

One Family at Prayer

— *brother Michael*

WHAT DO WE SEE IN THE HUMAN FACE OF PRAYER? REFLECTIONS of trust, silence, and serenity as expressed by the closed eyes—a relaxed brow, and perhaps a slight bow of the head as the heart listens and is wrapped in love.

While Sister Rosa was with us, she shared in a passionate voice, her hands moving out and up, then down and in, “I love praying in the barn chapel and seeing the people at prayer. It is as if they were drinking the prayer in.” Do we not all know this thirst?

The Rule of Benedict touches upon this, “Let us stand to sing the psalms in such a way that our minds are in harmony with our voices.” (*RB 19:7*)

It is a true blessing with monastic life that in all our prayer we face each other. We all need to offer and receive encouragement for the journey. Our thirst is deep. ■



Sister Rosa at Weston Priory