

THE DIVINE OFFICE FOR DODOS*

*(Devout, Obedient Disciples of Our Savior)

**A Step-by-Step Guide to
Praying the Liturgy of the Hours**

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SECTION ONE: GETTING FAMILIAR WITH THE BREVIARY

Lesson 1: How to Use This Book

So you want to learn to pray the Divine Office? Great!

Do you think you can spend some time to do so? Wonderful!

But you are a dodo at this, you say. You cannot seem to learn new things quickly.

The Divine Office for Dodos is for dodos just like you!

The lessons work for everyone!

If you are a fast-learning dodo, speed up the lessons!

If you are a slow-learning dodo, slow them down.

But please do not be an erratic dodo and skip around. Be an orderly dodo, taking the lessons in order, just as they are written, and learning the material in each before waddling on.

You might be a confused dodo who has noticed that different religious communities pray the Divine Office a bit differently. Who is right? Probably they all are! One community is using one option and another community is using a different one. *The Divine Office for Dodos* teaches the most basic and complete way of praying the Divine Office. At the end of the book, it tells you about the options.

You might be a frustrated dodo who has tried to pray the Divine Office and stomped on your breviary in disgust. Can you learn to pray this? Of course! But go easy on yourself. You have much new material to learn. *The Divine Office for Dodos* will teach it to you, step by simple step. Bye, bye frustration.

Ready to begin? Wonderful.

Start by paging through the manual.

Notice that the book is divided into SECTIONS. Each section focuses on one major portion of the Office.

Hey, the sections are divided into LESSONS! How long do these take? For most dodos, no lesson will take more than thirty minutes and most will take considerably less time. Whew! Now for a secret. To get the maximum benefit from the lessons, follow these tips.

Did you answer the questions correctly? Good for you!

Ready for Lesson 2? Wonderful! However, before we move on, you will need a book that contains the Divine Office! This book is called a BREVIARY. If you do not have a breviary, fast forward to Lesson 5, read all about breviaries, and get one! Then come back and do lessons 2, 3, and 4.

Once you have a breviary, can you dive right into Lesson 2? Not so fast! Before you begin this instruction, you will need a set of bookmarks and ribbons which you will learn how to use later. Instructions on making or obtaining these are in the BEFORE YOU BEGIN section of this manual. Keep the ribbons and bookmarks in the back of your breviary so that you will be able to find them when you need them!

Lesson 2: The Liturgy of the Hours

It is good to begin any spiritual work with the Bible. Have a look at Mark 15:25-34 and note the hours. You will notice that Jesus was crucified at the third hour and that darkness fell over the land from the sixth to the ninth hour. What times do those correspond with today? Well, Jesus was crucified at 9 a.m. and darkness covered the land from noon until 3 p.m.

In Bible times, people told time using the word “hours” instead of “o’clock.” **THE LITURGY OF THE HOURS is a liturgy, meaning a formal rite for public worship that is prayed at certain hours of a twenty-four hour day.** In modern usage, a store or restaurant that is open for twenty-four hours a day is said to be open “around the clock.” **The “Liturgy of the Hours” means “Praying Formal Prayers around the Clock.”**

Traditionally, religious prayed the Liturgy of the Hours seven times daily. Some clergy, religious, and laity still do! Others pray the Liturgy of the Hours two or three times daily. How often will you pray? That will depend on your likes, your time, and your obligations.

SECTION SIX

Praying Morning, Evening,
and Night Prayer throughout
the Seasons of the Church Year

**“In this section,
you’ll learn about . . .”**

- **The Seasons of the Church Year**
- **Navigating the Seasons in the Breviary**
- **Invitatory Antiphons for Lent/Easter**
- **Invitatory Antiphons for Advent/Christmas**
- **Hymns for Lent/Easter**
- **Hymns for Advent/Christmas**
- **Using the Proper of Seasons**



SECTION TEN

**Praying Morning, Evening, and Night
Prayer on Solemnities and Feasts**

**“In this section,
you’ll learn about . . .”**

- **Sunday Morning Prayer: Week 1**
- **Using the Propers of Saints and Commons**
- **Morning and Evening Prayer on Solemnities**
- **Night Prayer on Solemnities**
- **Morning, Evening and Night Prayer on Feasts**

