**TERMS**

* Proper (meaning ‘specific to’)
* Common (meaning ‘shared’)
* Ordinary (rubrics, basis for the order)
* Canticle (meaning ‘little song’, referring to parts of the psalmody that are not Psalms)
* Antiphon (refers to the verse that precedes and follows texts of the psalmody)
* Invitatory (precedes the first hour of the day)

**Five Hours of the Day and their Components**

**Lauds/Morning Prayer (done upon waking, but before 9am)**

* Intro: (Invitatory) *“Lord, open my lips…”*
* Hymn (optional)
* Psalmody (3-parts: Psalm, OT canticle, Psalm)
* Reading
* Responsory
* Gospel Canticle (Benedictus: Canticle of Zechariah)
* Intercessions
* Our Father
* Concluding Prayer
* Conclusion: *“May the Lord bless us, protect us and bring us to everlasting life. Amen.”*

**Midday Prayer (any one of the following)**

* **Terce/Midmorning (9am-11)**
* **Sext/Midday (11am-1pm)**
* **Nones/Midafternoon (1pm-4)**
* Intro: *”God come to my assistance….”*
* Psalmody (3 part)
* Reading
* Responsory
* Concluding Prayer
* Conclusion: *“Let us praise the Lord. And give Him thanks.”*

**SECTIONS OF THE BREVIARY**

Proper of Seasons: p \_\_\_

Ordinary (Rubrics): p \_\_\_

4 Week Psalter: p \_\_\_\_

Night Prayer: p \_\_\_

Proper of Saints: p \_\_\_

Commons: p \_\_\_

**Vespers/Evening Prayer (done between 4pm and 7pm)**

* Intro: *“God come to my assistance…”*
* Hymn (optional)
* Psalmody (3-parts: Psalm, Psalm, NT Canticle)
* Reading
* Responsory
* Gospel Canticle (Magnificat: Canticle of Mary)
* Intercessions
* Our Father
* Concluding Prayer
* Conclusion: *“May the Lord bless us, protect us and bring us to everlasting life. Amen.”*

**Compline/Night Prayer (done just before going to bed)**

* Intro: *“God come to my assistance…”*
* Examination of Conscience
* Psalm(s)
* Reading
* Responsory
* Gospel Canticle (Nunc Dimittis: Canticle of Simeon)
* Concluding Prayer
* Conclusion: *“May the all-powerful Lord grant us a restful night and a peaceful death. Amen.”*
* Antiphon of Mary

**Office of Readings (done at any time of day)**

* Intro: *“God come to my assistance…”*
* Psalmody
* Reading I (scripture) and Responsory
* Reading II (non-scriptural) and Responsory
* Concluding Prayer: *“Let us praise the Lord. And give Him thanks.”*

**LITURGICAL CALENDAR--** Hierarchy of days

         Solemnity (S)

o   Almost always, the entire texts will be from the Proper of the Saints (Nothing is used from the 4-Week Psalter). This includes: *Invitatory Antiphon, Antiphons to Psalms, Reading, Responsory, Antiphon for Gospel Canticle, Intercessions and Concluding Prayer.*

o   For the Psalms, use the card (Sunday Morning, week 1)

         Feast (F)

o   Again, almost always, the entire texts will be from the Proper of the Saints. What is not proper to the day comes from the Commons (Nothing is used from the 4-Week Psalter). This includes: *Invitatory Antiphon, Antiphons to Psalms, Reading, Responsory, Antiphon for Gospel Canticle, Intercessions and Concluding Prayer.*

o   For the Psalms, use the card (Sunday Morning, week 1)

         Obligatory Memorial (denoted by the word 'Memorial' or the letter 'M')

o   Always use the texts that are in the Proper of the Saints. What is not included there comes from the Commons (including Invitatory Antiphon). The only texts that are used from the 4-Week Psalter are for the Psalmody (that includes the antiphons).

         Optional Memorial (m)

o   Everything comes from the 4-Week Psalter, except what is included in the Proper of the Saints.

o   Because it is optional, you may use texts entirely from the 4-Week Psalter.

         Ferial Days

o   Everything comes from the 4-Week Psalter.

**WHAT IS THE DIFFERENCE BETWEEN….**
4-Volume (Liturgy of the Hours)

* Includes all 5 of the Hours

1-Volume (Christian Prayer)

* Includes 3 of the Hours
* often has longer reading for Lauds and Vespers

1-Volume (Shorter Christian Prayer)

* Lacks many proper texts
* The translation of readings is different (?)

***How* to pray it:**

* Postures
* Side to side….antiphonal
* Pace and rhythm….slow
* Listening to those around you
* Volume
* Sit closer to the front to begin
* Be patient while you learn

**POSTURES**

Stand to begin

(you may bow during the words

*“Glory to the Father, and to the Son,*

*and to the Holy Spirit”*)

Be seated after introduction

Stand for Benedictus

Remain standing

A pause (15 seconds or so) should follow the reading

**Other Considerations and Questions:**

* Misogynistic language
* Can I use my smartphone?
* Violent language (“my enemies”)
* EP I vs EP II

**LEADER, BEFORE BEGINNING**

* Leader should sit in the front pew of Blessed Sacrament side.
* Side one is Blessed Sacrament side
* Ask those participating to sit in the first 2 or 3 pews.
* We will not sing the Hymn
* We will recite the Psalm Prayers
* Call out page numbers/ribbon placements
* Select a reader
* (reading/responsory/intercessions)

**CONSTITUTION ON THE SACRED LITURGY (SACROSANCTUM CONCILIUM)**

**SOLEMNLY PROMULGATED BY HIS HOLINESS POPE PAUL VI ON DECEMBER 4, 1963**

**CHAPTER IV -- THE DIVINE OFFICE**

83. Christ Jesus, high priest of the new and eternal covenant, taking human nature, introduced into this earthly exile that hymn which is sung throughout all ages in the halls of heaven. He joins the entire community of mankind to Himself, associating it with His own singing of this canticle of divine praise.

For he continues His priestly work through the agency of His Church, which is ceaselessly engaged in praising the Lord and interceding for the salvation of the whole world. She does this, not only by celebrating the eucharist, but also in other ways, especially by praying the divine office.

84. By tradition going back to early Christian times, the divine office is devised so that the whole course of the day and night is made holy by the praises of God. Therefore, when this wonderful song of praise is rightly performed by priests and others who are deputed for this purpose by the Church's ordinance, or by the faithful praying together with the priest in the approved form, then it is truly the voice of the bride addressed to her bridegroom; It is the very prayer which Christ Himself, together with His body, addresses to the Father.

85. Hence all who render this service are not only fulfilling a duty of the Church, but also are sharing in the greatest honor of Christ's spouse, for by offering these praises to God they are standing before God's throne in the name of the Church their Mother.

86. Priests who are engaged in the sacred pastoral ministry will offer the praises of the hours with greater fervor the more vividly they realize that they must heed St. Paul's exhortation: "Pray without ceasing" (1 Thess. 5:11). For the work in which they labor will effect nothing and bring forth no fruit except by the power of the Lord who said: "Without me you can do nothing" (John 15: 5). That is why the apostles, instituting deacons, said: "We will devote ourselves to prayer and to the ministry of the word" (Acts 6:4).

81. In order that the divine office may be better and more perfectly prayed in existing circumstances, whether by priests or by other members of the Church, the sacred Council, carrying further the restoration already so happily begun by the Apostolic See, has seen fit to decree as follows concerning the office of the Roman rite.

88. Because the purpose of the office is to sanctify the day, the traditional sequence of the hours is to be restored so that once again they may be genuinely related to the time of the day when they are prayed, as far as this may be possible. Moreover, it will be necessary to take into account the modern conditions in which daily life has to be lived, especially by those who are called to labor in apostolic works.

89. Therefore, when the office is revised, these norms are to be observed:

a) By the venerable tradition of the universal Church, Lauds as morning prayer and Vespers as evening prayer are the two hinges on which the daily office turns; hence they are to be considered as the chief hours and are to be celebrated as such.

b) Compline is to be drawn up so that it will be a suitable prayer for the end of the day.

c) The hour known as Matins, although it should retain the character of nocturnal praise when celebrated in choir, shall be adapted so that it may be recited at any hour of the day; it shall be made up of fewer psalms and longer readings.

d) The hour of Prime is to be suppressed.

e) In choir the hours of Terce, Sext, and None are to be observed. But outside choir it will be lawful to select any one of these three, according to the respective time of the day.

90. The divine office, because it is the public prayer of the Church, is a source of piety, and nourishment for personal prayer. And therefore priests and all others who take part in the divine office are earnestly exhorted in the Lord to attune their minds to their voices when praying it. The better to achieve this, let them take steps to improve their understanding of the liturgy and of the bible, especially of the psalms.

In revising the Roman office, its ancient and venerable treasures are to be so adapted that all those to whom they are handed on may more extensively and easily draw profit from them.

91. So that it may really be possible in practice to observe the course of the hours proposed in Art. 89, the psalms are no longer to be distributed throughout one week, but through some longer period of time.

The work of revising the psalter, already happily begun, is to be finished as soon as possible, and is to take into account the style of Christian Latin, the liturgical use of psalms, also when sung, and the entire tradition of the Latin Church.

92. As regards the readings, the following shall be observed:

a) Readings from sacred scripture shall be arranged so that the riches of God's word may be easily accessible in more abundant measure.

b) Readings excerpted from the works of the fathers, doctors, and ecclesiastical writers shall be better selected.

c) The accounts of martyrdom or the lives of the saints are to accord with the facts of history.

93. To whatever extent may seem desirable, the hymns are to be restored to their original form, and whatever smacks of mythology or ill accords with Christian piety is to be removed or changed. Also, as occasion may arise, let other selections from the treasury of hymns be incorporated.

94. That the day may be truly sanctified, and that the hours themselves may be recited with spiritual advantage, it is best that each of them be prayed at a time which most closely corresponds with its true canonical time.

95. Communities obliged to choral office are bound to celebrate the office in choir every day in addition to the conventual Mass. In particular:

a) Orders of canons, of monks and of nuns, and of other regulars bound by law or constitutions to choral office must celebrate the entire office.

b) Cathedral or collegiate chapters are bound to recite those parts of the office imposed on them by general or particular law.

c) All members of the above communities who are in major orders or who are solemnly professed, except for lay brothers, are bound to recite individually those canonical hours which they do not pray in choir.

96. Clerics not bound to office in choir, if they are in major orders, are bound to pray the entire office every day, either in common or individually, as laid down in Art. 89.

97. Appropriate instances are to be defined by the rubrics in which a liturgical service may be substituted for the divine office.

In particular cases, and for a just reason, ordinaries can dispense their subjects wholly or in part from the obligation of reciting the divine office, or may commute the obligation.

98. Members of any institute dedicated to acquiring perfection who, according to their constitutions, are to recite any parts of the divine office are thereby performing the public prayer of the Church.

They too perform the public prayer of the Church who, in virtue of their constitutions, recite any short office, provided this is drawn up after the pattern of the divine office and is duly approved.

99. Since the divine office is the voice of the Church, that is of the whole mystical body publicly praising God, those clerics who are not obliged to office in choir, especially priests who live together or who assemble for any purpose, are urged to pray at least some part of the divine office in common.

All who pray the divine office, whether in choir or in common, should fulfill the task entrusted to them as perfectly as possible: this refers not only to the internal devotion of their minds but also to their external manner of celebration.

It is, moreover, fitting that the office, both in choir and in common, be sung when possible.

100. Pastors of souls should see to it that the chief hours, especially Vespers, are celebrated in common in church on Sundays and the more solemn feasts. And the laity, too, are encouraged to recite the divine office, either with the priests, or among themselves, or even individually.

101. 1. In accordance with the centuries-old tradition of the Latin rite, the Latin language is to be retained by clerics in the divine office. But in individual cases the ordinary has the power of granting the use of a vernacular translation to those clerics for whom the use of Latin constitutes a grave obstacle to their praying the office properly. The vernacular version, however, must be one that is drawn up according to the provision of Art. 36.

2. The competent superior has the power to grant the use of the vernacular in the celebration of the divine office, even in choir, to nuns and to members of institutes dedicated to acquiring perfection, both men who are not clerics and women. The version, however, must be one that is approved.

3. Any cleric bound to the divine office fulfills his obligation if he prays the office in the vernacular together with a group of the faithful or with those mentioned in 52 above provided that the text of the translation is approved.