

Minimum Obligation for an Hour

How to fulfil your obligation for one of the 7 hours of the day, when you don't have access to the books of the offices? Or you're at work? Or some other situation that makes it impossible to say the full office?

The Syriac Maronite Book of Direction requires the following conditions be met: (These also apply when praying in general)

1. Have the good intention of accomplishing the obligation of the prayer hour.
2. Turn towards the East.
3. Cross your arms.
4. And say: The Holy are You, O God...;The Our Father...; Ask for forgiveness and say Psalm 51(50); Say a few psalms that you choose.

Here are some resources, available online, in Syriac and English:

- Open the PDF at: <http://beith-morounoye.org/Publication/preview/Rosary-Joyful-Mysteries.pdf>
 - Say:
 - Bow your head.
 - Page 2: nawde wnesgud (Let us confess ...)
 - Page 2: qooryeleson (Lord have mercy ...)
 - Page 2: qadeešat aloho (Holy are You, O God ...)
 - Page 3: moran etraḥam 'layn (O our Lord, have mercy upon us ...)
 - Page 3: aboon dbašmayo (Our Father ...)
 - Page 4: šlom leḳ (Peace be to you ...)
 - Page 19: mhaymneenan (We believe ...)
 - Page 4: šoobḥo (Glory be ...)
 - Page 5: ašwo lan (Make us worthy ...)
 - Page 5: raḥem 'lay aloho (Have mercy upon me, O God) -- Psalm 51(50)
 - Recite a few psalms.
 - Audio (Syriac only):
 - nawde wnesgud -- <https://youtu.be/jYf4tDklnWo?t=41>
 - qooryeleson -- <https://youtu.be/jYf4tDklnWo?t=47>
 - qadeešat aloho -- <https://youtu.be/jYf4tDklnWo?t=51>
 - moran etraḥam 'layn -- <https://youtu.be/jYf4tDklnWo?t=72>
 - aboon dbašmayo -- <https://youtu.be/jYf4tDklnWo?t=85>
 - šlom leḳ -- <https://youtu.be/jYf4tDklnWo?t=160>
 - mhaymneenan -- <https://youtu.be/jYf4tDklnWo?t=1661>
 - šoobḥo -- <https://youtu.be/jYf4tDklnWo?t=175>
 - ašwo lan -- <https://youtu.be/jYf4tDklnWo?t=187>
 - raḥem 'lay aloho -- <https://youtu.be/jYf4tDklnWo?t=212>

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