

*Ponderings ...*

*The Liturgy of the Hours*

*The Invitatory*

*and the*

*The Consecrated Virgin*



## *Ponderings...*

From the sphere of the Diocese with its traditions, its Saints, its values, its limits and its problems, you broaden your horizons to the universal Church, sharing above all in her liturgical prayer, which is also entrusted to you so that *"the praise of our heavenly Father be always on your lips; pray without ceasing"*, (RCV, n. 28). In this way your prayerful "I" will gradually be enlarged, until there is no longer anything except a great "we" in the prayer. This is ecclesial prayer and the true liturgy.

*"That your whole life may be a faithful witness of God's love and a convincing sign of the Kingdom of heaven"*, (RCV n. 17). Take care always to radiate the dignity of being a bride of Christ, expressing the newness of Christian existence and the serene expectation of future life. Thus, with your own upright life you will be stars to guide the world on its journey.

The choice of virginal life, in fact, is a reference to the transient nature of earthly things and an anticipation of future rewards. Be witnesses of attentive and lively expectation, of joy and of the peace that characterizes those who abandon themselves to God's love. May you be present in the world, yet pilgrims bound for the Kingdom.

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Year of Saint Joseph  
Month of the Precious Blood

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## *Introduction*

This series of *Ponderings* comes from the example of Our Blessed Lady and the exhortation we received in the Homily from the Mass of Consecration. "Imitate the Mother of God desire to be called and be handmaids of the Lord."

We too ponder and treasure these words in our Hearts.

Included here for your pondering is the text from the Roman Pontifical. Remembering the exhortation of the Holy Father from the Year of Consecrated Life, to remember the past, to return to our roots to appreciate the original charism of those who have gone before us. In our vocation, Holy Mother Church herself has given us our purpose and direction. Embrace with joy the words given to us for the salvation of souls.

Year of St Joseph  
Month of the Precious Blood  
July 27, 2021

Dear Reader,

This little book of "Ponderings" opens the day with the simple yet powerful invitation, "Lord open my lips"...

All time is holy and our use of it is a grace for us and the whole Church, the whole world when we live mindfully.

May this reflection help enrich your time.

God's choicest Blessings,  
barb



## **PRESENTATION OF THE LITURGY OF THE HOURS**

28 Then, if it seems appropriate, the Bishop gives the newly consecrated the book containing the prayer of the Church, saying these or similar words:

Receive the book of the Liturgy of the Hours,  
the prayer of the Church;  
may the praise of our heavenly Father  
be always on your lips;  
pray without ceasing  
for the salvation of the whole world.

All reply together:

Amen.

The newly consecrated come before the Bishop, who gives each a copy of the liturgy of the hours. After receiving it, they return to their places and remain standing.

29 Then, if appropriate, this or some other suitable antiphon is sung.

I am espoused to him whom the angels serve;  
sun and moon stand in wonder at his glory.

# From the Roman Pontifical Introduction

## II. PRINCIPAL DUTIES OF THOSE CONSECRATED

2 Those who consecrate their chastity under the inspiration of the Holy Spirit do so for the sake of more fervent love of Christ and of greater freedom in the service of their brothers and sisters.

They are to spend their time in works of penance and of mercy, in apostolic activity, and in prayer, according to their state in life and spiritual gifts.

To fulfill their duty of prayer, they are strongly advised to celebrate the Liturgy of Hours each day, especially Lauds or Vespers. In this way, by joining their voices to those of Christ the High Priest and of his Church, they will offer unending praise to the heavenly Father and pray for the salvation of the whole world.

## V. FORM OF THE RITE

7 For the consecration of women living in the world the rite described in Chapter I of this Ritual is to be used.

The rite consists of these parts: ....

g) the presentation of the insignia of consecration to symbolize a spiritual dedication.

“Lord Open my Lips

- And my mouth will proclaim your praise.”

In the many writings of both Pope Saint John Paul II and Pope Benedict the explanation of a word or words have been part of their teachings. The study of words enriches our understanding of the intent of the writer. It is key to have this understanding, this basic foundation upon which to build.

The word. The Word...

The Word became Flesh and dwells among us, these words of the Gospel of Saint John and part of the Angelus ring true with the power of His Presence in the written and Living Word He is.

This is simple. We are what is reflected in our speech.

This brings us to the INVITATORY.

*Invitatory* to what are we invited or who are we inviting to begin our day?

If the Lord opens our lips

And we are open to His graces

then our lives will indeed proclaim His Praise.

Already at the beginning of the day, we hear the words of our Lady in her encounter with her cousin Elizabeth, the hidden encounter and interaction between Jesus and his cousin John – womb to womb. *“Proclaim His praise.”*

Invitatory

Our Morning Offering prayer goes hand in hand with Liturgical prayer of the Divine Office and our participation in Holy Mass.

The way we begin the Divine Office for the day reminds us that it is the Lord to whom we belong and to whom we give our day.

Following this "invitation" is the Antiphon which sets the tone of the day be it an Ordinary Time celebration of life or a particular saint's day, or another liturgical season.

The antiphons are rich in their expression of the celebration. Volumes I and II have the proper antiphon for the particular season right before Psalm 95 so it is easy to find.

Here is a sampling found in Volume I and II:

"Come, let us worship the Lord, the King who is to come."

Today you will know the Lord is coming, and in the morning, you will see his glory."

"Come, let us worship Christ the Lord, who for our sake endured temptation and suffering."

"Come, let us adore Christ the Lord who promised to send the Holy Spirit on his people."

Volumes III and VI the antiphon are found at the beginning of each day's office.

The Solemnities and particular saints may use the ones found in the "commons" or have a proper one

for their day. It is rich indeed to have these keys to open the graces for the treasures in the Psalms and canticles for the day!

Woven into Psalm 95 or prayed as a 'bookend' style it opens our hearts to the graces of the day.

Throughout the text of the Divine Office at the beginning of each Psalm or Canticle is a short description of the Psalm or Canticle.

In this case,

*Psalm 95*  
*A Call to praise God,*

is what we are called to do to begin our day!

There is also another line from Scripture at the beginning of the psalm that could be used instead of the antiphon. It does enrich our understanding of what the Church Fathers have asked us to do at the beginning of our prayer. In this Psalm 95, at the beginning of the day we are 'invited to'

"Encourage each other daily while it is still today."

(Hebrews 3:13)

Praying Psalm 95 daily we probably know it by heart. Yet it would be good to not only say the words silently if we are praying alone but also to see the words as we pray.

Another time, close your eyes to ponder the words as you pray. The psalmist invites us into the marvels of God right at the beginning of the day.

It is like recalling the Book of Genesis, or the words of Saint John's Gospel, "In the Beginning..."

The rubrics, the red print, give other options instead of praying Psalm 95. Psalms 100, 67 or 24 are the other options. If you have purchased your Liturgy of the Hours, you should have received some cards. These psalms were part of that small collection.

Enjoy this invitatory and opening antiphon along with Psalm 95.

You might be thinking well it ends rather harshly but consider the invitation of the psalmist...

"Today, listen to the voice of the Lord..."

May the praying of this Divine Office with the Mystical Body of Christ truly become what the Fathers of the Second Vatican Council had intended "a source of devotion and nourishment for personal prayer."

Lord, please open my lips so that my whole life will proclaim your praise!

*The responsibility of prayer for the  
consecrated virgin is one given to her  
on the day of her consecration...*

*the Liturgy of the Hours,  
the Divine Office, especially  
Morning and Evening Prayer.*

*The "hinges" of her day  
have within them, in the words of*

*Pope Benedict XVI,*

*"The Lord's Prayer,*

*the school of hope."*

*May we learn from Jesus with the  
grace of our Consecration.*

