



## DIOCESE OF SACRAMENTO

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OFFICE OF WORSHIP

# Memo

To: Liturgy directors, DREs  
From: James Cavanagh, Director  
Date: April 8, 2020  
Re: Webinar: Liturgy of the Hours

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### Webinar

Tuesday, April 14, 11:00am – 12 noon

## How to Pray the Liturgy of the Hours

Host: James Cavanagh, Director, Office of Worship

While public Masses are temporarily suspended, the Liturgy of the Hours (LOH) continues because you don't have to be ordained to do it; anyone can do it, anywhere. More importantly, when we pray the LOH we're not engaged in a private devotion, we are actually praying the official *public liturgy of the Church*. While the Mass sanctifies the year, the LOH and its name suggests, sanctifies the day. The LOH, together with the Mass, constitute *The Complete Liturgy* of the Church. So even while public Masses are temporarily suspended, with the LOH, the service of the Church keeps going, even if you're doing it alone. Furthermore, when you pray the Liturgy of the Hours, either alone or with others, you're exercising the common priesthood that belongs by right to all the baptized (1 Peter 2:9). If you'd like to pray the Liturgy of the Hours, but aren't sure how, we'll show you and answer any questions you might have. To join the webinar, click here: <https://zoom.us/j/678527441?pwd=eFZWUnJUeDFyWThraGExMFRFclIKUT09>