

Liturgy of Hours- Divine Office

Rev. Father Carmen Malacari invites you to join in praying with the Universal Church, the Liturgy of Hours. The Mundelein Psalter at Holy Spirit will be used

- What is the Divine Office/Liturgy of Hours?: It is the Church's response to God's command to "pray always"

- Why pray the Liturgy of Hours?

1. You get both the daily scripture reading and prayer done at the same time.
2. It takes less than 10 minutes each for the hours of Morning (Lauds), Evening (Vespers), and Night prayer (Compline) if reading by yourself.
3. If you cannot get to Daily Mass, it's the best substitute.
4. By praying the Divine Office, you are joining in the universal prayer of the Church which is being offered (for the Salvation of Souls) by your brothers and sisters in Christ all over the world.
5. You will be praying the exact same prayers that the Pope, Bishops, Religious and other Secular/Lay Orders pray each day.
6. You will be participating in a tradition that is nearly as old as the Church itself.
7. It is a way to memorize lots of Scripture (especially the Psalms).
8. You will establish the pattern for daily prayer
9. You will acquire a vocabulary that includes words like breviary, laud, vespers, compline, Te Deum, antiphon...
10. You will be praying "with the same words used by Jesus, present for millennia in the prayer Israel and of the church" (St John Paul II -Pope)
11. You will be fulfilling the wishes of Pope Benedict XVI -that all Catholics become familiar with the Liturgy of Hours
12. You will be performing a liturgical act joining, your praise to that which, Jesus, the Great High Priest, offers to His Father.

- When will Liturgy of Hours be prayed with Fr Carmen?:

Morning Prayer (Lauds) will be led by Father Carmen, after Daily Morning Mass.

Evening Prayer (Vespers) will be led by Fr Carmen after Wednesday evening Mass.

- Below is an Excellent resource to obtain encouraging teaching tools, details, history etc... The book is entitled "The Everyday Catholic's Guide to the Liturgy of the Hours" by Daria Sockey.

