

# Prayer Resources for Discerners

*from the Sisters of St. Joseph of Peace*



Recognizing gospel peace as both gift and task, we believe that prayer is fundamental to our life. Our intimacy with God unifies our prayer and activity so that we are moved to action by prayer while action urges us to pray.

-CSJP Constitution 28

## What is prayer?

*A classic definition of prayer comes from St. John of Damascus:*

“Prayer is the raising of one’s mind and heart to God or the requesting of good things from God.”

*Here are a few other reflections on prayer you may find insightful:*

“For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.”

-St. Therese of Lisieux

“Above all, prayer is a way of life which allows you to find stillness in the midst of the world where you open your hand to God’s promises and find hope for yourself, your neighbor and your world. In prayer, you encounter God not only in the small voice and in the soft breeze, but also in the midst of the turmoil of the world, in the distress and joy of your neighbor and in the loneliness of your own heart.”

-Henri Nouwen

“Prayer is not asking for what you think you want but asking to be changed in ways you can’t imagine. To be made more grateful, more able to see the good in what you have been given instead of always grieving for what might have been. People who are in the habit of praying—and they include the mystics of the Christian tradition—know that when prayer is answered, it is never in a way that you expect.”

-Kathleen Norris

“Prayer can help us understand and accept God’s love for us ... prayer can be seen as allowing God to gift us, allowing God to love us ... Prayer challenges us to come alive, to wake up and receive the gift of life with open hands and hearts.”

-Sister Alexandra Kovats, CSJP

# Prayer Rhythms

The Tradition of the Church proposes to the faithful certain rhythms of praying intended to nourish continual prayer. Some are daily, such as morning and evening prayer, grace before and after meals, the Liturgy of the Hours. Sundays, centered on the Eucharist, are kept holy primarily by prayer. The cycle of the liturgical year and its great feasts are also basic rhythms of the Christian's life of prayer. ~Catechism of the Catholic Church no. 2698



## Personal Prayer

“Personal prayer deepens our desire to be united with God in faith, enabling us to see God’s presence and action in the world.”

~CSJP Constitution 29

## Communal Prayer

“As part of the local Church and united with Christians all over the world, we gather to proclaim the mystery of salvation through liturgical prayer, worship and celebration.”

~CSJP Constitution 32



## Prayers of gratitude & wonder

“In unity with the Church and with all of creation we give thanks to the Giver of all gifts.”

~CSJP Constitution 28

## Prayer for the needs of the world

“Our daily communal prayer embraces a variety of forms including reflection on Scripture, the seasons of the Church year, and the needs of the world.”

~CSJP Constitution 31



## Contemplative Prayer

“We open ourselves to the liberating power of God whose Spirit in us leads to peace.”

~CSJP Constitution 28

## Eucharistic Celebration

“The Eucharistic celebration is central to our life. Strengthened by the power of the Risen Christ we go forth in peace to continue the work of love and service.”

~CSJP Constitution 33



## For Reflection:

- What place does prayer have in your life?
- Where and how do you pray best?
- How can your prayer expand to encompass all of life?
- What nourishes and supports your life of prayer?

# Resources



## Scripture Passages

*Spend time reading these passages prayerfully. How do they speak to you and your relationship with God?*

Psalm 139

Matthew 5: 1-12

Matthew 6: 7-15

Matthew 7: 7-11

Mark 11: 20-25

Luke 11: 1-13

John 14: 27-31

Ephesians 3:14-19



## Websites

*Visit these websites for information and to experience different prayer*

**Sacred Space** - Daily prayer from the Irish Jesuits

<http://www.sacredspace.ie/>

**Pray as You Go** - Daily prayer podcasts from the UK Jesuits

<http://www.pray-as-you-go.org/home/>

**Contemplative Outreach** - Learn about centering prayer & lectio divina

<http://www.centeringprayer.com/>

**Weekly Peace Prayer** - Pray our weekly CSJP peace prayer with us

<http://csjp.org/peace/peaceprayer.html>

## Fall in Love

Nothing is more practical than finding God, than falling in Love in a quite absolute, final way.

What you are in love with, what seizes your imagination, will affect everything.

It will decide what will get you out of bed in the morning, what you do with your evenings, how you spend your weekends, what you read, whom you know, what breaks your heart, and what amazes you with joy and gratitude.

Fall in Love, stay in love, and it will decide everything.

*-attributed to Fr. Pedro Arrupe, SJ*

## 5 Finger Prayer of Pope Francis

3. The following finger is our tallest. It reminds us of those who lead. Pray for those in authority.

2. The next finger is the index. Pray for those who teach you, instruct you, and heal you.

1. Your thumb is closest finger to you, so begin by praying for those close to you—your “dear ones.”



4. The ring finger is our weakest. It reminds us to pray for the weakest, the sick, and those plagued by problems.

5. Your pinkie is the smallest and reminds you to pray for yourself. Once you have prayed for the other groups, you will be able to see your own needs in perspective & pray for yourself in a better way.

# Learn about Becoming a Catholic Sister

## Some Essential Skills

for life as a vowed religious

1. Faith in Jesus Christ rooted in the Catholic Church
2. Intimacy, intrapersonal & interpersonal skills
3. Ability to collaborate in community & ministry
4. Regular commitment to prayer and ministry
5. Evidence that the person is a learner
6. Joy!



(adapted from Rev. Ray Carey)

### About Us

We are the Congregation of the Sisters of St. Joseph of Peace (CSJP)—an international religious community of vowed women religious and women and men Associates. We were founded in 1884 in Nottingham, England, under the inspiration of the Spirit, by Margaret Anna Cusack, known as Mother Clare.

### Steps in Becoming a Sister:

1. Inquiry and getting acquainted
2. Applying for Candidacy
3. Candidacy (1 year)
4. Novitiate (2 years)
5. Temporary Vows (5-6 years)
6. Final Profession!

### The Formation Program to become a Sister is open to:

- single Catholic women (if previously married, with a Church annulment);
- with college or work experience;
- who are 21 to 45 years of age;
- who are called to intimacy with God through prayer and life in community;
- who have the health and energy for community living and ministry;
- and who wish to respond to the charism of peace through justice with the Sisters of St. Joseph of Peace

*Other criteria may be considered.*

### Follow us online:

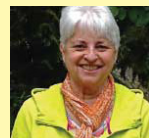
website - [www.csjp.org](http://www.csjp.org)  
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facebook - [tinyurl.com/CSJPFacebook](https://www.facebook.com/CSJPFacebook)  
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## Contact our Vocation Team

The Sisters on our Vocation Team are available to tell you more about our community or help you discern your call to religious life. We would also be happy to arrange a visit with one of our local communities of Sisters in New Jersey, the Pacific Northwest, or the United Kingdom.



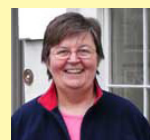
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