

Liturgy of the Hours

Ordinary Time

Volume I

**Benedictine Women of Madison
Holy Wisdom Monastery
Middleton, Wisconsin**

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.

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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.

Shadow and Substance



1. Shad-ow and sub - stance, won - der and mys-ter - y,
 2. We are your im - age, formed in com - mu - ni - ty;
 3. Nam-ing the name - less Spir - it of u - ni - ty,



spell - bind - ing spin - ner of at - oms and earth;
 child - ren of faith, called in love to be - lieve.
 scan - ning the cos - mos for signs of your care;



soul of the cos-mos, per - son and en - er - gy,
 You gave us col - or, cus - tom and his - to - ry;
 God of the a - ges, give us hu - mil - i - ty;



source of our be - ing, we sing of your worth.
 teach us to hon - or what oth - ers re - ceive.
 guide us to mys - ti - cal un - ion in prayer.

Ordinary Time, Volumes I & II

Liturgy of the Hours

2022 Edition Acknowledgments

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Psalms 7, 29, 36, 44, 49, 52, 71, 73, 76, 78, 81, 82, 94, 96 and Exodus 15 references and texts from *That God May Be Glorified: Liturgy of the Hours- An Inclusive Language Setting*, by Marilyn Schauble, OSB, ed., Third Edition, copyright ©1998, by the Benedictine Sisters of Erie, Inc., 6101 East Lake Road, Erie, PA. All rights reserved. Used with permission.

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.

Texts for Canticles: Deut 32:1-12; Jdt 16:2-3a,13-15; Tob 13:1-7; Tob 13:8-11,13-14; 1 Sam 2:1-10; 1 Chr 29:10-13; Prov 9:1-6,10-12; Wis 9:1-6,9-11, Wis 10:17-21 Wis 16:20-21,26,17:1a; Sir 14:20, 15:3-5a,6b; Sir 36:1-7,13, 16-22; Sir 39:13-16a; Isa 2:2-5; Isa 12:1-6; Isa 26:1-4,7-9,12; Isa 33:2-10, Isa 33:13-16; Isa 40:10-17; Isa 42:10-16; Isa 45:15-25; Isa 49:7-13; Isa 61:10-62:7; Isa 63:1-5; Jer 7:2-7; Jer 31:10-14; Dan 3:26,27,29,34-41; Dan 3:52-57; Dan 3:56-57,64-73; Ez 36:24-28; Hab 3:2-4,31a,15-19; Hos 6:1-6; Zeph 3:3-13; Phil 2:6-11; Eph 1:3-10; Col 1:12-20; 1 Tim

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; Rev 19:1-7 from *The Canticles: A Faithful and Inclusive Rendering from the Hebrew and Greek into Contemporary English Poetry*, ©1995, International Committee on English in the Liturgy, Inc. All rights reserved. Used with permission.

Text for the Benedictus and Magnificat from the English translation of the psalms and canticles from *The Liturgical Psalter: A Text for Study and Comment*, ©1994, International Committee on English in the Liturgy, Inc. Used with permission. All rights reserved.

Sources for the text for new canticles:

1. *All Will Be Well, Julian of Norwich*, compiled by Richard Childson, ©1995, 2008, Quest Associates, Ave Maria Press, Inc., Notre Dame, IN. Used with permission. All rights reserved. Pages 37, 62.
 - a. Julian of Norwich, Volume 1, page 189.
 - b. Julian of Norwich, Volume 2, page 100.
2. *Enriching our Worship 1*, ©1998, The Church Pension Fund, Church Publishing Incorporated, New York, NY. Used with permission. All rights reserved. Page 23. *Phos hilaron*, Volume 1, page 328.
3. *Hildegard of Bingen: Mystical Writings*, edited by Fiona Bowie and Oliver Davies, with new translations by Robert Carver, ©1990, The Crossroad Publishing Company, New York, NY. Used with permission. All rights reserved. Page 81. Hildegard of Bingen, *Vision of Divine Wisdom*, Volume 1, page 264.
4. *Meditations with Mechtilde of Magdeburg*, Sue Woodruff, ©1982, Bear & Company, Inc., Santa Fe, NM. Used with permission. All rights reserved. Page 89. Mechtilde of Magdeburg, Volume 2, page 204.
5. *Mystics, Visionaries and Prophets: A Historical Anthology of Women's Spiritual Writings*, edited by Shawn Madigan, CSJ, ©1998, Fortress Press, Augsburg Fortress, Minneapolis, MN. Used with permission. All rights reserved. Page 138. Mechtilde of Magdeburg, Volume 2, page 136.
6. *Saint Helena Breviary: Monastic Edition*, Order of Saint Helena, North Augusta, SC. Used with permission. All rights reserved. Page 265. Julian of Norwich, Volume 2, page 168
7. *The Holy Bible: New Revised Standard Version*, ©1989, Oxford University Press, Inc., New York, NY. Used with permission. All rights reserved.
 - a. Proverbs 2:1-11, Volume 2, page 116.
 - b. Sirach 39:13-16a, Volume 2, page 210.
8. *Sanctoral commemoration readings*, Benedictine Women of Madison, Holy Wisdom Monastery, Middleton, WI. All rights reserved.
 - a. Bernard of Clairvaux, Volume 2, page 49.
 - b. Mechtilde of Magdeburg, Volume 1, page 202.

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2022 Edition coordinators: Monastic Ritual Team

Mary David Walgenbach, OSB, Prioress, Benedictine Women of Madison; Lynne Smith, OSB, Benedictine Women of Madison; Lynn Lemberger, Director of Worship & Music; Holy Wisdom Monastery, 4200 County Road M, Middleton, WI 53562.

Hymn graphics and additional assistance: Ken Stancer

Managing editor and printer ready copy: Lynn Lemberger, Director of Worship & Music, Holy Wisdom Monastery, 4200 County Road M, Middleton, WI 53562.

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