

Prayer



OCIA

<https://youtu.be/eLjy60RRw8k> 6 Sept. 8, 2026



What is Prayer?



Why We Pray



A close-up, warm-toned photograph showing several pairs of hands clasped together in a circle on a wooden table. The hands are of various skin tones, suggesting a diverse group of people. The background is softly blurred, showing more of the group and a bright light source, possibly a window, creating a peaceful and communal atmosphere.

How To Pray



Distractions

The Perfect Prayer



The Sign
of the
Cross





5. The Interrupter



Break
Time!!



THE LITURGY OF THE HOURS



Evening Prayer

Tuesday, Sept 8, 2026

Introduction

God, + come to my assistance.

-Lord, make haste to help me.

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**

▣ Psalmody

- ▣ **Psalm 121- Ant 1** The Virgin Mary was born from the stock of Jesse, and the Spirit of the Most High came to dwell with her.
- ▣ **(Alternate Left/Right side groups)**
- ▣ **L:** They filled me with joy when they said,
- ▣ “We will go to the house of the Lord.”
- ▣ Now our feet are standing
- ▣ Within your gates, Jerusalem.

- ▣ **R:** Jerusalem, built as a city, Whole and self-contained: There tribes have gone up,
- ▣ The tribes of the Lord- The witness of Israel, To praise the Lord's name. For there are the thrones of justice, The thrones of the house of David.
- ▣ **L:** Pray for the peace of Jerusalem:
“Safety for those who care for you, peace inside your walls, security within your ramparts!”

- ▣ **R:** For my brethren and those near to me I will say
- ▣ “Peace be upon you.”
- ▣ For the sake of the house of the Lord our God,
- ▣ I will call blessings upon you.

- ▣ **L:** 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.

- ▣ **Ant.** (ALL) The Virgin Mary was born from the stock of Jesse, and the Spirit of the Most Holy came to dwell with her.

- ▣ **Psalm 126- Ant 2:** Today is the birthday of the holy Virgin Mary. God looked on her beauty and came to visit her in her lowliness.

- ▣ **L:** If the Lord does not build the house, its builders labour in vain.
- ▣ If the Lord does not watch over a city, its watchmen guard it in vain.

- ▣ **R:** It is vain for you to rise before the dawn and go later to your rest, eating the bread of toil to those he loves, the Lord gives sleep.

- ▣ **L:** the Lord bestows sons as an heirloom, the fruit of the womb as a reward. Like arrows in the hand of a warrior-so are the sons of the one's youth. Happy the man who fills his quiver thus: when he disputes with his enemies at the gate, he will not be the loser.

- ▣ **R:** Glory be to the Father and to the Son and to the Holy Spirit,
- ▣ **L:** as it was in the beginning, is now, and ever shall be, world without end. Amen.

- ▣ **Ant** (ALL) today is the birthday of the holy Virgin Mary. God looked on her beauty and came to visit her in her lowliness.

Canticle Ephesians 1” Ant 3: Blessed and worthy of our veneration is Holy Mary, the Virgin Mother of God: her birthday we celebrate that she may intercede for us with the Lord.

L: Blessed be God, the Father of our Lord Jesus Christ, who has blessed us, in Christ, with every spiritual blessing in heaven.

R: In love, he chose us before the creation of the world, to be holy and spotless in his sight.

- ▣ **L:** He predestined us to be his adopted children through Jesus Christ, simple because it pleased him to do so.

- ▣ **R:** This he did for the praise of the glory of his grace, of his free gift to us in his Beloved.

- ▣ **L:** in those blood we have gained redemption, and the forgiveness of our sins.

- ▣ **R:** This he did according to the riches of his grace, which he gave us in abundance,

- ▣ **L:** with all wisdom and discernment, revealing to us the mysteries of his will, because it pleased him to do so.

- ▣ **R:** In this action he has planned, in the fulfillment of time, to bring all things together in Christ, from the heavens and from the earth.

- ▣ **L:** Glory be to the Father and to the Son and to the Holy Spirit,

- ▣ **R:** as it was in the beginning, is now, and every shall be, world without end. Amen.

- ☐ **Ant. (ALL)** Blessed and worthy of our veneration is holy Mary, the Virgin Mother of God: her birthday we celebrate that she may intercede for us with the Lord.

- ☐ **Reading Romans 9: 4-5**

- ☐ They are Israelites: they were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

Short Responsory

- Hail Mary, full of grace: the Lord is with you.
- **(ALL) Hail Mary, full of grace: the Lord is with you.**
- You are most blessed of all women and blessed is the fruit of your womb.
- **(ALL) Hail Mary, full of grace: the Lord is with you.**
- Glory be to the Father and to the Son and to the Holy Spirit.
- **(ALL) Hail Mary, full of grace: the Lord is with you.**

▣ **Canticle Magnificat: Ant 4:** Let us remember the worthy birth of the glorious Birgin Mary. The Lord looked on her in her lowliness and sent his angel to announce to her that she would conceive and bear the Redeemer of the world.

▣ **L:** My soul proclaims the greatness of the Lord, and my spirit rejoices in God, my salvation. For he has shown me such favor, his lowly handmaiden.

- ▣ **R:** Now all generations will call me blessed, because the mighty one has done great things for me.
- ▣ **L:** His name is holy, his mercy lasts for generation after generation for those who revere him.
- ▣ **R:** He has put forth his strength: he has scattered the proud and conceited, torn princes from their thrones; but lifted up the lowly.
- ▣ **L:** He has filled the hungry with good things; the rich he has sent away empty.

- ❑ **R:** He has come to the help of his servant Israel, he has remembered his mercy as he promised to our fathers, to Abraham and his children for ever.
- ❑ **L:** 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.
- ❑ **Ant (ALL)** Let us remember the worthy birth of the glorious Virgin Mary. The Lord looked on her in her lowliness and sent his angel to announce to her that she would conceive and bear the Redeemer of the world.

Intercessions

- ❑ Let us praise god the Father who chose Mary as the mother of his Son and wanted all generations to call her blessed. With confidence we pray:
- ❑ **(ALL) May the Virgin Mary intercede for us.**
- ❑ Father, you did great things for the Birgin Mary and brought her, body and soul, to the glory of heaven: fill the hearts of your children with the hope of Christs glory.
- ❑ **(ALL) May the Virgin Mary intercede for us.**

- ❑ Through the prayers of Mary, our mother, heal the sick, comfort the sorrowful, pardon sinners; grant peace and salvation to all.
- ❑ **(ALL) May the Virgin Mary intercede for us.**
- ❑ You favored Mary with the fullness of grace; bestow on all men and women your overflowing blessings.
- ❑ **(ALL) May the Virgin Mary intercede for us.**
- ❑ May your Church be united heart and soul and may your faithful be joined in continuous prayer with Mary the mother of Jesus.
- ❑ **(ALL) May the Virgin Mary intercede for us.**

The Lord's Prayer

(ALL) Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;

Thy will be done on earth
as it is in heaven.

Give us this day our daily bread;
and forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.

Concluding Prayer

- Lord God, the day of our salvation dawned when the Blessed Virgin gave birth to your Son. As we celebrate her own nativity, grant us your grace and your peace. Through our Lord Jesus Christ, our Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.
- The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Dismissal