

ADVENT SEASON

Midmorning

Ant. This is the good news the prophets foretold:
The Savior will be born of the Virgin Mary.

READING

Sunday and Dec. 18

Romans 13:13-14a

Let us live honorably as in daylight; not in carousing and drunkenness, not in sexual excess and lust, not in quarreling and jealousy. Rather, put on the Lord Jesus Christ.

Monday and Dec. 19

See Isaiah 10:20-21

On that day
The remnant of Israel,
the survivors of the house of Jacob,
Will lean upon the Lord,
the Holy One of Israel, in truth.
A remnant will return, the remnant of Jacob,
to the mighty God.

Tuesday and Dec. 20

Jeremiah 23:5

Behold, the days are coming, says the Lord,
when I will raise up a righteous shoot to David;
As king he shall reign and govern wisely,
he shall do what is just and right in the land.

Wednesday and Dec. 21

See Isaiah 2:11-12

The haughty eyes of man will be lowered,
the arrogance of men will be abased,
and the Lord alone will be exalted, on that day.

Thursday and Dec. 22

Micah 5:4-5a

The ruler in Israel shall stand firm and shepherd his flock
by the strength of the Lord,
in the majestic name of the Lord, his God;



LENTEN SEASON

*With the First Sunday of Lent begin Psalter Week
I. For the proper of Ash Wednesday, see p. 68.*

SUNDAYS OF LENT

Midmorning

Ant. The time of penance has come, the time to atone for our sins and to seek our salvation.

READING

1 Thessalonians 4:1, 7

My brothers, we beg and exhort you in the Lord Jesus that, even as you learned from us how to conduct yourselves in a way pleasing to God—which you are indeed doing—so you must learn to make still greater progress. God has not called us to immorality but to holiness.

[Fifth Sunday

2 Corinthians 4:10-11

Continually we carry about in our bodies the dying of Jesus, so that in our bodies the life of Jesus may also be revealed. While we live we are constantly being delivered to death for Jesus' sake, so that the life of Jesus may be revealed in our mortal flesh.]

Create a clean heart in me, O God.

—Renew in me a steadfast spirit.

Midday

Ant. As I live, says the Lord, I do not wish the sinner to die but to turn back to me and live.

Guide our minds by his truth
and strengthen our lives by the example of his
death,
that we may live in union with you
in the kingdom of your promise.
Grant this through Christ our Lord.

MONDAY

Midmorning

Ant. Before the feast of the Passover Jesus knew
that his hour had come; he had always loved
those who were his own, and now he would
show them the depth of his love.

READING

Ezekiel 33:10b, 11a

Our crimes and our sins weigh us down; we are
rotting away because of them. How can we survive?
As I live, says the Lord God, I swear I take no pleas-
ure in the death of the wicked man, but rather in the
wicked man's conversion, that he may live.

He freely gave himself up in sacrifice.
—He said no word in his own defense.

Midday

Ant. I know my own sheep, and my own know me,
as the Father knows me and as I know the
Father; and I lay down my life for my sheep.

READING

Jeremiah 18:20b

Remember that I stood before you
to speak in their behalf,
to turn away your wrath from them.

Ours were the sufferings he bore.
—Ours the weight of guilt he endured.

PSALMODY

At one of the hours the following psalms are said:

Psalm 27

The Lord is my light and help;
whom shall I fear?
The Lord is the stronghold of my life;
before whom shall I shrink?

When evil-doers draw near
to devour my flesh,
it is they, my enemies and foes,
who stumble and fall.

Though an army encamp against me
my heart would not fear.
Though war break out against me
even then would I trust.

There is one thing I ask of the Lord,
for this I long,
to live in the house of the Lord,
all the days of my life,
to savor the sweetness of the Lord,
to behold his temple.

For there he keeps me safe in his tent
in the day of evil.
He hides me in the shelter of his tent,
on a rock he sets me safe.

And now my head shall be raised
above my foes who surround me
and I shall offer within his tent
a sacrifice of joy.

I will sing and make music for the Lord.
O Lord, hear my voice when I call;
have mercy and answer.
Of you my heart has spoken:
“Seek his face.”

**Fourth, Fifth, Sixth,
Seventh Weeks of Easter**

SUNDAY

Reading

Midmorning

See 1 Corinthians 15:3b-5

Christ died for our sins in accordance with the Scriptures; he was buried and, in accordance with the Scriptures, rose on the third day; he was seen by Cephas, then by the Twelve.

The Lord is risen, alleluia.

—He has appeared to Simon, alleluia.

Midday

Ephesians 2:4-6

God is rich in mercy; because of his great love for us he brought us to life with Christ when we were dead in sin. By this favor you were saved. Both with and in Christ Jesus he raised us up and gave us a place in the heavens.

The disciples rejoiced, alleluia.

—When they saw the risen Lord, alleluia.

Midafternoon

Romans 6:4

Through baptism into his death we were buried with Christ, so that, just as Christ was raised from the dead by the glory of the Father, we too might live a new life.

Stay with us, Lord, alleluia.

—For evening draws near, alleluia.

Prayer

FOURTH SUNDAY

Almighty and ever-living God,
give us new strength
from the courage of Christ our shepherd,



ORDINARY TIME

FIRST WEEK IN ORDINARY TIME

Psalter, Week I

The feast of the Baptism of the Lord takes the place of the First Sunday in Ordinary Time.

Prayer

Father of love,
hear our prayers.
Help us to know your will
and to do it with courage and faith.

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

SECOND SUNDAY IN ORDINARY TIME

Psalter, Week II

Prayer

Father of heaven and earth,
hear our prayers,
and show us the way to peace in the world.

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

Or:

Almighty and ever-present Father,
your watchful care reaches from end to end



May 31

VISITATION

Feast

Antiphons and psalms from the weekday.

READING

Midmorning

Judith 14:7b

Blessed are you in every tent of Judah; and in every foreign nation, all who hear of you will be struck with terror.

Blessed are those who hear the word of God, alleluia.

—And cherish it in their hearts, alleluia.

Midday

Tobit 12:6b

Thank God! Give him the praise and the glory. Before all the living, acknowledge the many good things he has done for you, by blessing and extolling his name in song.

Blessed is the womb of the Virgin Mary, alleluia.

—Who bore the Son of the eternal Father, alleluia.

Midafternoon

Wisdom 7:27-28

Wisdom, who is one, can do all things,
and renews everything while herself perduring;

And passing into holy souls from age to age,
she produces friends of God and prophets.

For there is nought God loves, be it not one who dwells with Wisdom.

Blessed are you among women, alleluia.

—And blessed is the fruit of your womb, alleluia.