

Horarium

Week Two: Living Well Where I Am

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 use a journal for some activities.

Wednesday, July 22	<ul style="list-style-type: none">◆ Conversation 2: Living Well Where I Am, Evening Prayer◆ Before going to bed tonight, reflect on the following:<ul style="list-style-type: none">○ Benedict suggests that everyone can live well wherever they are: not by praying or wishing oneself away from realities, but by being present to them and using one's realities as opportunities for service, growth, and love. "Where" are you at this moment? What realities do you try to flee? How do you hope to develop <i>stability</i> in relation to these realities?
Thursday, July 23	<ul style="list-style-type: none">◆ Morning Prayer: https://cornellcatholic.org/divine-office# (click <i>iBreviary</i>)◆ Evening Prayer with Fr. Dan: https://cornellcatholic.org/evening-prayer-fr-dan◆ Read the excerpt on "Stability" in Jane Tomaine's <i>St. Benedict's Toolbox: The Nuts and Bolts of Everyday Benedictine Living</i>, found on the retreat website. Think on the following: Who and what are the communities in which God has placed you <i>now</i>? What opportunities are there for you to love, grow, and serve in these communities as they are, <i>now</i>?
Friday, July 24	<ul style="list-style-type: none">◆ Morning Prayer: https://cornellcatholic.org/divine-office# (click, <i>iBreviary</i>)◆ Evening Prayer with Fr. Dan: https://cornellcatholic.org/evening-prayer-fr-dan◆ At the beginning of the day, create a short list of tasks you will likely need to perform that you would rather not; or situations you might encounter that frustrate or annoy you. As you perform these tasks and/or encounter these situations make an intention to be present to each. Recognize and name the feelings you experience in performing these tasks. Instead of being consumed by the feeling,

	offer the feeling to God and follow through with the task or encounter as an act of service.
Saturday, July 25	<ul style="list-style-type: none"> ◆ Morning Prayer: https://cornellcatholic.org/divine-office# (click, <i>iBreviary</i>) ◆ Evening Prayer: https://cornellcatholic.org/divine-office# (click, <i>iBreviary</i>) ◆ Read the short excerpts from Cardinal Hume, <i>In Praise of Benedict</i>. Have you ever thought about Christ’s life before he began his public mission? How was his life “precious to the Father”? How is your life, wherever and however it is now, precious to the Father? How are the lives of others immediately around you precious to the Father?
Sunday, July 26	<ul style="list-style-type: none"> ◆ Morning Prayer: https://cornellcatholic.org/divine-office# (click, <i>iBreviary</i>) ◆ Mass: <i>some churches are now open, and many are still offering livestreams</i> ◆ Evening Prayer: https://cornellcatholic.org/divine-office# (click, <i>iBreviary</i>) ◆ Consider the stability of your faith: Does your commitment to God change depending on the circumstances of your life? Is Christ at the center of your life, decisions, and relationship? At Mass today — whether in person or live-streamed — recommit yourself to God.
Monday, July 27	<ul style="list-style-type: none"> ◆ Morning Prayer: https://cornellcatholic.org/divine-office# (click, <i>iBreviary</i>) ◆ Evening Prayer with Fr. Dan: https://cornellcatholic.org/evening-prayer-fr-dan ◆ Read the following passage. As you go about your life today, take a moment to reflect on the mystery and dignity of every person you encounter — whether face to face, or through e-mail, text messages, even hearing someone on the radio.... What can this person, an image of God, teach you about Him? <p style="text-align: center;"><i>We must love each one as they are and not as they are not. This sounds simple and obvious enough. Yet it is surprisingly easy to deceive ourselves and not to recognize the extent to which each person is a mystery, and that we must respect this. Perhaps we once again need to remind ourselves that God is unknowable and inexhaustible, and that if we are all made in the image of God then we too are also ultimately unknowable as well. We must recognize our own inalienable dignity as a God-given gift and respect it.</i></p>

	(Esther de Waal. Living With Contradiction: An Introduction to Benedictine Spirituality (Kindle Locations 506-509). Kindle Edition.)
Tuesday, July 28	<ul style="list-style-type: none"> ◆ Morning Prayer: https://cornellcatholic.org/divine-office# (click, <i>iBreviary</i>) ◆ Evening Prayer with Fr. Dan: https://cornellcatholic.org/evening-prayer-fr-dan ◆ Read Chapter 31 of the <i>Rule</i> (2 pages), “On the Qualifications of the Monastery Cellarer,” found on the retreat website. Benedict exhorts the cellarer (the monk responsible for the provisioning of food and drink) to the following: “He will regard all utensils and goods of the monastery as sacred vessels of the altar, aware that nothing is to be neglected.” Today, rather than day-dreaming of possessions you would like to have or the ideal life you would like to live, consider: How can you care for the material goods with which you have been blessed? What would it mean for you to treat your belongings “as sacred vessels”? As you go about your tasks today, try to engage with your possessions with care and gratitude.

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).