



Daily Reflections

A LOVING BOUQUET

By Julie Mussché

From Pope Francis

“The Rosary is a prayer that always accompanies me; it is also the prayer of the ordinary and the saints ... and a prayer from my heart.”

POPE FRANCIS

Reflection

One day, about a decade ago, I went to sit with a friend who was dying. She was heavily sedated and obviously moribund. I had promised my friend to pray the rosary for her, and so began to pray. Over the next several hours, the prayer was interrupted by phone calls, nurses coming and going, and it seemed like one thing after another. Even though it seemed lengthy, probably two to three hours, I felt good to be able to fulfill my promise.

The added blessing of the exasperating interruptions was that it caused me to slow down the rhythm of the prayer. Many of us are no doubt familiar with the

staccato version of the rosary recited at funeral Vigils. Slowing down with multiple pauses forced me to intentionally focus on the prayers, as well as each Mystery.

There are many guides for praying the rosary; just do a search online. One can find the prayers, days of the week or season for the Mysteries, and other information related to the history and traditions of the prayer practice. There are also suggestions to help savor the Mysteries. Tomorrow, in the spirit of the season, the reflection will incorporate a meditation on the first two Joyful Mysteries. Looking forward to it.



Rosary on Table
Photo by Julie Mussché

For Pondering

- How does slowing down and engaging your imagination enhance your prayer life?
- What is your favorite way to pray?

For Prayer

*Blessed Constant Companion,
thank you for the gift of prayer and the time to spend with you.*

*Help me to be present to you,
to allow quiet so that I may hear your voice,
and to engage all you gift you have given me to enrich our relationship.
Amen.*

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