**Morning Prayer**

1. Starts w/Sign of the cross on one’s lips - “Lord, open my lips & my mouth shall proclaim Your praise.”
2. ”Invitatory” Antiphon is found at beginning of “day’s” prayer
3. Psalm 95 (p. 22 of “Shorter Christian Prayer” book; other books refer to “Ordinary” in Table of Contents or inserts included w/book)
4. Hymn
5. 3 Psalms – begin & end all Psalms w/antiphon provided
	1. Prior to repeating antiphon at end, say “Glory to the Father, to the Son & to the Holy Spirit. As it was in the beginning is now & will be forever. Amen.”
6. Scripture Reading
7. Response (“Glory to the Father & the Son & Holy Spirit” only, then final response phrase
8. Canticle of Zechariah
9. Antiphon for Sunday is w/particular Sun.; daily is w/day’s prayers
10. “canticle” in Shorter Prayer is on inside front cover; in other books it is found as listed above for Psalm 95
11. Intercessions – say “response” at end of each petition (you may add personal intentions if you choose)
12. “Our Father” w/o “Amen”
13. Closing Prayer
14. Conclusion: “May the Lord bless us; protect us from all evil & bring us to life everlasting.”

 **Evening Prayer\***

1. Starts w/ Sign of the cross – “God come to my assistance. Lord make haste to help me. Glory to the Father, to the Son & to the Holy Spirit. As it was in the beginning is now & will be forever. Amen.”
2. Hymn
3. 3 Psalms – begin & end all Psalms w/antiphon provided
	1. Prior to repeating antiphon at end, say “Glory to the Father, to the Son & to the Holy Spirit. As it was in the beginning is now & will be forever. Amen.”
4. Scripture Reading
5. Response (“Glory to the Father & the Son & Holy Spirit” only, then final response phrase
6. Mary’s “Magnificat” Canticle
	1. Antiphon for Sunday is w/particular Sun.; daily is w/day’s prayers
	2. “canticle” in Shorter Prayer is on inside back cover; in other books it is found as listed above for Psalm 95
7. Intercessions – say “response” at end of each petition (you may add personal intentions if you choose)
8. “Our Father” w/o “Amen”
9. Closing Prayer
10. Conclusion: “May the Lord bless us; protect us from all evil & bring us to life everlasting.”
* **Sunday’s Office starts Sat. PM as “Evening Prayer I” which follows Sat. daytime prayer**