

August 2, 2024

Daily Reflections



Center for Spiritual Development

JUST TO BE

By Julie Mussché

A Quote

“No moment is trivial since each one contains a divine kingdom and heavenly sustenance.”

JEANNE PIERRE DE CAUSSADE, SJ

“The fullness of joy is to behold God in everything.”

JULIAN OF NORWICH

Reflection

What is your personal prayer time like? Mine usually involves quiet time in the morning, a cup of coffee, and a snuggle from my cat while contemplating the day's readings and reflections from the Center for Spiritual Development. Now, kitty snuggling is a big part of my prayer time, with the cat pasted against my left leg, purring away, with his front legs wrapped around my left arm and

sometimes with one of his paws resting in my hand. While I cannot begin to understand the vagaries of cats, I do know our cuddle time, in addition to me being a source of warmth, is a sign of trust and feline affection, albeit only on kitty's terms. Thus, my prayerful moments typically integrate mind, body and spirit, with a presence to being wrapped in love and gratitude, as scripture and written reflection inspire my awareness of God's persistence in my life.

Can contemplative prayer be that simple? Sometimes I wonder if we try to complicate our prayer lives with "Must do's" and ritualistic machinations. An image came to mind while writing this reflection, of an old-fashioned radio with an antenna that had to be tuned in to catch the radio channel. The process was simple, but required intentional listening, and focusing on the movement of the station dial as it was adjusted. Once the channel was set, with some occasional interference, one sat and listened, present to the message and led wherever one's imagination guided. It's a good metaphor of how to just be in prayer, resting in God's many expressions -- a simple mystery, unique to and available to each of us.



Kitty Snuggles
Photo by Julie Mussché

For Pondering

- How do you like to pray and how would you define your prayer style?
- Reflecting back on your childhood, who taught you or offered you an

example of how to pray?

- Where does God companion you along your path of prayer?

For Prayer

*Blessed One,
here I am, ready to be with you,
just as you are to me,
in all aspects of my life, ever present, ever being.
Amen.*

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