

## **Psalms and Liturgy of the Hours**

Praying the Psalms constitutes the core of the Liturgy of the Hours, the daily common prayer of Benedictines. This course will incorporate study and prayerful reflection of the psalms in the biblical, liturgical dimension of Benedictine prayer. Classes will emphasize the origins and poetic-prayerful nature of the psalms as they offer life-meanings today as faithfully as they have through 3,000 years.

