

**Oblate Formation - The Community of St. Mary, Southern Province**

**DAY PLANNER ~ LIVING AN INTENTIONAL LIFE OF PRAYER**

*Enter a time of day for each of the Divine Offices, Lectio Divina, and study.  
The rhythm of the day is to be constructed with the support of family and friends.*

**Name:**

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<b>Time</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:00 AM</b>							
<b>5:30</b>							
<b>6:00</b>							
<b>7:00</b>							
<b>8:00</b>							
<b>9:00</b>							
<b>10:00</b>							
<b>11:00</b>							
<b>12:00 N</b>							
<b>1:00 PM</b>							
<b>2:00</b>							
<b>3:00</b>							
<b>4:00</b>							
<b>5:00</b>							
<b>6:00</b>							

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<b>7:00</b>							
<b>8:00</b>							
<b>9:00</b>							
<b>10:00</b>							