



## OFS Ireland Ritual for Daily Office

OFS Ireland members can choose their daily office from any of the following options:

| OPTION  | Comments  |
|---|---|
| <b>“My Life with God” Green Book</b>  | <ul style="list-style-type: none"><li>Members are familiar with this publication stemming from the Vatican II reform of the Liturgy.</li></ul> <p>Published by: <i>“The Secular Franciscan Order Federation, Ireland O.F.M. &amp; O.F.M. Cap. August. 1979”</i></p>   |
| <b>Liturgy of the Hours using the “Shorter Morning and Evening Prayer”</b><br><br>Note 1: While both are recommended, one will suffice.<br><br><b>Note 2: This is the preferred option.</b> | <ul style="list-style-type: none"><li>Conforms with Rule 8 and Constitutions Art. 14 (see below)<sup>a,b</sup></li><li>Shorter Morning and Evening Prayer is readily available from Catholic bookshops or online (cost of short version approx. €13)</li><li>Apps available (e.g., Universalis <a href="https://universalis.com/">https://universalis.com/</a>)</li><li>Some Members already using this.</li><li>Opportunity to revitalise prayer life.</li><li>Can be prayed with fraternity members or with others.</li><li>Corresponds to the spirit of the first rule given by St. Francis<sup>c</sup></li><li>Will require formation in praying the liturgy<sup>1</sup>.</li></ul> |
| <b>Divine Office: Liturgy of the Hours according to the Roman Rite</b><br><br>Note: While participating in all are commended, one will suffice: preferably morning or evening prayer.       | <ul style="list-style-type: none"><li>Conforms with Rule 8 and Constitutions Art. 14 (see below)<sup>1,2</sup></li><li>Spiritual union with all praying the “Prayer of the Church”.</li><li>Apps available (e.g., Universalis <a href="https://universalis.com/">https://universalis.com/</a>)</li><li>Some Members already using this.</li><li>Opportunity to renew prayer life.</li><li>Can be prayed with fraternity members or with others.</li><li>Corresponds to the spirit of the first rule given by St. Francis<sup>3</sup></li><li>Will require formation in praying the liturgy<sup>1</sup>.</li></ul>   |
| <b>12 (Our Father, Hail Mary, Glory Be)</b>   | <ul style="list-style-type: none"><li>Especially suitable for those who are sick, housebound, or those busy with other duties.</li></ul>  |

### a. Rule 8

Let them join in **liturgical prayer in one of the forms proposed by the Church**, reliving the mysteries of the life of Christ.

### b. Constitutions Article 14

The brothers and sisters as well as the fraternities should adhere to the indications of the Ritual with respect to the different forms of participating in the liturgical prayer of the Church, **giving priority to the celebration of the Liturgy of the Hours**.

### c. First Rule of the Third Order. Chapter 4: Prayer

“All are to say the Seven Canonical Hours, ....” (ref. James Meyer O.F.M. (1952). *The Words of St. Francis* Franciscan Herald Press)

<sup>1</sup> The National Council will work to provide a liturgical renewal programme to support this.