antiphon: **P**rotect us, Lord, as we stay awake; watch over us as we  
sleep, that awake, we may keep watch with Christ,  
and asleep, rest in his peace.

**O** Lord you have kept your promise  
and you my let your servant go in peace.

For with my own eyes I have see your salvation  
which you have made ready in the presence of all  
peoples:

A light to reveal your way to the nations  
and to give glory to your people Israel.

Glory . . .

Litany

**L**ord, have mercy  
Christ have mercy, Lord have mercy.

The Lord's Prayer

Concluding Prayer:

**L**ord, our God, there is no limit to your forgiveness.  
At the evening of this day, trusting in your mercy,  
we ask you not to hold our sins against us, but to  
open our hearts to the peace which was promised  
us by Jesus the Christ, our Lord. Amen.

## Lauds

Introductory verse:

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

Glory . . .

Introductory Psalm (Psalm 96) 67 is used on Sundays; Psalm (116) 117 is used on weekdays):

### Psalm (66) 67

**O** God, be gracious and bless us  
and let your face shed its light upon us.  
So will your ways be known upon earth  
and all nations learn your saving help.

Let the peoples praise you, O God;  
let all the peoples praise you.

Let the nations be glad and exult  
for you rule the world with justice.  
With fairness you rule the peoples,  
you guide the nations on earth.

Let the peoples praise you, O God;  
let all the peoples praise you.

The earth has yielded its fruit  
for God, our God, has blessed us.  
May God still give us his blessing  
till the ends of the earth revere him.

Let the peoples praise you, O God;  
let all the peoples praise you.

Glory . . .

**Psalm (116) 117**

**P**raise the Lord, all you nations,  
acclaim him all you peoples!  
Strong is his love for us;  
He is faithful for ever.

Glory . . .

- Hymn: a hymn of your choice appropriate for the season.
- Psalmody: each psalm has an antiphon recited at the beginning and at the end.  
Turn to the following pages for each day's psalms and antiphons.
- Reading: select an excerpt from the lectionary readings for the day.
- Responsorial Psalm: the antiphon is repeated after each verse and after the doxology.  
Turn to the following pages for the day's responsorial psalm and antiphon.
- Zachary's Song (Benedictus - Lk 1:68-79): the antiphon given in the following pages is recited at the beginning and at the end.

**B**lessed be the Lord, the God of Israel!  
He has visited his people and redeemed them.

He has raised up for us a mighty savior  
in the house of David his servant.

As he promised by the lips of his holy ones  
those who were his prophets from of old.

A savior who would free us from our foes,  
from the hands of all who hate us.

So his love for our forebears is fulfilled  
and his holy covenant remembered.

He swore to Abraham our father  
to grant us that free from fear  
and saved from the hands of our foes,

We might serve him in holiness and justice  
all the days of our life in his presence.

**Psalm (90) 91**

**T**hose who dwell in the shelter of the Most High  
And abide in the shade of the Almighty  
Say to the Lord: "My refuge,  
my stronghold, my God in whom I trust!"

It is he who will free you from the snare  
of the fowler who seeks to destroy you;  
he will conceal you with his pinions  
and under his wings you will find refuge.

You will not fear the terror of the night  
nor the arrow that flies by day,  
nor the plague that prowls in the darkness  
nor the scourge that lays waste at noon.

A thousand may fall at your side,  
ten thousand fall at your right,  
you it will never approach;  
his faithfulness is buckler and shield.

Your eyes have only to look  
to see how the wicked are repaid,  
you who have said: "Lord, my refuge!"  
and have made the Most High your dwelling

Upon you no evil shall fall,  
no plague approach where you dwell.  
For you has he commanded his angels  
to keep you in all your ways.

They shall bear you upon their hands  
lest you strike your foot against a stone.  
On the lion and the viper you will tread  
and trample the young lion and the dragon

You set your love on me so I will save you,  
protect you for you know my name.  
When you call I shall answer: "I am with you."  
I will save you in distress and give you glory.

With length of days I will content you;  
I shall let you see my saving power.

Glory . . .

## Compline

Introductory verse:

**G**od, come to my assistance  
O Lord, make haste to help me.

Glory . . .

Hymn:

**B**e thou my vision, O Lord of my heart;  
naught is all else to me save that thou art.  
Thou my first thought by day or by night;  
waking or sleeping thy presence my light.

Heart of my own heart, whatever befall,  
still be my vision, O ruler of all.  
Be thou my vision, O Lord of my heart;  
naught is all else to me save that thou art.

Psalmody:

## Psalm 4

**W**hen I call, answer me O God of justice;  
from anguish you released me, have mercy and hear me!  
You rebels, how long will your hearts be closed,  
will you love what is futile and seek what is false?

It is the Lord who grants favors to those whom he loves;  
the Lord hears me whenever I call him.  
Fear him; do not sin; ponder on your bed and be still.  
Make justice your sacrifice and trust in the Lord.

“What can bring us happiness” many say.  
Lift up the light of your face on us, O Lord.  
You have put into my heart a greater joy  
than they have from abundance of corn and new wine.

I will lie down in peace and sleep comes at once  
for you alone, Lord, make me dwell in safety

Glory . . .

As for you, little child, you shall be called  
a prophet of God, the Most High.

You shall go ahead of the Lord,  
to prepare his ways before him.

To make known to his people their salvation  
through the forgiveness of all their sins,

The loving kindness of the heart of our God  
who visits us like the dawn from on high.

He will give light to those in darkness,  
those who dwell in the shadow of death,  
and guide us into the way of peace.

Glory . . .

Intercessions.

Commemoration of Our Lady

Let us commend ourselves and all God’s children to the  
love and protection of the Mother of God.

**H**oly Mother of God, Mary ever Virgin,  
intercede for us with the Lord our God.

The Lord’s Prayer.

Concluding Prayer: turn to the following pages for each day’s concluding prayer.

Dismissal:

**M**ay almighty God bless us,  
the Father, and the Son and the Holy Spirit. Amen

**L**et us bless the Lord.  
Thanks be to God!

Terce

Introductory verse:

**G**od, come to my assistance  
O Lord, make haste to help me.

Glory . . .

Hymn:

**C**ome Holy Spirit, ever one  
with God the Father and the Son:  
it is the hour our souls possess  
with your full flood of holiness

Let flesh and heart and lips and mind  
sound forth our witness to mankind;  
and love light up our mortal frame  
till others catch the living flame.

Almighty Father, hear our cry  
through Jesus Christ, our Lord most high,  
and with the Spirit Paraclete,  
whose reign the endless ages greet. Amen.

Psalmody: two or three psalms with a single antiphon recited before the first and after the last. Turn to the following pages for each day's psalms and antiphon.

Reading: select an excerpt from the lectionary readings for the day.

Litany

**L**ord, have mercy  
Christ have mercy, Lord have mercy.

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



Sext

Psalmody

Antiphon: We bless you in the name of the Lord.  
Psalm (128) 129: They have pressed me hard from my youth . . .  
Psalm (129) 130: Out of the depths I cry to you, O Lord . . .  
Psalm (130) 131: O Lord, my heart is not proud . . .



Prayer: Father, guide and protector of your people, grant us an unfailing respect for your name, and keep us always in your love. 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. Amen.



None

Psalmody

Antiphon: O Israel, hope in the Lord.  
Psalm (131) 132: O Lord, remember David . . .  
Psalm (132) 133: How good and how pleasant it is . . .



Prayer: Almighty God, our Creator and guide, may we serve you with all our heart, and know your forgiveness in our lives. 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. Amen.



**Saturday Even Weeks – Lauds**

**Psalmody**

Antiphon: **In the scroll of the book it stands written that I should do your will, O my God.**

Psalm (39) 40: **I waited, I waited for the Lord . . .**

Antiphon: **In the morning let me know your love, for I put my trust in you.**

Psalm (142) 143: **Lord, listen to my prayer . . .**



**Responsorial Psalm**

Antiphon: **The Lord takes delight in his people!**

Psalm 149: **Sing a new song to the Lord . . .**



**Zachary’s Song**

Antiphon: **Guide us into the way of peace, O Lord.**



Prayer: **Lord, free us from the dark night of death. Let the light of the resurrection dawn within our hearts to bring us to the radiance of eternal life. 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. Amen.**



**Terce**

**Psalmody**

Antiphon: **My help shall come from the Lord who made heaven and earth.**

Psalm (119) 120: **To the Lord in the hour of my distress . . .**

Psalm (120) 121: **I lift up my eyes to the mountains . . .**

Psalm (121) 122: **I rejoiced when I heard them say . . .**



Prayer: **God, all powerful Father, fill your people with the light of your Holy Spirit, that, safe from every enemy, we may rejoice in singing your praises. We ask**

Commemoration of Our Lady

**Let us commend ourselves and all God’s children to the love and protection of the Mother of God.**

**In the bush seen by Moses as burning yet unconsumed, we recognize the preservation of your glorious virginity: O Mother of God, intercede for us.**

Concluding Prayer: turn to the following pages for the day’s concluding prayer.

Dismissal:

**May almighty God bless us, the Father, and the Son and the Holy Spirit. Amen**

**Let us bless the Lord. Thanks be to God!**

**Sext**

Introductory verse:

**Q** God, come to my assistance  
O Lord, make haste to help me.

Glory . . .

Hymn:

**Q** God of Truth, O Lord of Might,  
who order time and change aright,  
who send the early morning ray  
and light the dawn of perfect day.

Extinguish now each sinful fire  
and banish ev'ry false desire;  
and while you keep the body whole  
send forth your peace upon the soul.

Almighty Father, hear our cry  
through Jesus Christ, our Lord most high,  
and with the Spirit Paraclete,  
whose reign the endless ages greet. Amen.

Psalmody: two or three psalms with a single antiphon recited before the first and after the last. Turn to the following pages for each day's psalms and antiphon.

Reading: select an excerpt from the lectionary readings for the day.

Litany

**L**ord, have mercy  
Christ have mercy, Lord have mercy.

Commemoration of Our Lady

Let us commend ourselves and all God's children to the  
love and protection of the Mother of God.

**T**he root of Jesse has blossomed;  
the star of Jacob has risen;  
a virgin has brought forth the Savior.  
Our God, we praise you.

**Vespers**

Psalmody

Antiphon: **In your great love answer me, O God, with your help  
that never fails.**

Psalm (68) 69: **Save me, O God. . . .**



Responsorial Psalm

Antiphon: **How good is the Lord! Eternal his merciful love!**

Psalm (99) 100: **Cry out with joy to the Lord, all the earth . . .**



Mary's Song

Antiphon: **God protects Israel, his servant, as he promised to  
Abraham and his line, and he raises the lowly  
for ever.**



Prayer: **Father in heaven, your only son laid down his life  
that we might be sanctified in truth, and be one in  
him, even as you in him and he in you. Deliver your  
church from all evil, make it perfect in your love,  
and bring us all into the glory of your kingdom. 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. Amen.**



**Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**



## Sext

## Psalmody

Antiphon: **Our help is in the name of the Lord, who made heaven and earth.**

Psalm (122) 123: **To you have I lifted up my eyes . . .**

Psalm (123) 124: **If the Lord had not been on our side . . .**

Psalm (124) 125: **Those who put their trust in the Lord . . .**



Prayer: **Father, guide and protector of your people, grant us an unfailing respect for your name, and keep us always in your love. We ask you this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**



## None

## Psalmody

Antiphon: **What marvels the Lord worked for us! Indeed we were glad.**

Psalm (125) 126: **When the Lord delivered Zion from bondage . . .**

Psalm (126) 127: **If the Lord does not build the house . . .**

Psalm (127) 128: **O blessed are you who fear the Lord . . .**



Prayer: **Lord Jesus Christ, you brought the repentant thief from the suffering of the cross to the joy of your kingdom. Lord, when we die, may we who confess our sins be brought to you through the gates of heaven, that we may have eternal joy in that kingdom where you live and reign for ever and ever. Amen**



Concluding Prayer: turn to the following pages for the day's concluding prayer.

Dismissal:

**M**ay almighty God bless us,  
the Father, and the Son and the Holy Spirit. Amen

**L**et us bless the Lord.  
Thanks be to God!

Examen: At the end of Sext, it is appropriate to spend a couple minutes reviewing the events of the day, noting both the good and the not-so-good, giving thanks for the good and asking forgiveness for the not-so-good.

Angelus: It is the custom at the monasteries to pray the Angelus silently while the bells signaling the end of the period of examen are ringing.

**T**he Angel of the Lord declared to Mary, and she conceived of the Holy Spirit.

Hail Mary . . .

**Behold the handmaid of the Lord; be it done unto me according to your word.**

Hail Mary . . .

**And the Word was made Flesh and dwelt among us.**

Hail Mary . . .

**Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.**

**Let us pray: Pour forth, we beseech you, O Lord, your grace into our hearts; that we, to whom the incarnation of Christ, your Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection, through the same Christ Our Lord. Amen.**

**None**

Introductory verse:

**G**od, come to my assistance  
**O** Lord, make haste to help me.

Glory . . .

Hymn:

**G**od, creation's secret force,  
 yourself unmoved, all motion's source,  
 who from the morn till evening's ray  
 through ev'ry change direct the day.

Your light at eventide impart,  
 that light from us may ne'er depart;  
 but let a holy death accord  
 eternal glory with the Lord.

Almighty Father, hear our cry  
 through Jesus Christ, our Lord most high,  
 and with the Spirit Paraclete,  
 whose reign the endless ages greet. Amen.

Psalmody: two or three psalms with a single antiphon recited before the first and after the last. Turn to the following pages for each day's psalms and antiphon.

Reading: select an excerpt from the lectionary readings for the day.

Litany

**L**ord, have mercy  
 Christ have mercy, Lord have mercy.

**Friday Even Weeks – Lauds**

Psalmody

Antiphon: **In the shadow of your wings I rejoice.**  
 Psalm (62) 63: **O God, you are my god, for you I long . . .**

Antiphon: **O Lord, how great are your works, how deep are your designs..**

Psalm (91) 92: **It is good to give thanks to the Lord . . .**



Responsorial Psalm

Antiphon: **The Lord is close to his people!**  
 Psalm 148: **Praise the Lord from the heavens . . .**



Zachary's Song

Antiphon: **Oh, the loving-kindness of the heart of our God, who visits us like the dawn from on high.**



Prayer: **Lord, you give light to our eyes that they sleep not in death. Blot out as a thick cloud of night our transgressions and make us children of the day and of the light. 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. Amen.**



**Terce**

Psalmody

Antiphon: **For the peace of Jerusalem pray: "Peace be to your homes."**

Psalm (119) 120: **To the Lord in the hour of my distress . . .**

Psalm (120) 121: **I lift up my eyes to the mountains . . .**

Psalm (121) 122: **I rejoiced when I heard them say . . .**



Prayer: **Almighty God, our Creator and guide, may we serve you with all our heart, and know your forgiveness in our lives. We ask you this through our Lord Jesus**

## Vespers

### Psalmody

Antiphon: **The Lord's own designs shall stand for ever, the plans of his heart from age to age.**

Psalm (32) 33: **Ring out your joy to the Lord, O you just . . .**

Antiphon: **If you uphold me, O Lord, I shall be unharmed.**

Psalm (40) 41: **Happy those who consider the poor and the weak . . .**



### Responsorial Psalm

Antiphon: **Exalt the Lord our God; for the Lord our God is holy.**

Psalm (98) 99: **The Lord is king, the peoples tremble . . .**



### Mary's Song

Antiphon: **He casts down the mighty who persecute the saints, and raises the lowly who bear witness to Christ.**



Prayer: **Give to your servants, O Lord, that peace which the world cannot give, so that our hearts may become instruments of your love, and our lives may be passed in confidence until we rest with you. We ask this in the name of our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**



### Commemoration of Our Lady

**Let us commend ourselves and all God's children to the love and protection of the Mother of God.**

**B**ehold, Mary has given birth to our Savior!  
When John saw him, he exclaimed,  
"Behold the Lamb of God;  
behold him who takes away the sins of the world."

Concluding Prayer: turn to the following pages for the day's concluding prayer.

Dismissal:

**M**ay almighty God bless us,  
the Father, and the Son and the Holy Spirit. Amen

**L**et us bless the Lord.  
Thanks be to God!

## Vespers

Introductory verse:

**G**od, come to my assistance  
O Lord, make haste to help me.

Glory . . .

Hymn: a hymn of your choice appropriate for the season.

Psalmody: each psalm has an antiphon recited at the beginning and at the end.  
Turn to the following pages for each day's psalms and antiphons.

Reading: select an excerpt from the lectionary readings for the day.

Responsorial Psalm: the antiphon is repeated after each verse and after the doxology.  
Turn to the following pages for the day's responsorial psalm and antiphon.

Mary's Song (Magnificat - Lk 1:46-55): the antiphon given in the following pages is recited at the beginning and at the end.

**M**y soul glorifies the Lord,  
my spirit rejoices in God, my Savior.

He looks on his servant in her lowliness;  
henceforth all ages will call me blessed.

The Almighty works marvels for me.  
Holy his name.

His mercy is from age to age  
on those who fear him.

He puts forth his arm in strength  
and scatters the proud-hearted.

He casts the mighty from their thrones  
and raises the lowly.

He fills the starving with good things,  
sends the rich away empty.

Prayer: Lord Jesus, your food was to do the will of your Father. Make us attentive this day to the call of the Spirit, and give us the strength to respond to him in humility, for you are our help for ever and ever. Amen.



## Sext

Psalmody

Antiphon: We bless you in the name of the Lord.  
Psalm (128) 129: They have pressed me hard from my youth . . .  
Psalm (129) 130: Out of the depths I cry to you, O Lord . . .  
Psalm (130) 131: O Lord, my heart is not proud . . .



Prayer: Lord Jesus, Mediator of the new Covenant, sustain our confidence and confirm us in the hope in which we glory, so that purified by your Blood, we may come to the City of the Living God where you reign with the Father and the Holy Spirit, one God, for ever and ever. Amen.



## None

Psalmody

Antiphon: O Israel, hope in the Lord.  
Psalm (131) 132: O Lord, remember David . . .  
Psalm (132) 133: How good and how pleasant it is . . .



Prayer: Lord our God, every hour you call us and every day which passes brings us closer to you; in all our actions keep us attentive to your presence. 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. Amen.



**Thursday Even Weeks – Lauds**

**Psalmody**

**Antiphon: You are my hiding place, O Lord; you save me from distress.**

**Psalm (31) 32: Happy are those whose offense is forgiven . . .**

**Antiphon: In the morning, fill us with your love, O Lord.**

**Psalm (89) 90: O Lord, you have been our refuge . . .**



**Responsorial Psalm**

**Antiphon: O praise the Lord, Jerusalem; Zion praise your God!**

**Psalm (147) 147, vs 12-20:**

**O praise the Lord, Jerusalem . . .**



**Zachary's Song**

**Antiphon: Give knowledge to your people, O Lord, through the forgiveness of their sins.**



**Prayer: God, our Father, you turn the shadow of death into morning light and renew the face of the earth. Grant us to walk this day in your own light, that at eventide we may praise you for a day free from the works of darkness and radiant with the works of love. 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. Amen.**



**Terce**

**Psalmody**

**Antiphon: My help shall come from the Lord who made heaven and earth.**

**Psalm (119) 120: To the Lord in the hour of my distress . . .**

**Psalm (120) 121: I lift up my eyes to the mountains . . .**

**Psalm (121) 122: I rejoiced when I heard them say . . .**



**He protects Israel, his servant,  
remembering his mercy**

**The mercy promised to our forebears,  
for Abraham and his line for ever.**

**Glory . . .**

Intercessions.

Commemoration of Our Lady

**Let us commend ourselves and all God's children to the  
love and protection of the Mother of God.**

**W**e fly to your patronage, O holy Mother of God.  
Despise not our petitions in our necessities,  
but ever deliver us from all danger,  
O glorious and blessed Virgin.

The Lord's Prayer.

Concluding Prayer. turn to the following pages for each day's concluding prayer.

Dismissal:

**M**ay almighty God bless us,  
the Father, and the Son and the Holy Spirit. Amen

**L**et us bless the Lord.  
Thanks be to God!

**Sunday Odd Weeks – First Vespers**

**Psalmody**  
**Antiphon:** Who is the King of Glory? The Lord, the Mighty, the Valiant!  
**Psalm (23) 24:** The Lord’s is the earth and all its fullness . . .

**Antiphon:** The Lord’s glory will dwell in our land, our earth shall yield its fruit.  
**Psalm (84) 85:** O Lord, you once favored your land . . .



**Responsorial Psalm**  
**Antiphon:** The Lord is my shepherd; there is nothing I shall want.  
**Psalm (22) 23:** The Lord is my shepherd . . .



**Mary’s Song**  
**Antiphon:** God has cast down the mighty from their thrones, and has lifted up the lowly.



**Prayer:** All-powerful and ever-living God, direct your love that is in us, that our efforts in the name of your Son may bring all people to unity and peace. We ask this in the name of our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.



**Lauds**

**Psalmody**  
**Antiphon:** Alleluia, alleluia, alleluia, alleluia, alleluia, alleluia.  
**Psalm (50) 51:** Have mercy on me, God in your kindness . . .

**Vespers**

**Psalmody**  
**Antiphon:** Praise the Lord, for the Lord is good!  
**Psalm (134) 135:** Praise the name of the Lord . . .

**Antiphon:** Let my prayer arise before you like incense, the raising of my hands like an evening oblation.  
**Psalm (140) 141:** I have called to you, Lord; hasten to help me . . .



**Responsorial Psalm**  
**Antiphon:** The Lord has remembered his truth and love.  
**Psalm (97) 98:** Sing a new song to the Lord . . .



**Mary’s Song**  
**Antiphon:** The Lord Almighty works marvels for me. Holy his name.



**Prayer:** We have worked this day, Lord, at the tasks you gave us. Now the night is coming, when no one can work. May your light remain with us always, so that throughout the night of our earthly life we may accomplish the one work which endures to eternal life—to believe in him whom you have sent, Jesus Christ, your Son, our Lord. Amen.



anew in every opportunity this day will bring. We ask you this, you who love us with the Father and the Spirit for ever and ever. Amen



Sext

Psalmody

Antiphon: **Our help is in the name of the Lord, who made heaven and earth.**

Psalm (122) 123: **To you have I lifted up my eyes . . .**

Psalm (123) 124: **If the Lord had not been on our side . . .**

Psalm (124) 125: **Those who put their trust in the Lord . . .**



Prayer: **God our Creator, you bring us the light of day. Change darkness into light for all those who are searching for you in doubt and anguish, and accept our praise for everything you do, through Jesus, your Son, our Lord. Amen.**



None

Psalmody

Antiphon: **What marvels the Lord worked for us! Indeed we were glad.**

Psalm (125) 126: **When the Lord delivered Zion from bondage . . .**

Psalm (126) 127: **If the Lord does not build the house . . .**

Psalm (127) 128: **O blessed are you who fear the Lord . . .**



Prayer: **Lord our Father, each day you welcome us as we are; give us a heart that is pure and free, to receive your Word, and to discover in our brothers and sisters the message of life that you bring us, through Jesus, the Christ, our Lord. Amen**



Antiphon: **The stone which the builders rejected has become the cornerstone, alleluia, alleluia.**

Psalm (117) 118: **Give thanks to the Lord for he is good . . .**



Responsorial Psalm

Antiphon: **Let everything that lives praise the Lord!**

Psalm 150: **Praise God in his holy place . . .**



Zachary's Song

Antiphon: **Blessed be the Lord, for he has come to his people and set them free.**



Prayer: **God, our Father, you have promised to remain for ever with those who do what is just and right. Help us to live in your presence. We ask this in the name of our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**



Terce

Psalmody

Antiphon: **Alleluia, alleluia, alleluia, alleluia.**

Psalm (118) 117 stanza I (Aleph):

**They are happy whose life is blameless . . .**

Psalm (118) 117 stanza II (Beth):

**How shall the young remain sinless . . .**

Psalm (118) 117 stanza III (Gimmel):

**Bless your servant and I shall live . . .**

Psalm (118) 117 stanza IV (Daleth):

**My soul lies in the dust . . .**



Prayer: **Father of everlasting goodness, our origin and guide, be close to us and hear the prayers of all who praise you. Forgive our sins and restore us to life. Keep us safe in your love. We ask this in the name of our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**



**Sext**

**Psalmody**  
 Antiphon: **Alleluia, alleluia, alleluia, alleluia.**  
 Psalm (118) 117 stanza V (He):  
**Teach me the demands of your statutes . . .**  
 Psalm (118) 117 stanza VI (Vau):  
**Lord, let your love come upon me . . .**  
 Psalm (118) 117 stanza VII (Zayin):  
**Remember your word to your servant . . .**



Prayer: **Almighty God, every good thing comes from you. Fill our hearts with love for you, increase our faith, and by your constant care protect the good you have given us. We ask this in the name of our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**



**None**

**Psalmody**  
 Antiphon: **Alleluia, alleluia, alleluia.**  
 Psalm (118) 117 stanza VIII (Heth):  
**Teach me the demands of your statutes . . .**  
 Psalm (118) 117 stanza IX (Teth):  
**Lord, let your love come upon me . . .**  
 Psalm (118) 117 stanza X (Yod):  
**Remember your word to your servant . . .**  
 Psalm (118) 117 stanza XI (Caph):  
**Remember your word to your servant . . .**



**Wednesday Even Weeks – Lauds**

**Psalmody**  
 Antiphon: **Turn your ear, O God, and give answer, for I am poor and needy.**  
 Psalm (85) 86: **Turn your ear, O Lord, and give answer . . .**  
 Antiphon: **The lands of sunrise and sunset you fill with your joy.**  
 Psalm (64) 65: **To you our praise is due . . .**



**Responsorial Psalm**  
 Antiphon: **Praise the Lord for he is good!**  
 Psalm (146) 147: **Praise the Lord for he is good . . .**



**Zachary's Song**  
 Antiphon: **Let us serve the Lord in holiness, and he will free us from our foes.**



Prayer: **Father in heaven, you separated darkness from light, you created the moon to rule the night, and the sun to rule the day. Grant us to enter upon this day and every day sinless and at peace and grateful for the trials and blessings of the coming day. 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. Amen.**



**Terce**

**Psalmody**  
 Antiphon: **I call and he answers me.**  
 Psalm (119) 120: **To the Lord in the hour of my distress . . .**  
 Psalm (120) 121: **I lift up my eyes to the mountains . . .**  
 Psalm (121) 122: **I rejoiced when I heard them say . . .**



Prayer: **Lord Jesus, you know each of us by name and have called us to follow you; teach us how to respond**

**Vespers**

**Psalmody**

Antiphon: **How many are your works, O Lord! In wisdom you have made them all.**

Psalm (103) 104: **Bless the Lord, my soul . . .**



**Responsorial Psalm**

Antiphon: **O sing to the Lord, bless his name!**

Psalm (95) 96: **O sing a new song to the Lord . . .**



**Mary’s Song**

Antiphon: **O Lord my God, you have looked upon me in my nothingness.**



Prayer: **Lord God, your splendor never fades, and your light never wanes. As the light of day gives way to the darkness of night, make your light rise in our hearts, that we may not be invaded by the darkness of the world. 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. Amen.**



Prayer:

**God our Father, may we love you in all things and above all things and reach the joy you have prepared for us beyond all our imagining. We ask this in the name of our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**



**Second Vespers**

**Psalmody**

Antiphon: **The Lord’s revelation to my master: Sit on my right.**

Psalm (109) 110: **The Lord’s revelation to my master . . .**

Antiphon:

**Ask and I shall bequeath you the nations, put the ends of the earth in your possession.**

Psalm 2:

**Why this tumult among the nations . . .**



**Responsorial Psalm**

Antiphon: **Worthy is the Lamb that was slain!**

Psalm (46) 47: **All peoples, clap your hands . . .**



**Mary’s Song**

Antiphon: **The Lord has come to the help of his servants, for he has remembered his promise of mercy.**



Prayer:

**Father, guide us, as you guide creation, according to your law of love. May we love one another and come to perfection in the eternal life prepared for us. We ask this in the name of our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**



**Monday Odd Weeks—Lauds**

**Psalmody**

**Antiphon:** God calls on the heavens and the earth to witness his judgment of his people.

**Psalm (49) 50:** The God of gods, the Lord . . .

**Antiphon:** In the morning, I offer you my prayer, watching and waiting.

**Psalm 5:** To my words give ear, O Lord . . .



**Responsorial Psalm**

**Antiphon:** The Lord has established his covenant forever!

**Psalm (110) 111:** I will thank the Lord with all my heart . . .



**Zachary's Song**

**Antiphon:** The Lord has raised up for us a mighty Savior in the house of David his servant.



**Prayer:** Almighty Father, you have brought us to the light of a new day. Keep us safe the whole day through from every sinful inclination. May all our thoughts, words and actions aim at doing what is pleasing in your sight. 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. Amen.



**Terce**

**Psalmody**

**Antiphon:** I call and he answers me.

**Psalm (119) 120:** To the Lord in the hour of my distress . . .

**Psalm (120) 121:** I lift up my eyes to the mountains . . .

**Psalm (121) 122:** I rejoiced when I heard them say . . .



**Prayer:** God our Father, work is your gift to us, a call to reach new heights by using our talents for the good of all. Guide us as we work and teach us to live in

knowledge of you, so that with one voice from east to west we may worthily sing the praises of your love. 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. Amen.



**Sext**

**Psalmody**

**Antiphon:** We bless you in the name of the Lord.

**Psalm (128) 129:** They have pressed me hard from my youth . . .

**Psalm (129) 130:** Out of the depths I cry to you, O Lord . . .

**Psalm (130) 131:** O Lord, my heart is not proud . . .



**Prayer:** Give to your servants, O Lord, that peace which the world cannot give, so that our hearts may become instruments of your love and our lives may be passed in confidence and rest with you. 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. Amen.



**None**

**Psalmody**

**Antiphon:** O Israel, hope in the Lord.

**Psalm (131) 132:** O Lord, remember David . . .

**Psalm (132) 133:** How good and how pleasant it is . . .



**Prayer:** Lord Jesus, as once you looked with pity on the weary crowds, look on us your people. Good Shepherd, who gave your life for your flock, guide us to the peace of your kingdom, where we shall know you in the glory of the Father and the unity of the Spirit, for ever and ever. Amen.



**Tuesday Even Weeks – Lauds**

**Psalmody**

**Antiphon:** **And now, Lord, what is there to wait for? In you rests all my hope..**

**Psalm (38) 39:** **I said: “I will be watchful of my ways . . .**

**Antiphon:** **My heart is ready, O God, my heart is ready.**

**Psalm (56) 57:** **Have mercy on me, God, have mercy . . .**



**Responsorial Psalm**

**Antiphon:** **My soul, give praise to the Lord.**

**Psalm (145) 146:** **My soul, give praise to the Lord . . .**



**Zachary’s Song**

**Antiphon:** **Save us from our foes, O Lord, free us from the hands of all who hate us.**



**Prayer:** **Lord God, who send forth the light, create the morning, and make the sun to rise upon the good and upon the evil, enlighten the darkness of our minds with the knowledge of your truth, that we may ever walk in day as children of light. 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. Amen.**



**Terce**

**Psalmody**

**Antiphon:** **My help shall come from the Lord who made heaven and earth.**

**Psalm (119) 120:** **To the Lord in the hour of my distress . . .**

**Psalm (120) 121:** **I lift up my eyes to the mountains . . .**

**Psalm (121) 122:** **I rejoiced when I heard them say . . .**



**Prayer:** **O God, whose holy Name is blessed from the rising of the sun until its setting, fill our hearts with**

**the Spirit that has made us your sons and daughters, in the love that has made us brothers and sisters. 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. Amen.**



**Sext**

**Psalmody**

**Antiphon:** **You who dwell in the heavens, have mercy on us.**

**Psalm (122) 123:** **To you have I lifted up my eyes . . .**

**Psalm (123) 124:** **If the Lord had not been on our side . . .**

**Psalm (124) 125:** **Those who put their trust in the Lord . . .**



**Prayer:** **Father, yours is the harvest, and yours is the vineyard. You assign the task and pay a wage that is just. Help us to meet this day’s responsibilities, and let nothing separate us from your love. 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. Amen.**



**None**

**Psalmody**

**Antiphon:** **O blessed are you who fear the Lord.**

**Psalm (125) 126:** **When the Lord delivered Zion from bondage . . .**

**Psalm (126) 127:** **If the Lord does not build the house . . .**

**Psalm (127) 128:** **O blessed are you who fear the Lord . . .**



**Prayer:** **Lord, you call us to worship you at the hour when the apostles went to pray in the Temple. We offer our prayer in the name of Jesus: may his saving power come to all who call upon his name, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**

Vespers

**Psalmody**

**Antiphon:** The command of the Lord is clear; it gives light to the eyes.

**Psalm (18) 19:** The heavens proclaim your glory, O Lord . . .

**Antiphon:** O God, we ponder your love within your temple.

**Psalm (47) 48:** The Lord is great and worthy to be praised . . .



**Responsorial Psalm**

**Antiphon:** Light shines forth for the just.

**Psalm (96) 97:** The Lord is king, let the earth rejoice . . .



**Mary's Song**

**Antiphon:** Let my spirit rejoice in the Lord God, my Savior.



**Prayer:** Father, may this evening pledge of our service to you bring you glory and praise. For our salvation you looked with favor on the lowliness of the Virgin Mary. Lead us to the fullness of salvation you have prepared for us. We ask this in the name of our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.



Vespers

**Psalmody**

**Antiphon:** May our God remember all your offerings and receive your sacrifice with favor.

**Psalm (19) 20:** May the Lord answer in time of trial . . .

**Antiphon:** O Lord, your strength gives joy to the King.

**Psalm (20) 21:** O Lord, your strength gives joy to the King . . .



**Responsorial Psalm**

**Antiphon:** You indeed are the Lord, most high above all the earth.

**Psalm (96) 97:** The Lord is king, let the earth rejoice . . .



**Mary's Song**

**Antiphon:** Let my spirit rejoice in the Lord God, my Savior.



**Prayer:** Remain with us, God of mercy, and protect us through the silent hours of the coming night, so that we who grow weary with the changes and chances of this fleeting world may rest in you, in whom there is no change, no shadow of turning. 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. Amen.



lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.



Sext

Psalmody

Antiphon: **You who dwell in the heavens, have mercy on us.**

Psalm (122) 123: **To you have I lifted up my eyes . . .**

Psalm (123) 124: **If the Lord had not been on our side . . .**

Psalm (124) 125: **Those who put their trust in the Lord . . .**



Prayer: **God our Creator, this day you bring us to a new stage of our journey to you. May the presence of your Son guide us, the love of your Spirit enlighten us, until we come at last to you, God blessed for ever and ever.**



None

Psalmody

Antiphon: **O blessed are you who fear the Lord.**

Psalm (125) 126: **When the Lord delivered Zion from bondage . . .**

Psalm (126) 127: **If the Lord does not build the house . . .**

Psalm (127) 128: **O blessed are you who fear the Lord . . .**



Prayer: **Let your truth, O Lord, shine in our hearts, and let all the darkness of the enemy be driven from us by the strong light of faith and love. We ask this through our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**



Tuesday Odd Weeks – Lauds

Psalmody

Antiphon: **You hold me, O Lord, by your right hand.**

Psalm (72) 73: **How good God is to Israel . . .**

Antiphon: **O send forth your light, O send forth your truth; let these be my guide.**

Psalm (42) 43: **Defend me O God and plead my cause . . .**



Responsorial Psalm

Antiphon: **With firm hearts the just trust in the Lord.**

Psalm (111) 112: **Happy are those who fear the Lord . . .**



Zachary's Song

Antiphon: **Save us from our foes, O Lord; free us from the hands of all who hate us.**



Prayer: **God our Father, hear our morning prayer and let the radiance of your love scatter the gloom of our hearts. The light of heaven's love has restored us to life; free us from the desires that belong to darkness. 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. Amen.**



Terce

Psalmody

Antiphon: **My help shall come from the Lord who made heaven and earth.**

Psalm (119) 120: **To the Lord in the hour of my distress . . .**

Psalm (120) 121: **I lift up my eyes to the mountains . . .**

Psalm (121) 122: **I rejoiced when I heard them say . . .**



Prayer: **All powerful and ever-living God, in midmorning you poured out the Holy Spirit as a constant Friend and guide for you apostles. Send that same Spirit of**

love to us to make us faithful witnesses to you in the sight of all people. 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. Amen.



Sext

**Psalmody**

Antiphon: **We bless you in the name of the Lord.**  
 Psalm (128) 129: **They have pressed me hard from my youth . . .**  
 Psalm (129) 130: **Out of the depths I cry to you, O Lord . . .**  
 Psalm (130) 131: **O Lord, my heart is not proud . . .**



Prayer: **Lord God, you made known to Peter your desire to bring all nations to salvation. Let all our work give you praise and carry out your loving plan. For you live and reign with the Father and the Holy Spirit, one God, for ever and ever. Amen.**



None

**Psalmody**

Antiphon: **O Israel, hope in the Lord.**  
 Psalm (131) 132: **O Lord, remember David . . .**  
 Psalm (132) 133: **How good and how pleasant it is . . .**



Prayer: **Father, you sent your angel to Cornelius to show him the way to salvation. Help us to work generously for the salvation of the world so that your church may bring us and all people into your presence. 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. Amen.**



Monday Even Weeks—Lauds

**Psalmody**

Antiphon: **The Lord is compassion and love, slow to anger and rich in mercy.**  
 Psalm (102) 103: **My soul, give thanks to the Lord . . .**

Antiphon: **In you is the source of life, O Lord, and in your light we see light.**

Psalm (35) 36: **Sin whispers to sinners . . .**



**Responsorial Psalm**

Antiphon: **Your servant, Lord, your servant am I.**

Psalm (115) 116, vs 10-19: **I trusted even when I said . . .**



**Zachary's Song**

Antiphon: **The Lord has raised up for us a mighty Savior in the house of David his servant.**



Prayer: **Lord Jesus, eternal splendor, on this day which is given us by the Father's love, do not let us lose sight of you but always bring us back to the light of your face, for you reign for ever and ever. Amen.**



Terce

**Psalmody**

Antiphon: **I call and he answers me.**  
 Psalm (119) 120: **To the Lord in the hour of my distress . . .**  
 Psalm (120) 121: **I lift up my eyes to the mountains . . .**  
 Psalm (121) 122: **I rejoiced when I heard them say . . .**



Prayer: **O Lord God, clothed in majesty and glory, and wrapped in splendor as in a robe, send forth your light and your truth, that they may guide us to the place where you dwell in light inaccessible. We ask this through our Lord Jesus Christ, your Son, who**

Prayer: **Father, keep before us the wisdom and love you have revealed in your Son. Help us to be like him in word and deed for he lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**



### Second Vespers

**Psalmody**  
Antiphon: **The Lord has sworn an oath he will not change: You are a priest for ever, a priest like Melchizedek of old, alleluia.**

**Psalm (109) 110: The Lord's revelation to my master . . .**

**Antiphon: The Lord said to me: You are my Son. It is I who have begotten you this day, alleluia.**

**Psalm 2: Why this tumult among the nations . . .**



**Responsorial Psalm**

**Antiphon: Alleluia, alleluia.**

**Psalm (113A) 114: When Israel came forth from Egypt . . .**



**Mary's Song**

**Antiphon: The Lord has come to the help of his servants, for he has remembered his promise of mercy.**



Prayer: **Almighty and ever-living God, your Spirit made us your children, confident to call you Father. Increase your Spirit within us and bring us to our promised inheritance. 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. Amen.**



### Vespers

**Psalmody**

**Antiphon: God gives the lonely a home to live in; he leads the prisoners forth into freedom.**

**Psalm (67) 68: Let God arise, let his foes be scattered . . .**



**Responsorial Psalm**

**Antiphon: Proclaim to the nations: "God is king!"**

**Psalm (95) 96: O sing a new song to the Lord . . .**



**Mary's Song**

**Antiphon: O Lord my God, you have looked upon me in my nothingness.**



Prayer: **Almighty God, we give you thanks for bringing us safely to this evening hour. May this lifting up of your hands in prayer be a sacrifice pleasing in your sight. We ask this in the name of our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**



**Wednesday Odd Weeks – Lauds**

Psalmody

Antiphon: **O Lord, this is the time to have mercy.**

Psalm (101) 102: **O Lord, listen to my prayer . . .**

Antiphon: **God knows the depths of the heart.**

Psalm (63) 64: **Hear my voice, O God, as I complain . . .**



Responsorial Psalm

Antiphon: **I will walk this day in the presence of the Lord.**

Psalm (114) 116: **I love the Lord for he has heard . . .**



Zachary's Song

Antiphon: **Let us serve the Lord in holiness, and he will free us from our foes.**



Prayer: **God our Savior, hear our morning prayer: help us to follow the light and live the truth. In you we have been born again as children of light; may we be your witnesses before all the world. For you live and reign with the Father and the Holy Spirit, one God, for ever and ever. Amen.**



**Terce**

Psalmody

Antiphon: **For the peace of Jerusalem pray: "Peace be to your homes."**

Psalm (119) 120: **To the Lord in the hour of my distress . . .**

Psalm (120) 121: **I lift up my eyes to the mountains . . .**

Psalm (121) 122: **I rejoiced when I heard them say . . .**



Prayer: **God of truth, Father of all, you send your Spirit as you promised to bring together in love all whom sin has driven apart. Strengthen us to work for your blessings of unity and peace in the world. We ask**

Prayer: **God our Father, teach us to cherish the gifts that surround us. Increase our faith in you and bring our trust to its promised fulfillment in the joy of your kingdom. 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. Amen.**



**Sext**

Psalmody

Antiphon: **Alleluia, alleluia, alleluia, alleluia.**

Psalm (118) 117 stanza XVI (Ayin):

**I have fulfilled your just edict . . .**

Psalm (118) 117 stanza XVII (Pe):

**Your will is wonderful indeed . . .**

Psalm (118) 117 stanza XVIII (Sade):

**Lord, you are just indeed . . .**



Prayer: **Father, your love never fails. Hear our call. Keep us from danger and provide for all our needs. 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. Amen.**



**None**

Psalmody

Antiphon: **Alleluia, alleluia, alleluia.**

Psalm (118) 117 stanza XIX (Koph):

**I call with all my heart, Lord hear me . . .**

Psalm (118) 117 stanza XX (Resh):

**See my affliction and save me . . .**

Psalm (118) 117 stanza XXI (Shin):

**Though the powerful oppress me unjustly . . .**

Psalm (118) 117 stanza XXII (Taw):

**Lord, let my cry come before you . . .**



Antiphon: **The Lord’s right hand has triumphed; his right hand raised me, alleluia.**

Psalm (117) 118: **Give thanks to the Lord for he is good . . .**



**Responsorial Psalm**

Antiphon: **Let everything that lives praise the Lord!**

Psalm 150: **Praise God in his holy place . . .**



**Zachary’s Song**

Antiphon: **Blessed be the Lord, for he has come to his people and set them free.**



Prayer: **Father in heaven, form in us the likeness of your Son and deepen his life in us. Send us as witnesses of gospel joy into a world of fragile peace and broken promises. Touch the hearts of all people with your love that they may in turn love one another. We ask this in the name of our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**



**Terce**

**Psalmody**

Antiphon: **Alleluia, alleluia, alleluia, alleluia.**

Psalm (118) 117 stanza XII (Lamed):

**Your word, Lord, stands for ever . . .**

Psalm (118) 117 stanza XIII (Mem):

**Lord, how I love your law . . .**

Psalm (118) 117 stanza XIV (Nun):

**Your word is a lamp for my steps . . .**

Psalm (118) 117 stanza XV (Samech):

**I have no love for the halfhearted . . .**



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



**Sext**

**Psalmody**

Antiphon: **Our help is in the name of the Lord, who made heaven and earth.**

Psalm (122) 123: **To you have I lifted up my eyes . . .**

Psalm (123) 124: **If the Lord had not been on our side . . .**

Psalm (124) 125: **Those who put their trust in the Lord . . .**



Prayer: **God of mercy, this midday moment of rest is your welcome gift. Bless the work we have begun, make good its defects and let us finish it in a way that pleases you. 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. Amen.**



**None**

**Psalmody**

Antiphon: **What marvels the Lord worked for us! Indeed we were glad.**

Psalm (125) 126: **When the Lord delivered Zion from bondage . . .**

Psalm (126) 127: **If the Lord does not build the house . . .**

Psalm (127) 128: **O blessed are you who fear the Lord . . .**



Prayer: **Lord Jesus Christ, to save all people you stretched out your arms on the cross. Let our work be pleasing to you; may it proclaim your salvation to the world. For you live and reign with the Father and the Holy Spirit, one God, for ever and ever. Amen**



Vespers

**Psalmody**  
**Antiphon:** The Lord of hosts is with us: the God of Jacob is our stronghold.

**Psalm (45) 46:** God is for us a refuge and strength . . .

**Antiphon:** O give thanks to the Lord for he is good.  
**Psalm (135) 136:** O give thanks to the Lord for he is good . . .



**Responsorial Psalm**  
**Antiphon:** The Lord has made known his salvation!  
**Psalm (97) 98:** Sing a new song to the Lord . . .



**Mary's Song**  
**Antiphon:** The Lord Almighty works marvels for me. Holy his name.



**Prayer:** Lord God, your holy Name is blessed from the rising of the sun until its setting. Fill our hearts with knowledge of you, so that with one voice from east to west we may worthily sing the praises of your love. 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. Amen.



Sunday Even Weeks – First Vespers

**Psalmody**  
**Antiphon:** Your throne, O God, shall endure for ever.  
**Psalm (44) 45:** My heart overflows with noble words . . .

**Antiphon:** You stretch out your hand and save me, your hand will do all things for me.  
**Psalm (137) 138:** I thank you, Lord, with all my heart . . .



**Responsorial Psalm**  
**Antiphon:** The Lord's is the earth and its fullness.  
**Psalm (23) 24:** The Lord's is the earth and its fullness . . .



**Mary's Song**  
**Antiphon:** God has cast down the mighty from their thrones, and has lifted up the lowly.



**Prayer:** Father of everlasting goodness, our origin and guide, be close to us and hear the prayers of all who praise you. Forgive our sins and restore us to life. Keep us safe in your love. We ask this in the name of our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.



Lauds

**Psalmody**  
**Antiphon:** Alleluia, alleluia, alleluia, alleluia, alleluia, alleluia.

**Psalm (50) 51:** Have mercy on me, God in your kindness . . .

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



Sext

Psalmody

Antiphon: We bless you in the name of the Lord.  
 Psalm (128) 129: They have pressed me hard from my youth . . .  
 Psalm (129) 130: Out of the depths I cry to you, O Lord . . .  
 Psalm (130) 131: O Lord, my heart is not proud . . .



Prayer: Father, fill us with the resplendent light of your eternal love. May we love you above all things, and our sisters and brothers for your sake. 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. Amen.



None

Psalmody

Antiphon: O Israel, hope in the Lord.  
 Psalm (131) 132: O Lord, remember David . . .  
 Psalm (132) 133: How good and how pleasant it is . . .



Prayer: God our Father, make the peace we pray for a reality. May we live our days in quiet joy and, with the help of the Virgin Mary's prayer, safely reach your kingdom. 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. Amen.



Thursday Odd Weeks—Lauds

Psalmody

Antiphon: My song is of mercy and justice; I sing to you, O Lord.

Psalm (100) 101: My song is of mercy and justice . . .

Antiphon: I call to you Lord, all the day long; to you I stretch out my hands.

Psalm (87) 88: Lord my God, I call for help by day . . .



Responsorial Psalm

Antiphon: Tremble, O earth, before the Lord, in the presence of the God of Jacob.

Psalm (113A) 114: When Israel came forth from Egypt . . .



Zachary's Song

Antiphon: Give knowledge to your people, O Lord, through the forgiveness of their sins.



Prayer: All powerful and ever-living God, at morning, noon and evening we pray: cast out from our hearts the darkness of sin and bring us to the light of your truth, Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.



Terce

Psalmody

Antiphon: My help shall come from the Lord who made heaven and earth.

Psalm (119) 120: To the Lord in the hour of my distress . . .

Psalm (120) 121: I lift up my eyes to the mountains . . .

Psalm (121) 122: I rejoiced when I heard them say . . .



Prayer: Lord, in midmorning you gave your Holy Spirit to the apostles gathered in prayer. Give us a share in

the life and love that your Spirit brings. 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. Amen.



Sext

Psalmody

Antiphon: We bless you in the name of the Lord.  
 Psalm (128) 129: They have pressed me hard from my youth . . .  
 Psalm (129) 130: Out of the depths I cry to you, O Lord . . .  
 Psalm (130) 131: O Lord, my heart is not proud . . .



Prayer: All-powerful and ever-living God, with you there is no darkness, from you nothing is hidden. Fill us with the radiance of your light: may we understand the law you have given us and live it with generosity and faith. 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. Amen.



None

Psalmody

Antiphon: O Israel, hope in the Lord.  
 Psalm (131) 132: O Lord, remember David . . .  
 Psalm (132) 133: How good and how pleasant it is . . .



Prayer: Lord, help us to follow the example of your Son's patience and endurance. May we face all life's difficulties with confidence and faith. 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. Amen.



Saturday Odd Weeks – Lauds

Psalmody

Antiphon: O Lord, you know all my longing.  
 Psalm (37) 38: O Lord, do not rebuke me in your anger . . .

Antiphon: In the morning let me know your love, for I put my trust in you.

Psalm (142) 143: Lord, listen to my prayer . . .



Responsorial Psalm

Antiphon: From the rising of the sun to its setting praised be the name of the Lord.

Psalm (112) 113: Praise, O servants of the Lord . . .



Zachary's Song

Antiphon: Guide us into the way of peace, O Lord.



Prayer: Lord, free us from the dark night of death. Let the light of the resurrection dawn within our hearts to bring us to the radiance of eternal life. 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. Amen.



Terce

Psalmody

Antiphon: My help shall come from the Lord who made heaven and earth.

Psalm (119) 120: To the Lord in the hour of my distress . . .

Psalm (120) 121: I lift up my eyes to the mountains . . .

Psalm (121) 122: I rejoiced when I heard them say . . .



Prayer: God, all powerful Father, fill your people with the light of your Holy Spirit, that, safe from every enemy, we may rejoice in singing your praises. We ask

Vespers

Psalmody

Antiphon: **In you, O God, our forbears trusted, and never in vain.**

Psalm (21) 22: **My God, my God, why have you forsaken me. . . .**



Responsorial Psalm

Antiphon: **The Lord is glorious on high!**

Psalm (92) 91: **The Lord is king, with majesty enrobed . . .**



Mary's Song

Antiphon: **God protects Israel, his servant, as he promised to Abraham and his line, and he raises the lowly for ever.**



Prayer: **God our Father, help us to follow the example of your Son's patience in suffering. By sharing the burden he carries, may we come to share his glory in the kingdom where he lives with you and the Holy Spirit, one God, for ever and ever. Amen.**



Vespers

Psalmody

Antiphon: **O Lord, you save us from the gates of death; you will never forsake those who seek you.**

Psalm 9: **I will praise you, Lord, with all my heart . . .**



Responsorial Psalm

Antiphon: **The Lord is king; the Lord is great in Zion!**

Psalm (98) 99: **The Lord is king, the peoples tremble . . .**



Mary's Song

Antiphon: **He casts down the mighty who persecute the saints, and raises the lowly who bear witness to Christ.**



Prayer: **Father, you illumine the night and bring the dawn to scatter darkness. Let us pass this night in safety, free from Satan's power, and rise when morning comes to give you thanks and praise. We ask this in the name of our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**



## Friday Odd Weeks—Lauds

Psalmody

Antiphon: **Lord, do not reprove me in your anger.**  
 Psalm 6: **Lord do not reprove me in your anger . . .**

Antiphon: **God rises to judge, to save the humble of the earth.**  
 Psalm (75) 76: **God, you are made known in Judah . . .**



Responsorial Psalm

Antiphon: **The Lord is close to his people.**  
 Psalm 148: **Praise the Lord from the heavens . . .**



Zachary's Song

Antiphon: **Oh, the loving-kindness of the heart of our God,  
 who visits us like the dawn from on high.**



Prayer: **God our Father, you conquer the darkness of ignorance by the light of your Word. Strengthen within our hearts the faith you have given us; let not temptation ever quench the fire that your love has kindled within us. We ask this through our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**



## Terce

Psalmody

Antiphon: **For the peace of Jerusalem pray: "Peace be to your homes."**

Psalm (119) 120: **To the Lord in the hour of my distress . . .**  
 Psalm (120) 121: **I lift up my eyes to the mountains . . .**  
 Psalm (121) 122: **I rejoiced when I heard them say . . .**



Prayer: **Lord Jesus Christ, at this hour you were led out to die on the cross for the salvation of the world. We ask your forgiveness for the sins of our past and**

**your protection from all future evil. Bring us to the peace and joy of that kingdom where you live and reign for ever and ever. Amen.**



## Sext

Psalmody

Antiphon: **Our help is in the name of the Lord, who made heaven and earth.**

Psalm (122) 123: **To you have I lifted up my eyes . . .**  
 Psalm (123) 124: **If the Lord had not been on our side . . .**  
 Psalm (124) 125: **Those who put their trust in the Lord . . .**



Prayer: **Lord Jesus Christ, at noon, when darkness covered all the earth, you mounted the wood of the cross as the innocent victim for our redemption. May your light be always with us to guide us to eternal life in that kingdom where you live and reign for ever and ever. Amen.**



## None

Psalmody

Antiphon: **What marvels the Lord worked for us! Indeed we were glad.**

Psalm (125) 126: **When the Lord delivered Zion from bondage . . .**  
 Psalm (126) 127: **If the Lord does not build the house . . .**  
 Psalm (127) 128: **O blessed are you who fear the Lord . . .**



Prayer: **Lord Jesus Christ, you brought the repentant thief from the suffering of the cross to the joy of your kingdom. Lord, when we die, may we who confess our sins be brought to you through the gates of heaven, that we may have eternal joy in that kingdom where you live and reign for ever and ever. Amen**

