

# Liturgy of the Hours

## For Benedictine Oblates of Saint Meinrad Archabbey

Follow the **2020** Schedule  
That the Monks Use.

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