

Prayer

O Blessed Spirit...

Sacred is the pause that draws me into stillness.

Nourishing are the moments when I step away from busyness.

Teach me the wisdom of pausing.

Reveal to me the goodness of stopping to breathe.

Bring to memory the truth that I am the temple out of which you
pour your gifts into the world.

I am the temple from which you sing your songs.

I am the temple out of which you bless.

Enable me to listen to the renewal you are trying to bring about in me
and through me.

May I be reverent with each temple I meet and greet this day.

May all the good that I long for come to pass.

Reflection

How might I pause to give and receive blessing today?

**I hold out my hands to receive the blessings of the moment.
When I remember to pause, blessings appear.**

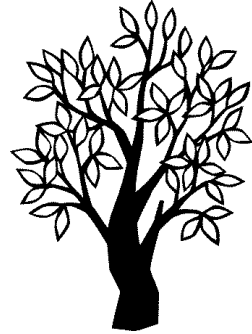
Developed by Julie Stegelmann, Pathways Retreat

Adapted from: Macrina Wiederkehr, *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day*

Blessing Hour, Terce, prayed Mid-morning

**themes: coming of the Spirit, wind, flame, breath,
blessing, strength, courage, sacredness of work**

The blessing hour comes mid-morning and is considered the Spirit's hour. It was in the middle of the morning when the Holy Spirit came upon the waiting disciples with gifts of courage and boldness for ministry. In the mid-morning hour, we are often busy with our work. A break in the middle of our morning's work can help us:



- Remember who we are, God's temple on earth.
- Connect to the Holy breathing in the deep places of our being.
- Affirm our potential to reach out and touch things to life.
- See our work as sacred, a gift for the entire world.
- Bring to mind that all work has the potential of becoming love made visible—a blessing.

The house of God that we are gives a home to our mind, heart, soul, and spirit. It needs frequent renewal, affirmation and blessing. This is our real work place. A short refreshing pause: a deep breath, a glance out the window, a grateful stretch, a remembrance of God, an encouraging word, a smile, a short prayer, a walk around the block, a sip of freshly brewed coffee can open the heart to the Spirit's blessing and to the awareness that all we are and all we do has the potential to become a blessing. When our spirit mingles with Spirit, we are transformed into a temple of God.

**A blessing is not a sentiment or a question;
it is a gracious invocation, a calling forth.**

-John O' Donohue

A Prayer Guide

God's Spirit dwells within you... 1 Cor. 3:16

Opening O Spirit of the Circling Hours.
Work through me that I may be your love poured out.

Song Bless the Lord My Soul, *Taize*

Psalm 67, 84, 103, 121

Reading

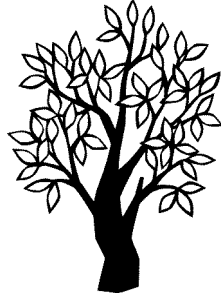
We are all born to be a blessing...There is in everyone a place of goodness and integrity, no matter how deeply buried. When we recognize the spark of God in others, we blow on it with our attention and strengthen it, no matter how deeply it has been buried or for how long. When we bless someone, we touch the unborn goodness in them and wish it well. Those who bless and serve life find a place of belonging and strength, a refuge from living in ways that are meaningless and empty and lonely. Blessing life moves us closer to each other and closer to our authentic selves. When someone is blessed they may discover that their life matters, that there is something in them worthy of blessing. And when you bless others you may discover this same thing is true about yourself. -Rachel Naomi Remen

Hand Blessing

Hold out your hands in gratitude for their many uses. Reach out and touch the things that are near to you. Feel the texture of the things you touch. Look at your hands with reverence, lines, fingerprints, veins, marks and scars. Your hands tell of your unique life journey.

Reflect on the tasks your hands have done and will do this day...
(feeding, dressing, cleansing, holding, opening, touching, receiving)

Bring your hands to a comfortable resting place on your lap or held in a posture of praise.



O Source of Life, you lifted me out of the earth. From your hands I have come. I place my hands in the welcoming hands of your heart and pray for a sweet anointing in this midmorning hour.

Rub oil, lotion or water into your hands and pray:

Holy One,

Anoint my hands with tender awareness.

Anoint my hands with compassionate touch.

Anoint my hands with sacred energy.

Help me to remember my potential to reach out and touch things to life. Give me spirit hands.

O Holy One, anoint these hands and use them for healing all through the day. May it come to pass! -Macrina Wiederkehr

Gather in a circle, holding hands. Feel the sacredness, life, and blessing of one another.

More Blessing Practices & Prayers

Breathe in Nature

Nature is a great source for healing and grounding. With feet on the ground, breathe in deeply, imagining your feet are long roots running into the earth. Breathe in earth energy. Breathe it out all around.

Blessing Body

Kiss your wrist and say the words "good flesh" to remind yourself that your body is a temple of God. -spiritualityandpractice.com

Blessing Another

Rub oil or lotion into the palm of another's hand in a circular motion. Massage oil down each finger. Massage oil into the forearm. Then gently pull and stretch down the arm, hand, fingers. Hold their hand in yours and pray a silent blessing. Repeat with their other hand.