1. In the Silence – SILENCE
John Coleman & Noel Davis (© 2016 johncoleman.bandcamp.com)

In the silence we hear music.
In the stillness we dance your prayer.
And our prayer comes alive
As we lose ourselves in the dance.

2. Breathe In - SILENCE
Peter Mayer (© 2018 petermayer.net)

Hands open to the day.
Breathe in. Breathe out.
Hands joined as if to pray.
Breathe in. Breathe out.

Arms reaching to the sky.
Then circling around down to the earth.
Eyes lifted to the light, to the light.

Hands, branches catching rain.
Breathe in, breathe out.
Then rising like a stalk of grain.
Breathe in. Breathe out.

Arms reaching to the sky.
Then circling around down to the earth.
Eyes lifted to the light, to the light.

Hands open to the day.
Breathe in. Breathe out.
Hands joined as if to pray.
Breathe in. Breathe out.

3. Listen to My Sighing (Psalm 5:1-3) - HOSPITALITY
Richard Bruxvoort Colligan (© 2019 Worldmaking.net)

Listen to my sighing. Holy One, hear my cry.
Listen to my sighing. Holy One, hear my cry.

In the morning
hear my voice with the sunrise.
In the morning
hear my voice with the sunrise.
Wait and hope ...
We wait and hope.
Wait and hope ...
We wait and hope.

4. Blessing the Breath of God - HOSPITALITY
Denise Pyles (© 2009 Denise Pyles – Mindtripblog.com)

May the breath of God
blow through your being.
May her Spirit breathe the promise of dawn.
May the breath of God
stir a new story!
Hope in the Spirit, O breath of God.

5. Divine - COMMUNITY
Soyinka Rahim (© 2021 bibolove.us)

My body and your body are one in divine.
So when we come together let us tap in to love.
I feel it - the pain -
I see it -
Oh!
I'm love.

I'm beaming my light. I'm beaming my light.
I'm beaming my love. I'm beaming my love.
I'm beaming my light through the darkness. I'm beaming my light through the darkness.

Why? - So I can see.
So we can see.
The power’s in the people. The power’s in the people.
The power's in the people all over the world. The power's in the people all over the world.
We stand for peace. We speak of love.
The power’s in the people all over the world. The power’s in the people all over the world.

My body and your body are one in divine.
My body and your body are one in divine.
My body and your body are one in divine.
So when we come together let us tap in to love.
6. Archangel Invocation - COMMUNITY
Simon de Voil (© 2021 simondevoil.com)

Refrain:
Come Michael.
Come Gabriel.
Come Raphael.
Come Uriel.

Verses:
1. Be by my side, there’s a place for you here.
   Be by my side, there’s a place for you here.

2. Help me to heal and share light in my world.
   Help me to heal and share light in my world.

3. Rest in my eyes and my ears and my touch.
   Rest in my eyes and my ears and my touch.

4. Compassion and wonder and healing and grace.
   Compassion and wonder and healing and grace

7. Blessing to the World - WORK
Karen Drucker (© 2001 TayToones Music; KarenDrucker.com)

You are the heart. You are the hands.
You are the voice of Spirit on Earth.
And who you are and all you do
Is a blessing to the world.

We are the heart, we are the hands.
We are the voice of Spirit on Earth.
And who we are, and all we do
Is a blessing to the world.
We’re a blessing to the world.
We’re a blessing to the world.

We are the heart, we are the hands.
8. **Prayer of St. Francis - WORK**
Simon de Voil (© 2008 simondevoil.com)

**Refrain:**
Lord, make me a channel of your peace.

**Verses**
1. Grant that I can see through my human pain and still feel loved.
2. In the darkness, let light be found in there.
3. We all need to learn to forgive a few more hundred times.
4. Melt our hatred, let love take roots in our hearts.
5. Through my own pain and need, let me learn to understand.
6. Reach through our sadness, let it be joy.

9. **You Can Rest Now - SABBATH**
Trish Bruxvoort Colligan (© 2000 RainDancerMusic)

You can rest now. You can rest now.
Open your feet to the earth.
You can rest now.
Let your fears go.
Let your thoughts fade.
Let your mind ease.
Let your breath rise.

You can rest now. You can rest now.

10. **Lullaby - SABBATH**
Margaret McLarty (© 2017 margaretmclarty.com)

Watch the stars as they climb to the sky
They have crawled from their beds where they lie.
And now it's time for sleep.

Go to bed,
wrap the dark round your chest.
Close your eyes,
think of how you are blessed.
And if the waves crash on the shore of your memory
If the wind whips up your thoughts and fears
till a storm is raging in your head
if the rain falls down your cheeks.

Turn away from that shore,
just walk away.
To the beach where the waves gently play.
And breathe in with the ebb of the tide.
And breathe out with the flow as it sighs.

11. Now I Am Revealing (Isaiah 48:67) - CONVERSION
Richard Bruxvoort Colligan (© 2020 Worldmaking.net)

Now I am revealing new things to you, revealing new things to you.
Now I am revealing new things to you, revealing new things to you.

Things hidden and unknown to you, created just now, this very moment.
Things hidden and unknown to you, created just now, this very moment.

12. Remember the Path (Jeremiah 6:16) - CONVERSION
Richard Bruxvoort Colligan (© 2020 Worldmaking.net)

1. Put yourselves on the ways of long ago,
Remember the path of rest.
Put yourselves on the ways of long ago,
Remember the path of rest.
This ancient path of rest, my friends,
The ancient path of rest.
Put yourselves on the ways of long ago,
Remember the path of rest.

2. Peace
3. Love
4. Life

13. Behold, I Make All Things New (Revelation 21:5) - CREATIVE JOY
Alana Levandoski (© 2015 alanalevandoski.com)

1. Behold, I make all things new.
Behold, I make all things new.
Behold, I make all things new.
Let there be light, let there be light.
2. God unseen is taking form.
God unseen is taking form.
God unseen is taking form.
Let there be light, let there be light.

3. First and last is surging forth.
First and last is surging forth.
The first and last is surging forth.
Becoming light, becoming light.

4. Behold, I make all things new.
Behold, I make all things new.
Behold, I make all things new.
Let there be light, let there be light.

14. Beauty (Based on a poem by Rumi)
Betsey Beckman (©2005 thedancingword.com)

Let the beauty you love be what you do.
Let the beauty you love be what you do.

Beauty, beauty. Beauty, beauty.
Beauty, beauty. Beauty, beauty.

Prayer Cycle Responses

15. O Love, Open My Lips (Psalm 51:15)
Christine Valters Paintner & Richard Bruxvoort Colligan (© 2020 Worldmaking.net)

1. O Love, open my lips, and my mouth will declare your praise.
   O Love, open my lips, and my mouth will declare your praise.

2. O Peace
3. O Hope
4. O Grace
5. O Justice
6. O Wisdom
7. O Beauty

16. Abbey Doxology
Richard Bruxvoort Colligan / Inspired by Julian of Norwich (© 2020 Worldmaking.net)

Glory to the Maker, Lover and Keeper
As ago, in this breath and will be ever.
Amen, Amen.
17. O God of Love (Monk in the World Prayer Response)  
Abbey Dream Team (© 2021 simondevoil.com)

1. O God of Love, nourish us in silence.  
2. O God of Love, extend through us your welcome.  
3. O God of Love, reveal your face in friendship.  
4. O God of Love, bless us in our labor.  
5. O God of Love, show the way of Sabbath.  
6. O God of Love, surprise us with your vision.  
7. O God of Love, lead us into dancing.

18. O God of Earth (Earth Monastery Prayer Response)  
Betsey Beckman (© 2020 simondevoil.com)

1. O God of Earth, shelter us in your sanctuary.  
2. O God of Earth, reveal to us your wisdom.  
3. O God of Earth, guide us in our sanctity.  
4. O God of Earth, we listen for your guidance.  
5. O God of Earth, we turn to you in troubles.  
6. O God of Earth, reveal to us your splendor.  
7. O God of Earth, we celebrate your presence.