

LITURGY OF THE HOURS P SEP



The *Liturgy of the Hours*, also known as the *Divine Office*, is the daily prayer of the Church worldwide, “marking the hours of each day and sanctifying the day with prayer” (USCCB). “Together with the Mass, the practice of the Divine Office constitutes the official public prayer life of the Church. The Office also forms the basis of prayer within Christian monasticism” (*Divine Office*, Catholic Encyclopedia).

“The Office, along with the Eucharist, has formed part of the Church's public worship from the earliest times. Early Christians continued the Jewish practice of reciting prayers at certain hours of the day or night. The Christian prayer of that time consisted of recital or chanting of psalms and Old Testament readings, to which were soon added readings of the Gospels, Acts and epistles, and canticles” ([USCCB).

Beginning June 3, St. Mary’s Parish is instituting the regular practice of the Office in the nave of the church on Mondays and Wednesdays, with Morning Prayer at 8:30AM and Mid-Day Prayer at 11:30AM.

Please join in this sacred time with our Lord in daily communion with our sisters and brothers around the world.

For More Information Please Contact

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