

Daily Disciplines

Devotion:

Love is most nearly itself
When here and now cease to matter.
Old men ought to be explorers
Here and there does not matter
We must be still and still and still moving
into another intensity
For further union, a deeper communion
Through the dark cold and empty desolation,
The wave cry, the wind cry, the vast waters
Of petrel and porpoise. In my end is my
beginning.

--T.S. Eliot

Journal Prompt:

Where do you find solace in the "dark cold and empty desolation"?

Prayer Prompt:

Use these two writings for your time of prayer. Read the first:

O Wisdom, O holy word of God,
You govern all creation
With your strong yet tender care:
Come and show your people the way to salvation.

--Vespers antiphon

Sit in silence. Then read the second passage and silently reflect.

O come, O Wisdom from on high,
Who orders all things mightily;
To us the path of knowledge show,
And teach us in her ways to go.

--Latin hymn, Ninth century

Lectio Divina:

Practice lectio divina using:

They watch for Christ

who are sensitive, eager, apprehensive in mind,

who are awake, alive, quick-sighted.

zealous in honoring him,

who look for him in all that happens, and

who would not be surprised,

who would not be over-agitated, or overwhelmed,

if they found that he was coming at once.

This then is to watch:

to be detached from what is present, and

to live in what is unseen;

to live in the thought of Christ as he came once,
and as he will come again;
to desire his second coming, from our affectionate
and grateful remembrance of his first.
--John Henry Newman, Nineteenth century