



This Bonnevaux Daily Prayer booklet can be used by individuals and groups as well as for retreats and other special events. We recommend it in all these ways for unifying meditators around the world. It can be photocopied or printed for these purposes but cannot be published as we do not have legal permissions.

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01

BOOKLET STRUCTURE & INTRODUCTION

The daily prayer is a practical way to shape each day in a balance of action and contemplation.

BOOKLET STRUCTURE

This booklet has four main sections:

Intro

The explanation of how the booklet is structured followed by the Introduction by Father Laurence Freeman, OSB..

Intro

Verses, Prayers, Canticles and Chants

01 In this section you will find the **Verses, Prayers, and Canticles** common to the opening and closing of each of the hours of prayer. We have included suggested **Chants** which you may know or find online.

Daily Liturgy of Hours

The Daily Liturgy of Hours: Psalms, Gospel, and Readings.

02

Information & References

03 In this section we have included other information you may find useful in building a contemplative life and the references of readings included.

At Bonnevaux

- Psalms and Readings are read by a single reader in a slow, meditative way so that all can listen and ruminate. We recommend they be done in this manner whenever done in community,
- Verses and Prayers (such as opening/closing verse, opening/closing prayer, Glory be, Our Father etc.) are responded to in the same slow pace set by the Prayer leader when done in community.
- The Moment of Silence following the Gospel reading in the morning is 2 minutes.
- Other Moments of Silence are 1 minute.
- Moments of Pause are a bit shorter.
- It is suggested that both pause and silence be integrated into one's personal practice.

LITURGY OF HOURS

The liturgical week traditionally begins and ends on Saturday evening. This booklet is based on a four-week cycle which can be repeated. Each day contains three main prayer times: morning, midday, and evening. The simple structure of each of these moments of prayer is as follows:

Morning	Midday	Evening
<i>Opening verse</i> Silence		<i>Opening verse</i> Silence
<i>Chant</i> Silence	<i>Opening verse</i> Silence	<i>Chant</i> Silence
<i>Psalm</i> Silence	<i>Chant</i> Silence	<i>Psalm</i> Silence
A Reading (Sister Tradition) Silence	<i>Psalm</i> Silence	A Reading (Sister Tradition) Silence
<i>Opening Prayer</i> Meditation Pause	A Reading (John Main) Silence	<i>Opening Prayer</i> Meditation Pause
<i>Gospel</i> Silence	<i>Opening Prayer</i> Meditation Pause	<i>Magnificat-Canticle of Mary</i> Pause
<i>Benedictus- Canticle of Zechariah</i> Pause	A Reading (Christian Contemplative) Silence	Intercessions
<i>The Lord's Prayer</i> Silence	<i>Closing Verse</i>	<i>The Lord's Prayer</i> Silence
<i>Closing verse</i>		<i>Closing Verse</i>

INTRODUCTION

WRITTEN BY

LAURENCE FREEMAN

This booklet of prayer has been prepared by oblates of the WCCM based on the daily liturgy of hours used at Bonnevaux, the international home of the World Community for Christian Meditation. It is part of a varied tradition of 'breviaries' over the centuries, but reflects the abiding sense of the importance of punctuating daily life with 'strong moments' where we pause from activity and, with sacred writings, enter into silence.

Although it can be used and adapted by anyone according to their needs, this is especially a prayer book for Christian meditators. Each hour of prayer integrates a period of silent meditation with readings within a basic frame that has been developed over generations.



This is a practical way to shape each day in a balance of action and contemplation. The readings selected are shorter than in ordinary breviaries because of the meditation period. They are meant to be read with more than usual attention, more slowly and, importantly, with periods of silence between them. These periods of silence should be observed at their suggested length (one minute or two minutes after the morning Gospel reading). This format is designed to slow one down in preparation for meditation.

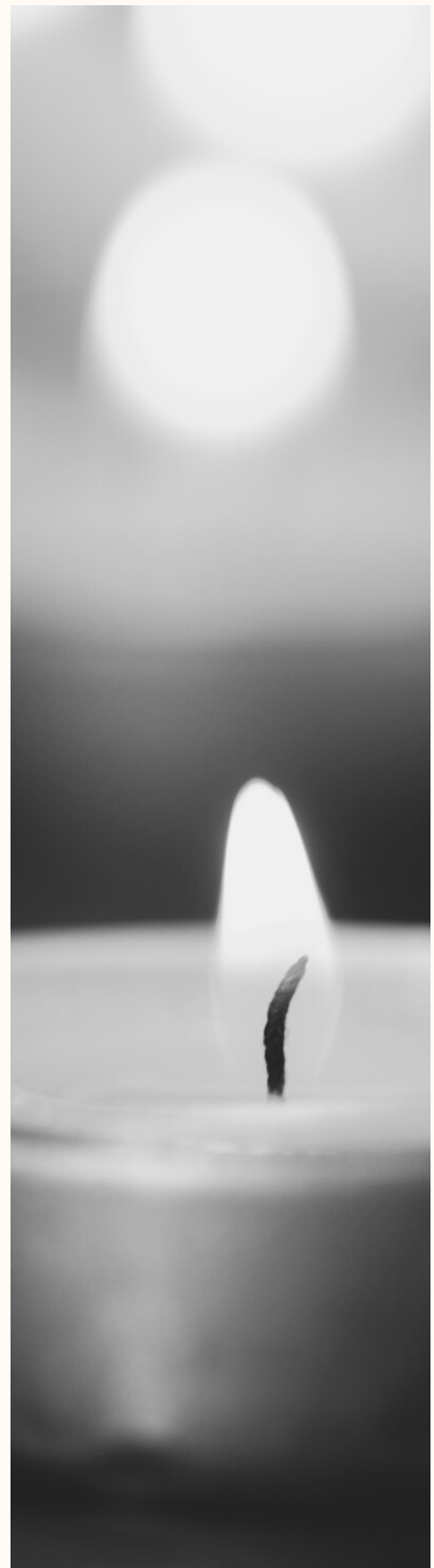
These hours of prayer were, in later times, seen as a public praise. This is true: all we do should praise God just as we should 'pray continually.' The emphasis in this format, however, is on the readings as *lectio divina*. This means attentive spiritual reading of a sacred text in which the taste of its richness comes more from pondering it in the heart than analysing it in the head – certainly not by a mechanical saying of the words in a state of general distraction. The desert monks spoke of it as rumination or 'chewing the word'. *Lectio* is a particular practice of prayer in the Christian tradition and is innately related to the practice of meditation.

Also, there are different kinds of meditation, some being more discursive and imaginative, but which also lead one into 'pure prayer.' Meditation in the Bonnevaux liturgy is, as taught by early Christian monks, a way of putting the teaching of Jesus on prayer into personal practice.

It seems that the liturgies of the desert monks linked these two practices with periods of silence between the readings. This link was apparently dropped in the rule of St Benedict, although he also emphasizes the central importance of the silence of the heart. The use of two canticles, the Benedictus in the morning and the Magnificat in the evening, is very ancient and are included in this format after the meditation periods.

At Bonnevaux we use only one psalm for each time of prayer. It is read by a single reader in a slow, ruminative way. In Bonnevaux we meditate for thirty minutes. Twenty minutes is often felt to be a minimum in order to achieve a degree of mental silence and stillness.

In the morning and evening, we include texts from sister faith traditions. Christians are, of course, primarily nourished by biblical reading, but may also be enriched by sacred texts from other faiths.



02

VERSES, PRAYERS AND CANTICLES

May this silence be a power to
open the hearts of men and
women to the vision of God
and so to each other, in love and
peace, justice and human dignity.

VERSES, PRAYERS AND CANTICLES

OPENING VERSE

V: O God, come to my assistance.

R: O Lord, make haste to help us.
 Glory be to the Father and to the Son
 and to the Holy Spirit,
 as it was in the beginning, is now, and
 ever shall be, world without end. Amen.

OPENING PRAYER (before meditation)

R: Heavenly Father, open our hearts
 to the silent presence of the spirit of
 your Son. Lead us into that mysterious
 silence where your love is revealed to
 all who call. Maranatha. Come, Lord
 Jesus.

MORNING

Benedictus (Canticle of Zechariah)

Blessed be the Lord, the God of Israel!
 He has visited his people and redeemed
 them.
 He has raised up for us a mighty saviour
 In the house of David his servant,
 As he promised by the lips of holy people,
 Those who were his prophets from of old.
 A saviour who would free us from our foes,
 From the hands of all who hate us.
 So his love for our fathers is fulfilled
 And his holy covenant remembered.
 He swore to Abraham, our father, to grant us
 that, free from fear,
 and saved from the hands of our foes,
 we might serve him in holiness and justice
 all the days of our life in his presence.
 As for you, little child,
 you shall be called a prophet of God,
 the Most High.
 You shall go ahead of the Lord
 To prepare his ways before him.
 To make known to his people their salvation
 Through forgiveness of all their sins,
 The loving-kindness of the heart of our God
 Who visits us like the dawn from on high.
 He will give light to those in darkness,
 Those who dwell in the shadow of death,
 And guide us into the way of peace.

EVENING

Magnificat (Canticle of Mary)

My soul glorifies the Lord,
 my spirit rejoices in God, my
 Saviour.
 He looks on his servant in her
 lowliness;
 henceforth all ages will call me
 blessed.
 The Almighty works marvels for me.
 Holy his name!
 His mercy is
 from age to age, on those
 who fear him.
 He puts forth
 his arm in strength
 and scatters the proud-hearted.
 He casts the
 mighty from their thrones
 and raises the lowly.
 He fills the
 starving with good things,
 sends the rich away empty.
 He protects
 Israel, his servant,
 remembering his mercy,
 the mercy
 promised to our ancestors,
 to Abraham
 and his children for ever.

VERSES, PRAYERS AND CANTICLES

THE LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.



CLOSING VERSE

V: May the Divine assistance remain always with us.

R: And with our absent brothers and sisters. Amen.

WCCM PRAYER

May this community be a true spiritual home for the seeker, a friend for the lonely, a guide for the confused.

May those who pray here be strengthened by the Holy Spirit to serve all who come and to receive them as Christ Himself.

In the silence of this Community may all the suffering, violence and confusion of the world encounter the power that will console, renew and uplift the human spirit.

May this silence be a power to open the hearts of men and women to the vision of God, and so to each other, in love and peace, justice and human dignity.

May the beauty of the divine life fill this community and the hearts of all who pray here with joyful hope.

May all who come here weighed down by the problems of humanity leave giving thanks for the wonder of human life.

We make this prayer through Christ our Lord. Amen.



03

CHANTS

Calm me Lord as you
calm the storm.

CHANTS

The following are some of the chants available. You may want to use these or the instrumental versions during prayer. We suggest you prepare a playlist with your favorites in the language of your choice. Please forgive us if we have left out any language.

English

Sing alleluia to the Lord
(Taizé)

Calm me Lord as you calm the storm
(Margaret Rizza)

Chinese

泰澤: 赞美我上主 (Zanmei wo Shangzhu)

French

Ô toi, l'au-delà de tout
(Taizé)

German

Behüte mich Gott
(Taizé)



Greek

Exomologisthe to Kyrio
(Taizé)

Italian

Il signore ti ristora
(Taizé)

Latin

Laudate omnes gentes
(Taizé)

Ubi Caritas
(Taizé)

Polish

Przybądź Duchu Boży
(Taizé)

Portuguese

Cantarei ao Senhor
(Taizé)

Russian

Alleluia Slava Tiebie Boze

Spanish

Nada te turbe, nada te espante
(Taizé)

Tagalog

Sa Pagmamahal naroroon ang
Diyos (Taize)

04

DAILY LITURGY WEEK 1

So do not worry about
tomorrow: tomorrow will
take care of itself. Each
day has enough trouble
of its own.

SATURDAY

EVENING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 132-133

How good and how pleasant it is
for brothers and sisters dwelling
in unity!

It is like the dew of Hermon
which falls on the heights of
Sion.

For there the Lord gives his
blessing, life forever.

O come, bless the Lord,
all who serve the Lord,
who stand in the house of the
Lord,
in the courts of the house
of our God.

Lift up your hands to the holy
place
and bless the Lord through the
night.

May the Lord bless you from
Sion,
he who made both heaven and
earth.

Silence (1 minute)



A Reading from the Katha Upanishad

Who sees the many and not the one,
wanders on from death to death. Even
by the mind this truth is to be learned:
there are not many but only one.

Who sees the variety and not the unity,
wanders on from death to death. The
soul dwells within us, a flame the size
of a thumb. When it is known, the Lord
of the past and the future then ceases
all fear: This in truth is That.

Like a flame without smoke, the size of
a thumb, is the soul; the Lord of past
and future, the same both today and
tomorrow: This in truth is That.

As water raining on a mountain ridge
runs down the rocks on all sides, so
the one who only sees variety of things
runs after them on all sides. But as pure
water raining on pure water becomes
one and the same, so becomes the soul
of the sage who knows.

Silence (1 minute)

Opening prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse



SUNDAY

MORNING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 94

Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving
thanks,
with songs let us hail the Lord.
A mighty God is the Lord,
a great king above all gods.
In his hands are the depths of the
earth; the heights of the mountains
are his.
To him belongs the sea,
for he made it
and the dry land shaped by his
hands.
Come in; let us bow and bend low;
let us kneel before the God who
made us
for he is our God and we
the people who belong to his
pasture,
the flock that is led by his hand.
O that today you would listen to his
voice!
Harden not your hearts as at
Meribah, as on that day at Massah
in the desert
when your fathers put me to the
test;
when they tried me, though they
saw my work.

Silence (1 minute)

A Reading from the Dhammapada

Don't think lightly of evil, saying
inwardly, 'This will not bring me
sorrow.'

Even by the falling of tiny
waterdrops, a water pot is filled.

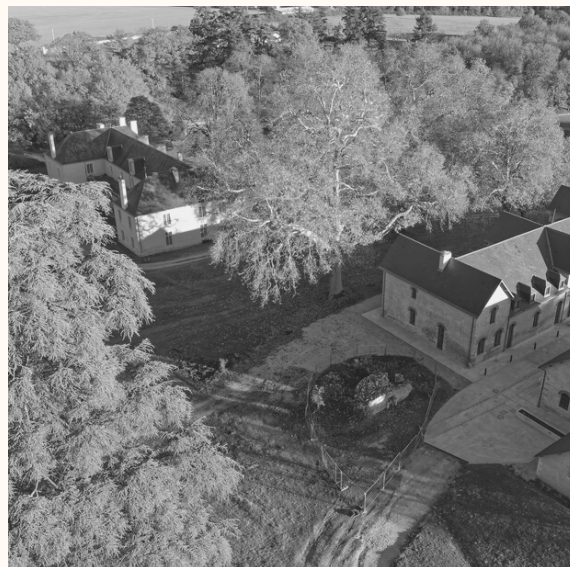
Fools become full of evil,
Even if they gather it little by little.
Don't think lightly of good, saying
inwardly, 'This will not bring me
happiness.'

Even by the falling of tiny
waterdrops, a water pot is filled.

Wise ones become full of good,
even if they gather it little by little.
(chapter IX, verse 121)

Silence (1 minute)

Opening Prayer
Meditation
Pause



SUNDAY

MORNING PRAYER

Gospel

Matthew 6:25-34

That is why I am telling you not to worry about your life and what you are to eat, nor about your body and how you are to clothe it. Surely life means more than food, and the body more than clothing! Look at the birds in the sky. They do not sow or reap or gather into barns; yet your heavenly Father feeds them. Are you not worth much more than they are? Can any of you, for all his worrying, add one single cubit to his span of life? And why worry about clothing? Think of the flowers growing in the fields; they never have to work or spin; yet I assure you that not even Solomon in all his regalia was robed like one of these. Now if that is how God clothes

the grass in the field which is there today and thrown into the furnace tomorrow, will he not much more look after you, you men of little faith?

So do not worry; do not say, 'What are we to eat? What are we to drink? How are we to be clothed?'

It is the pagans who set their hearts on all these things. Your heavenly Father knows you need them all. Set your hearts on his kingdom first, and on his righteousness, and all these other things will be given you as well.

So do not worry about tomorrow: tomorrow will take care of itself. Each day has enough trouble of its own.

Silence (2 minutes)

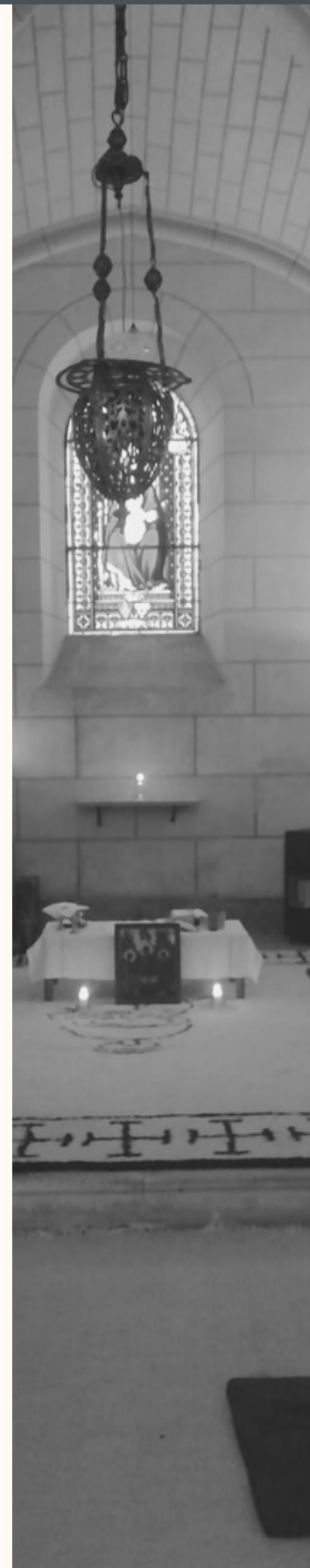
Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



SUNDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Aleph (A) I

They are happy whose life is blameless,
who follow God's law!
They are happy who do his will,
seeking him with all their hearts,
who never do anything evil
but walk in his ways.
You have laid down your precepts
to be obeyed with care.
May my footsteps be firm to obey
your statutes.
Then I shall not be put to shame
as I heed your commands.
I will thank you with an upright
heart
as I learn your decrees.
I will obey your statutes;
do not forsake me.

Silence (1 minute)



A Reading from John Main

Some more fortunate people might start to meditate while still in the stage of innocence, but most begin with a sense of having lost something that they must recover. Often we have an urgent sense that our essential survival depends on our finding our way back to that innocence. The marvel of the journey within, however, is that we recover something much greater than what was lost.

Silence (1 minute)

Opening Prayer
Meditation
Pause

A Reading from Julian of Norwich

Our prayer brings great joy and gladness to our Lord. He wants it and awaits it. So he says this, 'Pray inwardly, even though you feel no joy in it. For it does good, though you feel nothing, yes, even though you think you cannot pray. For when you are dry and empty, sick and weak, your prayers please me, though there be little enough to please you. All believing prayer is precious to me.'

Silence (1 minute)

Closing Verse



SUNDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 22

The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the
pastures
where he gives me repose.
Near restful waters he leads me,
to revive my drooping spirit.
He guides me along the right
path; he is true to his name.
If I should walk in the valley of
darkness no evil would I fear.
You are there with your crook
and your staff;
with these you give me comfort.
My head you have anointed
with oil; my cup is overflowing.
Surely goodness and kindness
shall follow me
all the days of my life.
In the Lord's own house shall I
dwell for ever and ever.

Silence (1 minute)

A Reading from Rumi

Everything perishes except
God's essence.
When you have died to yourself
and become immersed
in His essence you will never
perish.

Whoever says 'I' and 'we' at the door of
the Divine court will be turned back:
One day a friend knocked at a friend's
door. 'Who are you, O trusted one?'
asked the friend. He answered, 'I!' The
friend said, 'Go away. There is no place
at my table for the raw!'

What, then, will cook the raw and so
save him but separation's fire and
exile's flame?

The poor man left to travel a whole
year and burned in exile from his friend,
And burning he was cooked, and so
returned, and once again drew near to
the friend's house. He knocked at the
door in great fearfulness lest from his
lips discourteous words may fall.

His friend called out, 'Who stands
outside my door?'

He answered, 'It's you at the door, O
friend.'

He replied, 'Come in, now that you are
I. There is no room in this house for
two 'I's. (Masnavi 3052)

Silence (1 minute)

Opening Prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse

MONDAY

MORNING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 117

Alleluia! Give thanks to the Lord for he is good, for his love endures forever.

Let the children of Israel say:
"His love endures forever."

Let those who fear the Lord say:
"His love endures forever."

I called to the Lord in my distress;
he answered and freed me.
The Lord is at my side; I do not fear.

What can people do against me?
The Lord is at my side as my helper;
It is better to take refuge in the Lord
than to trust in people;
Open to me the gates of holiness:

I will enter and give thanks.
This is the Lord's own gate where the just may enter.

Silence (1 minute)

A Reading from the Tao Te Ching

Can you coax your mind from its wandering and keep to the original oneness?

Can you let your body become supple as a newborn child's?

Can you cleanse your inner vision until you see nothing but the light?

Can you love people and lead them without imposing your will?

Can you deal with the most vital matters by letting events take their course?

Can you step back from your own mind and thus understand all things?

Giving birth and nourishing,
having without possessing,
acting with no expectations,
Leading and not trying to control:
this is the supreme virtue.

Silence (1 minute)

Opening Prayer
Meditation
Pause

Gospel

Matthew 5: 13-16

You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men. You are the light of the world. A city built on a hilltop cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lampstand where it shines for everyone in the house. In the same way, your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.

Silence (2 minutes)

Benedictus
Pause

The Lord's Prayer
Silence (1 minute)

Closing Verse



MONDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Beth (B) II

How shall the young remain
sinless?

By obeying your word.
I have sought you with all my
heart;
let me not stray from your
commands.
I treasure your promise in my
heart
lest I sin against you.

Blessed are you, O Lord;
teach me your statutes.
With my tongue I have
recounted
the decrees of your lips.
I rejoiced to do your will
as though all riches were
mine.
I will ponder all your precepts
and consider your paths.
I take delight in your
statutes;
I will not forget your word.

Silence (1 minute)

A Reading from John Main

You have to begin on faith. There is no way that you can, as it were, evaluate what is happening when you begin. You have to begin in faith. But beginning will lead you into faith. You can't, as it were, have a stab at meditating – you say your word for three minutes and then stop to see how you are getting on. You have to learn, and you require patience to learn, to say your word from the beginning to the end, every day.

Where does this tie in, in Christian terms? In Christian terms, we know that God has sent his Spirit to dwell in our hearts. In other words, his being is within us, and meditating is simply being open to his being. Listen to St Paul writing to the Corinthians:

"For the same God who said, 'Out of darkness, let light shine,' has caused his light to shine within us, to give us the light of revelation – the revelation of the glory of God in the face of Jesus Christ." (2 Cor 4:6)

That light and that glory are to be found in our hearts if only we will learn to be still, to be silent, to be humble. That is the exact purpose of the mantra – to lead us to that silence, stillness and humility.

Silence (1 minute)

MONDAY

MIDDAY PRAYER



Opening Prayer

Meditation

Pause

A Reading from Meister Eckhart

As long as someone still feels that it is his will to perform the will of Almighty God, then that person still lacks the kind of poverty of which we speak. For this person still possesses their will, with which they wish to satisfy the will of God, and that is not true poverty. For, if we are to have true poverty, then we must be as free of our created will as we were before we possessed it. I say to you in all truth: as long as you have the will to do God's will, and have a desire for God and eternity, you are not yet truly poor. For a person is only truly poor who wills nothing and desires nothing. As long as a man is so disposed that it is his will with which he would do the most beloved will of God, that man has not the poverty we are speaking about: for that man has a will to serve God's will- and that is not true poverty! For a man to possess true poverty he must be as free of his created will as he was when he was not. For I declare by the eternal truth, as long as you have the will to do the will of God, and longing for eternity and God, you are not poor: for a poor man is one who wills nothing and desires nothing. (Sermon 87)

Silence (1 minute)

Closing Verse

MONDAY

EVENING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 113B

You who fear him,
trust in the Lord;
he is your help and your
shield.

He remembers us, and he will
bless us;
he will bless the sons of Israel.
He will bless the sons of
Aaron.

The Lord will bless those who
fear him,
the little no less than the
great:

to you may the Lord grant
increase,
to you and all your children.

May you be blessed by the
Lord,
the maker of heaven and
earth.

The heavens belong to the
Lord
but the earth he has given to
men.

We who live, bless the Lord
now and forever. Amen.

Silence (1 minute)

A Reading from the Chandogya Upanishad

Know that when the eye looks into
space it is the Spirit of a person that
sees: the eye is only the organ of sight.
When one says 'I feel perfume,' it is the
Spirit that feels: he uses the organ of
smell. When one says 'I am speaking,' it
is the Spirit that speaks: the voice is the
organ of speech. When one says 'I am
hearing,' it is the Spirit that hears: the
ear is the organ of hearing. And when
one says 'I think,' it is the Spirit that
thinks: the mind is the organ of thought.
It is because of the light of the Spirit
that the human mind can see, and can
think, and enjoy this world.

All the gods in heaven of Brahman adore
in contemplation their Infinite Spirit
supreme. This is why they have all joy,
and all the worlds and all desires. And
the person who on earth finds and
knows Atman, their own Self, has all
their holy desires and all the worlds and
all joy.

Silence (1 minute)

Opening Prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse



TUESDAY

MORNING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 88

I will sing forever of your love, O Lord;
through all ages my mouth will proclaim your
truth.

Of this I am sure, that your love lasts forever,
that your truth is firmly established as the
heavens.

The heavens proclaim your wonders, O Lord;
the assembly of your holy ones proclaims your
truth.

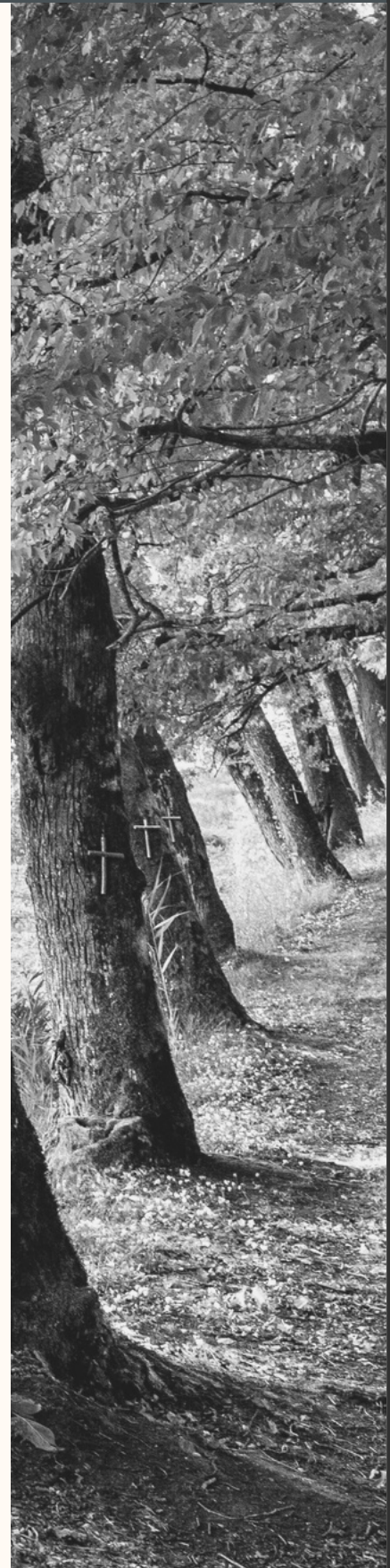
For who in the skies can compare with the
Lord
or who is like the Lord among the sons of
God?

O Lord God of hosts, who is your equal?
You are mighty, O Lord, and truth is your
garment.

It is you who rule the sea in its pride;
it is you who still the surging of its waves.

Happy the people who acclaim such a king,
who walk, O Lord, in the light of your face,
who find their joy every day in your name,
who make your justice the source of their
bliss.

Silence (1 minute)



TUESDAY

MORNING PRAYER

A Reading from the Bhagavad Gita

When the mind is resting in the stillness of the prayer of meditation, and by the grace of the Spirit sees the Spirit and therein finds fulfilment; then the seeker knows the joy of eternity: a vision seen by insight far beyond what the senses can see. The seeker abides and moves not from Truth. The seeker has found the supreme vision of joy and is steady in it. The greatest pain doesn't overcome this. In this union of the Spirit there is liberty, a deliverance from the oppression of pain. This meditation must be followed with faith, with a strong and courageous heart...

Silence (1 minute)

Opening Prayer

Meditation

Pause



Gospel

Matthew 13:1-9

Jesus left the house and sat by the lakeside but such crowds gathered around him that he got into a boat and sat there. The people all stood on the beach, and he told them many things in parables. He said, "Imagine a sower going out to sow. As he sowed, some seeds fell on the edge of the path, and the birds came and ate them up. Others fell on patches of rock where they found little soil and sprang up straight away, because there was no depth of earth; but as soon as the sun came up they were scorched and, not having any roots, they withered away. Others fell among thorns, and the thorns grew up and choked them. Others fell on rich soil and produced their crop, some a hundredfold, some sixty, some thirty. Listen, anyone who has ears!"

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse

TUESDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Gimmel (G) III

Bless your servant and I
shall live
and obey your word.

Open my eyes that I may see
the wonders of your law.

I am a pilgrim on the earth;
show me your commands.
My soul is ever consumed
as I long for your decrees.

You threaten the proud, the
accursed,
who turn from your
commands.

Relieve me from scorn and
contempt
for I do your will.

Though the princes sit
plotting against me
I ponder on your statutes.
Your will is my delight;
your statutes are my
counsellors.

Silence (1 minute)

A Reading from John Main

What Jesus tells us is that there is nothing worse than being half awake (or half asleep). When you sleep, sleep fully and when you are awake, come to full wakefulness. And that is what our meditation leads us to. By becoming wholly present in this moment, in the moment when we say our mantra, we enter into the Eternal Now of God. The principal criticism one might have of contemporary Christians is that we are and have been so slow to understand the full, present magnificence of the invitation that we have to be wholly open to Christ. St. Paul writing to the Corinthians of this invitation to life says, 'It is God Himself who has called you to share in the life of His Son Jesus Christ Our Lord: and God keeps faith.'
(1Cor.1:9)

Silence (1 minute)

Opening Prayer
Meditation
Pause

A Reading from Angela of Foligno

Our condition is most noble, being so beloved of the Most High God that He was willing to die for our sake- which He would not have done if man had not been a most noble creature and of great worth.

Silence (1 minute)

Closing Verse

TUESDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 125

When the Lord delivered
Zion from bondage,
it seemed like a dream.

Then was our mouth filled
with laughter,
on our lips there were
songs.

What marvels the Lord
worked for us!

Indeed we were glad.

Deliver us, O Lord, from
our bondage
as streams in dry land.

Those who are sowing in
tears

will sing when they reap.

They go out, they go out,
full of tears,

carrying seed for the
sowing:

they come back, they come

back, full of song,

carrying their sheaves.

Silence (1 minute)

A Reading from Dhammapada

All that we are is the result of what we have
thought: it is founded on our thoughts, it is
made up of our thoughts.

If we speak or act with an evil thought, pain
follows us as the wheel follows the foot of
the ox that draws the carriage.

If we speak or act with a pure thought,
happiness follows us, like a shadow that
never leaves us.

'He abused me...beat me...defeated
me...robbed me,'

in those who harbour such thoughts hatred
will never cease...

-in those who do not harbour such thoughts
hatred will cease.

For hatred does not cease by hatred at any
time: hatred ceases by love, this is an old
rule.

Silence (1 minute)

Opening Prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse



WEDNESDAY

MORNING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 135

Alleluia!

O give thanks to the Lord for he is good,

for his great love is without end.

Give thanks to the God of gods

for his great love is without end.

Give thanks to the Lord of lords,

for his great love is without end.

Who alone has wrought marvelous works,

for his great love is without end.

Whose wisdom it was made the skies,

for his great love is without end.

who fixed the earth firmly on the

seas,

for his great love is without end.

It was he who made the great lights,

for his great love is without end.

The sun to rule in the day,

for his great love is without end.

the moon and the stars in the night,

for his great love is without end.

He gives food to all living things,

for his great love is without end.

To the God of heaven give thanks,

for his great love is without end.

Silence (1 minute)

A Reading from the Lakota holy man, Black Elk

O Great Spirit,

lean to hear my feeble voice.

At the center of the sacred hoop,

you have said that I should make

the tree to bloom.

With tears running O Great Spirit,

my Grandfather,

with running eyes I must say...

The tree has never bloomed.

Here I stand, and the tree is

withered.

Again I recall the great vision you gave me.

It may be that some little root of the sacred tree still lives...

Nourish it then, that it may leaf

and bloom and fill with singing

birds!

Hear me,

that the people may once again

goback to the sacred hoop,

find the good road,

and the shielding tree.

Silence (1 minute)

Opening Prayer

Meditation

Pause



WEDNESDAY

MORNING PRAYER

Gospel

Matthew 5:1-10

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

"How happy are the poor in spirit; theirs is the kingdom of heaven.

Happy the gentle: they shall have the earth for their heritage.

Happy those who mourn: they shall be comforted.

Happy those who hunger and thirst for what is right: they shall be satisfied.

Happy the merciful: they shall have mercy shown them.

Happy the pure in heart: they shall see God.

Happy the peacemakers: they shall be called sons of God.

Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven."

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



WEDNESDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Daleth (D) IV

My soul lies in the dust;
by your will revive me.
I declared my ways and you
answered;
teach me your statutes.
Make me grasp the way of
your precepts
and I will muse on your
wonders.
My soul pines away with
grief;
by your word raise me up.
Keep me from the way of
error
and teach me your law.
I have chosen the way of
truth
with your decrees before me.
I bind myself to do your will;
Lord, do not disappoint me.
I will run the way of your
commands;
you give freedom to my heart.

Silence (1 minute)

A Reading from John Main

But when we don't achieve everything we would like to achieve, and so often our ideals outstrip our capacity for generosity, we must be humble and, avoiding self-rejection, turn to God and seek new strength, new encouragement in him.

In our relationships with others the greatest teacher is example. 'Let him that has need of less give thanks to God.'

What St Benedict suggests here is that the cheerfulness of our own giving and generosity, our simplicity, our single-mindedness in seeking God, is the best way we have of proclaiming the Kingdom.

Much more powerful than words, much more powerful than criticism of others is our own example. And in all our relationships with others always to follow the rule of gentleness and encouragement.

Silence (1 minute)

Opening Prayer
Meditation
Pause



WEDNESDAY

MIDDAY PRAYER



A Reading from Mechthild of Magdeburg

When are we like God?
I will tell you.
In so far as we
love compassion
and practice it steadfastly,
to that extent
do we resemble
the heavenly Creator
who practices
these things
ceaselessly in us.

Silence (1 minute)

Closing Verse

WEDNESDAY

EVENING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 4

When I call, answer me, O God of justice;

from anguish you released me, have mercy and hear me!

O children of people, how long will your hearts be closed, will you love what is futile and seek what is false?

It is the Lord who grants favours to those whom he loves;

the Lord hears me whenever I call him.

Fear him; do not sin:

ponder on your bed and be still.

Make justice your sacrifice, and trust in the Lord.

"What can bring us happiness?"

many say.

Lift up the light of your face on us, O Lord.

You have put into my heart a greater joy

than they have from abundance of corn and new wine.

I lie down in peace and sleep comes at once

for you alone, Lord, make me dwell in safety.

Silence (1 minute)

A Reading from the Bhagavad-Gita

Completely renouncing all desires arising from thoughts of the world, one should restrain the senses from all sides with the mind.

Slowly and steadily, with conviction in the intellect, the mind will become fixed in God alone, and will think of nothing else.

Whenever and wherever the restless and unsteady mind wanders, one should bring it back and continually focus it on God.

Great transcendental happiness comes to the one whose mind is calm, whose passions are subdued, who is without sin, and who sees everything in connection with God.

The self-controlled seeker, thus uniting the self with God, becomes free from material contamination, and being in constant touch with the Supreme, achieves the highest state of perfect happiness.

Silence (1 minute)

Opening Prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse



THURSDAY

MORNING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 71

O God, give your judgment to the king, to a king's son your justice, that he may judge your people in justice and your poor in right judgment. May the mountains bring forth peace for the people and the hills, justice.

May he defend the poor of the people and save the children of the needy. In his days justice shall flourish and peace till the moon fails.

He shall rule from sea to sea,
from the Great River to earth's bounds.
For he shall save the poor when they cry
and the needy who are helpless. They shall
pray for him without ceasing and bless him
all the day.

Silence (1 minute)

A Reading from the Swetasvatara Upanishad

There is nothing superior to him, nothing different from him, nothing subtler or greater than he.

Alone he stands, changeless, self-luminous; he, the Great One, fills this universe.

Though he fills the universe, he transcends it. He is untouched by its miseries...Those who know him become immortal. Others remain in the depths of misery.

The Lord God, all-pervading and omnipresent, dwells in the heart of all

beings. Full of grace, he gives liberation to all creatures by turning their faces toward himself. He is the Innermost Self. He is the great Lord. He is the Lord. He is the ruler, He is the great Light, shining forever.

Silence (1 minute)

Opening Prayer
Meditation
Pause

Gospel

Matthew 20:24-28

You know that among the pagans the rulers lord it over them, and their great men make their authority felt. This is not to happen among you.

No; anyone who wants to be great among you must be your servant, and anyone who wants to be first among you must be your slave, just as the Son of Man came not to be served but to serve, and to give his life as a ransom for many.

Silence (2 minutes)

Benedictus
Pause

The Lord's Prayer
Silence (1 minute)

Closing Verse



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MEDITATION & COMMUNITY

THURSDAY

MIDDAY PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 118 He (H) V

Teach me the demands of
your statutes
and I will keep them to the
end.

Train me to observe your
law,

to keep it with my heart.

Guide me in the path of
your commands;

for there is my delight.

Bend my heart to your will
and not to love of gain.

Keep my eyes from what is
false;

by your word, give me life.

Keep the promise you have
made

to the servant who fears
you.

Keep me from the scorn I
dread,

for your decrees are good.

See, I long for your
precepts;

then in your justice, give
me life.

Silence (1 minute)

A Reading from John Main

One of the early desert fathers asked a searching question to illustrate the superiority of the community life over the eremitical: 'If you are on your own, whose feet can you wash?'

The community provides us an opportunity for incarnating the love that underlies, permeates and inspires each individual's pilgrimage to the source of that love in his or her own heart.

Turned away from themselves towards each other, they are turned towards that ultimate Other who dwells in their inmost being. A community rooted in this Christ-event of otherness as a living, a present reality opens the possibility of sharing the experience of our redemption by the love of Jesus. It is this participation that creates and strengthens Religious, Christian community. It also bears witness to the world.

Silence (1 minute)

Opening Prayer

Meditation

Pause

A Reading from Hadewijch of Antwerp

Serve nobly, wish for nothing else, and fear nothing else: and let love freely take care of herself!

For love always rewards to the full, even though she often comes late.

Silence (1 minute)

Closing Verse



WCCM
MEDITATION & COMMUNITY

THURSDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 26

The Lord is my Light and my help;
whom shall I fear?
The Lord is the stronghold of my life;
before whom shall I shrink?
There is one thing I ask of the Lord,
for this I long,
to live in the house of the Lord all the days of my life,
to savour the sweetness of the Lord,
to behold his temple.
It is your face, O Lord that I seek;
hide not your face.
Instruct me Lord in your way;
on an even path lead me.

Silence (1 minute)



A Reading from Farid al Din Attar
'A lover', said the hoopoe, now their guide,
'Is one in whom all thoughts of Self have died;
Those who renounce the Self deserve that name;

Righteous or sinful, they are all the same!
Your heart is thwarted by the Self's control;
Destroy its hold on you and reach your goal.

Give up this hindrance, give up mortal sight,
For only then can you approach the light.
If you are told: "Renounce our Faith", obey!
The Self and Faith must both be tossed away;

Blasphemers call such action blasphemy –

Tell them that love exceeds mere piety.
Love has no time for blasphemy or faith,
Nor lovers for the Self, that feeble wraith.

(Conference of the Birds)

Silence (1 minute)

Opening Prayer
Meditation
Pause

Magnificat
Pause

Intercessions

The Lord's Prayer
Silence (1 minute)

Closing Verse

FRIDAY

MORNING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 50

Have mercy on me, God, in
your kindness,
in your compassion blot out my
offence.

O wash me more and more of
my guilt

and cleanse me from my sin.

My offences truly I know them;
my sin is always before me.

Against you, you alone have I
sinned;

what is evil in your sight I have
done.

That you may be justified when
you give sentence
and be without reproach when
you judge.

O see, in guilt was I born, a
sinner was I conceived.

Indeed you love truth in the
heart;

then in the secret of my heart
teach me wisdom.

O purify me, then I shall be
clean;

O wash me, I shall be whiter
than snow.

Silence (1 minute)

A Reading from Rabia al Adawiyya

I am going to light fire in Paradise and
to pour water on to Hell so that both
veils may completely disappear from
the pilgrims and their purpose may be
sure, and the servants of God may see
Him, without any object of hope or
motive of fear.

What if the hope of Paradise and the
fear of Hell did not exist?

...Oh God! If I worship You for fear of
Hell, burn me in Hell, and if I worship
You in hope of Paradise, exclude me
from Paradise.

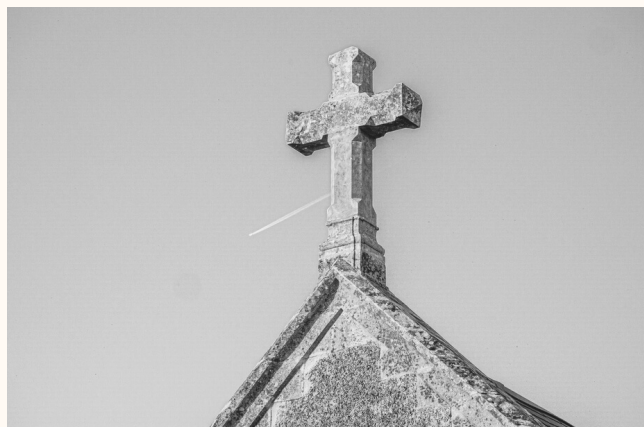
But if I worship You for Your Own
Sake, grudge me not your everlasting
Beauty.

Silence (1 minute)

Opening Prayer

Meditation

Pause



FRIDAY

MORNING PRAYER



Gospel

Matthew 7:1-5

Do not judge, and you will not be judged; because the judgments you give are the judgments you will get, and the amount you measure out is the amount you will be given. Why do you observe the splinter in your brother's eye and never notice the plank in your own? How dare you say to your brother, 'Let me take the splinter out of your eye,' when all the time there is a plank in your own? Hypocrite! Take the plank out of your own eye first, and then you will see clearly enough to take the splinter out of your brother's or sister's eye.

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse

FRIDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Vau (V) VI

Lord, let your love come upon me,
the saving help of your promise.
And I shall answer those who taunt me
for I trust in your word.
Do not take the word of truth from my mouth
for I trust in your decrees.
I shall always keep your law for ever and ever.
I shall walk in the path of freedom
for I seek your precepts.
I will speak of your will before kings
and not be abashed.
Your commands have been my delight;
these I have loved.
I will worship your commands and love them and ponder your statutes.

Silence (1 minute)

A Reading from John Main

The two dangers you must avoid are, first of all, distraction, not allowing your mind to become involved in trivia. The second is that you must not allow yourself to be just nowhere. Prayer is not just floating in space. It is a full and fully conscious entry into the prayer of Jesus. It is in fact having His mind. As St Paul says, 'we possess the mind of Christ.' One of the constantly recurring themes of the Buddhist scriptures is the warning to humanity not to waste life, not to allow life to slip through our fingers until we suddenly become aware that it is all over. Your life is for living. Your life is for coming to full consciousness, full enlightenment. In the teaching of St Paul, we are allowing the light of Christ to shine with its full brilliance in our heart. Meditation is our acceptance of the gift, the gift of life, the gift of Jesus and the self-giving of his spirit, because the gift is infinite, it requires our full attention and complete concentration.

Silence (1 minute)

Opening Prayer
Meditation
Pause

FRIDAY

MIDDAY PRAYER



A Reading from St John of the Cross

What, more do you want, O soul!
And what else do you search for
outside, when within yourself you
possess your riches, delights,
satisfactions, fullness, and kingdom -
your Beloved whom you desire and
seek?

Be joyful and gladdened in your
interior recollection with your Beloved,
for you have your beloved so close to
you.

Desire him there, adore him there. Do
not go in pursuit of him outside
yourself.

You will only become distracted and
wearyed thereby, and you shall not find
him, nor enjoy him more securely, or
sooner, or more intimately than by
seeking him within you.

Silence (1 minute)

Closing Verse

FRIDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 109

The Lord's revelation to
my Master:

"Sit on my right:

A prince from the day
of your birth
on the holy mountains;
from the womb before
the dawn I begot you.

The Lord has sworn an
oath he will not change.

"You are a priest
forever,
a priest like
Melchizedek of old."

Silence (1 minute)

A Reading from the Katha Upanishad

Know the Atman as Lord of a chariot; and the body as the chariot itself. Know that reason is the charioteer; and the mind indeed is the reins. The horses, they say, are the senses; and the paths are the object of sense. When the soul becomes one with the mind and the senses such a person is called 'one who has joys and sorrows'. Those who have right understanding and whose mind is ever steady are the ruler of their life, like a good driver with wild horses.

Those who have understanding are careful and ever pure, and reach the End of the journey, from which they never return.

The one whose chariot is driven by reason, who watches and holds the reins of his mind, reaches the end of the journey, the supreme everlasting Spirit.

Beyond the senses are their objects, and beyond the objects is the mind. Beyond is pure reason, and beyond reason is the Spirit in human beings. Beyond the Spirit in humans is the Spirit of the universe and beyond is Purusha, the Spirit Supreme. Nothing is beyond Purusha: God is the end of the path.

Silence (1 minute)

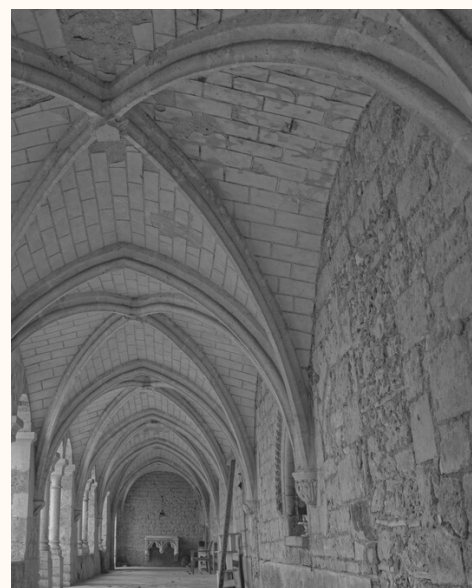
Opening Prayer
Meditation
Pause

Magnificat
Pause

Intercessions

The Lord's Prayer
Silence (1 minute)

Closing Verse



SATURDAY

MORNING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 31

Happy the one whose offence is forgiven, whose sin is remitted. O happy the one to whom the Lord imputes no guilt, in whose spirit is no guile. I kept it secret and my frame was wasted. I groaned all the day long for night and day your hand was heavy upon me. Indeed, my strength was dried up as by the summer's heat. But now I have acknowledged my sins; my guilt I did not hide. I said: "I will confess my offence to the Lord." And you, Lord, have forgiven the guilt of my sin. So let every good person pray to you in the time of need. The floods of water may reach high, but him they shall not reach. You are my hiding place, O Lord; you save me from distress. I will instruct you and teach you the way you should go; I will give you counsel with my eye upon you. Happy the one whose offense is forgiven, whose sin is remitted. O happy the one to whom the Lord imputes no guilt, in whose spirit is no guile.

Silence (1 minute)

A Reading from Bhagavad Gita

Charity given to a worthy person simply because it is right to give, without consideration of anything in return, at the proper time and in the proper place, is stated to be in the mode of goodness.

But charity given with reluctance, with the hope of a return or in expectation of a reward, is said to be in the mode of passion.

And that charity, which is given at the wrong place and wrong time to unworthy persons, without showing respect, or with contempt, is held to be of the nature of nescience.

Silence (1 minute)

Opening Prayer
Meditation
Pause

Gospel

Matthew 5:20-26

Jesus said, "I tell you, if your virtue goes no deeper than that of the scribes and Pharisees, you will never get into the kingdom of heaven. You have learned how it was said to our ancestors: You must not kill; and if anyone does kill he must answer for it before the court. But I say this to you: if anyone is angry with their brother or sister they will answer for it before the court; if someone calls their brother or sister 'Fool' they will answer for it before the Sanhedrin; and if someone calls their brother or sister 'Renegade' they will answer for it in hell fire. So then, if you are bringing your offering to the altar and there remember that your brother or sister has something against you, leave your offering there before the altar, go and be reconciled with them first, and then come back and present your offering."

Silence (2 minutes)

Benedictus
Pause

The Lord's Prayer
Silence (1 minute)

Closing Verse

SATURDAY

MIDDAY PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 118 Zayin (Z) VII

Remember your word to your servant by which you gave me hope.

This is my comfort in sorrow:
that your promise gives me life.

Though the proud may utterly deride me I keep to your law.
I remember your decrees of old
and these, Lord, console me.

I am seized with indignation at the wicked who forsake your law.

Your statutes have become my song in the land of exile.

I think of your name in the night time

and I keep your law.

This has been my blessing,
the keeping of your precepts.

Silence (1 minute)



A Reading from John Main

Here you have the essence of the Rule of St Benedict – to strive for God and to make your spiritual journey the underpinning reality of your life, finding its influence in everything you do, in everything you are. And if you do, the result is peace. Peace in your heart. The monk is above all a person of peace. You as oblates have this great gift to bring to your family and into your lives, this gift of peace. The peace that Jesus tells us is beyond all understanding. It is a peace that is the harmony of order. The Rule of St Benedict for the monastery has as its aim to create a society where there is harmony and order so that the seeking of God may go forward untroubled and unhindered. And so, each of us in our own hearts must try to establish that same harmony and order, that same tranquility and peace for exactly this reason, so that in all our hearts there may be that same tranquil pursuit of God and so that all our lives become truly Godly.



Silence (1 minute)

Opening Prayer

Meditation

Pause

SATURDAY

MIDDAY PRAYER



A Reading from John Cassian

We have to take particular care to follow the Gospel precept that bids us to go into our inner room and shut the door to pray to the Father.

This is how to do it. We are praying in our inner room when we withdraw our heart completely from the clamour of our thoughts and preoccupations, and in a kind of secret dialogue, as between intimate friends, we lay bare our desires before the Lord.

We are praying with our door shut, without opening our mouth, we call the One who takes no account of words but considers the heart. We are praying in secret when we speak to God with the heart alone and with concentration of the soul, and make known our state of mind to Him alone, in such a way that even the enemy powers themselves cannot guess their nature. Such is the reason for the deep silence: it prepares us for deep prayer. (Conferences, IX)

Silence (1 minute)

Closing Verse

05

DAILY LITURGY WEEK 2

In my soul there is a
Temple, a Shrine, a
Mosque, a Church
that dissolve,
that dissolve in God.

SATURDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 106

Alleluia! "O give thanks to the Lord for he is good; for his love endures forever."

Let them say this, the Lord's redeemed, whom he redeemed from the hand of the foe and gathered from far-off lands, from east and west, north and south.

Some wandered in the desert, in the wilderness, finding no way to a city they could dwell in.
Hungry they were and thirsty; their soul was fainting within them. Then they cried to the Lord in their need and he rescued them from their distress and he led them along the right way, to reach a city they could dwell in. Let them thank the Lord for his love, for the wonders he does for men: for he satisfies the thirsty soul; he fills the hungry with good things.

Silence (1 minute)

A Reading from Katha Upanishad
Atman, the spirit of vision, is never born and never dies. Before the spirit there was nothing and the spirit is one for evermore. Never-born and eternal, beyond times gone or to come, the spirit does not die when the body dies.

If the slayer thinks that they kill, and if the slain thinks that they die, neither knows the ways of truth. The Eternal in people cannot kill: the Eternal in people cannot die. Concealed in the heart of all beings is the atman, the Spirit, the Self; smaller than the smallest atom, greater than the vast spaces. The people who surrender their human will leave sorrow behind, and behold the glory of the Spirit by the grace of the Creator. Resting, the Spirit of vision wanders afar; sleeping, the spirit in silence goes everywhere. Who else but my Self can know that God of joy and of sorrows?

Silence (1 minute)

Opening Prayer
Meditation
Pause

Magnificat
Pause

Intercessions

The Lord's Prayer
Silence (1 minute)

Closing Verse



SUNDAY

MORNING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 94

Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving
thanks,
with songs let us hail the Lord.
A mighty God is the Lord,
a great king above all gods.
In his hands are the depths of the
earth;
the heights of the mountains are his.
To him belongs the sea, for he made
it and the dry land shaped by his
hands.
Come in; let us bow and bend low;
let us kneel before the God who
made us for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand. O
that today you would listen to his
voice!
Harden not your hearts as at
Meribah, as on that day at Massah in
the desert when your ancestors put
me to the test;
when they tried me, though they saw
my work.

Silence (1 minute)

A Reading from the Dhammapada

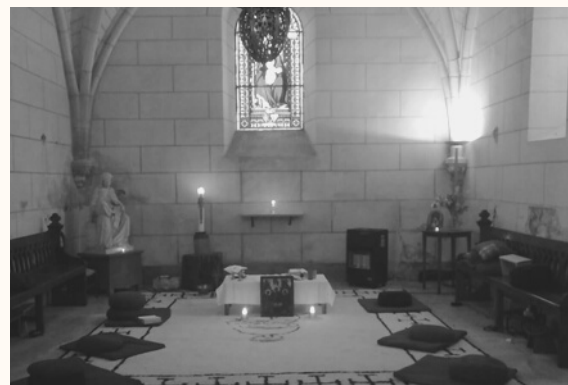
Let us leave aside anger.
Let us forsake pride.
Let us overcome all bondage!
No sufferings befall those
who are not attached to name and
form,
and who call nothing their own.
The one who holds back rising
anger like a rolling chariot,
that one I call a real driver;
other people are but holding the
reins.
Let us overcome anger by love,
Let us overcome evil by good,
Let us overcome the greedy by
generosity, the liar by truth!
Speak the truth, do not yield to
anger; give if you are asked for
little; by these three steps you will
go near the gods. (Chapter XVII.
221-24. Anger)

Silence (1 minute)

Opening Prayer

Meditation

Pause



SUNDAY

MORNING PRAYER

Gospel

Mark 6:30-44

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, "You must come away to some lonely place all by yourselves and rest for a while"; for there were so many coming and going that the apostles had no time even to eat. They went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length. By now it was getting very late, and his disciples came up to him and said, "This is a lonely place and it is getting very late, so send them away, and they can go to the farms and villages around about, to buy themselves something to eat." He replied, "Give them something to eat yourselves." They answered, "Are we to go and spend two hundred denarii on bread for them to eat?" "How many loaves have you?" he asked. "Go and see." And when they had found out they said, "Five, and two fish." Then he ordered them to get all the people together in groups on the green grass, and they sat down on the ground in squares of hundreds and fifties. Then he took the five loaves and the two fish, raised his eyes to heaven and said the blessing; then he broke the loaves and handed them to his disciples to distribute among the people. He also shared out the two fish among them all. They all ate as much as they wanted. They collected twelve basketfuls of scraps of bread and pieces of fish. Those who had eaten the loaves numbered five thousand.

Silence (2 minutes)

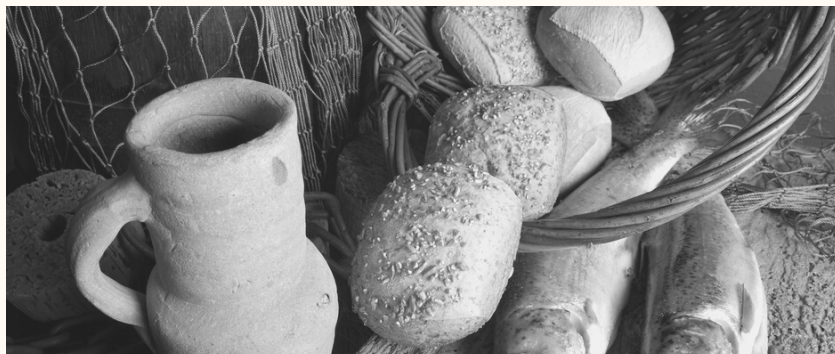
Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



SUNDAY**MIDDAY PRAYER**

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Heth (CH) VIII

My part, I have resolved,
O Lord, is to obey your word.
With all my heart I implore your favour; show the mercy of your promise.
I have pondered over many ways and returned to your will.
I made haste and did not delay to obey your commands.
Though the nets of the wicked ensnared me I remembered your law.
At midnight I will rise and thank you for your just decrees.
I am a friend of all who revere you, who obey your precepts.
Lord, your love fills the earth.
Teach me your statutes.

Silence (1 minute)

A Reading from John Main

The command comes to us from Christ Himself: that those who love God must also love their neighbour. Let us be quite clear what St John is saying, namely that we cannot love God or our neighbour. We love both or neither. And what love means is rejoicing in the otherness of the other because the depth of this awareness is the depth of our communion with the other. In this communion the discovery of our own true self and that of the other is the same discovery.

So, in the people we live with we find not objects to be cast in our own superficial likeness but, much more, we find in them our true selves, for our true selves only appear, only become realized when we are wholly turned towards another.

In meditation we develop our capacity to turn our whole being towards the Other. We learn to let our neighbour be just as we learn to let God be. We learn not to manipulate our neighbours but rather to reverence them, to reverence their importance, the wonder of their being; in other words, we learn to love them.

Silence (1 minute)

Opening Prayer

Meditation

Pause

A Reading from Hildegard of Bingen

I heard a voice saying to me, "This Lady whom you see is Love, who has Her dwelling place in eternity. When God wished to create the world, He leaned down, and with tender Love, provided all that was needed, as a parent prepares an inheritance for a child. And thus, in a mighty blaze the Lord ordained all His works.

Then creation recognized its Creator in its own forms and appearances. For in the beginning, when God said, "Let it be!" and it came to pass, the means and the Matrix of creation was Love, because all creation was formed through Her as in the twinkling of an eye.

Silence (1 minute)

Closing Verse

SUNDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 22

The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the
pastures
where he gives me repose.
Near restful waters he leads
me, to revive my drooping
spirit.
He guides me along the right
path; he is true to his name.
If I should walk in the valley
of darkness
no evil would I fear.
You are there with your crook
and your staff;
with these you give me
comfort.
My head you have anointed
with oil;
my cup is overflowing.
Surely goodness and kindness
shall follow me
All the days of my life.
In the Lord's own house shall
I dwell
For ever and ever.

Silence (1 minute)

A Reading from Rabia Al Basri

In my soul there is a Temple, a Shrine,
a Mosque, a Church where I kneel.
Prayer should bring us to an altar where
no walls, nor names exist!
Is there not a region of love,
where the sovereignty is illumined
nothing,
where ecstasy gets poured into itself
and becomes lost,
where the wing is fully alive
but has no mind or body?
In my soul there is a Temple, a Shrine,
a Mosque, a Church that dissolve,
that dissolve in God.

Silence (1 minute)

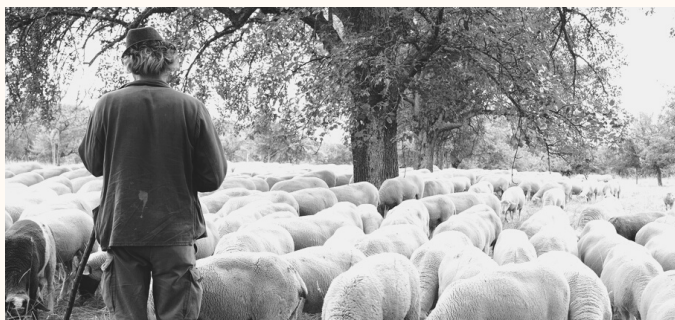
Opening prayer
Meditation
Pause

Magnificat
Pause

Intercessions

The Lord's Prayer
Silence (1 minute)

Closing Verse



MONDAY

MORNING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 39

I waited, I waited for the Lord
and he stooped down to me;
he heard my cry.

He drew me from the deadly
pit, from the miry clay.

He set my feet upon a rock
and made my footsteps firm.

He put a new song into my
mouth, praise of our God.

Many shall see and fear and
shall trust in the Lord.

Happy the one who has
placed his trust in the Lord.

How many, O Lord my God,
are the wonders and designs
that you have worked for us;
you have no equal.

Should I proclaim and speak
of them, they are more than I
can tell!

You do not ask for sacrifice
and offerings, but an open
ear.

You do not ask for holocaust
and victim. Instead, here am I.

Silence (1 minute)

A Reading from Tao Te Ching

My words are easy to understand
and easy to practice.

The world cannot understand,
cannot practice.

My words have basis.

My actions have principle.

People do not understand this.

Therefore they do not understand me.

Those who understand me are few.

Thus I am highly valued.

Therefore the Sage wears plain clothes
but holds jade.

Silence (1 minute)

Opening prayer

Meditation

Pause



MONDAY

MORNING PRAYER

Gospel

Mark 12:28-34

One of the scribes who had listened to them debating and had observed how well Jesus had answered them, now came up and put a question to him, "Which is the first of all the commandments?"

Jesus replied, "This is the first: Listen, Israel, the Lord our God is the one Lord, and you must love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength. The second is this: You must love your neighbor as yourself. There is no commandment greater than these."

The scribe said to him, "Well spoken, Master; what you have said is true: that he is one and there is no other. To love him with all your heart, with all your understanding and strength, and to love your neighbor as yourself, this is far more important than any holocaust or sacrifice." Jesus, seeing how wisely he had spoken, said, "You are not far from the kingdom of God." And after that no one dared to question him anymore.

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



MONDAY**MIDDAY PRAYER**

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Teth (T) IX

Lord, you have been good to your servant, according to your word. Teach me discernment and knowledge for I trust in your commands. Before I was afflicted, I strayed but now I keep your word. You are good and your deeds are good; teach me your statutes. Though proud men smear me with lies yet I keep your precepts. Their minds are closed to good but your law is my delight. It was good for me to be afflicted, to learn your statutes. The law from your mouth means more to me than silver and gold.

Silence (1 minute)

A Reading from John Main

It often seems as if we rush through life at such high speed while in our heart there is the essential interior flame of being. Our rushing often brings it to the point of extinction. but when we sit down to meditate, in stillness and simplicity, the flame begins to burn brightly and steadily. As we abandon thinking in terms of success and self-importance, the light of the flame helps us to understand ourselves and others in terms of light, warmth and love.

Silence (1 minute)

Opening prayer
Meditation
Pause

A Reading from The Cloud of Unknowing

Let everyone beware lest he presume to take it upon himself to criticize and condemn other men's faults without his having been truly touched within by the Holy Spirit in his work. Otherwise he may very easily err in his judgments. Beware therefore. Judge yourself as seems right to you between yourself and your God, and let other men alone.

Silence (1 minute)

Closing Verse

MONDAY

EVENING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 146

Our Lord is great and almighty;
his wisdom can never be measured.

The Lord raises the lowly;
he humbles the wicked to the dust.

O sing to the Lord giving thanks;
sing psalms to our God with the
harp.

He covers the heavens with clouds;
he prepares the rain for the earth,
making mountains sprout with grass
and with plants to serve man's
needs.

He provides the beasts with their
food and young ravens that call upon
him.

His delight is not in horses
nor his pleasure in warriors'
strength.

The Lord delights in those who
revere him,
in those who wait for his love.

Silence (1 minute)

A Reading from the Bhagavad-Gita

Charity given to a worthy person simply because it is right to give, without consideration of anything in return, at the proper time and in the proper place, is stated to be in the mode of goodness.

Silence (1 minute)

Opening prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse



TUESDAY

MORNING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 77

Give heed, my people, to my teaching; turn your ear to the words of my mouth.

I will open my mouth in a parable and reveal hidden lessons of the past. The things we have heard and understood, the things our fathers have told us, these we will not hide from their children but will tell them to the next generation:

the glories of the Lord and his might and the marvelous deeds he has done,

the witness he gave to Jacob, the law he established in Israel.

He gave a command to our fathers to make it known to their children that the next generation might know it, the children yet to be born.

They too should arise and tell their sons and daughters that they too should set their hope in God and never forget God's deeds but keep every one of his commands.

Silence (1 minute)

A Reading from the Chandogya Upanishad

There is a Spirit which is mind and life, light and truth and vast spaces. It contains all things, all works and desires and all perfumes and tastes. And it enfolds the whole universe and, in silence, is loving to all.

This is the Spirit that is in my heart, smaller than a grain of rice, or a grain of barley, or a grain of mustard-seed or a grain of canary-seed, or the kernel of a grain of canary-seed.

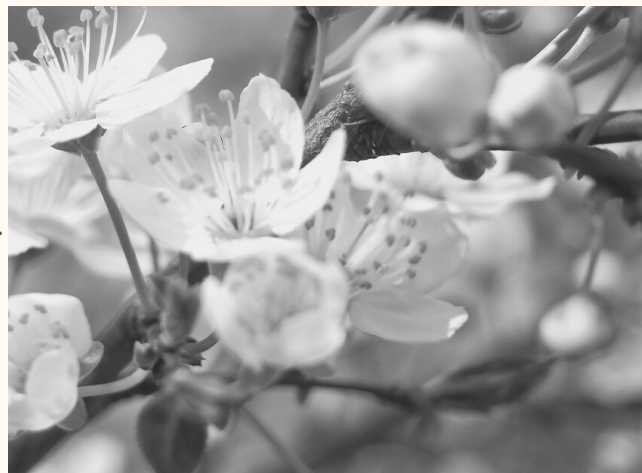
This is the Spirit that is in my heart, greater than the earth, greater than the sky, greater than heaven itself, greater than all these worlds. This is the Spirit that is in my heart.

Silence (1 minute)

Opening prayer

Meditation

Pause



TUESDAY

MORNING PRAYER

Gospel

Mark 6:7-13

Jesus made a tour around the villages, teaching. Then he summoned the Twelve and began to send them out in pairs giving them authority over the unclean spirits. And he instructed them to take nothing for the journey except a staff - no bread, no haversack, no coppers for their purses. They were to wear sandals but, he added, "Do not take a spare tunic." And he said to them, "If you enter a house anywhere, stay there until you leave the district. And if any place does not welcome you and people refuse to listen to you, as you walk away shake off the dust from under your feet as a sign to them." So they set off to preach repentance; and they cast out many devils, and anointed many sick people with oil and cured them.

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



TUESDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Yod (Y) X

It was your hands that made me and shaped me: help me to learn your commands.
Your faithful will see me and rejoice for I trust in your word. Lord, I know that your decrees are right, that you afflicted me justly. Let your love be ready to console me by your promise to your servant. Let your love come and I shall live for your law is my delight. Shame the proud who harm me with lies while I ponder your precepts. Let your faithful turn to me, those who know your will. Let my heart be blameless in your statutes lest I be ashamed.

Silence (1 minute)

A Reading from John Main

There is nothing less shining in our hearts than the glory of Christ. That glory is not triumphalist but it does triumph over hearts hardened by the wounds of life. Poverty, purity, and simplicity are strange weapons to minds trained on images and values of violence. But our survival, spiritually and even physically, depends upon our recovering an awareness of the redeeming power of these qualities of humanity. This is the way of the mantra.

*It is not ourselves that we proclaim; we proclaim Christ Jesus as Lord, and ourselves as your servants, for Jesus' sake. For the same God who said 'Out of darkness let light shine' has caused his light to shine within us, to give the light of revelation -the revelation of the glory of God in the face of Jesus Christ.
2 Cor 4:5-6.*

Silence (1 minute)

Opening prayer

Meditation

Pause

A Reading from Elisabeth Leseur

Let us beware: nothing is so delicate and so sacred as the human soul; nothing is so quickly bruised. Let each one of our words and deeds contain a principle of life that, penetrating other spirits, will communicate light and strength and will reveal God to them.

Silence (1 minute)

Closing Verse



TUESDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 8

How great is your name, O Lord
our God, through all the earth!
Your majesty is praised above
the heavens;

On the lips of children and of
babes you have found praise.
When I see the heavens, the
work of your hands,
the moon and the stars which
you arranged, what is man that
you should keep him in mind,
mortal man that you care for
him?

Yet you have made him little
less than a god; with glory and
honour you crowned him,
gave him power over the works
of your hand,
put all things under his feet.
All of them, sheep and cattle,
yes, even the savage beasts,
birds of the air, and fish
that make their way through the
waters.

How great is your name, O Lord
our God, through all the earth!

Silence (1 minute)

A Reading from Chuang Tzu

If people cross a river
and an empty boat collides with their
skiff,

Even though they be bad-tempered
persons

they will not become very angry.

But if they see other people in the
boat,

they will shout at them to steer clear.

If the shout is not heard, they will
shout again,

and yet again, and begin cursing.

And all because there is somebody in
the boat.

Yet if the boat were empty,
they would not be shouting, and not
angry.

If you can empty your own boat
crossing the river of the world,
no one will oppose you,
no one will seek to harm you.

Silence (1 minute)

Opening prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse

WEDNESDAY

MORNING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 45

God is for us a refuge and strength,
a helper close at hand, in time of distress.
So we shall not fear though the earth
should rock, though the mountains fall into
the depths of the sea;
even though its waters rage and foam,
even though the mountains be shaken by its
waves. The Lord of hosts is with us: the God
of Jacob is our stronghold.

The waters of a river give joy to God's city,
the holy place where the Most High dwells.
God is within, it cannot be shaken;
God will help it at the dawning of the day.
Nations are in tumult, kingdoms are shaken:
he lifts his voice, the earth shrinks away.
The Lord of hosts is with us: the God of
Jacob is our stronghold.

Come, consider the works of the Lord,
the redoubtable deeds he has done on the
earth. He puts an end to wars over all the
earth; the bow he breaks, the spear he
snaps. He burns the shields with fire.
Be still and know that I am God,
supreme among the nations, supreme on
the earth!

The Lord of hosts is with us: the God of
Jacob is our stronghold.

Silence (1 minute)

A Reading from Guru Nanak

There is but One God. His
name is Truth; He is the
Creator. He fears none; He is
without hate. He never dies;
He is beyond the cycle of
births and death. He is self-
illuminated.

He is realized by the kindness
of the True Guru. He was True
in the beginning; He was True
when the ages commenced
and has ever been True. He is
also True now.

Silence (1 minute)

Opening prayer

Meditation

Pause



WEDNESDAY

MORNING PRAYER

Gospel

Mark 4:35-41

With the coming of evening that same day, Jesus said to them, "Let us cross over to the other side." And leaving the crowd behind they took him, just as he was, in the boat; and there were other boats with him.

Then it began to blow a gale and the waves were breaking into the boat so that it was almost swamped. But he was in the stern, his head on the cushion, asleep. They woke him and said to him, "Master, do you not care? We are going down!" And he woke up and rebuked the wind and said to the sea, "Quiet now! Be calm!" And the wind dropped, and all was calm again. Then he said to them, "Why are you so frightened? How is it that you have no faith?" They were filled with awe and said to one another, "Who can this be?"

Silence (2 minutes)

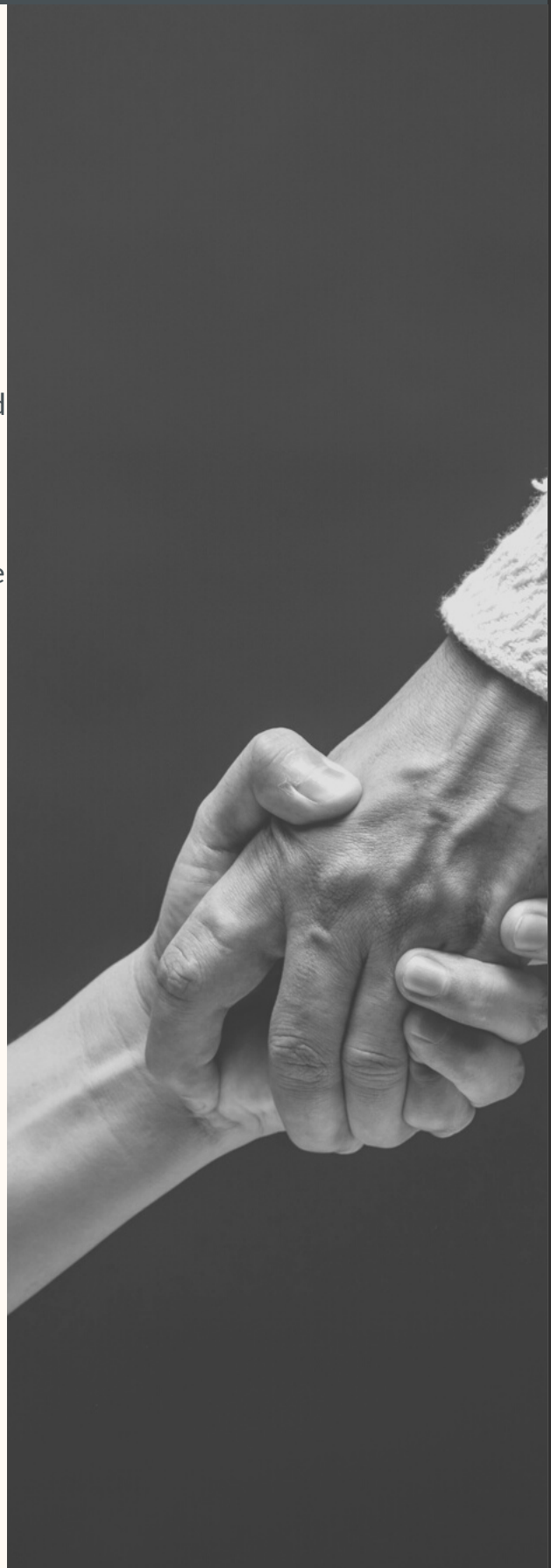
Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



WEDNESDAY**MIDDAY PRAYER**

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Caph (K) XI

I yearn for your saving help; I hope in your word.

My eyes yearn to see your promise. When will you console me? Though parched and exhausted with waiting, I remember your statutes. How long must your servant suffer?

When will you judge my foes?

For me the proud have dug pitfalls, against your law.

Your commands are all true; then help me when lies oppress me. They almost made an end of me on earth, but I kept your precepts. Because of your love give me life and I will do your will.

Silence (1 minute)

A Reading from John Main

Meditation is so important for each one of us because we live in a society that is in real danger of losing its sanity. A human spirit that is healthy demands expansion. We, all of us, need room to breathe and to expand and to fill our lungs with truth, with love. If we are healthy, we know that we must cross all the frontiers to what is beyond. The spirit that is a healthy spirit is the spirit of an explorer. We are not terrified by the beyond, we are not too tired to seek what is ahead, but the spirit that is really healthy knows that there is no future for us unless we set out into it wholeheartedly.

Silence (1 minute)

Opening prayer

Meditation

Pause

A Reading from John Cassian

If you want the thought of God to dwell in you constantly, you must continually propose to your inner gaze this formula of devotion - "O God, come to my aid, Lord, make haste to help me". It is not without reason that this verse has been preferred among all those of Scripture. It contains in code all the feelings that human nature can have. It happily fits all states, and helps to stand firm against the temptations that ask us. Indeed, it entails the invocation made to God to circumvent the dangers, the humility of a sincere confession, the vigilance of a soul always alert and penetrated by a persevering fear, the consideration of our fragility. It also gives rise to the consoling hope of being cared for and a blind faith in divine goodness, always ready to help us. Whoever resorts incessantly to his protector, acquires the security that he assists him at all hours. (Conference X)

Silence (1 minute)

Closing Verse

WEDNESDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 126

If the Lord does not build the house,
in vain do its builders labour;

if the Lord does not watch over the city,
in vain does the watchman keep vigil.

In vain is your earlier rising,
your going later to rest,
you who toil for the bread you eat,
when he pours gifts on his beloved while they slumber.

Silence (1 minute)

A Reading from Kabir

My Lord hides Himself, and my Lord wonderfully reveals Himself:

My Lord has encompassed me with hardness, and my Lord cast down my limitations.

My Lord brings to me words of sorrow and words of joy, and He himself heals their strife.

I will offer my body and mind to my Lord: I will give up my life, but never can I forget my Lord.

Silence (1 minute)

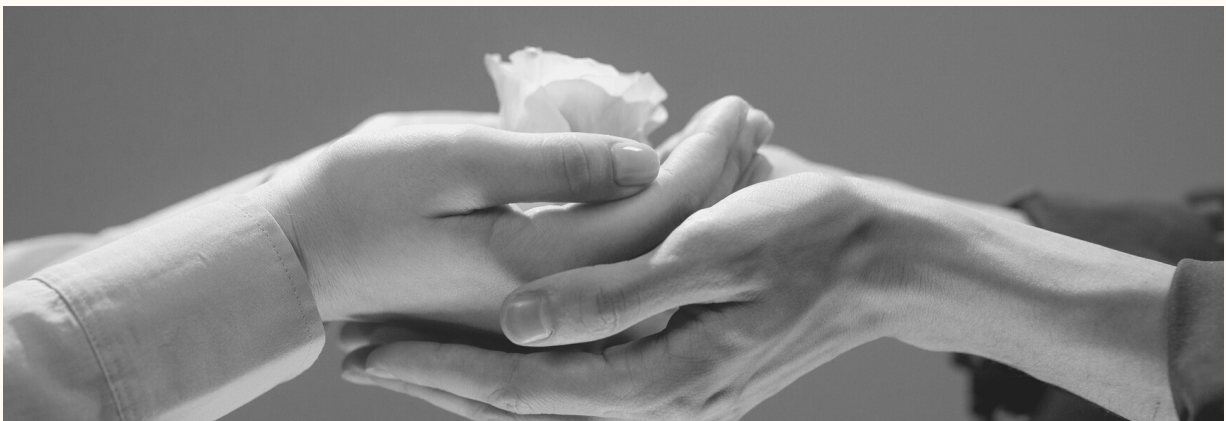
Opening Prayer
Meditation
Pause

Magnificat
Pause

Intercessions

The Lord's Prayer
Silence (1 minute)

Closing Verse



THURSDAY

MORNING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 18

The heavens proclaim the glory
of God
and the firmament shows forth
the work of his hands.
Day unto day takes up the story
and night unto night makes
known the message.
No speech, no word, no voice is
heard;
yet their span goes forth
through all the earth,
Their words to the utmost
bounds of the world.
There he has placed a tent for
the sun;
it comes forth like a bridegroom
coming from his tent,
Rejoices like a champion to run
its course.
At the end of the sky is the
rising of the sun,
to the furthest end of the sky is
his course.
There is nothing concealed from
its burning heat.

Silence (1 minute)

A Reading from the Bhagavad-Gita
Arjuna inquired:

Which are considered to be more
perfect, those who are always properly
engaged in Your devotional service or
those who worship the impersonal
Brahman, the unmanifested?

The Supreme Personality of Godhead
said:

Those who fix their minds on My
personal form and are always engaged
in worshipping Me with great and
transcendental faith are considered by
Me to be most perfect.

But those who fully worship the
unmanifested, that which lies beyond
the perception of the senses, the all-
pervading, inconceivable, unchanging,
fixed and immovable – the impersonal
conception of the Absolute Truth – by
controlling the various senses and
being equally disposed to everyone,
such persons, engaged in the welfare
of all, at last achieve Me.

Silence (1 minute)

Opening prayer
Meditation
Pause

THURSDAY

MORNING PRAYER

Gospel

Mark 12:38-44

In his teaching Jesus said, 'Beware of the scribes who like to walk about in long robes, to be greeted obsequiously in the market squares, to take the front seats in the synagogues and the places of honour at banquets; these are the men who swallow the property of widows, while making a show of lengthy prayers. The more severe will be the sentence they receive.'

He sat down opposite the treasury and watched the people putting money into the treasury, and many of the rich put in a great deal. A poor widow came and put in two small coins, the equivalent of a penny. Then he called his disciples and said to them, 'I tell you solemnly, this poor widow has put more in than all who have contributed to the treasury; for they have all put in money they had over, but she from the little she had has put in everything she possessed, all she had to live on.'

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



THURSDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Lamed (L) XII

Your word, O Lord,
forever stands firm in
the heavens:
your truth lasts from age
to age, like the earth you
created.

By your decree it
endures to this day; for
all things serve you.
Had your law not been
my delight I would have
died in my affliction.
I will never forget your
precepts for with them
you give me life.

Save me, for I am yours
since I seek your
precepts.
Though the wicked lie in
wait to destroy me yet I
ponder your will.
I have seen that all
perfection has an end
but your command is
boundless.

Silence (1 minute)

A Reading from John Main

Now if you look at the Rule of St Benedict, what does Benedict say about the essence of community living? The essence of community living for him is to find that hidden enlightenment in everyone. And St Benedict is no theoretician. He says we must find Christ in everyone, in the poor who come to the monastery, in the awkward; and sometimes it requires enormous patience to deal with some stubborn, awkward person in community. But St Benedict doesn't just tell us to tolerate, he doesn't just tell us to put up with them. What he says is, find Christ in them and finding him, worship him... The monk who tries with all the generosity of his or her heart to live this understanding of life can never be lonely. He can never be isolated because the monk living this is always finding Jesus - in the abbot, in the brethren, in the sick, in the pilgrims who come to the monastery.

Silence (1 minute)

Opening prayer
Meditation
Pause

A Reading from St Bernard of Clairvaux

He who created nature sustains it, and protects it for ever. Without him nature could not have begun; without him it could not continue. To make us realize this, and prevent us attributing the beneficence of our Creator to ourselves, God has decided in his wisdom that we should suffer troubles. So when human strength fails and God comes to our aid, we should glorify him, as it is written: "Call upon me in the times of trouble: I will hear you, and you will praise me." [Ps. 50:15] This is how we...begin to love God through our own love for ourselves, when we have learnt that in God we can accomplish anything and without God we can do nothing.

Silence (1 minute)

Closing Verse

THURSDAY

EVENING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 112

Alleluia!

Praise, O servants of the Lord,
praise the name of the Lord!

May the name of the Lord be
blessed both now and for
evermore!

From the rising of the sun to its
setting praised be the name of the
Lord!

High above all nations is the Lord,
above the heavens his glory.

Who is like the Lord, our God,
who has risen on high to his throne
yet stoops from the heights to look
down,
to look down upon heaven and
earth?

From the dust he lifts up the lowly,
from the dung-heap he raises the
poor to set them in the company of
princes,
yes, with the princes of his people.
To the childless wife he gives a
home
and gladdens her heart with
children.

Silence (1 minute)

A Reading from the Tao Te Ching

The gentlest thing in the world
overcomes the hardest thing in the
world.

That which has no substance
enters where there is no space.

This shows the value of non-action
Teaching without words,
performing without actions:
that is the Master's way.

Silence (1 minute)

Opening prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse



FRIDAY

MORNING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 51

Have mercy on me, God, in your kindness.

In your compassion blot out my offence.

O wash me more and more of my guilt.

And cleanse me from my sin.

My offences truly I know them; my sin is always before me.

Against you, you alone have I sinned; what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge,

O see, in guilt was I born, a sinner was I conceived.

Indeed you love truth in the heart; then in the secret of my heart teach
me wisdom.

O purify me, then I shall be clean,

O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness, that the bones you have crushed
may thrill.

From my sins turn away your face and blot out all my guilt.

A pure heart create for me, O God, put a steadfast Spirit within me.

Do not cast me away from your presence,
nor deprive me of your holy spirit.

Give me again the joy of your help; with a spirit of fervour sustain me,
that I may teach transgressors your ways and sinners may return to you.

O rescue me God my helper, and my tongue shall ring out your goodness.

O Lord, open my lips and my mouth shall declare your praise.

For in sacrifice you take no delight, burnt offering you would refuse.

My sacrifice, a contrite spirit.

A humbled, contrite heart you will not spurn.

Silence (1 minute)

FRIDAY

MORNING PRAYER

A Reading from the Heart Sutra

The Bodhisattva of Compassion,
 When he meditated deeply, Saw the
 emptiness of all five skandhas And
 sundered the bonds that caused him
 suffering. Here then, Form is no
 other than emptiness, Emptiness no
 other than form. Form is only
 emptiness. Emptiness only form.
 Feeling, thought, and choice,
 Consciousness itself, Are the same
 as this. All things are by nature void
 They are not born or destroyed Nor
 are they stained or pure Nor do they
 wax or wane So, in emptiness, no
 form, No feeling, thought, or choice,
 Nor is there consciousness. No eye,
 ear, nose, tongue, body, mind; No
 colour, sound, smell, taste, touch, Or
 what the mind takes hold of, Nor
 even act of sensing. No ignorance or
 end of it, Nor all that comes of
 ignorance; No withering, no death,
 No end of them. Nor is there pain,
 or cause of pain, Or cease in pain,
 or noble path To lead from pain; Not
 even wisdom to attain! Attainment
 too is emptiness. So know that the
 Bodhisattva Holding to nothing
 whatever, But dwelling in Prajna
 wisdom, Is freed of delusive
 hindrance, Rid of the fear bred by it,
 And reaches clearest Nirvana.

Silence (1 minute)

Opening prayer

Meditation

Pause

Gospel

Mark 9: 42-50

Jesus said, "If anyone is an
 obstacle to bring down one of
 these little ones who have faith it
 would be better for them to be
 thrown into the sea with a great
 millstone around their neck. And
 if your hand should cause you to
 sin, cut it off; it is better for you
 to enter into life crippled, than to
 have two hands and go to hell,
 into the fire that cannot be put
 out. And if your foot should cause
 you to sin, cut it off; it is better
 for you to enter into life lame,
 than to have two feet and be
 thrown into hell. And if your eye
 should cause you to sin, tear it
 out; it is better for you to enter
 into the kingdom of God with one
 eye, than to have two eyes and be
 thrown into hell where their
 worm does not die nor fire go
 out." For everyone will so be
 salted with fire. Salt is a good
 thing, but if salt has become
 insipid, how can you season it
 again? Have salt in yourselves and
 be at peace with one another."

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



FRIDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Mem (M) XIII

Lord, how I love your law! It is ever in my mind.
Your command makes me wiser than my foes; for it is mine forever. I have more insight than all who teach me for I ponder your will. I have more understanding than the old for I keep your precepts. I turn my feet from evil paths to obey your word. I have not turned from your decrees; you yourself have taught me. Your promise is sweeter to my taste than honey in the mouth. I gain understanding from your precepts and so I hate false ways.

Silence (1 minute)

A Reading from John Main

Here you have the essence of the Rule-to strive for God and to make your spiritual journey the underpinning reality of your life, finding its influence in everything you do, in everything you are. And if you do, the result is peace. Peace in your heart...You as oblates have this great gift to bring to your family and into your lives, this gift of peace. The peace that Jesus tells us is beyond all understanding. It is a peace that is the harmony of order. The Rule of St Benedict for the monastery has as its aim to create a society where there is harmony and order so that the seeking of God may go forward untroubled and unhindered. And so each of us in our own hearts must try to establish the same harmony and order, that same tranquility and peace for exactly this reason, so that in all our hearts there may be that same tranquil pursuit of God...

Silence (1 minute)

Opening prayer
Meditation
Pause

A Reading from Hildegard of Bingen

God's Soul is the wind rustling plants and leaves, the dew dancing on the grass, the rainy breezes making everything to grow. Just like this, the kindness of a person flows, touching those dragging burdens of longing. We should be a breeze helping the homeless, dew comforting those who are depressed, the cool, misty air refreshing the exhausted, and with God's teaching we have got to feed the hungry: This is how we share God's soul.

Silence (1 minute)

Closing Verse

FRIDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 147

O praise the Lord, Jerusalem!
Zion praise your God!
He has strengthened the bars
of your gates
he has blessed the children
within you.
He established peace on your
borders,
he feeds you with finest
wheat.
He sends out his word to the
earth
and swiftly runs his command.
He showers down snow white
as wool,
he scatters hoar-frost like
ashes.
He hurls down hailstones like
crumbs.
The waters are frozen at his
touch;
he sends forth his word and it
melts them:
at the breath of his mouth the
waters flow.
He makes his word known to
Jacob,
to Israel his laws and decrees.
Alleluia!

Silence (1 minute)

A Reading from the the Bhagavad-Gita
ARJUNA said:

When I see your gentle human face,
Krishna, I return to my own nature, and
my heart has peace.

KRISHNA replied:
Not by the Vedas, or an austere life, or
gifts to the poor, or ritual offerings can I
be seen as you have seen me.
Only by love can men see me, and know
me, and come unto me.

Silence (1 minute)

Opening prayer
Meditation
Pause

Magnificat
Pause

Intercessions

The Lord's Prayer
Silence (1 minute)

Closing Verse



SATURDAY

MORNING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm105

Give praise to the LORD,
proclaim his name;
make known among the
nations what he has done.
Sing to him, sing praise to
him;
tell of all his wonderful acts.
Glory in his holy name;
let the hearts of those who
seek the LORD rejoice.
Look to the LORD and his
strength;
seek his face always.
Remember the wonders he
has done,
his miracles, and the
judgments he pronounced,
you his servants, the
descendants of Abraham,
his chosen ones, the children
of Jacob.
He is the LORD our God;
his judgments are in all the
earth.

Silence (1 minute)

A Reading from the Katha Upanishad

The creator made the senses outward-going: they go to the world of matter outside, not to the Spirit within. But sages who seek immortality looked within themselves and find their own Soul.

The foolish run after outward pleasures and fall into the snares of vast-embracing death. But the wise have found immortality, and do not seek the eternal in things that pass away.

This by which we perceive colours and sounds, perfumes and kisses of love; by which alone we attain knowledge; by which verily we can be conscious of anything: This in truth is That.

When the wise know that it is through the great and omnipresent Spirit in us that we are conscious in walking or in dreaming, then they go beyond sorrow.

When they know the Atman, the Self, the inner life, who enjoys like a bee the sweetness of the flowers of the senses, the Lord of what was and what will be, then they go beyond fear: This in truth is That.

Silence (1 minute)

Opening prayer
Meditation
Pause

SATURDAY

MORNING PRAYER

Gospel

Mark 11:20-25

Next morning, as they passed by, they saw the fig tree withered to the roots. Peter remembered. "Look, Rabbi," he said to Jesus, "the fig tree you cursed has withered away." Jesus answered, "Have faith in God. I tell you solemnly, if anyone says to this mountain, 'Get up and throw yourself into the sea,' with no hesitation in his heart but believing that what he says will happen, it will be done for him. I tell you therefore: everything you ask and pray for, believe that you have it already, and it will be yours. And when you stand in prayer, forgive whatever you have against anybody, so that your Father in heaven may forgive your failings too."

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



SATURDAY

MIDDAY PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 118 Nun (N) XIV

Your word is a lamp
for my steps and a
light for my path.
I have sworn and have
made up my mind to
obey your decrees.
Lord, I am deeply
afflicted; by your
word give me life.
Accept, Lord, the
homage of my lips and
teach me your
decrees.

Though I carry my life
in my hands, I
remember your law.
Though the wicked try
to ensnare me, I do
not stray from your
precepts.
Your will is my
heritage forever, the
joy of my heart.
I set myself to carry
out your statutes in
fullness, forever.

Silence (1 minute)

A Reading from John Main

Our lives are not only busy, they are usually noisy. But if our life is to be charged with meaning, to have depth and to be a true growth in consciousness, we have to be rooted in silence, rooted in the spirit, in the mystery whose depth can never be plumbed and whose meaning is found only in the consummation of union. We are each called to enter with wonder into this mystery with our whole being, in the total immediacy of the present moment which is the eternal moment of God. To be touched with this wonder is to be made reverent and so to know in the absolute certainty that belongs to our own experience that the energy of creation, the power of love, dwells in the human heart in silence and in the stillness of pure consciousness.

Silence (1 minute)

Opening prayer

Meditation

Pause

A Reading from Jan van Ruysbroeck

When love has carried us above all things...we receive in peace the incomprehensible Light, enfolding us and penetrating us. What is this Light, if it be not a contemplation of the Infinite, and an intuition of Eternity. We behold that which we are, and we are that which we behold; because our being, without losing anything of its own personality, is united with the Divine Truth.

Silence (1 minute)

Closing Verse

06

DAILY LITURGY WEEK 3

True Charity consists in bearing with all the defects of our neighbour, in not being surprised at his failings, and in being edified by his least virtues

SATURDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 106

“O give thanks to the Lord for he is good;
for his love endures for ever.”
Let them say this, the Lord’s redeemed,
whom he redeemed from the hand of the foe
and gathered from far-off lands,
from east and west, north and south...
Then they cried to the Lord in their need
and he rescued them from their distress
and he led them along the right way,
to reach a city they could dwell in.
Let them thank the Lord for his love,
for the wonders he does for men:
for he satisfies the thirsty soul;
he fills the hungry with good things...
Then they cried to the Lord in their need
and he rescued them from their distress.
He sent forth his word to heal them
and saved their life from the grave.
Let them thank the Lord for his love,
for the wonders he does for men.
Let them offer a sacrifice of thanks
and tell of his deeds with rejoicing.

Silence (1 minute)

A Reading from the Bhagavad-Gita

What is here is also there, and what is there is also here. Who sees the many and not the ONE, wanders on from death to death.

Even by the mind this truth is to be learned: there are not many but only ONE. Who sees variety and not the unity wanders on from death to death.

The soul dwells within us, a flame the size of a thumb. When it is known as the Lord of the past and the future, then ceases all fear: This in truth is That.

Like a flame without smoke, the size of a thumb, is the soul; the Lord of the past and the future, the same both today and tomorrow:

This in truth is That.

Silence (1 minute)

Opening prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord’s Prayer

Silence (1 minute)

Closing Verse



SUNDAY

MORNING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 94

Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord.
A mighty God is the Lord,
a great king above all gods.
In his hands are the depths of the
earth;
the heights of the mountains are his.
To him belongs the sea, for he made it
and the dry land shaped by his hands.
Come in; let us bow and bend low;
let us kneel before the God
who made us,
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand.
O that today you would listen to his
voice!
“Harden not your hearts as at
Meribah,
as on that day at Massah in the desert
when your ancestors put me to the
test;
when they tried me, though they saw
my work.

Silence (1 minute)

A Reading from the Dhammapada

We live happily indeed when
we are not hating those who
hate us!

Among those who hate us
let us dwell free from hatred!

We live happily indeed
when we are free from ailments
among the ailing!
Among those who are ailing
let us dwell free from ailments!

We live happily indeed
when we are free from greed
among the greedy!
Among those who are greedy
let us dwell free from greed!

We live happily indeed
when we call nothing our own!
We shall be like bright gods,
feeding on happiness!

Victory breeds hatred, for the
conquered are unhappy.
Those who have given up both
victory and defeat are content
and happy.

Silence (1 minute)

Opening Prayer
Meditation
Pause

SUNDAY

MORNING PRAYER

Gospel

Luke 24:13-35

That very same day, two of them were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognizing him. He said to them, "What matters are you discussing as you walk along?" They stopped short; their faces downcast. Then one of them, called Cleopas, answered him, "You must be the only person staying in Jerusalem who does not know the things that have been happening there these last few days." "What things?" he asked. "All about Jesus of Nazareth," they answered, "who proved he was a great prophet by the things he said and did in the sight of God and of the whole people; and how our chief priests and our leaders handed him over to be sentenced to death, and had him crucified. Our own hope had been that he would be the one to set Israel free. And this is not all: two whole days have gone by since it all happened; and some women from our group have astounded us: they went to the tomb in the early morning, and when they did not find the body, they came back to tell us they had seen a vision of angels who declared he was alive. Some of our friends went to the tomb and found everything exactly as the women had reported, but of him they saw nothing." Then he said to them, "You foolish men! So slow to believe the full message of the prophets! Was it not ordained that the Christ should suffer and so enter into his glory?" Then, starting with Moses and going through all the prophets, he explained to them the passages throughout the scriptures that were about himself. When they drew near to the village to which they were going, he made as if to go on; but they pressed him to stay with them. "It is nearly evening," they said, "and the day is almost over." So he went in to stay with them. Now while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognized him; but he had vanished from their sight. Then they said to each other, "Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?" They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions, who said to them, "Yes, it is true. The Lord has risen and has appeared to Simon." Then they told their story of what had happened on the road and how they had recognized him at the breaking of bread.

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse

SUNDAY**MIDDAY PRAYER**

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Samech (S)XV

I have no love for
half-hearted men;
my love is for your
law.
You are my shelter,
my shield;
I hope in your word.
Leave me, you who
do evil;
I will keep God's
command.
If you uphold me by
your promise I shall
live; let my hopes not
be in vain.
Sustain me and I shall
be saved and ever
observe your
statutes.
You spurn all who
swerve from your
statutes; their
cunning is in vain.
You throw away the
wicked like dross;
so I love your will.
I tremble before you
in awe;
I fear your decrees.

Silence (1 minute)

A Reading from John Main

For the greater part of our life we live at the surface level, so often reacting to immediacy. But in meditation we are not reacting to external stimuli. We are learning to live out of the depths of our being, where we are finding and responding to the supreme, sole stimulus, the Creator. We are learning to be the person that we are called to be, as we align ourselves in response to that source which has called us into existence. Being the person we are means enjoying the gift of our own creation before and beyond all desire, all expectations, all demands. The early monastic Fathers described this state as the state wherein we are one, and beyond all desire because we are utterly filled with the fullness of God. Being one is being whole.

Silence (1 minute)

Opening Prayer
Meditation
Pause

A Reading from Therese of Lisieux

I feel that when I am charitable it is Jesus alone who acts in me; the more I am united to Him the more do I love all my Sisters.
True Charity consists in bearing with all the defects of our neighbour, in not being surprised at his failings, and in being edified by his least virtues; Charity must not remain shut up in the depths of the heart, for no man lighteth a candle and putteth it under a bushel, but upon a candlestick, that it may shine to all that are in the house. (Cf. Matthew 5:15). It seems to me that this candle represents the Charity which ought to enlighten and make joyful, not only those who are dearest to me, but all who are in the house.

Silence (1 minute)

Closing Verse

SUNDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 22

The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the
pastures
where he gives me repose.
Near restful waters he leads
me,
to revive my drooping spirit.
He guides me along the right
path; he is true to his name.
If I should walk in the valley
of darkness no evil would I
fear.
You are there with your
crook and your staff;
with these you give me
comfort.
My head you have anointed
with oil; my cup is
overflowing.
Surely goodness and
kindness shall follow me
all the days of my life.
In the Lord's own house shall
I dwell for ever and ever.

Silence (1 minute)

A Reading from Fatima al-Nisaburiya

When God ignores people,
they will wander aimlessly in every city
square
and will prattle constantly with every
tongue.

When God does not ignore people,
he silences them except for the truth
and compels them to hold Him in
reverence and sincerity.

Silence (1 minute)

Opening Prayer
Meditation
Pause

Magnificat
Pause

Intercessions

The Lord's Prayer
Silence (1 minute)

Closing Verse



MONDAY

MORNING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 33

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its
boast.
The humble shall hear and be glad.
Glorify the Lord with me.
Together let us praise his name.
I sought the Lord and he
answered me;
from all my terrors He set me
free.
Look towards Him and be radiant;
let your faces not be abashed.
This poor person called; the Lord
heard him and rescued him from
all his distress.
Taste and see that the Lord is
good.
The one is happy who seeks
refuge in him.
Come children, and hear me,
that I may teach you the fear for
the Lord.
Who is he who longs for life
and many days, to enjoy his
prosperity?

Silence (1 minute)

A Reading from the Tao Te Ching

To be of few words is natural.
Strong winds do not last all morning,
Hard rains do not last all day.
What cause them?
Heaven and Earth.
If Heaven and Earth are unable to
persist,
How could we?

Those who follow the Way are one
with the Way.
Those who live virtuously are one
with virtue.
Those who deprive themselves are
one with deprivation.

Those who are one with the Way are
welcomed by the Way.
Those who are one with virtue are
welcomed by virtue.
Those who are one with deprivation
are deprived of deprivation.
Those who do not show trust will
not be trusted.

Silence (1 minute)

Opening Prayer

Meditation

Pause



MONDAY

MORNING PRAYER

Gospel

Luke 10 38-42

In the course of their journey Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord's feet and listened to him speaking. Now Martha who was distracted with all the serving said, "Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me." But the Lord answered: "Martha, Martha," he said, "you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her."

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



MONDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Ayin (O) XVI

I have done what is
right and just:
let me not be
oppressed.

Vouch for the welfare
of your servant
lest the proud oppress
me.

My eyes yearn for your
saving help and the
promise of your justice.
Treat your servant with
love and teach me your
statutes.

I am your servant, give
me knowledge; then I
shall know your will.
It is time for the Lord
to act for your law has
been broken.
That is why I love your
commands more than
finest gold,
why I rule my life by
your precepts, and hate
false ways.

Silence (1 minute)

A Reading from John Main

The quality that every one of us needs most urgently is silence. We simply must learn how to be silent and how to remain in silence. Once you enter that silence, once you open your heart to that unpredictable and incomparable experience, you will find that each of us can only be the person we are called to be if we allow the silence to develop in our hearts. Make no mistake about it, the silence that each of us is summoned to enter is the eternal silence of God. This is the silence that each of us can find in our own hearts. Discovering it will lead you to understand that silence is itself the medium of perfect communication. It is in silence that we communicate at depth and with the truth of wholeness.

Silence (1 minute)

Opening Prayer
Meditation
Pause



MONDAY

MIDDAY PRAYER

A Reading from Rainer Maria Rilke

Quiet friend who has come
so far, feel how your
breathing makes more
space around you.

Let this darkness be a bell
tower and you the bell.

As you ring, what batters
you becomes your
strength.

Move back and forth into
change.

What is it like, such
intensity of pain?

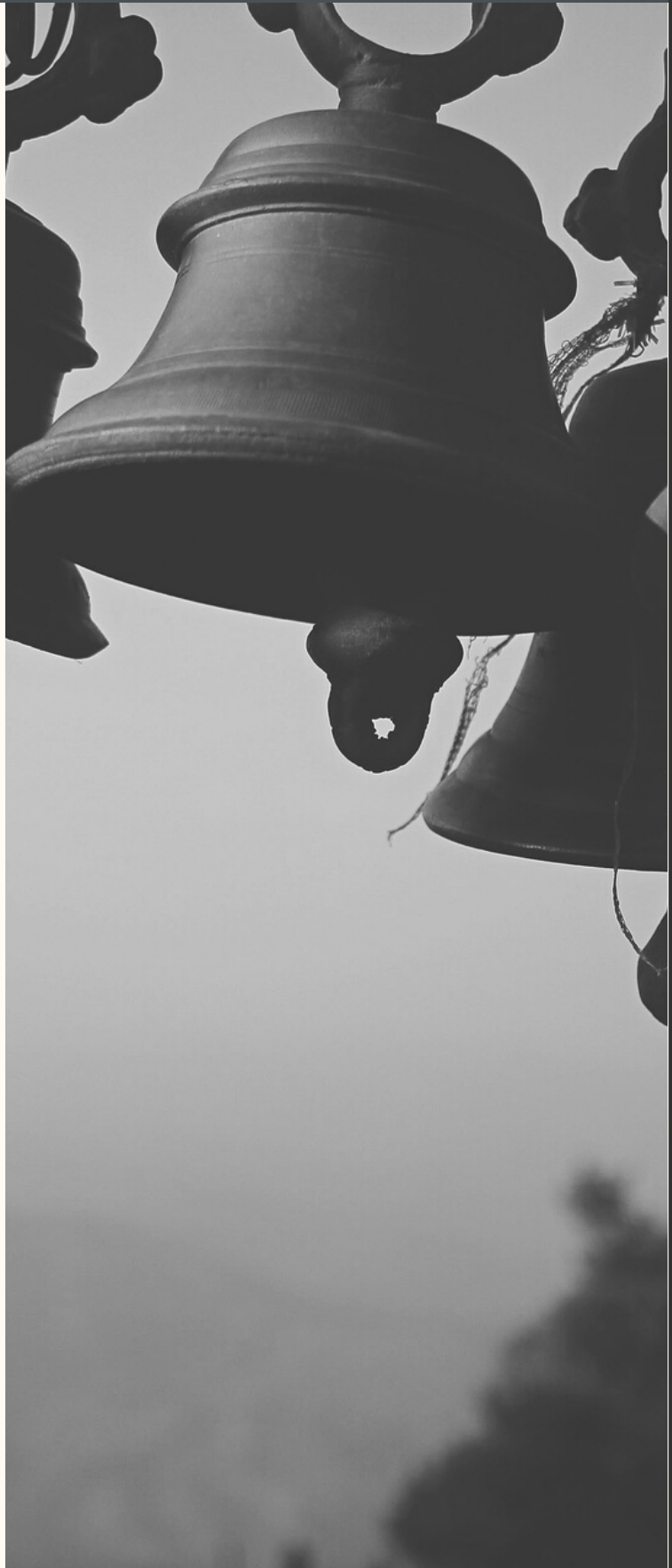
If the drink is bitter, turn
yourself into wine.

In this uncontainable night,
be the mystery at the
crossroads of the senses,
The meaning discovered
there.

And if the world has ceased
to hear you, say to the
silent earth: I flow.
To the rushing water,
speak: I am.

Silence (1 minute)

Closing Verse



MONDAY**EVENING PRAYER**

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 91

It is good to give thanks to the Lord,
to make music to your name,
O Most High, to proclaim your love in the morning and your truth in the watches of the night, on the ten-stringed lyre and the lute, with the murmuring sound of the harp.

Your deeds, O Lord, have made me glad; for the work of your hands I shout with joy.

O Lord, how great are your works!

How deep are your designs!
The just will flourish like the palm tree and grow like a Lebanon cedar.

Planted in the house of the Lord they will flourish in the courts of our God, still bearing fruit when they are old, still full of sap, still green, to proclaim that the Lord is just. In him, my rock, there is no wrong.

Silence (1 minute)

A Reading from Kabir

The Lord is in me, and the Lord is in you,
as life is hidden in every seed.

O servant! put false pride away,
and seek for Him within you.

A million suns are ablaze with light,
The sea of blue spreads in the sky,
The fever of life is stilled,
and all stains are washed away;
when I sit in the midst of that world.

Listen to the unstruck bells and drums!
Take your delight in love!

Rains pour down without water; and the rivers are streams of light.

One Love it is that pervades the whole world, few there are who know it fully...

How blessed is Kabir, that amidst this great joy he sings within his own vessel.

It is the music of the meeting of soul with soul;

It is the music of the forgetting of all sorrows;

It is the music that transcends all coming in and going out.

Silence (1 minute)

Opening Prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse



TUESDAY

MORNING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 111

Alleluia!
Happy the ones who fear the Lord,
who take delight in all his commands.
Their children shall be powerful on earth;
the children of the upright are blessed.
Riches and wealth are in their house;
their justice stands firm forever.
They are a light in the darkness for the upright:
They are generous, merciful and just.
Good people take pity and lend,
they conduct their affairs with honour.
Open-handed, they give to the poor;
their justice stands firm forever.
Their heads will be raised in glory.

Silence (1 minute)

A Reading from Shvetashvatara Upanishad

Fire, though present in firesticks, is not perceived until one stick is rubbed against another. The Self is like that fire: it is realized in the body by meditation on the sacred syllable OM.

Let your body be the stick that is rubbed, the sacred syllable OM the stick that is rubbed against it. Thus shall you realize God, who is hidden within the body as fire is hidden within the wood.

Silence (1 minute)

Opening Prayer
Meditation
Pause



TUESDAY

MORNING PRAYER

Gospel

Luke 3:1-14

In the fifteenth year of Tiberius Caesar's reign, when Pontius Pilate was governor of Judaea...the word of God came to John, son of Zechariah, in the wilderness. He went through the whole Jordan district proclaiming a baptism of repentance for the forgiveness of sins, as it is written in the book of the sayings of the prophet Isaiah: A voice cries in the wilderness: Prepare a way for the Lord, make his paths straight. Every valley will be filled in, every mountain and hill be laid low, winding ways will be straightened and rough roads made smooth. And all mankind shall see the salvation of God. He said, therefore, to the crowds who came to be baptized by him, "Brood of vipers, who warned you to fly from the retribution that is coming? But if you are repentant, produce the appropriate fruits, and do not think of telling yourselves, 'We have Abraham for our father,' because, I tell you, God can raise children for Abraham from these stones. Yes, even now the axe is laid to the roots of the trees, so that any tree which fails to produce good fruit will be cut down and thrown on the fire." When all the people asked him, "What must we do, then?" he answered, "If anyone has two tunics he must share with the man who has none, and the one with something to eat must do the same." There were tax collectors too who came for baptism, and these said to him, "Master, what must we do?" He said to them, "Exact no more than your rate." Some soldiers asked him in their turn, "What about us? What must we do?" He said to them, "No intimidation! No extortion! Be content with your pay!"

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



TUESDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Pe (P) XVII

Your will is wonderful indeed;
therefore I obey it.
The unfolding of your word gives light
and teaches the simple.
I open my mouth and I sigh
as I yearn for your commands.

Turn and show me your mercy;
show justice to your friends.
Let my steps be guided by your promise;
let no evil rule me.
Redeem me from man's oppression
and I will keep your precepts.
Let your face shine on your servant
and teach me your decrees.

Tears stream from my eyes
because your law is disobeyed.

Silence (1 minute)

A Reading from John Main

Something I have tried to stress to you is that we must understand our own loveableness. That is the great importance of community, that everyone who comes into your community understands fully, explicitly, clearly, their own lovableness. And the first step to full personhood and to full maturity is that we allow ourselves to be loved. So often, we are keeping others at a distance. And this is precisely why the Lord Jesus has sent us his Holy Spirit, sent his Spirit into our hearts – to touch us, to awaken us, and to draw us into the redemptive light of that love of Jesus. Remember the words of Richard of St Victor that as we meditate we become aware of the love of the Lord Jesus.

We feel the love of the Lord Jesus. And then we see a great light enlightening the whole of our being and we apprehend it as the divine light. It is an extraordinary thing, but I am sure you have run across this in your own experience too, that so many people are reluctant to allow themselves to be loved, because the level of fearfulness is so deeply implanted in so many hearts. This is why I stress to you that our experience in prayer is of the Risen Jesus, and our experience is of his fullness and of his freedom.

Silence (1 minute)

Opening Prayer
Meditation
Pause

TUESDAY

MIDDAY PRAYER

A Reading from Ety Hillesum

Inside of me there is a deep well.
In it God sits.
Sometimes I can reach him.
But more often stones and debris block the entrance.
Then God lies buried.
Then he needs to be excavated.

I can imagine some people praying with their eyes raised up toward heaven. They look for God outside. But other people lower their head and hide it in their hands.

I suppose they look for God inside them.

Silence (1 minute)

Closing Verse



TUESDAY

EVENING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 145

Alleluia!

My soul, give praise to the Lord;

I will praise the Lord all my days,
make music to my God while I live.

Put no trust in princes,
in mortal men in whom there is no help.

Take their breath, they return to clay
and their plans that day come to nothing.

He is happy who is helped by Jacob's
God,

whose hope is in the Lord his God
who alone made heaven and earth,
the seas and all they contain.

It is he who keeps faith forever,
who is just to those who are oppressed.

It is he who gives bread to the hungry;
the Lord, who set prisoners free.

the Lord who gives sight to the blind,
who raises up those who are bowed
down.

The Lord, who protects the stranger
and upholds the widow and orphan.

It is the Lord who loves the just

The Lord will reign forever,
Zion's God, from age to age.

Silence (1 minute)

A Reading from the Heart Sutra

All Buddhas in the past, present
and future by practicing
'the Insight that Brings Us to
the Other Shore' are all capable
of attaining Authentic and
Perfect Enlightenment.

Therefore Sariputra,
it should be known that
the Insight that Brings Us to the
Other Shore

is a Great Mantra,
the most illuminating mantra,
the highest mantra,
a mantra beyond compare,
the True Wisdom that has the
power

to put an end to all kinds of
suffering.

Therefore let us proclaim
a mantra to praise
the Insight that Brings Us to the
Other Shore.

Silence (1 minute)

Opening Prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse



WEDNESDAY

MORNING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 41

Like the deer that yearns
for running streams,
so my soul is yearning
for you, my God.
My soul is thirsting for God,
the God of my life;
when can I enter and see
the face of God?
My tears have become my
bread, by night, by day,
as I hear it said all the day
long:
“Where is your God?”
These things will I remember
as I pour out my soul:
how I would lead the
rejoicing crowd into the
house of God,
amid cries of gladness and
thanksgiving,
the throng wild with joy.
Why are you cast down, my
soul, why groan within me?
Hope in God; I will praise
him still, my savior and my
God.

Silence (1 minute)

A Reading from the Tao Te Ching

Empty your mind of all thoughts.
Let your heart be at peace.
Watch the turmoil of beings,
but contemplate their return.
Each separate being in the universe
returns to the common source.
Returning to the source is serenity.
If you don't realize the source,
you stumble in confusion and sorrow.
When you realize where you come from,
you naturally become tolerant,
disinterested, amused,
kind-hearted as a grandmother,
dignified as a king.
Immersed in the wonder of Tao,
can you deal with whatever life brings
you, and when death comes you are
ready.

Silence (1 minute)

Opening Prayer
Meditation
Pause



WEDNESDAY

MORNING PRAYER

Gospel

Luke 6:27

Jesus said, "I say this to you who are listening: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. To the man who slaps you on one cheek, present the other cheek too; to the man who takes your cloak from you, do not refuse your tunic. Give to everyone who asks you, and do not ask for your property back from the man who robs you. Treat others as you would like them to treat you. If you love those who love you, what thanks can you expect? Even sinners love those who love them. And if you do good to those who do good to you, what thanks can you expect? For even sinners do that much. And if you lend to those from whom you hope to receive, what thanks can you expect? Even sinners lend to sinners to get back the same amount. Instead, love your enemies and do good, and lend without any hope of return. You will have a great reward, and you will be sons of the Most High, for he himself is kind to the ungrateful and the wicked."

Silence (2 minutes)

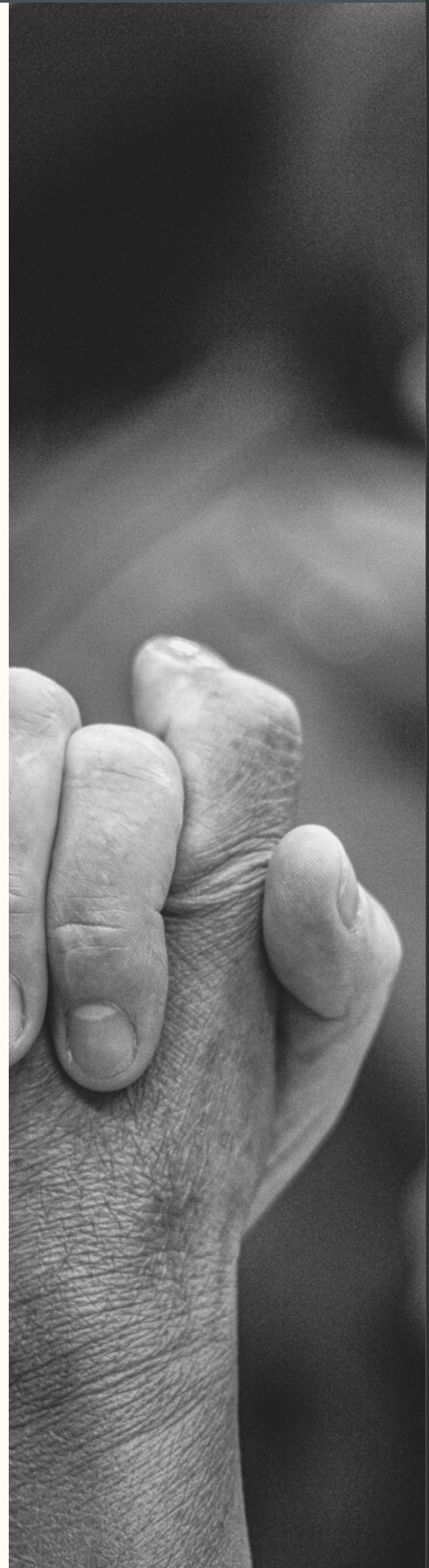
Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



WEDNESDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Sade (TZ) XVIII

Lord, you are just indeed;
your decrees are right.
You have imposed your
will with justice
and with absolute truth.
I am carried away by
anger for my foes forget
your word.
Your promise is tried in
the fire, the delight of
your servant.
Although I am weak and
despised, I remember
your precepts.
Your justice is eternal
justice and your law is
truth.
Though anguish and
distress have seized me,
I delight in your
commands.
The justice of your will is
eternal: If you teach me I
shall live.

Silence (1 minute)

A Reading from John Main

St John writes, "The love I speak of is not our love for God, but the love He showed us in sending us his Son." Our natural lethargy and self-evasiveness, our reluctance to let ourselves be loved are, like locked doors, no impediments to the Holy Spirit. In the heart of the utterly evil person, were there such a person, the Holy Spirit would still be crying: "Abba, Father," without ceasing. The spiritual man or woman is one who is "in love" – in love within themselves beyond dividedness, and loving all people beyond division. And most miraculously, we are in love with God beyond all alienation, in Jesus. If you live it at the level only of words, Christianity is unbelievable. It is beyond what the human mind can think of or comprehend. It is only in the experience of prayer that the truth of Christian revelation engulfs us. That is the invitation of Christian prayer, to lose ourselves and to be absorbed in God.

Silence (1 minute)

Opening Prayer
Meditation
Pause

WEDNESDAY

MIDDAY PRAYER

A Reading from Karl Rahner

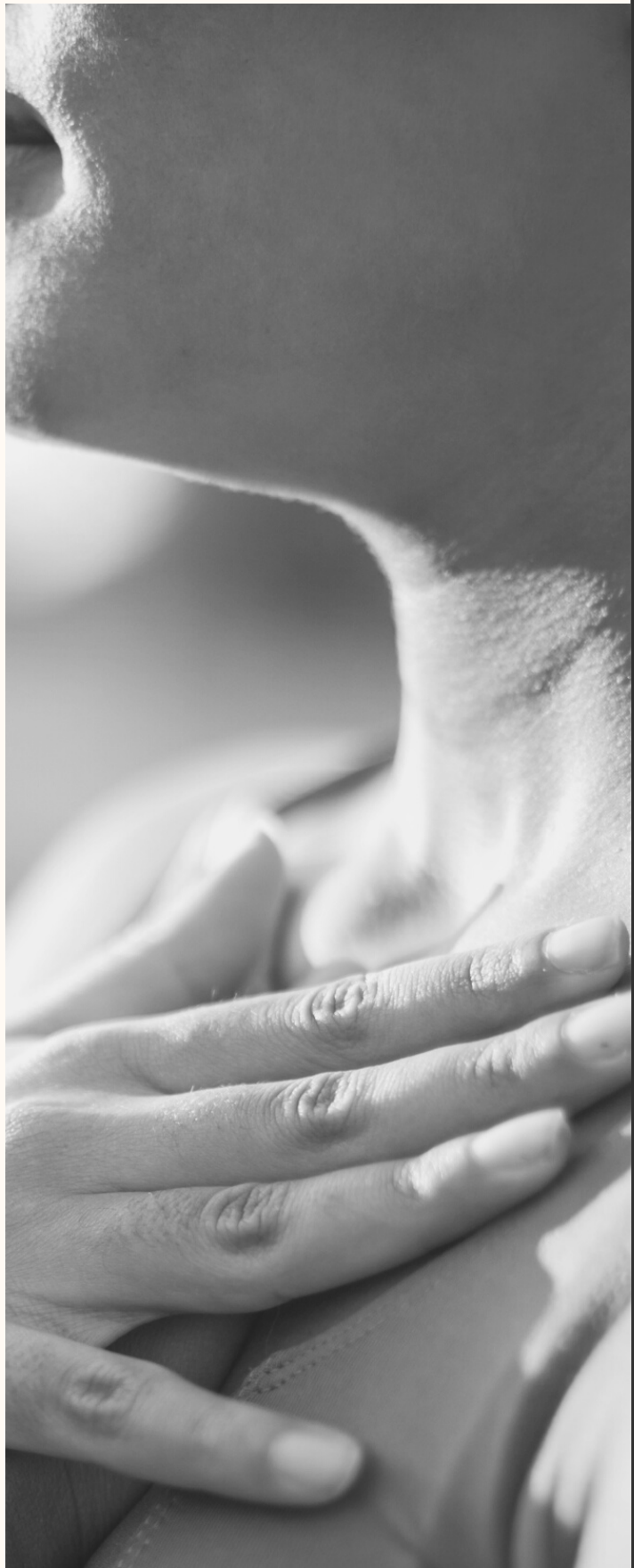
Only in love can I find you, my God. In love the gates of my soul spring open, allowing me to breathe a new air of freedom and forget my own petty self.

In love my whole being streams forth out of the rigid confines of narrowness and anxious self-assertion, which make me a prisoner of my own poverty and emptiness.

In love all the powers of my soul flow out toward you, wanting never more to return, but to lose themselves completely in you, since by your love you are the inmost center of my heart, closer to me than I am to myself.

Silence (1 minute)

Closing Verse



WEDNESDAY**EVENING PRAYER**

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 130

O Lord, my heart is
not proud
nor haughty my eyes.
I have not gone after
things too great
nor marvels beyond
me.

Truly I have set my
soul
in silence and peace.
A weaned child on its
mother's breast,
even so is my soul.
O Israel, hope in the
Lord
both now and forever.

Silence (1 minute)

**A Reading from the Isa Upanishad**

The face of truth remains hidden behind a circle of gold. Unveil it O God of light that I who love the true may see!

O life-giving sun, off-spring of the Lord of creation, solitary seer of heaven! Spread your light and withdraw your blinding splendour that I may behold your radiant form: that Spirit far away within you is my own inmost Spirit. May life go into immortal life, and the body go to ashes. OM.

O my soul, remember past strivings,
remember!

O my soul, remember past strivings,
remember!

By the path of good lead us to final bliss. O fire divine you God who knows all ways. Deliver us from wondering evil. Prayers and adoration we offer unto you.

Silence (1 minute)

Opening Prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse

THURSDAY**MORNING PRAYER**

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 33

The angel of the Lord
is encamped
around those who
revere him, to rescue
them.

Taste and see that
the Lord is good.
He is happy who
seeks refuge in him.
Revere the Lord, you
his saints.
They lack nothing,
those who revere him.

Strong lions suffer
want and go hungry,
but those who seek
the Lord lack no
blessing.
Come children, and
hear me,
that I may teach you
the fear for the Lord.
Who is he who longs
for life
and many days, to
enjoy his prosperity?

Silence (1 minute)

A Reading from the Bhagavad-Gita

For those who have conquered the mind, it is their friend. For those who have failed to do so, the mind works like an enemy.

The yogis who have conquered the mind rise above the dualities of cold and heat, joy and sorrow, and honor and dishonor. Such yogis remain peaceful and steadfast in their devotion to God.

The yogi who are satisfied by knowledge and discrimination, and have conquered their senses, remain undisturbed in all circumstances. They see everything—dirt, stones, and gold—as the same.

The yogis look upon all—well-wishers, friends, foes, the pious, and the sinners—with an impartial intellect. The yogi who is of equal intellect toward friend, companion, and foe, neutral among enemies and relatives, and unbiased between the righteous and sinful, is considered to be distinguished among humans.

Silence (1 minute)

Opening Prayer
Meditation

Pause

Gospel**Luke 18:15-17**

People brought little children to Jesus, for him to bless; but when the disciples saw this, they turned them away. But Jesus called the children to him and said, "Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of God belongs. I tell you solemnly, anyone who does not welcome the kingdom of God like a little child will never enter it."

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer
Silence (1 minute)

Closing Verse

THURSDAY

MIDDAY PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 118 Koph (Q) XIX

I call with all my heart;
 Lord, hear me,
 I will keep your statutes.
 I call upon you, save me
 and I will do your will.
 I rise before dawn
 and cry for help,
 I hope in your word.
 My eyes watch through
 the night
 to ponder your promise.

In your love hear my
 voice, O Lord;
 give me life
 by your decrees.
 Those who harm me
 unjustly draw near;
 they are far from
 your law.
 But you, O Lord,
 are close,
 your commands are truth.
 Long have I known that
 your will
 is established forever.

Silence (1 minute)

A Reading from John Main

As I say, the problem for us is that the way is so simple. 'Unless you become like a little child, you cannot enter into the kingdom of Heaven,' Jesus said. I am speaking to you from a tradition that goes back hundreds, thousands of years, from a tradition that has been followed in every century, the last two thousand years, by men and women who, by following it, became holy, which is to say they became fully human: compassionate, gentle, forgiving, understanding and, above all, filled with joy. The joy comes from the holiness: that is, from the fact that we have discovered ourselves, found in ourselves, our own true likeness to God; God who, as St. John tells us, is love. (The Door to Silence)

Silence (1 minute)

Opening Prayer

Meditation

Pause

A Reading from Edith Stein

Previously, perhaps using an Ignatian method, one has exercised the spiritual powers in the hours of meditation—the senses, imagination, understanding, the will. But now they won't work. All efforts are in vain. The spiritual practices that up to now have been a source of inner joy become a torment, intolerably dull and fruitless. But there is no tendency to occupy oneself with worldly things. The soul desires more than all else to remain still, without bestirring itself, allowing all its faculties to rest.

Silence (1 minute)

Closing Verse

THURSDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 35

Your love, Lord, reaches to
heaven;
your truth to the skies.
Your justice is like God's
mountain,
your judgments like the deep.
To people and beast you give
protection.
O Lord, how precious is your
love.
My God, the children of people
find refuge in the shelter of
your wings.
They feast on the riches of
your house;
they drink from the stream of
your delight.
In you is the source of life
and in your light we see light.
Keep on loving those who
know you,
doing justice for upright hearts.

Silence (1 minute)

A Reading from Chuang Tzu

When archers are shooting for nothing,
they have all their skill.

If they shoot for a brass buckle
they are already nervous.

If they shoot for a prize of gold
they go blind

Or see two targets –
they are out of their minds.

Their skill has not changed,
But the prize
Divides them.

They care,
they think more of winning
Than of shooting –
And the need to win
Drains them of power.

Silence (1 minute)

Opening Prayer
Meditation
Pause

Magnificat
Pause

Intercessions

The Lord's Prayer
Silence (1 minute)

Closing Verse

FRIDAY**MORNING PRAYER**

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 51

Have mercy on me, God, in
your kindness.
In your compassion blot out
my offence.
O wash me more and more
of my guilt,
and cleanse me from my sin.
My offences truly I know
them;
my sin is always before me.
Against you, you alone have
I sinned;
what is evil in your sight I
have done.
Indeed you love truth in the
heart; then in the secret of
my heart teach me wisdom.
O purify me, then I shall be
clean,
O wash me, I shall be whiter
than snow.
A pure heart create for me,
O God, put a steadfast Spirit
within me.
Do not cast me away from
your presence, nor deprive
me of your Holy Spirit.

Silence (1 minute)

A Reading from Guru Grant Sahib

Those who call themselves disciples of the
true Guru,
Let them rise at an early hour before dawn,
And meditate on Nam, the All-pervading
Divine Spirit.

Let them bathe and make an effort
To cleanse their mind in the inner Tank of
Nectar,

Let them repeat the Name of the Lord
As taught by the Guru;

This will wash away the stains of sin
from their mind,

And when sun rises, let them sing
the hymns of the Guru;

And throughout the busy day,
Let them discipline their mind to live
consciously in the Presence of God.

One, who constantly remembers God, the
Lord, Such a disciple is indeed dear to the
Guru.

The seeker of the Truth on whom the Lord
bestows His Grace,

Receives the gift of Nam from the Guru.
Nanak craves the dust of the feet of such
a disciple,

Who consciously repeats God's Name,
And inspires others to do the same.

Silence (1 minute)

Opening Prayer
Meditation

Pause

FRIDAY

MORNING PRAYER

Gospel

Luke 15:4-7

Jesus said, "What man among you with a hundred sheep, losing one, would not leave the ninety-nine in the wilderness and go after the missing one till he found it? And when he found it, would he not joyfully take it on his shoulders and then, when he got home, call together his friends and neighbors? 'Rejoice with me,' he would say, 'I have found my sheep that was lost.'

In the same way, I tell you, there will be more rejoicing in heaven over one repentant sinner than over ninety-nine virtuous men who have no need of repentance."

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



FRIDAY

MIDDAY PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 118 Resh (R) XX

See my affliction and save me for I remember your law.

Uphold my cause

and defend me;

by your promise, give me life.

Salvation is far from the wicked

who are heedless of your statutes.

Numberless, Lord,

are your mercies;

with your decrees give me life.

Though my foes and oppressors are countless,

I have not swerved from your will.

I look at the faithless with disgust;

they ignore your promise.

See how I love your precepts;

in your mercy give me life.

Your word is founded on truth,

your decrees are eternal.

Silence (1 minute)

A Reading from John Main

‘Live your lives in union with him’ - this is the Christian invitation. Not to admire from a distance, not even to worship from afar, but to live in union. That is the staggering invitation that the gospel gives to each one of us.

As you know from your own experience, union requires selflessness, loss of self; in union we surrender ourselves into the greater reality of the union. In the union, each finds the other, and in finding the other, we discover our own essential personhood. We discover ourselves because in union we experience ourselves as known, loved, cherished, cared for.

Silence (1 minute)

Opening Prayer

Meditation

Pause

A Reading from St John of the Cross

Wait upon God with loving and pure attentiveness, working no violence on yourself lest you disturb the soul's peace and tranquility. God will feed your soul with heavenly food since you put no obstacle in his way. The soul in this state must remember that if it is not conscious of making progress, it is making much more than when it was walking on foot, because God Himself is bearing it in His arms. Although outwardly it is doing nothing, it is in reality doing more than if it were working, since God is doing the work within it. And is it not remarkable, that the soul does not see this, for our senses cannot perceive that which God does in the soul... if it stays in God's care it will certainly make progress.

Silence (1 minute)

Closing Verse

FRIDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 103

How many are your works, O Lord!
In wisdom you have made them all.
The earth is full of your riches.
There is the sea, vast and wide,
with its moving swarms past counting,
living things great and small.
The ships are moving there
and the monsters you made to play
with.

All of these look to you
to give them their food in due season.
You give it, they gather it up:
you open your hand, they have their
fill.

You hide your face, they are dismayed;
you take back your spirit, they die,
returning to the dust from which they
came.

You send forth your spirit, they are
created;
and you renew the face of the earth.
May the glory of the Lord last forever!
May the Lord rejoice in his works!
He looks on the earth and it trembles;
the mountains send forth smoke at his
touch.

I will sing to the Lord all my life,
make music to my God while I live.
May my thoughts be pleasing to him.
I find my joy in the Lord.
Bless the Lord, my soul.

Silence (1 minute)

A Reading from the Dhammapada

Even gorgeous royal chariots
wear out, and indeed this body
wears out. But the Dhamma
(virtue) of the good never grows
old, and thus they can teach the
good to those who are good.

Persons of little learning grows
old like an ox! Their bodies
indeed grow in bulk, but their
wisdom does not grow.

I have wandered in vain the
circles of many lives seeking the
builder of this house of life. How
great is the sorrow of life that
must die!

But now I have seen you, house
builder: never more will you build
this house. The rafters are
broken, the ridgepole shattered.
My mortal mind has reached the
Unconditioned; I have attained
the destruction of craving.

Silence (1 minute)

Opening Prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse



SATURDAY

MORNING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 33

The Lord turns his eyes to the just and his ears to their appeal. They call and the Lord hears and rescues them in all their distress. The Lord is close to the broken-hearted; those whose spirit is crushed he will save. Many are the trials of the just man: but from them all the Lord will rescue him. He will keep guard over all his bones: not one of his bones shall be broken. The Lord ransoms the souls of his servants. Those who hide in him shall not be condemned.

Silence (1 minute)

A Reading from the Isa Upanishad

Behold the universe in the glory of God: and all that lives and moves on earth. Leaving the transient, find joy in the Eternal: set not your heart on another's possession.

Who sees all beings in his own Self, and his own Self in all beings, loses all fear. When sages see this great Unity and their Self has become all beings, what delusion and what sorrow can ever be near them?

The Spirit fills all with radiance. The Spirit is incorporeal and invulnerable, pure and untouched by evil. The Spirit is the supreme seer and thinker, immanent and transcendent. That same Spirit has placed all things in the path of Eternity.

Silence (1 minute)

Opening Prayer
Meditation
Pause

Gospel

Luke 6: 36-38

Jesus said, "Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back."

Silence (2 minutes)

Benedictus
Pause

The Lord's Prayer
Silence (1 minute)

Closing Verse

SATURDAY

MIDDAY PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 118 Shin (SH) XXI

Though princes oppress me
without cause,

I stand in awe of your word.

I take delight in your promise,
like one who finds a treasure.

Lies I hate and detest,
but your law is my love.

Seven times a day I praise
you for your just decrees.

The lovers of your law have
great peace; they never stumble.

I await your saving help,
O Lord, I fulfil your commands.

My soul obeys your will
and loves it dearly.

I obey your precepts and your
will;

all that I do is before you.

Silence (1minute)

A Reading from John Main

This is why the Christian involvement with what the gospel calls the 'poor' - those wounded by lovelessness - is so essential. Jesus taught the simple task of loving our neighbour because of the vital importance to each of us to have had the experience of being loved by another human being. As we are created as human beings this is the prerequisite for realizing our destiny of fulfillment in the love of God. This is why, too, the Christian life is inseparable from prayer and the degrees of silence and solitude to which prayer calls us - why the monastery and the market-place are so dynamically related.

Silence (1 minute)

Opening Prayer

Meditation

Pause



SATURDAY

MIDDAY PRAYER

A Reading from Julian of Norwich

It is thus logical that God, being our Father, be also our Mother.

Our Father desires, our Mother operates and our good Lord the Holy Ghost confirms; we are thus well advised to love our God through whom we have our being, to thank him reverently and to praise him for having created us and to pray fervently to our Mother, so as to obtain mercy and compassion, and to pray to our Lord, the Holy Ghost, to obtain help and grace.

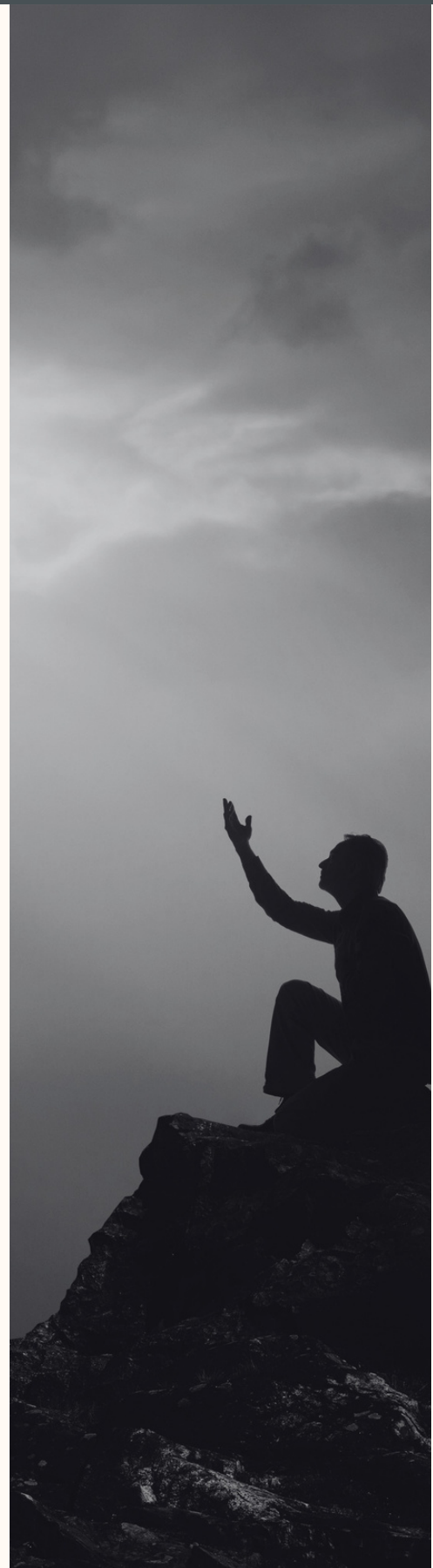
I then saw with complete certainty that God, before creating us, loved us, and His love never lessened and never will. In this love he accomplished all his works, and in this love he oriented all things to our good and in this love our life is eternal.

With creation we started but the love with which he created us was in Him from the very beginning and in this love is our beginning.

And all this we shall see it in God eternally.

Silence (1 minute)

Closing Verse



07

DAILY LITURGY WEEK 4

The essential quality
of the Rule is the
gentleness of St Benedict.
I would like to end today by
urging you in your lives as
oblates to be gentle with
yourselves.

SATURDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 60

O God, hear my cry!
Listen to my prayer!
From the end of the earth I call;
my heart is faint.
On a rock too high for me to
reach
set me on high,
O you who have been my refuge,
my tower against the foe.
Let me dwell in your tent for ever
and hide in the shelter of your
wings.
For you, O God, hear my prayer,
grant me the heritage of those
who fear you.
So I will always praise your name
and day after day fulfill my vows.

Silence (1 minute)



A Reading from the the Bhagavad-Gita

When one surrenders all desires that
come to the heart and by the grace of
God finds the joy of God, then their
soul has indeed found peace.

The one who's mind is untroubled by
sorrows, and for pleasures has no
longings, beyond passion, and fear and
anger, is the sage of unwavering mind.

Whoever is free from all ties, who
neither rejoices nor sorrows if fortune
is good or is ill, theirs is a serene
wisdom.

When in recollection one recollects all
their senses from attractions of
pleasures of sense, even as a tortoise
withdraws all its limbs, then theirs is a
serene wisdom.

Bringing them all into harmony of
recollection, let one sit in devotion and
union, their soul finding rest in me. For
when their senses are in harmony, then
theirs is a serene wisdom.

Silence (1 minute)

Opening prayer
Meditation
Pause

Magnificat
Pause

Intercessions

The Lord's Prayer
Silence (1 minute)

Closing Verse

SUNDAY

MORNING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 94

Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving
thanks,
with songs let us hail the Lord.
A mighty God is the Lord,
a great king above all gods.
In his hands are the depths of the
earth;
the heights of the mountains are his.
To him belongs the sea,
for he made it
and the dry land shaped by his hands.
Come in; let us bow and bend low;
let us kneel before the God who made
us for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand.
O that today you would listen to his
voice!
Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your ancestors put me to the
test;
when they tried me, though they saw
my work.

Silence (1 minute)

A Reading from Rumi

In the limitlessness of the pure
heart, understanding leads to
silence, because that heart is
with God or indeed it is He.
Those with mirror-like hearts
have left behind mere fragrance
and colour:
each moment they behold
beauty without hindrance.
They have discarded the outer
form
and raised the banner of mystical
intuition.
Thought is gone, all is light.
They have reached the essence
and the Ultimate Source of
knowledge. (Masnavi)

Silence (1 minute)

Opening prayer

Meditation

Pause



SUNDAY

MORNING PRAYER

Gospel

John 3:16-21

God loved the world so much
 that he gave his only Son,
 so that everyone who believes in him
 may not be lost but may have eternal life.
 For God sent his Son into the world
 Not to condemn the world,
 but so that through him
 the world might be saved.
 No one who believes in him will be
 condemned;
 but whoever refuses to believe
 is condemned already,
 because he has refused to believe
 in the name of God's only Son.
 On these grounds is sentence pronounced
 that though the light has come into the
 world
 men have shown they prefer darkness
 to the light
 because their deeds were evil.
 And indeed, everybody who does wrong
 hates the light and avoids it,
 for fear his actions should be exposed;
 but the man who lives by the truth comes out
 into the light
 so that it may be plainly seen that what he
 does is done in God.

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



SUNDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Tau (TH) XXII

Lord, let my cry come before you: teach me by your word.
Let my pleading come before you: save me by your promise.
Let my lips proclaim your praise because you teach me your statutes.
Let my tongue sing your promise for your commands are just.
Let your hand be ready to help me,
since I have chosen your precepts.
Lord, I long for your saving help and your law is my delight.
Give life to my soul that I may praise you.
Let your decrees give me help. I am lost like a sheep; seek your servant for I remember your commands.

Silence (1 minute)

A Reading from John Main

The light of consciousness we expand into is complete in ways that the ego's dim self-consciousness never can be. We live no longer but Christ lives fully in us. Christ is light. He is the light that fills and gives range and depth to vision. He is also, in his fully realized human consciousness, the eyes with which we can see the Father. Without his light our vision would be tied to the dimension of limitation and finitude. Our spirit could not soar above itself into unrestricted liberty and pure clarity of the unified being that is God. Consciousness would remain forever an observer of the imagined periphery of God's boundless space. Without the Holy Spirit `dwelling in our mortal bodies´ and opening up the dimension of Being within our spirit, we would be prevented by our limitation from moving into the liberty that is our destiny. The light that empowers our weakness and makes of our limitations a crucible in which God's power is brought to perfection, has been freely given. It has been poured into our heart as the pure effulgence of the Father. For Christ is the radiance of the Father. The light of our vision is not less than this radiance, the glory of God itself.

Silence (1 minute)

Opening prayer
Meditation
Pause



SUNDAY

MIDDAY PRAYER



A Reading from Beatrice of Nazareth

It happens sometimes that a sweet and joyful love is awakened in the heart and swells like a great wave through the soul by itself without any effort at all on our part.

We are so powerfully moved by love, so passionately drawn up into love, so strongly taken by love, so tenderly embraced and utterly mastered by love that we surrender ourselves entirely to its power.

In this embrace the soul experiences directly the radiance of the Divine, a wonderful bliss, pure freedom, ecstatic sweetness, complete overpowering by love, a waterfall of ineffable delight.

We feel that all our senses are sacred and we are so totally engulfed by love and so deeply immersed in love we become one with love, and will never cease to be love. For the beauty of love has clothed us, the power of love has submerged us, the holiness of love has consumed us, the greatness of love has so sublimely drawn us into itself that we will always love and do nothing but acts of love.”

Silence (1 minute)

Closing Verse

SUNDAY

EVENING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 22

The Lord is my shepherd;
there is nothing I shall want.



Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me,
to revive my drooping spirit.
He guides me along the right
path;
he is true to his name.
If I should walk in the valley of
darkness
no evil would I fear.
You are there with your crook
and your staff;
with these you give me comfort.
My head you have anointed with
oil;
my cup is overflowing.
Surely goodness and kindness
shall follow me
all the days of my life.
In the Lord's own house shall I
dwell
for ever and ever.

Silence (1 minute)

A Reading from the Dhammapada

The mind is wavering and restless,
difficult to guard and restrain: let the
wise straighten their minds as a maker
of arrows makes his arrows straight.
Like a fish which is thrown on dry land,
taken from his home in the waters, the
mind strives and struggles to get free
from the power of Death.

The mind is fickle and flighty, it flies
after fancies wherever it likes: it is
difficult indeed to restrain. But it is a
great good to control the mind; a mind
self-controlled is a source of great joy.
Invisible and subtle is the mind, and it
flies after fancies wherever it likes; but
let the wise person guard well their
mind, for a mind well-guarded is a
source of great joy.

Silence (1 minute)

Opening prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse

MONDAY

MORNING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 90

The one who dwells in the shelter
of the Most High,
and abides in the shade of the
Almighty
says to the Lord: "My refuge,
my stronghold, my God in whom I
trust!"
It is he who will free you from the
snare of the fowler who seeks to
destroy you;
he will conceal you with his
pinions
and under his wings you will find
refuge.
You will not fear the terror of the
night
nor the arrow that flies by day,
nor the plague that prowls in the
darkness nor the scourge that lays
waste at noon,
you who have said: "Lord, my
refuge!"
and have made the Most High
your dwelling.
Upon you no evil shall fall,
no plague approach where you
dwell.
For you has he commanded his
angels,
to keep you in all your ways.

Silence (1 minute)

A Reading from the Lakota tradition

O Great Spirit,
whose voice I hear in the winds
and whose breath gives life to all the
world, hear me.

I am small and weak.
I need your strength and wisdom.
Let me walk in beauty and let my eyes
ever behold the red and purple
sunset.
Make my hands respect the things
you have made and my ears grow
sharp to hear your voice.

Make me wise so that I may
understand the things you have
taught my people.

Let me learn the lessons you have
hidden in every leaf and rock.
Help me remain calm and strong in
the face of all that comes towards
me.
Help me find compassion without
empathy overwhelming me.

I seek strength not to be greater than
my brother or sister but to fight my
greatest enemy: myself.

Make me always ready to come to
you with clean hands and straight
eyes.
So when life fades as the fading
sunset, my spirit may come to you
without shame.

Silence (1 minute)

Opening prayer
Meditation

Pause

MONDAY

MORNING PRAYER

Gospel

John 15:12-17

This is my commandment: love one another, as I have loved you. A man can have no greater love than to lay down his life for his friends. You are my friends, if you do what I command you. I shall not call you servants anymore, because a servant does not know his master's business; I call you friends, because I have made known to you everything I have learned from my Father. You did not choose me, no, I chose you; and I commissioned you to go out and to bear fruit, fruit that will last; and then the Father will give you anything you ask him in my name. What I command you is to love one another.

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



MONDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Aleph (A)

They are happy whose life is blameless, who follow God's law!

They are happy who do his will, seeking him with all their hearts,
who never do anything evil but walk in his ways.
you have laid down your precepts to be obeyed with care.
May my footsteps be firm to obey your statutes.
Then I shall not be put to shame as I heed your commands.
I will thank you with an upright heart as I learn your decrees.
I will obey your statutes; do not forsake me.

Silence (1 minute)

A Reading from John Main

There is no half measure in the Rule. Nevertheless, the essential quality of the Rule is the gentleness of St Benedict.



I would like to end today by urging you in your lives as oblates to be gentle with yourselves. As you read the Rule...you will encounter your own weakness, your own forgetfulness, your

own stupidity. ...Don't be disheartened, because what St Benedict constantly urges us to do is to begin, to start again. For example...(do)not allow the sun to go down on your anger. If you are angry...if there is any lack of forgiveness in your heart, try to exorcize that before the sun goes down on your anger... To understand that your lives can be transformed in the power of Christ. If you determine to the best of your ability to live out of his power, out of his love, then your lives can be transformed.

Silence (1 minute)

Opening prayer
Meditation
Pause

MONDAY

MIDDAY PRAYER

A Reading from Dietrich Bonhoeffer

We are silent in the early hours of each day, because God is supposed to have the first word, and we are silent before going to sleep, because to God also belongs the last word. We are silent solely for the sake of the word, not in order to show dishonour to the word but in order to honour and receive it properly.

Silence ultimately means nothing but waiting for God's word and coming away blessed by God's word . . . Silence before the word, however, will have its effect on the whole day. If we have learned to be silent before the word, we will also learn to be economical with silence and speech throughout the day. There is an impermissible self-satisfied, prideful, offensive silence. This teaches us that what is important is never silence in itself.

The silence of the Christian is a listening silence, a humble silence that for the sake of humility can also be broken at any time. It is a silence in connection with the word ... In being quiet there is a miraculous power of clarification, of purification, of bringing together what is important. This is a purely profane fact. Silence before the word, however, leads to the right hearing and thus also to the right speaking of the word of God at the right time. A lot that is unnecessary remains unsaid.

Silence (1 minute)

Closing Verse



MONDAY

EVENING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 84

I will hear what the Lord
God has to say, a voice
that speaks of peace,
peace for his people and
his friends and those who
turn to him in their
hearts.

His help is near for those
who fear him and his
glory

will dwell in our land.

Mercy and faithfulness
have met; justice and
peace have embraced.

Faithfulness shall spring
from the earth and
justice look down from
heaven.

The Lord will make us
prosper and our earth
shall yield its fruit.

Justice shall march
before him
and peace shall follow his
steps.

Silence (1 minute)

A Reading from the Mundaka Upanishad

Two birds living together, each the friend of the other, perch upon the same tree. Of these two, one eats the sweet fruit of the tree, but the other simply looks on without eating.

The two birds are the Jiva and Isvara, both existing in an individual compared to a tree. They exist together as the reflection and the original. They both manifest themselves in different ways in every individual. From the characteristics of the Jiva it is possible to infer the nature of Isvara, and from the nature of Isvara it is possible to determine the potentialities of the Jiva. Both the Jiva and Isvara have a common substratum which is Brahman and which is the reality of both...

That which distinguishes the Jiva from Isvara is the mind only...Because of the conjunction of consciousness with these limiting factors, it has to experience the results of its actions; but Isvara, who is not limited to any adjunct, has no actions whatsoever to perform, and so, no experience of the results of actions. The fruits enjoyed by the Jiva are of the nature of pleasure and pain, i.e., they are all relative experiences born of non-discrimination. The experience of Isvara is eternal and is of the nature of purity, knowledge and freedom.

Silence (1 minute)

Opening prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse

TUESDAY

MORNING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 107

My heart is ready, O God;
I will sing, sing your praise.
Awake, my soul;
awake, lyre and harp,
I will awake the dawn.
I will thank you, Lord, among the
peoples,
among the nations I will praise
you, for your love reaches to the
heavens and your truth to the
skies.
O God, arise above the heavens;
may your glory shine on earth!
O come and deliver your friends;
help with your right hand and
reply.

Silence (1 minute)



A Reading from the Bhagavad-Gita

Krishna: God dwells in the heart of
all beings,

Arjuna: Your God lives in your heart.
And his power of wonder moves all
things – puppets in a play of shadows
– whirling them onwards on the
steam of time.

Go to him for your salvation with all
your soul, victorious man. By grace
you shall obtain the peace supreme,
your home of Eternity.

I have given you words of vision and
wisdom more secret than hidden
mysteries. Ponder them in the silence
of your soul, and then in freedom do
your will.

Hear again my word supreme, the
deepest secret of silence. Because I
love you well, I will speak to you
words of salvation.

Give your mind to me, and give me
your heart, and your sacrifice, and
your adoration. This is my word of
promise: you shall in truth come to
me, for you are dear to me. Leave all
things behind, and come to me for
your salvation. I will make you free
from the bondage of sins. Fear no
more. (chapter 18 61-66)

Silence (1 minute)

Opening prayer

Meditation

Pause

TUESDAY

MORNING PRAYER

Gospel

John 4:1-14

When Jesus heard that the Pharisees had found out that he was making and baptizing more disciples than John-though in fact it was his disciples who baptized, not Jesus himself-he left Judaea and went back to Galilee. This meant that he had to cross Samaria.

On the way he came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "What? You are a Jew and you ask me, a Samaritan, for a drink?"-Jews, in fact, do not associate with Samaritans. Jesus replied:

"If you only knew what God is offering
and who it is that is saying to you:
Give me a drink,
you would have been the one to ask,
and he would have given you living water."

"You have no bucket, sir," she answered, "and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?" Jesus replied: "Whoever drinks this water will get thirsty again; but anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life."

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



TUESDAY

MIDDAY PRAYER

Opening Verse:
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Beth (B) II

How shall the young
remain sinless?
By obeying your word.
I have sought you with
all my heart;
let me not stray from
your commands.
I treasure your promise
in my heart
lest I sin against you.
Blessed are you, O
Lord;
teach me your statutes.
With my tongue I have
recounted the decrees
of your lips.
I rejoiced to do your
will
as they all riches were
mine.
I will ponder all your
precepts and consider
your paths.
I take delight in your
statutes;
I will not forget your
word.

Silence (1 minute)

A Reading from John Main

The Christian life is an ever deeper exploration of the truth that God loves us and that Jesus dwells in our hearts, in the deep center of our Being. Even more astonishing is to know what we dwell in His heart, 'in Him'. The mind cannot comprehend this. Only the heart can know it because it is the knowledge that arises only in love. We know ourselves loved and so we love. Meditation is concerned with completing this cycle of love. By our openness to the Spirit who dwells in our hearts, and who in silence is loving to all, we begin the journey of faith. We end in faith because there is always a new beginning to the eternal dance of being-in-love.

Faith and love engender hope. Christian hope is the supreme confidence in the truthfulness of Jesus and in the reality of His love.

Silence (1 minute)

Opening prayer
Meditation
Pause

A Reading from Meister Eckhart

Jesus went into the temple and boldly drove out those that bought and sold. And when all was cleared, there was nobody left but Jesus. Observe this, for it is the same with us: when he is alone, he is able to speak in the temple of the soul. If anyone else is speaking in the temple of your soul, Jesus will keep still, as if he were not at home. And he is not at home wherever there are strange guests - guests with whom the soul holds conversation, guests who are seeking to bargain. If Jesus is to speak and be heard, the soul must be alone and quiet.

Silence (1 minute)

Closing Verse

TUESDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 73

How good God is to Israel,
to those who are pure of heart.
Yet my feet came close to
stumbling,
my steps had almost slipped.
How useless to keep my heart pure
and wash my hands in innocence,
when I was stricken all day long,
suffered punishment day after day.
I strove to fathom this problem,
too hard for my mind to
understand.
And so my heart grew embittered
and did not understand,
Yet I was always in your presence;
you were holding me by my right
hand. You will guide me by your
counsel.
What else have I in heaven but
you?
Apart from you I want nothing.
To be near God is my happiness.
I have made the Lord God my
refuge.

Silence (1 minute)

A Reading from the Qur'an

God is the light of the heavens
and of the earth; a likeness of
God's light is as if there were a
niche; in which is a lamp: the
lamp is in a glass; (and) the glass
is as it were a brightly shining
star, lit from a blessed olive-tree,
neither eastern nor western, the
oil whereof almost gives light
though fire touch it not – light
upon light – God guides to His
light whom He pleases, and God
sets forth parables for men, and
is Cognizant of all things.
(al-Nur, [24:35](#)).

Silence (1 minute)

Opening prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse

WEDNESDAY

MORNING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 99

Cry out with joy to the Lord, all
the earth.
Serve the Lord with gladness.
Come before him, singing for joy.
Know that he, the Lord, is God.
He made us, we belong to him,
we are his people, the sheep of
his flock.
Go within his gates, giving thanks.
Enter his courts with songs of
praise. Give thanks to him and
bless his name.
Indeed, how good is the Lord,
eternal his merciful love.
He is faithful from age to age.

Silence (1 minute)

A Reading from the Therigatha

Coming out from my day's abiding
on Vulture Peak Mountain,
I saw on the bank of the river
an elephant
emerged from its plunge.
A man holding a hook requested:
'Give me your foot'
The elephant
extended its foot.
The man
got up on the elephant.
Seeing what was untrained now
tamed
brought under human control,
with that I centered my mind...
It was why I'd gone to the woods
to meditate
in the first place.

Silence (1 minute)

Opening prayer
Meditation
Pause



WEDNESDAY

MORNING PRAYER

Gospel

John 6:35-40

Jesus said, "I am the bread of life.
He who comes to me will never be
hungry;
he who believes in me will never thirst.
But, as I have told you,
You can see me and still you do not
believe.

All that the Father gives me
will come to me,
And whoever comes to me
I shall not turn him away;
because I have come from heaven,
not to do my own will,
but to do the will of the one
who sent me.

Now the will of him who sent me
is that I should lose nothing
of all that he has given to me,
and that I should raise it up
on the last day.

Yes, it is my Father's will that whoever
sees the Son and believes in him shall
have eternal life,
and that I shall raise him up
on the last day."

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



WEDNESDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Gimmel (G) III

Bless your servant and I shall live
and obey your word.
Open my eyes that I may see
the wonders of your law.
I am a pilgrim on the earth;
show me your commands.
My soul is ever consumed
as I long for your decrees.
You threaten the proud, the
accursed,
who turn from your commands.
Relieve me from scorn and
contempt
for I do your will.
Though the princes sit plotting
against me
I ponder on your statutes.
Your will is my delight;
your statutes are my
counselors.

Silence (1 minute)



A Reading from John Main

St Paul speaks frequently of the evolving maturity of Christians. The call to prayer, the call to meditation is precisely a call to grow up, to leave the ego-centered irresponsibility of childishness behind and to become ourselves by finding ourselves beyond ourselves in union with the All. Again, understand that this requires a personal response, not just an agreeing nod, from each of us. The invitation to see with our own eyes, to hear with our own ears and to love with our own hearts but also to do this in union with Him who is Love. Now, in practice this requires of each of us to go beyond all our personal, historical dividedness. All the dividedness within ourselves is required to be transcended. All the barriers that separate us from our true selves and from others and from God must be dismantled. And that means leaving all our images behind. Images that we have of ourselves, the images that we have of others and the images that we have of God.

Silence (1 minute)

Opening prayer
Meditation
Pause

WEDNESDAY

MIDDAY PRAYER

A Reading from Pierre Teilhard de Chardin

Above all, trust in the slow work of God.

We are quite naturally impatient in everything to reach the end without delay.

We should like to skip the intermediate stages.

We are impatient of being on the way to something unknown, something new. And yet it is the law of all progress that it is made by passing through some stages of instability— and that it may take a very long time.

And so I think it is with you; your ideas mature gradually—let them grow, let them shape themselves, without undue haste.

Don't try to force them on, as though you could be today what time (that is to say, grace and circumstances acting on your own good will) will make of you tomorrow.

Only God could say what this new spirit gradually forming within you will be. Give Our Lord the benefit of believing that his hand is leading you, and accept the anxiety of feeling yourself in suspense and incomplete.

Silence (1 minute)

Closing Verse



WEDNESDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 15

Preserve me, God, I take refuge
in you.
I say to the Lord: 'You are my
God.
My happiness lies in you alone.'

O Lord, it is you who are my
portion and cup;
It is you yourself who are my
prize.
The lot marked out for me is my
delight:
Welcome indeed the heritage
that falls to me!
I will bless the Lord who gives
me counsel,
Who even at night directs my
heart.
I keep the Lord ever in my sight:
Since he is at my right hand, I
shall stand firm.

You will show me the path of
life,
The fullness of joy in your
presence,
at your right hand
happiness for ever

Silence (1 minute)

A Reading from the Tao Te Ching

We join spokes together in a wheel,
but it is the center hole
that makes the wagon move.



We shape clay into a pot,
but it is the emptiness inside
that holds whatever we want.
We hammer wood for a house,
but it is the inner space
that makes it livable.
We work with being,
but non-being is what we use.

Silence (1 minute)

Opening prayer
Meditation
Pause

Magnificat
Pause

Intercessions

The Lord's Prayer
Silence (1 minute)

Closing Verse

THURSDAY

MORNING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 61

In God alone be at rest my soul;
for my hope comes from him.
He alone is my rock,
my stronghold,
my fortress I stand firm.
In Him is my safety and glory,
the rock of my strength.
Take refuge in God
all you people.
Trust in him at all times.
Pour out your hearts
before him
for God is our refuge.
Common folk are only a
breath,
great men an illusion.
Place in the scales, they rise;
they weigh less than a breath.

Do not put your trust
in oppression
nor vain hope on plunder.
Do not set your heart on riches
even when they increase.
For God has said only one
thing:
only two do I know:
that to God alone belongs
power
and to you, Lord, love!

Silence (1 minute)

A Reading from Kabir

O how may I ever express that secret word? O how can I say He is not like this,

and He is like that?

If I say He is within me, the universe is ashamed: If I say that He is without me, it is falsehood. He makes the inner and the outer worlds to be indivisibly one; The conscious and the unconscious, both are His footstools. He is neither manifest, nor hidden, He is neither revealed nor unrevealed: There are no words to tell that which He is. (IX, I.104)

Silence (1 minute)

Opening prayer

Meditation

Pause

Gospel

John 10: 14-16

Jesus said, "I am the good shepherd; I know my own and my own know me, just as the Father knows me and I know the Father; And I lay down my life for my sheep. And there are other sheep I have that are not of this fold, and these I have to lead as well. They too will listen to my voice, and there will be only one flock, and one shepherd."

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



THURSDAY

MIDDAY PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 118 Daleth (D) IV

My soul lies in the dust;
by your will revive me.
I declared my ways
and you answered;
teach me your statutes.
Make me grasp the way
of your precepts
and I will muse
on your wonders.
My soul pines away with
grief;
by your word raise me up.
Keep me from the way of
error
and teach me your law.
I have chosen the way of
truth
with your decrees before
me.
I bind myself to do your
will;
Lord, do not disappoint
me.
I will run the way of your
commands; you give
freedom to my heart

Silence (1 minute)

A Reading from John Main

(It is our conviction that) the central message of the New Testament is that there is really only one prayer and that this prayer is the prayer of Christ. It is a prayer that continues in our hearts day and night. It is the stream of love that flows constantly between Jesus and his Father. It is the Holy Spirit.

(Again it is our conviction that) it is the most important task for any fully human life to become as open as possible to this stream of love. We have to allow this prayer to become *our* prayer, (we have) to enter into the experience of being swept (out of ourselves) beyond ourselves into this wonderful prayer of Jesus – this great cosmic river of love. In order for us to do this we must learn (a way) that is a way of silence and stillness. It is as though we have to create a space within ourselves that will allow the consciousness of the prayer of Jesus to envelop us in this powerful mystery.

Silence (1 minute)

Opening prayer
Meditation
Pause

THURSDAY

MIDDAY PRAYER

**A reading from Swami
Abhishiktananda (Henri le
Saux, O.S.B.)**

The life of prayer
and contemplation is simply
to realize God's presence to
us, in the depths of every
being, and at the same time
beyond all things, beyond all
that is within and all that is
without.

It is certainly not a way of life
that is reserved for those few
individuals who are especially
called to escape from the
world and take refuge in the
desert.

Contemplation and prayer are
the very breath of life, not
only for the true disciple of
Jesus, but for everyone who
has recognized his calling to
be
human.

Silence (1 minute)

Closing Verse



THURSDAY

EVENING PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 144

The Lord is kind and full of
compassion,
slow to anger,
abounding in love.

How good is the Lord to
all,

compassionate to all his
creatures.

All your creatures shall
thank you, O Lord,
and your friends shall
repeat their blessing.

They shall speak of the
glory of your reign
and declare your might, O
God,

make known to all your
mighty deeds
and the glorious splendor
of your reign.

The Lord supports all who
fall

and raise up all who are
bowed down.

Silence (1 minute)

A Reading from Isha Upanishads

The Spirit is one. Unmoving, it moves
swifter than thought. The senses do not
overtake it, for it always goes before.

Standing still, it overtakes those who run.
To the ignorant, it seems to move-yet it
moves not...it is far, and it is near. It is
within all, and it is outside all.

Who sees all beings in Spirit, and the Spirit
in all beings, hates none. To the illumined
soul, the Spirit is all. For him who sees
everyone oneness, how can there be
delusion or grief?

The Spirit is everywhere. Bright is the
Spirit, incorporeal and perfect, without
bone, without flesh, pure, untouched by
evil.

The Seer, the Thinker, the One who is
above all, the Self-existent, who has
established perfect order among objects
and beings from beginningless time.

Silence (1 minute)

Opening prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse

FRIDAY

MORNING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 50

Have mercy on me, God, in your kindness.
In your compassion blot out my offence.
O wash me more and more of my guilt and cleanse me from my sin.
Indeed you love truth in the heart; then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean,
O wash me, I shall be whiter than snow.
A pure heart create for me,
O God, put a steadfast Spirit within me.
Do not cast me away from your presence, nor deprive me of your holy spirit.
For in sacrifice you take no delight, burnt offering you would refuse.
My sacrifice, a contrite spirit.
A humbled, contrite heart you will not spurn.

Silence (1 minute)

A Reading from Farid Uddin Attar

Submit, and be forever satisfied.
Give up the intellect for love and see, in one brief moment, all eternity;
Break nature's frame,
be resolute and brave;
Then rest at peace in Unity's black cave. Rejoice in that close, undisturbed dark air – The Prophet will be your companion there. And welcome, O disciple!
Since once you heard and answered God's first all-commanding word, since love has spoken in your soul, reject the Self, that whirlpool where our lives are wrecked; As Jesus rode his donkey, ride on it;
Your stubborn Self must bear you and submit – Then burn this Self and purify your soul; Let Jesus' spotless spirit be your goal. Destroy this burden, and before your eyes The Holy Ghost in glory will arise.

Silence (1 minute)

Opening prayer
Meditation
Pause

FRIDAY

MORNING PRAYER

Gospel

John 14:23-27

Jesus said, "If anyone loves me he will keep my word, and my Father will love him, and we shall come to him and make our home with him.

Those who do not love me do not keep my words.
And my word is not my own: it is the word of the one who sent me.

I have said these things to you
While still with you;
but the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all I have said to you.

Peace I bequeath to you,
my own peace I give you,
peace the world cannot give,
this is my gift to you.
Do not let your hearts be troubled or afraid."

Silence (2 minutes)

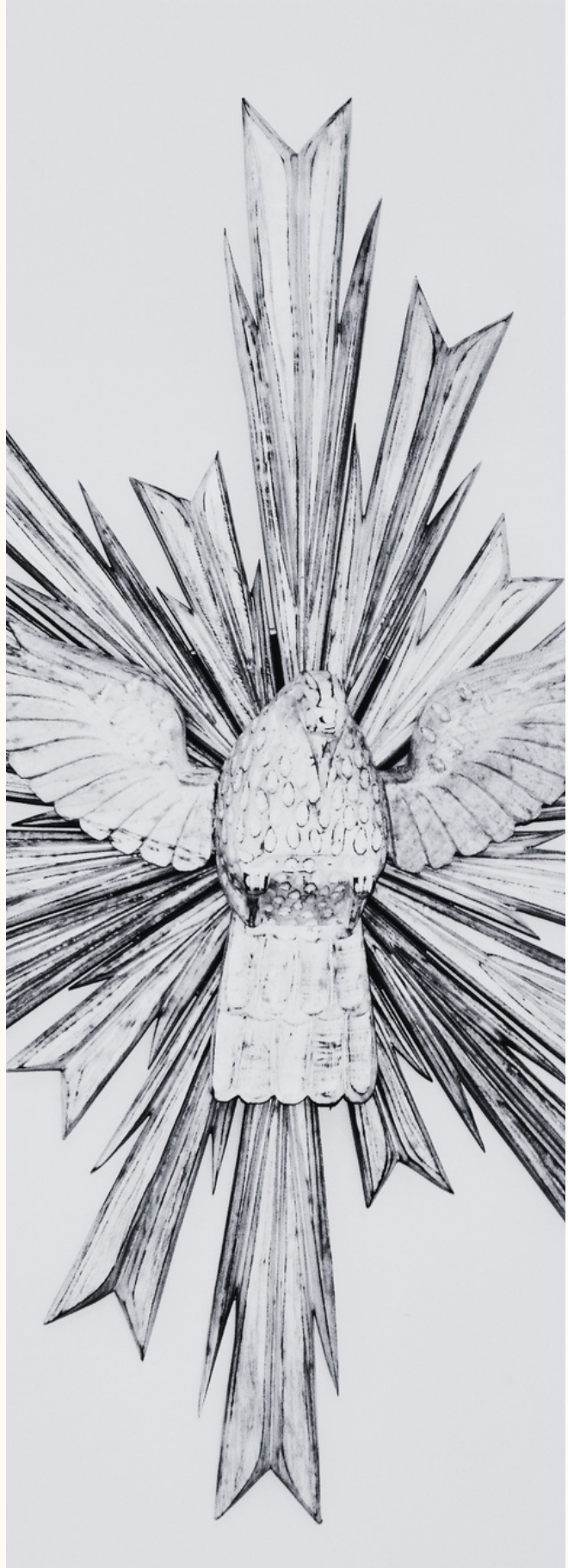
Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse



FRIDAY

MIDDAY PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 118 He (H) V

Teach me the demands of
your statutes
and I will keep them to the
end.

Train me to observe your
law,

to keep it with my heart.

Guide me in the path of
your commands;

for there is my delight.

Bend my heart to your will
and not to love of gain.

Keep my eyes from what
is false;

by your word, give me life.

Keep the promise you
have made to the servant
who fears you.

Keep me from the scorn I
dread, for your decrees
are good.

See, I long for your
precepts;

then in your justice,
give me life.

Silence (1 minute)

A Reading from John Main

I want to talk to you about meditation as the way of peace, the way to peace. Just listen to these words of St. Paul:

Your world was a world without hope and without God but now, in union with Christ Jesus, you who once were far off have been brought near through the shedding of Christ's blood, for He himself is our peace. (Eph 2:12)

In the New Testament this peace is the greatest quality that we can possess. It is beyond understanding but for us to be able to enter into this peace we must enter into the experience of meditation itself. One of the great problems in talking about meditation is that very often people who listen to one talk have no experience of what one is talking about and as a result fail completely to understand what meditation really summons us to...

The real thing to understand about Jesus is that He is the universal redeemer and every one of us, if only we can realise it, is redeemed, that is, made free from all our chains of fear, of guilt and we are made free in the depths of our spirit. Peace is not a static quality. Peace is full vitality. It is the sense of joyous well-being that comes to us when we find ourselves to be truly harmonious, every part of our being in harmony.

Silence (1 minute)

Opening prayer

Meditation

Pause



FRIDAY

MIDDAY PRAYER

A Reading from Julian of Norwich

"It is a characteristic of God to overcome evil with good.

Jesus Christ therefore, who himself overcame evil with good, is our true Mother. We received our 'Being' from Him and this is where His Maternity starts and with it comes the gentle Protection and Guard of Love which will never ceases to surround us.

Just as God is our Father, so God is also our Mother.

And He showed me this truth in all things, but especially in those sweet words when He says: "It is I".

As if to say, I am the power and the Goodness of the Father,

I am the Wisdom of the Mother,

I am the Light and the Grace which is blessed love,

I am the Trinity, I am the Unity,

I am the supreme Goodness of all kind of things,

I am the One who makes you love, I am the One who makes you desire, I am the never-ending fulfilment of all true desires. (...)

Our highest Father, God Almighty, who is 'Being', has always known us and loved us: because of this knowledge, through his marvelous and deep charity and with the unanimous consent of the Blessed Trinity, He wanted the Second Person to become our Mother, our Brother, our Saviour.

It is thus logical that God, being our Father, be also our Mother. Our Father desires, our Mother operates and our good Lord the Holy Ghost confirms; we are thus well advised to love our God through whom we have our being, to thank him reverently and to praise him for having created us and to pray fervently to our Mother, so as to obtain mercy and compassion, and to pray to our Lord, the Holy Ghost, to obtain help and grace.

I then saw with complete certainty that God, before creating us, loved us, and His love never lessened and never will. In this love he accomplished all his works, and in this love he oriented all things to our good and in this love our life is eternal. With creation we started but the love with which he created us was in Him from the very beginning and in this love is our beginning.

And all this we shall see it in God eternally."

Silence (1 minute)

Closing Verse



FRIDAY

EVENING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 33

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
Revere the Lord, you his saints.
They lack nothing, those who revere him.
Strong lions suffer want and go hungry,
but those who seek the Lord lack no blessing.
They call and the Lord hears
and rescues them in all their distress.
The Lord is close to the broken-hearted;
Those whose spirit is crushed he will save.
Many are the trials of the just person:
But from them all the Lord will rescue them.
He will keep guard over all their bones:
not one of their bones shall be broken.

Silence (1 minute)

A Reading from the Bhagavad-Gita

Krishna: There is a tree, the tree of Transmigration, the Asvattha tree everlasting. Its roots are above in the Highest, and its branches are here below. Its leaves are sacred songs, and who knows them knows the Vedas. Its branches spread from earth to heaven, and the powers of nature give them life. Its buds are the pleasures of the senses. Far down below, its roots stretch into the world of mankind, binding a mortal through selfish actions.

People do not see the changing of that tree, nor its beginning, nor its end, nor where its roots are. But let the wise see, and with the strong sword of dispassion let them cut this strong-rooted tree, and seek that path where from those who go never return. Such a person can say: 'I go for refuge to that Eternal Spirit from whom the stream of creation came at the beginning.'

Silence (1 minute)

Opening prayer

Meditation

Pause

Magnificat

Pause

Intercessions

The Lord's Prayer

Silence (1 minute)

Closing Verse

SATURDAY

MORNING PRAYER

Opening Verse
Silence (1 minute)

Chant
Silence (1 minute)

Psalm 148

Alleluia!
Praise the Lord from the heavens,
praise him in the heights.
Praise him, all his angels,
praise him, all his host.
Praise him, sun and moon,
praise him, shining stars.
Praise him, highest heavens
and the waters above the heavens.
Let them praise the name of the Lord.
He commanded: they were made.
He fixed them forever,
gave a law which shall not pass away.
Praise the Lord from the earth,
sea creatures and all oceans,
fire and hail, snow and mist,
stormy winds that obey his word;
all mountains and hills,
all fruit trees and cedars,
beasts, wild and tame,
reptiles and birds on the wing.

Silence (1 minute)

A Reading from the Mundaka Upanishad

Radiant in his light, yet invisible in the secret space of the heart, the Spirit is the Supreme abode wherein dwells all that moves and breathes and sees. Know him as all that is, and all that is not, the end of love—longing beyond understanding, the highest in all beings. He is self-luminous and more subtle than the smallest; but in him rest all the worlds and their beings. He is the everlasting Brahman, and he is word and mind. He is truth and life immortal. He is the goal to be aimed at: attain that goal, oh my child! Take the great bow of the Upanishads and place in it the sharp arrow with devotion. Draw the bow with concentration on him and hit the centre of the mark, the same everlasting Spirit.

Silence (1 minute)

Opening prayer

Meditation

Pause



SATURDAY

MORNING PRAYER

Gospel

John 7:53

They all went home, and Jesus went to the Mount of Olives.

At daybreak he appeared in the Temple again; and as all the people came to him, he sat down and began to teach them.

The scribes and Pharisees brought a woman along who had been caught committing adultery; and making her stand there in full view of everybody, they said to Jesus, "Master, this woman was caught in the very act of committing adultery, and Moses has ordered us in the Law to condemn women like this to death by stoning. What have you to say?" They asked him this as a test, looking for something to use against him. But Jesus bent down and started writing on the ground with his finger.



As they persisted with their questions, he looked up and said, "If there is one of you who has not sinned, let him be the first to throw a stone at her."

Then he bent down and wrote on the ground again. When they heard this they went away one by one, beginning with the eldest, until Jesus was left alone with the woman, who remained standing there. He looked up and said, "Woman, where are they? Has no one condemned you?" "No one, sir," she replied.

"Neither do I condemn you," said Jesus, "go away and don't sin anymore."

Silence (2 minutes)

Benedictus

Pause

The Lord's Prayer

Silence (1 minute)

Closing Verse

SATURDAY

MIDDAY PRAYER

Opening Verse

Silence (1 minute)

Chant

Silence (1 minute)

Psalm 118 Vau (V) VI

Lord, let your love come upon me,
the saving help of your promise.

And I shall answer those who taunt me for I trust in your word.

Do not take the word of truth from my mouth
for I trust in your decrees.
I shall always keep your law for ever and ever.

I shall walk in the path of freedom

for I seek your precepts.

I will speak of your will before kings and not be abashed.

Your commands have been my delight;

these I have loved.

I will worship your commands and love them and ponder your statutes.

Silence (1 minute)

A Reading from John Main

The solitude of our meditation is the foundation stone on which we build all communion, true communion with ourselves, with others and with God. It is in the silence of our own heart that we enter into the deep harmony that reveals to us our oneness with all. Listen to St Paul writing to the Colossians:

“Put on the garments that suit God’s chosen people, His own, His beloved and those garments are compassion, kindness, humility, gentleness, patience. Be forbearing with one another and forgiving. Where any of you has cause for complaint you must forgive as the Lord forgave you and to crown all there must be love. To bind all together and to complete the whole, let Christ’s peace be arbiter in your hearts. For to this peace you were all called as members of a single body.”

Silence (1 minute)

Opening prayer

Meditation

Pause

SATURDAY

MIDDAY PRAYER



A Reading from Saint Teresa of Avila

I cannot believe that a soul which has arrived so near to Mercy itself, where she knows what she is and how many sins God has forgiven her, should not instantly and willingly forgive others, and be pacified and wish well to everyone who has injured her, because she remembers the kindness and favors our Lord has shown her, whereby she has seen proofs of exceeding great love and she is glad to have an opportunity to show some gratitude to her Lord.

Silence (1 minute)

Closing Verse

08

FEAST DAYS

How does each feast day
speak to you?

FEAST DAYS

- Advent Sunday Beginning of the liturgical year (four Sundays before Christmas)
- 25 December Christmas Day
- 30 December Anniversary of John Main's death
- 01 January Solemnity of Mary, The Holy Mother of God
- 06 January The Epiphany of the Lord
- 02 February The Presentation of the Lord
- 10 February St Scholastica
- Ash Wednesday First day of Lent
- 09 March St Frances of Rome, Patroness of Benedictine oblates
- 19 March Solemnity of St Joseph
- 21 March The Passing of St Benedict
- 25 March The Annunciation of the Lord
- Palm Sunday
- Holy Thursday
- Good Friday
- Easter Sunday
- 29 April St Catherine of Sienna
- Ascension of the Lord 40 days after Easter
- Pentecost Sunday Seventh Sunday after Easter
- Trinity Sunday First Sunday after Pentecost
- 08 May Feast of Mother Julian of Norwich
- Corpus Christi Thursday following Trinity Sunday
- 24 June St John the Baptist
- 28 June St Irenaeus
- 29 June Solemnity of Saints Peter and Paul
- 11 July Feast of St Benedict
- 23 July St John Cassian
- 06 August Feast of the Transfiguration
- 15 August Assumption of Mary
- 20 August St Bernard of Clairvaux
- 15 October St Theresa of Avila
- 01 November All Saints' Day
- 02 November All Souls' Day
- Christ the King Last Sunday of liturgical year

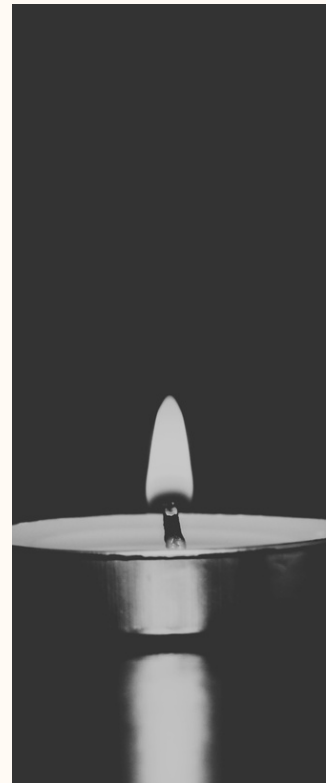
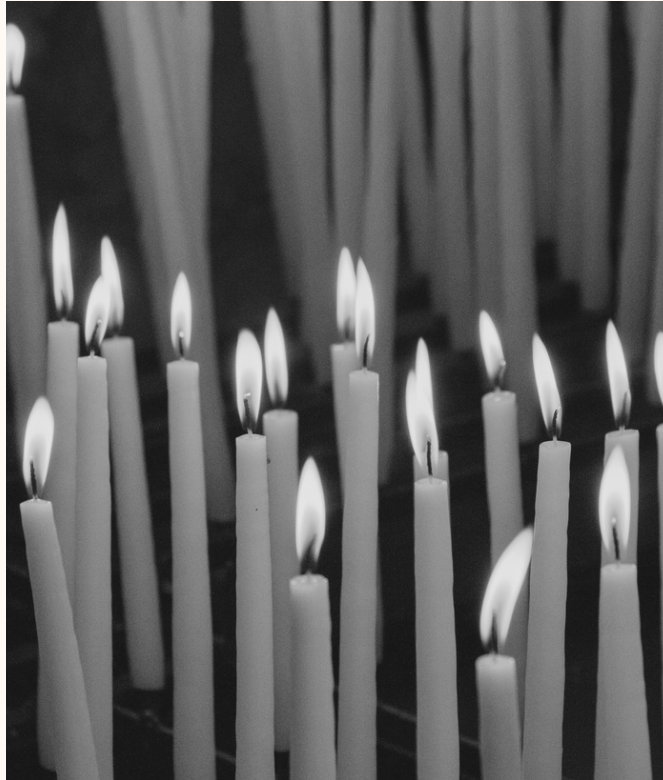
FEAST DAYS

At Bonnevaux we light the Pascal candle during all the prayer times of the feast day.

At midday, we read from the saint whose feast day it is or a quote related to the particular feast.

Reflection:

- How does each feast day speak to you?
- Do you do anything special to mark these days?
- Would you like to?



09

BONNEVAUX

Bonnevaux is the
spiritual home for the
WCCM.



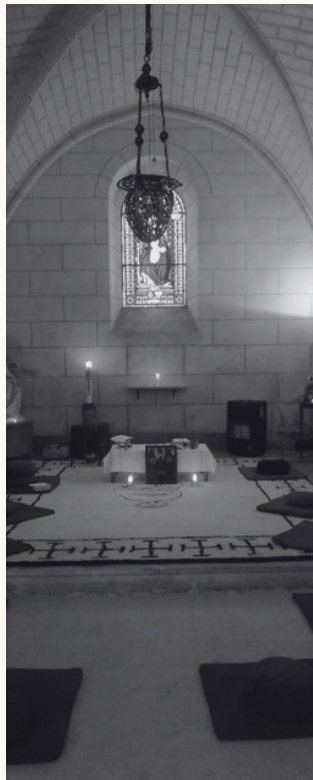
BONNEVAUX

CENTRE FOR PEACE

Bonnevaux is the international meditation and retreat centre of The World Community for Christian Meditation (WCCM).

A residential community lives in the spirit of the Rule of St Benedict together with volunteers from many parts of the world. Bonnevaux serves global peace and unity among all traditions through dialogue, silence and friendship.

Bonnevaux is the spiritual home for the WCCM. The Community is now present in more than 100 countries with 67 National Coordinators. Each National Community serves the WCCM mission of sharing the gift of meditation with all “in the spirit of serving the unity of all”. Bonnevaux also serves as a place for training teachers and the next generation of the WCCM; we are particularly concerned for young people facing the challenges of modern life. Our hope is that everyone who visits Bonnevaux will be touched by the spirit of peace and a deeper experience of silence.



10

REFERENCES

Psalms were taken from Father Bede Griffith's psalmody (used at Bonnevaux). Psalms (not found in the psalmody) and Gospel were taken from the Readers Edition of the 1968 Jerusalem Bible. Other readings have been taken from diverse sources. We have made our best effort to reference all readings. Aware of the need for a more neutral, inclusive style, we have taken the liberty to adapt.

Saturday evening	Krishnananda, S. (1975) <i>The Upanishads - Breath of the Eternal</i> . Vedanta Press & Bookshop, pp 178
Sunday morning	Muller, F. Max (translator), (2016) <i>The Dhammapada</i> . The complete & Authoritative Edition, Wisehouse Classics
Sunday midday	Main, J. (2010) 'The Way of Unknowing' cited June 23 in <i>Silence and Stillness in Every Season</i> . Medio Media. Julian of Norwich. Available at https://web.bc.edu/umc/prayer-map/pages/page12.html (Accessed May 2023)
Sunday evening	Nicholson, R.A. (translator). (1925) <i>The Masnavi</i> . Available at http://www.masnavi.net/1/50/eng/1/3052/ (Accessed May 2023)
Monday morning	Mitchell, Stephen (translator) (1988) <i>Tao Te Ching</i> . Available at https://www.organism.earth/library/document/tao-te-ching (Accessed May 2023)
Monday midday	Main, J. <i>The Hunger for Depth and Meaning Learning to Meditate with John Main</i> (Chapter 2. Leaving the Ego Behind) Available at https://www.johnmain.org/index_files/LearningToMeditateWithJohnMain.pdf (Accessed May 2023) O'Connell Walsh, M.(translator) (2009). <i>The complete mystical works of Meister Eckhart</i> . Crossroad Publishing Company. pp 421
Monday evening	Krishnananda, S. (1975) <i>The Upanishads - Breath of the Eternal</i> Vedanta Press & Bookshop. pp 49
Tuesday morning	Griffiths, B. (1987) <i>River of Compassion: A Christian Commentary on the Bhagavad Gita</i> Amity House, Inc. Available at https://estudentavedanta.net/River_of_compassion_Griffiths_Bede.pdf (Accessed May 2023)
Tuesday midday	Main, J. (2010) 'Moment of Christ' cited May 25 in <i>Silence and Stillness in Every Season</i> . Medio Media. Angela Foligno. Available at https://quotefancy.com/quote/1599061/Angela-of-Foligno-Our-condition-is-most-noble-being-so-beloved-of-the-Most-High-God-that (Accessed May 2023)
Tuesday evening	Muller, F. Max (translator) (2016) <i>The Dhammapada: The complete & Authoritative Edition</i> , Wisehouse Classics
Wednesday morning	Black Elk. First People(translator). Available at https://www.firstpeople.us/FP-HTML-Wisdom/BlackElk.html (Accessed May 2023)
Wednesday midday	Main, J. (2010) <i>Community of Love</i> , Medio Media. pp 55 Mechthild of Magdeburg. Available at https://soulandmeaning.com/western-wisdom/mechthild-of-magdeburg-visions-of-god/ (Accessed May 2023)
Wednesday evening	Bhagavad Gita Available at https://www.holy-bhagavad-gita.org/chapter/6/verse/28 (Accessed May 2023)
Thursday morning	Krishnananda, S. (1975) <i>The Upanishads - Breath of the Eternal</i> Vedanta Press & Bookshop.
Thursday midday	Main J. (2010) <i>Community of Love</i> , Medio Media. pp 24 McGinn, B. (1998) <i>The Flowering of Mysticism, Men and women in the new mysticism</i> . The Crossword Publishing Company. pp 222
Thursday evening	Atkham Darbandi and Dick Davis Attar, (translators) (1984) <i>The Conference of the Birds</i> Penguin Books, pp 33
Friday morning	Rabia al Adawiyya. Available at https://mvslim.com/shes-the-most-famous-sufi-woman-in-the-world-meet-rabia-al-adawiyya/ (Accessed May 2023)
Friday midday	Main, J. (2010) 'The Way of Unknowing' cited Dec 10 in <i>Silence and Stillness in Every Season</i> . Medio Media. St John of the Cross. Available at http://www.catholictreasury.info/books/spiritual_canticle/cn_4.php (Accessed May 2023)
Friday evening	Upanishad Available at https://www.wisdomlib.org/hinduism/book/katha-upanishad-shankara-bhashya/d/doc145206.html#:~:text=Know%20the%20atman%20as%20the,the%20minds%20as%20the%20reins. (Accessed May 2023)
Saturday morning	Bhagavad Gita Available at https://www.holy-bhagavad-gita.org/chapter/17 Chapter 17 V20/22 (Accessed May 2023)
Saturday midday	Main, J. (2010) <i>Community of Love</i> . Medio Media. pp 55 Cassian J. Available at https://firstthoughtsofgod.com/2014/06/07/contemplative-primitive-christian-prayer-7/ (Accessed May 2023)

Saturday evening	Katha Upanishad. Available at https://www.tysdayton.com/katha-upanishad (Accessed May 2023)
Sunday morning	Dhammapada Available at https://www.buddhanet.net/e-learning/buddhism/dp17.htm (Accessed May 2023)
Sunday midday	Main, J. (2010) 'Word into Silence' cited March 16 in <i>Silence and Stillness in Every Season</i> . Medio Media. Kavanaugh, K., OCD. and Rodríguez, OCD. (translators) (2010) <i>The Interior Castle, Study Edition, 2nd Edition</i> . ICS Publications, Institute of Carmelite Studies
Sunday evening	Rabia al Adawiyya. Available at https://www.scienceandnonduality.com/article/in-my-soul (Accessed May 2023)
Monday morning	Lin, Derek (translator) (2015) <i>Tao Te Ching Annotated and Explained</i> , SkyLight Paths Publishing.
Monday midday	Main, J. (2010) 'Word made flesh' cited Dec 6 in <i>Silence and Stillness in Every Season</i> . Medio Media. Ira Progoff (1989) <i>A New Translation of the Classic 14th Century Guide to the Spiritual Experience</i> . A Delta Book. pp 132
Monday evening	Bhagavad-Gita. Available at https://www.holy-bhagavad-gita.org/chapter/17/verse/20#:~:text=BG%2017 . (Accessed May 2023)
Tuesday morning	Chandogya Upanishads. Available at https://allabouttheheaven.org/observations/chandogya-upanishad-008273/221 (Accessed May 2023)
Tuesday midday	Main, J. OSB (2010) 'Word made Flesh' cited January 16 in <i>Silence and Stillness in Every Season</i> . Medio Media Elizabeth Leseur. <i>Secret Diary of Elisabeth Leseur</i> . Available at https://www.goodreads.com/author/quotes/113118.Elizabeth_Leseur#:~:text=%E2%80%9CLet%20us%20be%20ware%3A%20nothing%20is,will%20reveal%20God%20to%20them.%E2%80%9D (Accessed May 2023)
Tuesday evening	Feng, G and English. (Translators) (1997) <i>Tao Te Ching</i> . Vintage, Random house.
Wednesday morning	Guru Nanak. Available at https://www.goodreads.com/quotes/634361-there-is-but-one-god-his-name-is-truth-he (Accessed May 2023)
Wednesday midday	Main, J. OSB, (2011) <i>Fully Alive: Selections from talks to meditation groups in Montreal</i> . Chapter 3. Healthiness of Spirit. Available at https://issuu.com/meditation/docs/2011fully_alive_-_master (Accessed May 2023) John Cassian Available at https://enlargingtheheart.wordpress.com/2009/12/01/john-cassian-prayer-without-ceasing/ (Accessed May 2023)
Wednesday evening	Kabir. Available at https://berkeleycenter.georgetown.edu/quotes/kabir-songs-of-kabir-on-the-nature-of-god-c-1440-1518 (Accessed May 2023)
Thursday morning	Bhagavad Gita. Available at https://vedabase.io/en/library/bg/12/ (Accessed May 2023)
Thursday midday	Main, J. OSB, (2010) <i>Community of Love</i> . Medio Media. pp 77 St Bernard of Clairvaux, Available at https://christianhistoryinstitute.org/study/module/bernard (Accessed May 2023)
Thursday evening	Tao Te Ching. Available at https://www.harinam.com/tao-te-ching-verse-43 (Accessed May 2023)
Friday morning	Heart sutra. Available at https://thebuddhistcentre.com/system/files/groups/files/heart_sutra.pdf (Accessed May 2023)
Friday midday	Main, J. (2010) <i>Community of Love</i> . Medio Media. pp 77 Hildegard de Bingen. Available https://www.catholicstoreroom.com/category/quotes/quote-topic/evangelization/page/7/ (Accessed May 2023)
Friday evening	Bhagavad Gita. Available at https://www.calameo.com/hamishmac/read/0058614511bde764767dc (Accessed May 2023)
Saturday morning	Katha Upanishad. Available at https://greippi.livejournal.com/6698.html (Accessed May 2023)
Saturday midday	Main, J. (2010) 'The Present Christ' cited May 17 <i>Silence and Stillness in Every Season</i> . Medio Media. Teresa of Avila. Available at https://www.arthistoryproject.com/artists/hildegard-von-bingen/writings-on-the-holy-spirit/ (Accessed August 2023)

Saturday evening	Bhagavad-Gita. Available at https://guidances.nl/himalayas-of-the-soul-katha-upanishad/ (Accessed May 2023)
Sunday morning	E. Max Muller(translator). The Dhammapada. The complete & Autoritative Edition, Wisehouse Classics 2016 Chapter 15, v 197-201
Sunday midday	Main, J. (2010) 'The Way of Unknowing' as cited April 20 in <i>Silence and Stillness in Every Season</i> . Medio Media. Teresa of Lisieux Available at https://ca.littleflower.org/st-therese/st-therese-quotes/ (Accessed May 2023)
Sunday evening	Fatima al-Nisaburiya Available at https://sufiwiki.com/content/fatima_al-nisaburiya/ (Accessed May 2023)
Monday morning	Tao Te Ching Available at https://www.taoistic.com/taoteching-laotzu/taoteching-23.htm (Accessed May 2023)
Monday midday	Main, J. (2011) The Way of Unknowing. Canterbury Press. pp 54 Reiner Maria Rilke, Available at https://grateful.org/resource/let-this-darkness-be-a-bell-tower/ (Accessed May 2023)
Monday evening	Kabir Available at https://www.tagoreweb.in/Verses/one-hundred-poems-of-kabir-202/the-lord-is-in-me-3950 (Accessed May 2023)
Tuesday morning	Krishnananda, S. (1975) <i>The Upanishads - Breath of the Eternal</i> Vedanta Press & Bookshop.
Tuesday midday	Main, J. (2010) 'The Way of Unknowing' as cited Dec 10 in <i>Silence and Stillness in Every Season</i> . Medio Media. and in 'Awakening'. Meditatio TALKS SERIES 2014 C - JUL- SEP pp18 Ety Hillesum. (1986) <i>An Interrupted Life- The Diaries 1941/1943</i> , Henry Holt and Company
Tuesday evening	Heart sutra, https://plumvillage.org/library/sutras/the-heart-sutra/ (Accessed May 2023)
Wednesday morning	Tao Te Ching https://www.harinam.com/tao-te-ching-verse-16-empty-your-mind (Accessed May 2023)
Wednesday midday	Main, J. OSB, (2010) 'Word into silence' as cited in https://mepkinabbey.org/wp-content/uploads/2021/01/Fourth-Sunday-in-Ord.-Time.pdf (Accessed June 2023) Demske James M., S.J (translator) (1999) <i>Encounters with Silence</i>
Wednesday evening	Isa Upanishad Available at https://allaboutheaven.org/observations/isa-upanishad-007181/221 (Accessed May 2023)
Thursday morning	Bhagavad Gita Available at https://www.holy-bhagavad-gita.org/chapter/6 (Accessed May 2023)
Thursday midday	Main, J. OSB. (2010) 'The Door to Silence' cited Jan 21 in <i>Silence and Stillness in Every Season</i> . Medio Media Edith Stein, Available at https://www.goodreads.com/author/quotes/82877.Edith_Stein (Accessed May 2023)
Thursday evening	Chuang Tsu. Available at https://www.harinam.com/ (Accessed May 2023)
Friday morning	Guru Granth Sahib Available at https://www.allaboutsikhs.com/scriptures/quotations/quotations-from-adi-granth-the-disciple/ (Accessed June 2023)
Friday midday	Main, J. (2017) <i>The Reality of God</i> , Medio Media pp 17 St John of the Cross. Available at http://thecatholicreader.blogspot.com/2013/08/st-john-of-cross-quotes.html (Accessed May 2023)
Friday evening	Dhammapada https://www.buddhanet.net/pdf_file/scmdhamma.pdf (Accessed May 2023)
Saturday morning	Isa Upanishad Available at https://www.wisdomportal.com/PoetryAnthology/Upanishads-Anthology.html (Accessed May 2023)
Saturday midday	Main, J. (2010) <i>Community of Love</i> . Medio Media pp 98 Julian of Norwich https://www.vatican.va/spirit/documents/spirit_20010807_giuliana-norwich_en.html (Accessed May 2023)

Saturday evening	Krishnananda, S. (1975) <i>The Upanishads - Breath of the Eternal</i> . Vedanta Press & Bookshop. pp 63
Sunday morning	Jalal al-Din Rumi (author), Mabey, J. (compiler) <i>Rumi: A Spiritual Treasury</i> (Masnavi 1:3489-94)
Sunday midday	Main, J. (2010) 'The Way of Unknowing' cited April 20 in <i>Silence and Stillness in Every Season</i> . Medio Media. Beatrice of Nazareth. Available at https://westernmystics.wordpress.com/2015/04/28/beatrice-of-nazareth/ (Accessed May 2023)
Sunday evening	Dhammapada (Chapter 3,33-8) Available at http://www.buddhanet.net/e-learning/buddhism/dp03.htm33/36 . (Accessed May 2023)
Monday morning	Lakota tradition. Available at https://www.xavier.edu/jesuitresource/online-resources/prayer-index/native-american
Monday midday	Main, J. (2010) <i>Community of Love</i> . Medio Media pp 51 Chislett SSC, D. Available at https://www.fministry.com/2013/11/dietrich-bonhoeffer-on-silence-waiting.html
Monday evening	Krishnananda, S. <i>The Mundaka Upanishad</i> . Available at https://www.swami-krishnananda.org/mundak/mun_3-1.html
Tuesday morning	Bhagavad-Gita Available at https://studylib.net/doc/10002435/bhagavad-gita
Tuesday midday	Main, J. OSB 'Word made flesh' cited May 15 in <i>Silence and Stillness in Every Season</i> . Medio Media. Meister Eckhart Available at https://www.catholicstoreroom.com/category/quotes/quote-author/meister-eckhart-1260-1328/page/9/
Tuesday evening	Qur'an (Surah 24:35) Available at https://www.al-islam.org/hidden-truths-in-gods-word-musavilari/exposition-verse-light-ayat-al-nur
Wednesday morning	Therigatha (Verses of the Elder Nuns) Available at https://www.dhammatalks.org/suttas/KN/Thig/thig3_4.html
Wednesday midday	Main, J. OSB, <i>The Way of Unknowing</i> . Canterbury Press. pp 124 Harter, M. (editor) (2005 reprinted) <i>Hearts on Fire: Praying with Jesuits</i> . Loyola Press
Wednesday evening	Tao Te Ching. Available at https://www.hariram.com/tao-te-ching-verse-11-we-work-with-being-but-non-being-is-what-we-use-2/
Thursday morning	Kabir Available at https://courses.lumenlearning.com/suny-jeffersoncc-introliterature/chapter/kabir-song-of-kabir/
Thursday midday	Main, J. OSB. 'Moment of Christ' as cited April 30 in <i>Silence and Stillness in Every Season</i> . Medio Media. Abhishiktananda, S. (Henri le Saux, OSB) Available at http://www.scielo.org.za/scielo.php?script=sci_arttext&pid=S0259-94222018000300064
Thursday evening	Isha Upanishad. Available at https://www.hinduwebsite.com/sacredsceipts/hinduism/parama/isa.asp . (Accessed June 2023)
Friday morning	Darbandi, A. and Davis D. (translators) (2018) <i>The Conference of the Birds</i> . Penguin, 1984 (~1177) p33
Friday midday	Main, J. 'The door to silence' cited October 30 in <i>Silence and Stillness in Every Season</i> . Medio Media. Juliana of Norwich. "Revelations of Divine Love" (LIX, LXXXVI). Available at https://www.vatican.va/spirit/documents/spirit_20010807_giuliana-norwich_en.html
Friday evening	Brodbeck, S.P. (translator) (2003 reprint) <i>The Bhagavad-Gita</i> (reprinted) Chapter 15 Penguin Books India
Saturday morning	Krishnananda, S. (1975) <i>The Upanishads - Breath of the Eternal</i> . Vedanta Press & Bookshop. pp 60
Saturday midday	Main, J. 'The door to silence' cited February 14 in <i>Silence and Stillness in Every Season</i> . Medio Media. Teresa of Avila Available at https://mycarmel.blog/2019/03/03/forqiveness/ (Accessed June 2023)



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