

TSP Express

Habakkuk 2:2

Issue #3, September 2016 ... created by Lucy Brown, Spirituality Commission Chair for the
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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

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Encouraged thus far by our experience in *The Secret Place* we have been lovingly
responding to the Holy Spirit's call to come -- regularly and as often as possible --
deeply into the scriptures, especially in the daily Mass readings, knowing that they can
be the quintessential spring board into further Bible exploration and Church writings.

Now, we begin moving more intentionally into the scriptures in order to **deepen
our personal prayer experience with God**. By virtue of our baptism He invites us to
come closer than close to Him in thought and dialogue, becoming more fully aware of
His presence within us for He wants us to live out of our spiritual union with Him at
every moment. This is no doubt part of what the apostle Paul meant when he told us to,
"Pray always." (I Thessalonians 5:12-24) We need and want to come close to our Lord in
this way, drawing near with full confidence that He is present and loves and care for us
without measure. If we don't yet "want to" do this let us at least be brave enough to ask
Him for His special grace that will draw us irresistibly to His side.



In this and future issues we will be looking especially at mental prayer, including private meditation and contemplation, utilizing historical Church examples and magisterial teachings.

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So ... what is prayer?

•Go to the Catechism and find out.

<http://www.usccb.org/beliefs-and-teachings/what-we-believe/catechism/catechism-of-the-catholic-church/index.cfm>



Consult works of some acknowledged authorities in the Church as well.

• *Contemplative Provocations*, Father Donald Haggerty

https://www.amazon.com/Contemplative-Provocations-Father-Donald-Haggerty/dp/1586177338/ref=sr_1_1?ie=UTF8&qid=1474488711&sr=8-1&keywords=Contemplative+provocations+-+Haggerty

• *Prayers of the Women Mystics*, Ronda Chervin

https://www.amazon.com/Prayers-Women-Mystics-Ronda-Chervin/dp/0892837500/ref=sr_1_1?ie=UTF8&qid=1474488972&sr=8-1&keywords=Prayers+of+the+Women+Mystics+-+Chervin

- **End Your Long-Distance Relationship with the Lord**, Father Michael Najim

http://catholicexchange.com/end-long-distance-relationship-lord?mc_cid=c356c9a740&mc_eid=f571dac950

- **What is Mental Prayer and How Can You Do It?** Connie Rossini

<http://contemplativehomeschool.com/2013/02/22/what-is-mental-prayer-and-how-you-can-do-it/>

- **prayer series by Connie Rossini** of Catholic Spiritual Direction

<http://www.spiritualdirection.com/2016/01/28/is-meditation-on-scripture-necessary-how-to-pray-part-i>

<http://www.spiritualdirection.com/2016/02/24/what-is-christian-meditation-how-to-pray-part-ii>

<http://www.spiritualdirection.com/2016/05/03/choosing-material-for-meditation-how-to-pray-part-iii>

<http://www.spiritualdirection.com/2016/07/07/simple-method-of-christian-meditation-how-to-pray-part-iv>

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“PRAYER IS THE SEARCH FOR GOD, ENCOUNTER WITH GOD AND GOING BEYOND THIS ENCOUNTER IN COMMUNION ... WHEN WE HAVE REACHED THE FOUNTAINHEAD OF LIFE IN HIM WE DISCOVER THAT THIS ITSELF SPRINGS FROM BEYOND. THE HEART OF MAN IS OPEN TO THE INVISIBLE ... THE INVISIBLE INFINITE, GOD’S CREATIVE WORD, GOD HIMSELF.”

Metropolitan Anthony Bloom

Metropolitan Bloom (+2003) was a monk
and Metropolitan bishop of the Russian Orthodox Church
(*Magnificat*, August 2016, pp. 433-434)



God Within

*Closer than a touch on your skin,
deeper than a breath you draw in,
stronger than a hurricane wind,
is the dwelling of God within.*

<https://www.pinterest.com/pin/365917538447872943/>

(color adapted)