

## The Saint Meinrad Distribution of the Psalms

| Week I  | Inv | Vigils I   | Vigils II  | Lauds        |
|---------|-----|------------|------------|--------------|
| Sun     | 24  | 21, 22, 26 | 25, 27     | 23, OT, 150  |
| Mon 1   | 15  | 1, 2, 3    | 18A, 18B   | 16, OT, 93   |
| Tues 1  | 46  | 5, 6, 7    | 28, 31     | 29, OT, 96   |
| Wed 1   | 47  | 32, 35     | 36, 37     | 42, OT, 97   |
| Thur 1  | 61  | 38, 39, 40 | 41, 44     | 43, OT, 98   |
| Fri 1   | 67  | 45, 49, 50 | 52, 53, 54 | 51, OT, 99   |
| Sat 1   | 95  | 55, 56, 57 | 58, 59, 60 | 87, OT, 100  |
|         |     |            |            |              |
| Week II | Inv | Vigils I   | Vigils II  | Lauds        |
| Sun 2   | 24  | 66, 68     | 69A, 69B   | 63, OT, 148  |
| Mon 2   | 15  | 70, 71, 72 | 73, 74     | 48, OT, 149  |
| Tues 2  | 46  | 75, 77     | 78A, 78B   | 76, OT, 150  |
| Wed 2   | 47  | 79, 80, 82 | 83, 88     | 84, OT, 148  |
| Thur 2  | 61  | 89 ABC     | 92, 94     | 90, OT, 149  |
| Fri 2   | 67  | 104, 105A  | 105B, 109  | 101, OT, 150 |
| Sat 2   | 95  | 106A, 106B | 107, 108   | 143, OT, 148 |

| Week I          |                                                                    | Noon          |  | Vespers                  |
|-----------------|--------------------------------------------------------------------|---------------|--|--------------------------|
| Sun             |                                                                    | 118           |  | 110, 111, 112, NT        |
| Mon             |                                                                    | 11, 12, 13    |  | 8, 9, 10                 |
| Tues            |                                                                    | 14, 17        |  | 30, 33, 34               |
| Wed             |                                                                    | 19, 20        |  | 62, 64, 65               |
| Thur            |                                                                    | 120, 121, 122 |  | 81, 85, 86               |
| Fri             |                                                                    | 123, 124, 125 |  | 102, 103                 |
| Sat             |                                                                    | 126, 127, 128 |  | 145A, 145B, 146, NT      |
|                 |                                                                    |               |  |                          |
| Week II         |                                                                    | Noon          |  | Vespers                  |
| Sun             |                                                                    | 119 (4)       |  | 110, 112, 113, NT        |
| Mon             |                                                                    | 119 (3)       |  | 114, 115, 116A, 116B+117 |
| Tues            |                                                                    | 119 (3)       |  | 129, 130, 131, 132       |
| Wed             |                                                                    | 119 (3)       |  | 133, 135, 136, 137       |
| Thur            |                                                                    | 119 (3)       |  | 138, 139, 140            |
| Fri             |                                                                    | 119 (3)       |  | 141, 142, 144            |
| Sat             |                                                                    | 119 (3)       |  | 146, 147A, 147B, NT      |
|                 |                                                                    |               |  |                          |
| <b>Compline</b> | Alternate Pss 4 & 134 with Ps 91 over the course of the two weeks. |               |  |                          |

## **Rationale of the Saint Meinrad Distribution of the Psalms**

The Saint Meinrad distribution of the Psalms follows the basic outlines in the Rule of St. Benedict, but spread it over two weeks. Though the Rule follows the Greek/Latin numbering of the Psalms, this numbering follows the Hebrew, which is generally followed by Catholics, Protestants, and Jews today.

The psalms for vigils begin, as St. Benedict directs, with Psalm 21 on Sunday and moves successively through the Psalter to Psalm 109 with a few psalms rearranged for the sake of time. Each nocturn is three psalms or its equivalent instead of six as the Rule dictates. The distribution has sought a balanced length from day to day. As has been the practice at Saint Meinrad for some time, the invitatory is a different psalm each day.

For Lauds, the Rule designates two psalms with references to morning along with the Old Testament canticle and Psalms 148-150. Since Lauds here has only two psalms, both are praise psalms with an Old Testament canticle.

The psalms for Noon Prayer are those for the little hours with the overflow assigned to Vigils and Vespers.

Vespers for Week 2 begins with Psalm 110, as directed by the Rule and ends with Psalm 147. For Week 1 at Vespers, the psalms come from those earlier in the Psalter.

Compline uses the psalms assigned by the Rule but alternates Psalms 4 and 134 with Psalm 91.

This distribution includes all of the psalms and all of their verses as has been the tradition. The distribution divides only very long psalms, but none over two days.

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