

# Liturgy of the Hours

for Benedictine Oblates of  
Saint Meinrad Archabbey

Date	Week
<b>January</b>	
7	1
9	1
14	2
21	3
28	4
<b>March</b>	
3	3
10	4
17	1
24	2
31	1
<b>May</b>	
5	2
12	3
19	4
20	3
26	4
<b>July</b>	
7	2
14	3
21	4
28	1
<b>September</b>	
1	2
8	3
15	4
22	1
29	2
<b>November</b>	
3	3
10	4
17	1
24	2

Date	Week
<b>February</b>	
4	1
11	2
14	4
18	1
25	2
<b>April</b>	
7	2
14	3
21	4
28	1
<b>June</b>	
2	1
9	2
16	3
23	4
30	1
<b>August</b>	
4	2
11	3
18	4
25	1
<b>October</b>	
6	3
13	4
20	1
27	2
<b>December</b>	
1	1
8	2
15	3
22	4
29	1

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...**

**Oblate Office**  
Saint Meinrad Archabbey  
200 Hill Drive  
St. Meinrad, IN 47577  
812-357-6817



*Saint Meinrad*