

Awakening Hour
Tuesday Morning
8:00-8:30am



Turning of the Hour Glass

Welcome

Welcome to the Awakening Hour, the first hour of prayer. Rooted in the ancient tradition of praying the hours, we gather to awaken to awareness of our Eternal God. With psalm and silence and we practice presence, sitting in the presence of God just as we are and awakening to our own presence and to the presence of Divine Love already at home within.

Lighting of the Candle

We light a candle recognizing God is here. We are here.

Psalm

Read the lectionary psalm through once.

Ringling the Bowl to Enter Silence

As the singing bowl rings, we enter into silence for 20 minutes.

Ringling the Bowl to Leave the Silence

Prayer with Body

Praise: *Raise arms straight up overhead; posture of praise*

Radiant God, Source of all life, we praise you...all that we are and all that we have is a gift from you, *pause*

Welcome: *Face East, lower arms, holding them straight out in front; posture of welcome*
We welcome the healing light and gift of this new day...we stand in your welcome, *pause*

Gratitude: *Bring hands together over heart; posture of gratitude*

We take into our being your sustaining goodness...the gifts of healing, forgiveness, new life...the gift of relationships with others, *pause*

Openness: *Hold arms out to sides, forming a cross; posture of openness*

We stand before this day, what is and what will be with an open heart...and with an open heart we dwell in possibility, *pause*

Blessing: *Bring hands together in prayer posture, touch heart, lips, forehead, then raise arms up overhead and release them to your sides; posture of blessing*

Shine your radiant dawn in our hearts, upon our lips, through our minds that we may in turn shine on others this day. (Ps.67)

Adoration: *Bow at the waist or on the ground in child's pose; posture of adoration* We bow in adoration of your divine life within all. Amen.