

TSP Express

Habakkuk 2:2

Issue #2, June 2016 ... created by Lucy Brown, Spirituality Commission Chair for the
Knoxville Diocese Council of Catholic Women - Knoxville, Tennessee

TSP Express is an outgrowth of *The Secret Place*,* the KDCCW Spirituality Commission project for 2015 - 2017 which is designed for enhancing one's spiritual growth toward a deepening personal relationship with Jesus Christ *<http://www.kdccw.org/commissions.html>

TSP Express may be freely forwarded to interested parties.



Greetings, dear ones! Here we are with the second issue of our *TSP Express* to say "hello again" and to whisper some love notes in your ear as you continue in your adventures in *The Secret Place* - privately, oh so privately, yes but also with your brothers and sisters in Christ who also regularly seek our Lord in His word and in prayer as we companion with Him throughout our days and nights.

Just a reminder from our first issue of *TSP Express*, this is meant to be an interactive communication. I want to hear from you as you want to hear from me. In a manner of speaking, we are in this faith excursion together! We need one another for mutual encouragement and growth in these challenging times. Please, therefore, feel free to email me those precious comments as some of you have already done. Don't be surprised to see a couple or more discreetly included anonymously as "Sproutings" in a future issue of *TSP Express*. "The Fertile Heart," remember, alludes to suggested "seed" from God's word, sown to grow within the soil of our hearts (parabolically taught by Jesus to His disciples in Luke 8:4-15). We never want to let the surface of our "soil" get hardened so the seed of His word bounces off and rolls away with the wind.

The Fertile Heart

Jesus teaches us to be alone with God ~ Matthew 6:6

Jesus spoke these words to His disciples and speaks them to each one today who loves and wants to follow Him ... *But when you pray, go into your inner room, close the door, and pray to your Father in secret.*

I recall the following meditation from *Magnificat*, February 2016, pp. 145-146 that I saved because it spoke to me so deeply.

“Go into your room” (Mt 6:6) - that is, into the most private part of your home, or rather, go into the most intimate place in your heart. Recollect yourself completely. “Shut the door” (Mt. 6:6). Shut your senses, and let no foreign thoughts enter. “Pray in secret.” Open your heart to God alone. Let him be the keeper of your innermost sorrows... (I would also add: joys, questionings, etc.)

Bring your attention to rest upon some important truth that captures your mind and heart. Consider, weigh, and taste it; ruminates upon it; enjoy it. Truth is the bread of the soul. You do not need to swallow each morsel whole. Nor do you need always to be passing from one truth to another. Hold on to one, embracing it until it becomes a part of you. Attach your heart to it even more than your mind...

Make a simple, lively act of faith in his presence. Christian soul, place yourself entirely under his gaze. He is very near...

He awaits you. Run. Fly. Break your chains; break all the bonds that tie you down to flesh and blood.

Bishop Jacques-Benigne Bossuet

Bishop Bossuet (+1704) was a French bishop and theologian. (from *Meditations for Lent*, Christopher O. Blum, Ed. & Tr. ©2013, Sophia Institute Press, www.sophiainstitute.com, *Magnificat* used with permission.)

In keeping with these thoughts I now reach back across the years to retrieve from my own journal, precious words that I heard within my heart of hearts as I “sat with Jesus” on the window seat in my very young daughter’s bedroom after she had gone to school one fresh, sunny morning. (She is now 45.)

Intimacy and Communion

Exodus 25:17-22 Psalm 63:1-8

Come, My love. Come and sit in the morning streams of My light. Come and learn of Me, partake of Me, love Me. I desire your companionship in the early hours. I rest in our love. I wait for it. I wait for you each morning. Do not disappoint Me. As long as you reach for Me, search for Me, long for Me, I will be found. Yea, I am not afar off. I am nigh you – even within – so run not frantically about searching for Me in other places or desiring to please Me with your efforts. I am here in the stillness of our quiet hours. I am here in the nether of your being. I live and breathe with you. I go each place you go, but oh, I long for that wonderful glowing time of our intimate communion when all else is shut out and I can really speak to you unhindered.¹

Let Me hear your voice, beloved. Let Me hear your love in the morning and in the heat of the day and at eventide and I will make even your night sleeping hours sweet. I will come to you, oh, so softly, and whisper My love notes in your ear. I will stay beside you as you sleep – and lovingly watch over you. Nothing will come upon you, beloved, save what I allow – and I allow only what is for your increasing loveliness, so have no fear. Rest peacefully in My love. I am awake – always.²

Ah, My beloved, you have delighted Me with your increasing passion for My words. Continue their intake and outflow and I say unto you they will never cease. They are the sweet freshness of My flowing stream within you. They cleanse you, they purify, they heal, they beckon. They are life to you and to all who find them.³

Yea, I have told you, My words shall continually be in your mouth. As they are put into your heart they are always there for us to draw upon, so come into My morning light, My love, and let Me place them into your heart of hearts.⁴

Our delight in one another is lovely to behold. Ah, yes, sweetly My light has dawned upon thee!⁵

•

Oh, Lord, I love Your Word! I crave it all the day and hear it through the night. My Lord, I would kiss Thee with the kisses of the morning. Be Thou this day the beauty of my adorning.

Psalm 5:1-3 Isaiah 26:8, 9

Copyright © 1978 by Lucy Brown – also published in *This is My Beloved: psalms of communion* by Lucy Brown and *Along Garden Pathways* by Lucy Brown. All rights reserved. May not be reprinted without the written permission of the copyright holder. Cedargarden Springs Press, 204 Lexington Lane – Clinton, Tennessee 37716. Printed in the United States of America.

¹ S. Sol. 2:8-17, Matt. 11:28-30 Amp., Prov. 8:17 Amp., Ps. 17:15 Amp., Jer. 29:13, Luke 10:38-42, Rom. 10:8, John 14:19-23 Amp., Col. 1:27, Gal. 2:20-21; 5:1, I Cor. 6:17, 19-20, Acts 17:24-28a, Ps. 27:8, S. Sol. 7:10, Ps. 104:33-34, S. Sol. 4:9-5:1

² Deut. 6:5-7, Ps. 4:8; 149:4-5; 121; 127:2; 91:14-16 Amp.

³ John 14:21 Amp., Matt. 7:24-27, Ps. 119:97-104, 129-135, I Peter 2:2-5 Amp., Phil. 2:13, John 7:37-39; 14:26 Amp., Ps. 19:7-14, Eph. 5:25-27, John 15:3; 17:17 Amp., Heb. 4:12 Amp., Isa. 55:10-11, John 6:63

⁴ Jer. 1:9, Isa. 51:16, Matt. 12:34b Amp., Matt. 13:52, Prov. 18:4 Amp.

⁵ Prov. 15:30 Amp.

†

For the adventurous . . .

<http://www.spiritualdirection.com/2015/07/14/from-mystical-premonitions-to-contemplation>

<http://www.spiritualdirection.com/author/david-torkington>

†

Sproutings

“The Secret Place has been a joy to read through. Know you are helping many women into a close walk with Jesus! I will be praying for that to happen more and more.”

“I find time for prayer and reflection, but finding a ‘scheduled time’ is the challenge I have not overcome. My Secret Place has become the time that I am called. Yesterday, I had one of those days with a bunch of ‘To Do’s’. I was driving home after errands, when I was ‘called’ to stop by church. Our sanctuary is open all weekdays from 7am to 3:30 pm. The hour+ that I spent in the Sanctuary all by myself was amazing [and] ... left me [in] so much peace. My Secret Place has become the place where I connect with my wonderful faith.”

~~~~~

The FIFTH resolution that was adopted at the 2016 KDCCW Convention in April is titled “Knowing God More Deeply and Letting Him Know Me Through the Scriptures” and has MUCH to do with *“The Secret Place.”* Check it out and gather even more ideas for your participation. (pp. 5-6)

<http://www.kdccw.org/2016KkDCCWConventionResolutions.pdf>

~~~~~



~~~~~

To send feedback, comments to me please mark “TSP comment” in your email’s subject line and send to [mellucy1967@yahoo.com](mailto:mellucy1967@yahoo.com) .

If you prefer not to be included in future issues of TSP Express, please email me to that effect and mark “unsubscribe” in the subject line. If you are receiving duplicate emailings, also email me, marking duplication” in the subject line.