



give us this day

SOPHIA WOMEN'S RETREAT

We are given the day as gift ... How do we use this gift from God?

A SPIRITUALITY OF TIME

TIME is a gift from God.

Hours represent the rhythm and movement of the day and the cycle of the day is also a metaphor for our lives.

*To what is God calling me?
What I desire to spend my time on
What I want to take time for
What brings my heart joy*

After Jesus' death and resurrection his followers attempted to honor the same inborn need to pause in prayerful remembrance at specific hours of the day that he was attentive toward in his life.

The Catholic monastic hours grew out of the spirit of the early Christian communities which met in households for prayer and the breaking of bread.

The HOURS, have been revised and expanded in many ways as they have been passed on in history: **Divine Office, Prayer of the Hours, Liturgy of the Hours, etc.**

The daily and nightly dance of the hours is a universal way of honoring the earth's turning as well as the rhythm of our own lives.

Being attentive to the hours helps us to be mindful of the present moment. Not looking back, not looking ahead....just being in the NOW. The church set aside 7 sacred times of the day: **Midnight, Dawn, Midmorning, Noon, Midafternoon, Evening, Night.**

Every hour of our lives is sacred, but these 7 times have been recognized for centuries as times of devotion and prayer.



Matins / Vigils

The cycle of the day in the Church actually begins with Matins or Vigils....prayed in the heart of the night. Interestingly, in the church the official beginning of the day is the vigil prayer. It was originally prayed at midnight, but in many communities that changed.

The theme of the vigil is to keep watch, to be vigilant, to wait.

REFLECTION QUESTION:

For what am I keeping vigil?



Lauds / Morning Prayer

This early morning prayer is usually prayed at sunrise or 6 AM. It's the time of waiting for new light....the Awakening hour. The theme is joy, praise and resurrection.

REFLECTION QUESTION:

To what is Jesus inviting me this day?



Tierce / Third Hour Midmorning

This is a break in the morning at 9 AM. It's a short pause, from our daily work. The theme of this time of day is blessing and being aware of the Spirit of God working in and through our lives.

REFLECTION QUESTION:

What are the blessings in my life?



Sext / Sixth Hour / Noon

This is the hour of light, the hour of courage, recommitment, and passion. This is the hour of illumination.

REFLECTION QUESTION:

Where are the places in my life that need the light of God's love?



None / Ninth Hour Mid afternoon

As the day moves toward evening with wisdom in its wings, this is the hour to reflect on impermanence, aging, death and transition. This is the wisdom hour.

REFLECTION QUESTION:

What might God be calling me to let go of?

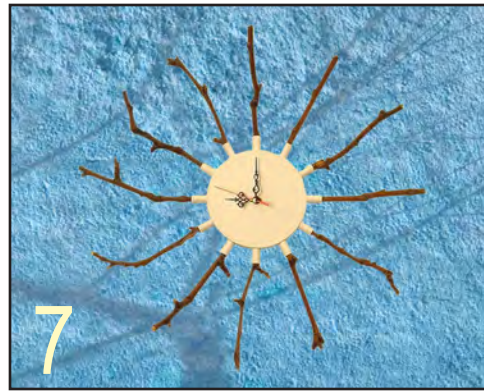


Vespers / Eveningsong

In this twilight hour we move from the busyness of the day to the quiet of the evening. Themes of this time of day are praise, serenity, mystery and the lighting of lamps.

REFLECTION QUESTION:

Where have I seen the face of God this day?



Compline / Night Prayer

This is near the final hour of the day. It's a time to review and examine your faithfulness and to ask for forgiveness when needed. It's the hour of intimacy. It is love rather than guilt that propels us into the great silence of the night.

REFLECTION QUESTION:

What dream will I pray for this night?