

The Liturgy of the Hours

The Liturgy of the Hours is a combination of psalms, canticles, readings from Sacred Scripture, and prayers through which we consecrate various hours of the day to the Lord. With Morning Prayer we begin the day with the Lord. Midday Prayer lets us pause in the middle of the day to remember who is the source and goal of all we do. Evening Prayer gives us an opportunity at the end of the workday to complete that which we have done in the name of the Lord. The Office of Readings, celebrated sometime during the day, gives us the opportunity to respond to the call to continue our education in the faith. Night Prayer, celebrated shortly before we go to bed, lets us end the day just as we began it: in the Lord (*Night Prayer from the Liturgy of the Hours*, 73).

Beginning August 6, parishioners are invited to take part in the communal praying of The Liturgy of the Hours, the official, public prayer of the Catholic Church. The schedule will be as follows:

Sundays – Morning Prayer after the 8:00am Sung Mass
Thursdays – Morning Prayer after the 8:30am Mass
Fridays – Morning Prayer after the 8:30am Mass
Saturdays – Morning Prayer after the 8:30am Mass

Anyone interested in this communal prayer can access The Liturgy of the Hours on their phones through the free iBreviary app. If anyone does not have a smartphone, he or she can certainly look on a neighbor's phone in order to pray. The first week or two will include instruction so that we will all become comfortable praying The Liturgy of the Hours together. I hope to see you there!

Father Frei