

Here's a text if you've only a minute

I pray to the Lord who bends close to hear my prayer.
[Opening Prayer]

My help shall come from the Lord who made heaven and earth.
[Psalm 120]

Refuse falsehood, correct error...but do this with patience and with the intention of teaching.
[2nd reading]

May the Father of our Lord Jesus Christ enlighten the eyes of our mind, so that we can see what hope his call holds for us.
[Alleluia verse]

Will not God see justice done to his chosen who cry to him day and night even when he delays to help them?
[The Gospel]

Looking towards next week

**What does next week hold for me, and how do I feel God may be calling me?
And so, what do I want to ask of God for myself & others?**



SAINT BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



**29th Sunday of Ordinary Time
Year C
17th October 2010**



**From where shall come my help?
My help shall come from the Lord.**

Second Opening Prayer

Let us pray to the Lord who bends close to hear our prayer.

Lord our God, Father of all,
you guard us under the shadow of your wings
and search into the depths of our hearts.

Remove the blindness that cannot know you
and relieve the fear that would hide us from your sight.

Slowly and quietly I settle down to pray. Perhaps I sit or kneel before a cross or a lit candle; whatever helps me open myself "to the Lord who bends close to hear our prayer."

I read the prayer slowly - deliberately lingering on almost each individual word.

What do I find myself pondering? Which phrase or word appears to move me the most?

I notice the images: - "the shadow of your wings", "the depths of our hearts", " the blindness...." How do they speak to me?

I ask the Lord to help me name my fears.
I let him come close to me, and I wait patiently for his Spirit of Love to touch, encourage or maybe even challenge me...

Before closing my prayer, I read this text once more making it my own :

"I pray to the Lord who bends close to hear my prayer."

What has this time of prayer meant to me?

I tell the Lord and thank Him.

Psalm 120

R/. Our help is in the name of the Lord who made heaven and earth.

I lift up my eyes to the mountains:

From where shall come my help?

My help shall come from the Lord who made heaven and earth.

May he never allow you to stumble!

Let him sleep not, your guard.

No, he sleeps not nor slumbers, Israel's guard.

The Lord is your guard and your shade;

At your right side he stands.

By day, the sun shall not smite you nor the moon in the night.

The Lord will guard you from evil,

He will guard your soul.

The Lord will guard your going and coming, both now and for ever.

This psalm for pilgrims is written so as to be sung by two choirs, one echoing the other, hence the repeated words and expressions. At that time, going on pilgrimage was a perilous enterprise, so the whole community would support the pilgrim by their prayers as we see in verses two, three and four.

- * I may want to start praying this psalm by focussing on the pilgrim whose destination is still a long way off and who is looking around for help. Have I ever felt like that? Did my answer show the same absolute trust in the Lord?
- * I then turn to the community supporting the pilgrim in prayer. What strikes me about what they say to him?
- * I reflect on those who are praying for me. I name them, give thanks for them and entrust them to the Lord. I ponder: "Who do I have the privilege of accompanying on their journey?"
- * I speak to my Lord, conscious that it is never too early or too late for him to listen to me. I tell him of my own pilgrimage through life and the rough terrain which, on occasion, has caused me to stumble. I thank him for guarding me at all times

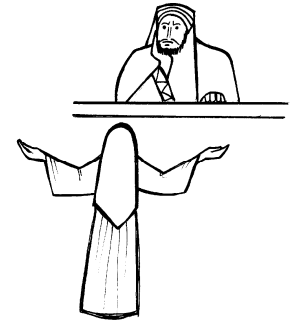
The Gospel Luke 18:1-8

Jesus told his disciples a parable about the need to pray continually and never lose heart. 'There was a judge in a certain town' he said 'who had neither fear of God nor respect for anyone. In the same town there was a widow who kept on coming to him and saying, "I want justice from you against my enemy!"

For a long time he refused, but at last he said to himself, "Maybe I have neither fear of God nor respect for man, but since she keeps pestering me I must give this widow her just rights, or she will persist in coming and worry me to death."

And the Lord said, 'You notice what the unjust judge has to say? Now will not God see justice done to his chosen who cry to him day and night even when he delays to help them? I promise you, he will see justice done to them, and done speedily.

But when the Son of Man comes, will he find any faith on earth?'



- * I may want to watch that poor widow (one of those unsupported in her society). I marvel at her persistence even if her only hope is in that cruel unfeeling judge ...
- * I can take encouragement from her example when I pray to God, who unlike the cruel judge, is always compassionate and concerned for those in need, for me.
- * Jesus explains how much more willing God is to hear my cry for help. The justice he wants to give is not legal but divine. I take a moment to reflect on those who suffer, whose cries go unheard.
- * I speak to Jesus asking for a stronger faith shown not only in my prayer but also in action.
- * In what ways can I co-operate with God in bringing justice to those oppressed by society today?

I end my prayer slowly asking God for a stronger faith, shown in my actions.