
Meditation for Laymen.

Some years ago a prominent man in a national magazine announced an important "discovery,"--it was his practice to set aside one quiet half-hour every day to communing with God.

This distinguished gentleman found that previously he had not known God and therefore had not loved Him. He discovered that after he had given himself to a period of prayer he went away exactly as he would have left a half-hour in personal conversation with God.

He was refreshed, enlightened, strengthened.

After some months of this practice he held new insight into the meaning of "God" and into the purpose of his own life. God was for him no longer a mere word, not only the maker of forbidding commandments nor creator of Heaven and Hell.

God's beneficent presence he saw everywhere that he walked and thought. Reflections of God's beauty he found in the human face, often in the child's innocent face, in the fresh beauty of the mountain lake, in the glory of the evening skies, and in the fast-changing colors of an early sunrise.

God's love he sought and found in nature and in the mysterious lonesomeness of his own heart. His discovery of God, through his discovery of daily meditation, constituted the lasting romance of his life.

Now one more motive for mental prayer from an unusual source: in the Reader's Digest for December there is a summary of Arnold Bennett's book, "How to Live on 24 Hours a Day." Here are parts on "The Reflective Mood:"

"We do not reflect. I mean that we do not reflect upon genuinely important things; upon the problem of our happiness, upon the main direction in which we are going, upon what life is giving to us, upon the share which reason has (or has not) in determining our actions, and upon the relation between our principles and our conduct. For happiness does not spring from physical or mental pleasure, but from the development of reason and the adjustment of conduct to principles.

"Do not fear that I mean to thrust certain principles upon your attention. All I urge is that a life in which conduct does not fairly well accord with principles is a silly life; and that conduct can only be made to accord with principles by means of daily examination, reflection, and resolution." (These three are the very steps taken in mental prayer.)

Well, then, there you have it again--the need of meditation. If we do not love God, we do not know Him, do not take pains to seek Him. If we do not live sensibly, we do not think deeply about the significance of a reasonable life.

Why not ask a priest how to make a meditation? Why not try it out during this novena of adoration for parents? Then why not choose a convenient half-hour, go into the chapel daily, sit down and meditate in God's presence on some problem that puzzles you. Try the practice for a week or so.

You may thus find, as these intelligent gentlemen of the world found, the saving romance of your life.

PRAYERS: Ill, nephew of A. Bayot (Dillon); friend of Joe Malone (Lyons); father and sister of Frank Molahan (Presbytery). Four special intentions. Dr. Dominick Terrori, seriously ill.