

Learn To Pray Throughout the Day

We are a synod joined in prayer this year. I was reminded of that as I read an article about Spiritual Health on the Sisters' bulletin board at Assisi Heights.

One of the things I learned when I was a part of the Franciscan community of Sisters for ten years is that prayer comes in many forms, and there are multiple times during our busy schedules to include some of these forms of prayer.

For Franciscans, it was traditional and customary that a bell awoke all of us, and the first words out of our mouths were "Benedicamus Dominus" (Let us bless the Lord) and the response of our roommate would be: "Deo gracia" (Thanks be to God). With those simple words we began our day in a beautiful way with prayer. Prayer was an important part of my life then, and still is now.

**There are many
simple ways
throughout our day
to turn our minds to
God in prayer.**

When we are on our way to work, we have an opportunity to pray again, perhaps thanking God for the health of our bodies and even for our aches and pains. It is good to ask God for a good measure of patience and kindness so they can be passed on to all with whom we will meet in this day.

When I am driving, I will often look at the license plate in front of me, use the license plate letters and think of people's names that begin with each of the letters on the plate. Then I lift up a prayer for them, ask God to help them and be with them in their time of need throughout this day.

Finally, there is the "ABC" of prayer. When going to bed, I often think of an adjective for each letter of the alphabet and praise God, i.e. A – amazing, awesome, almighty; B – beautiful, bright, bountiful, etc. Try this, but don't be disappointed if you fall asleep before finishing the alphabet!

Remember, there are many simple ways throughout our day to turn our minds to God in prayer.

PEACE ✚ and blessings,

Rector Audree Catalano

Synod Minister