



POEMS TO PONDER

In Mary-Darkness by Jessica Powers

I live my Advent in the womb of Mary
And on one night when a great star swings free
From its high mooring and walks down the sky
To be the dot above the Christus i,
I shall be born of her by blessed grace.
I wait in Mary-darkness, faith's walled place,
With hope's expectance of nativity.
I knew for long she carried me and fed me,
Guarded and loved me, though I could not see,
But only now, with inward jubilee,
I come upon earth's most amazing knowledge:
Someone is hidden in this dark with me.

A Rousing of the Mind to the Contemplation of God by St. Anselm of Panterbury

Come now, little one,
turn aside for a while
from your daily employment,
escape for a moment
from the tumult of your thoughts.
Put aside your weighty cares,
let your burdensome distractions wait,
free yourself awhile for God
and rest awhile in him.
Enter the inner chamber of your soul,
shut out everything except God
and that which can help you in seeking him.
And when you have shut the door, seek God.
Now, my whole heart, say to God,
'I seek your face, Lord,
it is your face I seek.'

CHRISTIAN MEDITATION

Simple teaching of Christian Meditation. How to meditate

Sit down. Sit still with your back straight. Close your eyes lightly. Then interiorly, silently begin to recite a single word – a prayer word or mantra. We recommend the ancient Christian prayer-word "Maranatha". Say it as four equal syllables. Breathe normally and give your full attention to the word as you say it, silently, gently, faithfully and - above all - simply. The essence of meditation is simplicity. Stay with the same word during the whole meditation and in each meditation day to day. Don't visualise but listen to the word, as you say it. Let go of all thoughts (even good thoughts), images and other words. Don't fight your distractions: let them go by saying your word faithfully, gently and attentively and returning to it as soon as you realise you have stopped saying or it or when your attention wanders. Meditate twice a day, morning and evening, for between 20 and 30 minutes. It may take a time to develop this discipline and the support of a tradition and community is always helpful.

From World Community of Christian Meditation: wccm.org

VIDEO ON CHRISTIAN MEDITATION



ENCOUNTER HIM. FOLLOW HIM. MAKE DISCIPLES.