

# SAID ED April 15, 2012

## How to Pray

Thank you to everyone who made our Holy Week and Easter celebrations so beautifully prayerful! I'm thinking here of our Liturgy Committee, Art and Environment folks, Musicians, Choirs, Cantors, Lectors, Ushers and Greeters.

All told, we had almost 3000 people in attendance!

You can't miss the interior scaffolding that graces our Altar area today. It is part of the final phase of our roof replacement project and while a temporary inconvenience, it is necessary to install the new skylights above the Altar. When completed in a few weeks, new lighting will allow light into the Altar area while saving on heating and cooling costs. Thanks to everyone for your continuing financial support in the yellow "Capital Improvement" envelopes. So far our plan to use our savings to fund the roof is working, but we do need to replenish our meager "rainy day fund". (No pun intended)!

The other day while walking through the corridor of the School of Religion, my attention was caught by a poster. The message intended for our children was so good and so profound that I thought I would pass it on to you. It was entitled "How To Pray". It read:

**Question:** What can I pray about?

**Answer:** Anything! God wants you to talk to Him about everything in your life. Nothing is too big or too small to talk to God about.

**Question:** When and where should I pray?

**Answer:** ANYTIME & ANYWHERE! It does not matter where you are: you can always talk to God, God is always with you.

**Question:** How long should my prayer last?

**Answer:** You can pray for one second or for hours. God is always listening. God loves you to talk to Him.

**Question:** Can I pray with my friends?

**Answer:** Absolutely! Praying with your friends will make your faith and your friendships even stronger.

**Question:** Should I always fold my hands?

**Answer:** Folding your hands and closing your eyes may help you to concentrate on your prayer, but you don't have to. You can talk to God while riding your bike, sitting quietly at home, or anywhere, even school.

**Question:** Should I pray out loud?

**Answer:** God hears you whether you pray out loud or silently. Sometimes praying out loud helps you to stay focused on your prayer. Praying silently can be done wherever you are. God hears your prayers however you say them.

The wisdom of children here is profound; questions about praying are right on the mark. They easily apply to anyone of us. Sometimes we make praying such a difficult thing, it seems outside of our grasp, but in fact, prayer is simply lifting our minds and hearts to God as we would any friend. God is our loving Father who, according to Jesus, wants to be our constant companion and our

intimate friend.

During this Easter season, we are called to be one with the Risen Christ in renewed ways. Maybe "praying constantly" as St. Paul said, would be a great way for us to celebrate Easter.

Have a great week!

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