

A CALL TO ASSEMBLY 2009

Issue 4
August
2009

*“In God
we live
and move
and have
our being.”*

Bishop Brian invites us to prepare

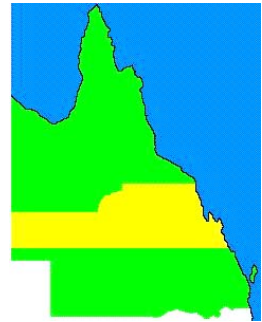
The time is drawing close for our Diocesan Assembly—September 2009. It is much more than a gathering of our diocesan family from throughout Central Queensland. It is a stepping stone into our future.

From the outset of our planning, we have realised that it would be the fruit of prayer. Only if we were in touch with God, only if we allowed ourselves to be guided by God, would we be on the right path to renewed life.

It is timely that this final “Call to Assembly” is on prayer. Prayer is a most wonderful part of our life, it is mystery, it is consolation, it is joyousness, it is being with our warm and loving God. Thank you to Sr Kym and I commend to you the helpful thoughts she is sharing. There is something here for everyone.

Brian Heenan
Bishop of Rockhampton

Catholic
Diocese of
Rockhampton



Assembly Prayer

*“Loving God, we ask you to send
your Holy Spirit
to come upon us in new ways,
as we prepare for our
Diocesan Assembly 2009.*

*We pray that we may become
the people you want us to be.*

*May our hopes and dreams be in harmony
with your plans for our future.*

*Give us the privilege
to proclaim your good news
to all people and the courage
to speak and act in your name.*

We ask this through Christ our Lord. Amen.

*Mary, Mother of the Church, pray for us.
St Joseph, Patron of our Diocese, pray for us.
Blessed Mary MacKillop, pray for us.*

Prayer

Prayer is a gift. A gift we have already received. At Baptism we were immersed in the love of God, the flow of love between Father, Son and Holy Spirit. When we pray we allow that love to flow freely in our lives and through us into the lives of others. Our ‘prayers’, the ones we say in various different ways, are means to help us realise the divine love in which we live, move and have our being.

Eucharist

The Eucharist has first place in our lives because here we see best this flow of love. From the Father, the Son comes to us in Word and in Sacrament. We join in this love by our presence, by our

gifts of bread and wine, by being together as community, and then in the power of the Spirit we go out to carry that love of God into the world.

Practices of Prayer

We need ways of praying to keep us alert to the wonder of God’s love. We each have to discover the best way of prayer for our individual self. For some, reading Scripture fosters their love of God, for others the Rosary, for others Eucharistic adoration, for others meditation, for others short words of prayer through the day. What is essential is putting ourselves into the presence of God and asking for the Spirit’s guidance. As we search for ‘our’ way to prayer, we need to trust that the Spirit will draw us into our unique relationship with God.



Remember to Pray

- ⌚ Set the alarm on your digital watch/mobile phone
- 📅 Mark the prayer time in your diary/ computer calendar
- 🕒 Set your alarm clock at home for midday

Prayer Intentions

We pray that:

- ✚ The Assembly will be filled with the Spirit of Jesus
- ✚ As a community we continue to come together to share the gifts of bread and wine at the Eucharist
- ✚ We will continually ask for the guidance of the Spirit through prayer



Prayer Resources @

<http://www.yenra.net/catholic/prayers/>

<http://www.pray-as-you-go.org>

<http://www.mercyworld.org/reflections/prayer/index.asp>

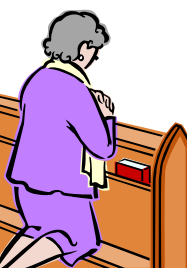
** “I baptise you in the name of the Father and of the Son and of the Holy Spirit.”*

A CALL TO ASSEMBLY 2009

Prayer (continued)

Is life prayer?

Most definitely. My father had a profound experience of God when he became a grandfather. How often he would proudly say "God is not a father, God is a grandfather," and then go on to tell a story about how a grandchild had 'conned' or charmed him. In the immense flow of love that he had as a grandfather, he recognised the flow of God's love. One of my brothers has said that as each of his children was placed in his arms after birth he felt a wave of love pass through him that transformed him as a person. These were special moments – and we each have our own. These we should remember and reflect on frequently for they are channels into the heart of God.



made prayer fun, our churches would be full and we would spend hours on our knees...but for the most part it is not fun as we usually experience fun. It is ordinary in the way that the most important things are – like marriage, rearing children, being friends, enjoying nature. Each of these ordinary things takes commitment and work to give us joy and contentment.



Is work prayer?

Most definitely. For most of us, it is in work that we allow the flow of God's love to become concrete in our lives. What we have received in Eucharist and in our personal way of prayer we give in care for our families, for our society, for our world. In our work, our Creator God continues the work of creation and as we work in love we gift ourselves back to God.



"Be still and know that I am God."

Sr Kym Harris OSB

Two Exercises to Help us to pray

A Sense of the Presence of God.

It is often hard to see the God we love but we can see God present in those around us. Take times when you consciously look at people and recognise something good about them. And then acknowledge that in this person, you have seen something of God's goodness.

The Ability to Reflect.

A reflective spirit is essential for prayer. Recognise a way that you like to relax, e.g. having a cup of tea or a beer, walking the dog. Then do that way of relaxation, and reflect on one phrase of the Our Father. Over a few days do this relaxation prayer each day, gradually moving through the Our Father just one phrase at a time.

Chat Points

- ✦ What have been the different ways people in your family have prayed?
- ✦ Looking at the different ways we each pray, can you reflect on the different way God relates to each person?
- ✦ Have you found that you have prayed in different ways at different times in your life?
- ✦ What do your human relationships tell you about the love of God?

August Diary

- 2-9 National Vocations Awareness Week
- 7-9 Caritas "Be More" Weekend
- 8 Feast of Blessed Mary MacKillop
- 30 World Day of Prayer for Migrants and Refugees

Download this and future issues of A Call to Assembly, along with other Diocesan Assembly 2009 materials from the diocesan website www.rok.catholic.net.au