



INTRODUCTION TO THE LITURGY OF THE HOURS

August 10, 2026 | Monday | 7 PM
Wilson Room - St. Alphonsus Family Center

Have you heard about the Liturgy of the Hours, but thought it was just for clergy and religious? Have you wanted to start praying it, but just didn't know where to start?

Come learn more about what the Catechism of the Catholic Church calls "the prayer of the whole People of God" (1175) and how it can sanctify each part of your day. Members of the Men's Group will be giving a short presentation on the Liturgy of the Hours, also known as the "divine office."

All are welcome!