

## The Prayer Hour

A Personal Hour of Prayer and Reflection Offered by GIFT.

Time: 7:00 to 8:00 pm, every Thursday, beginning May 31  
Location: Daily Chapel  
Commitment: No registration or commitment is required. Come when you can.

7:00 pm Arrivals and Welcoming  
7:10 to 7:15pm Seated Relaxation Exercise to Transition to Silence  
7:15pm Door is closed (not locked) - no new arrivals.  
7:15 to 7:45pm Silent Period for Personal Prayer, Sacred Reading, Reflective Reading, Meditation and Reflection  
7:45 to 8:00pm Open Period of Prayer and Readings  
8:00 pm Door reopens and departures.

1. The 7:00 to 7:15 period will be used to transition from the mind-busy activities of the day. At 7:10 participants will be seated for a 5-minute relaxation exercise to prepare for the 30-minute Silent Period of Prayer.
2. When the door is shut at 7:15 pm, a sign will be hung on the outside indicating "No Admissions during the Silent Period."
3. There will be no speaking during the 30-minute Silent Period. All are invited to pray, meditate, read quietly or simply rest in your thoughts of the Lord. You may bring personal bibles and inspirational books. These may be personally used by the owners or placed on the chapel altar table available to all during the Silent Period and Open Period. Books will return home with the owners.
4. The Silent Period may have soft, reflective instrumental music playing in the background. You are invited to bring CDs or tapes of this variety for use during the Silent Period. Music will return home with the owners.
5. The 15-minute Open Period is provided both for continued silence and for individual open prayer, sacred readings or inspirational readings if participants are so moved. Praying or reading aloud during this time is an individual activity and personal offering to the Lord done in the presence of others. There is neither open discussion nor ministry performed in response to voiced prayer or readings during any part of The Prayer Hour.