



Prayer

We believe that the divine presence is everywhere . . . But beyond the least doubt we should believe this to be especially true when we celebrate the divine office . . . Let us consider, then, how we ought to behave in the presence of God and his angels, and let us stand to sing the psalms in such a way that our minds are in harmony with our voices. Rule of Benedict, 19

"As our union grows, so does our freedom." Since prayer is an essential aspect of our union with God it is integral to our growth in freedom. At baptism we were united to God. It is through prayer that we become more aware of him and receive a greater share of that union. As human beings we have two dimensions to our lives reflecting two dimensions of our being - the dimension of solitude and the dimension of community. It is as a unique free individual that I respond with a "yes" or a "no" to God's invitation of love, but it is as a member of a community, as part of the Body of Christ, that I receive the Good News and grow in my knowledge and love of the Lord. In fact as members of this Body we are bound to one another and depend on one another much as the hand that guides the pen depends upon the eye that sees the page. Our prayer reflects these two dimensions. The Eucharist is at the center of our prayer. Daily we celebrate this Eucharist to remind ourselves that all we do is consecrated to the glory of God.

"Through Him, with Him, in Him, in the unity of the Holy Spirit, all glory and honor is yours, Almighty Father, for ever and ever." Five times a day we come together to sing God's praise in community prayer; at other times we pray in silence, sometimes together, sometimes alone. It is in our prayer that God deepens our awareness of his great love for us and so gives us a glimpse of our own value and of the value of every human being in the eyes and heart of God. In our public prayer and in our private meditation we hold up before the Lord the needs of our brothers and sisters throughout the world. It is in prayer that we praise and thank him for his "mighty deeds," for having "called us out of darkness into his own wonderful light" (1 Peter 2:9).