

**Praying Liturgy of the Hours
A Way of Awareness
Deep listening seven times a day**

The Night Watch, Vigils, prayed Pre-dawn
themes: vigilance, deep listening, mystery,
silence, surrender, trust

Invitation: Deep listening
Wait in silence and holy darkness.
Trust in the One who sees without a light.
Keep vigil with Christ who is always
keeping vigil with you.
Keep vigil with those who wait alone.

The Great Silence, Compline, prayed at Bedtime
themes: silence, rest, sleep, darkness, trust, protection,
personal sorrow, completion, intimacy

Invitations: Completion
Practice an examen over the day.
Keep the 'great silence' from bedtime until waking.
Live without words, speech, noise, images.
Compline is the quiet night prayer of trust in which we
place ourselves in Divine Hands.

Twilight Hour, Vespers, prayed at Dusk
themes: gratitude, praise, serenity, mystery, the lighting of the
lamps

Invitations: Deep gratitude.
Let your heart be drawn into deep gratitude.
Name the glimpses of goodness from the day.
Celebrate the beauty of the hour. See the face of God.
Break the bread of your life with another.
Choose to relax and leave what is unfinished in Eternal Hands.

Awakening Hour, Lauds, prayed at Sunrise
themes: praise and resurrection, joy and delight,
the coming of the light

Invitations: Morning is a call to our resurrection.
Praise the Source of all life.
Breathe and taste the joy of being awake.
Awaken to life within and all around.
Receive the healing light of the dawning day.
Open to the possibilities of the new day.
Listen to what needs to arise in you
so that you may fully alive this day.

Blessing Hour, Terce, prayed Mid-morning
themes: coming of the Spirit, wind, flame, breath, blessing,
the sacredness of work

Invitations: Remember who you are,
God's temples on earth.
Connect to the Holy breathing in the deep places of being.
Affirm your potential to reach out and touch things to life.
See your work as sacred, a gift for the entire world.
Be mindful of the Spirit's abiding presence and that all work
has the potential of becoming love made visible-a blessing.

Hour of Illumination, Sext, prayed at Noon
themes: commitment, passion, courage, faithfulness,
healing, truth, peace

Invitations: "Take heart."
Notice how you are standing before the day.
Connect once again to the divine light that rejuvenates.
Bring awareness to the divine qualities in your own being.
Pray for light, healing and peace to increase in the world.
Recommit to being the light, healing, peace.

Wisdom Hour, None, prayed Late-afternoon
themes: steadfastness, surrender, forgiveness, wisdom,
impermanence, aging, maturing, death, transition

Invitations: Tender seeing
Remember the impermanence of all things.
Put things in order as day begins to fade.
Ask what needs to be kept from the day and released?
Practice forgiving self and others for the mistakes of the day.
Embrace the art of holy surrender and letting go.

