A PERSONAL LITURGY OF THE HOURS

Vigils, during the night *- the Night Watch*
Recite the Lord's Prayer – use Path to Prayer, from Patricia Brown, page 41 and followings, about the Lord's Prayer.

Lauds, early morning *- the Awakening Hour*
A morning prayer from *Celtic Benediction*, or from *Sounds of the Eternal, A Celtic Psalter,* or from *Celtic Treasure*, by J. Philip Newell, or from *The pattern of our days: worship in the Celtic tradition from the Iona Community*.
Praise and intercession

Terce, mid-morning - *the Blessing Hour*
God, creator and source, we love and praise you with head, mind, body and soul.
God, Christ, brother and redeemer, we follow you as disciples through death to resurrection.
God, Spirit and energy, animator of our world, you empowers us to witness and serve with joy.

Sext, noon - *the Hour of Illumination*
Glory to you, Source of all Being,
Eternal Word,
and Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen

None, mid-afternoon *- the Wisdom Hour*
A song from Taizé

Vespers, evening *- the Twilight Hour*
A psalm or another passage of the Bible
Intercession

Compline, before sleep - *the Great Silence*
Daily reading from Joan Chittister's book about Psalms
Praise