

**I** rise before dawn and cry for help; I put my hope in your words.

--Psalm 119:147

**M**y eyes are awake before each watch of the night that I may meditate on your promise.

--Psalm 119:148

### *The Angel of Night*

Summoned from sleep in the heart of the night, my name is called and like Samuel, I rise from my bed seeking the caller.

Summoned from sleep I am drawn into the beating heart of the One who called me.

The angel of night lights a candle in my soul inviting me to listen to the wordless song of Divine Union.

Deep healing. Deep listening. Deep waiting. Deep watching. All of these become a part of my night watch.

In the heart of the night you prepare me to be your deep healing for all who watch through the night of their fears.

-- Macrina Wiederkehr

**I**t was in the dark of night, the depth of silence, I came upon Heart of my heart. It was in the darkest of night, that I met *The Beloved*. --Marie Noack

**R**ising from sleep in the heart of the night, I keep vigil with eternal questions. These eternal questions are infinite longings that have taken root in the ground of my being. Holding vigil with the Guardian of Life, whose eye shines down upon all who live in terror of the night. I become quiet. In the middle of the night I hold hands with trust and surrender to the One who sees without a light. I, too, see without a light. I welcome my night eyes. My soul is my night light. Night vigil is a time for deep listening. My prayer travels deep into my soul space, into the essence of my being. I go "down under" where the eternal One waits. I wait with the One who waits for me. Like Jesus, keeping watch the night before he died, I keep vigil with those who wait alone. The darkness has a special kind of soul. I lean into the darkness and grow wise.

--Macrina Wiederkehr

## *The Night Watch*



*My soul yearns for you, O God.  
I keep vigil with you through the night.*

**B**ehold now, bless the Lord, all you servants of the Lord, you that stand by night in the house of the Lord. Lift up your hands in the holy place and bless the Lord.  
- Psalm 134

**I**n the sacred darkness I sit in silence. Open in this moment, I trust in the darkness. Waiting in trust, growing in trust. Waiting and trusting the sacred darkness. I surrender. I surrender. I surrender.  
- Macrina Wiederkehr

**H**appy are they who have not walked in the counsel of the wicked, nor lingered in the way of sinners, nor sit in the seats of the scornful! Their delight is in the Lord, and they meditate on his law day and night.  
- Psalm 1:1-2

**G**rant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

*Lord, in your mercy, hear my prayer*

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

*Lord, in your mercy, hear my prayer*

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

*Lord, in your mercy, hear my prayer*

Bless all whose lives are closely linked with mine, and grant that I may serve Christ in them, and love even as He loves me.

*Lord, in your mercy, hear my prayer*

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.

*Lord, in your mercy, hear my prayer*

I commend to your mercy all who have died, that your will for them may be fulfilled; and I pray that I may share with all your saints in your eternal kingdom.

*Lord, in your mercy, hear my prayer*

*--The Night Office, Phyllis Tickle*

## **Love Divine and Mysterious**

Take me down deep to the holy darkness of Love's roots. Let me become one with the One I love. Draw me into the depths. Night prayer is deep prayer. Let me go deep. Teach me the art of waiting with patience that I may grow strong, loving, and wise.

Let me borrow your eyes O Beloved. Then I shall see in the dark.

-- Seven Sacred Pauses, Macrina Wiederkehr

*Antiphon:* My eyes are awake before each watch of the night, that I may meditate on your promise. ( Psalm 119:148)

## **Sentinel of the night skies, attendant of my soul's deep yearning.**

Drawn into the night silence, I keep vigil with eternal questions.

All through the night watch I seek you without words. Listening to the sound of silence, I lean into the song of darkness with infinite patience I wait for you. Keeping vigil with eternal questions, I do not look for answers; it is enough to wait in the darkness of love's yearning. My soul is my night light; I am not afraid.

*Repeat Antiphon*

-- Seven Sacred Pauses, Macrina Wiederkehr

## **Night Meditation to Help You Sleep**

In the age in which we are living it is more than likely that there will be those among you who will be retiring when the monks are rising for the night vigil. Your body and mind have toiled throughout the day and need the gift of rest. If you are just retiring at the time of the night vigil, let the moment of lying down to rest be a prayer as you wait to fall asleep. The psalmist prays, "As soon as I lie down I fall peacefully asleep" (Ps. 4:9). Even if this may not always be true in your case, it is a good prayer to close your day. Use it as an antiphon of trust, and let sleep become prayer carrying you to a new world of dreams and hopes attained.

-- Seven Sacred Pauses, Macrina Wiederkehr

