

# WEEK I

## vigils (matins)



SUN	MON	TEUS	WED	THURS	FRI	SAT
25	12	39	13	11	38	89a
50	35	55	59	102a	109a	89b
23	32	40	41	102b	109b	89c <sup>2</sup>
18a	107a	20	132	78a	79	45
18b	107b	60	77	78b	52	1
30	46	48	76	78c <sup>2</sup>	87	80

K 69

## morning prayer (lauds)

118	5	27	28	88	51	42/43
63	16	26	36	108	92	61
K 57	K 11	K 13	K 15	K 52	H 79	K 2
150	111	112	113	114	115	150

## mid-morning prayer (tierce)

19a	119,1	119,3	119,5	119,7	119,9	119,11
19b	119,2	119,4	119,6	119,8	119,10.	119,12

## midday prayer (sext)

120	122	124	126	128	130
121	123	125	127	129	131

## mid-afternoon prayer (none)

67	54	49a	9a	74	10
3	70	49b	9b		

## evening prayer (vespers)

110	65	103	135	145	22A	138
2	81	33	66	100	22B	34
47	96	97	98	99	29	24
K 92	K 84	K 89	K 86	K 91	K 85	K 88

*K or H refers to a Canticle (this isn't in the Psalms or Book of Psalms)*

## WEEK II

### vigils (matins)



SUN	MON	TEUS	WED	THURS	FRI	SAT
27 <sup>2</sup>	38 <sup>2</sup>	31a	56	142	69a	44
75	14	31b	94	140	69b	58
23 <sup>2</sup>	139	62	73	64	71	137
68a	37a	21	144	106a	80 <sup>2</sup>	105a
68b	37b	83	101	106b	82	105b
30 <sup>2</sup>	46 <sup>2</sup>	48 <sup>2</sup>	76 <sup>2</sup>	106c <sup>2</sup>	87 <sup>2</sup>	105c <sup>2</sup>

K 82,3

### morning prayer (lauds)

118 <sup>2</sup>	17	13 <sup>2</sup>	6 <sup>2</sup>	90	51 <sup>2</sup>	143
	7	26 <sup>2</sup>	86	57	12 <sup>2</sup>	116
K 59	K 27	K 36	K 9	K 5	K 19	K 18
93	146	147a	147b <sup>2</sup>	148	149	150 <sup>2</sup>

### mid-morning (tierce)

8	119,13	119,15	119,17	119,19	119,21	15
16	119,14	119,16	119,18	119,20	119,22	133

### midday prayer (sext)

120 <sup>2</sup>	122 <sup>2</sup>	124 <sup>2</sup>	126 <sup>2</sup>	128 <sup>2</sup>	130 <sup>2</sup>
121 <sup>2</sup>	123 <sup>2</sup>	125 <sup>2</sup>	127 <sup>2</sup>	129 <sup>2</sup>	131 <sup>2</sup>

### mid-afternoon prayer (none)

67 <sup>2</sup>	54 <sup>2</sup>	49a <sup>2</sup>	9a <sup>2</sup>	74 <sup>2</sup>	10 <sup>2</sup>
3 <sup>2</sup>	70 <sup>2</sup>	49b	9b		

### evening prayer (vespers)

110 <sup>2</sup>	84	104a	136	145 <sup>2</sup>	141	132 <sup>2</sup>
2 <sup>2</sup>	72	104b	66 <sup>2</sup>	100 <sup>2</sup>	85	34 <sup>2</sup>
47 <sup>2</sup>	96 <sup>2</sup>	97 <sup>2</sup>	98 <sup>2</sup>	99 <sup>2</sup>	29 <sup>2</sup>	24 <sup>2</sup>
K 92	K 84	K 89	K 86	K 91	K 85	K 88

**Compline:** on Sundays and Feasts: Ps. 4 and 134; all other days Ps. 91 and 134.

<sup>2</sup> : *Ida Gerhardt's Book of Psalms provides two antiphons for each Psalm.*

**Note:** The Psalter used for the Divine Office is entitled **Boek der Psalmen' (Book of Psalms)**, translated from the Hebrew by dr. Ida G. M. Gerhardt and dr. Marie H. van der Zeyde, arranged for singing by the Dutch-speaking Benedictine and Cistercian monks and nuns from the Netherlands and Flanders, published by the Catholic Bible Foundation in 's-Hertogenbosch (The Netherlands), isbn 90 6173 107 0.

*The distribution of the Psalms is differ from monastery to monastery.*