

# LITURGY OF THE HOURS

This web site is located at <http://www.universalis.com/USA/-400/today.htm>

The Liturgy of the Hours (also known as the Divine Office) is the richest single prayer resource of the Christian Church. It provides prayers, psalms and meditation for every hour of every day. It has existed from the earliest times, to fulfill the Lord's command to **pray without ceasing**.

“The purpose of the Divine Office is to sanctify the day and all human activity.”

“The Office is... the prayer not only of the clergy but of the whole People of God.”

The image shows a screenshot of the Universalis website layout with several callout boxes pointing to specific elements:

- Office Liturgy**: Points to the main navigation menu.
- Today's Date**: Points to the date and week information.
- Universalis**: The main title of the website.
- Wednesday 31 August 2011 (wrong day?)**: The current date and week, circled in red.
- Wednesday of week 22 of the year**: The current week of the year.
- Rejoice in God, all the earth: serve the Lord with gladness.**: The opening prayer.
- Office of Readings · Morning Prayer · Evening Prayer · Night Prayer**: The main prayer options.
- Mass · Calendar · Daytime: Terce · Sext · None**: The current prayer options.
- Click here to go to the main Universalis site · United States (change)**: The main site link and location selector.
- Readings & Gospel**: Points to the Mass readings.
- Feast Days**: Points to the calendar.
- Mid Morning, Mid-Day & Afternoon Prayers**: Points to the daytime prayers.

The Mass readings include the Responsorial Psalm for the English-speaking world. They are available in the New American Bible translation for America and in the Jerusalem Bible translation with the Grail psalms for the rest of the world.

In the Liturgy of the Hours, the Grail psalms (as used liturgically in most of the English-speaking world) are included in addition to our own translation. The Jerusalem Bible translation is used for all the scripture readings in the Liturgy of the Hours.