



A FAMILY
PSALTER



A FAMILY PSALTER

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Tampa, FL

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For many years, I have desired to pray the Liturgy of the Hours regularly, but in the midst of family life I have hardly been able to pray more than morning prayer on weekdays. I have desired to introduce the Liturgy of the Hours to my family, but my sons are still too young to appreciate the whole Office. And I have enjoyed the new translations of the USCCB’s *Abbey Psalms and Canticles* (2020), but the full retranslation of the Office remains a few years away. In response to each of these circumstances, I have devised a simple and flexible psalter.

The psalter does not include invitatory psalms, hymns, antiphons, readings, responsories, fixed intercessions, or concluding prayers, since their retranslations have not yet been published – just the psalms and canticles and a couple fixed components. It requires no more than *The Abbey Psalms and Canticles*. It includes a few daily psalms that I can pray with my sons. And it allows for all 150 psalms to be read in 20 parts, so that I can complete the whole psalter on weekdays in a four-week cycle (much like the 20 *kathismata* in the Byzantine Office but slightly adjusted and with Masoretic numbering).

The psalter consists of five “hours”: nocturns (before dawn), matins (morning), vespers (evening), compline (bedtime), and midnight prayer. Any hour may be prayed individually or together, though I have designed midnight prayer for individual use to fall back asleep when I find myself awake at night. All of these are optional, of course, but I see nocturns and midnight prayer as especially so.

Each hour has fixed psalms. The variable psalms of the four-week cycle may be inserted into nocturns, matins, or vespers, as convenient. These can be found on the back cover. When my sons pray with me, I will likely pray only the fixed psalms – which should take only a few minutes. When I pray individually or with my wife, I’ll pray the day’s variable psalms as well, either all in one hour or spread over two or three.

nocturns	matins	vespers	compline	midnight
Ps 51	Ps 63	Ps 141	Ps 91	Ps 134
(variable)	(variable)	(variable)		
(Benedicte)	Benedictus	Magnificat	Nunc Dimittis	Isaiah 26
Pss 148-150	petitions	petitions		Ps 119
Our Father	Our Father	Our Father	Marian prayer	

Introductions, Announcements, and Times of Day

Each hour begins with an introduction. After the introduction, if the hour is prayed together, the leader then announces any feast or memorial of the day, indicates which psalms will be prayed, assigns any tasks for the hour, and makes any other relevant remarks. Possible tasks include the following: At vespers, a child may be assigned to light a candle at Ps 141:2. At vespers during Advent, if the leader sits in a prominent place, a child may be assigned to switch places with the leader at Lk 1:52. At compline, one or two minutes may be set aside for silent reflection on the day; a child can be assigned to set an egg timer. For a feast or memorial, the announcement can end with the invocation of the day's saint – for example, leader: “St. Lawrence”; all: “pray for us.”

Nocturns should begin after 3am and before dawn. Matins should begin in the morning, or immediately after nocturns. If nocturns and matins are prayed together, the Our Father and conclusion of nocturns and the introduction of matins are skipped, so that Ps 150 is followed by the leader's announcement for matins, if needed, or by Ps 63, if not. Such an announcement is likely needed only if some participants have arrived after the start of nocturns. For example, in future years I could wake my sons before beginning nocturns and then expect them to join me for matins before I reach the end of Ps 150. Vespers should begin in the late afternoon or evening. Compline should be prayed at bedtime. Midnight prayer should begin some time after compline and before 3am.

An hour has one of two introductions. The first introduction is used for nocturns and sometimes for matins:

leader: Lord, + open my lips.

all: And my mouth shall proclaim your praise.

first: Glory be to the Father and to the Son and to the Holy Spirit

second: as it was in the beginning, is now, and ever shall be, world without end.
Amen. Alleluia.

- Throughout the hours, participants make the Sign of the Cross at “+”.
- At the name of the Blessed Trinity, participants bow.
- When an hour is prayed together, alternating parts are spoken or sung by alternate halves of the participants, labeled here as “first” and “second.”
- “Alleluia” is omitted during Lent.
- Throughout the hours, if so desired, participants may stand at “+” and sit at the subsequent “Amen.”

If matins is the first hour of the day prayed by all participants, then the first introduction is used. If matins follows immediately after nocturns, then the introduction is skipped. If one or more participants prayed nocturns earlier in the day, then the second introduction is used:

leader: God, + come to my assistance.

all: Lord, make haste to help me.

first: Glory be to the Father and to the Son and to the Holy Spirit

second: as it was in the beginning, is now, and ever shall be, world without end.
Amen. Alleluia.

Vespers, compline, and midnight prayer use the second introduction.

Nocturns, Matins, and Vespers

During nocturns, matins, and vespers, after the introduction and announcement follow the first fixed psalm – Ps 51, Ps 63, and Ps 141, respectively – and a Glory Be. As above, alternating parts are spoken or sung by alternate halves of the participants. Next may follow any number of the day’s variable psalms, each accompanied by a Glory Be. Any variable psalm already prayed that day or anticipated to be prayed at a later hour may be omitted. Likewise, any psalm deemed unsuitable for participants may be omitted. For example, the Roman Psalter today excludes Pss 58, 83, and 109 and individual verses of several others. I have lightly edited the fixed psalms below but leave to readers alterations of the variable psalmody.

Next come more fixed psalms or a canticle. For nocturns, matins, and vespers, these are Pss 148-150, the Benedictus, and the Magnificat, respectively. Each is followed by a Glory Be. On Sundays outside Lent and feast days, the fixed Pss 148-150 at nocturns are preceded by the Benedicite as well; no Glory Be follows the Benedicite because it ends with a Trinitarian formula.

Next come petitions. It is best to pray these once each day, at an hour celebrated together. They are most appropriate for matins or vespers. But if neither matins nor vespers is prayed together and if there is a desire to pray petitions together, then these may be added to nocturns after Ps 150 and its accompanying Glory Be or to compline after Ps 91 and its accompanying Glory Be. The leader begins the petitions and may invite others to voice petitions as well. This part may take any form, with responses by all to each petition or one response by all at the end.

Next, if the hour is prayed together, the leader introduces the Our Father as follows: “Now let us pray as Christ our Lord has taught us...” After the Our Father, nocturns, matins, and vespers conclude:

leader: May + the Lord bless us, protect us from all evil, and bring us to everlasting life.

all: Amen.

Compline and Midnight Prayer

The structures of compline and midnight prayer are slightly different from the foregoing. At compline, after the introduction and announcement, one or two minutes may be set aside for silent reflection on the day. Then follows an Act of Contrition, whichever form is preferred. Next come Ps 91 and a Glory Be. No variable psalms follow, but as discussed above petitions and an Our Father may be included. Then come the *Nunc Dimittis*, a Glory Be, and the following conclusion:

leader: May + the all-powerful Lord grant us a restful night and a peaceful death.

all: Amen.

Finally, compline closes with the seasonal Marian antiphon, spoken or sung in English or Latin, or a Hail Mary. I indicate a Hail Mary below.

As I mentioned before, midnight prayer is designed for individual use to fall back to sleep. It begins with the introduction and, if needed, an announcement. Then comes Ps 134, a Glory Be, a canticle from Isaiah 26, a Glory Be, and Ps 119. Ps 119 has 22 sections. When Ps 119 is prayed during midnight prayer or as the day’s variable psalm, a Glory Be may be prayed after each section, or the psalm may be read straight through. If one is ready to return to sleep, one may close midnight prayer after any section of Ps 119. It ends with a Glory Be and the same conclusion as compline.

Nocturns

leader: Lord, + open my lips.

all: And my mouth shall proclaim your praise.

first: Glory be to the Father and to the Son and to the Holy Spirit

second: as it was in the beginning, is now, and ever shall be, world without end.

Amen. Alleluia.

leader: (announcement)

Psalm 51: 3-21

first: ³ Have mercy on me, O God,
according to your merciful love;
according to your great compassion,
blot out my transgressions.

⁴ Wash me completely from my iniquity,
and cleanse me from my sin.

second: ⁵ My transgressions, truly I know them;
my sin is always before me.

⁶ Against you, you alone, have I sinned;
what is evil in your sight I have done.
So you are just in your sentence,
without reproach in your judgment.

first: ⁷ Behold, in guilt I was born,
a sinner when my mother conceived me.

⁸ Behold, you delight in sincerity of heart;

- first:** in secret you teach me wisdom.
⁹ Cleanse me with hyssop, and I shall be pure;
wash me, and I shall be whiter than snow.
- second:** ¹⁰ Let me hear rejoicing and gladness,
That the bones you have crushed may exult.
¹¹ Turn away your face from my sins,
and blot out all my guilt.
- first:** ¹² Create a pure heart for me, O God;
renew a steadfast spirit within me.
¹³ Do not cast me away from your presence;
take not your holy spirit from me.
- second:** ¹⁴ Restore in me the joy of your salvation;
sustain in me a willing spirit.
¹⁵ I will teach transgressors your ways,
that sinners may return to you.
- first:** ¹⁶ Rescue me from bloodshed, O God,
O God of my salvation,
and then my tongue shall ring out your justice.
¹⁷ O Lord, open my lips
and my mouth shall proclaim your praise.
- second:** ¹⁸ For in sacrifice you take no delight;
burnt offering from me would not please you.
¹⁹ My sacrifice to God, a broken spirit:
a broken and humbled heart,
you will not spurn, O God.

first: ²⁰ In your good pleasure, show favor to Zion;
 rebuild the walls of Jerusalem.
 Then you will delight in right sacrifice,
 burnt offerings wholly consumed.
 Then you will be offered young bulls on your altar.

second: Glory be to the Father and to the Son and to the Holy Spirit
first: as it was in the beginning, is now, and ever shall be, world without end.
 Amen.

[variable psalmody]

*(For Sundays outside Lent and feast days:
Daniel 3:57-88, 56 (Benedicite))*

first: ⁵⁷ Bless the Lord, all you works of the Lord
 praise and highly exalt him forever.

second: ⁵⁸ Heavens, bless the Lord,
 ⁵⁹ angels of the Lord, bless the Lord.
 ⁶⁰ All waters above the heavens, bless the Lord,
 ⁶¹ all powers, bless the Lord.

first: ⁶² Sun and moon, bless the Lord,
 ⁶³ stars of heaven, bless the Lord.
 ⁶⁴ Every shower and dew, bless the Lord,
 ⁶⁵ all winds, bless the Lord.

second: ⁶⁶ Fire and heat, bless the Lord,
 ⁶⁷ cold and heat, bless the Lord.
 ⁶⁸ Dew and rain, bless the Lord,
 ⁶⁹ frost and cold, bless the Lord.

first: ⁷⁰ Ice and snows, bless the Lord,
⁷¹ nights and days, bless the Lord.
⁷² Light and darkness, bless the Lord,
⁷³ lightnings and clouds, bless the Lord.

second: ⁷⁴ Let the earth bless the Lord,
praise and highly exalt him forever.

first: ⁷⁵ Mountains and hills, bless the Lord,
⁷⁶ all that grows on the earth, bless the Lord.
⁷⁷ Seas and rivers, bless the Lord,
⁷⁸ springs of water, bless the Lord.

second: ⁷⁹ Sea beasts and all that move in the water, bless the Lord,
⁸⁰ all birds of heaven, bless the Lord.
⁸¹ All wild beasts and cattle, bless the Lord,
⁸² all you people, bless the Lord.

first: ⁸³ O Israel, bless the Lord,
praise and highly exalt him forever.

second: ⁸⁴ Priests of the Lord, bless the Lord,
⁸⁵ servants of the Lord, bless the Lord.
⁸⁶ Spirits and souls of the just, bless the Lord,
⁸⁷ holy and humble of heart, bless the Lord.
⁸⁸ Hananiah, Azariah, Mishael, bless the Lord,
praise and highly exalt him forever.

first: Let us bless the Father, and the Son, with the Holy Spirit.
Let us praise and highly exalt him forever.
⁵⁶ Blessed are you in the firmament of heaven,

worthy of praise and highly exalted forever.

Psalm 148

- first:** ¹ Alleluia!
- second:** Praise the LORD from the heavens;
 praise him in the heights.
² Praise him, all his angels;
 praise him, all his hosts.
- first:** ³ Praise him, sun and moon;
 praise him, all shining stars.
⁴ Praise him, highest heavens,
 and the waters above the heavens.
- second:** ⁵ Let them praise the name of the LORD.
 He commanded: they were created.
⁶ He established them forever and ever,
 gave a law which shall not pass away.
- first:** ⁷ Praise the LORD from the earth,
 sea creatures and all ocean depths,
⁸ fire and hail, snow and mist,
 stormy winds that fulfill his command;
- second:** ⁹ mountains and all hills,
 fruit trees and all cedars,
¹⁰ beasts, both wild and tame,
 creeping things and birds on the wing;

first: ¹¹ kings of the earth and all peoples,
 princes and all judges of the earth,
¹² young men and maidens as well,
 the old and the young together.

second: ¹³ Let them praise the name of the LORD,
 for his name alone is exalted,
 his splendor above heaven and earth.

first: ¹⁴ He exalts the strength of his people.
 He is the praise of all his faithful,
 the praise of the children of Israel,
 of the people to whom he is close.

second: Alleluia!

first: Glory be to the Father and to the Son and to the Holy Spirit
second: as it was in the beginning, is now, and ever shall be, world without end.
 Amen.

Psalm 149

first: ¹ Alleluia!

second: Sing a new song to the LORD,
 his praise in the assembly of the faithful.
² Let Israel rejoice in its Maker;
 let Zion's children exult in their king.
³ Let them praise his name with dancing,
 and make music with timbrel and lyre.

first: ⁴ For the LORD takes delight in his people;
 he adorns the poor with salvation.
⁵ Let the faithful exult in glory,
 and rejoice as they take their rest.
⁶ Let the praise of God be in their mouths
 and a two-edged sword in their hand,

second: ⁷ to deal out vengeance to the nations
 and punishment upon the peoples;
⁸ to bind their kings in chains
 and their nobles in fetters of iron;
⁹ to carry out the judgment decreed.
 This is an honor for all his faithful.

first: Alleluia!

second: Glory be to the Father and to the Son and to the Holy Spirit
first: as it was in the beginning, is now, and ever shall be, world without end.
 Amen.

Psalm 150

first: ¹ Alleluia!

second: Praise God in his holy place;
 praise him in his mighty firmament.
² Praise him for his powerful deeds;
 praise him for his boundless grandeur.

first: ³ O praise him with sound of trumpet;
 praise him with lute and harp.

⁴ Praise him with timbrel and dance;
praise him with strings and pipes.

second: ⁵ O praise him with resounding cymbals;
praise him with clashing of cymbals.
⁶ Let everything that breathes praise the LORD!

first: Alleluia!

second: Glory be to the Father and to the Son and to the Holy Spirit
first: as it was in the beginning, is now, and ever shall be, world without end.
Amen.

leader: Now let us pray as Christ our Lord has taught us:

all: Our Father...

leader: May + the Lord bless us, protect us from all evil, and bring us to everlasting life.

all: Amen.

Matins

If matins is the first hour of the day prayed by all participants:

leader: Lord, + open my lips.

all: And my mouth shall proclaim your praise.

If matins follows immediately after nocturns, skip to the announcement or Ps 63.

If one or more participants prayed nocturns earlier in the day:

leader: God, + come to my assistance.

all: Lord, make haste to help me.

first: Glory be to the Father and to the Son and to the Holy Spirit

second: as it was in the beginning, is now, and ever shall be, world without end.

Amen. Alleluia.

leader: (announcement)

Psalm 63:2-9

first: ² O God, you are my God; at dawn I seek you;
for you my soul is thirsting.

For you my flesh is pining,
like a dry, weary land without water.

³ I have come before you in the sanctuary,
to behold your strength and your glory.

second: ⁴ Your loving mercy is better than life;
my lips will speak your praise.

⁵ I will bless you all my life;

in your name I will lift up my hands.

⁶ My soul shall be filled as with a banquet;
with joyful lips, my mouth shall praise you.

first: ⁷ When I remember you upon my bed,
I muse on you through the watches of the night.

⁸ For you have been my strength;
in the shadow of your wings I rejoice.

⁹ My soul clings fast to you;
your right hand upholds me.

second: Glory be to the Father and to the Son and to the Holy Spirit
first: as it was in the beginning, is now, and ever shall be, world without end.
Amen.

[variable psalmody]

Luke 1:68-79 (*Benedictus*)

all: ⁶⁸ Blessed + be the Lord God of Israel:
for he has visited his people and redeemed them;
⁶⁹ he has raised up for us a horn of salvation
in the House of David his servant,
⁷⁰ as he spoke through the mouth of his holy ones,
his prophets from ages past:

⁷¹ to grant salvation from our foes,
and from the hand of all who hate us,

⁷² showing mercy to our fathers,
remembering his holy covenant,

⁷³ the oath he swore to Abraham our father;

⁷⁴ to grant that, freed from the hand of our foes,
⁷⁵ we may serve him without fear
in holiness and righteousness
all the days of our life.

⁷⁶ And you, little child, will be called
the Prophet of the Most High,
for you will go before the Lord
to make ready his ways:
⁷⁷ to grant knowledge of salvation to his people
by the forgiveness of their sins;

⁷⁸ through the tender mercy of our God,
the Dawn from on high will visit us,
⁷⁹ to shine on those who sit in darkness,
and those in the shadow of death;
to guide our feet into the way of peace.

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

leader: (petitions)

leader: Now let us pray as Christ our Lord has taught us:

all: Our Father...

leader: May + the Lord bless us, protect us from all evil, and bring us to everlasting life.

all: Amen.

Vespers

leader: God, + come to my assistance.

all: Lord, make haste to help me.

first: Glory be to the Father and to the Son and to the Holy Spirit

second: as it was in the beginning, is now, and ever shall be, world without end.

Amen. Alleluia.

leader: (announcement)

Psalm 141: 1b-4b, 8

first: ¹ I have called to you, LORD; O hasten to help me!

Hear my voice when I cry to you.

² Let my prayer be as incense before you,
the raising of my hands like an evening oblation.

second: ³ Set, O LORD, a guard on my mouth;

keep watch at the door of my lips!

⁴ Do not turn my heart to things that are evil,
to wicked deeds with those who are sinners.

first: ⁸ To you my eyes are turned, O LORD my Lord.

In you I take refuge; spare my soul!

second: Glory be to the Father and to the Son and to the Holy Spirit

first: as it was in the beginning, is now, and ever shall be, world without end.

Amen.

[variable psalmody]

Luke 1:46-55 (*Magnificat*)

all: ⁴⁶ My soul + proclaims the greatness of the Lord,
⁴⁷ and my spirit rejoices in God my Savior,
⁴⁸ for he has looked upon his handmaid in her lowliness;
for behold, from this day forward,
all generations will call me blessed.

⁴⁹ For the Almighty has done great things for me,
and holy is his name.

⁵⁰ His mercy is from age to age
for those who fear him.

⁵¹ He has made known the strength of his arm,
and has scattered the proud in their conceit of heart.

⁵² He has cast down the mighty from their thrones
and has exalted those who are lowly.

⁵³ He has filled the hungry with good things,
and has sent the rich away empty.

⁵⁴ He has helped his servant Israel, mindful of his mercy,

⁵⁵ even as he promised to our fathers,
to Abraham and his descendants forever.

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

leader: (petitions)

leader: Now let us pray as Christ our Lord has taught us:

all: Our Father...

leader: May + the Lord bless us, protect us from all evil, and bring us to everlasting life.

all: Amen.

Compline

leader: God, + come to my assistance.

all: Lord, make haste to help me.

first: Glory be to the Father and to the Son and to the Holy Spirit

second: as it was in the beginning, is now, and ever shall be, world without end.

Amen. Alleluia.

leader: (announcement)

optional: 1-2 minutes for silent reflection on the day

all: O my God...

Psalm 91: 1-7, 10-16

first: ¹ He who dwells in the shelter of the Most High,
and abides in the shade of the Almighty,

² says to the LORD, "My refuge,
my stronghold, my God in whom I trust!"

second: ³ He will free you from the snare of the fowler,
from the destructive plague;

⁴ he will conceal you with his pinions,
and under his wings you will find refuge.
His faithfulness is buckler and shield.

first: ⁵ You will not fear the terror of the night,
nor the arrow that flies by day,

⁶ nor the plague that prowls in the darkness,
nor the scourge that lays waste at noon.

second: ⁷ A thousand may fall at your side,
 ten thousand fall at your right:
 you it will never approach.

first: ¹⁰ Upon you no evil shall fall,
 no plague approach your tent.
¹¹ For you has he commanded his angels
 to keep you in all your ways.

second: ¹² They shall bear you upon their hands,
 lest you strike your foot against a stone.
¹³ On the lion and the viper you will tread,
 and trample the young lion and the serpent.

first ¹⁴ Since he clings to me in love, I will free him,
 protect him, for he knows my name.
¹⁵ When he calls on me, I will answer him;
 I will be with him in distress;
 I will deliver him, and give him glory.

second ¹⁶ With length of days I will content him;
 I will show him my saving power.

first: Glory be to the Father and to the Son and to the Holy Spirit
second: as it was in the beginning, is now, and ever shall be, world without end.
 Amen.

Luke 2:29-32 (*Nunc dimittis*)

all: ²⁹ Now + you dismiss your servant in peace,
 according to your word, O Master;
³⁰ for my eyes have seen your salvation,
³¹ which you prepared in the sight of all the peoples:

³² a light for revelation to the nations,
and the glory of your people Israel.

first: Glory be to the Father and to the Son and to the Holy Spirit
second: as it was in the beginning, is now, and ever shall be, world without end.
 Amen.

leader: May + the all-powerful Lord grant us a restful night and a peaceful
 death.

all: Amen.

all: Hail Mary...

Midnight Prayer

leader: God, + come to my assistance.

all: Lord, make haste to help me.

first: Glory be to the Father and to the Son and to the Holy Spirit

second: as it was in the beginning, is now, and ever shall be, world without end.

Amen. Alleluia.

leader: (announcement)

Psalm 134:1b-3

first: ¹ O come and bless the LORD,
all you servants of the LORD,
who stand by night in the house of the LORD.

second: ² Lift up your hands to the holy place,
and bless the LORD.

first: ³ May the LORD bless you from Zion,
he who made both heaven and earth.

second: Glory be to the Father and to the Son and to the Holy Spirit

first: as it was in the beginning, is now, and ever shall be, world without end.

Amen.

Isaiah 26:1-4, 7-9, 12

first: ¹ Ours is a city strong in salvation;
 he has set up walls and bulwarks.
² Open the gates so that a nation that is righteous,
 one that keeps faith, may enter.

second: ³ You guard the steadfast mind in peace,
 in peace, for its trust is in you.
⁴ Trust in the LORD forever and ever;
 an everlasting Rock is the LORD.

first: ⁷ The path of the righteous is level;
 you make smooth the course of the righteous one.
⁸ Yes, in the path of your judgments,
 we wait for you, O LORD;
 your name and your renown
 are the desire of the soul.

second: ⁹ My soul yearns for you in the night;
 my spirit within me seeks you at dawn.
 When your judgments are wrought on earth,
 the world's inhabitants learn righteousness.

first: ¹² O LORD, you order peace for us;
 for you accomplished all our works for us.

second: Glory be to the Father and to the Son and to the Holy Spirit
first: as it was in the beginning, is now, and ever shall be, world without end.
 Amen.

Psalm 119

Aleph

- first:** ¹ Blessed are those whose way is blameless,
 who walk in the law of the LORD!
- ² Blessed are those who keep his decrees!
 With all their hearts they seek him.
- second:** ³ They never do anything evil,
 but walk in his ways.
- ⁴ You have laid down your precepts
 to be carefully kept.
- first:** ⁵ May my ways be firm
 in keeping your statutes.
- ⁶ Then I shall not be put to shame
 as I fix my eyes on all your commands.
- second:** I will thank you with an upright heart,
 as I learn your right judgments.
 I will keep your statutes;
 do not ever forsake me.
 [...]
- first:** Glory be to the Father and to the Son and to the Holy Spirit
second: as it was in the beginning, is now, and ever shall be, world without end.
 Amen.
- leader:** May + the all-powerful Lord grant us a restful night and a peaceful
 death.
- all:** Amen.

A 4-week Weekday Sequential Psalter

	Monday	Tuesday	Wednesday	Thursday	Friday
	<i>David</i>				
Week I	1-8 (8)	9-17 (9)	18-24 (7)	25-34 (10)	35-41 (7)
	<i>Sons of Korah</i>	<i>more David</i>			
Week II	42-49 (8)	50-59 (10)	60-67 (8)	68-72 (5)	73-77 (5)
	<i>Asaph</i>	<i>more Korah</i>	<i>Moses & mostly anonymous</i>		<i>Thanks & Praise</i>
Week III	78-83 (6)	84-89 (6)	90-100 (11)	101-106 (6)	107-112 (6)
	<i>Egyptian Hallel</i>	<i>Song of the Law</i>	<i>Pilgrim Songs</i>	<i>Thanks & Praise</i>	<i>Dusk & Dawn</i>
Week IV	113-118 (6)	119 (1)	120-134 (15)	135-140 (6)	141-150 (10)