

'ORA ET LABORA'

The Meditation

Tenth Sunday After Trinity - A.D. 2016

(July 31st)



Christ Teaching His Disciples How to Pray
from a 13th century French Manuscript

The Collect for the Tenth Sunday after Trinity

Let thy merciful ears, O Lord, be open to the prayers of thy humble servants; and that they may obtain their petitions, make them to ask such things as shall please thee; through Jesus Christ our Lord. Amen.

“Let thy merciful ears, O Lord, be open to the prayers of thy humble servants”, begins the Collect for the Mass for today. They are words of petition from earthly children to the Heavenly Father.

Jesus Christ became man in order to make His Father known to us; by His death He reconciled mankind to Him, and merited for us our proud title of sons and daughters (children) of God.

Our Father, Who art in Heaven.

Jesus taught us a prayer by which we remain in contact with the Almighty, and in which, thanks to our mutual love, our desires melt into His, whom He encourages us to call Our Father.

It is a great grace to be able to pray yet it is still greater to know that God inclines His ear to us and listens to our prayers. We enter into contact with God through prayer, and He with us. It is His Spirit which lives in us; we who do not even know for what we should pray, and can't so much as cry “Abba, Father”. Only those who give themselves up to it, can know something of the *mystery that is prayer*.

The Israelites were ordered to spend two days purifying themselves, when Moses met God on Mt. Sinai. They were warned that they must not approach, no less touch, the lower slopes of the mountain, but we, being God's children by baptism, don't have to purify ourselves; for it is *He* who purifies us by His meeting with us. He doesn't just want us to come to Him, He invites and awaits us, because of the great good He desires to do with us and in us. He reveals Himself to us when we approach, sometimes even peripherally, but *always* by increasing our faith.

He whom we meet is the truly all-loving Father, Who knows what we need even before we ask it. The truly all-merciful Father, Who gives a royal welcome to the son who was once lost and is found again, behind whom he sees the body of the Savior, hanging on His Cross.

God is our Father because His only Son, by his death, opened a way by which we could reach Him. Every prayer that we offer is an ascent to the Father through Christ; a holy, though in a sense terrible experience, by which mankind penetrates the Heart of God his Father. They are not mere words . . . but a Divine Exchange.

It's an experience which can only take place when the soul is closed to all exterior things and is completely surrendered to the Creator. This is Christ's doctrine. Do we find joy in this secret converse with Almighty God? We certainly should! Jesus gives us the astonishing assurance that it is pleasing to the Father, Who desires to reward that, which of itself is the highest joy.

Jesus also tells us not to use a flood of words when we address our Maker. On the contrary, everything must be silent within us if we are to reach out to the Divine Heart of the Father. We realize, in this contact and conversation, our own unworthiness and *His infinite holiness* and

3.

therefore, our most fervent wish is that His Name should be hallowed by us and by others through us.

All our desires, in the great Divine Exchange that is prayer, melt into those of our God, and the words rise spontaneously to our lips: ***“Thy kingdom come!”***

We thirst for the accomplishment of God’s holy will, He being our guide and helper. He is our Sacred Food, as it was for Christ Himself. ***“Give us this day our daily bread”***, that being God’s holy will; and with it, all that is necessary to accomplish it, on earth, just as the angels do in heaven.

We beseech our Heavenly Father to forgive us our trespasses! We admit our guilt and throw ourselves into the purifying fire of His Love. We freely forgive whatever wrong(s) others may have done to us, forgetting it and blotting it all out from memory . . . just as God has expunged the record of all our sins, which are legion (let’s not try to fool ourselves *especially* here!).

“Lead us not into temptation” . . . we want nothing more than for God to always be at our side; knowing that without Him we can do nothing, but if He will hold us ever-fast He will deliver us from evil.

Dear God, our Heavenly Father, how can we ever thank you enough?

Words of the Spiritual Writers

St. Augustine of Hippo

“Hear me, O my God; hear me, O light of my eyes, hear what I ask of thee; and grant that I may always ask of thee what thou wilt hear. . . . Look upon me and have pity on me, for the sorrows of my heart are great indeed. Grant me thy consolations and despise not this sinful soul for which also thou didst die. . . Kind and gentle Lord, be not hard on me because of my sins, but through thy own goodness receive the prayers of thy servant, and grant me the answer to my desires, through the prayers and merits of our Lady, the Virgin Mary and all the saints. Amen.”

*Excerpted from St. Augustine’s: **Prayer for the Gift of Tears.***

The Meditation is an online apostolate of Our **Lady of Seven Sorrows Priory** in Raymond, Maine. We are an Anglo-Catholic Benedictine contemplative community that follows the Holy Rule of St. Benedict, the Fifth-century Father of Western monasticism. We are affiliated within the Diocese of the Northeast (DNE), of the Anglican Church in America (ACA), a member of the worldwide Traditional Anglican Communion (TAC).

The Meditation is a weekly on-line offering that is sent out free of charge to anyone who desires to receive it. Subscribers may copy and pass along the Meditation to their families and friends, or send us their e-address (*with their permission*) to add to our subscription list. Each edition is sent out as a BCC (Blank Copy) in respect to subscriber privacy. Contact us at : klamarre@maine.rr.com to subscribe.

In respect to our contemplative vocation and the animals in our rescue and rehab center, we do not have guest facilities and do not regularly receive visitors.

Priory Kalendar
For the week of
July 31st to August 7th - A.D. 2016
In Trinity tide

Sunday, July 31st . . . Tenth Sunday after Trinity ... *comm St. Ignatius of Loyola: C.*

Monday, August 1st . . . St. Peter's Chains (Lammas Day) See Note 1

Tuesday, August 2nd . . . St. Alphonsus Ligouri; *B.C.D. 17th/18th cent. Italy*

Wednesday, August 3rd . . . St. Nicodemus; *C. 1st cent. Jerusalem*

Thursday, August 4th . . . St. Dominic; *C. & Founder of the Order of Preachers (Dominicans).*

Friday, August 5th . . . St. Oswald of Northumbria; *K. & Myr. 7th cent. See Note 2*

Saturday, August 6th . . . Feast of the Transfiguration of Christ

Sunday, August 7th . . . The Holy Name of Jesus*Comm. Trinity X*

Note 1: August 1st: St. Peter's Chains – (Acts: Ch. 12, Vs. 3- 9). St. Peter's escape from prison.

This day is also called **Lammas Day**: the day in Old England when the first bread of the harvest was made and offered.

Note 2: August 5th : **St. Oswald** of Northumbria; King & Martyr - A mighty and pious king who restored Christianity to, and united Northern Britain (Northumberland). He died on the battlefield defending the Faith against a pagan enemy in 642. He is one of the three great early English Saints honored by dedication of our Monastic Chapel. The other two are: **Oswin**; King and Martyr of Northumbria (d. 651), and **Oswald**; Benedictine monk and Bishop (d. 992) who unified all of pre-Conquest England religious houses under the Holy Rule of St. Benedict.



St. Oswald – Aug. 5th



St. Oswin – Aug 20th



St. Oswald, OSB - Feb 29th

Animal News from the Priorsy

Helping the Spider out a Little

The little spider is one of God's most industrious creatures. It puts so much of its energy into spinning a web, often in some interesting places. How often do we just casually brush aside these creations that take the spider hours to construct? It's certainly makes a good case for spiders to hold a grudge against humans, and who could blame them?

Earlier this summer Fr. Kevin installed and modified a nice screen door for the entrance to the Workshop/Chapel building. It has increased the flow of air throughout the building quite nicely. Recently, a little spider took up residence near the door handle and spun its web which extended from the plastic molding over to the door handle, and built itself a cozy little home inside the vinyl J channel molding.

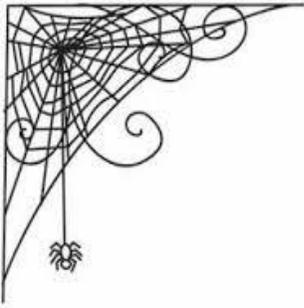
Every morning, when Fr. Kevin went to open the door, the web got wiped out, and the spider had to start over rebuilding his food-catcher. One morning Fr. Kevin went to open the door and spotted the spider perched on the hook. Perhaps the spider wanted to make his presence known...perhaps it wanted to scold Fr. Kevin . . . Only God, and the spider know.

Fr. Kevin will readily admit that he's "slow on the take" for just about everything that goes on around him . . . but this time he got the message loud and clear! No words were needed. He went inside the workshop and hunted down a small piece of hardware cloth and attached it to the molding...and waited to see what would happen.



Door-side spider web support !

6.



The next morning; *lo and behold* – a little web spanned the void between the J-channel and the screening. Not only has the web started to get larger day by day, but all kinds of small bugs have been caught in the web. Over the top of the door is a light which is left on all night, making this location perfect for a spider to set up its house and web!

We wondered if the outwardly-projecting screen would catch something larger than bugs . . . like Fr. Kevin! *Mindfulness* is not his strongest asset! He asserts that it will not, because he put it up and knows that it's there...! Time will tell.

So next time you see a spider web that might be in your way, perhaps you too, can help the little spider out just as Fr. Kevin did. They have to eat too, and remember, every little pest the spider catches is one less we have to deal with . . . right now in these parts it's the mosquito. Fr. Kevin recently notified the spider that there is no "*bag limit*" on mosquitoes, so have at it and catch 'em all!

PAX



