



## XLT Holy Hours

September 24th

October 8th

November 5th

January 7th

February 4th

March 4th

April 8th

May 6th

June 3rd

All XLTs are held in the Church at 7:00 PM.

*The holy hour in our modern rat race is necessary for authentic prayer. Our world is one of speed in which intensity of movement is a substitute for lack of purpose; where noise is invoked to drown out the whisperings of conscience; where talk, talk, talk gives the impression that we are doing something when really we are not; where activity kills self-knowledge won by contemplation...*

*- Archbishop Fulton Sheen*