

DEMYSTIFYING THE LITURGY OF THE HOURS

BRIEF OUTLINES FROM THE ORDINARY

OFFICE OF READINGS - *Often for private reflection. No specified time. "... may be recited at any hour of the day..."* (GILH 57)

GILH 55. The purpose of the Office of Readings is to present to the people of God, and particularly to those who are consecrated to God in a special way, **a more extensive meditation on sacred scripture** and on the best writings of spiritual authors. Even though a more ample series of scripture readings is read daily at Mass, the treasures of revelation and tradition contained in the Office of Readings greatly assist spiritual progress. Priests especially should explore these riches..."

- Invitatory
- Hymn
- Psalmody
- Verses
- Readings
- Hymn - Te Deum follows the second reading and its responsory
- Concluding Prayer
- Acclamation (in the communal celebration of the office):
 - Let us praise the Lord.
 - And give him thanks.



MORNING PRAYER (LAUDS)

- Invitatory "God, come to my assistance. — Lord make haste to help me...."
- Hymn
- Psalmody (Psalm, Canticle, Psalm)
- Reading

Rubrics allow for a "longer reading to be selected, especially in celebration with the people...a short homily on the reading may also be added."

GILH 46. "A longer scripture reading may be chosen... It may be taken from the Office of Readings or from the passage read at Mass,..."

- Response to the Word of God (Responsory)

Rubrics give some leeway - e.g a period of silence may be observed. Responsorial song or responsory, or "other suitable songs provided they have been approved by the conference of Bishops)

- Gospel Canticle - Canticle of Zechariah
- Intercessions

GILH: 188. It is permissible to add special intentions at Lauds and Vespers.

- The Lord's Prayer
- Concluding Prayer
- Dismissal

MIDDAY PRAYER

"Terce" / Midmorning Prayer (9am)," Sext" Midday Prayer (noon), None"

"Midafternoon" (3pm), a.k.a. "the Little Hours"

- Invitatory "God, come to my assistance. — Lord make haste to help me...."
- Hymn
- Psalmody (2 psalms)
- Reading
- Responsory
- Concluding Prayer

EVENING PRAYER (VESPERS)

- Invitatory "God, come to my assistance. — Lord make haste to help me...."
- Hymn
- Psalmody (2 Psalms, New Testament Canticle)
- Reading

Rubrics allow for a "longer reading to be selected, especially in celebration with the people...a short homily on the reading may also be added."

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- Response to the Word of God (Responsory)

rubrics give some leeway - e.g a period of silence may be observed. Responsorial song or responsory, or "other suitable songs provided they have been approved by the conference of Bishops)

- Gospel Canticle - "Canticle of Mary" "Magnificat"
- Intercessions -

GILH: 188. It is permissible to add special intentions at Lauds and Vespers.

- The Lord's Prayer
- Concluding Prayer
- Dismissal

NIGHT PRAYER (COMPLINE)

- Invitatory "God, come to my assistance. — Lord make haste to help me...."
rubrics indicate a "brief examination of conscience may be made. In the communal celebration of the office, a penitential rite using the formulas of the Mass may be inserted here
- Hymn
- Psalmody - 2 Psalms
- Reading
- Responsory
- Gospel Canticle -- "Nunc Dimittis" "Song of Simeon" from Luke 2:29-32
- Concluding Prayer
- Dismissal: Rubrics indicate: "The blessing is said even in individual recitation":
"May the all-powerful Lord grant us a restful night and a peaceful death."
- Antiphon in Honor of the Blessed Virgin

THE FOUR MARIAN ANTIPHONS

The LOH itself does not outline which of the Four Marian antiphons to sing when. The GILH only specifies:

"92. Finally one of the antiphons of the Blessed Virgin Mary is said. In Eastertide this is always the Regina caeli (Joy fill your heart, O Queen, most high). In addition to the antiphons given in The Divine Office, others may be approved by the Episcopal Conference."

Traditionally, they are sung at the following times:

- *Alma Redemptoris Mater* ("O Loving Mother of our Savior")
Advent — February 2 (Candlemas/Feast of the Presentation)
- *Ave Regina Caelorum* ("Hail, O Queen of Heaven")
February 3 — Wednesday of Holy Week
- *Regina Caeli* ("Queen of Heaven") Easter Season
- *Salve Regina* ("Hail, Holy Queen") Ordinary Time after