

• ORDER 100 YEARS

before, yesterday, today, forever 1588 • 1912 • 2012

CENTENARY of the papal brief "Religiosas familias"

September 16, 2012 - September 15, 2013

Our daily Lectio

Monthly Calendar of Gestures

- I. We are punctual for praying the Hours in community.
- 2. We enter the chapel in procession.
- 3. We come to pray the Liturgy of the Hours in habit.
- 4. We make a profound bow before the Blessed Sacrament.
- 5. We listen to a brief musical prelude before beginning.
- 6. We enthrone the Bible or the Book of Gospels.
- 7. We light candles during Morning Prayer and Evening Prayer.
- 8. We light the Paschal Candle.
- 9. We adorn the chapel with flowers.
- 10. We have a moment of silence before beginning our prayer.
- II. We sing the hymn.
- 12. We read aloud the patristic quotation before each psalm.
- 13. We use the quotation from the Fathers as an antiphon.
- 14. One of the psalms is recited by only one person.
- 15. We recite as one continuous psalm one that is divided into parts.
- 16. We make a reflective pause between one psalm and another.
- 17. We add an Augustinian commentary to each psalm.
- 18. We use well prepared psalm prayers.
- 19. We sing the scriptural canticle.
- 20. We bow at the Glory to the Father.
- 21. We take a moment to reflect after the short reading.
- 22. We proclaim the short reading from the lectern.
- 23. We take turn in praying the intercessions.
- 24. We add spontaneous or prepared intercessions.
- 25. We sing or recite the Our Father in Latin.
- 26. We extend our hands as we pray the Our Father.
- 27. We pray the Lauds or Vespers before the Sacrament exposed.
- 28. We light a few grains of incense.
- **29.** We pray Morning Prayer or Evening Prayer with the faithful.
- 30. We read the Martyrology during Lauds or Vespers.
- 31. The presider steps forward to give the blessing.