

# Living our life in presence

## **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

## **Sext**

### **Illumination**

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

## **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