



# Buen Camino

Newsletter of Fr. Michael Fish, OSB. CAM

## Midday prayer

Traditionally there are seven periods of prayer in the Benedictine monastic horarium. However, I personally prefer an abbreviated version I discovered in a book of Thomas Merton's prayers where the authors cleverly identified four periods of daily prayer – *Dawn, Day Dusk and Dark*. For the month of September I'd like to draw your attention to the "Day" prayer or "Sext," as it is monastically called, (Midday Prayer) which usually comprises a hymn, a Psalm or two, a reading from Scripture and a closing prayer.

I have always been struck by that incident in John's Gospel, Chapter 4, where Jesus, tired from the journey, in the middle of the day, sits down at the well while his disciples go off to buy food. When a Samaritan woman comes along to draw water, Jesus asks her for a drink of water (John 4:7) and there followed the profound, endearing conversation between them.

Jesus, thirsty, asking for a drink, has become the source of my midday prayer, (I'm fascinated by Jesus asking something of us). I'm sure this prayer can have many variations, however, I'd like to share three I use. Sometimes I offer him a cup of love, gratitude or awareness, conscious of his longing for our friendship. Other times, I offer a prayer for all those thirsting, like he was around the same time of midday, hanging from the cross, almost his final words, "I thirst," (John 19:28), people on my ever-increasing prayer list – victims of the war in Ukraine, refugees, those impacted by natural disasters, which seem to abound of late, a cup overflowing with names and intentions.

My last variation is taken from Jesus' own example, as host at the Eucharist, where he offers us the cup of himself. I reciprocate by offering a cup of myself, where and how I am on that particular day, sometimes brimming over, the proverbial "cup of cold water," (Matthew 10:42), other times half empty and tepid is all I can manage. Whatever the case, I

have the notion it is always acceptable no matter how poor.

Returning to that beautiful text of the Woman at the Well in the Gospel of John, I find this midday offering of the cup leaves me quenched and hopefully all those who thirst as well. Perhaps you could give midday prayer a go for this month?

*Blessings,*

*Michael*

## At the Well

Give me to drink this desert wine  
This water welled by men  
Amen I say to you ask of me  
You shall not thirst again.

Give me to drink for I am I  
Begging from earthen jars  
Who plunged the dipper in the sky  
And splashed the night with stars.

ANGELICO CHAVES, OFM

## Michael News

Prayer has begun for the upcoming General Chapter in Camaldoli, Italy, in November. This will be an important moment as it will also involve the election of the Prior General. Cyprian leaves soon for Italy, as he is the Visitor for both the Monastery in Camaldoli as well as the Sacred Hermitage. He has been invited, together with other Camaldolese monks, to lead the Liturgy of Hours at the Synod in Rome, using the Camaldolese chant.

The guesthouse at New Camaldoli in Big Sur, CA is now open, however Highway 1 is only open to the North. No word as to when repairs to the South road will be completed.

## 'Levante' 3 off to great start

The *Levante 3* video retreat is off to a terrific start, setting a record for the number of participants since the *Levante* series began being offered as an online home retreat. Many thanks to those who have participated. Michael's talks include, *Confronting Our Shadow*, *The Prayer of Place*, *Dreaming the Impossible*, *Inner Weather* and *Looking for the Beyond*. For upcoming dates visit:

<https://hermitfish.com/levant3-schedule>

## Michael available 24/7

Michael's entire audio retreat library is available online 24/7, via subscription – over 70 hours of inspiration. Visit:

<https://hermitfish.com/about-the-audio-library>

## Thanks for your support

Michael is grateful to everyone for your continued prayers, good wishes and support. Donations to Hermit Fish, Michael's 501(c)(3) nonprofit, are fully tax deductible. Gifts of any size are greatly appreciated. FID: 82-2489475

Visit: <https://www.hermitfish.com/donate>

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### Levante 3 Video Retreats

SEPTEMBER 21-27 | Home Retreat • Online

OCTOBER 19-25 | Home Retreat • Online

**Levante 3 information:**

<https://hermitfish.com/levant3-schedule>

### Levante 2 Video Retreats

SEPTEMBER 14-20 | Home Retreat • Online

OCTOBER 12-18 | Home Retreat • Online

**Levante 2 information:**

<https://hermitfish.com/levante-2-schedule>

### Levante 1 Video Retreats

SEPTEMBER 7-13 | Home Retreat • Online

OCTOBER 5-11 | Home Retreat • Online

**Levante 1 information:**

<https://hermitfish.com/levante-1-retreat-houses>