

# A Book of Hours

*Everyday Medieval Christian Devotional Prayer  
for the 21st Century*

Volume II: Ordinary Time



Pilgrimage House Press  
Tacoma  
2009

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# Contents

Introduction .....	1
How to Pray the Hours.....	11
<b>The Ordinary .....</b>	<b>13</b>
Introduction .....	15
Vigils.....	16
Lauds.....	17
Terce .....	18
Sext.....	19
None.....	20
Vespers.....	21
Compline.....	22
<b>The Psalter.....</b>	<b>29</b>
Office of Saint John .....	31
Office of the Dead .....	259
Office of the Virgin.....	281
<b>The Proper.....</b>	<b>313</b>
The Liturgical Year.....	315
Movable Feasts.....	316
General Calendar.....	318
Suffrages of the Saints.....	344
Propers for Fixed Feasts .....	350
Propers for Movable Feasts .....	365
<b>Appendix.....</b>	<b>369</b>
1: Reading the Bible at Vigils.....	371
2: Schema for a Book of Hours .....	372



he Psalter has certainly a very special grace, a choiceness of quality well worthy to be pondered; for, besides the characteristics which it shares with others, it has this peculiar marvel of its own, that within it are represented and portrayed in all their great variety the movements of the human soul. It is like a picture, in which you see yourself portrayed and, seeing, may understand and consequently form yourself upon the pattern given.

The marvel of the Psalter is that... the reader takes all its words upon his lips as though they were his own, and each one sings the psalms as though they had been written for his special benefit, and takes them and recites them, not as though someone else were speaking or another person's feelings being described, but as himself speaking of himself, offering the words to God as his own heart's utterance, just as though he himself had made them up.


Just as in a mirror, the movements of our own souls are reflected in [the Psalms] and the words are indeed our very own, given us to serve both as a reminder of our changes of condition and as a pattern and model for the amendment of our lives.

And so you too, pondering the Psalms and reading them intelligently, with the Spirit as your guide, will be able to grasp the meaning of each one, even as you desire. And you will strive also to imitate the lives of those God-bearing saints who spoke them at the first.

*(Saint Athanasius)*

# Introduction

*Pray without ceasing (1 Thessalonians 5:17).*

ow are we to understand Saint Paul's exhortation to the Thessalonians? Clearly, in one sense we are called to dedicate our life *as* prayer, but in a practical day-to-day sense, the early Christians understood this instruction as a call *to* prayer. One response was the creation of the *Divine Office*, also known as the *Liturgy of the Hours*. The Jews prayed the *Book of Psalms* (or *Psalter*) and the early Church, now understanding these psalms in the light of Christ, naturally adopted them into its prayer life. The *Psalter* became their main devotional text, and it forms the basis of the Divine Office.


Christians in different regions prayed the psalms in different orders and with different frequencies. Although priests, nuns, and monks were required to pray the entire psalter regularly, the chaos surrounding the fall of the Roman Empire in the west obliged people to other priorities. The first major reform was launched by Saint Benedict of Nursia in the early sixth century. In his monastic *Rule*, he instructed that all 150 psalms should be prayed every week, "because those monks show too lax a service in their devotion who in the course of a week chant less than the whole *Psalter* with its customary canticles; since we read that our holy forefathers promptly fulfilled in one day what we lukewarm monks should, please God, perform at least in a week" (*Rule of Saint Benedict*, chapter 18).

Over the centuries, the psalms were augmented with a number of supplementary texts. The psalms were framed with *antiphons*, short verses originally designed to make sure that everybody was singing the same tune. The psalms were joined by prayers, canticles, hymns, and readings. These elements were arranged in a repetitive structure that varied in its details depending on the hour of the day, the day of the week, and the season of the year. The result was a new and more complex book known as the *Breviary*.

It was all a little too much for lay people. In the thirteenth century a simpler book was developed for the laity. Though it resembled the breviary, it was far less variable, and therefore easier to use. This new type of book was known as a *Book of Hours*. This book is inspired by these Medieval *Hours*. But why *Hours*?

## The Sanctification of Time

*Seven times a day I have given praise to Thee (Psalm 118)*

he Jewish practice of praying seven times a day was adopted by Christians into the Divine Office. “As the Prophet saith: ‘Seven times a day I have given praise to Thee’, this sacred sevenfold number will be fulfilled by us in this wise if we perform the duties of our service at the time of Lauds, Prime, Terce, Sext, None, Vespers, and Compline... the same Prophet saith of the night watches: ‘At midnight I arose to give praise to Thee’. At these times, therefore, let us offer praise to our Creator” (*Rule of Saint Benedict*, chapter 16).

These so-called “canonical hours” made up the devotional day. The day began with *Vigils* (or *Matins*) in the middle of the night. Dawn was celebrated with *Lauds*, meaning “praise”. In summer, when nights are very short, Lauds might follow Vigils very closely; Vigils was even sometimes postponed until daybreak and the two prayed together. The hours of *Prime* and *Terce* were prayed in the morning, and *Sext* at noon. The office of *None* followed in mid-afternoon, *Vespers* at sunset, and *Compline* before bed. The timing of the devotional hours was determined not by the regular ticking of a clock, but by the rising and setting of the sun and by the rhythms of human necessity.

- Vigils (or Matins) – At midnight (or just before Lauds)
- Lauds – Morning prayer at dawn
- Prime – Morning prayer before work
- Terce – Midmorning prayer
- Sext – Midday prayer
- None – Afternoon prayer
- Vespers – Evening prayer at dusk
- Compline – Night prayer before bed

Morning and evening prayer (Lauds and Vespers) are known as the *hinge hours*, because they are the points around which all the other hours turn. The prayer at these hours tended to be longer and more involved than some of the other hours.

To this day, the priests, monks, and nuns of the Catholic, Orthodox, and Anglican traditions pray the Divine Office, but it’s still a little too fussy and complicated for the average Christian. This version of the

## Compline

W: O God ☩ come to my assistance.

R: O Lord, make haste to help me.

W: Glory be to the Father, and to the Son, and to the Holy Spirit.

R: As it was in the beginning, is now, and ever shall be, world without end. Amen.

*A brief examination of conscience may be made in silence.*

*In community prayer one or more hymns may be sung here.*

### *Psalmody*

W (Sunday): Have pity on me, O Lord, and hear my prayer.

W (Monday): Rescue me, Lord, because of your kindness.

W (Tuesday): You, O Lord, will keep us and preserve us always.

W (Wednesday): The Angel of the Lord will encamp around those who fear Him, and will deliver them.

W (Thursday): Be my helper and my deliverer, O Lord.

W (Friday): Aloud to the Lord I cried; and God will not forget to show mercy.

W (Saturday): Let my prayer come in before you, O Lord.



**Psalm 4**

*Cum invocarem: the prophet teacheth us to flee to God in tribulation, with confidence in him.*

When I called upon him,  
the God of my justice heard me:  
when I was in distress,  
thou hast enlarged me.  
Have mercy on me:  
and hear my prayer.

O ye sons of men, how long will you be dull of heart?  
why do you love vanity, and seek after lying?

Know ye also that the Lord  
hath made his holy one wonderful:  
the Lord will hear me when I shall cry unto him.

Be ye angry and sin not:  
the things you say in your hearts,  
be sorry for them upon your beds.

Offer up the sacrifice of justice,  
and trust in the Lord:  
many say, Who sheweth us good things?

The light of thy countenance, O Lord,  
is signed upon us:  
thou hast given gladness in my heart.

By the fruit of their corn, their wine, and oil,  
they rest:

In peace in the self same I will sleep, and I will rest:  
For thou, O Lord, singularly hast settled me in hope.

℣: Glory be to the Father, and to the Son, and to the Holy Spirit.

℟: As it was in the beginning, is now, and ever shall be, world without end. Amen.

***Psalm 90 (91)***

*Qui habitat: the just is secure under the protection of God.*

He that dwelleth in the aid of the most High,  
shall abide under the protection of the God of Jacob.

He shall say to the Lord:  
Thou art my protector, and my refuge:  
my God, in him will I trust.

For he hath delivered me  
from the snare of the hunters:  
and from the sharp word.

He will overshadow thee with his shoulders:  
and under his wings thou shalt trust.

His truth shall compass thee with a shield:  
thou shalt not be afraid of the terror of the night.

Of the arrow that flieth in the day,  
of the business that walketh about in the dark:  
of invasion, or of the noonday devil.

A thousand shall fall at thy side,  
and ten thousand at thy right hand:  
but it shall not come nigh thee.

But thou shalt consider with thy eyes:  
and shalt see the reward of the wicked.

Because thou, O Lord, art my hope:  
thou hast made the most High thy refuge.

There shall no evil come to thee:  
nor shall the scourge come near thy dwelling.

For he hath given his angels charge over thee;  
to keep thee in all thy ways.

In their hands they shall bear thee up:  
lest thou dash thy foot against a stone.

Thou shalt walk upon the asp and the basilisk:  
and thou shalt trample under foot the lion  
and the dragon.

Because he hoped in me I will deliver him:  
I will protect him because he hath known my name.

He shall cry to me, and I will hear him:  
I am with him in tribulation,  
I will deliver him, and I will glorify him.

I will fill him with length of days;  
and I will shew him my salvation.

W: Glory be to the Father, and to the Son, and to  
the Holy Spirit.

R: As it was in the beginning, is now, and ever shall  
be, world without end. Amen.

### ***Psalm 133 (134)***

*Ecce nunc benedicite: an exhortation to praise God.*

Behold now bless ye the Lord,  
all ye servants of the Lord:

Ordinary—Compline

Who stand in the house of the Lord,  
in the courts of the house of our God.

In the nights lift up your hands to the holy places,  
and bless ye the Lord.

May the Lord out of Sion bless thee,  
he that made heaven and earth.

W: Glory be to the Father, and to the Son, and to  
the Holy Spirit.

R: As it was in the beginning, is now, and ever shall  
be, world without end. Amen.

W (Sunday): Have pity on me, O Lord, and  
hear my prayer.

W (Monday): Rescue me, Lord, because of your  
kindness.

W (Tuesday): You, O Lord, will keep us and  
preserve us always.

W (Wednesday): The Angel of the Lord will  
encamp around those who fear  
Him, and will deliver them.

W (Thursday): Be my helper and my deliverer,  
O Lord.

W (Friday): Aloud to the Lord I cried; and God  
will not forget to show mercy.

W (Saturday): Let my prayer come in before  
you, O Lord.

***Lesson (1 Peter 5:8-9)***

**B**e sober and watch: because your adversary the devil, as a roaring lion, goeth about seeking whom he may devour. Resist him, strong in faith: knowing that the same affliction befalls your brethren who are in the world.

W: Into your hands, O Lord, I commend my spirit.

R: Into your hands, O Lord, I commend my spirit.

***Nunc Dimittis: the Song of Simeon  
(Saint Luke 2:29-32)***

*In community prayer, the people stand for the Gospel.*

W: Protect us, Lord, while we are awake and  
safeguard us while we sleep, that we may keep  
watch with Christ and rest in peace.

Now thou dost dismiss thy servant, ✠ O Lord,  
according to thy word in peace;

Because my eyes have seen thy salvation,  
which thou hast prepared before the face of  
all peoples:

A light to the revelation of the Gentiles,  
and the glory of thy people Israël.

W: Glory be to the Father, and to the Son, and to  
the Holy Spirit.

R: As it was in the beginning, is now, and ever shall  
be, world without end. Amen.

Ordinary—Compline

W: Protect us, Lord, while we are awake and  
safeguard us while we sleep, that we may keep  
watch with Christ and rest in peace.

***The Lord's Prayer***

W: With longing for the coming of God's Kingdom,  
let us offer our prayer to the Father:

Our Father...

*Personal prayers and prayers of the day's feast.*

***Blessing***

*In community prayer, the people stand for the blessing.*

W: O Lord graciously hear my prayer.

R: And let my cry come unto thee.

W: Bless ☩ we our Lord.

R: Thanks be to God.

## Office of Saint John

*The Office of Saint John is prayed during Ordinary Time after Epiphany and after Pentecost. Ordinary Time occupies most of the year, being that time not in Advent, Christmastime, Lent, or Easter. Many of the antiphons of this Office are taken from the Gospel of Saint John.*

*Within Ordinary Time, several feasts and holy days have specific antiphons or prayers, as indicated on the Calendar.*

### Sunday Vigils

*In community prayer, the people stand for the invocation.*

W: O Lord, open my lips;

R: And my mouth shall declare thy praise.

W: O God ☩ come to my assistance.

R: O Lord, make haste to help me.

W: Glory be to the Father, and to the Son, and to the Holy Spirit.

R: As it was in the beginning, is now, and ever shall be, world without end. Amen.

### ***Invitatory: Psalm 94 (95)***

*Venite exultemus: an invitation to adore and serve God.*

W: Jesus said: He that eateth my flesh, and drinketh my blood, hath everlasting life. The Lord will raise him up in the last day.

R: The Lord will raise him up in the last day.

Come let us praise the Lord with joy:  
let us joyfully sing to God our saviour.  
Let us come before his presence with thanksgiving;  
and make a joyful noise to him with psalms.

R: The Lord will raise him up in the last day.

For the Lord is a great God,  
and a great King above all gods.  
For in his hand are all the ends of the earth:  
and the heights of the mountains are his.  
For the sea is his, and he made it:  
and his hands formed the dry land.

R: The Lord will raise him up in the last day.

Come let us adore and fall down:  
and weep before the Lord that made us.  
For he is the Lord our God:  
and we are the people of his pasture  
and the sheep of his hand.

R: The Lord will raise him up in the last day.

Today if you shall hear his voice,  
harden not your hearts:  
As in the provocation,  
according to the day of temptation in the wilderness:  
where your fathers tempted me,  
they proved me, and saw my works.

R: The Lord will raise him up in the last day.



Forty years long was I offended with that generation,  
and I said: These always err in heart.  
And these men have not known my ways:  
so I swore in my wrath  
that they shall not enter into my rest.

R: The Lord will raise him up in the last day.

W: Glory be to the Father, and to the Son, and to  
the Holy Spirit.

R: As it was in the beginning, is now, and ever shall  
be, world without end. Amen.

W: Jesus said: He that eateth my flesh, and drinketh  
my blood, hath everlasting life. The Lord will  
raise him up in the last day.

***Psalm 68a (69a)***

*Salvum me fac, Deus: Christ in his passion declareth the  
greatness of his sufferings, and the malice of his persecutors,  
and foretelleth their reprobation.*

W: He that eateth my flesh, and drinketh my blood,  
abideth in me, and I in him.

Save me, O God:  
for the waters are come in even unto my soul.

I stick fast in the mire of the deep  
and there is no sure standing.  
I am come into the depth of the sea,  
and a tempest hath overwhelmed me.

I have laboured with crying;  
my jaws are become hoarse,  
my eyes have failed,  
whilst I hope in my God.

They are multiplied above the hairs of my head,  
who hate me without cause.

My enemies are grown strong  
who have wrongfully persecuted me:  
then did I pay that which I took not away.

O God, thou knowest my foolishness;  
and my offences are not hidden from thee:

Let not them be ashamed for me,  
who look for thee, O Lord, the Lord of hosts.  
Let them not be confounded on my account,  
who seek thee, O God of Israel.

Because for thy sake I have borne reproach;  
shame hath covered my face.  
I am become a stranger to my brethren,  
and an alien to the sons of my mother.

For the zeal of thy house hath eaten me up:  
and the reproaches of them that reproached thee  
are fallen upon me.

And I covered my soul in fasting:  
and it was made a reproach to me.

And I made haircloth my garment:  
and I became a byword to them.

They that sat in the gate spoke against me:  
and they that drank wine made me their song.

But as for me, my prayer is to thee, O Lord;  
for the time of thy good pleasure, O God.  
In the multitude of thy mercy hear me,  
in the truth of thy salvation.

Draw me out of the mire, that I may not stick fast:  
deliver me from them that hate me,  
and out of the deep waters.

Let not the tempest of water drown me,  
nor the deep water swallow me up:  
and let not the pit shut her mouth upon me.

℣: Glory be to the Father, and to the Son, and to  
the Holy Spirit.

℟: As it was in the beginning, is now, and ever shall  
be, world without end. Amen.

℣: He that eateth my flesh, and drinketh my blood,  
abideth in me, and I in him.

***Psalm 68b (69b)***

*Exaudi me Domine: a psalm for Christian converts, that  
they may remember the passion of Christ.*

℣: As the living Father hath sent me, and I live by  
the Father; so he that eateth me, the same also  
shall live by me.

Hear me, O Lord, for thy mercy is kind;  
look upon me according to the multitude  
of thy tender mercies.

And turn not away thy face from thy servant:  
for I am in trouble, hear me speedily.

Attend to my soul, and deliver it:  
save me because of my enemies.

Thou knowest my reproach,  
and my confusion, and my shame.

In thy sight are all they that afflict me;  
my heart hath expected reproach and misery.  
And I looked for one that would grieve  
together with me, but there was none:  
and for one that would comfort me, and I found none.

And they gave me gall for my food,  
and in my thirst they gave me vinegar to drink.

Let their table become as a snare before them,  
and a recompense, and a stumblingblock.

Let their eyes be darkened that they see not;  
and their back bend thou down always.

Pour out thy indignation upon them:  
and let thy wrathful anger take hold of them.

Let their habitation be made desolate:  
and let there be none to dwell in their tabernacles.

Because they have persecuted him whom thou hast  
smitten;  
and they have added to the grief of my wounds.

Add thou iniquity upon their iniquity:  
and let them not come into thy justice.

Let them be blotted out of the book of the living;  
and with the just let them not be written.

W: Bless ☩ we our Lord.

R: Thanks be to God.

## Saturday Vespers

W: O God ☩ come to my assistance.

R: O Lord, make haste to help me.

W: Glory be to the Father, and to the Son, and to the Holy Spirit.

R: As it was in the beginning, is now, and ever shall be, world without end. Amen.

### ***Psalm 50 (51)***

*Miserere: the repentance and confession of David after his sin.*

W: Save me, O Lord.

Have mercy on me, O God,  
according to thy great mercy.  
And according to the multitude of thy tender mercies  
blot out my iniquity.

Wash me yet more from my iniquity,  
and cleanse me from my sin.  
For I know my iniquity,  
and my sin is always before me.

To thee only have I sinned,  
and have done evil before thee:  
that thou mayst be justified in thy words,  
and mayst overcome when thou art judged.

For behold I was conceived in iniquities;  
and in sins did my mother conceive me.

For behold thou hast loved truth:  
the uncertain and hidden things of thy wisdom  
thou hast made manifest to me.

Thou shalt sprinkle me with hyssop,  
and I shall be cleansed:  
thou shalt wash me,  
and I shall be made whiter than snow.

To my hearing thou shalt give joy and gladness:  
and the bones that have been humbled shall rejoice.

Turn away thy face from my sins,  
and blot out all my iniquities.

Create a clean heart in me, O God:  
and renew a right spirit within my bowels.

Cast me not away from thy face; and take not thy  
holy spirit from me.

Restore unto me the joy of thy salvation,  
and strengthen me with a perfect spirit.

I will teach the unjust thy ways:  
and the wicked shall be converted to thee.

Deliver me from blood, O God,  
thou God of my salvation:  
and my tongue shall extol thy justice.

O Lord, thou wilt open my lips:  
and my mouth shall declare thy praise.

For if thou hadst desired sacrifice,  
I would indeed have given it:  
with burnt offerings thou wilt not be delighted.

A sacrifice to God is an afflicted spirit:  
a contrite and humbled heart, O God,  
thou wilt not despise.

Deal favourably, O Lord, in thy good will with Sion;  
that the walls of Jerusalem may be built up.

Then shalt thou accept the sacrifice of justice,  
oblations and whole burnt offerings:  
then shall they lay calves upon thy altar.

W: Glory be to the Father, and to the Son, and to  
the Holy Spirit.

R: As it was in the beginning, is now, and ever shall  
be, world without end. Amen.

W: Save me, O Lord.

***Psalm 141 (142)***

*Voce mea: a prayer of David in extremity of danger.*

W: My sheep hear my voice, and I the Lord know them.

I cried to the Lord with my voice:  
with my voice I made supplication to the Lord.

In his sight I pour out my prayer,  
and before him I declare my trouble:

When my spirit failed me,  
then thou knewest my paths.  
In this way wherein I walked,  
they have hidden a snare for me.

I looked on my right hand, and beheld,  
and there was no one that would know me.  
Flight hath failed me:  
and there is no one that hath regard to my soul.

I cried to thee, O Lord:  
I said: Thou art my hope,  
my portion in the land of the living.

Attend to my supplication:  
for I am brought very low.  
Deliver me from my persecutors;  
for they are stronger than I.

Bring my soul out of prison,  
that I may praise thy name:  
the just wait for me,  
until thou reward me.

W: Glory be to the Father, and to the Son, and to  
the Holy Spirit.

R: As it was in the beginning, is now, and ever shall  
be, world without end. Amen.

W: My sheep hear my voice, and I the Lord know them.

***Psalm 145 (146)***

*Lauda, anima: we are not to trust in men, but in God alone.*

W: Let us go with confidence to the throne of grace,  
that we may obtain mercy.

Praise the Lord, O my soul,  
in my life I will praise the Lord:  
I will sing to my God as long as I shall be.



Put not your trust in princes:  
in the children of men,  
in whom there is no salvation.

His spirit shall go forth,  
and he shall return into his earth:  
in that day all their thoughts shall perish.

Blessed is he who hath the God of Jacob for his helper,  
whose hope is in the Lord his God:

Who made heaven and earth,  
the sea, and all things that are in them.

Who keepeth truth for ever:  
who executeth judgment for them that suffer wrong:  
who giveth food to the hungry.

The Lord looseth them that are fettered:  
the Lord enlighteneth the blind.

The Lord lifteth up them that are cast down:  
the Lord loveth the just.

The Lord keepeth the strangers,  
he will support the fatherless and the widow:  
and the ways of sinners he will destroy.

The Lord shall reign for ever:  
thy God, O Sion, unto generation and generation.

℟: Glory be to the Father, and to the Son, and to  
the Holy Spirit.

℞: As it was in the beginning, is now, and ever shall  
be, world without end. Amen.

W: Let us go with confidence to the throne of grace,  
that we may obtain mercy.

***Lesson (Saint John 10:11-13)***

*In community prayer, the people stand for the Gospel.*

A reading from the holy Gospel according to Saint John:

I am the good shepherd. The good shepherd giveth  
his life for his sheep. But the hireling, and he that is  
not the shepherd, whose own the sheep are not, seeth  
the wolf coming, and leaveth the sheep, and flieth:  
and the wolf catcheth, and scattereth the sheep: and  
the hireling flieth, because he is a hireling: and he  
hath no care for the sheep.

*A moment of silence may be observed.*

***Magnificat: the Song of Blessed Virgin  
(Saint Luke 1:46b-55)***

W: I am the good shepherd; and I know mine, and  
mine know me. As the Father knoweth me, and  
I know the Father: and I lay down my life for my  
sheep.

My soul ☩ doth magnify the Lord.  
And my spirit hath rejoiced in God my Saviour.

Because he hath regarded the humility of his  
handmaid;  
for behold from henceforth all generations  
shall call me blessed.

Because he that is mighty hath done great things  
to me;  
and holy is his name.

And his mercy is from generation unto generations,  
to them that fear him.

He hath shewed might in his arm:  
he hath scattered the proud in the conceit of their heart.

He hath put down the mighty from their seat,  
and hath exalted the humble.

He hath filled the hungry with good things;  
and the rich he hath sent empty away.

He hath received Israel his servant,  
being mindful of his mercy:  
As he spoke to our fathers,  
to Abraham and to his children for ever.

W: Glory be to the Father, and to the Son, and to  
the Holy Spirit.

R: As it was in the beginning, is now, and ever shall  
be, world without end. Amen.

W: I am the good shepherd; and I know mine, and  
mine know me. As the Father knoweth me, and  
I know the Father: and I lay down my life for my  
sheep.

### ***The Lord's Prayer***

W: With longing for the coming of God's Kingdom,  
let us offer our prayer to the Father:

Our Father...

*Personal prayers and prayers of the day's feast may be added.*

***Blessing***

W: O Lord graciously hear my prayer.

R: And let my cry come unto thee.


W: Bless ☩ we our Lord.

R: Thanks be to God.

***Compline***

*The office of Compline may be found on page 22.*

# The Liturgical Year

he Christian calendar is divided into seasons. The start of each season is determined by a specific feast day. Some of these days are fixed (such as Christmas, which is always on December 25th), and some of these days are moveable (such as Easter). The table below will help you determine the season, and consequently which book to use for the Hours.

First Sunday of Advent	(Movable)	Office of the Virgin
Season of Advent		
Christmas Day	(December 25)	
Season of Christmastide		
Epiphany	(January 6)	
Ordinary Time after Epiphany		Office of Saint John
Ash Wednesday	(Movable)	Office of the Cross
Season of Lent		
Good Friday	(Movable)	Office of the Resurrection
Season of Easter		
Pentecost	(Movable)	
Ordinary Time after Pentecost		Office of Saint John

## Movable Feasts

Ash Wednesday.....	46 days before Easter
Palm Sunday.....	Sunday before Easter
Maundy Thursday.....	Thursday before Easter
Good Friday.....	Friday before Easter
Holy Saturday.....	Saturday before Easter


### **Easter: Resurrection of the Lord**

Ascension.....	40 days after Easter
Pentecost .....	50 days after Easter
Trinity Sunday.....	56 days after Easter
Corpus Christi .....	60 days after Easter

## Table of Movable Feasts

Year	Ash Wednesday	Easter	Ascension	Pentecost	Corpus Christi	First Sunday of Advent
2008	Feb. 6	Mar. 23	May 1	May 11	May 22	Nov. 30
2009	Feb. 25	April 12	May 21	May 31	June 11	Nov. 29
2010	Feb. 17	April 4	May 13	May 23	June 3	Nov. 28
2011	Mar. 9	April 24	June 2	June 12	June 23	Nov. 27
2012	Feb. 22	April 8	May 17	May 27	June 7	Dec. 2
2013	Feb. 13	Mar. 31	May 9	May 19	May 30	Dec. 1
2014	Mar. 5	April 20	May 29	June 8	June 19	Nov. 30
2015	Feb. 19	April 5	May 14	May 24	June 4	Nov. 29
2016	Feb. 10	Mar. 27	May 5	May 15	May 26	Nov. 27
2017	Mar. 1	April 16	May 26	June 4	June 15	Dec. 3

## General Calendar


 In addition to the seasonal cycle and the moveable feasts, there are other feasts and holy days that occur on the same day every year, and may therefore occur in different seasons in different years. The General Calendar indicates which days are feasts.

Prayers (or “suffrages”) for the various saints follow the calendar. These may be used following the Lord’s Prayer during Lauds and Vespers. Those days with specific prayers associated with them are indicated in the calendar, along with the page number on which they appear.

This calendar is based on the modern Roman calendar, with some additions based on Medieval Books of Hours. Major feasts and solemnities are given in **bold**. Other feasts should be considered strictly optional.

Unless otherwise indicated, you may pray the Sunday hours for the commemoration of a Saint. Commemorations of the Virgin Mary should use the Sunday hours from the Hours of the Virgin, regardless of the season.

## Sundays


 Remember that every Sunday is a feast of the Lord. Jesus trumps every saint! If a feast falls on a Sunday, it is not celebrated unless it is also a feast of the Lord, such as Epiphany or Candlemas for example.



Historically, there have been *some* exceptions to this rule, which you may choose to observe or not. These include:

- Mary, Mother of God (Jan. 1)
- Assumption of the Blessed Virgin Mary (Aug. 15)
- Nativity of John the Baptist (June 24)
- All Saints (Nov. 1)

## Vigils

ot to be confused with the *Hour* of Vigils, a vigil is a celebration anticipating a major feast the next day. There are not very many of these, and not every major feast has one.

On a day indicated as a vigil, you may if you wish celebrate the appropriate office for the feast on both the day of the vigil *and* on the actual feast day. For example, you may pray the office for the Feast of All Saints on both November 1st, the day of the feast, *and* on October 31st (“All Hallows Eve”) if you wish.

## January

- 1.....**Solemnity of Mary, Mother of God**
- 2.....Saints Basil the Great and Gregory  
Nazianzen, bishops and doctors of the  
church
- 3.....The Most Holy Name of Jesus
- 4.....Saint Elizabeth Ann Seton, religious  
founder
- 5
- 6.....**Epiphany**
- 7.....Saint Raymond of Peñafort, priest
- 8
- 9
- 10
- 11
- 12.....Saint Ælred of Rievaulx
- 13.....Saint Hilary of Poitiers, bishop and doctor  
of the church
- 14
- 15.....Saint Maurus, abbot, and Saint Placid,  
disciples of Saint Benedict;  
Saint Paul, the first hermit, confessor
- 16
- 17.....Saint Anthony of Egypt, abbot
- 18