

Ponderings ...

The Liturgy of the Hours

The Our Father

and the

The Consecrated Virgin



Ponderings...

From the sphere of the Diocese with its traditions, its Saints, its values, its limits and its problems, you broaden your horizons to the universal Church, sharing above all in her liturgical prayer, which is also entrusted to you so that *"the praise of our heavenly Father be always on your lips; pray without ceasing"*, (RCV, n. 28). In this way your prayerful "I" will gradually be enlarged, until there is no longer anything except a great "we" in the prayer. This is ecclesial prayer and the true liturgy.

"That your whole life may be a faithful witness of God's love and a convincing sign of the Kingdom of heaven", (RCV n. 17). Take care always to radiate the dignity of being a bride of Christ, expressing the newness of Christian existence and the serene expectation of future life. Thus, with your own upright life you will be stars to guide the world on its journey.

The choice of virginal life, in fact, is a reference to the transient nature of earthly things and an anticipation of future rewards. Be witnesses of attentive and lively expectation, of joy and of the peace that characterizes those who abandon themselves to God's love. May you be present in the world, yet pilgrims bound for the Kingdom.

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Year of Saint Joseph
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Saints Joachim and Anna

"For by the chaste and holy life you led together,
You have fashioned a jewel of virginity..."

from a Sermon by St John Damascene, Bishop

Compiled and written by Barbara Swieczak
Consecrated Virgin
Diocese of La Crosse

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Introduction

This series of *Ponderings* comes from the example of Our Blessed Lady...

The exhortation we received in the Homily from the Mass of Consecration

“Imitate the Mother of God.

Desire to be called and be handmaids of the Lord.”

Included here for your pondering is the text from the Roman Pontifical.

Remember also the exhortation of the Holy Father from the Year of Consecrated Life, remember the past, return to our roots and appreciate the original charism of those who have gone before us.

In our vocation, Holy Mother Church herself has given us our purpose and direction.

Embrace with joy the words given to us for the salvation of souls.

We too ponder and treasure these words in our Hearts.

Year of Saint Joseph
Month of the Precious Blood

Dear Reader,

The more we ponder the responsibility of receiving the Liturgy of the Hours during the Mass of our consecration, the more we should realize the need to grow in the depth of this prayer of the Church.

Pope Paul VI writes of the hinges of the day – Morning and Evening Prayer. Included in these two prayers of the Divine Office we find the Our Father, the Lord's Prayer. Pope Benedict XVI calls the Lord's Prayer the school of hope.

Let us together enter this school of hope, grow in hope ourselves in order to bring hope to those we meet.

Praying for you.

In the Heart of Jesus, Mary and St Joseph
Barb



PRESENTATION OF THE LITURGY OF THE HOURS

28 Then, if it seems appropriate, the Bishop gives the newly consecrated the book containing the prayer of the Church, saying these or similar words:

Receive the book of the Liturgy of the Hours,
the prayer of the Church;
may the praise of our heavenly Father
be always on your lips;
pray without ceasing
for the salvation of the whole world.

All reply together:

Amen.

The newly consecrated come before the Bishop,
who gives each a copy of the liturgy of the hours.
After receiving it, they return to their places and
remain standing.

29 Then, if appropriate, this or some other
suitable antiphon is sung.

I am espoused to him whom the angels serve;
sun and moon stand in wonder at his glory.

From the Roman Pontifical Introduction

II. PRINCIPAL DUTIES OF THOSE CONSECRATED

2 Those who consecrate their chastity under the inspiration of the Holy Spirit do so for the sake of more fervent love of Christ and of greater freedom in the service of their brothers and sisters.

They are to spend their time in works of penance and of mercy, in apostolic activity, and in prayer, according to their state in life and spiritual gifts.

To fulfill their duty of prayer, they are strongly advised to celebrate the Liturgy of Hours each day, especially Lauds or Vespers. In this way, by joining their voices to those of Christ the High Priest and of his Church, they will offer unending praise to the heavenly Father and pray for the salvation of the whole world.

V. FORM OF THE RITE

7 For the consecration of women living in the world the rite described in Chapter I of this Ritual is to be used.

The rite consists of these parts:

g) the presentation of the insignia of consecration to symbolize a spiritual dedication.

The Our Father, The Lord's Prayer

As we begin our ponderings on the we begin with the meditation from Pope Benedict XVI as mentioned above. It will bring a good foundation.

This selection on the Lord's Prayer, School of Hope as found in a July issue of the Magnificat.

It is a quotation from *The Yes of Jesus Christ: Exercises in Faith, Hope and Love*, Robert Nowell, Tr. © 1991, The Crossroad Publishing Company, New York, NY. All rights reserved.

Prayer: The School of Hope

In his *Summa Theologiae* Thomas Aquinas says that prayer is the interpretation of hope. Praying is the language of hope. The concluding formula of liturgical prayers, "through Christ our Lord," corresponds to the fact that Christ is realized as hope, the anchor of our hoping.... The Lord teaches us hope by teaching us his prayer, says Thomas. The Our Father is the school of hope—it's actual practice.

Those who despair do not pray anymore because they no longer hope: those who are sure of themselves and their own power do not pray because they rely only on themselves. Those who pray hope in a goodness and in a power that transcend their own capabilities. Prayer is hope in execution....

All our anxieties are ultimately fear of losing love and of the total isolation that follows from this. Thus all our hopes are at bottom hope in the great and boundless love: they are hope in paradise, the Kingdom of God, being with God and like God, sharing his nature (2 Pt 1:4). All our hopes find their culmination in the one hope: *thy Kingdom come, thy will be done on earth as it is in heaven*. The earth will become like heaven, it will itself become heaven. In his will is to be found all our hope. Learning to pray is learning to hope and thus learning to love.

POPE BENEDICT XVI

In his book *Jesus of Nazareth*, Pope Benedict has an entire chapter on the Lord's Prayer. It would be a wellspring of information/meditation to take time with this chapter.

What does this teach us? We are part of Jesus's prayer to his Father, now our Father.

Hope

Liturgy of the Hours

Let us explore what the Liturgy of the Hours gives us on this prayer, this school of hope.

Saint Cyprian's teaching on the Lord's Prayer is found in Volume III of the Liturgy of the Hours.

Included here may you find them inspiring as we pray together the Lord's prayer. Pondering the many ways it is introduced when praying the Liturgy of the Hours in common – a wealth of reflection...

Volume III

Office of Readings

St Cyprian on the Lord's Prayer

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Catechism of the Catholic Church

The Liturgy of the Hours

Then we find in the Catechism information and instruction on both the Liturgy of the Hours and the Lord's Prayer.

I have included the references for your pondering.

1174-1178

The Lord's Prayer

CCC 2759 -2865

CCC #2761

The Lord's Prayer "is truly a summary of the whole Gospel." St Tertullian *De Orat.* 1:PL 1, 1155.

As we pray this simple prayer, let us not take it for granted. Let us treasure these words.

Let us receive it as a gift from Jesus.

Let us pray it as a gift to Our Father

*The responsibility of prayer for the
consecrated virgin is one given to her
on the day of her consecration...*

*the Liturgy of the Hours,
the Divine Office, especially
Morning and Evening Prayer.*

*The "hinges" of her day
have within them, in the words of*

Pope Benedict XVI,

"The Lord's Prayer,

the school of hope."

*May we learn from Jesus with the
grace of our Consecration.*

