

## KDCCW Opening Prayer and Meditation - September 17, 2020

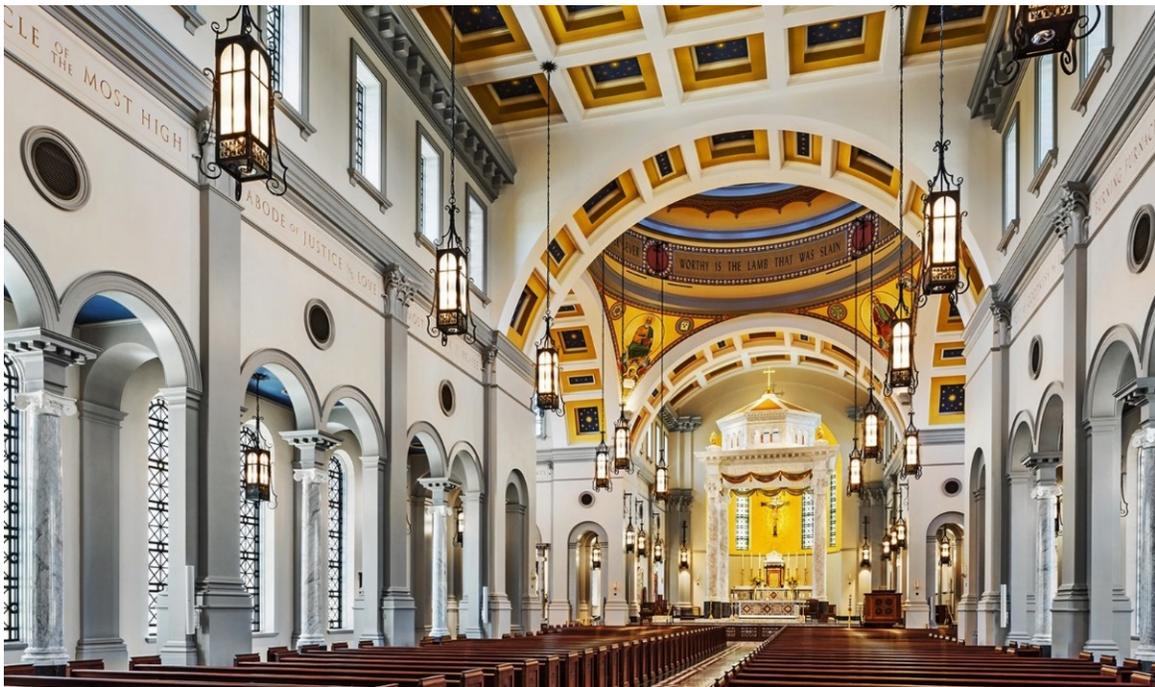
*Lucy Brown - Spirituality Commission Chair*

### **YOU ARE ... A GENTLE OFFERING TO GOD**

It is a treasured time when husband Mel and I travel the 30-40 minute drive from our home to attend Mass at our Knoxville Diocese Cathedral of the Most Sacred Heart of Jesus. We usually try to at least take in the First Friday Masses to augment the regular Masses in our own parish. Often we/I will silently linger in this holy place until most or all of the people are gone.

On one such occasion several months ago my sights fell upon the golden inscriptions that adorn the walls of the interior about halfway up their considerable height. Beautifully descriptive of our Lord, these inscriptions begged me to write down as many of them as I could see. Alone in the cavernous space to do so would not disturb anyone's prayerful meditation so I wandered at will.

A few weeks later while still musing on these wordings, I realized how surely each one could follow the phrase, "You are ..." to wend heavenward in one's own personal offering of praise to God. Wafting of incense also came to mind. I considered developing these thoughts into a little devotional to share in a small group, even complete with some simple incense. However, with the onset of the current covid-19 crisis such an idea needed to be shelved for the time being. It now seems to me that the Holy Spirit might have intended this meditation for such a time as this all the way along anyway.



<https://bma1915.com/projects/sacred-heart-cathedral> -- picture 6 (detail)

So, utilizing the inscriptions I wrote on a tiny piece of paper that day months ago, please join me in offering to our precious Lord this offering of praise, straight from each of our hearts to His own.

**LORD, YOU ARE ...**

OUR LIFE AND RESURRECTION  
TABERNACLE OF THE MOST HIGH  
ABODE OF JUSTICE AND LOVE  
MOST WORTHY OF ALL PRAISE  
OUR PEACE AND RECONCILIATION  
FOUNT OF LIFE AND HOLINESS  
DELIGHT OF ALL SAINTS  
GOD THE FATHER OF HEAVEN  
GOD THE REDEEMER OF THE WORLD  
GOD THE HOLY SPIRIT  
HOLY TRINITY ONE GOD  
ATONEMENT FOR OUR SINS  
PATIENT AND MOST MERCIFUL  
KING AND CENTER OF ALL HEARTS  
FULL OF GOODNESS AND LOVE  
BURNING FURNACE OF CHARITY  
SACRED TEMPLE OF GOD  
SOURCE OF ALL CONSOLATION  
DELIGHT OF ALL THE SAINTS

Beneath the choir loft at the back of the Cathedral is the inscription that is a perfect way to draw to a close this litany of praise:

I WILL PRAISE YOU  
WITH ALL MY HEART  
O LORD MY GOD

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**AFTERGLOW:** Enjoy and extend your meditation privately with this lovely worship song from my earlier days: (two versions)

<https://www.youtube.com/watch?v=vORWSIdEHSI>

<https://www.youtube.com/watch?v=VJLUgHDD5I8>

also: <https://www.youtube.com/watch?v=wwraHrZQyRM>

<https://www.youtube.com/watch?v=uKBO6f7aYbY>

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**Interesting side note:** When I was researching for a suitable inside picture of the Cathedral that would show the inscriptions, I found this magnificent issue of *Adoremus* which begs to be read in its entirety. <https://adoremus.org/2018/09/08/deep-heart-south-deep-heart-christ/>

This quote particularly took my eye, "Looking up from these magnificent floors, giant-order Corinthian flat columns, known as pilasters, line the nave, sitting on pedestals which themselves are nearly six feet tall. Between their capitals, honorific titles for Christ from the Litany of the Sacred Heart give the building an architectural "voice" of praise." (my emphasis)

Wouldn't you know it that those "honorific titles for Christ" that had so fascinated me were actually taken from the Litany of the Sacred Heart! Leave it to a fairly new Catholic not to have recognized them immediately. My apologies ...

# *Your Gentle Offerings*

*Romans 12:1-2*

You are incense rising in clouds of glory to My throne. Given in love and praise to the Hand that casts you onto the burning coals of My love, your only desire is to be consumed in your giving for My good pleasure.

Know that your offerings to Me are ever received with joy, encircling My head and being, robes and throne with fragrances most sweet. They pulsate around Me and inebriate My every breath.

You are My delight. Your sacrifices soothe My soul. I rest in your love and loving of all that I am. Our desire, our delight, our resting is in one another. Let it be, My love. Ever let it be.

Your devotion delights Me.

*Ephesians 5:2*

*Revelation 8:3-4; 5:8*

*John 12:2-3*

*Song of Songs 4:6*

*Psalms 116:14-16*

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Picture source: <https://shadeofthetoriahtree.wordpress.com/?s=A+Pleasing+Aroma> (detail)