Welcome to the Liturgy of the Hours

Welcome to the liturgy of the hours as practiced by the Benedictine Women of Madison.
We pray each day at morning, midday, and evening according to the monastic pattern of worship using hymns, psalms, scripture and prayer.
We invite you to join us in prayer and to share with us in this ancient pattern of worship.
Friday Midday
Week I

Call to prayer

Leader  O God, come to our assistance.

All  O God, make haste to help us.

Glory be to our Creator,
to our Redeemer, Jesus Christ,
and to the Spirit of Life,
who dwells in our midst now and forever. Amen.
Alleluia.

Hymn 16

Reading

Psalm 119:97-120

Solo  How I love your law!
All day it fills my thoughts.
I am wiser than my foes,
your judgment is always with me.

Side 1  I outstrip my teachers,
for your laws have tutored me.
I surpass my elders,
because I keep your precepts.

Side 2  To follow your way
I avoid false paths.
I have not spurned your judgment,
because you are my teacher.
Side 1
Your promises are sweet to taste,
sweeter than honey.
Because your decrees give wisdom,
I hate all evil.

Side 2
Your word is a lamp for my steps,
a light for my path.
I have sworn firmly
to uphold your just rulings.

Side 1
I have suffered so much,
give me the life you promise.
Receive, God, all that I say,
and teach me your wisdom.

Side 2
Though danger stalks,
I will never forget your law.
Though the wicked set traps,
I will not stray from you.

Side 1
Your laws are my heritage,
the joy of my heart forever.
I am determined to obey
for a lasting reward.

Side 2
I hate those who waver,
but I love your law.
You protect and shield me,
I trust in your word.

Side 1
Rebels, stay away!
I keep the commands of God.
God, uphold me and I will live,
do not let me hope in vain.
Side 2  Nourish me, save me,
for your statutes are my joy.
You turn from those who stray,
their thoughts are all lies.
My body trembles,
fearing your justice.

Stand

Glory be to our Creator,
to our Redeemer, Jesus Christ,
and to the Spirit of Life,
who dwells in our midst now and forever. Amen.

Gospel

Oration

Dismissal

Leader  Let us go in peace.

All  And give God thanks.
1. Shadow and substance, wonder and mystery,
2. We are your image, formed in community;
3. Naming the nameless Spirit of unity,

spell-binding spinner of atoms and earth;
children of faith, called in love to believe.
scanning the cosmos for signs of your care;

soul of the cosmos, person and energy,
You gave us color, custom and history;
God of the ages, give us humility;

source of our being, we sing of your worth.
teach us to honor what others receive.
guide us to mystical union in prayer.

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Ordinary Time, Volumes I & II
Liturgy of the Hours
2022 Edition

Acknowledgments

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**Omissions in Psalms:** Some verses are omitted from psalms and the entire text of psalms 35, 45, 58, 60, 83, and 109, 120 and 129 are omitted because of their offensive or disparaging nature.

**Texts for Canticles:** Jn 1:1-5,10-11,14; Rom 8:14-17; Rom 8:31-35,37-39; Rom 11:33-36; 1 Cor 2:6-10; 1 Cor 12:31b-13:1-12; 1 Tim 2:5-6a,3:16b,6:16; 2 Tim 2:11-13; Titus 3:4-7; 1 Pet 1:3-9; 1 Pet 3:8-12; 1 John 4:7-12; Rev 7:12, 15-17; from *The New Revised Standard Version Bible*, ©1989, Division of Christian Education of the National Council of the Churches of Christ in the United States of America. All rights reserved. Used with permission.
2:16; 1 Pet 2:21-24; Rev 4:11,5:9-10,12; Rev 11:17-18,12:10b-12a; Rev 15:3-4;
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