

KDCCW Opening Prayer and Meditation - September 21, 2019

Lucy Brown - Spirituality Commission Chair

The fruit of silence is prayer, the fruit of prayer is faith, the fruit of faith is love, the fruit of love is service, the fruit of service is peace."

– St. Mother Teresa of Calcutta

<https://www.catholiccompany.com/morning-offering/2019-09-17/>



Do you recognize yourself among the souls who realize that the pleasures of the world are fleeting, who want to give God a greater place in their lives, who wish to draw near to Him, and yet wonder, simultaneously, if their desires are within reach?

Fr. Gabriel of St. Mary Magdalen, O.C.D.(1893-1953), a Carmelite priest, spiritual director and expert on the teachings of the great Carmelite spiritual masters, assures us in *Union with God According to St. John of the Cross* that yes, these God-given desires are attainable, and he points to someone who can guide us. In a new edition of his spiritual classic, he illuminates St. John of the Cross as "a master of the contemplative life," which is simply **a life which "directly seeks intimacy with God."**

A Life Meant For All

"The supreme grandeur of the human person," Fr. Gabriel says, is "to be called to live eternally in intimate companionship with his God; alone with God alone, in an inexpressible contact with Him." Contemplation, the deeper prayer in which the soul is drawn by God, is a type of anticipation of that eternal intimacy. And this prayer is not only meant for religious: St. John of the Cross taught laity and religious alike about the contemplative life, a life of prayer and mortification because he knew it could prepare them to receive a more intimate experience of God's love. In giving these teachings to the laity, he never wanted to water them down or diminish them in any way, for it was "not only the crumbs from his sumptuous table that the saint allotted to seculars" but his entire doctrine.

quoted from: <https://spiritualdirection.com/2019/08/19/spiritual-classic-introduces-readers-to-the-wisdom-of-st-john-of-the-cross> by Claire Dwyer

Several years ago I became committed to **acts of Spiritual Communion** when I read about St. Catherine of Siena: ***“She had begun to question whether her spiritual Communion had any real value compared to sacramental Communion. Suddenly she saw Christ holding two chalices. ‘In this golden chalice I put your sacramental communions. In this silver chalice I put your spiritual communions. Both chalices are quite pleasing to me.’”***

On another website I found these words of Christ to Blessed Consolata Betrone: ***“Make as many Spiritual Communion as possible, to supply for the many Sacramental Communion which are not made. One every quarter of an hour is not enough. Make them shorter, but more numerous.”***

quoted from <https://soulfoodministries.wordpress.com/2015/03/23/food-is-where-the-heart-is-spiritual-communion/> by Kathy Andre-Eames

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How light the bread of angels
Upon the human tongue!
This precious weight of glory
That binds the Church in one.
The flesh with all its passions
Could never match the bliss
Of mind and heart and mem'ry
Caught up in heaven's kiss.

Forth from his wounded body,
The water and the blood,
The glad'ning stream of heaven,
Swells to a mighty flood.
It crosses through the ages
And flows into the hearts
Of saints he makes from sinners
With skillful healing arts.

This food, so light, refreshing,
Shall speed our pilgrim way,
Until that happy morning
When dawn turns into day,
Upon the holy mountain,
Within God's holy hall,
The Father and the Spirit,
And Christ, our all in all.



<https://www.catholicworldart.com/3M-Kiss.html>

(for private meditation)

The Exaltation of the Holy Cross

Gaze upon your Savior, Jesus
Love's sweet victim crucified,
Lovingly he pleads for comfort
For your love he sweetly died ...

"If you look upon My sufferings,
Contemplation with reveal
No sound spot on My body;
Wounded, bleeding, see Love's seal.

"See My Face with spittle covered;
Blood blinds eyes all-seeing now;
Mouth with gall is all embittered
Crown entwined about my brow ...

"Not with roses have they crowned Me,
Thorny wreath has pierced My head.
Not one found to help or pity
Midst a throng by fury led.

"Look once more, hands, feet are bleeding,
Riven by huge, cruel nails:
There is no soundness in My Body,
Wound on Wound My love reveals.

"See the dwelling for my loved ones
Where the lance has forced its way!
Here the soul who loves Me only
Lives detached; I am her stay."
--- Saint Paul of the Cross

Saint Paul of the Cross (+1775) was an Italian priest, mystic, and the founder
of the Passionists.

-- from September 2019 *Magnificat*, pp. 178-179

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Check out: <http://www.guardofhonor-usa.org/>