

Evening Prayer at St. Eugene

Week One: Getting Started with Evening Prayer

“The Liturgy of the Hours, also known as the Divine Office or the Work of God (*Opus Dei*), is the daily prayer of the Church, marking the hours of each day and sanctifying the day with prayer.” (From the USCCB website)

"When evening approaches and the day is already far spent, evening prayer is celebrated in order that 'we may give thanks for what has been given us, or what we have done well, during the day.' We also recall the redemption through the prayer we send up 'like incense in the Lord's sight,' and in which 'the raising up of our hands' becomes 'an evening sacrifice' (see Ps 141:2). This sacrifice 'may also be interpreted more spiritually as the true evening sacrifice that our Savior the Lord entrusted to the apostles at supper on the evening when he instituted the sacred mysteries of the Church or of the evening sacrifice of the next day, the sacrifice, that is, which, raising his hands, he offered to the Father at the end of the ages for the salvation of the whole world.' Again, in order to fix our hope on the light that knows no setting, 'we pray and make petition for the light to come down on us anew; we implore the coming of Christ who will bring the grace of eternal light.' Finally, at this hour we join with the Churches of the East in calling upon the 'joy-giving light of that holy glory, born of the immortal, heavenly Father, the holy and blessed Jesus Christ; now that we have come to the setting of the sun and have seen the evening star, we sing in praise of God, Father, Son, and Holy Spirit...'" (From the General Instruction of the Liturgy of the Hours).

Electronic Resources for Praying the Liturgy of the Hours:

Desktop:

iBreviary.org
Universalis.com

Apple Apps:

i-Breviary
Laudate

Android Apps:

i-Breviary
Laudate

Mini-Prayers from the Liturgy of the Hours

Lord, open my lips and my mouth will proclaim your praise. (Opening of the Invitatory - from Psalm 92:2-3)

God, come to my assistance. Lord, make haste to help me. (Opening prayer - from Psalm 69:2)

May the Lord bless us, protect us from all evil and bring us to everlasting life. (Closing prayer if no Priest or Deacon)

Series Schedule: Sundays at 5:00 PM

2/21 Getting Started with Evening Prayer

3/14 Praying the Psalms

2/28 History and Structure of the Liturgy of the Hours

3/21 Chanting the Evening Prayer

3/7 Introduction to the Book of Christian Prayer

3/28 Keeping the Liturgy of the Hours Going