

The Domestic Sunday Horarium

Sunday

The most important day of the Liturgical Year is Sunday. Known as the first day of the week, the Lord's Day, and as a "little Easter", Sunday is the primordial feast day celebrating the Paschal Mystery. The celebration of Sunday gives us our identity as Christians.

For most of us, Sunday centres on going to church for Mass and engaging in other activities with community members and family. The rhythm we follow from week to week gives us a sense of belonging, comfort, and purpose.

'Self-isolation' and 'social-distancing' may be new terms for most of us in 2020 but some Christians have been setting themselves apart for centuries. Concerning prayer, Jesus says to all of us: when you pray, go into your room, close the door, and pray to your Father, who is unseen (Matt. 6:6). Monastic life takes this prescription full-time and looking to it for inspiration can help us to express and even strengthen our identity as Christians through our domestic celebration of Sunday.

Monastic Horarium

One of the hallmarks of monastic life is the structure. The monastic timetable, called a horarium, not only has fixed times for communal prayer but also for waking, sleeping, eating, study, work, personal prayer, rest, and recreation. It is not possible to say you became so caught up in your study that you forgot to eat or to recreate at the expense of your work. When the bell rings it is time to move to the next item on the horarium.

This global pandemic has disrupted our usual Sunday observances from gathering for the celebration of the Eucharist and visiting loved ones, to sharing meals and playing games together. Creating a domestic horarium can help you and your family mark the Lord's Day and stay grounded in your Christian identity in this time of flux.

Your Domestic Horarium

Every household is different so the division of the hours should be up to you but these are some elements from the Tradition to integrate:

- Keep consistent times for waking and sleeping
- Change into daytime clothes rather than spending the whole day in pyjamas
- Observe set meal times
- Schedule prayer time, especially at the traditional times of morning and evening.
The Liturgy of the Hours is a public liturgical prayer even for those who are reciting it alone. [Download](#) a family-friendly form of Morning and Evening Prayer for the Sundays in Lent.
- If you live with others, plan time to be alone and to observe silence
- If you live alone, schedule time to connect with others via phone or electronically