



JAMBEROO ABBEY THE HOURS

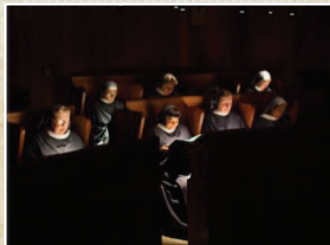
VIGILS – THE NIGHT WATCH

*Holy Quiet Night
I am Waiting for the Dawn
Unhurried Vigil
Macrina Wiederkehr osb*

We rise before dawn to pray the Office of Vigils. Looking out into the night sky we are reminded of the immense mystery in which we are immersed and engaged. Here we find an invitation to trust the darkness and learn to meet mystery with the courage that opens itself to life. Vigils is a time of silence, deep listening, waiting and longing. We pray this Hour for and with all people who are awake and watching for the dawn. We remember especially the sick and those who care for them, the worried and anxious, all who are working, those waiting in hope or expectant joy and all who are waiting for death. When we wait in darkness and silence, it is good to know we are not alone!



The only sounds heard at this Hour are the pure sound of the flute and voices raised in prayer and song. It is truly a God-filled and sacred time.





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THE HOURS

LAUDS - THE COMING OF LIGHT

*Morning Comes Softly
I Lean into the New Day
Baptised in Sunlight*

Macrina Wiederkehr osb

As the sun rises and light streams through the expanse of glass at the front of our church, we gather in a spirit of joy to give praise and thanks for the gift of a new day. Lauds is the Hour of awakening, the hour of resurrection. It sings of renewed life and freshness and invites everything in us to rise in praise of God, the giver of all good gifts and the Light of the World.



During this Hour we hold out our lives and our day before God. We pray that light, warmth and a spirit of praise will gladden their hearts of all humankind.





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TERCE - HOUR OF BLESSING

*O Spirit of Joy
I am Pausing for Blessings
Put on the Kettle!*

Macrina Wiederkehr osb

Midway through each morning, we pause for the first of what are often called “the little hours”. Though short, Terce provides us with that glorious mid-morning break where we stop for a breather and allow our bodies and minds to be regenerated. This is the Hour of the Spirit for it was during this time that the Holy Spirit came upon Mary and the disciples gathered in the Upper Room, filling them with courage, fresh energy and boldness.



In opening our hearts and hands to receive the gift of this same Spirit, we become aware of the blessings flowing down upon us: blessings of life, creation, work, community, grace, peace.

As we go forth from Terce, like the disciples, we are missioned to share the gifts and blessings of the Spirit with all whom we meet as we take up our work of service once more....after that welcome cuppa!



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MIDDAY PRAYER - HOUR OF ILLUMINATION

*O Source of all Fire
From the Kiln of your Dear Heart
Send me forth as Flame*

Macrina Wiederkehr osb

When the sun reaches its peak at the middle of the day and the bells ring out the familiar call of the Angelus, we put down our work and enter into the peace of the church for Midday Prayer. This is the Hour of illumination when we dare to dream of the coming of God's Kingdom, a kingdom where peace and justice reign.



We pray that we may become peace, that all our actions will lead to peace and that peace will flow through us to the world. It is also the Hour of opposites when we can feel both rejuvenated by the sun yet weary from our morning's work, so it's a time to pause awhile and allow the fire of God's love to renew us.

At Midday Prayer, we also pray for the leaders of our church and for the deceased sisters, relatives, friends, benefactors and oblates of our community.



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NONE - HOUR OF WISDOM

*Holy Impermanence
Hail the things that are passing
Wisdom of Nada
Macrina Wiederkehr osb*

As the light begins to fade and shadows lengthen, we pray None, the last of the “little hours”. There is a more sedate and serene feel to this Hour as we contemplate another day almost gone and reflect on how it’s been and how we have lived it.

These reflections often give rise to thoughts of the finiteness of life and our own death, the need to let go, to forgive and be thankful. It is, in a sense, a mellow Hour, a time when we draw on our inner wisdom to teach and guide us in the ways of love, service, release and forgiveness.





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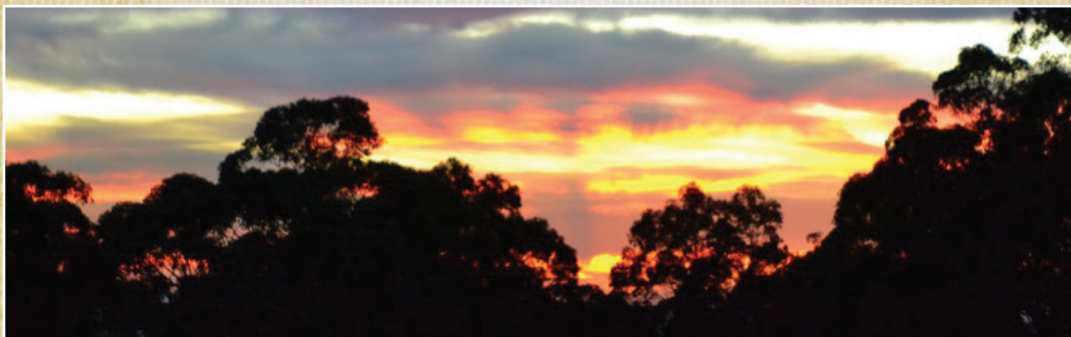
VESPERS - LIGHTING OF THE LAMPS

*Mystical Evening
Angel-sent Serenity
Off with your Work Clothes
Macrina Wiederkehr osb*

When the sun slowly sinks below the horizon and dusk descends, we conclude the work of the day and prepare for Vespers. As the sisters gather quietly in the cloisters to don their prayer cowls, the lights are kindled in the church, the charcoal is lit and the sweet smell of incense permeates the air. Vespers is the “homing” Hour, the Hour of peace of heart and serenity when we let go of the day and luxuriate in the quiet beauty of the evening.



It also the Hour of thanksgiving when we look back over our day and give thanks for the blessings that have come our way, for all we have achieved and even for the difficulties we have encountered. As the incense rises, so too do our prayers of praise and gratitude rise before God for ourselves, our Church and our world.





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COMPLINE - THE NIGHT OFFICE

*Summon the Silence
Embrace the Holy Darkness
Call in the Angels
Macrina Wiederkehr osb*

The church is silent and still. We enter quietly with only a few small lights to guide us. Time slows. Darkness wraps us round. Day is done. Let go. Breathe. Be Thankful!

We have arrived at Compline, the last office of the day which completes our journey through the Hours. This is the Hour when we attend to the heart and place ourselves under the protection of the angels. Our prayer leads us through times of quiet reflection when we review our day. We ask forgiveness of God and one another for the times we have failed to live in love. We then sing our last psalms of praise and join with Simeon in asking God to let us, his servants, go in peace. The Hour concludes with an anthem to Our Lady followed by the asperges, the sprinkling of holy water, a symbol of blessing and cleansing.



We leave as we came, in silent stillness, entering what is sometimes called “The Great Cathedral”, the space of the Night Silence. St Benedict tells us that “Monks should diligently cultivate silence at all times, but especially at night” (RB 42.1). This silence helps us deepen our listening to God. This deep level of silence is maintained throughout the night of holy darkness until the conclusion of Lauds the following morning.

