

Day One: Morning

Queen of Angels

OPENING PRAYER

We gather this morning to join with the heavenly choir of angels and give thanks for their abiding love. Mary, Queen of Angels, summon the support of the heavenly hosts to guide us on our human journey as we live fully into our holy nature and remember that we are not alone.

OPENING SONG

Mary, Queen of Angels

FIRST READING: St. Bonaventure

Sensing that angels often visited there, according to the name of that church, which from ancient times was called Saint Mary of the Angels, (Francis) stayed there out of his reverence for the angels and his special love for the mother of Christ.

SUNG PSALM OPENING

O Love, open my lips and my mouth will declare your praise. (Repeat)

PSALM 20

May you know peace
and feel the touch of the One we call by many names.
May you have the strength to meet the day's troubles.
May all your plans prosper.
May your victories bring goodness to those around you.

To set yourself to these ordinary tasks
is to take up the holy work of your life.

Trust it—

money and possessions and glory;
these things come and go and
they will never make us feel secure.

Serenity is the goal.

It comes from living deeply in the gift of life
doing the work of love, cultivating our gratitude, and
noting the touch of Spirit in our lives.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

As we open our hearts to scripture this morning, let us contemplate Mary's profound encounter with her angelic messenger.

SECOND READING: The Gospel According to Luke (1:26-28 - NRSV)

In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin's name was Mary. And (the Angel) came to her and said, "Greetings, favored one! God is with you."

SILENT CONTEMPLATION

PRAYERS OF CONCERN

We offer prayers now for all that is in our hearts.

Creator God, we thank you that you created angels who can act as messengers, bringing words of life and possibility to us. Forgive us when we expect divine beings to look a certain way and so miss annunciations along our path. Help us to have eyes that can see beyond the surface of things and show us when we are entertaining angels unawares.

SUNG RESPONSE

Queen of Angels, be our guide. Creator God, empower us.

Divine Mother, thank you that in times of danger and difficulty there are angels ready to help and protect us. Forgive us when we would like to send angels to battle for us but come from a place of hatred or conflict. Remind us that you are their Queen and that you move from a place of love and compassion. Help us do the same.

SUNG RESPONSE

Queen of Angels, be our guide. Creator God, empower us.

Beloved Mother, there are so many children who have never known the love of a father. Jesus said that the children's angels see the face of His Father. Forgive us that we have created a form of masculinity that damages children, women, and men. Help us all to see, as the Angels do, the true face of the Divine Masculine even as we are embraced and held by your Mother's love.

SUNG RESPONSE

Queen of Angels, be our guide. Creator God, empower us.

Please add the prayers you are longing to express.

SUNG RESPONSE

Queen of Angels, be our guide. Creator God, empower us.

CLOSING SONG

Archangel Invocation

CLOSING BLESSING

You who sing among the angels
help us to feel their sheltering
and guiding presence in our days.
Reveal to us all the ways we are held,
comforted, uplifted by invisible forces;
remind us to call out for help when needed
and to lean into the grace
so freely offered to us.
Let us see how angels walk among us
in seen and unseen forms;
encourage us to offer gratitude for moments
of synchronicity and holy surprise
when we are met with kindness
and sacred possibility,
when we see a new pathway
where before was only bramble.
Mary, Queen of Angels,
gather your consort of love
around us; help us to know
you walk beside us always.

SUNG AMEN



CREDITS

All songs and texts used with permission

Opening Prayer written by [Christine Valters Paintner](#), arranged by [Melinda Thomas](#)

Opening Song: [Mary, Queen of Angels](#) by [Lorraine Bayes](#) from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

First Reading from St. Bonaventure

Sung Psalm Opening and Doxology by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Interpretation of Psalm 20 by [Rev. Christine Robinson](#)

Second Reading from The Gospel of Luke (1:26-28) NRSV

Prayers of Concern written by [Polly Paton-Brown](#)

SUNG RESPONSE based on [Litany of Mary](#) by Laura Ash. Adapted & recorded by [Simon de Voil](#) and [Alexa Sunshine Rose](#)

Closing Song: [Archangel Invocation](#) by [Simon de Voil](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Closing Blessing: written by [Christine Valters Paintner](#) from [Birthing the Holy: Wisdom from Mary to Nurture Creativity and Renewal](#) used with permission from Ave Maria Press

Please note: All of the songs and prayer responses are published on CDs in the Abbey of the Arts collection. In addition, these songs & responses have accompanying gesture prayers and/or dances created by Betsey Beckman that can be found on the corresponding [DVD \(each album has a DVD companion\)](#). Audio and video recordings of the Prayer Cycles are available at [AbbeyoftheArts.com](#).

Day One: Evening

Virgin

OPENING PRAYER

We gather this evening to honor our wholeness. Mary, Blessed Virgin, help us say “yes” to the divine spark within, and give birth to our deepest, truest nature.

OPENING SONG

Ave Maria

SUNG PSALM OPENING

O Love, open my lips and my mouth will declare your praise. (Repeat)

PSALM 16

I take refuge in You, O God
I turn to you in thanksgiving, I rest in you in difficulty.
I thank you for life in this beautiful place,
for a heritage which forms me and teaches me,
I thank you for the heart you planted within me, and for the
still small voice which urges it to grow.
My spirit is glad, and my body rests in hope.
You show me the path of life,
and in your presence is Joy.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

READING OF THE NIGHT: Mariann Burke

How does the virgin birth happen in each of us as a psychic reality? It happens as we respond throughout life to what urges us to our fullest humanity. What is the Mary ‘part’ within us?

It is the place where God is ‘born’ in us and where we begin to discover and live out of our deepest center.

SILENT CONTEMPLATION

CLOSING SONG

Hail Mary

CLOSING BLESSING:

Mary, Blessed Virgin,
we give thanks for your strength and power,
for your clarity and purpose,
for your alignment of vision with the Divine imagination.
Bless us with a heart that knows the treasure we are;
let our yes rise up like a sacred song we know by heart.
Blessed are you complete unto yourself;
you are in touch with the primordial wholeness we each contain.
When the angel asked his question everything in you trembled,
you knew the weight of this choice,
could see the ripples in that moment out into the world.
So you breathed into your fullness, felt the weight and density
of your own presence, and said that holy, mighty, potent yes.
Mary, be with us in our moments of Annunciation.
When the angel whispers to us in a dream
or shimmers forth in our lives, help us to listen closely,
to slow down and know this moment for the gift it is.
Help us remember our own sanctity and wholeness,
to respond not from any sense of lack
but from an abundance of grace flowing
freely within us all the time, at every moment.
Bless us in our virginity,
to know the gift we bring
into the world as wholly ours to offer.
Let this moment be an invitation
into deeper intimacy with
the Divine presence dwelling in our hearts.
Help us to say yes.

SUNG AMEN



CREDITS

All songs and texts used with permission

Opening Prayer written by [Christine Valters Paintner](#), arranged by [Melinda Thomas](#)

Opening Song: [Ave Maria \(Traditional Chant\)](#) sung by [Simon de Voil](#) and [Mia Kelley](#) from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

Psalm Opening and Doxology by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Interpretation of Psalm 16 by [Rev. Christine Robinson](#)

Reading of the Night Burke, Mariann, *Re-Imagining Mary*, (Sheridan, WY: Fisher King Press, 2009,) 26

Closing Song: [Hail Mary](#) by [Betsey Beckman](#) from the album [Singing with Monks and Mystics](#)

Closing Blessing written by [Christine Valters Paintner](#) from [Birthing the Holy: Wisdom from Mary to Nurture Creativity and Renewal](#) used with permission from Ave Maria Press

Please note: All of the songs and prayer responses are published on CDs in the Abbey of the Arts collection. In addition, these songs & responses have accompanying gesture prayers and/or dances created by Betsey Beckman that can be found on the corresponding [DVD \(each album has a DVD companion\)](#). Audio and video recordings of the Prayer Cycles are available at [AbbeyoftheArts.com](#).

Day Two: Morning

Untier of Knots

OPENING PRAYER

We arise this day and call on Mary, Untier of Knots to help us consider those places in our lives where we are holding things too tightly. Soften our hearts and bolster our healing so we may transform our tender, hurting places into portals for divine grace.

OPENING SONG

Undo Me

FIRST READING: Thomas Merton

And when I thought that there was no God and no love and no mercy, you were leading me all the while in the midst of (God's) love and (God's) mercy, and taking me, without my knowing anything about it, to the house that would hide me in the secret of (God's) Face. Glorious Mother of God, shall I ever again distrust you?

SUNG PSALM OPENING

O Hope, open my lips and my mouth will declare your praise. (Repeat)

PSALM 26

You know my heart, O God, and all its hidden caverns.
I can open my whole self to myself and to you.
You know when I trust and when I falter.
Where I walk faithfully, and where I fritter away my life.
You know how I fool myself, keep bad company,
and protest my innocence.
May I come to you anyway?
May I sing my thanksgiving and enjoy your worship?
Though I'm a long way from perfect
a long way from mature, a long way from good,
You know my heart, O God –
I would make it whole, open it to You,
and sing your praises.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

As we contemplate the scripture this day, let us listen to how Mary brings grace to a tangled moment of confusion.

SECOND READING: The Gospel According to John (2:1-5 - NRSV)

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Woman, what concern is that to you and to me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you."

SILENT CONTEMPLATION

PRAYERS OF CONCERN

We offer prayers now for all that is in our hearts.

O Source of Love, our lives become so tangled with old hurts, resentments and fears. Forgive us when we pull the cords tighter, refusing to let go, blaming others and holding on to hate. Help us look to Mary, Untier of Knots, to learn how to let go and allow healing. Help us surrender to the gift of forgiveness.

SUNG RESPONSE

Untier of Knots, be our guide. Creator God, empower us.

Beloved Mary, you know how complicated politics can be, that situations rarely have one cause, no matter how simple they seem on the surface. We pray for the many who suffer the consequences of decades of entanglements. Entanglements where profits from the arms trade are more important than peace, where economies that serve only the rich are boosted by money from abusive regimes and where those in positions of trust misuse their power to line their own pockets rather than care for the vulnerable or our planet. Untie these knots for us, Blessed Mother and set your children free.

SUNG RESPONSE

Untier of Knots, be our guide. Creator God, empower us.

Compassionate Mother, you know that so many of us feel knotted up inside with worry and fear. Health concerns, financial worries, fear of what is happening in the world, despair over climate change. These things can all lead to us living a constricted life where we feel bound and unable to move. May we feel your hands tenderly untying the knots that hold us and may your presence in our lives bring spaciousness and peace.

SUNG RESPONSE

Untier of Knots, be our guide. Creator God, empower us.

Please add the prayers you are longing to express.

SUNG RESPONSE

Untier of Knots, be our guide. Creator God, empower us.

CLOSING SONG

Prayer of St Francis

CLOSING BLESSING

Mary, we come to you knotted
in a hundred different ways.
Our hearts are knotted with grief and anger,
our bodies feel knotted with tension,
our minds knotted with anxiety and fear.
We ask you to gently work on those places
of tightness and holding within us,
to loosen them so gently,
so that freedom emerges slowly.
Mary, you are the untier
of all the knots of our lives.
Be with us as we try to release
all of our tangled places:
the frustrations we carry,
the paths that feel like dead ends,
the complexity of relationships.
Help us to soften our hard edges
and yield to your grace.
Allow us to see you at work within us,
slackening and unbinding.
Sustain us in the moments
when all feels like it is unravelling.
Help us to trust your work
and know that we must first come undone
before we can be woven back together again.
Bless us with patience and wisdom;
support us in loosening our steady grip
so we might also prevent more knots
forming in days to come.

SUNG AMEN



CREDITS

All songs and texts used with permission

Opening Prayer by [Christine Valters Paintner](#), arranged by [Melinda Thomas](#)

Opening Song: [Undo Me](#) by [Richard Bruxvoort Colligan](#) from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

First Reading: Thomas Merton, *Seven-Storey Mountain* (New York: Harcourt Publishing, 1948), 143.

Sung Psalm Opening and Doxology by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Interpretation of Psalm 26 by [Rev. Christine Robinson](#)

Second Reading: The Gospel According to John (2:1-5 - NRSV)

Prayers of Concern written by [Polly Paton-Brown](#)

SUNG RESPONSE based on [Litany of Mary](#) by Laura Ash. Adapted & recorded by [Simon de Voil](#) and [Alexa Sunshine Rose](#)

Closing Song: [Prayer of St. Francis](#) by [Simon de Voil](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Closing Blessing: written by [Christine Valters Paintner](#) from [Birthing the Holy: Wisdom from Mary to Nurture Creativity and Renewal](#) used with permission from Ave Maria Press

Please note: All of the songs and prayer responses are published on CDs in the Abbey of the Arts collection. In addition, these songs & responses have accompanying gesture prayers and/or dances created by Betsey Beckman that can be found on the corresponding [DVD \(each album has a DVD companion\)](#). Audio and video recordings of the Prayer Cycles are available at [AbbeyoftheArts.com](#).

Day Two: Evening

Mustafia

OPENING PRAYER

Mary, *Mustafia*, chosen by God to birth the holy, help us to answer our unique calling in the world. May your love heal divisions with those we “other” and reject based on culture, skin color or belief. Guide us this evening to a path of peace, kindness, and compassion.

OPENING SONG

Hail Mary

SUNG PSALM OPENING

O Hope, open my lips and my mouth will declare your praise. (Repeat)

PSALM 122

I was glad when they said to me,
Let us go to a sacred place
A place where the divine is
to give thanks.
Though I know
That God is everywhere, I go gladly.
I pray for peace, here and in all the places of earth.
Peace in Jerusalem, peace in Baghdad,
peace in Albuquerque.
Peace and Justice. Peace for my friends,
peace for my adversaries.
I seek what is good for all for the sake of Peace.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

READING OF THE NIGHT: Qur'an

The angels said, “O Mary, God has chosen you, and has purified you. God has chosen you over all the women of the world.” (And) the Angels said, “O Mary, God gives you good news of a Word from Him. His name is the Messiah, Jesus, son of Mary, well-esteemed in this world and the next, and one of the nearest. He will speak to the people from the crib, and in adulthood, and will be one of the righteous.” She said, “My Lord, how can I have a child, when no man has touched me?” God said, “It will be so. God creates whatever God wills. To have anything done,

God only says to it, 'Be,' and it is. And God will teach him the Scripture and wisdom, and the Torah and the Gospel. (And he will be) A messenger to the Children of Israel."

SILENT CONTEMPLATION

CLOSING SONG

Litany of Mary

CLOSING BLESSING:

Blessed Mary, *Mustafia*,
we celebrate you
along with our Islamic siblings.
God chose you to be vessel,
mother, nurturer, midwife,
that holiness be planted
in you like a tiny, blessed seed.
You were the rich soil and garden
in which your holy child would grow and flower
into a healer, a prophet, into the Beloved One.
Mustafia, guide us in discovering
the ways we have been chosen
to bring blossoming into the world.
Help us to listen closely
for the seeds rumbling deep within us
and to know which ones to nourish.
Let us see how every one of us
has been chosen for a holy task,
and that we are the ones to fulfill
this sacred work on earth.
Be especially with those who feel a lack of purpose
in their lives, who long for a holy direction.
Help them to see that they too are charged
with bringing the sacred to life,
How their yes and our yes
might help transform the world.

SUNG AMEN



CREDITS

All songs and texts used with permission

Opening Prayer written by [Christine Valters Paintner](#), arranged by [Melinda Thomas](#)

Opening Song: [Hail Mary](#) by [Alana Levandoski](#) from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

Psalm Opening and Doxology by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Interpretation of Psalm 122 by [Rev. Christine Robinson](#)

Reading of the Night Adapted from [Clear Qur'an](#) 3:42-49

Closing Song: [Litany of Mary](#) by Laura Ash from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

Closing Blessing by [Christine Valters Paintner](#) from [Birthing the Holy: Wisdom from Mary to Nurture Creativity and Renewal](#) used with permission from Ave Maria Press

Please note: All of the songs and prayer responses are published on CDs in the Abbey of the Arts collection. In addition, these songs & responses have accompanying gesture prayers and/or dances created by Betsey Beckman that can be found on the corresponding [DVD \(each album has a DVD companion\)](#). Audio and video recordings of the Prayer Cycles are available at [AbbeyoftheArts.com](#).

Day Three: Morning

Star of the Sea

OPENING PRAYER

Stella Maris, Mary, Star of the Sea, we look to the night sky to see your brilliance shining upon the world. Be with us as a guiding light and safe harbour on our journey of surrender and trust. Show us the way to the Self which knows its true direction as we dive beneath the surface to explore our magnificent depths.

OPENING SONG

Stella Maris

FIRST READING: Bernard of Clairvaux

[She] is that splendid and wondrous star suspended as by necessity over the great wide sea, radiant with merit and brilliant in example. O you, whoever you are, who feel that in the tidal wave of this world you are nearer to being tossed about among the squalls and gales than treading on dry land, you do not want to founder in the tempest, do not avert your eyes from the brightness of this star. . . . In dangers, in hardships, in every doubt, think of Mary, call out to Mary. Keep her in your mouth, keep her in your heart. . . . With your hand in hers you will never stumble.

SUNG PSALM OPENING

O Grace, open my lips and my mouth will declare your praise. (Repeat)

PSALM 123

I gaze at the starry skies
Drawn to every tiny light.
Drawn to what I know of each one's unfathomable distance,
Astounding size, profound age.
I look to this big picture to help me imagine You.
The intricate patterns bind us.
Have mercy on your tiny servant.
Who watches for you in the watches of the night.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

As we open our hearts to scripture today, let us become like the magi, following the star to encounter Mary and her child.

SECOND READING: The Gospel According to Matthew (2:9-11 -NRSV)

When they had heard the king, they set out; and there, ahead of them, went the star that they had seen at its rising, until it stopped over the place where the child was. When they saw that the star had stopped, they were overwhelmed with joy. On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense, and myrrh.

SILENT CONTEMPLATION

PRAYERS OF CONCERN

We offer prayers now for all that is on our hearts.

O Creator of the Cosmos, thank you that you have placed a Star in the sky who remains a constant presence, ready to guide us no matter how perilous our journey, if only we look up. Forgive us when we focus on the waves and the force of the wind. Help us know that *Stella Maris* is there to help us navigate the storms that life brings.

SUNG RESPONSE

Star of the Sea, be our guide. Creator God, empower us.

Star of the Sea, may we remember that you care for all in peril at sea, including the other- than -human. We ask you to protect our fin and feathered relations, guard the coral reefs and all marine eco-systems. Forgive our pollution of your living waters. *Stella Maris*, Star of the Sea, we place this cause in your hands.

SUNG RESPONSE

Star of the Sea, be our guide. Creator God, empower us.

Stella Maris, we thank you that in you we have a way of finding our true north. Thank you that our deepest joy can be found by being true to who we are. Forgive us when we live lives that are not congruent with our true selves. Give us the courage to launch out into the deep, knowing you are there to guide us home. *Stella Maris*, Star of the Sea, we place this cause in your hands.

SUNG RESPONSE

Star of the Sea, be our guide. Creator God, empower us.

Please add the prayers you are longing to express.

SUNG RESPONSE

Star of the Sea, be our guide. Creator God, empower us.

CLOSING SONG

Deep Peace

CLOSING BLESSING

Holy Mary, Star of the Sea,
you are the brilliant light
that guides us through turbulent waves.
Our lives so often feel unmoored,
tossed about by a storm
gathering force from wind and water.
Help us to soften our grip and trust
that you are there to steer
us in a holy direction.
Sustain us in all our moments
of fear and doubt.
Let us see your shimmering presence
as a compass in the sky.
Connect us to the star
within each of our hearts
that illuminates the way forward
and carries us all back home
once again.

SUNG AMEN



CREDITS

All songs and texts used with permission

Opening Prayer written by [Christine Valters Paintner](#), arranged by [Melinda Thomas](#)

Opening Song: [Stella Maris](#) by [Gina Salā](#) the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

First Reading from Bernard of Clairvaux, *Homilies in Praise of the Blessed Virgin Mary*,
(Kalamazoo, MI: Cistercian Publications, 1993), 30.

Sung Psalm Opening and Doxology by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Interpretation of Psalm 123 by [Rev. Christine Robinson](#)

Second Reading: The Gospel According to Matthew (2:9-11 -NRSV)

Prayers of Concern written by [Polly Paton-Brown](#)

SUNG RESPONSE based on [Litany of Mary](#) by Laura Ash. Adapted & recorded by [Simon de Voil](#) and
[Alexa Sunshine Rose](#)

Closing Song: [Deep Peace](#) by [Sara Thomsen](#) from the album [The Soul's Slow Ripening: Songs for Celtic Seekers](#)

Closing Blessing: written by [Christine Valters Paintner](#) from [Birthing the Holy: Wisdom from Mary to Nurture Creativity and Renewal](#) used with permission from Ave Maria Press

Please note: All of the songs and prayer responses are published on CDs in the Abbey of the Arts collection. In addition, these songs & responses have accompanying gesture prayers and/or dances created by Betsey Beckman that can be found on the corresponding [DVD \(each album has a DVD companion\)](#). Audio and video recordings of the Prayer Cycles are available at [AbbeyoftheArts.com](#).

Day Three: Evening

Vessel of Grace

OPENING PRAYER

Mary, Vessel of Grace, we enter this time of prayer as a sanctuary space of the heart. Hold us in your loving embrace as we let go of our need to control and open to the movements of grace. Let this time be one of alchemy where we nurture what is within and transform our gifts into gold for the world, becoming beings more capable of compassion.

OPENING SONG

If in Your Heart

SUNG PSALM OPENING

O Grace, open my lips and my mouth will declare your praise. (Repeat)

PSALM 71

In You, Holy One, do I take refuge
Let me never be ashamed.
Deliver me in love and set me free.
Lean your ear to me and help me.
Be my strong rock,
a home to keep me safe.
Deliver me, O God, from the hand of the wicked,
from the clutches of the foolish and oppressive.
You are my hope, Holy One –
I have been sustained by your love since I was born.
I am grown now, and strong in the eyes of the world
But you are my refuge and my strength.
You have shown me great adversities—
and You have restored my life.
You strengthen me more and more
you enfold and comfort me.
Now that I am old and grey, do not forsake me.
“till I make known your love to this generation, and your power to all
who come.”
I will sing your praise all my days
and show forth my joy to those around me.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

READING OF THE NIGHT: 2 Corinthians 4:7 (NRSV)

But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us.

SILENT CONTEMPLATION

CLOSING SONG

O Sun

CLOSING BLESSING

Mary you are a sacred vessel of grace
holding the alchemical energy of transformation.

You invite us to enter this holy container,
to lay down everything leaden we carry
and allow it to be turned to gold.

You are the holding place, the threshold;
be with us as we commit to staying here,
to not flee the discomfort,
to not numb ourselves.

Give us steadiness and endurance
to trust in the darkness of the womb,
the space of incubation and gestation,
to wait patiently as new life grows,
as slow transformation unfolds.

Help us to feel held here
by your love and power,
a witness to our inner journeys.

SUNG AMEN



CREDITS

All songs and texts used with permission

Opening Prayer written by [Christine Valters Paintner](#), arranged by [Melinda Thomas](#)

Opening Song: *If in Your Heart* by [Ana Hernández](#) from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

Psalm Opening and Doxology by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Interpretation of Psalm 71 by [Rev. Christine Robinson](#)

Reading of the Night from 2 Corinthians 4:7, NRSV

Closing Song: *O Sun* by [Peter Mayer](#) on the album [Earth, Our Original Monastery: Singing Our Way to the Sacred](#)

Closing Poem by [Christine Valters Paintner](#) from [Birthing the Holy: Wisdom from Mary to Nurture Creativity and Renewal](#) used with permission from Ave Maria Press

Please note: All of the songs and prayer responses are published on CDs in the Abbey of the Arts collection. In addition, these songs & responses have accompanying gesture prayers and/or dances created by Betsey Beckman that can be found on the corresponding [DVD \(each album has a DVD companion\)](#). Audio and video recordings of the Prayer Cycles are available at [AbbeyoftheArts.com](#).

Day Four: Morning

Our Lady of Silence

OPENING PRAYER

Holy Mary, Lady of Silence, we come to you in quiet this day. Be with us in our time of silence as we let go of words and chatter. Journey with us into the space of deep listening and stillness that we may pause, rest, and discover the magic to be found within the still point of the heart.

OPENING SONG

In the Silence

FIRST READING: Thomas Merton

Let me seek, then, the gift of silence, and poverty, and solitude, where everything I touch is turned into prayer: where the sky is my prayer, the birds are my prayer, the wind in the trees is my prayer, for God is in all.

SUNG PSALM OPENING

O Wisdom, open my lips and my mouth will declare your praise. (Repeat)

PSALM 46

God is our refuge and our strength
a haven in times of trouble.
Therefore, we can be calm though the earth shakes,
though the nations change, and though the sea rises.
Our trust is in the Holy One
who is making the heavens and the earth
Who is with us in the midst of the city
and in our own hearts.
See the miracles that are a part of our lives!
and the longings for peace and justice in our hearts
and the way we can make our lives abundant
in nearly any circumstance.
God whispers to us, *“Be still and know that I am God.
I am with you to the ends of the universe,
and through all time.”*

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

As we open our hearts to scripture this morning, let us treasure with Mary the deep mysteries revealed to her.

SECOND READING: The Gospel According to Luke (2:16-20 -NRSV)

So they went with haste and found Mary and Joseph, and the child lying in the manger. When they saw this, they made known what had been told them about this child; and all who heard it were amazed at what the shepherds told them. But Mary treasured all these words and pondered them in her heart. The shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them.

SILENT CONTEMPLATION

PRAYERS OF CONCERN

We offer prayers now for all that is on our hearts.

Holy one, by your silent presence at the cross, you bore witness to dignity and courage in the face of unspeakable pain. For those who silently watch and wait for death to come, for illness to pass, for grief to ease, we ask for your strength and pray for your peace as they bear witness to love's thread which can never be broken.

SUNG RESPONSE

Our Lady of Silence, be our guide. Creator God, empower us.

O Mary, cathedral of silence, when all around was noise and glorifying words, you remained quiet, pondering within the meaning of the special child you had birthed. In your wisdom you remain present to mystery as pregnant with the possibility of new life. This creates space within us for wondering, waiting, and opening to what you long to birth in and through us.

SUNG RESPONSE

Our Lady of Silence, be our guide. Creator God, empower us.

Our Lady of Silence, you remind us that silence and prayer are faithful ways to respond when all around us seems to be spinning out of control. In the face of war and violence, we join you in quiet vigil. We offer fervent prayers for peace and an end to senseless destruction. We ask for those who are fleeing to find safe shelter. We plead with you to give wisdom to our political leaders as they seek to avert an escalation of violence. We sit in silence with you, Mother of all, wellspring of wisdom and compassion.

SUNG RESPONSE

Our Lady of Silence, be our guide. Creator God, empower us.

Please add the prayers you are longing to express.

SUNG RESPONSE

Our Lady of Silence, be our guide. Creator God, empower us.

CLOSING SONG

Our Lady of Silence

CLOSING BLESSING

Holy Mary, keeper of silence,
make a resting place for our busy minds,
soothe our restless hearts,
help us to release our desire
to produce, to do, to achieve.
Slow us down; kindle a love
for stillness within us.

Dwell a while in the sanctuary
of our hearts, keeping vigil,
sitting in silent wonder

at the holy whispers we start to hear in the quiet.

Rest with us in the great mystery
of things, letting go of our need
for answers, leading us more
deeply into the questions.

Sustain us in this daily practice
of seeking stillness,
of making space for the ocean of quiet
to carry us on its waves ever deeper
into the heart of the holy hush.

SUNG AMEN



CREDITS

All songs and texts used with permission

Opening Prayer written by [Christine Valters Paintner](#), arranged by [Melinda Thomas](#)

Opening Song: [In the Silence](#) by [John Coleman](#) from the album [Monk in the World: Songs for Contemplative Living](#)

First Reading from Thomas Merton, *Thoughts in Solitude*. Farrar, Straus & Giroux 1958 (92).
Sung Psalm Opening and Doxology by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)
Interpretation of Psalm 46 by [Rev. Christine Robinson](#)
Second Reading from The Gospel According to Luke (2:16-20 -NRSV)
Prayers of Concern written by Valerie Allen
SUNG RESPONSE based on [Litany of Mary](#) by Laura Ash. Adapted & recorded by [Simon de Voil](#) and [Alexa Sunshine Rose](#)
Closing Song: [Our Lady of Silence](#) by [Richard Bruxvoort Colligan](#) from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)
Closing Blessing: written by [Christine Valters Paintner](#) from [Birthing the Holy: Wisdom from Mary to Nurture Creativity and Renewal](#) used with permission from Ave Maria Press

Please note: All of the songs and prayer responses are published on CDs in the Abbey of the Arts collection. In addition, these songs & responses have accompanying gesture prayers and/or dances created by Betsey Beckman that can be found on the corresponding [DVD \(each album has a DVD companion\)](#). Audio and video recordings of the Prayer Cycles are available at [AbbeyoftheArts.com](#).

Day Four: Evening

Our Lady of the Underworld

OPENING PRAYER

Mary, Lady of the Underworld, we come to you in awe of the cycle of creation and destruction. Death giving rise to life. Life descending to death. Give us strength to endure our underworld journeys and rediscover our own power and wholeness. Ignite within us your fierce love that every oppressed person should be nourished, cherished and welcome, so we may act for justice out of the witness of expansive love.

OPENING SONG

Black Madonna

SUNG PSALM OPENING

O Wisdom, open my lips and my mouth will declare your praise. (Repeat)

PSALM 102

O God, hear my prayer
and let my cry come to you.
I drift through dull and cloudy days
My bones are turned to ash.
My heart is closed down.
I'm not taking care of myself.
I feel like a vulture in the wilderness
An owl in the ruins, a lone pigeon on a roof.
I lie awake in the night
with voices that revile me.
I feel far from You—
Have you lifted me up, thrown me away?

O God, you endure forever.
You come in your appointed time.
You rebuild nations, point the homeless to shelter,
hear the groan of the captive
and help the dying be at peace.
You laid the foundations of the earth at the beginning—
the stars and the galaxies are the work of your hands.

They will go to chaos, but you will endure
You will change them like worn clothes.
For You are beyond time and space and matter and energy
And with you, I am saved.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

READING OF THE NIGHT: Marion Woodman and Elinor Dickinson

[T]he Goddess who gives life is the Goddess who takes life away. That fact allows for no sentimentality. In feminine thinking, we hold the paradox beyond the contradictions. She is the flux of life in which creation gives place to destruction, destruction in the service to life gives place to creation.

SILENT CONTEMPLATION

CLOSING SONG

I am Here

CLOSING BLESSING

Mary of the Underworld,
like the story of Persephone
you too made your descent
to dwell a while in the darkness.
You offer yourself as guide,
as comforter, as bearer of wisdom.
You know the dark night journey intimately,
you have borne the tremendous weight of loss,
have known grief's heaviness.
You do not flinch or look away
but gaze with us into the radiant dark.
Madonna of Blackness,
be with us as we navigate the nights.
Help us to experience your fierce and tender love,
hold us steady as we descend.
Sustain us as our securities are stripped away
until we come to know our foundation in you.
Embrace us in the dark womb of transformation.
We ask you to bless this time
so it may deepen our compassion
and allow us to also be guides
for the descent of others.

SUNG AMEN



CREDITS

All songs and texts used with permission

Opening Prayer written by [Christine Valters Paintner](#), arranged by [Melinda Thomas](#)

Opening Song: [Black Madonna](#) by [Soyinka Rahim](#) from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

Psalm Opening and Doxology by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Interpretation of Psalm 102 by [Rev. Christine Robinson](#)

Reading of the Night from Marion Woodman and Elinor Dickinson, *Dancing in the Flames: The Dark Goddess in the Transformation of Consciousness*. Shambala (1997), 7.

Closing Blessing written by [Christine Valters Paintner](#) from [Birthing the Holy: Wisdom from Mary to Nurture Creativity and Renewal](#) used with permission from Ave Maria Press

Closing Song: [I am Here](#) by [Deirdre Ni Chennéide](#) from the album [The Soul's Slow Ripening: Songs for Celtic Seekers](#)

Please note: All of the songs and prayer responses are published on CDs in the Abbey of the Arts collection. In addition, these songs & responses have accompanying gesture prayers and/or dances created by Betsey Beckman that can be found on the corresponding [DVD \(each album has a DVD companion\)](#). Audio and video recordings of the Prayer Cycles are available at [AbbeyoftheArts.com](#).

Day Five: Morning

Mother of Sorrows

OPENING PRAYER

Mother of Sorrows, you tend the threshold of our of lives, knowing both the profound joy and grief that life can bring. Help us let go of illusions and face painful realities. Crack open our intuition and empathy that we may cultivate compassion for ourselves and others as we recognize we have all been wounded in some way. Allow the river of grief to flow freely through us as we embrace all aspects of being.

OPENING SONG

Requiem

FIRST READING: Clarissa Pinkola Estés

Even yet in the midst of all our bandages and broken spirit-bones, [Mary] calls us to stop mis-thinking that we stand alone in our challenges, when in fact, she ever stands with us. We ought ever flee to her side, ever hide under her shoulder, ever shelter under her inviolate mantle, ever be guided by her wisdom so hard-won—for she too bore miracles, menacings, and sufferings in her life. She too lost everything precious to her soul in the darkened world of human fools, foibles, and frailties of spirit.

SUNG PSALM OPENING

O Peace, open my lips and my mouth will declare your praise. (Repeat)

PSALM 119 v. 25-49

Touch my heart, O God,
for I feel defeated.
Overcome by sorrow, bewildered
by the world and its ways.
I don't know how to be good.
I'm not sure which way to go.
I turn to you.
Teach my heart.
I will listen.
I will follow my desire for you.
Keep me focused, O God—
not chasing after security or fleeting pleasures.
Help me desire what is deep and abiding—

And find joy and satisfaction in You.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

As we contemplate scripture this day, let us experience Mary's presence with us in our places of deepest grief.

SECOND READING: The Gospel According to John (19:25b-27 - NRSV)

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home.

SILENT CONTEMPLATION

PRAYERS OF CONCERN

We offer prayers now for all that is on our hearts.

Compassionate One, as a mother cradles her newborn and gazes upon her child with a heart overflowing with love, hold us in times of sorrow and open us to your love when we are hurting. As Mary's womb bore new life, may our suffering give birth to healing which eases pain, hope which transforms despair, and love which deepens our faith in you.

SUNG RESPONSE

Our Lady of Sorrows, be our guide. Creator God, empower us.

Holy Mother Mary, at the cross you witnessed unmentionable agony. We remember the many mothers who have lost children - the black sons shot by white police, the beautiful daughter stillborn, the addicted teenager's accidental overdose, the young men who stood up for justice disappeared. Help us to stay long enough with one another's pain until Love's miraculous healing breaks through.

SUNG RESPONSE

Our Lady of Sorrows, be our guide. Creator God, empower us.

Sorrowful Mary, as you mourned for your son you also mourn with humankind in every sorrow. We join our sorrow with yours. We mourn the senseless loss of life in war, the prejudiced violence that stunts fullness of life, the greed that exploits both people and earth's rich resources. We weep with you, yet we also hope with you. May the salt of your tears be a healing balm to our wounded lives and eco-system.

SUNG RESPONSE

Our Lady of Sorrows, be our guide. Creator God, empower us.

Please add the prayers you are longing to express.

SUNG RESPONSE

Our Lady of Sorrows, be our guide. Creator God, empower us.

CLOSING SONG

Listen to My Sighing

CLOSING BLESSING

Mary, you are the bearer of grief,
your own heart wounded seven times,
pierced by life's stripping away.
You know the heart of sorrow;
help us to walk the landscape of loss.
Support us when we want to turn
away and numb ourselves.
Be with us as we endure
the heart's hollowing out.
For the loss of every person,
dream, creature, every life
we know you hear our cries
and the cries of all those who suffer.
Show us the pathway into
the center of our mourning.
Help us keep alive the deep love we carry,
wail with us, weep with us,
hold us as we are carried by the river of grief,
let us feel the ache of our loss.

SUNG AMEN



CREDITS

All songs and texts used with permission

Opening Prayer written by [Christine Valters Paintner](#), arranged by [Melinda Thomas](#)

Opening Song: [Requiem](#) by [Eliza Gilkyson](#) (sung by [Simon de Voil](#), Aimée Ringle & Sage Coy) from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

First Reading from Clarissa Pinkola Estés, *Untie the Strong Woman* (Boulder, CO: Sounds True, 2011), 34
Sung Psalm Opening and Doxology by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Interpretation of Psalm 119 v. 25-49 by [Rev. Christine Robinson](#)

Second Reading from The Gospel According to John (19:25b-27 - NRSV)

Prayers of Concern written by Valerie Allen

SUNG RESPONSE based on [Litany of Mary](#) by Laura Ash. Adapted & recorded by [Simon de Voil](#) and
[Alexa Sunshine Rose](#)

Closing Song: [Listening to My Sighing](#) by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for
Contemplative Living](#)

Closing Blessing written by [Christine Valters Paintner](#) from [Birthing the Holy: Wisdom from Mary to Nurture
Creativity and Renewal](#) used with permission from Ave Maria Press

Please note: All of the songs and prayer responses are published on CDs in the Abbey of the Arts collection. In addition, these songs & responses have accompanying gesture prayers and/or dances created by Betsey Beckman that can be found on the corresponding [DVD \(each album has a DVD companion\)](#). Audio and video recordings of the Prayer Cycles are available at [AbbeyoftheArts.com](#).

Day Five: Evening

Greenest Branch

OPENING PRAYER

Mary, Greenest Branch, Mother of Moist Earth, teach us the interconnectedness and intercommunion of all levels of created life with each other and with God as Source. Enliven *viriditas* - the greening power of God – within us so we are filled with creative fecundity. Help us to see God’s love energizing the world, making it living and fruitful, a place where all are welcome, all deserve this lavish attention, and every part of created life is filled with vitality.

OPENING SONG

Viriditas

SUNG PSALM OPENING

O Peace, open my lips and my mouth will declare your praise. (Repeat)

PSALM 65

It is good to give thanks,
for the boundless mercy
which renews us and makes us whole.
Happy are those who know this
and open themselves to the Light.
and sing—

You make the sunrise and the sunset shout for joy.
You are the earth’s fertility.
Your law governs her cycles of snow, run-off, flood, and rain.
You crown the year with abundance.
The wild lands are watered with dew.
The hills deck themselves with green.
The meadows adorn themselves with flocks,
The valleys gown themselves with grain.
They dance together.
They join in song.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

READING OF THE NIGHT: Courtney Hall Lee

As the Mother of Life, [Mary] required no male seed in order to birth the Christ-child. . . . [H]er virginity points to her intrinsic power to always bloom, resource and create—no matter what is going on around her. . . . Mary was the personification of the Mother Moist Earth. Just as Mother Moist Earth brought everything to life, even stones—Mary brought everything to life, even God.

SILENT CONTEMPLATION

CLOSING SONG

O Viridissima Virga

CLOSING BLESSING:

Blessed Mary, you are the greenest branch.
The power of God's greening
in the world flows through you freely.
Spirit breathes and you become fertile and lush,
a source of life.
With your yes you opened a channel of verdant grace.
St. Hildegard celebrated you in song and poetry,
saw your radiant greenness as a path of life for all.
Green Madonna, blow your *Viriditas* over us,
help us clear the way of anything that drains us of life.
Help us release the dryness which depletes us
and leaves us with despair.
Shower us with energy, with joy,
with hope and possibility.
Let our souls deepen their greening,
nurturing and nourishing the dreams
we tend, help them to grow strong and vibrant
ready to become of service to the world.

SUNG AMEN



Credits:

All songs and texts used with permission

Opening Prayer written by [Christine Valters Paintner](#), arranged by [Melinda Thomas](#)

Opening Song: [Viriditas](#) by [Betsey Beckman](#) from the album [Singing with Saints and Mystics](#)

Psalm Opening and Doxology by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Interpretation of Psalm 65 by [Rev. Christine Robinson](#)

Reading of the Night from Courtney Hall Lee, *Black Madonna: A Womanist Look at Mary of Nazareth* (Eugene, OR: Cascade Books, 2017,)

Closing Song: [O Viridissima Virga](#) written by Hildegard of Bingen (sung by Laura Ash) from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

Closing Blessing written by [Christine Valters Paintner](#) from [Birthing the Holy: Wisdom from Mary to Nurture Creativity and Renewal](#) used with permission from Ave Maria Press

Please note: All of the songs and prayer responses are published on CDs in the Abbey of the Arts collection. In addition, these songs & responses have accompanying gesture prayers and/or dances created by Betsey Beckman that can be found on the corresponding [DVD \(each album has a DVD companion\)](#). Audio and video recordings of the Prayer Cycles are available at [AbbeyoftheArts.com](#).

Day Six: Morning

Theotokos

OPENING PRAYER

Theotokos, you are God-bearer, source of life and nourishment, unconditional love and care. This morning we celebrate your generous flow of abundance and grace. You gaze with loving wonder at all we are able to imagine and offer through our creative actions. We cry out in moments of laboring, wondering if this journey is worth it. Stay by our side until our sacred creation has been released into the world. Support us in giving birth to what is gestating within, not needing to reach or strive- but seeing ourselves as perfectly loved, perfectly *enough*.

OPENING SONG

We Are Bringing God to Birth

FIRST READING: Elizabeth A. Johnson

Mary's mothering has the potential to promote the 'ripeness of maturity' that enhances the dignity of all women who nurture and serve the life of others, whether biologically or in other ways We are all meant to be mothers of God, for God is always needing to be born.

SUNG PSALM OPENING

O Beauty, open my lips and my mouth will declare your praise. (Repeat)

PSALM 93

You have put on beautiful clothes, Holy One –
This amazing universe!
You have made the nothingness solid
with an intricate web of laws
And brought life into being by your love
to evolve its own forms and find its own heart.
From everlasting to everlasting you Are.

Louder than the pounding waves
Larger than the sea
Is your voice whispering, still and small, in our hearts.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

As we receive the gift of scripture this morning, let us encounter with awe the gift of holy birthing and God becoming flesh.

SECOND READING: The Gospel According to Luke (2:6-7 - NRSV)

While they were there, the time came for her to deliver her child. And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn.

SILENT CONTEMPLATION

PRAYERS OF CONCERN

We offer prayers now for all that is on our hearts.

God of surprises, you placed a tiny spark of human life within a young woman entrusting her to carry it until you were ready to birth new life into the world. We thank you for Mary's trust. We thank you for her quiet 'yes' to this inexplicable mystery which changed everything that had yet to be birthed. Open our hearts to the surprising movement of your spirit. May our "yes" be our faithful response to the myriad ways you call us to carry your divine spark. Through us, birth your life-giving creativity, joy and love.

SUNG RESPONSE

Theotokos, be our guide. Creator God, empower us.

O Mary, bearer of God's good news for the poor and oppressed, our hearts rejoice as you sing your Magnificat. You sing with disregard for convention and shock those in power. You give voice to God's longing for justice. You are a risk-taker, courageous and bold. Inspired by you, we join our voices in a global chorus for justice, praying that it crescendos until it is too loud to be ignored by those in power.

SUNG RESPONSE

Theotokos, be our guide. Creator God, empower us.

Mary, Mother of Peace, you embodied heaven's love and witnessed to God's maternal compassion. Open our hearts to all who are suffering. Use our hands to reach out with your love to offer support to those fleeing the war. Use our voices to urge our political leaders to seek peace. Use our feet to stand in solidarity with refugees and all engaged in humanitarian response. Use our whole bodies to carry your hope into our world, especially to the mothers and fathers who are besides themselves with worry and fear for their children.

SUNG RESPONSE

Theotokos, be our guide. Creator God, empower us.

Please add the prayers you are longing to express.

SUNG RESPONSE

Theotokos, be our guide. Creator God, empower us.

CLOSING SONG

Behold, I Make All Things New

CLOSING BLESSING

Mary, you were called
to become a bearer of God,
to carry the weight and lightness
as heaven and earth joined
together in the holy child.
Blessed was your yes,
sacred was your womb,
divine was its fruit.
Be with us as we too
are called to be God-bearers.
Bless us as we birth the holy
into the world,
as we carry the weight
of our callings and gifts,
as we feel both their heaviness
and lightness, gravity and flight.
May we know ourselves as thresholds between,
flesh infused with spirit's radiance.
Mary, come be a midwife for our wild dreaming,
support us as we birth a new promise into the world.
Help us to breathe through our labor,
to feel the quickening of our hearts as we bring
to fruition, all that has been growing inside of us.
Place this creation into our arms
so we might behold the fruit
we have brought to fullness
in partnership with God.

SUNG AMEN



CREDITS

All songs and texts used with permission

Opening Prayer written by [Christine Valters Paintner](#), arranged by [Melinda Thomas](#)

Opening Song: [We Are Bringing God to Birth](#) by [Betsey Beckman](#) from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

First Reading from Elizabeth A. Johnson, *Truly Our Sister*. (New York: Continuum, 2009), 34

Sung Psalm Opening and Doxology by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Interpretation of Psalm 93 by [Rev. Christine Robinson](#)

Second Reading from The Gospel According to Luke (2:6-7 - NRSV)

Prayers of Concern written by Valerie Allen

SUNG RESPONSE based on [Litany of Mary](#) by Laura Ash. Adapted & recorded by [Simon de Voil](#) and [Alexa Sunshine Rose](#).

Closing Song: [Behold, I Make All Things New](#) by [Alana Levandoski](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Closing Blessing written by [Christine Valters Paintner](#) from [Birthing the Holy: Wisdom from Mary to Nurture Creativity and Renewal](#) used with permission from Ave Maria Press

Please note: All of the songs and prayer responses are published on CDs in the Abbey of the Arts collection. In addition, these songs & responses have accompanying gesture prayers and/or dances created by Betsey Beckman that can be found on the corresponding [DVD \(each album has a DVD companion\)](#). Audio and video recordings of the Prayer Cycles are available at [AbbeyoftheArts.com](#).

Day Six: Evening

Mystical Rose

OPENING PRAYER

Mary, Mystical Rose, open up our own inner mystical vision so we may see the sacred beneath the surface of things. You are the mediatrix that brings heaven and earth together. Like the slow opening of rose petals, unfold within us grace beyond imagining. With your thorns you create protection. Guard us and hold steady our boundaries as we move through the spiral way of blossoming into the world.

OPENING SONG

Maria Wanders Through the Thorns

SUNG PSALM OPENING

O Beauty, open my lips and my mouth will declare your praise. (Repeat)

PSALM 87

The whole earth is holy
loved into being with delight.
The earth is beautiful
every mountain, every bush, every fish.
Love encompasses all
Love encompasses all.
Give thanks and praise, use it well
and dance the holy dance.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

READING OF THE NIGHT: John Henry Newman

It is by the power of God's grace that from this barren and desolate earth there ever sprung up at all flowers of holiness and glory. And Mary is the Queen of them. She is the Queen of spiritual flowers; and therefore, is called the Rose, for the rose is called of all flowers the most beautiful.

SILENT CONTEMPLATION

CLOSING SONG

Litany of Guadalupe

CLOSING BLESSING

Blessed Mary, Mystical Rose,
you unfold your petals slowly
revealing your mysteries one by one.
The color of passion,
the fragrance of bliss soft like a warm embrace,
reveal to us our own soul's flowering.
Abide with us as we wait on the buds to open
a journey from holding everything
close to our hearts to the fullness
of opening and offering our gifts to the world.
Rose is medicine for the heart,
tender of traumas, healer of wounds,
a place for grief to soften.
Be our medicine, bring our hearts alive again.
Steady us as we learn to breathe
more deeply and to dance
like petals blowing in the breeze
releasing the perfume of kindness
out into the world.

SUNG AMEN



CREDITS

All songs and texts used with permission

Opening Prayer written by [Christine Valters Paintner](#), arranged by [Melinda Thomas](#)

Opening Song: [Maria Wanders Through the Thorns](#) (traditional) sung by [Kristy Karen Smith](#) from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

Psalm Opening and Doxology by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Interpretation of Psalm 87 by [Rev. Christine Robinson](#)

Reading of the Night from [Cardinal John Henry Newman](#)

Closing Song: [Litany of Guadalupe](#) by Tomás Pascual (1595-1635), adapted by Laura Ash, from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

Closing Blessing written by [Christine Valters Paintner](#) from [Birthing the Holy: Wisdom from Mary to Nurture Creativity and Renewal](#) used with permission from Ave Maria Press

Please note: All of the songs and prayer responses are published on CDs in the Abbey of the Arts collection. In addition, these songs & responses have accompanying gesture prayers and/or dances created by Betsey Beckman that can be found on the corresponding [DVD \(each album has a DVD companion\)](#). Audio and video recordings of the Prayer Cycles are available at [AbbeyoftheArts.com](#).

Day Seven: Morning

Protectress

OPENING PRAYER

Madonna Protectress, you hear the cries of your people and respond. Gather us under your mantle of care and protection so we may pursue right action. Guard our tender hearts and lives so they may bear fruit in the fullness of time. Spread your generous cloak wide to all who live on the edges of society that they too may know the strength and love of the Protector.

OPENING SONG

Calling Maria

FIRST READING: Elizabeth A. Johnson

The Spirit's outstretched wings "morphed" into the outstretched cloak of the strong medieval Madonna of the Protective Mantle, and the Spirit's birthing and renewing powers were attributed to her gracious work in salvation.

SUNG PSALM OPENING

O Justice, open my lips and my mouth will declare your praise. (Repeat)

PSALM 17

Great Mother, hear my prayer.
It is as sincere as I can make it.
Take my heart, be with me in the night
melt me down to my essence.
Help me live in love and justice. Guide me—
Teach me your love.
Shield me from those who would hurt me
Help me to leave this world a better place
And to see your face in it all.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

As we listen to scripture this morning, may our hearts sing with Mary her profound canticle of justice and praise.

SECOND READING: The Gospel According to Luke (Luke 1:46-55)

Modern Magnificat

My soul sings in gratitude.
I'm dancing in the mystery of God.
The light of the Holy One is within me
and I am blessed, so truly blessed.

This goes deeper than human thinking.
I am filled with awe
at Love whose only condition
is to be received.

The gift is not for the proud,
for they have no room for it.
The strong and self-sufficient ones
don't have this awareness.

But those who know their emptiness
can rejoice in Love's fullness.
It's the Love that we are made for,
the reason for our being.
It fills our inmost heart space
and brings to birth in us, the Holy One.

SILENT CONTEMPLATION

PRAYERS OF CONCERN

We offer prayers now for all that is on our hearts.

Encircling God, we thank you that you have given us images to help remind us that we are protected. Thank you that we can place ourselves under the Mantle of our Mother when we are afraid or weary. Instead of imagining possible catastrophes and disasters, help us picture our Mother extending her cloak of protection over us and shielding us from harm.

SUNG RESPONSE

O Protectress, be our guide. Creator God, empower us.

Thank you, Mother that you are fierce in the defense of your children. We mourn and grieve for all those who have not known how to protect their children from harm. We carry the children to you in prayer, asking you to shelter them under your cloak. We call on you and your Warrior heart to help us be fierce in protecting those who are vulnerable and ask your forgiveness for the times we stay silent.

SUNG RESPONSE

O Protectress, be our guide. Creator God, empower us.

O Protectress, help us learn to say no. Flooded by messages of non- stop productivity and the promise of abundance, our lives become depleted of joy. Forgive our addictions and the never-ending pursuit of more. Help us know that we can call on you to help us live within limits and find contentment and deep peace. Like Juan Diego, may we hear you whisper *“Am I not here, I, who am your Mother? Are you not under my shadow and protection? Am I not the source of your joy? Are you not in the hollow of my mantle, in the crossing of my arms?”*

SUNG RESPONSE

O Protectress, be our guide. Creator God, empower us.

Please add the prayers you are longing to express.

SUNG RESPONSE

O Protectress, be our guide. Creator God, empower us.

CLOSING SONG

Mother Earth

CLOSING BLESSING

Holy Mary, Protectress of us all,
Gather us under your wide mantle
and guard us from harm
when the storms of the world gather.
Provide us with a shelter and sanctuary,
protect us with your fierce boundaries,
and teach us to say no
to all that drains life away.
Offer your boundless care
to those most vulnerable,
to all those who dwell on the edges.
Shield them from violence and hunger,
from trauma and harm.
Keep us all safe
from those who wish us ill
as we draw your holy cloak
around us, a circle of protection.

SUNG AMEN



CREDITS

All songs and texts used with permission

Opening Prayer written by [Christine Valters Paintner](#), arranged by [Melinda Thomas](#)

Opening Song: [Calling Maria](#) by [Alexa Sunshine Rose](#) from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

First Reading from Elizabeth A. Johnson, *Truly Our Sister: A Theology of Mary in the Communion of Saints*. New York: Continuum (2009) page 78-79.

Sung Psalm Opening and Doxology by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Interpretation of Psalm 17 by [Rev. Christine Robinson](#)

Second Reading from [Joy Cowley](#), *Modern Magnificat*

Prayers of Concern written by [Polly Paton-Brown](#)

SUNG RESPONSE based on [Litany of Mary](#) by Laura Ash. Adapted & recorded by [Simon de Voil](#) and [Alexa Sunshine Rose](#).

Closing Song: [Mother Earth](#) by [Betsey Beckman](#) from the album [Earth, Our Original Monastery: Singing Our Way to the Sacred](#)

Closing Blessing: written by [Christine Valters Paintner](#) from [Birthing the Holy: Wisdom from Mary to Nurture Creativity and Renewal](#) used with permission from Ave Maria Press

Please note: All of the songs and prayer responses are published on CDs in the Abbey of the Arts collection. In addition, these songs & responses have accompanying gesture prayers and/or dances created by Betsey Beckman that can be found on the corresponding [DVD \(each album has a DVD companion\)](#). Audio and video recordings of the Prayer Cycles are available at [AbbeyoftheArts.com](#).

Day Seven: Evening

MIRROR OF JUSTICE

OPENING PRAYER

Mirror of Justice, you lift up all those on the margins; reflect the justice of Christ who redistributes power structures and gives amplification to the most vulnerable. You call us to solidarity with those who are in need and to remember that our own liberation is intimately entwined with the liberation of the whole human community and the whole natural world. With cries of lament for this hurting world we ask you, Mary, that in the midst of our holy

birthing we too can be midwives of a new vision and new way of being that allows all beings to be nourished and to thrive.

OPENING SONG

Magnificat

SUNG PSALM OPENING

O Justice, open my lips and my mouth will declare your praise. (Repeat)

PSALM 14

We wonder, in our hearts, if there is a God,
or meaning, or hope.

Even our humanism is shaken, when it seems that people care only
about themselves.

The ideals we have and the airs we take on
seem foolish and vain.

Is there anyone who is wise?

Is there anyone who is just?

Any who treat their neighbors
as persons of worth and dignity?

Or who are centered and mature in their faith?

There is only ourselves; half-wise, attracted
to justice, trying to be good.

Only ourselves and the ideals that burn like fire in hearts.

What will open our eyes?

What will soften our greed?

What will give us a passion for justice?

Only the voice that speaks in the longing of our hearts
That lifts our spirits and makes us sing.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

READING OF THE NIGHT: Elisabeth Schussler Fiorenza

In the center of the Christian story stands not the lovely 'white lady' of artistic and popular imagination, kneeling in adoration before her son. Rather it is the young pregnant woman, living in occupied territory and struggling against victimization and for survival and dignity.

SILENT CONTEMPLATION

CLOSING SONG

Litany of Mary

CLOSING BLESSING:

Holy Mary, Mirror of Justice,
you reflect back to us what is possible
in a world of corruption and suffering.
You hold the vision of a new creation,
your very being magnifies the Divine
and reveals a pathway of justice
where each person and being
is well nourished and loved.
Where everyone has more than enough,
an abundance for flourishing.
Where each one is cherished
for exactly who they are.
You call on us to care for those
who dwell on the edges,
to bring them to the center of our care.
You empower us to resist violence
in all its forms and to shower
this world with care and kindness.
Help us transform this world
with love, compassion, and justice.

SUNG AMEN



CREDITS

All songs and texts used with permission

Opening Prayer written by [Christine Valters Paintner](#), arranged by [Melinda Thomas](#)

Opening Song: [Magnificat](#) by Simon de Voil from [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

Psalm Opening and Doxology by [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Interpretation of Psalm 14 by [Rev. Christine Robinson](#)

Reading of the Night from Elisabeth Schussler Fiorenza, *Jesus: Miriam's Child, Sophia's Prophet* (New York: Continuum, 1994), 187.

Closing Song: [Litany of Mary](#) by Tomás Pascual (1595-1635), adapted by Laura Ash, from the album [Birthing the Holy: Singing with Mary and the Sacred Feminine](#)

Closing Blessing written by [Christine Valters Paintner](#) from [Birthing the Holy: Wisdom from Mary to Nurture Creativity and Renewal](#) used with permission from Ave Maria Press

Please note: All of the songs and prayer responses are published on CDs in the Abbey of the Arts collection. In addition, these songs & responses have accompanying gesture prayers and/or dances created by Betsey Beckman that can be found on the corresponding [DVD \(each album has a DVD companion\)](#). Audio and video recordings of the Prayer Cycles are available at AbbeyoftheArts.com.