## Thursday 8:40-10:30

The Morning

#### God is here!



Praise Resurrection Joy and Delight Coming of the Light Coming of the Spirit Wind and Flame Breath and blessing Strength and Courage Sacredness of Work

Lauds
Awakening Hour
Awaken to life
within and all
around. Listen to
what is arising.
Give praise

Terce
Blessing Hour
Be mindful that
all work and tasks
are sacred, a gift
for the world.
Breath blessing

## Awakening Liturgy based on Psalm 95:6

#### **Nesting Prayer**

O come...

O come, let us bow down...

O come let us bow down and give thanks...

O come let us bow down and give thanks and be humble...

O come let us bow down and give thanks and be humble, before God, our Maker!

Awakening Body Prayer



# talking to God



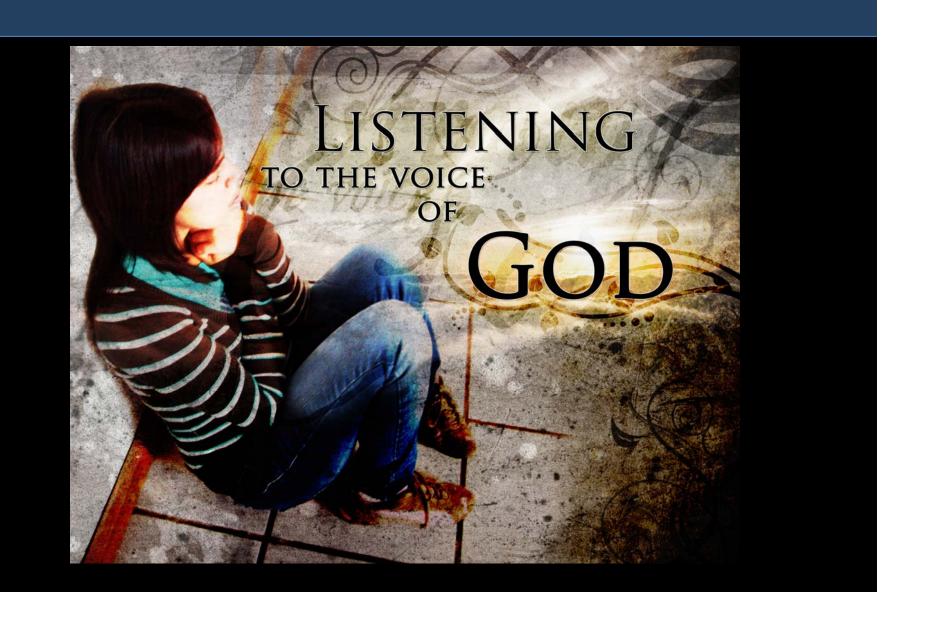
#### **Talking Prayers**

Anger
Laughter
Lamentation

AdorationConfessionThanksgivingSupplication

Life as Prayer. Prayer as Relationship.

Prayer as Communication and Communion.



#### **Listening Prayers**

**S**olitude

Intuition

Listening

**E**mptying

**N**oticing

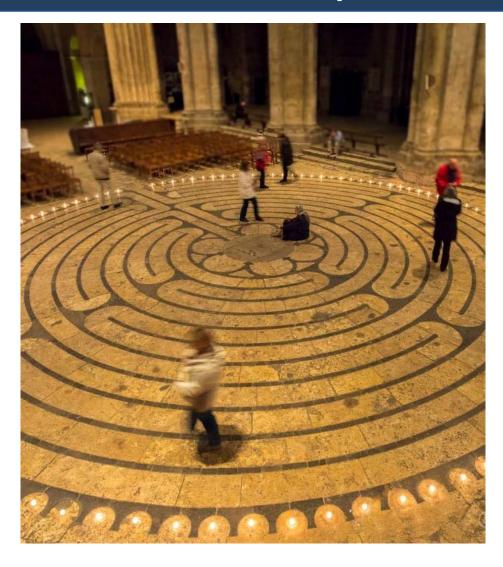
**C**entering

**E**mbracing

Life as Prayer. Prayer as Relationship.

Prayer as Communication and Communion.

# Labyrinths: Doing "something" to make space for "nothing"

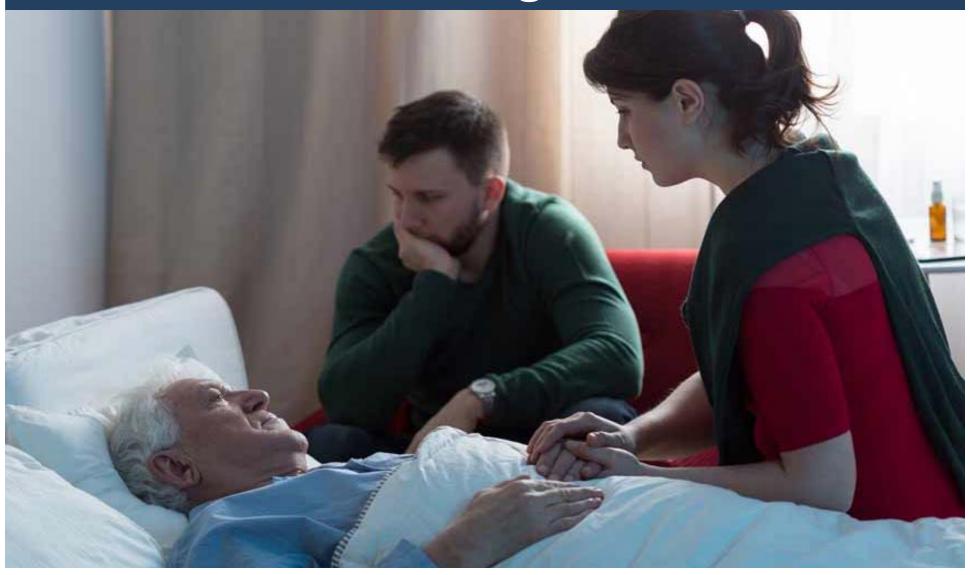




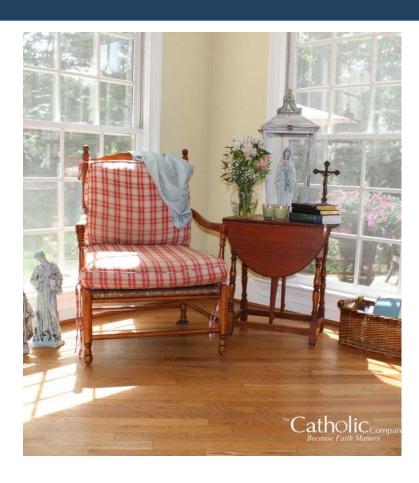
### Contemplative Silence



## Sometimes Being Present is Enough



#### The Importance of Space/Place



A space you prepared

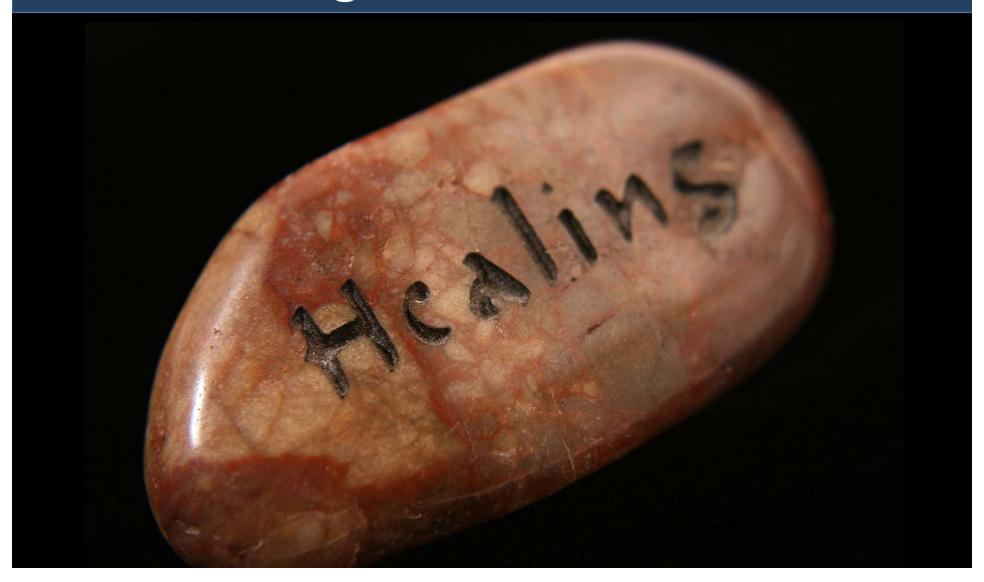
A place you discovered



#### For discussion

- What are the place(s) or space(s) you go to when you want to spend time with God?
- How did this space come to be? Did you create it or discover it?

# Healing A guided exercise



## Vigils Night Watch

Trust in the One who sees without a light and keeps vigil in us

## Lauds Awakening Hour

Awaken to life within and all around. Listen to what is arising.

Give praise

#### Terce Blessing Hour

Be mindful that all work and tasks are sacred, a gift for the world. Breath blessing

### **Compline Great Silence**

Reflect over the day-Examen. See God's presence in all things. Rest

## Living our life in presence

Vespers

#### Twilight Hour

Be drawn into deep gratitude.
Name glimpses of goodness, grace gratitude of day

### None Wisdom Hour

Honor the impermanence of all things.
Learn to release, forgive, let go

#### Sext Illumination

Re-commit to being healers in the world. Pray for light, healing, peace to increase

#### Returning to Our Rule of Life

Reflect on the rhythm of the hours and what they are and offer you.

What did we share that you were attracted to, repelled by, and in between?

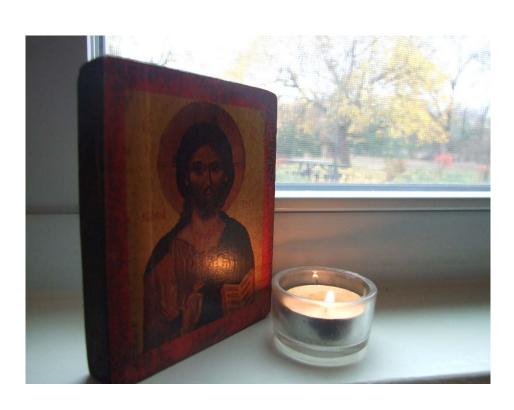
What do you sense God calling you to put into practice to support your spiritual growth?



## Rule of Life "As I go home I hear God calling me to..."

Practices that support my spiritual growth-love of God, self, others and creation. What...Where...Who... Daily... Morning... Midday... Evening... Weekly.... Monthly.... Annually....

#### Closing Prayer



Loving God, In the light of your love, may I see what is important for me to remember, what is important for me to hold to my heart, and what I need simply to let go of in peace. Amen.

#### Closing Blessing

God before us, God behind us. God above us, God beneath us. We on your path, O God. You, O God, on our way. In the twistings of the road, in the winding of the path, be with us by day, be with us by night, be with us by day and by night. Amen

