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[Seven Sacred Pauses Living Mindfully Through the Hours of ...](#)

8 Used from CDN\$ 11.7410 New from CDN\$ 23.81. With over 25,000 copies sold of the hardcover version, this paperback edition of Macrina Wiederkehr's bestselling book, *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day*, invites readers to learn how to pray the hours through the practice of consciously pausing at the seven sacred moments of each day, making their daily passage through time a more sacred pilgrimage.

[Seven Sacred Pauses : Living Mindfully Through the Hours ...](#)

Description. With over 25,000 copies sold of the hardcover version, this paperback edition of Macrina Wiederkehr's bestselling book, *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day*, invites readers to learn how to pray the hours through the practice of consciously pausing at the seven sacred moments of each day, making their daily passage through time a more sacred pilgrimage.

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Seven Sacred Pauses: Living Mindfully Through the Hours of ...

Author and retreat leader Macrina Wiederkehr opens the monastery door and invites readers to come in and learn how the practice of consciously pausing for prayer at the seven sacred moments of each day can make their daily passage through time a more sacred pilgrimage. Using scripture, poetry, reflections, personal stories, and quotes from a rich array of spiritual teachers, Wiederkehr helps readers become more attuned to living in the present moment and develop a kindred spirit with the ...

Simple Advent, Abundant Life: the sacred art of pausing ...

Seven Sacred Pauses: Living Mindfully Through the Hours of the Day 224. by Macrina ... Wiederkehr helps readers become more attuned to living in the present moment and develop a kindred spirit with the rich tradition of the sacred hours. *Seven Sacred Pauses* is a wonderful gift to those who seek to find balance in their busy days and to bring ...

[Seven Sacred Pauses: Living Mindfully Through the Hours of ...](#)

Seven Sacred Pauses is a wonderful gift to those who seek to find balance in their busy days and to bring the practice of the Divine Hours home to their own hearts. Paperback. *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day* (9781933495248) by Macrina Wiederkehr

Seven Sacred Pauses: Living Mindfully Through the Hours of ...

Seven Sacred Pauses: Living Mindfully Through the Hours of ...
Seven Sacred Pauses : Living Mindfully Through the Hours of the Day by Macrina Wiederkehr (2011, Trade Paperback)

Macrina Wiederkehr « Books Can Save A Life

I tracked down a used copy of a book Louisa recommended by Macrina Wiederkehr, *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day*. Macrina led me to David Steindl-Rast's book, *Music of Silence: A Sacred Journey Through the Hours of the Day*. Both books are rich and motivating, a pleasure to read in small bits.

[Seven Sacred Pauses | Ave Maria Press](#)

Description. With more than 25,000 copies sold of the hardcover version, this paperback edition of Macrina Wiederkehr's bestselling book, *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day*, invites readers to learn how to pray the hours through the practice of consciously pausing at the seven sacred moments of each day, making their daily passage through time a more sacred pilgrimage.

Sacred pauses « Books Can Save A Life

For more than twenty-five years, Sr. Macrina Wiederkehr has authored such bestselling books on Catholic spirituality as *Seven Sacred Pauses* and *A Tree Full of Angels*. In *The Flowing Grace of Now*—her first book in almost a decade—Wiederkehr offers weekly reflections that reveal the spiritual teachers at work in your life, inviting you to listen to these teachers and learn from their wisdom.

Velma Frye Music

Using scripture, poetry, reflections, personal stories, and quotes from a rich array of spiritual teachers for many religions, Wiederkehr helps readers become more attuned to living in the present moment and develop a kindred spirit with the rich tradition of the sacred hours. *Seven Sacred Pauses* is a wonderful gift to those who seek to find balance in their busy days and to bring the practice of the Divine Hours home to their own hearts.

Spiritual books to help get through the day

Seven Sacred Pauses: Living Mindfully through the Hours of the Day is a meditative work on the seven monastic hours of the day. You are invited to become a pilgrim of the hours. To facilitate your daily pilgrimage I focus on the special theme of each hour. You are encouraged to pause, and breathe in the spirit of the hour, when possible.

Seven Sacred Pauses: Living Mindfully Through the Hours of ...

The chapter that struck me the most related very much to a practice similar to the Daily Office. Jen referenced a book called *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day* by Macrina Wiederkehr. The simple gist is to stop seven times throughout the day to pray, reflect, meditate on or read a passage of Scripture.

The 7 Pauses | Melissa Spoelstra

Here are the seven pauses which enable us to wake up: • The Night Watch is a pre-dawn prayer that calls us to vigilance, deep listening, mystery and

silence, surrender and trust. • The Awakening Hour at dawn celebrates the new day with praise and resurrection, joy and delight.

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[Seven Sacred Pauses Living Mindfully](#)

SEVEN SACRED PAUSES "Living Mindfully Through the Hours of the Day" by Macrina Wiederkehr (www.macrinawiederkehr.com) Available from bookstores and online: www.amazon.com/Seven-Sacred-Pauses-Mindfully-Through/dp/1933495243

www.avemariapress.com/product/1-933495-24-3/Seven-Sacred-Pauses/
~~~~~ Also available are earlier CDs at \$12.95 each: *BEWITCHED Always.mp3*

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The Angel of Night

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~~Awakening from Trance:~~  
~~Embracing Unlived Life - Tara Brach July 12 2020 Sunday Service~~  
~~The Importance of Good Nutrition and Mindfulness In The Field~~  
~~Webinar~~ *Meditation 101: What are sacred pauses?*

All it takes is a simple pause to get us in touch with the One  
who keeps vigil with us." -Macrina Wiederkehr, *Seven Sacred*  
*Pauses: Living Mindfully Through the Hours of the Day*