



SS. Isidore and Maria Parish

GLASTONBURY, CONNECTICUT

Family Reflection on Evening Prayer Service with Exposition and Adoration of the Blessed Sacrament

Date of Prayer Service: _____ Family Name: _____

The **Liturgy of the Hours** is an ancient, structured way of praying Scripture throughout the day, focusing especially on the Psalms. It hearkens back to the Jewish custom of praying at fixed hours, a practice that Christians continued from early times through medieval ages until today. Its purpose is to sanctify the day and the entire range of human activity by bathing the whole day in prayer.

Evening Prayer is one of five major “hours” of Prayer: Morning, Daytime, Evening, Night, and Office of Readings (any time of day). Saints up and down the ages have prayed the Psalms each day. Mary, Joseph, and Jesus loved and prayed them too! So you’re entering into this same tradition of prayer shared by the greatest men and women in Christian history.

Adoration is the worship of the Eucharist outside of the Mass. The Eucharistic Host is displayed in a **monstrance** on the altar so that all can see and pray in the presence of Christ.

Please have a discussion with your family and share some thoughts on the Prayer Service. Points to consider - the Hymns, the Psalms prayed, the Word of God proclaimed, the celebrant’s remarks, and the stillness spent with the Blessed Sacrament. Once completed, please scan and email the form to donna@isidoreandmaria.org.

