

Each week for the summer, a parishioner will reflect on a section of Pope Francis' Call to Holiness: his new Apostolic Exhortation *Gaudete et Exsultate (Rejoice and Be Glad)*, which you can read at <http://w2.vatican.va>

Prayer as a Sign of Holiness (paragraphs 147-153)

Picture being with another person and developing a relationship that grows into friendship.

Spending time together, enjoying being together, talking, sharing hopes, sorrows, difficulties, failures, accomplishments, every day happenings: LISTENING — that is PRAYER.

Francis encourages each of us in our times, in our 2018 world, to take time to BE. The Psalm tells us “Be still and know that I am God.” Our main work in prayer is simply to be present to God and open ourselves up — Show up and Shut up! Be in God’s presence, in quiet, in silence in order to *listen*, to hear how and where God calls us.

“In that silence, we can discern, in the light of the Spirit, the paths of holiness to which the Lord is calling us” (Francis). We need to listen, to let the fire of the Spirit inflame our heart and as we catch on fire we can set the hearts of others on fire by our words and witness. A Native American Elder says, “To truly listen is to risk being changed forever.”

Prayer for others — intercessory, petition — is very important. It is part of the great commandment — loving, thinking of, caring for the good for others.

My mantra prayer every day is “THANKS for all that has been and YES for all that will be.”

Again let us “picture” our friendship with our God and recommit to taking time to grow in that relationship —to be holy.

—Sister St Luke Hardy, SSJ