



Hours: Vigils and Lauds

Vigils and Lauds

Combined these two hours take us from the stillness of the night into the dawn of a new day. They carry the gift of gratitude and the power of knowing that God is with us as we begin a new day. In *Sevensacredpauses* Macrina Wiederkehr tells us that the theme of the hour of Vigils is vigilance and deep listening, mystery, and silence, surrender and trust. While Lauds with the coming of the dawn calls us to praise and resurrection, joy and delight the coming of light. We have been given another opportunity.

Psalms for the Month

Vigils: 42, 63 119:145-152

Lauds 19,9,147

KEEPING WATCH

In the morning
when I began to wake,
it happened again—
that feeling
that you, Beloved,
had stood over me all night
keeping watch,
that feeling
that as soon as I began to stir

you put your lips on my forehead
and lit the Holy Lamp
inside my heart.
Hafiz

In Christianity, prayer is the principal activity of the believer.
-Phyllis Tickle

It is not happiness that makes us grateful It is gratefulness that makes us happy. Every moment is a gift. ... Whatever life gives to you, you can respond with joy. Joy is the happiness that does not depend on what happens. It is the grateful response to the opportunity that life offers you at this moment.”
— David Steindl-Rast

A few morning songs that I found on Apple Music; they should also be on Spotify. What are your morning songs ?

Here Comes the Sun	The Beatles
Light of a Clear Blue Morning	Dolly Parton
Lord, I need You	Lady Harmony
He Keeps on Waking Me up	Lady Harmony
Strength For The Journey	Robert Kochis
Morning has Broken	Various
Be Thou My Vision	Various

Monthly Reflection Questions These will be the basis of the chapter meeting discussions:

What struck you in the readings for this month ?
Emotionally. Spiritually. Intellectually. Physically.
What themes tugged at you? Pushed you away?
What part of the reading continued speaking to you through the day ?
What did you find yourself reflecting upon more deeply?