

The *Little Office of the Blessed Virgin Mary* is one of the liturgical treasures of the Catholic Church. With a history of over one thousand years, it has been prayed by clerics and faithful alike. This beautiful and profound prayer, however, can be somewhat obscure today. *Living the Little Office* remedies this situation, providing a guide, explanation, and aid to understanding and praying the Little Office.

This book is intended primarily for beginners who want a simple explanation of the Psalms involved along with some practical meditations. It follows the order of the Office itself and guides one through the prayers as you pray them. The Scriptural commentary is thorough, yet not overwhelming. Let *Living the Little Office* lead you to a more profound devotion to Our Lady and adoration of the Divine Majesty.



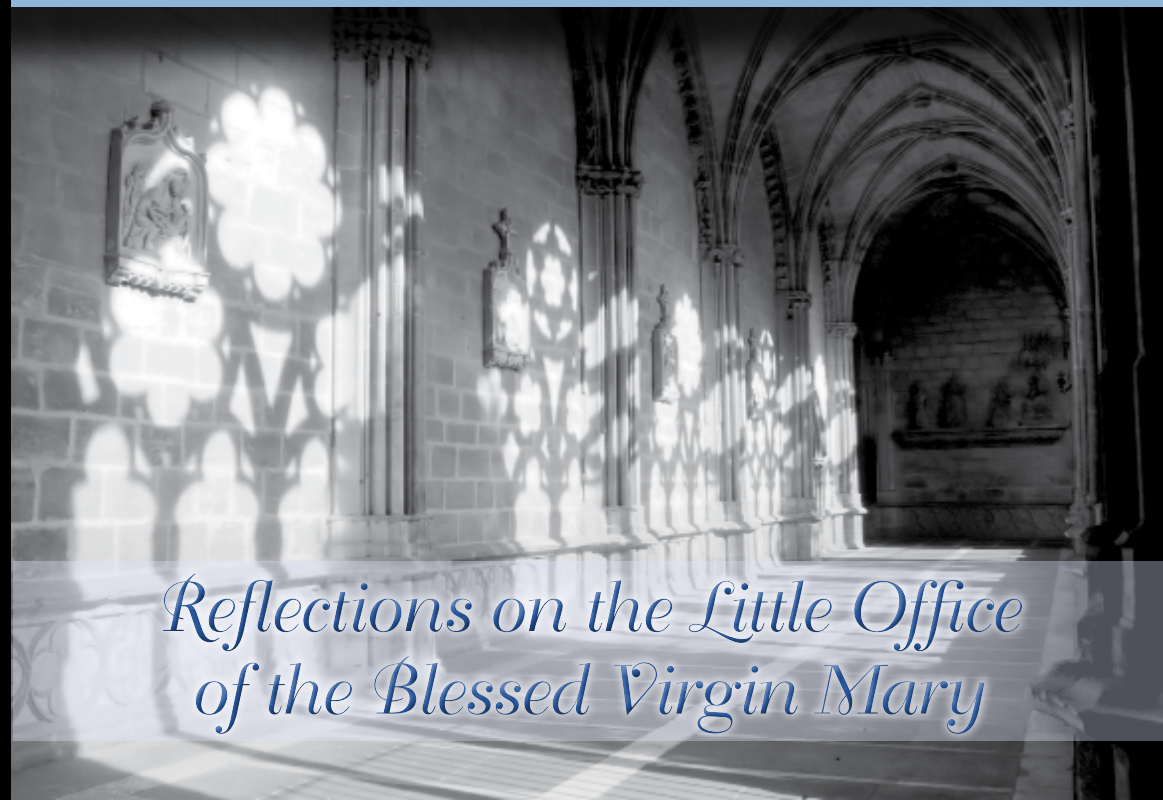
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*Living the Little Office*



# *Living the* LITTLE OFFICE



*Reflections on the Little Office  
of the Blessed Virgin Mary*