

Poem

I will believe the truth about myself
no matter how beautiful it is:
I believe in my power
to transform indifference into love.
I believe I have an amazing gift
to keep hope alive in the face of despair.
I believe I have the remarkable skill
of deleting bitterness from my life.
I believe in my passion to speak the truth
even when it isn't popular.
I believe I have the strength of will
to be peace in a world of violence.
I believe in my miraculous capacity
for unconditional love.
I believe in my budding potential
to live with a nonviolent heart.
I will believe the truth about myself
no matter how beautiful it is.

Reflection

Bring awareness to your goodness and potential.
I believe in my...I believe I have...

Hour of Illumination, Sext, Prayed at Noon

**themes: commitment and passion, courage and faithfulness,
healing, truth, and peace**

During the noon hour all things are illuminated as the sun reaches its peak. Midday is the brightest moment of the day. The intensity of the sun's shining can be a symbol for our spiritual lives. The noon hour holds hidden invitations:



- “Take heart” and notice how you are standing before the day- with an open heart, hopeful spirit, and healthy acceptance of self and others or battling what is sometimes called the noonday devil, the voice of apathy, negativity, discouragement.
- Connect once again to the divine light that rejuvenates and energizes that which has grown cold.
- Bring to awareness the divine qualities in your own being that enables you to shine on others, offering them warmth and hope.
- Pray for light, healing and peace to increase in your life and the life of the world.

Just as Jesus embraced the cross at this hour, we recommit to be a light, to give our lives away. Mahatma Gandhi said, “We must be the change we wish to see.” We can be the peace. We can be the light. We can be the healing for we have come from the brightness of God!

**From the center of my soul, a flower grows inside me,
a love that makes me whole, a budding love that sets me free.
-Marilyn von Waldner**

Prayer Guide

You are the salt of the earth...You are the light of the world.

Matthew 3:13-14

Opening

In this hour of noonday sun, let us bow to each other & pray for peace.

Let us be the peace.

Contemporary Psalm

Take heart. In this hour of opposites
between the waxing and the waning
we pause to remember who we are:
birth givers, peace keepers,
joy bringers, light bearers.

Take heart. We are the light of the world.

In this hour of illumination

Let us shine into the broken places
with our very own Christ-light.

Take heart. We can be the peace,
we can be the healing, we can be the Christ
Trailing clouds of glory, we have come
from the brightness of God!



Pause to notice how you are standing before the day...Bring awareness to your goodness and potential.

Psalm 24, 33, 34

Song Dona Nobis Pacem

Intercessory Prayer (*Ring bell after each intercession*)

For light, healing, and peace to increase

within our world...

within our communities...

within the lives of those we love...

within the lives of those we find hard to love...

within our own lives...

Lord's Prayer (version of choice)

Prayer

O Luminous Face of God,

In this hour of no shadows, gather us and our prayers
into the guesthouse of your great heart and enable us to see all that
waits for us in the brightness of your presence. Heart of Our Hearts,
teach us to take heart at this high noon moment. Restore our courage
and create in us nonviolent hearts that we may better serve your
people. In the name of Jesus who asked us to take heart. Amen.

More Illuminating Practices & Prayers

Gather the Peace of Creation

Open your heart to receive the original peace of creation.

Gather the deep peace of the earth and ground...bend down

Gather the deep peace of the heavens and cosmos...reach up

Receive it into your being...draw it into your being.

Stand in the Midday Sun

The noonday sun has healing resources. Go outside for a few minutes
and stand in the sun. Sense the sun's energy entering all the places
where you need vitality and rejuvenation.

Mindful Eating

Before you eat pause and allow your body to feel hunger & gratitude.
Eat slowly. Taste your food. Be present to the color, aroma, texture.
Mutually bless others as you share the meal together. Linger. Listen.
Laugh.

Hindu Prayer for Peace

Lead us from death to life, from falsehood to truth.

Lead us from despair to hope, from fear to trust.

Lead us from hate to love, from war to peace.

Let peace fill our hearts, our world, our universe.