

Canticle of Zechariah

Blessed be the lord, The God of Israel;
He has come to his people and set them free.
He has raised up for us a mighty Savior,
Born of the house of his servant David.
Through his holy prophets he promised of old,
That he would save us from our enemies,
From the hands of all who hate us.
He promised to show mercy to our fathers,
And to remember his holy covenant.
This was the oath he swore to our father Abraham;
To set us free from the hands of our enemies,
Free to worship him without fear,
Holy and righteous in his sight,
All the days of our life.
You, my child, shall be called the prophet of the most
high;
For you will go before the Lord to prepare his
way,
To give his people knowledge of salvation
By the forgiveness of their sins.
In the tender compassion of our God,
The dawn from on high will break upon us,
To shine on those who dwell in darkness and
the shadow of death,
And to guide our feet into the way of peace.

Canticle of Mary

My soul proclaims the greatness of the Lord,
My spirit rejoices in God my savior,
For he has looked with favor on his lowly
servant.
From this day all generations will call me blessed,
The almighty has done great things for me,
And holy is his name.
He has mercy on those who fear him
In every generation.
He has shown the strength of his arm,
He has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
And has lifted up the lowly.
He has filled the hungry with good things,
And the rich he has sent away empty.
He has come to the help of his servant Israel
For he has remembered his promise of mercy,
The promise he made to our fathers,
To Abraham and his children forever.

Gloria

Glory to the Father and to the Son and to the Holy Spirit,
As it was in the beginning is now and will be forever.
Amen Alleluia.

Cántico e Zacarías

Bendito sea del Señor, Dios de Israel,
porque ha visitado y remedió a su pueblo
suscitándonos una fuerza de salvación
en la casa de David, su siervo,
según lo había predicho desde antiguo
por boca de sus santos profetas.
Es la salvación que nos libra de nuestros enemigos
y de la mano de todos los que nos odian;
ha realizando así la misericordia que tuvo
con nuestros padres,
recordando su santa alianza
y el juramento que juro a nuestro padre
Abraham.
Para concedernos que, libres de temor
arrancados de la mano de los enemigos,
le sirvamos con santidad y justicia,
en su presencia, todos nuestros días
Y a ti, niño, te llaman profeta del Altísimo,
porque iras delante del Señor
a preparar sus caminos,
anunciando a su pueblo la salvación,
el perdón de sus pecados.
Por la entrañable misericordia de nuestro Dios,
nos visitara el sol que nace de lo alto,
para iluminar a los que viven en tiniebla
y en sombra de muerte,
para guiar nuestros pasos
por el camino de la paz.

Cántico de la SMA. Virgen Maria

Proclama mi alma la grandeza del Señor,
se alegra me espíritu en Dios mi salvador,
porque ha mirado la humillación de su
esclava.
Desde ahora me felicitaran toda las generaciones,
porque el Poderoso ha hecho obras
grandes por mí: Su nombre es santo y su
misericordia llega a sus fieles de
generación en generación.
Él hace proezas con su brazo:
dispersa a los soberbios de corazón,
derriba del trono a los poderosos
y enaltece a los humildes,
a los hambrientos los colma de bienes
y a los ricos los despide vacíos.
Auxilia a Israel, su siervo,
acordándose de su misericordia
-como lo había prometido a nuestros
padres-
en favor de Abraham y su descendencia
por siempre.

Gloria

Gloria al padre y gloria al Hijo y gloria al Espíritu
Santo
Como era en el principio, ahora y siempre,
Por los siglos de los siglos. Amen Aleluya

Liturgy of The Hours

A guide to

Morning and Evening Prayer

English

Español

Morning Prayer

Presider- "God, come to my assistance."
Group- "Lord, make haste to help me."
Presider- "Glory to the Father, and to the Son, and to the Holy Spirit:"
Group- "As it was in the beginning, is now, and will be for ever. Amen. Alleluia"

Group- Hymn

Ps. Leader I- Antiphon I
Group Rt.- Begin Psalm I (strophe I)
Group Lt.- Continue Psalm I (strophe II)
Group Rt.- @ end of Psalm I-"Glory to the Father, and to the Son, and to the Holy Spirit:"
Group Lt. "As it was in the beginning, is now, and will be for ever. Amen. Alleluia"

All- Antiphon I

Individual- Psalm Prayer

Ps Leader I- Antiphon II

Group Rt.- Begin Cantic I (strophe I)
Group Lt.- Continue Cantic I (strophe II)
Group Rt.- @ end of Cantic I-"Glory to the Father, and to the Son, and to the Holy Spirit:"
Group Lt.- "As it was in the beginning, is now, and will be for ever. Amen. Alleluia"

All- Antiphon II

Individual- Psalm Prayer

Ps. Leader I- Antiphon III

Group Rt.- Begin Psalm III (strophe I)
Group Lt.- Continue Psalm III (strophe II)
Group Rt.- @ end of Psalm III-"Glory to the Father, and to the Son, and to the Holy Spirit:"
Group Lt.- "As it was in the beginning, is now, and will be for ever. Amen. Alleluia"

All- Antiphon III

Individual- Psalm Prayer

Reader I- Reading

Reader II- Response-lead

All- Response-follow

Ps. Leader I-Cantic of Zechariah-Antiphon-Stand

Group Rt.- Begin Benedictus (strophe I)
Group Lt.- Continue Benedictus (strophe II)
Group Rt.- @ end of Benedictus-"Glory to the Father, and to the Son, and to the Holy Spirit:"
Group Lt.- "As it was in the beginning, is now, and will be for ever. Amen. Alleluia"

All- Cantic of Zechariah-Antiphon

Presider- Introduction to the Intercessions

Ps Leader I-Reads the Intercessions

All- Respond

Presider- "Our Father"

Final prayer

May the Lord Bless us, protect us from all evil, and bring us into everlasting life.

Evening Prayer

Presider- "God, come to my assistance."
Group- "Lord, make haste to help me."
Presider- "Glory to the Father, and to the Son, and to the Holy Spirit:"
Group- "As it was in the beginning, is now, and will be for ever. Amen. Alleluia"

Group- Hymn

Ps. Leader I- Antiphon I
Group Rt.- Begin Psalm I (strophe I)
Group Lt.- Continue Psalm I (strophe II)
Group Rt.- @ end of Psalm I-"Glory to the Father, and to the Son, and to the Holy Spirit:"
Group Lt. "As it was in the beginning, is now, and will be for ever. Amen. Alleluia"

All- Antiphon I

Individual- Psalm Prayer

Ps Leader I- Antiphon II

Group Rt.- Begin Cantic I (strophe I)
Group Lt.- Continue Cantic I (strophe II)
Group Rt.- @ end of Cantic I-"Glory to the Father, and to the Son, and to the Holy Spirit:"
Group Lt.- "As it was in the beginning, is now, and will be for ever. Amen. Alleluia"

All- Antiphon II

Individual- Psalm Prayer

Ps. Leader I- Antiphon III

Group Rt.- Begin Psalm III (strophe I)
Group Lt.- Continue Psalm III (strophe II)
Group Rt.- @ end of Psalm III-"Glory to the Father, and to the Son, and to the Holy Spirit:"
Group Lt.- "As it was in the beginning, is now, and will be for ever. Amen. Alleluia"

All- Antiphon III

Individual- Psalm Prayer

Reader I- Reading

Reader II- Response-lead

All- Response-follow

Ps. Leader I-Cantic of Zechariah-Antiphon-Stand

Group Rt.- Begin Benedictus (strophe I)
Group Lt.- Continue Benedictus (strophe II)
Group Rt.- @ end of Benedictus-"Glory to the Father, and to the Son, and to the Holy Spirit:"
Group Lt.- "As it was in the beginning, is now, and will be for ever. Amen. Alleluia"

All- Cantic of Zechariah-Antiphon

Presider- Introduction to the Intercessions

Ps Leader I-Reads the Intercessions

All- Respond

Presider- "Our Father"

Final prayer

May the Lord Bless us, protect us from all evil, and bring us into everlasting life.

Morning and Evening Prayer

Stand

Presider Begins the hour
Announces the hymn
(Hymn sung in Presider's language.)

Sit

Psalm Leaders I & II Recites the antiphons
Begins the Psalms
(Right side begins)
Reader I Reads scripture reading
Reader II Reads the Response

Stand

Psalm Leader I Recites the antiphon before the Benedictus/Magnificat
Presider Reads the introduction to the Intercessions (All respond)
Psalm Leader II Reads the Intercessions (All respond)
Presider Introduces the Our Father
Recites the final Prayer
Presider Recites Dismissal
(If no Deacon or Priest)

Or

If Deacon or Priest The Deacon/Priest recites
The blessing and Dismissal

Padre Nuestro

Padre Nuestro, que estas in el cielo,
Santificado sea tu nombre; venga a nosotros tu reino;
Hágase tu voluntad en la tierra como en el cielo.
Danos hoy nuestro pan de cada día;
Perdona nuestras ofensas,
Como también nosotros perdonamos
A los que nos ofenden;
No nos dejas caer en la tentación,
Y libramos del mal.

Our Father

Our Father, who art in Heaven,
Hallowed by thy name;
Thy kingdom come, they will be done
On Earth as it is in Heaven.
Give us this day our daily bread;
And forgive us our trespasses as we forgive those
Who trespass against us;
And lead us not into temptation,
But deliver us from evil.