

## How to Read the Daily Office Morning Prayer

Reading the Daily Office every day can be part of a healthy prayer life. If someone is being picky, it can be more complicated, but this is a simple version.

The readings are found starting on p. 936. The church year starts with Advent, and 2014 is the start of year 1. Even numbered years are year two and odd numbered years are year one. You will have a little bit in Advent when this even/odd rule does not work.

This last Sunday was Easter in Year 1, and so the readings all week are from this week. It might help to mark all the readings before you start. The readings this week are found on p. 958. If you forget what week it is, check the bulletin you took home so you would have the prayer list.

p. 80

Lord, open our lips.

And our mouth shall proclaim your praise.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

p. 82 Say either the **Venite** or the **Jubilate**

**Psalm(s)** You do the first set (on the left) with Morning Prayer.

Glory to the Father, and to the Son, and to the Holy Spirit: \* as it was in the beginning, is now, and will be for ever. Amen.

### **Old Testament Reading**

Now you say a canticle.

### **New Testament Reading**

Now you say the second canticle.

p. 96 **Apostles' Creed**

p. 97 **Lord's Prayer and Suffrages** I'll suggest you alternate A and B.

Say the **Collect for the Day** on Friday → Sunday. The other days you pick one of the others from the first section. There is a second set for mission, and you always read one of those.

Special prayers and parish prayer list

p. 101 **General Thanksgiving**

p. 102 Dismissal

### Suggested Pattern MP – no special season

|                        |                        |                        |                        |                        |                        |                        |
|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| Sunday                 | Monday                 | Tuesday                | Wednesday              | Thursday               | Friday                 | Saturday               |
| p. 80 “Lord, open...”  | p. 80 “Lord, open...”  | p. 80 “Lord, open...”  | p. 80 “Lord, open...”  | p. 80 “Lord, open...”  | p. 80 “Lord, open...”  | p. 80 “Lord, open...”  |
| Venite                 | Jubilate               | Venite                 | Jubilate               | Venite                 | Jubilate               | Venite                 |
| Psalm(s)               | Psalm(s)               | Psalm(s)               | Psalm(s)               | Psalm(s)               | Psalm(s)               | Psalm(s)               |
| Gloria                 | Gloria                 | Gloria                 | Gloria                 | Gloria                 | Gloria                 | Gloria                 |
| OT reading             | OT reading             | OT reading             | OT reading             | OT reading             | OT reading             | OT reading             |
| Canticle 16            | Canticle 9             | Canticle 13            | Canticle 11            | Canticle 8             | Canticle 10            | Canticle 12            |
| NT reading             | NT reading             | NT reading             | NT reading             | NT reading             | NT reading             | NT reading             |
| Canticle 21            | Canticle 19            | Canticle 18            | Canticle 16            | Canticle 20            | Canticle 18            | Canticle 19            |
| Creed                  | Creed                  | Creed                  | Creed                  | Creed                  | Creed                  | Creed                  |
| Lord's Prayer          | Lord's Prayer          | Lord's Prayer          | Lord's Prayer          | Lord's Prayer          | Lord's Prayer          | Lord's Prayer          |
| Suffrage A             | Suffrage B             | Suffrage A             | Suffrage B             | Suffrage A             | Suffrage B             | Suffrage A             |
| Collect for Sundays    | Collect for Peace      | Collect for Aid        | Collect for Protection | Collect for Presence   | Collect for Fridays    | Collect for Saturdays  |
| Collect for Mission #1 | Collect for Mission #2 | Collect for Mission #3 | Collect for Mission #1 | Collect for Mission #2 | Collect for Mission #3 | Collect for Mission #1 |
| General Thanksgiving   | General Thanksgiving   | General Thanksgiving   | General Thanksgiving   | General Thanksgiving   | General Thanksgiving   | General Thanksgiving   |
| Dismissal              | Dismissal              | Dismissal              | Dismissal              | Dismissal              | Dismissal              | Dismissal              |

**The idea here is that you cycle through the prayers. There is nothing special about the order I give for collects besides the Sunday, etc.**

**There is a schedule for canticles on p. 144 with special ones for seasons. I would get the basics down before losing sleep with the special ones.**

**Opening and closing sentences are an add-on. Some people do antiphons. These are all optional.**

**In Year 1, the readings with MP are the OT and the Epistle. In Year 2, the readings are OT and Gospel.**

**This may seem a little complicated, but one of the beautiful things is that you are saying these prayers and canticles with other Episcopalians all over the world. The “pattern” is more or less what everyone else is doing. If you ever read it with others, knowing the “right” way to do it means everyone will know the canticle, etc.**

**I just marked the canticles and collects in pencil in my BCP, and don't try to remember them.**