

# Horarium

## Week One: Listening for the Wisdom I Need

*Horarium* means “the hours” or “schedule,” and refers to the daily routine of a monastery in which work and study revolves around prayer.

Below you will find suggested prayers and activities for each day of this “retreat.” Engage as much as is helpful to you in your life right now. In St. Benedict’s words, *we hope we are going to establish nothing harsh, nothing burdensome*. You may find it helpful to keep a journal for some activities.

Wednesday, July 15	<ul style="list-style-type: none"><li>◆ Conversation 1: Listening for the Wisdom I Need Evening Prayer</li><li>◆ Before going to bed tonight, reflect on these questions:<ul style="list-style-type: none"><li>○ Who am I? What have the major events of my life, and what have I learned from them?</li><li>○ What is going on in my life right now – today, this week, this summer, this year?</li><li>○ What is the desire of my heart for this study?</li></ul></li></ul>
Thursday, July 16	<ul style="list-style-type: none"><li>◆ Morning Prayer: <a href="http://www.ibreviary.com/m2/breviario.php?s=lodi">http://www.ibreviary.com/m2/breviario.php?s=lodi</a></li><li>◆ Evening Prayer with Fr. Dan: <a href="https://cornellcatholic.org/evening-prayer-fr-dan">https://cornellcatholic.org/evening-prayer-fr-dan</a></li><li>◆ Read “<a href="#">Listening</a>,” in Esther de Waal, <i>Seeking God: The Way of St. Benedict</i>. De Waal starts this essay with the image of a busy marketplace in which the Lord is calling out loudly to try to arrest the attention of passersby above the din of other vendors calling to be noticed. What or who are the vendors vying for your attention in the marketplace of your mind?</li></ul>

<p>Friday, July 17</p>	<ul style="list-style-type: none"> <li>◆ Morning Prayer: <a href="http://www.ibreviary.com/m2/breviario.php?s=lodi">http://www.ibreviary.com/m2/breviario.php?s=lodi</a></li> <li>◆ Evening Prayer with Fr. Dan: <a href="https://cornellcatholic.org/evening-prayer-fr-dan">https://cornellcatholic.org/evening-prayer-fr-dan</a></li> <li>◆ Read the <a href="#">Prologue to <i>The Rule of St. Benedict</i></a> (pp. 15–20 of the PDF). In reading, take note of your personal responses to the text. Are there parts of the introduction that are inspiring and exciting to you? Are there parts that make you nervous? What do you think these responses tell you about yourself at this moment?</li> </ul>
<p>Saturday, July 18</p>	<ul style="list-style-type: none"> <li>◆ Morning Prayer: <a href="http://www.ibreviary.com/m2/breviario.php?s=lodi">http://www.ibreviary.com/m2/breviario.php?s=lodi</a></li> <li>◆ Evening Prayer: <a href="http://www.ibreviary.com/m2/breviario.php?s=vespri">http://www.ibreviary.com/m2/breviario.php?s=vespri</a></li> <li>◆ We believe that Christ is calling us: at every moment of every day. Today, pick a task that you perform several times a day. Each time you perform the task, allow this task to be an opportunity for listening to God. Let yourself be present to what you are doing, and let being in the present moment be a form of prayer.</li> </ul>
<p>Sunday, July 19</p>	<ul style="list-style-type: none"> <li>◆ Morning Prayer: <a href="http://www.ibreviary.com/m2/breviario.php?s=lodi">http://www.ibreviary.com/m2/breviario.php?s=lodi</a></li> <li>◆ Mass: <i>some churches are now open and many are still offering live-streams</i></li> <li>◆ Evening Prayer: <a href="http://www.ibreviary.com/m2/breviario.php?s=vespri">http://www.ibreviary.com/m2/breviario.php?s=vespri</a></li> <li>◆ Christ, who is Wisdom, speaks to us through Scripture and through the Church. He also speaks to us through other people, through art, and through nature. Through what channels does Christ communicate wisdom to you? How do you know when you encounter his wisdom? Take a moment to share one of these channels with a family member or friend. It could be as simple as texting a picture of a sunset to a friend, or passing on a helpful piece of advice.</li> </ul>

Monday, July 20	<ul style="list-style-type: none"> <li>◆ Morning Prayer: <a href="http://www.ibreviary.com/m2/breviario.php?s=lodi">http://www.ibreviary.com/m2/breviario.php?s=lodi</a></li> <li>◆ Evening Prayer with Fr. Dan: <a href="https://cornellcatholic.org/evening-prayer-fr-dan">https://cornellcatholic.org/evening-prayer-fr-dan</a></li> <li>◆ Let today be a quiet day. Perhaps spend a little less time listening to the radio or podcasts. Perhaps chat a little less. When you speak with others, try using a gentle, loving voice. Listen more than you talk. Who and what is present there in the quiet you embrace? What does it feel like to listen?</li> </ul>
Tuesday, July 21	<ul style="list-style-type: none"> <li>◆ Morning Prayer: <a href="http://www.ibreviary.com/m2/breviario.php?s=lodi">http://www.ibreviary.com/m2/breviario.php?s=lodi</a></li> <li>◆ Evening Prayer with Fr. Dan: <a href="https://cornellcatholic.org/evening-prayer-fr-dan">https://cornellcatholic.org/evening-prayer-fr-dan</a></li> <li>◆ Take a walk outside today. Let yourself be present to what you are experiencing with your senses. What do you see? Hear? Smell? Let yourself respond spontaneously to the gift of creation. Give thanks for what you perceive and for your ability to perceive it.</li> </ul>

Some of these practices are inspired by Jane Tomaine's *St. Benedict's Toolbox: The Nuts and Bolts of Everyday Benedictine Living* (New York: Morehouse Publishing: 2015).