

**Liturgy of the Hours** for  
Benedictine Oblates of  
**Saint Meinrad Archabbey**

Follow the **2019** Schedule  
That the Monks Use.

Date	Week	Date	Week
<b>January</b>		<b>February</b>	
6	2	3	4
13	3	10	1
14	1	17	2
20	2	24	3
27	3		
<b>March</b>		<b>April</b>	
3	4	7	1
6	4	14	2
10	1	21	1
17	2	28	2
24	3	<b>Labora</b>	
31	4		
<b>May</b>		<b>June</b>	
5	3	2	3
12	4	9	4
19	1	10	2
26	2	16	3
<b>Ora</b>		23	4
		30	1
<b>July</b>		<b>August</b>	
7	2	4	2
14	3	11	3
21	4	18	4
28	1	25	1
<b>September</b>		<b>October</b>	
1	2	6	3
8	3	13	4
15	4	20	1
22	1	27	2
29	2		
<b>November</b>		<b>December</b>	
3	3	1	1
10	4	8	2
17	1	15	3
24	2	22	4
<b>Season Colors</b>		29	1
Advent	Christmas		
Easter	Lent		
Ordinary			

## Lectio Divina

**Lectio** (Reading)  
Acquaintanceship

- Read the Scripture.
- Gather the facts.
- “Listen” to God’s word.
- “What word/phrase speaks to you?”

*(Allow 1-2 minutes of quiet time.)*

**Meditatio** (Meditate)  
Friendliness

- Read the Scripture again.
- Let Jesus speak to you.
- Reflect on the message.
- “What is God saying to you?”

*(Allow 3-4 minutes of quiet time.)*

**Oratio** (Prayer)  
Friendship

- Read the Scripture again.
- Let your heart respond to God.
- Trust God enough to become emotionally involved.
- “What do you want to say to God?”

*(Allow 4-5 minutes of quiet time.)*

**Contemplatio** (Contemplation)  
Union of Life

- Read the Scripture a final time.
- Surrender to God’s presence.
- Rest in God beyond concepts, feelings, and particular acts.

*(Allow 5-10 minutes of quiet time.)*

Conclude with an **Our Father...**

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*Saint Meinrad*